



ACTIVIST

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AUTHENTICATED
AMERICAN INDIAN
RECIPES

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AUTHENTICATED
**AMERICAN INDIAN
RECIPES**

THIS BOOK DEDICATED
IN MEMORY OF
FRED LOOKOUT

PRINCIPAL CHIEF
Of The
OSAGE TRIBE OF INDIANS
1955

PUBLISHED BY SAM McCLAIN
P. O. BOX 2
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FRED LOOKOUT



EARLY CUSTOMS AND HABITS OF AMERICAN INDIANS

HOW THEY EARNED THEIR DAILY BREAD

You have perhaps been told that the Indian woman, who was called a squaw, was the slave of her husband. This is not true. She had her work and he had his. It was his business to chase the game, sometimes many miles, and often it happened when game was scarce that he might be away for days or even weeks. He fought the bears and other wild beasts and sometimes was dangerously hurt. He made weapons and had to be ready at all times to use them.

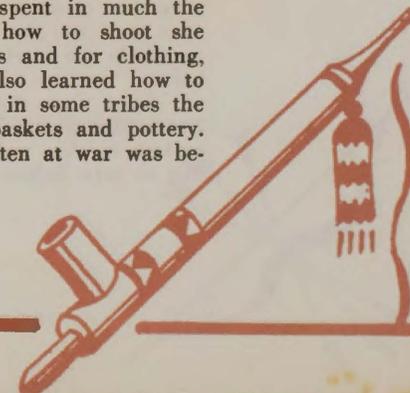
The women did the work about the tepee, or wigwam, and cultivated the ground and made the clothes. In short, the man did the work belonging to war and hunting, while the women had to do with peace. When the clan or tribe was moving, the women carried most of the baggage, but the man had to be on guard, for an enemy hidden behind a tree might at any time send an arrow toward them.

The Indian seldom spoke crossly to his wife and children, and when they were safe from enemies and there was plenty of food he played games with them.

The young men were very fond of games. The game of lacrosse, which you may have seen played, was an Indian game which our college boys have borrowed.

The Indian baby was called a papoose. He had no crib like the one you used, but his mother was too busy to hold him in her arms, he might be strapped on a board and hung in a tree or against a post. When the mother was traveling she hung him on her back. When he grew larger he helped his mother gather sticks for the fire, or gather berries. He had a little bow and arrow and learned to shoot. He was taught to swim, to run and to climb. He learned to track rabbits and to set traps for them and other small animals. When he grew larger he was taken on hunting trips, and last to war. The first years of the little Indian girls were spent in much the same way. But instead of learning how to shoot she learned to prepare skins for moccasins and for clothing, and to sew skins for wigwams. She also learned how to cook and to cultivate the ground, and in some tribes the women wove coarse cloth, and made baskets and pottery.

The reason the Indians were so often at war was be-



cause of the fact that one tribe hunted on the ground that was claimed by another. Now, people who live chiefly by hunting must have a large territory, for game does not stay in one place like cows and sheep. Sometimes the hunter would go for days without finding anything, or if he did find it, a bow and arrow is not so good a weapon as a gun, and the deer and buffalo got away. So, in order to get close to it, he had to learn to move quietly and to learn to follow tracks. That is why he had keener sight than the white man.

The Indians got most of their food by hunting and fishing but they got some of it from the soil. They had learned how to kill the trees by cutting off a ring of bark around the trunks, or else they burned them down. They scratched the ground among the dead trees or stumps with a stone hoe, or with a stick sharpened in the fire. Then they planted corn and pumpkins, or squash, or sometimes beans, sunflowers, and tobacco. Of course the crop was small with such poor tools, as the ground could not be broken up so that the roots could get food from the soil. The Indians had learned that they could get larger crops if they put a dead fish or two in the hole where they planted the corn.

The corn and sunflower seed were pounded between two stones. Sometimes they found a hard stone which already had a hole worn part of the way through it by water, and used it to hold the corn while the women pounded with a smaller stone. They mixed the coarse meal with water and baked the cake in the ashes.

When they were making a journey they parched the corn and pounded it up. In this way they could have something to eat without lighting a fire. The smoke of a fire might have shown their enemies where they were and have been a cause for great danger.

They made pots of clay, but as they could not make them strong enough to stand the fire, they often cooked their food by heating stones and then putting them into the water. Sometimes they dug a hole in the ground and lined it with smooth stones. Then they built a fire in the hole until the stones were very hot. The ashes and coals were then cleaned out and shell fish, green corn and game were put into the hole and covered with grass or seaweed. On the seashore perhaps you have helped in a clam bake.

Some times they cooked meat by hanging it before a fire until it was done, or by broiling it on the coals. Things cooked in this way are so good that one would almost like to turn Indian.



SQUAW BREAD

- 2 tbsps. Baking Powder
- 1 qt. luke warm water
- 1 tsp. salt
- 1 tbsp. compound

Flour enough to make about like biscuit dough. Roll and cut any shape desired. Fry in kettle of boiling compound.

COSTUE, (SQUAW BREAD)

- 1 pt. sour milk
- 1 tbs. Shortening
- 1/2 tsp. soda
- 3 heaping tsps. Baking Powder
- 1 tsp. salt

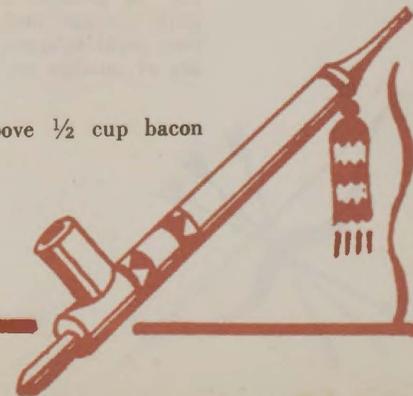
Flour enough to make dough easily handled. Knead smooth, roll out to 1/2 inch thickness. Divide in portions equal to a medium sized biscuit, cut two or three slits in this and cook in a kettle of deep fat as doughnuts.

This should make a piece about the size of a saucer.

SYRUP FOR SQUAW BREAD

- 1 qt. white corn syrup
 - 1 lb. brown sugar
- Boil together, use no water
- 1 tbsp. mapeline

Take from fire and beat into above 1/2 cup bacon fryings.



CORN BREAD

1 cup sour milk 1 cup white corn meal
1 egg 1 tsp. salt
1 tbsp. melted fat ½ tsp. soda

Mix dry ingredients, then add liquids, hot fat last. Pour into well greased pan, also hot, and bake in hot oven.

INDIAN CORN BREAD

6 ears of green corn (roasting ears)
1 tsp. salt
4 tbsps. bacon fryings

Grate the corn from cob, using coarse grater. Add salt and half of bacon grease, mix well. Pour into pan, greased with remaining fryings and bake for 25 minutes in hot oven.

SAUSAGE CORN BREAD

4 cups corn meal
2 tps. salt
½ cup flour
4 tps. baking powder

Enough warm water or milk to make a thick batter. If using sour milk, add 1 teaspoon soda.

Mix all ingredients together and pour one-half mixture in greased bread pan. Take 1½ lbs. well-seasoned pork sausage and pat out in large thin layer to fit on corn meal mixture. Place remaining corn meal mixture on top of sausage and bake in moderate oven until brown.



SCRAPPLE

Scrapple is a delicious breakfast dish. Take the head, heart, and any lean scraps of pork, and boil until the flesh slips easily from the bones. Remove the fat, gristle and bones, then chop fine. Set the liquid in which the meat was boiled aside until cold, take the cake of fat from the surface and return to the fire. Let it boil again, then thicken with corn meal as you would in making ordinary corn meal mush, by letting it slip through the fingers slowly to prevent lumps. Cook an hour, stirring constantly at first, afterwards putting back on the range in a position to boil gently. When thick enough to mould, pour into a long, square pan, not too deep. When cold cut into slices and fry until golden brown, as you do mush. Roll in seasoned flour.

