

# FAMILY CAMPING

Camping is fun, but the equipment you need and the way in which you use it, is serious business. This project is planned to help you develop those camp craft skills that will make you a good camper.

## LET'S GO CAMPING

Campers in the United States and Canada are among the luckiest outdoorsmen in the world. The North American continent has some of the finest areas for camping you will find anywhere.

Most states have parks with numerous spots set aside for camping. In addition, public campsites are dotted along main highways. In our state and national parks and national forests, thousands of campsites are available for family use, many of them complete with fireplaces and tables, pure water, and sanitary facilities.

North and south, east and west, summer and winter camping goes on in any climate, any season. Camping is for everyone, everywhere, every month of the year. Some of the many ways families camp are by using tents, tent trailers, wagon campers, pick-up campers, travel trailer camper and motor homes.

**Note: Many of the illustrations and instructions used in this manual are from CAMPCRAFT by Catherine T. Hammett (published by Pocket Books, New York). You may wish to purchase this book or look for it in local libraries. Other books about camping and camp skills may also be used as references in completing your project.**



## EXHIBIT REQUIREMENTS

### **Clovers**

Choose one of the following for your exhibit. Do a different one each year.

1. Make a poster 22" x 28" with eight pictures taken during a family outing, explaining each picture.
2. Make a poster 22" x 28" showing how to tie three different knots (i.e., square knot, etc.). Explain when or where the knot should be used.
3. Make a camping safety poster 22" x 28" (i.e. on first aid, boating or swimming, fire, etc.)
4. Make a poster 22" x 28" showing three types of campfires. Also list five fire safety hints.

### **Juniors**

Choose one of the following for your exhibit. Do a different one each year.

1. Make a poster 22" x 28" showing three campgrounds in the area showing facilities available in the campgrounds.
2. Make a poster 22" x 28" showing different forms and kinds of camping (i.e., kinds of tents, trailers, etc.). Elaborate also on amount of investment.
3. Make a First-aid kit for camping.
4. Make a poster 22" x 28" showing at least three poisonous plants. List identification of plant and first aid.

### **Seniors**

Choose one of the following for your exhibit. Do a different one each year.

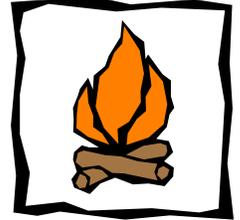
1. Make a poster 22" x 28" showing eight specific wildlife (i.e., frogs, snakes, raccoons, etc.) found near campsites and wooded areas. Include their habitat, what they eat, where you saw them (i.e., in a tree, near camping area, etc.).
2. Plan menu for three day outing. Prepare one of the dishes from the menu.
3. Plan menu for three day outing using Aluminum Foil Cookery as main dish. Prepare this dish.
4. Make a poster 22" x 28" planning a camping trip-include map showing the easiest route, type of campground, activities available. Keep a daily log.
5. Prepare a poster 22" x 28" showing six wild edible plants and prepare a wild plant dish.
6. Make a scrapbook of three outing during the year, using pictures, maps, brochures, and menus.

## CAMPFIRE SONGS AND CEREMONIES

The evening campfire is a good place to gather to tell stories, have devotions or ceremonies, and sing songs. The extension office has devotional material and games that you may come in and pick up. There is also a Vanderburgh County Songbook, No.-VCF-56, which you may want to have a copy of. Here are some songs from the Songbook.

### Song Title: The Happy Wanderer

- 1 - I love to go a-wandering, along the mountain track,  
And as I go, I love to sing, my knap-sack on my back.  
Chorus: Val-de-ri, Val-de-ra, Val-de-ri, Val-de-ra-ha-ha-ha-ha-  
Val-de-ri, Val-de-ra, my knap-sack on my back.
- 2 - I love to wander by the stream that dances in the sun,  
So joyously it calls to me, "Come, join my happy song!"  
(Chorus)
- 3 - I wave my hat to all I meet and they wave back to me,  
And blackbirds call so loud and sweet, from every greenwood tree.
- 4 - High overhead the skylarks wing, they never rest at home,  
But just like me, they love to sing, as o'er the world we roam.
- 5 - Oh, may I go a-wandering until the day I die,  
Oh, may I always laugh and sing beneath God's clear blue sky!



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### Song Title: America, America (round)

America, America, shall we tell you how we feel,  
You have given us your riches, We love you so.

Love, love, love, love, the gospel in a word is love.  
Love thy neighbor as they brother, Love, love, love.

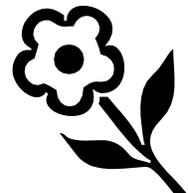
Peace, peace, peace, peace, Wars shall come and wars shall cease.  
All mankind shall live together, Peace, peace, peace.



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### Song Title: Edelweiss

Edelweiss, Edelweiss, every morning you greet me.  
Small and white, clear and bright, you look happy to greet me.  
Blossom of snow, may you bloom and grow, bloom and grow forever.  
Edelweiss, Edelweiss, bless my homeland forever.



## **PREPARING TO BUILD A FIRE**

### **Where to build -**

On sand, rocks or dirt. NEVER at the base of a tree, or near enough for heat to kill the roots. Ground should be cleared of leaves, grass, sticks, etc. down to solid dirt, over a large enough area, unless a stone fireplace is used. This is especially important in the woods. Clear away leaf mold, etc. to prevent fire from smoldering underground.

In a fireplace, temporary or permanent. Temporary fireplaces are made of ditches or holes dug in dirt, green logs, rocks, bricks, clay or tin cans.

With the wind at your back, as you face the fire. This will make a draft that blows through the fire when it is lighted.

### **Materials to use -**

Tinder: That material which catches fire from a match. Should be in pieces not any thicker than a match, but longer. Shavings or fuzz sticks, fine twigs, especially from evergreen trees, bundles of tops of bushes or weeds, pieces of fat pine, thin pieces of bark, etc. make good tinder. Beware of light material like grass or leaves: these flare up quickly, but have little real substance and burn out too quickly to catch on anything heavier.

Kindling: Good dry sticks and twigs graduated in size from pieces just bigger than tinder up to pieces as thick as a thumb, and from six to twelve inches long. Larger pieces may be split for kindling.

Fuel: The real fire material. Good firm pieces of wood, graduated in size from pieces just bigger than kindling up to good-sized logs, depending on use. Charcoal is often used as a fuel, too.

### **Choosing Materials -**

Wood for kindling should snap when broken. In general, dead branches from lower limbs of trees make the best kindling. Sticks lying on the ground may be damp.

Tinder may be anything that is very light and dry. Make little bundles of tiny twigs. Sticks that bend and do not snap are green; use only after a hot fire is started.

Wood that crumbles is rotten. You'll find lots around--don't bother with it. It has lost all its life and will just smolder and smoke without giving off any heat.

Split wood burns well; the inside of a log is drier than the outside. In wet weather, depend on dead branches on trees; they dry sooner than wood on the ground, as the air can get all around them.

