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CONDUCTED BY LAURA WILLIS LATHROP.

CAMP LIFE. — ACCESSORIES. — OUTFITS. — COOKERY, ETC.

WHILE many shrink from the inconveniences and hardy recreations of camp life, quite a large proportion find an added charm in each successive season of its enjoyment. Its opportunities for complete isolation from society and its bonds, for exemption from business cares, and for uninterrupted physical and mental enjoyment, prove an attraction of irresistible power. Whittier expresses its utter rest in his most inviting strain: —

"Life's burdens fall, its discords cease,
I lapse into the glad release
Of Nature's own exceeding peace.

"Oh, welcome calm of heart and mind,
As falls yon fir tree's loosened rind
To leave a tenderer growth behind.

"So fall the weary years away:
A child again, my head I lay
Upon the lap of this sweet day."

It seems almost akin to sacrilege to intrude upon this sweet sentiment, discussions of the rude equipments of camp life, but novices determined to "rough it" for a season will secure more of the delicious "calm of heart and mind," if special care is given to the utter prosaical preparations conducive to this blissful realization.

One of the first requirements is a well-selected tent. What is called a "wall tent" is best, affording most standing room. An eight-foot one will accommodate a party of six or eight. In some localities these may be hired for any length of time from the sail makers. Parties wishing to escape inundation, should take the precaution to dig a trench around the outside of tent. Many laughable incidents occurred during the ceaseless rain at the national encampment, from neglect on the part of over-joyed veterans ("old timers" though they were) to attend to this safeguard.

Sleeping on the ground, rolled in a blanket, is injudicious. Boards should be used. Raise them slightly at the head, cover them with rubber blankets, next with straw, small hemlock boughs, or dried sea-weed. Spread over this colored woolen blankets of substantial make and generous size. The heads should be ranged along the sides of the tent, feet towards the center. If the boards are securely nailed to the strip of timber, which affords elevation for the head, the beds may be carried out entire for their daily airing.

In regard to dress, both ladies and gentlemen should dress throughout in light weight flannel to secure immunity from climatic changes with their otherwise evil effects. Provide a sufficiency of light woolen shawls and overcoats, plenty of light, woolen stockings, substantial shoes with low heels and broad soles, and broad brimmed hats. Two changes of underclothing should be carried, as a "rainy spell" may preclude the work of successful laundering. Wash and rinse them in water little more than lukewarm to prevent shrinkage.

Washing is suggestive of soap, of which a liberal supply should be provided for laundry and toilet purposes as well as for washing dishes. Sapolio is a valuable aid in cleansing cooking utensils. Half a dozen cakes will suffice for the entire siege. Common baking soda and borax are useful for bathing purposes, allaying the irritation caused by the bites of insects. Oil of pennyroyal, distributed about the tent, is said to prevent the inroad of these pests to a great degree.

If the party is fortunate enough to "pitch" near a spring the latter may be utilized for refrigerating purposes, by placing a wooden box over the running stream where it issues from the spring. One of the top boards provided with leather hinges serves as a lid. Eatables in dishes may be placed on large stones

laid in the stream. A jar of butter may be kept in fine condition. Where there is no spring, an excavation in the side of a bank, is a good substitute if a door be added. Insect powder scattered freely about the entrance, without and within, is a preventive against insectile invaders. A short distance from camp a deep hole should be dug as a receptacle for refuse. If a light covering of the earth dug out is thrown over each deposit your surroundings will remain perfectly wholesome.

A sort of range or stove, which answers well in dry weather, may be quickly made by digging a place about two feet deep in a bank. Line three sides with bricks or stones, use a piece of heavy sheet iron for the top, and same with an opening for draught for the front. A piece of stove pipe, fitted into the masonry in the rear, completes it. The top of an old cook stove, which may be bought at the foundry or a junk shop for a mere trifle, is still better. Place two double rows of bricks edgewise on the ground, just in front of opening and just wide enough apart to serve as a rest for a large square shaped broiler. Use clay as a cement. Rake out a bed of live coals when needed and you may have broiled fish, fowl and meats in perfection.

Camping stoves of sheet iron are now made with a water reservoir which serves as a receptacle for cooking utensils in the way, and in fact for all the *necessary* requisites used in serving. The whole is closely packed in a box which serves as a chest for stores when to camp. Half of the top may be supplied with leather hinges for a lid, while the unused half will answer for a side board. Kerosene oil stoves answer every purpose, while the oven of any reliable make insures perfection in *baking*, the *desideratum* in camp cookery.

Cooking utensils should be light as well as serviceable. Use tin kettles with covers. Coffee and teapots with *lips riveted* on instead of spouts. The handles of stew pans, tin cups, etc. should be secured in the same manner. A jacket kettle will enable you to cook beans, rice, hominy, etc., without burning them. A tin pail set in a kettle is a good substitute. Carry no breakable dishes. Have plates and cups of heavy block tin, and they will last for years.