I cut the scrapple into large squares and store in the deep freeze but it will keep in the refrigerator for several weeks.



DRIED CORN

3 doz. roasting ears

Shuck and silk corn. Place in large kettle, cover with water and bring to boil; boil for 10 minutes.

Take corn from kettle and cut from cob, being careful to cut kernels out whole. A good way is to take or cut out one row of kernels and then push and cut out remaining corn.

Place corn on canvas covered table out of house in sun and let dry for several days, taking in before sundown and being careful that the corn does not get wet. Store corn in clean muslin bags and let hang on porch to keep cool and dry.

Cook with pork as you do beans.

INDIAN HOMINY

Take 1 gallon of squaw corn (shelled)

Make lye with ashes or take prepared lye and make strong lye solution in enamel kettle. Place corn in lye solution, water being over corn. Bring to boil and let boil for about 15 minutes or until skin slips on corn.

Pour off lye water and place corn in tub full of fresh, cold water until corn feels clean and is not slick.

Place on table on canvas or clean muslin and let dry in sun for several days.

Store in clean flower sacks.

Cook with fresh pork as you do beans.



BAKED WINTER SQUASH

1 medium sized squash

1/4 tsp. salt

2 tbsp. sugar

3 tbsp. molasses

1 1/2 tsp. hot water

3 tbsp. butter

Do not peel but wash squash. Remove seeds, cut in squares, cook in boiling salted water several minutes.

Place squash cut side up in baking dish, sprinkle with salt and sugar. Combine molasses and hot water, pour over squash and dot with butter. Bake in moderate oven 350 degrees 55 minutes or until tender, serves 4.

TO DRY SQUASH OR PUMPKIN

Build a large fire, let flames die down completely to hot ashes and coals.

Take large Hubbard squash or pumpkin, place in hot coals, turning often so as not to burn. Keep turning until squash is well-roasted and has cracked in several places. Take from fire, cut in half and then in 1-inch rings, peel outer skin and also scrape and peel inside.

Take 1-inch thick rings of pumpkin and hang them on poles or place on table in the sun and dry. Take in at night and be careful to keep indoors if it rains.

Store as you would dried fruit. It takes several days to thoroughly dry.



CHEROKEE BEAN DUMPLINGS

1 can kidney beans (well drained)
6 cups corn meal, preferably pounded corn meal
Tallow or suet

Scald meal a little at a time with boiling water until moist enough to mold with hands.

Place kidney beans in corn mixture. Mold this mixture into balls about size of small oranges and place small piece of suet or tallow in center of each ball. Flatten ball with palm of hand and drop into kettle of hot water or meat broth and cook for about 45 minutes or until firm. Delicious with fresh side pork.

INDIAN MUSH

3 cups squaw corn (parched)
Grind or pound in mortar

Sift corn, taking or separating powder from large particles of corn.

Take 1 qt. chicken or meat broth and cook large particles of corn until tender (about 1 hour).

When done mix powdered part of corn in small amount of cold water and add to broth to thicken.



WILD ONIONS AND SCRAMBLED EGGS

Wild onions with scrambled eggs is a delicacy among all Indian tribes. At the first breath of Spring when the green grass has just started to peep through the ground, the lowly onion comes into its glory. For this is the time that the Indian takes to the hidden glades, along little streams, and among sheltered groves. This is the time to hunt wild onions.

Most every family has a secret spot that they keep for their private supply of wild onions. You must dig them with a shovel or spade as the root or onion part is deep in the ground, and the tender root of the onion is to be preferred in place of the top.

The wild onions should be gathered when the tops are from 5 to 6 inches out of the ground. They are very tender at this time. Allow plenty of time for cleaning as it is a tedious task. After they have been cleaned and washed, I keep the onions in a neat bunch. As they are easy to cut if they are in uniform bunches. Chop each bunch very fine, using the tops also. Put 1 cup shortening or bacon fryings in a heavy skillet that has a cover that fits tightly. Heat the fat and add cut onions. Brown lightly until onions are about half done or just turning brown. Add 1 cup hot water and place lid on tightly.

Reduce heat and let simmer until all of liquid has cooked out, stirring frequently to keep from burning. After the water has completely cooked away, add six to eight eggs and scramble together. Salt and pepper to taste. Stir the eggs and onions just until the eggs are cooked. Serve at once.



DRIED CORN COOKED WITH DRIED PUMPKIN OR SQUASH

2 cups dried squaw corn

1 lb. fresh pork shank

Place in medium sized kettle as corn will expand.

Cook for two or three hours as you would dry beans. About 45 minutes before corn is done put in several pieces of dried pumpkin or squash. Continue cooking until squash is tender.

YONKA - PINS (WATER LILY ROOTS)

The Yonka-pin is the root of the water lily and is gathered by the Indians late in the Autumn.

Gather the lily roots by digging deep into the mud and getting the tender roots.

Wherever you see water lilies growing on lakes and ponds, you can mark these places and in the late summer or autumn you can gather these roots.

Scrape the roots clean as you would carrots. Cut into one-half inch pieces. Either cook fresh or string on a stout cord and hang to dry, if kept any length of time.

COOKING METHOD

1 qt. Yonka-pins cut into $\frac{1}{2}$ inch pieces, 1 lb. fresh pork, salt and pepper to taste. Cook slowly in water to cover, until tender.



WILD GRAPE DUMPLINGS

1 qt. grape juice (Wild Grapes if Available)

1 qt. wild grapes (canned with juice)

$\frac{1}{4}$ cup sugar

Heat to boiling and add:

2 cups flour

4 Teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

1 Tablespoon sugar

$\frac{3}{4}$ cup milk

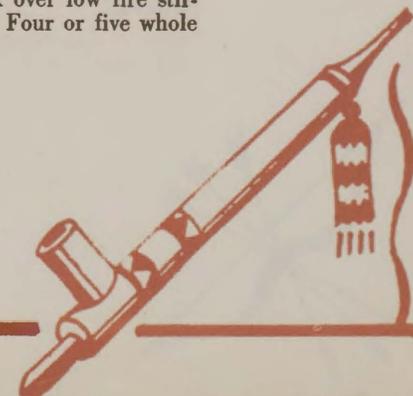
$\frac{1}{4}$ to $\frac{1}{3}$ cup butter

Mix dry ingredients, sift twice. Work in butter with pastry mixer, fork or finger tips, and add milk gradually. Roll out on floured board and cut in strips, then in squares, drop in hot grape juice or grapes and juice, cover and steam until tender.

HOT GRAPE JUICE

1 quart Wild Grape juice or bottled grape juice.

1 Tablespoon flour or corn starch added to $\frac{1}{4}$ cup of the cold juice — mixed to thin paste; add to the remainder of the juice — sweeten to taste and cook over low fire stirring frequently. Delicious as a hot drink. Four or five whole cloves add to the flavor.



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BAKED HUCKLEBERRY
OR BLUEBERRY DUMPLINGS

Roll rich biscuit dough thin, cut it into little squares four inches wide and seven inches long. Spread over with the berries that have been washed and drained and sweetened to taste.

Roll up the crust and put the rolls in a baking pan just a little apart: put a piece of butter on each roll, spices if you like. Sprinkle over one-half cup of sugar, a little hot water. Bake in a moderate oven until brown; serve with whipped cream or sauce made from blueberries.

MOLASSES CANDY — OLD FASHIONED TAFFY

One quart sorghum molasses, one cup brown sugar, four tablespoons butter.

Place all ingredients in a six-quart kettle. Let it boil over a slow fire until it begins to look thick, stirring it often to prevent burning. Cook to hard crack stage or test by dropping a few drops in a cup of cold water. If it hardens quickly and breaks in long threads it has cooked enough. Now put in one half teaspoon of baking soda and stir it well; then pour it out into well buttered flat tins. When partly cooled, take up the candy with your hands, well buttered, then pull and double until the candy is a whitish yellow.