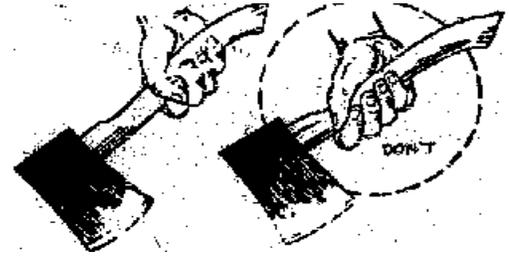
Soft wood is produced by trees that grow quickly--pines, spruces, cedars, gray birch, aspen, etc. This wood is good for starting fires, or for quick hot fires. It burns up quickly and needs constant refueling; it does not leave good coals.

Hard wood is produced by trees that grow slowly--oaks, hickories, yellow birch, maples, ash, mesquite, eucalyptus, etc. Hard wood is compact and firm, and feels heavy in the hand as compared with a piece of soft wood of the same size. This kind of wood burns slowly, and yields coals that will last. It needs a good hot fire to get started, and then burns well for a long time.

## **USING AN AXE**

A hand axe is a small axe usually used in one hand. Its flat head can be used as a hammer. It is a handy tool for general use, though for heavy chopping a two-handed axe is necessary. When not in use: DON'T leave it in a tree. DON'T leave it in or on the ground. Hang on two nails, or leave in a chopping block; keep sheathed, wear on belt, or carry with blade down.

**USING A HAND AXE** - DON'T grasp near head of axe. Grasp end of handle firmly, thumb around fingers. Raise by arm and wrist motion, letting weight of head of axe help to bring it down in place. Sharp, firm blows make for better progress than pecking, ineffectual, quick blows. Take plenty of time; be sure to stand and hold axe so that if axe glances or misses it will not strike your leg or any other part of your body.



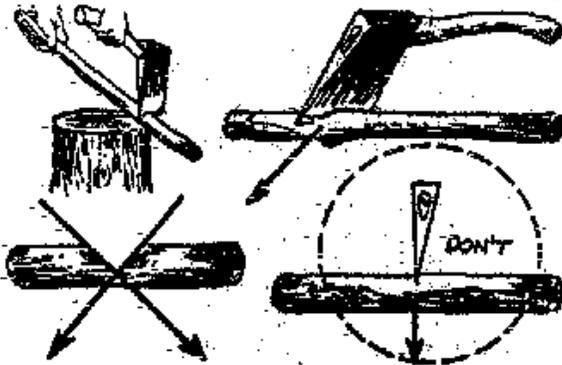
**TO SHARPEN A HAND AXE** - Hold axe in left hand by the head; hold sharpening stone in right. Use a rather coarse stone. Work stone on the axe blade. Finish with fine stone. Use a little water on stone to reduce friction.



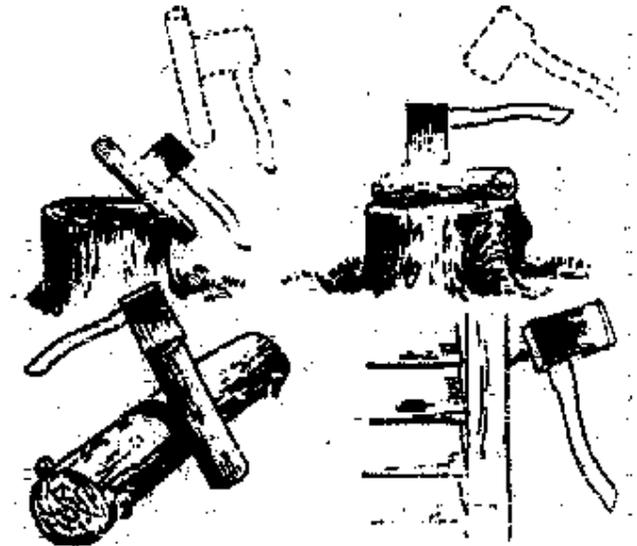
Hold axe by head. Move stone in circular motion against the edge, keeping it flat on blade. Turn axe, and repeat.



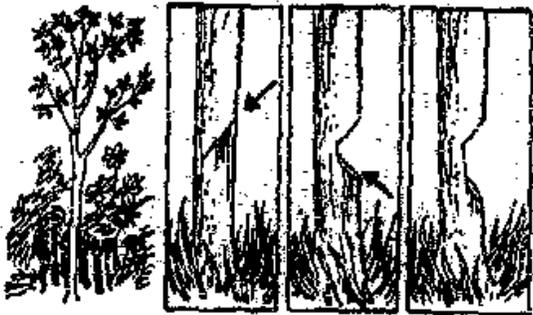
To point a stick, hold at angle on chopping block. Strike at angle, turning to make a point.



To cut across a stick strike on edge of block (X); hold at least two feet away from the point you will strike. Make diagonal cuts. Don't try to cut square across a stick.



To split a log, place axe on stick; raise both together and bring down, sticking on edge of block. Repeat if necessary. Lay stick flat on block. Do not hold. Raise axe, and bring down sharply in center of stick. Or lean stick against a log and strike in center of stick where it touches the log. The flat part of an axe is a good hammer.



To cut a sapling, clear away brush around it. Make a sharp, diagonal cut down the trunk. Make a second cut up the trunk. Repeat, making cut larger.

## FIRE BUILDING AND FIREPLACES

### HOW TO BUILD A FOUNDATION FIRE

1. Have fireplace ready before you begin.
2. Have ready at hand:
  - a big handful of tinder
  - a double handful of kindling
  - what fuel you will need, unless there are wood-gatherers working with you so you will not have to leave the fire after it is lighted.

3. Kneel with wind at your back; take two small sticks of kindling and place to form an angle in fireplace, as shown in Fig. 1; *or* place one stick across these two, to form an A.



Fig.1 Wind

4. Pile a good bit of tinder in the angle of the sticks, or on cross piece, lightly, so there is air, but compactly enough so each piece rests against other pieces. Leave a tunnel at *center* and bottom in which to insert match. (Fig. 2)



Fig 2 Light Here

REMEMBER: Fire needs air. Flame burns *upward*. Only material in the path of flame will ignite.

5. Strike match, tipping down, so flame catches on wood. (Cup in hands, if necessary.) When well lighted, stick flame in air space, putting flame



Fig 3

under the *center* of the pile of tinder. If match goes out, use it as extra tinder. Blow gently at *base* of fire, if necessary. (Fig. 3)

6. As flame catches and begins to spread, add bits of tinder, placing gently *on flame* until there is a brisk fire. (Fig. 4)

7. Then begin to add pieces of kindling, one by one, placing lightly where the flame is best, starting with small pieces, and gradually adding bigger pieces, forming a tepee shape.

Do not make any sudden changes in size of wood use; add pieces that are just a bit larger than those already burning, until you are using thumb-size sticks.

REMEMBER: Build gradually. Keep fire compact, each piece of wood touching other pieces for most of its length.

