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Join the Picnic Parade

Cook It Out-of-doors

by Marjorie Griffin

 WHETHER in youth, middle- or old-age everyone responds vibrantly to warm spring breezes, budding trees, flowers and sprouting green grass—only Nature's intriguing, clever invitations to go into the out-of-doors to either work or play.

No wonder picnics, steak fries, marshmallows and weiner roasts are always popular this time of year.

A local director of Girl Scouts for metropolitan Detroit for nineteen years, Miss Gladys I. Young, hall director at Welch West, can give many suggestions for preparing and serving picnic food.

Picnics have always been thought of as a chance to eat all one's favorite delicacies—balanced or unbalanced diet. But nutritionists have changed all that.

Miss Young explains that some of the odd names given to out-of-door dishes, such as Squaw Corn, Hunter's Stew, Somenores, Walking Salad and Kabobs, are so deceptive as to cover up the "nasty vegetables" which, clothed in these clever names and eaten in the fresh out-of-doors, are eaten with much gusto.

Tin-can cookery is a favorite with Miss Young. To make a tin-can stove take an empty No. 10 can and starting at the open end cut a hole into the side about 4 inches high and 3 inches wide. This opening serves as the mouth of the stove through which may be fed the firewood.

Wood from toothpick to pencil size may be used. It is well to have a large pile when starting the fire and thus save oneself much effort in getting up and down, for it is possible to sit on the ground right beside this small tin-can stove and do the cooking.

At the base of the can and on the opposite side cut a small round hole about ½-inch in diameter; this serves as a chimney. Turn the can open side down on a level piece of ground or flat rock with the fire-wood opening facing the wind. To determine the direction in which the wind is blowing wet a finger and hold high in the air. The side which feels coldest indicates the direction from which the wind is blowing.

On the tin-can stove may be prepared several foods, but it is especially handy in preparing an early morning breakfast. To fry bacon and eggs lay three strips of bacon in triangular style across the top of the stove; break and drop an egg in the middle. Thus the egg is held intact and may be easily slid or lifted off the stove—using the end of a bacon strip for a handle. The beveled edge of the large can serves to hold together any bacon fryings.

Too, it lessens the hazard of one's egg going for a toboggan into the lap in case the stove is not truly leveled up. "And," chuckles Miss Young, "eggs cooked on this stove are peppered and salted with the real things rather than ashes." Pancakes are another breakfast favorite which may be prepared on this small stove.

If one likes fruit for breakfast he might take oranges, and they serve as a dual purpose at the out-of-door meal. Cut and save a circle about ½ inches in diameter from one end of the orange. Eat out the juicy fruit, being careful not to damage the skin—for it is to be used as an egg cup. Drop an egg into this orange-peel cup, replace the lid which you cut off the end of the orange and bake in hot ashes. The egg protein coagulates in the heat to seal this small oven. It takes only a few minutes to cook an egg thus, but experience is the best teacher since the intensity of the heat in the ashes may differ.

Coffee is always welcome at the out-of-door meal. To make coffee put the necessary amount with water into a milk bottle and place in hot ashes away from the flame. As soon as the coffee boils and the grounds settle back to the bottom of the bottle the coffee is ready for serving. And is this fascinating to watch!

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If You'd Be

Wife to an Artist

by Therese Warburton

"To be happy is to forget yourself and when you forget yourself you find yourself," summarized Mrs. Christian Petersen, the wife of the sculptor.

That philosophy is a practical thing with Mrs. Petersen for she smiled happily as she expressed herself in a recent interview on a topic which may well be entitled, "The Life of an Artist's Wife."

A wife should forget herself," she repeated, "especially an artist's wife."

College women whose ultimate purposes are to be successful and happy wives may be interested in the suggestions that ensued from this conversation.

First of all, Mrs. Petersen suggested that the wife must be attractive, even before breakfast. If she is the type who wears make-up becomingly she should dress up her face before donning the kitchen apron.

Early morning hint no. 2: Pick up friend husband's things to keep him cheerful. A toe stubbed on a misplaced shoe might end in tragedy.

It is said that reading the morning paper over the coffee is a just cause
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Numerous recipes are prevalent now for one-dish meals. Miss Young suggests that “Kabobs” serve this purpose for a picnic luncheon. Cut pieces of meat about ¼-inch thick and 1-inch square. Thread alternately on small green sticks with pieces of onion, bacon and potato; roast over fire. Since it takes potatoes a longer time to cook the slices should be very thin.

With “Kabobs” one might serve “Walking Salad” prepared by filling a stick of celery with cream or pimento cheese. Sprinkle this with lemon juice and salt and wrap in a lettuce leaf. Tie with pieces of green grass.

If one desired a dessert at the picnic luncheon baked bananas could be prepared. Cut a long, narrow rectangular piece of skin from the inside of a boot-shaped banana. Cut out a little part of the fruit from this opening, then fill the cavity with bits of marshmallow; replace rectangular shaped covering and bake three to four minutes in warm ashes.

In broiling steak for a picnic dinner Miss Young likes to use a long willow limb. This is shaped into the form of a question mark and the open end tied to the main stem. Over this loop is placed, fairly equidistant, some straight twigs and through these are woven other twigs. Arrange stems or forked sticks around a bed of glowing coals and rest the willow broiler with its steak over these.

Potatoes scrubbed clean and baked in glowing ashes would taste well with a broiled steak. And one might also like to serve an apple salad which may be prepared in the home. Cut a firm red apple crosswise in slices about ¼-inch thick. Rub each slice with lemon and spread with Philadelphia cream cheese with a little sugar and cinnamon sprinkled on. Put the apple back together again, wrap in wax paper and place in the picnic basket ready for serving.

Miss Young thinks that “Bread Twists” are delicious with this heavy meal. No utensils are required excepting a paper bag. Turn back the top edge of the bag to form a mixing bowl. Measure in by fingerfuls the flour, salt, baking powder and shortening. Pour in milk or water to moisten. Mix well with fingers. Take small portions of this dough and roll between both hands until about ½-inch thick and over 5 inches long. Over the end of a medium-sized green stick (shaved to a snowy whiteness) pinch one end of the dough and then twist tightly around the stick until length of dough is used. Toast over fire and when done slip out stick; fill with butter and jam and turn “twist” so that entire opening is well flavored.