If flavoring is desired, drop the flavoring on the top as it begins to cool, and when it is pulled, it will all be flavored.



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INDIAN CHUTNEY

- 2 qts. apples
- 1 lb. raisins
- 3 c. brown sugar
- 5 c. vinegar
- 1 tsp. cayenne pepper
- 2 qts. green tomatoes
- 1 small onion
- 1/2 c. salt
- 1 oz. ginger

Chop tomatoes, onions and apples, add raisins. Let stand in jar overnight. In morning mix with vinegar and spices. Cook tender and seal.

YELLOW PEAR TOMATO PRESERVES

- 3 lbs. yellow tomatoes
- 3 lbs. sugar
- 6 lemons sliced and seeded
- 4 oz. preserved ginger or 1 piece ginger root

Method:

Scald tomatoes and slip off skins. Place tomatoes in crock or enameled bowl. Add sugar and allow to stand over-night. Drain juice from tomatoes, add sliced lemons from which seeds have been removed, rind left on, cook until syrup is thick, add tomatoes and ginger, and cook slowly until tomatoes are transparent. If ginger root is used remove from preserves before pouring in to clean hot jars. Seal the jars at once.



INDIAN CANDY

1 qt. dry squaw corn "parched"
1 cup pecan or hickory nut meats, chopped fine
White syrup to moisten

Grind corn or pound in wooden mortar until fine. Take parched corn meal and moisten with syrup (preferably Karo) until it is moist enough to mold. Now take 1 cup pecan or hickory nut meats and cut fine.

Add nut meats to moist corn and roll into balls, place on wax paper and leave for about 1 hour.

SURPRISE LEMON CAKE

Make favorite pastry. Roll out crust and line pan.

5 tbsp. flour
1 cup sugar
2 egg yolks
1 cup sweet milk
2 egg whites, (beaten separately)
2 tbsp. melted butter
pinch of salt

Grated rind and juice of one lemon

Beat egg yolks, sugar, flour and salt for three minutes or until creamy. Add milk, melted butter, lemon rind and juice. Last fold in egg whites that have been beaten separately. Bake in raw crust for 40 minutes at 350 degrees.



BAKED INDIAN PUDDING

2 tbsp. melted butter	1/2 cup corn meal (yellow)
1/2 tsp. cinnamon	4 cups scalded milk
1/2 tsp. salt	1/3 cup molasses
1/2 cup seedless raisins	2 eggs
light cream whipped	1/4 cup sugar

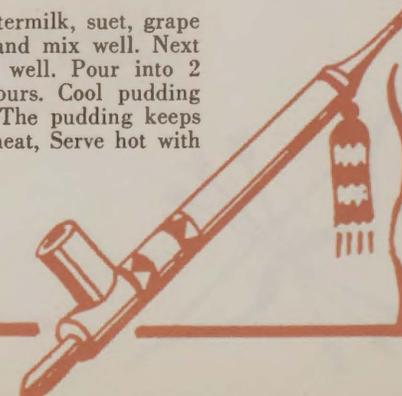
Gradually add corn meal to hot milk, cook, stirring constantly, until slightly thickened. Add molasses. Beat eggs, add sugar, butter, cinnamon and salt. Add hot milk mixture. Mix well, add raisins. Pour into 1 1/2 quart greased pudding dish. Bake in slow oven, 300 degrees F. for 2 hours. Serve hot with whipped cream. Especially good with vanilla ice cream. Serves 6.

"ENA" (Mothers) PLUM PUDDING

1 1/2 cup finely chopped suet	1 lb. seedless raisins
1 tsp. allspice	1 lb. currants
1 tsp. nutmeg	1/2 c. nutmeats (cut fine)
1 tsp. cinnamon	2 1/2 c. sifted all purpose flour
2 tsp. salt	2 tsp. baking soda
4 eggs	1 tsp. cloves
1 cup sugar	2 cups molasses
1/2 cup grape juice	2 cup buttermilk
2 1/2 cups fine dry bread crumbs	

Method for making pudding. Scald raisins and currants, drain thoroughly, combine with nut meats. Dredge with 1 cup flour. Sift remaining flour, baking soda, cloves, all spice, nutmeg, cinnamon and salt.

Beat eggs, add sugar, molasses, buttermilk, suet, grape juice and crumbs. Add raisin mixture and mix well. Next add spice and flour mixture and mix well. Pour into 2 greased 3 lb. molds, cover, steam 3 hours. Cool pudding wrap in heavy waxed paper and store. The pudding keeps for weeks in a cool place. Re-steam to heat, Serve hot with sauce. Each pudding serves 12.



GINGER BREAD

- 1/2 cup shortening
- 1/2 cup sugar
- 1 egg
- 2 1/2 cups sifted all purpose flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1/2 tsp. cloves
- 1/2 tsp. salt
- 1 cup molasses
- 1 cup boiling water

Cream together shortening and sugar. Add egg, beat well. Sift together flour, baking soda, cinnamon, ginger, cloves and salt. Combine molasses and water. Add alternately with flour mixture to creamed mixture. Line 8 x 8 x 2in. greased pan with greased wax paper. Pour in batter. Bake in moderate oven 350 degrees F. for 50 or 60 minutes. Cool five minutes, remove from pan. Slice bananas over top of ginger bread and spread with apricot glaze.

APRICOT GLAZE

Strain contents of a no. 2 can of apricots into sauce pan and add 1/2 cup sugar, juice of 1/2 lemon and the grated rind of 1 lemon, bring to boiling point over medium heat. Thicken with 2 tsp. cornstarch dissolved in 4 tbsp. of apricot juice. Cook until thick and clear. Slice bananas on top of ginger bread. Cover with cool glaze. Top each serving with whipped cream.



OLD FASHIONED PUDDING SAUCE

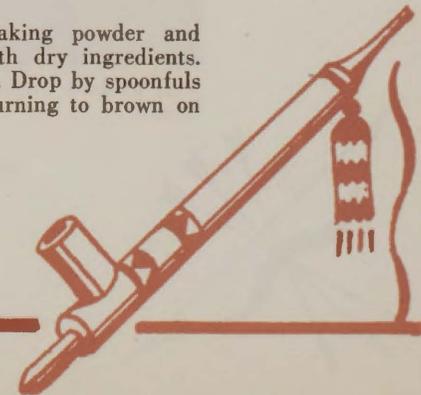
- 1 tbsp. butter
- 1 tbsp. flour
- 1 cup boiling water
- 1 egg
- 3/4 cup sugar
- few grains of salt
- 1 tsp. vanilla or lemon

Melt butter, blend in flour and gradually add hot water. Cook stirring constantly until mixture thickens. Beat egg, add sugar and salt. Add to cooked mixture. Cook stirring constantly until thoroughly heated. Add extract. Serve hot. Variation: Cook 1/4 cup raisins in sauce, add 1/4 cup brandy. After removing from fire. This sauce is delicious on mince pie.

CORN MEAL GRIDDLE CAKES

- 1 cup yellow corn meal
- 3 tsp. baking powder
- 1 egg
- 2 tbsp. molasses
- 1 cup sifted all purpose flour
- 3/4 tsp. salt
- 1 1/2 cups milk
- 1/4 cup melted butter

Sift together corn meal, flour, baking powder and salt. Beat egg, add milk. Combine with dry ingredients. Add molasses and butter, mixing smooth. Drop by spoonfuls on hot griddle, spreading thin. Bake, turning to brown on both sides. Serves 4.



FRIED MEAT PIES

1½ lbs. of round steak, ground coarse with little suet
—salt and pepper to taste.

Make batter of:

2 cups flour

3 tsp. baking powder

1 tsp. salt

Enough sweet milk or warm water to make thick batter,
“very thick.”