8. Put a small stick or poker in bottom of fire to rise just a little, to give more air.

9. When fire is going well, begin to add fuel in graduated sizes, building into the kind of fire you will need.

### COOKING FIRES

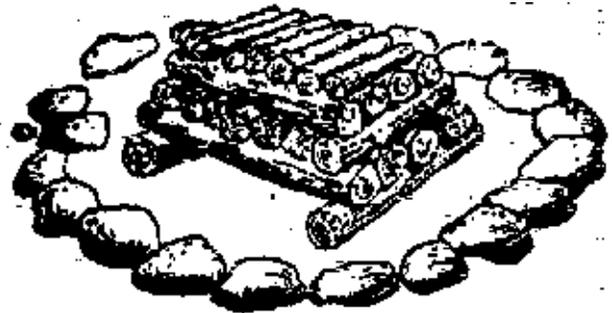
Tepee or Wigwam Fire - a quick, hot fire for boiling, etc. Concentrates heat at a small point at top.

Start with foundation fire. Continue building with fuel in tepee formation, keeping it tall, not widespread.

Crisscross Fire - A solid fire that will burn to coals, or produce a long-burning fire.

Start with foundation fire. Add fuel, as shown, to make a crisscross of sticks. Put thick sticks at bottom after foundation fire is going very well, lighter sticks across.

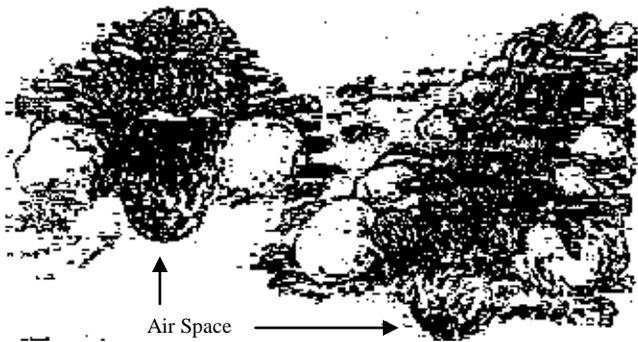
Crisscross-type fire



Reflector fire - To provide high and steady heat for baking, planking, etc.

Start with a foundation fire, and build it into a high crisscross fire built against a rock or reflector of logs. Let it burn to good coals.

For quick browning, build a fire high against reflector, stones or logs.

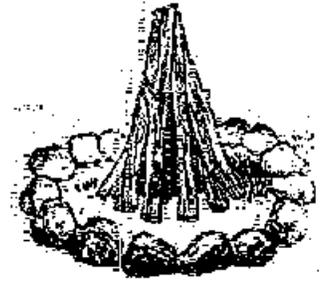


### Trench Fire

To provide long, narrow fire for trench-type fireplace, start with one or more foundation fires, and when going well, knock flat, instead of building into a tepee. Make a long, narrow crisscross type, with long sticks the length of firebox, and small sticks cross-wise, to provide air.

If fire seems to burn poorly, be sure you have plenty of air going in at the front. Raise sticks by cross-stick if needed, in front.

### Tepee Type



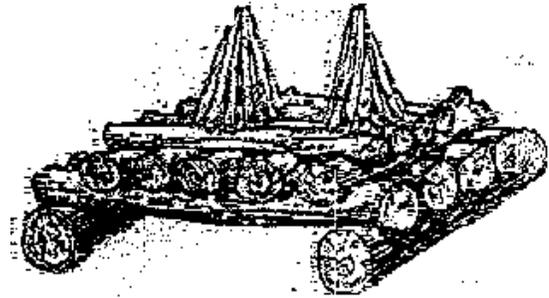
### Tin Can Fire

A small steady fire in a stove made of a tin can.

Start with a small fire of tinder. Have a supply of sticks no bigger than thumb (for a #10 stove). Keep fire small, and *feed steadily* with small twigs. Needs plenty of air; keep extra tinder handy for bolstering up!

Move can in place when fire is going. Tin can cooker needs two persons-one to cook, the other to feed fire.

### Alter-Type fire



### Alter-Type fire

This is a special fire for ceremonials. Looks well in a fireplace, and is thrilling to watch burn. Goes against the old theory that fire burns up, but works if there is plenty of light stuff to ignite lower layers.

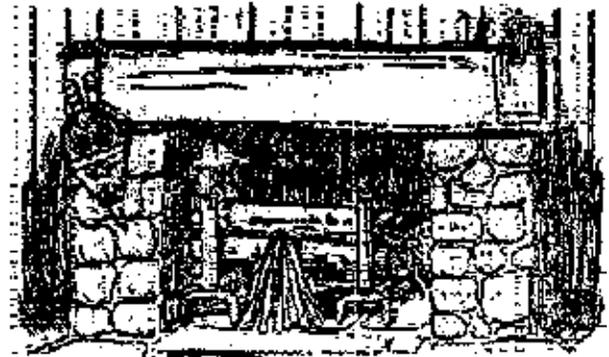
Make a long crisscross-type fire. On the top build one or two tepee fires, with leaders running down through the inside of the crisscrosses. Use *plenty* of tinder and small stuff, to make the rest catch.

Light the tepees, and fire will spread out and down until all is burning.

This type of fire should not need refueling through an evening.

### Fire for Charcoal Stove

Make a small foundation fire-feed small twigs until there is a brisk fire. Then drop on small pieces of charcoal, gradually increasing size. Swing by the handle, or blow at base, to make fire burn.



### Indoor fireplace fire

This may be a modification of either a tepee or a crisscross fire, generally built against a large back log. Be sure there is enough small stuff and graduated sizes of wood to ignite the big logs. Once the fire is burning well, you can add logs. Keep the ashes in the bottom of fireplace; they conserve heat and help fill in air space.

**CAMPFIRES** - Campfires are generally laid some time before using, so the foundation fire must be sure proof, and the other structure in place before lighting.

The trick is to be sure that there is plenty of tinder and small kindling, and a place to insert the first light. In ceremonials, it is better to use extra tinder than to have the fire lighting keep everyone in a frenzy of anxiety!

## TYPES OF OUTDOOR COOKING

Here are various types of cooking, and little helps to make these successful.

**TOASTING**—"to brown by heat." Best done over good coals; patience in waiting for the fire to burn to coals is its own reward! A good camp crafter toasts his bread or marshmallow golden brown, evenly done on all sides. He doesn't say he "likes it burned" just because he is not skillful enough to do a good job.

When a flaming fire must be used, hold the food to one side of the flames, instead of *in* or *over* them, or the food will be smoked instead of toasted.

**BROILING**—"to cook by direct exposure to heat." Broiling is a method used in cooking meat, especially tender cuts like chops or steak. It is usually done on a green stick, a green stick broiler, or on a wire rack or broiler. Broiling is best done over coals; the food should be turned often and cooked slowly. As in toasting, flames will smoke the food.

**PAN BROILING** is done in a pan (usually for meat). Heat the pan first, put in meat, turn often, pouring off fat as it accumulates, keeping as dry as possible so meat does not fry.