They may be scoured with white beach sand or sapolio. You will need spiders with covers, baking pans, basins, a dish-pan, a gridiron, pails, and some iron spoons. Tin cans of two or three pounds capacity, when emptied of their contents, may have their tops melted off by inverting on a hot stove for a few minutes, taking care to remove them before the side seam becomes unsoldered. They form neat vessels in which to cook corn cut from the cob, green pease, fruit, etc. As they occupy but little space on the stove, several dishes may be cooked at once, lending much variety to the table.

The provisions required depend very much upon the location selected, some offering excellent opportunities for securing supplies, others none. Individual tastes and requirements vary, but it is always wise to take a good supply of staples. Hecker's prepared flour, wheat, graham or Indian will insure you good gems, griddle-cakes or biscuits. You will be obliged to add more milk or water (either will do) than when using plain brands with baking powder. "Prepared" flour absorbs more moisture than other kinds. You will want a supply of salt pork, bacon, ham, dried beef, smoked halibut, salt fish, butter and eggs. Canned fruits, fish, and vegetables must be carried if you have no certainty of obtaining them near camp. Besides these you will need sugar, spices, salt, pepper, vinegar, lard, mustard, coffee, tea, chocolate, condensed milk, rice, oatmeal, hominy, baking powder, baking soda, ginger, molasses, beans, cheese, dried fruits, etc., also pilot bread and crackers. In short you will need so many little things that you will find it wise to begin a memoranda of articles weeks beforehand, noting promptly each article as soon as thought of.

If you expect to capture your own supply of fish, game and meat, you will wisely enter upon your list, liniment, court plaster, Jamaica ginger, fishing tackle, gun and ammunition, strings, ropes and bags. Your household industries will suggest hammer and nails, shovel, axe, saw, lantern, matches, pins, needles, thread, twine, towels, pocket knives, and lastly a supply of old linen and cotton cloths, so necessary for dressing cuts, bruises, sprains, etc.

Add to these supplies a liberal supply of good humor and a determination to look

upon the bright side of everything, and you will doubtless obtain all the benefits which one may reasonably expect from a season's "roughing it in camp."

Cooking in Camp.

BOIL meat slowly and vegetables rapidly. Do not salt either until time to season as it hardens them. A piece of soda about as large as a large pea will facilitate the cooking of vegetables especially if the water is hard. Serve hot dishes as hot as possible and your excellent appetite will tide you safely over all minor defects in savor or serving.

BROILED HAM.—Slice thin, let stand in water moderately hot for fifteen minutes. Broil over clear coals ten minutes, watching to prevent scorching. Butter it if you wish.

BROILED SALT PORK.—Place to soak in warm water over night. Broil same as ham for breakfast.

FRIED SALT PORK.—Place to soak over night in sweet milk in a cool place. Dip in flour and fry to a bright brown in beef drippings or pork fat. Do not fry to a crisp but simply till the meat looks *clear*. Leave four tablespoonfuls of the fat in the spider, put in one large tablespoonful of flour, stir till it froths, then turn in the milk (one pint) in which the pork was soaked, stirring steadily till it boils. Add pepper and salt. Set pork in oven till served. Serve with potatoes either boiled or baked with the skins on.

BROILED BIRDS.—Clean nicely and wipe dry, splitting through the back. Broil over a clear bed of coals from fifteen to twenty minutes according to size. Pepper, salt, and butter.

BROILED FRESH FISH.—Grease the bars of the gridiron, place the fish (flesh side downward) upon it and broil ten minutes. Turn with the aid of a cake-turner, and broil skin side ten minutes. This side should be sprinkled with salt and pepper when the fish is first put on, and should be broiled over a slower fire as it burns easily. Add butter and more salt and pepper. Serve with tomatoes in some form.

FRIED SALT FISH.—Freshen in plenty of cold water for twenty-four hours. Wipe dry. Dredge with flour and a little pepper. Fry in pork fat or half each of butter and

lard. Fry flesh side first. Serve with baked or stewed potatoes.

VEAL CUTLETS.—Dip pieces cut from the rind into beaten egg, then into cracker crumbs and fry slowly, in covered spider, to a bright brown. Fry fish cutlets the same. Use either pork fat or butter and lard for frying.

BOILED CLAMS.—Wash clams in the shell in several waters to free from sand. Fill a kettle with them and add a generous teacupful of water. Let steam till the shells open. Take them out of shells and serve with butter, pepper, salt and lemon juice or vinegar. It is also proper to serve in the shell if desired.