Make out meat balls about size of large walnut, drop
in batter and see that they are well coated then place
them in kettle of hot fat as for doughnuts.

BAKED MEAT PIE

1½ lbs. of round steak ground coarse with a little
suet. Salt and pepper to taste. Add about 2 table-
spoons water.

Mix biscuit dough of—

2 cups flour

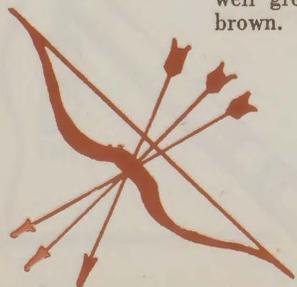
1 tsp. salt

2 tsp. baking powder

1 tbs. shortening (level)

1 cup milk

Roll out in small rounds, place meat mixture on one
half, then fold over and crimp edges together—place in
well greased bread pan and bake in moderate oven until
brown.



FRANKIE McCLAIN
OSAGE DANCING COSTUME



My name is Frankie McClain. My father and mother call me .shunka or Chi-bonne', which means boy, in the Indian language.

I am dressed up in my Indian ceremonial dancing costume. My grandmother is going to use this picture for her new Indian recipe book.

I like to dance, and when my grandfather goes to the Indian camp, to dance, I beg to go along, so I can dance when the Indian men beat the big drum.

Another reason I like to go, is because the Indian women are cooking such nice smelling things to eat, over the camp fires. If I look hungry, they give me pieces of barbequed meat and large pieces of squaw bread, hot from the fire.

Sometimes when my grandmother (E-co), is cooking over a camp fire, she lets me cook.

Here are some of the recipes that boys and girls can cook over a camp fire.

After the fire has died down to a good bed of hot coals, go into the woods and cut a long stick from a tree. Use your pocket knife and make a fork on the end of the stick, The stick must be green or it will burn.

Take the weiners or "Hot-dogs" and put them on the stick, and roast them on a slow fire for ten minutes. In cooking weiners, it is very important to have a little fire, and that burned down well.

If you like something different, split the weiners lengthwise, but not clear through, and insert a strip of cheese. Then wrap a strip of bacon around the weiner securing both ends with a toothpick. Cook on a very slow fire for ten minutes. Have buns and mustard ready for a very juicy sandwich.



HIDE THE WEINER

1 long medium potato

1 weiner

salt and pepper

1/2 tsp. mustard

Peel the potato and use apple corer to make hole. Rub inside of hole with salt, pepper, and mustard. Place weiner in hole. Rub potato with bacon fryings or butter.

Place on aluminum foil, using enough to make a double thickness. Seal tightly and place in hot coals. Turn occasionally and cook approximately 25 or 30 minutes.

CHI - bonne' Hamburger

1/2 lb. hamburger

2 slices large onion

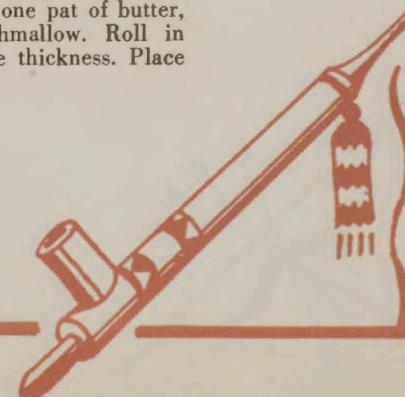
salt and pepper

1 pat of butter

Grease aluminum foil with butter. Make large hamburger or two small ones. Slice onion on hamburger, salt and pepper and add remaining butter. Wrap and seal tightly and place on coals, onion side up. Turn occasionally. Cook for 15 minutes.

BAKED APPLE

Prepare by taking out core and putting in one half of marshmallow in hole, 2 tsp. brown sugar, one pat of butter, then top with remaining half of marshmallow. Roll in long enough piece of foil to make double thickness. Place in hot coals 10 to 15 minutes.



BAKED POTATO (Individual)

1 large potato
butter or bacon fryings.
salt and pepper

Wash potato but do not peel. Make several holes in potato, shake salt and pepper in holes, grease with butter or bacon fryings and then seal in aluminum foil. Place on coals and bake approximately 20 to 25 minutes.

Some of you boys and girls have your mother fix some of these recipes such as, Chi-bonne' hamburger, baked potato, baked apple and wrap them in foil. Put this in a paper sack and when you get to your favorite camping or picnic grounds, build your fire. Let the fire die down to a hot bed of coals, then place your food in the fire. Soon you will have a delicious meal, and better still, no plates to wash or carry home.

These recipes are easy to make, even baby sister can do them. Her name is Sylvia Kathleen.

My grandfather Tinker is always telling me stories about camping in the woods. He told me that most every boy who goes hunting or fishing has at sometime become lost or separated from his companions.

He said the greatest danger in a situation of this kind is allowing yourself to get panicky. The important things to do are, stop, sit-down, think, and above all, remain calm.

It might be well to mention at this point, that you should never leave camp or go for a hunting or fishing trip under any condition without having on your person, a compass, pocket knife, or sheath knife, matches in a water-proof container and a map of the immediate territory in which you are camping.



Remember if you are with a party and do not return to camp, they will start a search for you. Stay put for a day or two and give them a chance to find you. Light a smudge fire as it may be sighted by a Forest Ranger or searchers.

Fire your gun at regular intervals if you have one. If you have a mirror, climb to a high point and flash it, but don't run helter-skelter.

In all sections of our country where there are great expanses of wilderness, expert trackers can be secured. They can find you if you stay in one place, but will never be able to track a person that is panicky, frightened and wanders aimlessly without reason.

In cold weather, start to build yourself a shelter and fire immediately upon finding you are lost. A lost camper can live several days without food if he has the tools necessary to build himself a shelter and a fire. A sheath knife and dry matches will serve to do this in a emergency.

If you keep your head cool and your body warm, you are sure to come out okay.

Starting a fire in wet weather may seem difficult, but it can be done. A little preparation at home before you start on your camping trip will pay off. A few pieces of paraffin wrapped separately is excellent tinder. Newspapers rolled tightly and dipped in paraffin lengths are also good.

If you are camping where birch bark is available, it is the best of the natural tinders. A little piece of emery board from a nail file, glued in the top of your water proof match box will give you a dry place to strike your match.



Before attempting to start your fire, gather a good supply of the driest wood you can find. Woods containing a goodly amount of pitch are the best. Dead limbs are also good. It may be necessary to chop into tree stumps or split fallen logs to secure enough fairly dry wood to get your fire started.

The next step is to select a large bunch of the driest twigs and sticks. Place your tinder on the ground on the driest spot obtainable and lay over it some dry shavings, then the twigs and small sticks so they will catch the blaze. As the wood catches fire, more can be added and small split kindlings. Add kindlings gradually, first small sizes then larger, but always split. Do not attempt to add large logs until you have a good, roaring blaze.

In very rainy weather, it may be necessary to shield the small flame with your body, a piece of tarp, or a small lean-to made of boughs and twigs. Once you have a good roaring fire it will take a lot of rain to put it out.

If camping in one spot for any length of time, always keep a supply of kindling in your tent, as it saves time and work.

I hope these hints on cooking, camping out, getting lost in the woods and building a camp fire in rainy weather, will help you when you go camping. My grandfather said every man and boy should know these things.

I hear the big Indian drum beating out a good stomp dance so I will tell you goodbye.

With love
"Shunka" or "Frankie"



FRANKIE McCLAIN
BACK VIEW INDIAN COSTUME



WILD GAME COOKING IS FOR SKILLFUL COOKS

Successful cooking for any wild meat depends on conserving moisture. Game is usually drier and not nearly so fat as domestic meat. The general rule is to cook wild game longer and at even lower temperatures than other meats, and to add fat in some way. For wild ducks, put a few strips of bacon over the breast or spread a coating of fat over the bird and pour a cup of orange juice over it. Baste at least once during cooking time. Roasts of all kinds should be basted frequently. The covered roaster is best for low, slow moist cooking.