**STEWING OR BOILING**—"to cook in water." Tougher cuts of meat are good for stew; they have more flavor, but take longer to cook. For stews, meat should be browned quickly in fat, and cooked slowly in water until tender. Generally speaking, the longer the cooking, the better the stew. For boiling, have a cover on the pot to hasten the process; put the kettle on the fire as soon as it is going to catch all the heat.



Boiling



Tin-Can Frying

**FRYING**—"to brown or sear in fat in a pan." Best done over a bed of coals, since flames are likely to lick into the pan. Generally, a small amount of fat is all that is necessary for frying. Draining fried foods on a paper napkin helps to get rid of excess grease. When frying bacon, onions,

etc., for a one-pot meal, fry in the bottom of the kettle to be used, and pour off the grease when brown, adding other ingredients as needed.

**TIN CAN STOVES**- often used for frying.



On-A-Rock



Clam Bake

**ON-A-ROCK COOKING** is another kind of frying in which a flat stone is heated and used as a frying pan.

**STEAMING** is cooking by steam. Little or no additional moisture is added to the food, so it cooks in its own natural juices. Double boilers are used to cook or warm food; improvised "pressure cookers" may be made. Aluminum foil cooking is a steam process, as are imus and clambakes.

**BAKING**-there are many ways of baking out of doors. One way is on the end of a green stick, as you do for a brad twist; this is a slower process than toasting, for the outside must not get cooked too quickly, or the inside will not be cooked.

Another way is in reflector ovens; they may be made from tin cans. Dutch ovens are also used for baking.

**PLANKING** is the art of cooking on board, generally by reflected heat. It is used for meat and fish.

**NON-UNTENSIL MEALS** are those where you used no kettles or pans, but make any implements you need, like broilers or toasting sticks. This is a fine campcrafting kind of meal. Your jack-knife is your best friend here.

**ONE-POT MEALS** are those where many ingredients make the main dish, like a chowder or stew. Everything is prepared in one kettle, and one needs only fruit or sweets to top off the meal.

**BEANHOLES, IMUS AND CLAMBAKES** are "fireless cookers" in the ground. (An imu is a Hawaiian way of cooking meat.)

**BARBECUES** are ways of roasting large pieces of meat over coals; a special sauce is used for basting the meat.

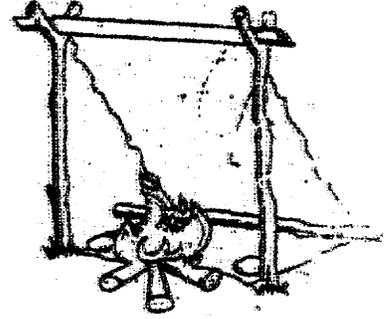
## OUTDOOR COOKING

With heavy-duty aluminum foil plus ordinary coat hangers and tree branches and switches, you can make a variety of cooking utensils to carry you right through an entire camping trip.

### UTENSIL MAKING

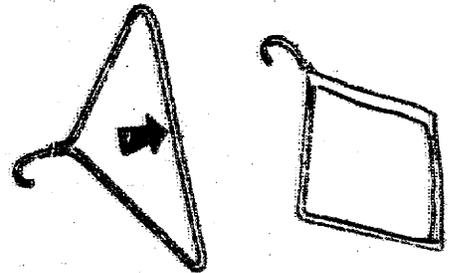
#### REFLECTOR OVEN

1. Select two Y-shaped sticks; insert about 18 inches apart into ground until secure. 2. Mold one end of a long sheet of heavy-duty aluminum foil tightly around a long stick. 3. Place foil-wrapped stick across Y-shaped opening. 4. Bring remaining foil toward the ground into an L-shape; make a fold in the foil at ground level. 5. Anchor to ground with rocks and with another stick laid on the fold.



#### COAT HANGER FRYING PAN

1. Pull bottom of coat hanger into a square of wire. 2. Bend the hook around so it points downward to make a handle. 3. Fold a length of aluminum foil into a doubled square and slip the wire between. 4. Fold and crimp the three foil edges under and around the wire rims until secure. 5. When cooking in it, note that food will depress the center slightly, thus preventing liquids from running off.



#### WILLOW-FOIL FRYING PAN

1. Secure a willow switch; loop will tip down to main stem. 2. Wrap tip in a knot around stem end (or secure with string), leaving enough length of stem end to form a handle. 3. Mold a length of foil to circle formed by the loop.



#### FORKED-STICK FRYING PAN

1. Mold lengths of aluminum foil from one side of forked stick to the other. 2. Roll up outer edge making enclosed flat center for holding food to be cooked.

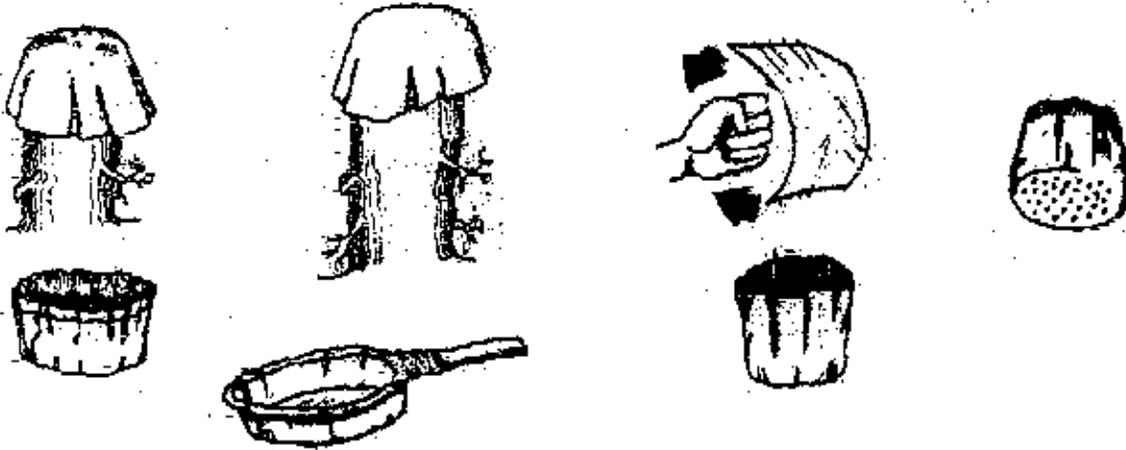


**SERVING BOWL** - (1) Mold a length of aluminum foil over a flat stump, the end of a log or any other object that will provide the desired shape. (2) Remove foil and crimp down edges to make a rim.

**SAUCEPAN** - (1) Mold foil as in making bowl; leave extra foil on one side to form a handle. (2) Fold edges down to make a rim; on one edge twist extra foil around a stick to form a handle.

**CUP** - (1) Mold a short length of aluminum foil around your fist; remove. (2) Turn under raw edges of foil around opening to form a smooth lip.