ROAST CLAMS.—Get your clams the day before wanted. Scrub perfectly clean. You will need a peck in the shell for eight persons. Next put them in just enough clear cold water to cover and add two handfuls of white corn meal. When wanted, rinse and drain them, put into a large dripping pan and place in a *very* hot oven till the shells begin to open, which will be in less than ten minutes; five minutes often does the work if the oven is hot enough. Remove from the shell and serve as you do boiled clams. Brown bread is fine with a clam bake.

CLAM CHOWDER.—Take fifty clams well washed and treated to corn meal as directed above. Wash *perfectly* clean. Then cover them with *boiling* water. Let stand ten minutes, remove from the shells; for this amount take eight raw potatoes, two large onions, half a pound of fat salt pork, and half dozen split crackers. Cut the pork into little cubes and fry light brown. Add the onions sliced thin, and stir till they become a light straw color. Add next a tablespoonful of salt, two of flour and half a teaspoonful of pepper. Stir well, and add three quarts of water. Boil twenty minutes then put in the clams (cut in coarse pieces) and the crackers, and let boil five minutes from the time it begins to bubble. Make chicken chowder same way, using two spring chickens in place of clams, and boiling the whole together for one hour.

ROASTED BIRDS—Hunter's Mode.—Open the bird and clean it (remove the entrails) but do not pick off the feathers. Wipe dry. Cover with a coating of wet clay, and bury them in hot coals. In three-quarters of an hour they will be cooked. Peel off the clay which will remove with it both the feathers

and the skin. Season with melted butter, pepper and salt. Old hunters and others who have eaten them say that this is the most delicious of all modes of cooking.

STALE BREAD. — Dip in water quickly then in the batter, and fry in ham gravy or pork fat. Nice fried without batter.

BATTER FOR FRITTERS. — Use two cupfuls of flour, one tablespoonful of sugar, one teaspoonful Royal baking powder, sifted together. Beat two eggs lightly, add one cupful sweet milk or water, stir in the dry ingredients, beating upward quickly and lightly.

PEACH FRITTERS. — Pare and cut peaches enough to make one pint. Stir into the above batter and fry quickly in hot lard. Drain and sift powdered sugar over them.

BANANA FRITTERS. — Pare and cut into halves. Squeeze orange juice over them and sprinkle with sugar. Let stand half an hour. Dip in above batter, and fry. Serve with powdered sugar.

APPLE FRITTERS. — Pare and core with a corer. Cut in round slices, let stand an hour, sprinkled with sugar and lemon juice. Dip each slice separately into the above batter and fry. Serve with sugar.

ORANGE FRITTERS, and those of pine apple and mellow pears, treat in the same way.

CLAM FRITTERS. — Chop clams quite coarse, stir in above batter with sugar omitted, and fry.

SWEET POTATOES. — Steam or boil till tender, and then finish by baking brown in the oven, or halve them when tender. Lay in a dripping pan, sprinkle a little sugar over them with butter, pepper and salt, and brown in the oven. Slice cold, boiled sweet potatoes and fry for breakfast or supper in pork fat, beef drippings or butter. Fine.

CREAM SUBSTITUTE. — In the absence of cream, beat an egg just enough to break it up thoroughly, but not to a froth. Add two tablespoonfuls of water. Pour into this, (beating steadily) your supply of prepared chocolate or coffee, and you will find that it simulates cream very closely.

Correspondence.

The contribution from Mrs. A. S. R., Worcester, Mass., will appear later, when seasonable. The object being to present matter which can be utilized at time of current issue.

DAYS FOR PLEASANT REMINISCENCE.

RUTH HUBBARD.

IT would seem as people grow older, there are too many days that come, which, if the memory of them could be effaced, would render us much the happier. Consequently as sad days and days of troublous times are sure to come sooner or later, to all who are treading this earthly way, it becomes very much our duty to create days for pleasant memory — days that are so glad and joyous, that the recollection of them will be so happy that it will carry us safely through those sadder times. We remember a paragraph in our hygiene to the effect that the feeling of pain could never be brought back, but that the feeling of pleasure always could, it being a pleasure to bring it back to the mind. Hence, if that is the case, how much better the world would be, if every one felt it

a duty to be just as happy and make others as contented and light-hearted as possible. Especially is this peculiarly the parents' duty with regard to their children.

A joyous, happy childhood is a thing that never ceases to be a source of happiness even when time has left its mark of a whitened brow and feeble step. Therefore, mothers, in your busy round of temporal duties, stop occasionally and relax that little frown between the eyes, and just have a merry frolic with the little ones of the household. How surprised they will be to know that Mamma really knows how to play. Probably the pleasure will not all be on the children's side, for most likely there would be a reanimation on the older side.

Of course there is one day of universal ob-