Recommended ways for cooking different cuts of venison. Round steak from a young animal is usually tender and can be broiled, from an older animal, it may be tough, but makes delicious Swiss steak. The leg from a young deer is good when roasted whole, as one cooks leg of lamb. Loin, the choicest part of deer, supplies sirloin and porter house steaks, to be cooked as other tender steaks are, or to make tender roasts. The rump makes good pot roasts. The neck, breast and flank are best for stews or ground for "deerburgers." Any of the less tender cuts are delicious when corned.

Quick frozen as you freeze domesticated meat, it provides many future meals.



COOKING SMALL GAME

FRIED SQUIRREL

Southern squirrels of the Fox and Grey variety, which feed on hickory nuts acorns and pecans, are among the most delicious small game to be found. It must be remembered, that they differ from the Rocky mountain squirrels which ordinarily are not good for eating.

Young squirrels can be fried just like chicken and the older squirrels are delicious stewed with salt meat, and pepper to taste.

Another method is to stew the squirrel until tender and most of the liquid cooked out. Take one cup of cold coffee and thicken with enough flour to make a paste. Add this to the squirrel broth to make a thick gravy.

BAKED RABBIT

For real delicious eating, take a young rabbit, wild or domestic. Soak in cold water for a few hours. While soaking, make a dressing of 1 pt. bread crumbs, moistened with hot water, 1 tbsp. of meat fryings or butter, 1 tsp. salt, ½ tsp. pepper, 1 tbsp. sage, 1 small onion grated.

If desired par-boil liver and heart. Mince and mix with stuffing. Mix well and fill cavity in rabbit. Rub rabbit with salt, pepper and flour. Add small pieces of salt pork or butter. Bake slowly and baste often until rabbit is tender.



FRIED RABBIT IN BATTER

Cut rabbit in small pieces, put in kettle, salt, cover with water and boil until tender.

Make a batter of 1 cup sour cream or milk, $\frac{1}{2}$ tsp. soda $\frac{1}{8}$ tsp. salt, 1 egg and $\frac{1}{2}$ cup flour. Dip pieces of rabbit in batter and fry in hot fat until golden brown.

RABBIT CUTLETS

Cut rabbit into pieces, simmer until meat is tender, drain and allow to cool. Sprinkle the pieces of rabbit with salt and pepper, dip in flour, beaten egg and crumbs. Fry slowly in butter or shortening until well browned. Then pour over $1\frac{1}{2}$ cups brown sauce, cook slowly over a low flame for 20 to 25 minutes.

STEWED RABBIT

In a dutch oven or shallow stew pan, Place 2 onions sliced, 2 carrots sliced, 1 bud of minced garlic, 1 cup canned tomatoes, 1 tsp. salt, $\frac{1}{4}$ tsp. black pepper and $\frac{1}{2}$ tsp. paprika. Add two cups water. Cut up two slices of bacon over it. Cover and simmer until meat is tender, about two hours. Remove the meat and vegetables and thicken broth for gravy.

RABBIT SAUSAGE

Without cooking it, cut as much meat from the bones of a rabbit as can possibly be obtained. Grind the meat with one medium onion, 4 potatoes and one slice of bacon.

Mix well, form into patties, salt and pepper to taste. Dip in cracker crumbs and fry until tender.



BAKED RACOON

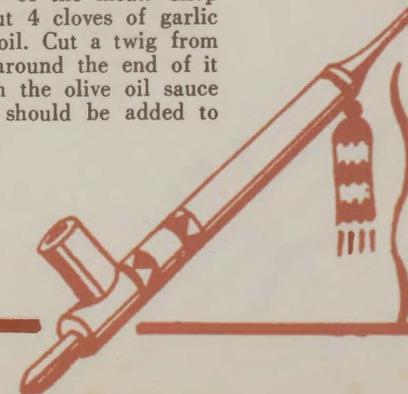
Since racoons are wiry and rugged little animals, they require rugged cooking. After cleaning and dressing, par boil the racoon for 30 minutes to an hour. Then place him in a roaster. Dredge with salt and pepper, add medium onion, large carrot and apple. Put in hot water about one to two inches in bottom of roaster. Bake until tender (about two hours). Tomato catsup and mustard may be put on coon while baking or just before removing from oven.

VENISON ROAST

Hind quarter or loin. Wash thoroughly several times in vinegar water and salt. Take one section of garlic, sliced into tiny pieces and spike meat. Place meat in a roaster. cover with heavy sliced bacon. Add two cups hot water. Cover and roast slowly at 300 degrees, approximately 20 minutes per pound. When done prepare mushroom gravy. Slice meat, pour gravy over all and return to oven for about half hour and serve.

CAMP FIRE VENISON

You can cut a long wooden spit, about five feet long from a green willow branch, remove bark, if you do not have an iron spit. Thread the venison steaks on the spit and place on two forked poles driven into the ground. Cook over an open fire that is about two to three feet from the meat. Turn slowly by revolving the spit on poles allowing the meat to brown and sear over uniformly, to seal in the natural flavor of the meat. Chop up two handfuls of parsley and about 4 cloves of garlic and put them into one cup of olive oil. Cut a twig from a tree, wrap a piece of clean cloth around the end of it to make a swab, baste the meat with the olive oil sauce slowly as it cooks. Salt and pepper should be added to suit your taste.



VENISON STEW

Cut your meat up in about 1 inch squares, the amount depending on the number of people to be served. Cut up 3 medium onions, three chili peppers, 3 stalks celery, about a handful parsley minced, a pinch of oregano, Heat cooking oil or olive oil and add these vegetables cooking for about five minutes. Put in the meat, add half cup vinegar to make meat tender. Let fry with the lid on, stirring frequently. The meat will produce its own juice. Cook until it begins to turn white. Next put in two cans of solid pack tomatoes. Now add four or five potatoes cut into inch squares add about same amount chopped carrots. Let this cook for about an hour and a half. Thicken with a little flour and water, one half glass of sherry or claret wine may be added for distinctive flavor. cook in iron pot or dutch oven.

ELK ROAST

Cover roast with salt, pepper, and small amount of garlic salt. Put strips of salt pork on top and brown in hot oven. Add hot water around meat, cover and cook in slow oven $2\frac{1}{2}$ hours. Add sweet potatoes (peeled and halved) and cook for $1\frac{1}{2}$ hours longer. Take potatoes up, thicken gravy. Baste meat with some of the gravy before serving.



BROILED MOOSE STEAK

Take a good steak from the loin. Place it in a wire toaster over a clear fire, turning often. Moose requires more cooking than beef. When sufficiently done, Season with salt and pepper and your favorite steak sauce.

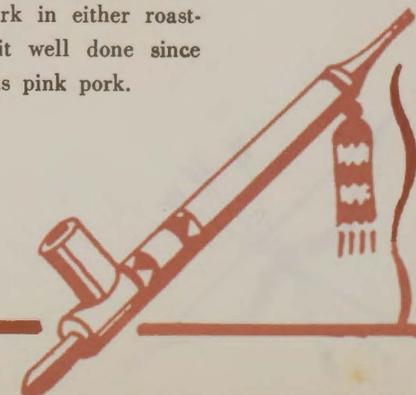
STEAM FRIED STEAK

$1\frac{1}{2}$ lbs. round steak, cut in pieces about 1 inch square. Sprinkle with salt, pepper, and roll in flour.

Place in iron (covered) skillet with about 3 tbsps. compound. Sear on both sides, stirring frequently to keep from sticking. When brown add $1\frac{1}{2}$ cups water. Cover and let simmer for about 1 hour. Makes six helpings with thick gravy.