**STRAINER** - (1) Follow directions for cup. (2) Punch small holes in bottom of cup.



**BAKING PAN** - (1) Tear off two layers of 18-inch wide heavy duty aluminum foil or 1 layer of extra heavy foil large enough to make the size pan you need. (2) Fold up the sides approximately 1½ to 2 inches; miter the corners for strength.



**GRIDDLE** - To provide a smooth surface for pan-frying foods, cover griddle or wire rack with two layers of heavy-duty aluminum foil.



## FOIL COOKERY

Use heavy-duty aluminum foil to form convenient cooking containers. Foil packets may be placed in the fire or on the grill.

**DRUGSTORE WRAP** - (1) Place the food in the center of an oblong piece of aluminum foil large enough to wrap, allowing for folding at top and sides. (2) Bring two sides together above food; fold down loosely in a series of locked folds allowing for heat circulation and expansion. (3) Fold short ends up and over again, crimp to seal.

**BUNDLE WRAP** - Good for irregular shaped foods and foods with a lot of moisture. (1) Place food in the center of a square of foil large enough to permit adequate wrapping. (2) Bring four corners up together in a pyramid shape. (3) Fold the openings together loosely to allow for heat circulation and expansion. (4) Seal by folding over ends and pressing to the package.

Place foil packages directly on coals. Turn at least once, halfway through cooking time specified at right.

Remove husks and silk from an ear of corn. Rub with butter. Wrap in foil and place on coals, turning at least once.

Make biscuits by wrapping in greased foil. Wrap loosely to permit rising. Turn halfway through baking.

Foil-baked fruit makes a good desert. Before wrapping apple, cut out the core and sprinkle sugar inside. Also try baking bananas in skins or a whole pineapple.

### Camping Hints

When frying fish, line pan with foil. No cleaning needed, and no fish smell.

For quick pot washing, smear a thin layer of soap paste, lather cream, or toothpaste on outside of pot before using. Soot then comes off in cold water.

Purchase two aluminum pie pans. For baking, place food in one, cover with the other, and then clamp them together with wooden clothespins or metal clamps. Place on a rack above coals. For any item you bake (cake, breads, biscuits, pies), place a few coals on the top pie pan.

Proper equipment makes camping more fun. You don't need to spend lots of money because most camping needs can be improvised from what you already have at home.

Camping, although a great escape from work at home, still takes "work". If everyone participates, the work's fun, not a burden.

### COOKING TIMES

Beef, Hamburger.....	8-12 minutes
Beef, 1-inch cube .....	20-30 minutes
Chicken, cut in pieces .....	20-30- minutes
Frankfurters.....	5-10 minutes
Lamb Chops .....	20-30 minutes
Pork Chops.....	30-40 minutes
Fish, Whole.....	15-20 minutes
Fish, Fillets.....	10-15 minutes
Carrots, Sticks .....	15-20 minutes
Corn, Ears .....	6-10 minutes
Potatoes, Sliced.....	45-60 minutes
Potatoes, Whole .....	10-15 minutes
Apple, Whole .....	20-30 minutes
Banana, in Skin .....	8-10 minutes
Pineapple, Whole .....	30-40 minutes
Biscuits.....	6-10 minutes

### CAMP MEASUREMENTS FOR COOKING



2-FINGER PINCH = 1/8 TEASPOON



3-FINGER PINCH = 1/3 TEASPOON



4-FINGER PINCH = 1 TEASPOON



1 FISTFUL = 1/4 CUP



1 FINGER \_\_\_\_\_ = 1/2 TEASPOON

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## **BEEF AND MUSHROOM SUPPER**

1-pound beef for stew  
¼ teaspoon garlic  
½ teaspoon salt  
Pepper  
1 can (4 oz.) sliced mushrooms,  
drained  
2 small onions cut in wedges

Makes 4 servings.

Cut beef into ½ -inch cubes; divide into 4 equal portions. Place each portion in center of a length of aluminum foil large enough to permit adequate wrapping. Sprinkle beef cubes with seasonings. Evenly distribute mushroom slices and onion wedges between beef portions. Follow directions for bundle wrap. Grill over medium coals 30 to 40 minutes or until beef is tender.

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## **CANNONBALL MEATLOAF**

1-pound ground beef  
1 egg  
½ teaspoon salt  
Dash pepper  
Other spices as desired  
½ cup bread or cracker crumbs  
2 tablespoons milk  
4 large onions

Combine all ingredients except onions. Cut onions in half horizontally; remove center. Fill each half with hamburger mixture; refit onion halves together. Follow directions for bundle wrap. Cook on hot coals 15 to 20 minutes, turning once.

Makes 4 servings.

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## **CAMPSITE PIZZA**

1 package cheese pizza mix  
2 tablespoons vegetable oil  
¼ pound Italian sausage, sliced  
1 can (4 oz.) sliced mushrooms, drained  
¼ pound Mozzarella cheese, grated  
1 large iron skillet, 12 inches or larger in diameter

Prepare pizza crust according to package directions. Prepare skillet by lining with aluminum foil; oil foil. Spread dough evenly in skillet. Pour pizza sauce over dough spreading to edges; top with sausage and mushrooms, sprinkle with grated cheeses. Place cover on skillet, then place on grill. Cover top of skillet with aluminum foil; with tongs, lift out a few hot coals and place on top of skillet. Grill over medium hot coals 25 minutes or until the crust is brown around edges and tomato sauce and cheese bubble slightly. (If skillet has no cover, form one with three thicknesses of aluminum foil.

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## **BRUNSWICK STEW BUNDLES**

1 small onion, chopped  
1 small green pepper, chopped  
1 can (8 ¾ oz.) whole kernel family style golden sweet corn, drained  
1 can (8 1/3 oz.) green lima beans, drained  
1 can (6 ¾ oz.) chunked and ground chicken with broth, drained  
1 can (8 oz.) tomato sauce

½ teaspoon salt

Tear off 4 lengths of aluminum foil large enough to permit adequate wrapping. Combine all ingredients; spoon equal portions into centers of foil sheets. Follow directions for bundle wrap. Grill over medium hot coals 25 to 35 minutes or until hot.

Makes 4 servings.

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## **POPCORN IN A BUNDLE**

¼ cup popcorn  
2 tablespoons vegetable oil  
¼ teaspoon salt

In center of 18-inch square of aluminum foil, place popcorn, oil and salt. Follow directions for bundle wrap, leaving room for popcorn to pop. Wire bundle to long sturdy stick to cook over campfire, or grasping top of bundle with tongs, place directly on coals. Cook, shaking constantly, until corn stops popping. Eat out of bundle, adding additional salt, melted margarine, or grated cheese.

Makes 2 to 3 servings

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### WHOLE FISH GRILLED IN FOIL

Butter or margarine  
1 medium onion, thinly sliced  
1 whole fish (1 to 3 lbs.), dressed  
Salt and pepper  
Fresh tarragon, parsley, dill, thyme,  
rosemary

Spread butter in center of a sheet of aluminum foil large enough to permit adequate wrapping; top with half of the onion slices. Place fish on onion slices. Sprinkle cavity and outside of fish with salt and pepper; top with remaining onion slices; sprinkle with herbs. Dot generously with butter. Follow directions for drugstore wrap. Place on grill over medium hot coals. Cook a 1-pound fish 15 minutes, a 2-pound fish 25 minutes, and a 3-pound fish 35 minutes, turning two or three times.

Makes 2 to 3 servings for each pound of dressed fish.

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### GRILLED HAM AND CHEESE LOAF

½ cup butter or margarine, softened  
½ cup grated cheddar cheese  
1 can (¾ oz.) chunked, ground ham,  
drained and flaked or  
1 cup minced cooked ham  
2 teaspoons caraway seeds  
2 tablespoons chopped onion

1 loaf French bread (12 to 14 inches long)

Combine all ingredients except bread. Cut bread diagonally at ¾-inch intervals almost to bottom crust; spread filling between slices. Place loaf in center of lightly buttered length of aluminum foil large enough to permit adequate wrapping. Follow directions for drugstore wrap, twisting ends to seal. Grill over medium hot coals, turning frequently, about 20 minutes or until cheese melts.

Makes 12 to 14 slices.

---

### OH-SO-GOOD POTATOES

4 small baking potatoes, pared  
1 carton (8 oz.) sour cream  
¼ teaspoon pepper  
1 envelope onion soup mix  
¼ cup milk

Thinly slice potatoes. Combine remaining ingredients. Add potatoes, mixing well. Spoon potato mixture in center of a length of aluminum foil large enough to permit adequate wrapping. Follow directions for bundle wrap. Grill over medium hot coals 45 to 55 minutes or until potatoes are tender.

Makes 4 servings.

---

### COFFEE CAKE A LA ORANGE

2 large navel oranges  
1 package (7 oz.) muffin mix  
1 egg  
1/3 cup water  
1/3-cup light brown sugar  
2 tablespoons flour  
½ teaspoon cinnamon  
1 tablespoon butter or margarine, melted

Cut oranges in half horizontally. Remove fruit from peels, keeping peels intact. Stir together muffin mix, egg and water until just blended. Fill orange peel "cups" 2/3 full with muffin batter. Combine remaining ingredients; sprinkle on muffin batter. Place each in center of a length of aluminum foil large enough to permit adequate wrapping. Follow directions for bundle wrap, leaving room for muffins to rise. Cook on hot coals 10-15 minutes. Remaining fruit may be juiced or served as slices.

Makes 4 servings

---

### CAMPER'S DESSERT FONDUE

1 package (12 oz.) semisweet chocolate pieces  
¾ cup milk  
1 to 2 tablespoons orange juice  
(Optional)  
Apple wedges  
Banana slices  
Pineapple chunks  
Maraschino cherries  
Marshmallows

Follow directions for making a serving bowl. Place chocolate pieces, milk and orange juice in bowl; grill over warm coals, stirring occasionally, until smooth. Select any or all of the remaining ingredients for dippers. With fork or toothpick, dip one by one into chocolate mixture.

Makes 6-8 servings.

# STEPS IN OUTDOOR COOKING

## *Suggestions for the SIMPLEST THINGS*

*to toast that might be  
included in lunches:*  
Sandwiches to be toasted -  
Cheese, meat, jelly, raisin  
bread

Bread to be toasted; make the  
sandwiches on the spot  
Rolls spread with cheese  
spread, or just split and  
toasted  
Frankfurters  
Desserts - Marshmallows  
Marguerites  
Some-mores

## *Suggestions for things to cook on a green stick, or a green stick broiler.*

Foods listed above  
Steak, bacon or ham, chops,  
etc.  
Bread twists  
Pioneer drumsticks  
Kebabs  
Desserts - Lots-mores

## *Suggestions for things to cook in individual small frying pans - or on a tin can stove or a hot rock.*

Anything that can be fried  
Hamburgers  
Frankfurters  
Bacon (better to *start* this  
way than over an open  
fire on a stick)  
Eggs -fried or scrambled  
Sandwiches, like cheese  
dreams  
Pancakes  
Ham slices; try prepared ham  
for economy  
Apple and sausages  
Fish, meat or potato cakes  
Chops, small pieces of meat  
like cube steak  
Scrambled potatoes

## *Suggestions for One-Pot Dishes:*

Chili Con Carne  
Chowder  
Campfire stew  
American Chop Suey  
Savory Beans

Desserts cooked in a pot -  
Chocolate Drops  
Candied Apples

## *Suggestions for Things to Bake in a reflection oven-*

Ginger Cookies  
Cornflake Macaroons  
Corn Bread  
Biscuits

Baked in coals -  
Potatoes  
Potatoes in tin cans  
Fish in a bag  
Roast corn  
Little Pig Potatoes

In a Bean hole-  
Stews  
Ham Slices  
Baked Beans  
Cooked Cereal

On a plank-  
Fish  
Steak  
Chops  
Liver

(Serves 8)

(One-pot)

## SAVORY BEANS

6 frankfurters or sausages, or 1 lb sausage  
meat  
1 can or 2 cups cooked corn kernels  
2 cans or 4 cups baked beans  
1 medium-sized onion, peeled and chopped  
fine  
Kettle  
Spoon  
Jackknife

Cut sausages in small pieces (or make small  
balls of meat), and fry with onion until brown.  
Pour off any excess fat.  
Add corn and beans. Add a little water, if  
needed. Season to taste, and heat well, stirring  
to prevent sticking.  
Add a little catsup if desired. Serve HOT.

---

(Per Person)

(One-Pot)

## POCKET STEW

Each person brings a handful of cleaned and  
cut up vegetables, met, etc, in a piece of  
waxed paper.  
Fry onions (if any) and bacon together in pot;  
add a little water and any meat and vegetables;  
simmer slowly until done. (A few bouillon  
cubes help to give a good flavor.)

---

(Per person)

(Non-Utensil)

## ROAST CORN

2-3 ears of green corn  
Salt and pepper  
Butter  
String  
*GOOD bed of coals*  
Wire screening over coals for large number

Peel ears, leaving husks on at bottom, and  
remove corn silk. Then replace husks,  
covering ears, and tie around top. (Some  
people dip corn in salt water at this point.)

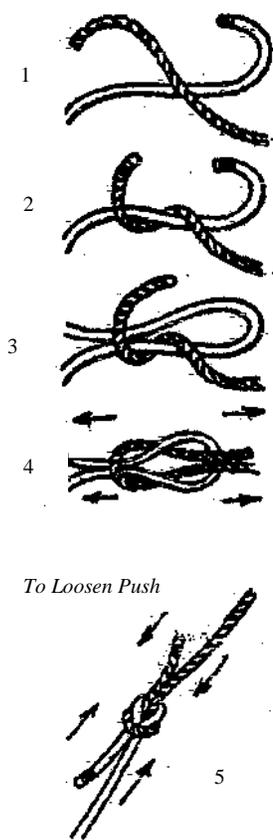
Have a good bed of coals in trench or round  
fireplace, and place screening across logs or  
stones, just above coals. Place ears on  
screening. Turn often, until all sides are done.  
Strip ears, leaving husk on the end for a  
handle; add salt, pepper, and butter to taste.  
Eat immediately. May also be done by  
standing ears upright at sides of fireplace,  
turning often.