PREPARING BEAR MEAT

Bear steak is best for eating during the early part of the hunting season, especially in areas where bear feed on salmon and other fish since the fish permeates the bear meat. As soon as you have bagged your bear, dress it out immediately, since the hide, entrails and other parts give the meat a strong flavor. Soak it at least over night in cold water before trying to cook it. Prepare and cook bear meat the same as fresh pork in either roasting or frying, making sure to cook it well done since bear meat contains the same elements as pink pork.



PREPARING GAME BIRDS FOR COOKING

One of the best techniques used in preparing game birds for the roast oven is to slit them down the back, after plucking. As most every one knows, most of the meat on pheasants, wood cock, quail, grouse and other game birds is on the breast. When the birds are slit down the back from the base of the neck to the tail, it will be open for thorough washing and a large amount of stuffing may be inserted in the frame.

You can bind it together with one or two turns of twine and when cooked should lie breast up, allowing for easier carving. Some hunters have the far sight to pick a few wild grapes, beach plums or cranberries if available, to be made into jelly to set off the roasted bird to perfection.

One of the main points to remember when cleaning wild fowl for cooking is to pluck birds (pluck them dry) as quickly as possible after returning from the hunt, and drawing them immediately, washing out the body thoroughly.

To get rid of down feathers on wild ducks, dip them in hot paraffin, after first plucking the big feathers. Be sure to use a large container for dipping. When the paraffin cools, it will be much easier to pull off the down feathers.

FRIED SAGE HEN

This is for young birds only. After you have dressed, cleaned and skinned the bird, soak it in cold water over night. Sprinkle lightly with salt and pepper and dredge with flour. Fry in an iron skillet or heavy aluminum in plenty of grease until golden brown, then pour a little hot water over it and simmer for half an hour or until tender.



QUAIL DELUXE

With four quail, you can serve two people a very delicious meal. Just clean the quail as you prepare a turkey to bake (without opening up the back). Place in cold water to chill and prepare stuffing which is made from six slices of toasted bread, one can of oysters, salt and pepper to taste, add hot water to make the dressing as thick as you prefer. After stuffing the birds, bake in an uncovered pan 1½ hours at 350 degrees.

QUAIL WITH RICE

Dress and pluck quail, salt and pepper to taste. Dredge with flour and brown on all sides in skillet using melted butter or other shortening. Set quail aside and prepare rice as follows.

Wash rice well and drain dry, through a colander. Cut up two good sized onions, one stalk of celery three long chili or bell peppers, 6 sprigs parsley and a bit of garlic. Heat a frying pan and add a good film of cooking oil, olive or wesson oil, approximately 3 tbsp. Add well drained rice and cook, stirring constantly until rice turns a golden brown. Add the cut up vegetables to the rice, adding a little more oil if needed. Continue cooking until vegetables are tender, stirring frequently. Add one large can solid pack tomatoes, and let simmer for 15 minutes. Add a good big pinch of oregano (at times called Mexican sage), then put in the quail whole, and cover with a well fitting lid. Allow to cook over slow heat until rice is done. This should take about 30 minutes. Add salt and pepper to taste. Do not stir after adding quail.



WILD DUCK POT ROAST

Sear each duck in hot fat until brown all over. Put in pan 1 tbsp. lard, 1 tbsp. whole mixed spices, 1 onion and a few stalks of celery cut fine. Add 1 cup hot water, cover tightly and cook slowly 3 hours. Add hot water as needed. Add a dash of red pepper and make a gravy with remaining liquor, then run through a sieve and serve.

ROAST WILD DUCK WITH DRESSING

After cleaning and dressing duck, rub with salt about 1 tsp. per pound of fowl. Brown lightly in two tablespoons of butter or shortening. Place duck on steamer rack in roaster, using dripping to make dressing. Pour dressing over duck and garnish with onions, stuffed olives and slices of hard boiled egg. Add one cup boiling water to roaster, bake 2 hours at 400 degrees.

DRESSING FOR DUCK

1 chopped onion, 1 cup stale bread crumbs, 1 cup cracker crumbs; $\frac{1}{2}$ cup corn bread crumbs; $\frac{1}{2}$ tsp. each of salt, pepper and sage and celery salt. Add drippings and 1 cup boiling water, then beat in three eggs, one at a time, 1 cup chopped celery or chestnuts may be added if desired.



WILD DUCK

Split young wild duck down the back and rub with olive oil or butter (melted). Dust with salt and pepper, broil about 20 to 30 minutes.

Black currant jelly, squares of fried hominy grit, and a green salad, with dressing, goes well with duck. To make dressing, soak two buds of garlic cut in half, in a half cup of vinegar for three days. Remove garlic, add three cups of salad oil, and one can of tomato soup. Salt and pepper to taste. Mix well. This dressing will keep indefinitely in the refrigerator in closed jar or bottle.

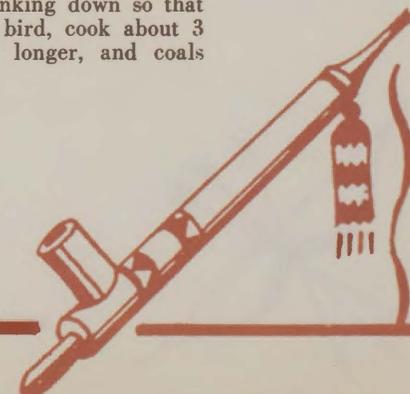
ROAST DUCK

Dress the duck, leaving skin on. Rub lightly with olive oil and season with salt and pepper. Moisten fresh bread crumbs in sweet milk for stuffing and add seasoning to taste. Stuff the duck and roast until almost done.

Place two slices of tart apples and two slices of oranges with peel, on each duck. Finish roasting. Thicken drippings with flour to make thin sauce, then strain and add 4 oz. red wine. Serve with candied orange or pickled crab apples.

BAKED WILD TURKEY

Let the dressed turkey hang for a night or two in the frosty air. Disjoint and wash thoroughly, turn in well seasoned flour and brown in bacon fat or other frying fat in a dutch oven, until well browned. Add a little water, cover oven and heap with hot coals, banking down so that coals will hold the heat. For a young bird, cook about 3 hours. Larger ones should be cooked longer, and coals kept hot.



BAKED PHEASANT OR PEA HEN

Pheasant should be scalded, plucked and drawn. Thorough chilling is necessary. Cover the dressed pheasant with damp cloth and place in refrigerator over night. It is not necessary to freeze it.

Disjoint and cut the pheasant up in same manner as fried chicken, but leave leg and second joint together.

Mix salt, pepper and flour together, using about 1 tbsp. salt, $\frac{1}{2}$ tsp. black pepper and 1 cup flour. Roll each piece in the mixture, brown on all sides in a skillet in melted butter.

After browning each portion, remove to a heavy aluminum or iron roaster which bakes on a top burner. Turn gas on low as possible and add a little water from time to time to prevent burning. Cook at least $2\frac{1}{2}$ hours. Almost as good results can be obtained by using an oven roaster. Cooking as slowly as possible.

FRICASSEE OF PHEASANT

Pluck pheasants for best results. Draw them, then cut into convenient pieces for frying, removing any short torn meat. Wipe clean with damp cloth. Fry to a golden color in fat consisting of $\frac{3}{4}$ shortening to $\frac{1}{8}$ butter. If all butter is used it will burn easily. Add a little water from time to time, dusting the gravy lightly with flour from a shaker. Salt and pepper to suit your own taste. Add more butter from time to time if you like. When the pheasant is tender and the gravy rich and thick, transfer to oven casserole and just about half cover with rich cream. Cook on a moderate oven until the cream has blended with the gravy and evaporated some what.



COOKING FISH

It is usually better for wild game to be hung up and aged for a few days before it is cooked, but fish is best if cooked and eaten shortly after being caught. Where it is not to be eaten immediately it should be kept in the best possible condition. Fish that must be carried considerable distances, especially in hot weather, should be cleaned as soon as possible, wiped dry and placed between layers of leaves, ferns, paper or cloth to prevent them touching each other. Exposure to sun or moisture will cause the fish to spoil quickly.

To clean fish, split belly from head to vent, remove insides and scrape clot of blood from the back bone, trim off fins and remove scales by holding fish by the tail and scraping with a knife or fish scaler, toward the head. Brook trout need to be scraped only enough to remove the slime. For appearance sake, small fish are sometimes cooked without removing the head or tail, and the same is true of larger fish in some ways of cooking, but they are easier cleaned if they are removed. Wash inside and out with cold water and wipe dry with paper toweling or clean cloth.

Usually small fish are fried in a pan while the larger ones are prepared in other ways. To fry a small fish, sever the back bone to prevent curling and sprinkle with salt and pepper. Place fat or shortening in a heavy skillet. I use more shortening than most people do, (about $\frac{1}{2}$ full). Put fish in hot fat and brown first one side then the other, over very hot coals. Then reduce the heat some-what and cook 5 to 10 minutes more.



Remember the fat you use for frying the fish should be very hot or the flesh will become soggy by absorbing it. Some people like to dip their fish in cornmeal, flour

crumbs or a mixture of cornmeal and flour. I use cornmeal mixed with flour, about three parts cornmeal and one part flour. Good fats to use include butter, bacon drippings, pork fat or vegetable shortening. You can cook fish any number of ways, broiling, boiling, baking, frying and smoking.

If you catch an especially large fish, you may want to have it mounted, and here is how you prepare it for the taxidermists. Most taxidermists prefer to receive a fish unskinned in order that they may make a cast of the same very often this is impossible. After catching your fish you want to have mounted, place it on a paper and mark carefully around it with a pencil making an accurate outline and also the size and individual shape.

Write down notes as to color as it fades rapidly.

To reproduce this specimen, the taxidermist must know these details.

After making the outline and notes, the fish is prepared as follows: Cut open the side, not the belly, preserving the perfect side. Take off skin carefully. Most skin will peel off easily. Fins should be separated at the base from the body with a sharp knife or scissors. Scrap off grease with a spoon. Skin should be spread and rubbed with salt on the inner side only and let lay for 24 hours. The following day, roll up in a piece of paper and store in a box or tin can with air holes for ventilation. The specimen will keep for several days until ready to ship for mounting. Be sure to enclose notes and sketch with shipment.



FRIED TROUT OR OTHER FISH

Salt fish generously and dip in cornmeal and flour mixture. Have fat deep and hot. Cook fish until brown, turn and brown other side. Small fish should be cooked fast like French fried potatoes, larger one's more slowly after browning them. Turn heat up before taking up so they will be crisp. Drain on brown paper towel. Most fish can be fried in this way.

BROILED FISH

One of the best ways to broil fish is to place them in the broiler, clean and dry, sprinkle with salt and pepper. If the fish is large, it may be cut in slices and turned quite often, or it may be cut along the back bone instead of the belly, laying it open like a book, placed flesh side down on the broiler then turned and cooked on the outside.

BROILED TROUT

Split trout open so they will be flat. Remove bones and dust with salt, pepper and garlic salt. Dot with salt pork and broil under slow flame until slightly brown. Broil approximately 20 minutes for small trout and 30 minutes for larger ones.



SMOKED FISH

Many out door men find it helpful in keeping trout or other fish preserved for several weeks by smoking them, which makes them good eating from the hand, like smoked herrings.

Trout over 9 inches and under 12 inches are easily smoked. Salt the trout first and allow them to drip. To build a smokey fire use slightly punky hardwood, beech, birch or soft maple.

Build a rack with four corners with sticks driven into the ground and cover the rack with green whips. Leaving room for smoke to curl all around them. The whole rack may be enclosed with ever green thatch. From 2 to 6 hours smoking is ample to cure them, depending on size.

BOILED FISH

For boiling fish only those of fairly large size, three pounds or more, should be used. Clean fish and wrap in clean cheese cloth, place in salted boiling water. Boil gently until flesh easily separates from the bones.

It takes 8 to 10 minutes per pound on boiling large fish and about 5 minutes per pound for smaller fish. Drain well and season with butter or white sauce.

BAKED TROUT

Dust fish with salt, pepper and garlic salt. Fill inside with onion, green pepper and celery cut fine. Put strips of salt pork on top and brown in oven. Cover and cook until tender in slow oven about one hour.

Bread dressing can be used if desired.



BAKED WALL-EYED PIKE

After scaling fish and cutting off the head, slit down the back and crosswise on each side. Put slice of fat pork in side slits and salt the fish inside and out.

Make a dressing of moistened bread crumbs, $\frac{1}{4}$ lb. of salt pork, chopped fine. Place into the fish cavity, fasten with toothpicks. Line pan with thin strips of fresh side pork. Bake in moderate oven until tender. Baste frequently with milk. If you wish to bake this fish over a camp fire, place strips of pork on aluminum foil. Roll fish in this, forming two thicknesses of the foil. Seal tightly and place on bed of hot coals and turn frequently. Omit basting. About one hour for baking, depending on size.

BAKED BASS STUFFED

After the bass have been cleaned and skined, spread thin strips of salt pork in a baking pan and lay the fish over them. Stuff the cavity with dressing and spread the remaining dressing on top of the fish then lay slices of salt pork over the fish. Cover bottom of pan with one inch of milk. Bake in moderate oven until nicely browned. Baste frequently with pan gravy.

DRESSING FOR FISH

Four slices of white bread broken into pieces, 2 stalks of celery cut fine, small onion grated, 1 medium sized carrot grated, 1 tbsp. minced green pepper, 2 tbsp. chopped cabbage, 1 tbsp. butter, 1 beaten egg, $\frac{1}{2}$ tsp. poultry seasoning, 1 tsp. salt, 1 tbsp. mayonaise, Mix and add boiling water until of consistency to spread.



CAMP RECIPES

SOUR DOUGH BREAD

- 2 cups flour
- 2 tbsp. of sugar
- 1 tsp. salt

Mix with sufficient water to form a thin batter and set in a warm place to sour. This takes about 48 hours. Don't worry about the odor. it will be taken care of in the baking. When thoroughly sour, add 1 tsp. baking soda and enough flour to make a stiff dough. Knead into small loaves or biscuits and set in warm place to rise. When about double the original size, they are ready to bake. 350 degrees for about 25 minutes.

Make biscuits and place in greased dutch oven set in warm place near campfire until double in size. Turn over now and then so they will not be too hot or raise too fast. When doubled in size bake in dutch oven over hot coals.

DUTCH OVEN BATTER BREAD

- 2 cups of flower
- 1 tsp. sugar
- 3 tsp. Baking Powder
- 1½ (approximately) cups cold water
- ¼ cup melted shortening

Mix dry ingredients thoroughly. Stir in cold water, mixing rapidly to make a thick batter that will pour out evenly. Have dutch oven ready with ¼ cup melted shortening. Pour batter in dutch oven, cover and bake on bed of coals.



CAMP FIRE CHICKEN

(Foil Wrapped)

- 2 slices bacon
- chicken drum stick, (or equivalent)
- 1 large potato
- 1 pat butter
- salt and pepper to taste
- ½ carrot, turnip or any desired vegetable

Wash chicken and vegetables. Take about 25 or 30 inch sheet of aluminum wrap. Place bacon on wrap, chicken on top. Slice vegetables ¼ inch slices on top of chicken, place butter for seasoning then top with remaining slice of bacon. Fold to seal as tightly as possible, without breaking the foil. Place on hot bed of coals. Bake 15 minutes, turn and bake 15 minutes more. Should be done in 30 minutes.