**KNOTS** - Knot tying is a general term used for the making of bends, hitches, knots, slings, splices and lashings--all methods of tying rope or cord. Certain knots are used for certain purposes; there are several types of knots, and it is important to learn **WHY** you tie a certain knot for a specific purpose.

A good knot is one that can be tied easily, will hold fast, will not jam, and can be untied easily. Your own invention of several knots one on top of another may hold, but it probably doesn't qualify for the last test of a good knot. Practice making these different types of knots and know when they should be used.

### SQUARE KNOT

This is used for joining two ends of rope, cord or string of approximately the same size or thickness. Use it to tie up a bundle, a bandage a broken shoestring, or to make a longer rope from several short ones.



Take one end of each rope, one in either hand.

Cross the end in the right hand over the end in the left hand (Fig. 1), twisting it back, down and up in front, so that you make a single knot, and the end you started with is now in your left hand. (Fig. 2)

Now take the end that is in your right hand and bend it over to the left so that it makes a loop and lies along the knot already made. (Fig. 3)

Look closely and you will see that there is only one place for the other end (now in your left hand) to go, and that is into the loop you have made. (Fig. 4)

Take hold of the knot on both sides, and tighten by pulling the ends in opposite directions (Fig. 4). To loosen the knot, take hold in the same way, and push toward

the center of the knot. (Fig. 5)

Look at the knot: Does it look "square"? Each piece of rope should double back and lie alongside of itself, going in and coming out.

(If you are left-handed, just reverse the process-it doesn't matter.)

**BEWARE** of a "granny" knot - made by those who don't know how. It is a square knot gone wrong--won't hold, looks wrong.

You will notice that the square knot is for joining ropes of the *same* thickness. What about two ropes of different sizes? The *sheet bend* does that; it is the square knot with an extra twist in it, making sure it will hold fast.

### SHEET BEND

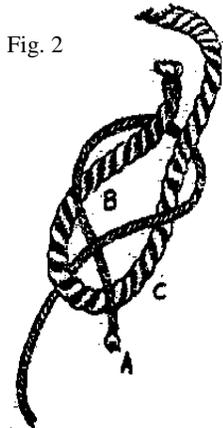


Fig.1

Make a square knot in the ends of the two ropes, as above. (Fig. 1) Pull the ropes and you will see that the smaller of the two ropes will not hold, but slips out, so the thing to do is to give that smaller rope an extra twist, so it will hold.

Take the end of the smaller rope (A) and cross it under the other piece of the same rope at (B), and then up and over the loop of the bigger rope at (C). This will make one end of the small rope on top and one underneath the loop of the bigger rope, and as you pull the knot tight this extra turn will hold that small end in place. *Be sure to make the extra twist with the smaller rope.* (But try it the other way if you want to see what will happen!) (Fig. 2)

Fig. 2



The name "sheet bend" comes from sailing days--a number of the ropes used to rig a ship are called "sheets" (and you are a landlubber if you call them "ropes"!)."Bending" is a way of making a loop.

There are a number of ways to make a sheet bend; the one shown here is used in joining the ends of two ropes. The "weaver's" knot is a sheet bend tied by weavers using a special method.

*Knot-tying* is the starting point of all lashing; the clove hitch, the half hitch, and the square knot should be learned before starting lashing.

*Here's how to learn*

1. Get three sticks about as thick as your thumb, and 12 inches long (the straighter and smoother, the better).
2. Have a piece of cord about 36 inches long.
3. Start with square lashing. Get some one to help you, if you can, or figure out from the pictures-the other types will be easy.
4. When you have done the lashing once, take it out and try several times before finishing it off.
5. Look it over-get the "feel" of it.
6. Make something simple like a coat hanger or a towel rack.
7. Get your gang to help make something like a camp table.

**SQUARE LASHING**

Place sticks in position. (Fig. 1)

Tie clove hitch to vertical stick at one end of cord, slipping knot around so that the long length of the cord pulls directly out from the knot. Be sure you do not pull back *against* the knot, but pull so that you tighten the knot. (Fig. 1)

Bind sticks together by passing the cord down in front of horizontal stick, under, out to back of upright, around upright and out to front, (*under* the horizontal stick) then up, in front of horizontal stick, in back of upright, and cord is at starting point. (Fig. 2) Repeat this winding several times, following the first turns, and pulling tightly, as you make the cord lie neatly beside previous turns. Be sure to follow the "square" you have made, and do not cross the cord over the center of the sticks, either on the top or underneath. (Fig. 3 and 4)

When the sticks are firmly bound, tighten the binding with a *frapping*. This is done by winding the cord between the two sticks, so the first binding is pulled tighter together. (Fig. 5)

End by making two half hitches around one stick, or by joining the end of binding cord to the starting end by a square knot. Clip off, and tuck the ends underneath the lashing.



**DIAGONAL LASHING**

Place sticks in position, forming and X, and hold them in this position continually. (Fig. 6)

Make a clove hitch around the two sticks, as shown. (Fig. 6) Make three or four turns around one fork (Fig. 7), then three or four turns around the other fork, pulling tightly. (Fig. 8)

Frapping and end as in a square lashing.

**SHEER OR ROUND LASHING**

Place sticks in desired position.

Start with a clove hitch around one stick. Take several turns around both sticks, making sure the turns lie tightly and neatly beside each other.

Frapping, and end with two half hitches or by joining ends with a square knot, tucking both ends under the lashing.



## CONTINUOUS LASHING

Have sticks cut and ready, long ones the desired length, short ones the size desired for the width of the finished article, and approximately all the same diameter. Mark or notch the long stick at even intervals where the small sticks will be lashed to make the small sticks sit into place. (Fig. 2)

Take a cord approximately four times longer than the long stick. (This will vary with the size of the sticks and the cord.)

Start with a clove hitch at one end of the long stick at the *middle of the cord*, so there are equal lengths on either side of the long stick. Place this hitch so that the ends of the cord pull the knot tight as they come up from under the side of the long stick. (Fig. 3)

Bringing the cords around from this knot, pull them over the first small stick, following the lines of the long stick. (Fig. 4) Pull down and under, crossing the cord on the under side of the long stick (Fig. 5) and coming up again, ready to bind the second small stick. Pull cords over the second small stick in the same manner, following the lines of the long stick, going under, crossing underneath the long stick, and coming up ready for the third stick. Continue this to the end of the small sticks so that the cord always runs parallel to the long stick on the top and crosses on the under side. Pull tightly at each small stick.

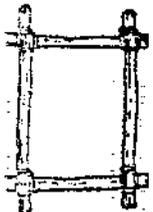
End by two half hitches, and tuck ends of cord under last small stick.