CAMP FIRE STEAK

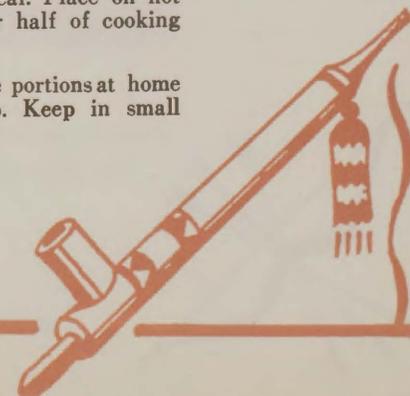
(Foil Wrapped)

- | | |
|-----------------|-------------|
| 1 tbsp. butter | 1 lb. steak |
| salt and pepper | 2 carrots |
| 1 large potato | 1 onion |

Take about 30 inches of aluminum foil, wash and peel vegetables, also wash steak for added moisture. Spread butter on bottom of wrap. Place steak over it. Slice potatoes over steak, slice onion, thin, over potatoes, and slice carrots and place on each side of steak.

Fold up foil lengthwise. Make the seal. Place on hot coals for 20 to 25 minutes, turning after half of cooking time.

Prepare individual packages of above portions at home before going on picnic or camping trip. Keep in small ice box until ready to be cooked.



DRIED FRUITS

Dried fruits are especially good for campers. They take up smaller space than canned fruits and are easy to prepare.

Cooking dried fruits. Rinse and cover with water. Let soak over night and then simmer in the same water for a few minutes or until tender.

Use $\frac{1}{4}$ or $\frac{1}{2}$ cup of sugar for each cup of fruit, depending on sweetness desired.

Prunes and apricots are very good for a camp fire meal.

BOILED RICE CAMPFIRE STYLE

Wash $\frac{1}{2}$ cup rice in cold water and drain. Pour slowly into 1 qt. of rapidly boiling water, salted with 1 tsp. salt. Cook for 20 minutes without stirring. Drain off any excess water and hang pot high over fire without cover, for rice to swell and dry.

RICE PATTIES

Mix cooked rice with beaten eggs and form into patties. Fry in hot grease until golden brown and serve with syrup and butter. Left over rice can be used in this way.



DAUGHTERS OF CHIEF PAUL REDEAGLE
OF THE OSAGE TRIBE OF INDIANS



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SOME SUGGESTIONS ON OUT-DOOR COOKING WITH ALUMINUM FOIL

Never use a flaming fire. A bed of hot coals is the thing.

Always add shortening, butter, fat or bacon, also all seasonings, salt and pepper, etc., before wrapping to cook.

Cooking time will vary with type of fire wood, wind strength and many other factors.

It is a good idea to turn package when contents are half done to insure even cooking.

Package will have to be crimped carefully for complete sealing to keep in juices, to assure steam cooking.

Place food to be cooked on a sheet of foil. The sheet should be big enough to allow for a three fold crimping of open edges.

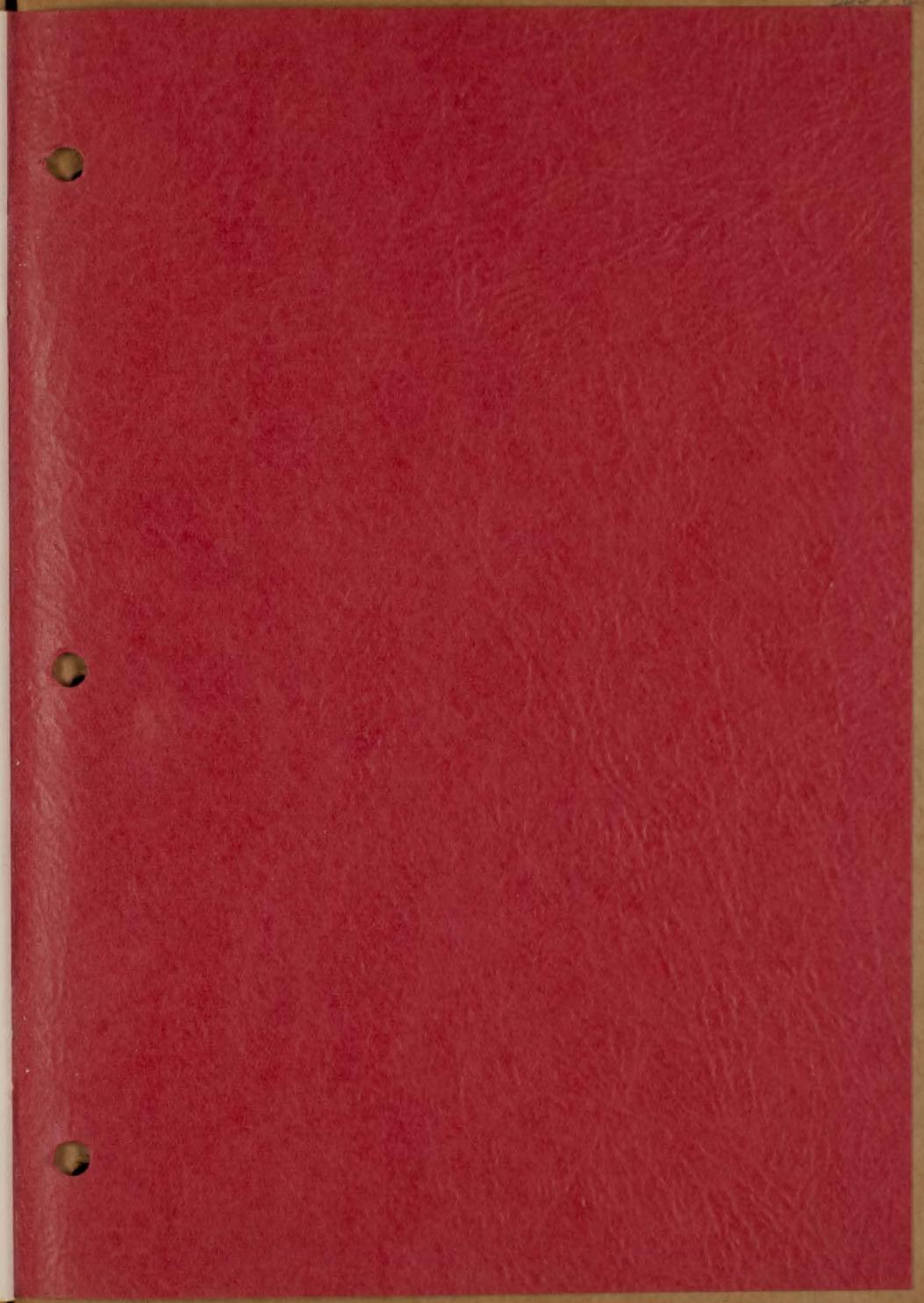
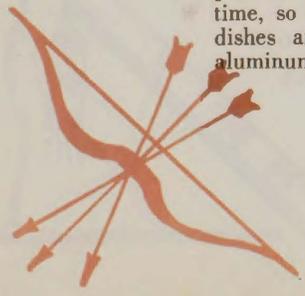
Make an air tight envelope by folding in half and crimp the three open edges. Make three folds on these edges.

Take another sheet of foil the same size as first sheet, repeat folding and crimping, making a double thickness around the food.

Place the packages directly on prepared bed of coals. When food is half done turn, after cooking time is completed open crimped edges, turn back and you have serving dishes, doing away with dirty pots and dishes to wash.

The modern way of cooking over campfires with aluminum foil, would put the Indian cook to shame.

After a hard day of whipping the stream or tramping the woods, have you ever returned to camp to find a pile of greasy, smoky black pots and kettles waiting to be scoured? Or, have you ever awakened in the early dawn to meet the mess of the night before? You left the cooking utensils unwashed, so now, before the meal can be prepared, the pots must be scrubbed out and the frying pan scoured clean. It is unpleasant working and it takes time, so if you can't get your squaw to come along to do dishes and cook on the next trip get several boxes of aluminum foil.



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