## A FEW THINGS TO LASH



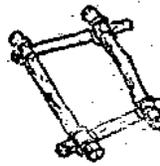
### COAT HANGER

Select two sticks, as illustrated, one with a natural fork, and the other very smooth and slightly curved. Trim ends smoothly. For best results, notch joining point. Use square lashing.



### PICTURE OR MIRROR FRAME

Select four smooth twigs or branches. Trim neatly, making them the desired size. Notch at joining points. Use square lashings, binding with string or fine cord for small frames.



Use same principle for SHOE RACK or SUITCASE RACK.

Suitcase rack, to raise suitcase off damp ground or to prevent scraping on floor.

## A TRIPOD BASIN RACK

Select three sturdy sticks, about same thickness. Trim to same length, and smooth off rough spots. Leave forks that may be utilized for hanging up wash clothes, etc. Point at ends if the rack is to be used indoors.



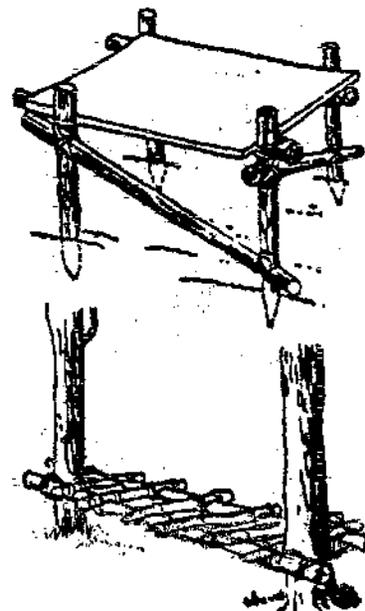
Hold with hand, and spread apart to judge height wanted. Try a basin on the top, and mark place for lashing which will bring basin to right height. Lash all three sticks together in sheer type lashing. Then spread sticks apart evenly on a tripod, and bind as in a diagonal, lashing two ways to hold in place. Drive points in ground, or strengthen if necessary by braces at the sides (square or diagonal lashing).



Another way to make a tripod is to bind all three sticks together and then twist the middle pole until the lashing is tight. Spread as above. One twist will probably do it.

## BRACES FOR TABLES, WOODPILES ETC.

Use diagonal lashings.



## A TABLE TOP FOR THE KITCHEN OR A SEAT

Cut and trim all pieces as needed. Two convenient trees are a big help, or you will need four sturdy posts and possibly braces on side. The two side sticks must be strong, and as straight as possible. Notch the places for the smaller cross sticks for better results. Lash these in place with square lashing first.

Use continuous lashing for top.

## BOWLINE

This knot is used when you need a loop in the end of a rope. Its special feature is that it will not pull tight, but will remain the size you make it.

Use it to slip over a peg or hook, or make the loop around a post or pole.



Work with just one end of the rope; the other end may be tied to something else, or may be a coil or long length of rope.

Judge how big a loop you want, and place left hand at about the place you want the knot to come. Let the rope lie across the palm of your left hand. (Fig. 1)

With the right hand, make a loop up and back of the fingers of the left hand, coming down in front, and catching the rope with the left thumb as it crosses over. (Fig. 2)

Let the fingers slip out of the loop, and take the end of the rope in the right hand, holding at point (A) with left thumb and finger. Pass the end of rope up from underneath into the small loop. (Fig. 3)

Pull this end to make the main loop of knot the size you will want it, and then pass the end in back of the standing part of rope and back to the front and down into the small loop again so that it lies beside itself. (Fig. 4)

Take these two pieces of rope in one hand and the main part of rope in the other, and pull in opposite directions to pull knot tight. (Fig. 5)

If you want that loop to be around some, as around a bar, pass the end around the bar before you put it through the small loop; pull it as tight as you want it, then proceed as above. (Fig. 6)

Sailors learn to make this knot with one hand as they hold on to the rigging with the other. Perhaps you will want to progress to that!

Be sure to learn this know with just *one* end of the rope; don't use both.

## CLOVE HITCH

This is used to make fast an end of rope, as in starting a lashing or tying a rope to a post. Avoid using it when one end is tied to something that moves, like a boat or a horse, as the movement will tend to loosen the knot. A *clove hitch* will stay in place when tight, and will not move up and down the post. Do this knot with *just one end*, too; let the length of rope hang down.



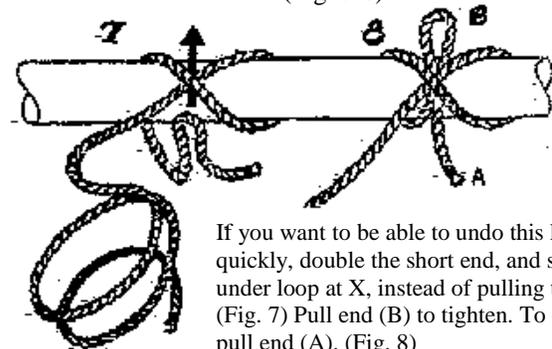
Take one end in right hand, letting rest of rope lie across left palm. Pass end around the back of post from right to left, and back to the front again; cross it over the part in left hand, making an X. (Fig. 1) Hold that X loosely away from the post, with thumb on top, index finger under the X, pointing to the right.

Make another turn around the post, from right to left, this time lower than the first turn, bringing end around and under the X, between the two turns, so that the end points to the right (or in the same direction finger pointed), and the long piece of rope leads off left. (Fig. 2)

Pull these ropes in opposite directions. (Fig. 3)

You will want to pull the long end directly from the center of the knot; to do so may require moving knot around the post. To do this, loosen knot by pushing both ends of the rope toward the center of the knot at X. Then swing knot around until it is in desired position. (Fig. 4)

To make a clove hitch on a horizontal bar, follow the same general directions, starting by passing the end over, and in back, of bar. (Fig. 5-6)



If you want to be able to undo this knot quickly, double the short end, and slip under loop at X, instead of pulling through. (Fig. 7) Pull end (B) to tighten. To untie, pull end (A). (Fig. 8)

You may find some one to show you how to make this knot slip over the top of a post-it's easy!

Here are two more --easy to make, and very useful--



*Two half hitches*

Use to make rope fast to a ring or a post. One half hitch is often used to give extra holding power to a knot.

*Overhand knot*

Use to keep end from raveling, or as a "stopper" at any place in rope.

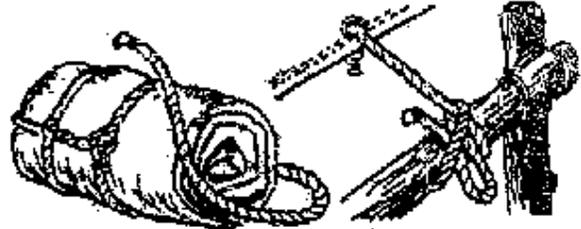
WAYS TO USE KNOTS IN CAMP



A permanent loop for a hook

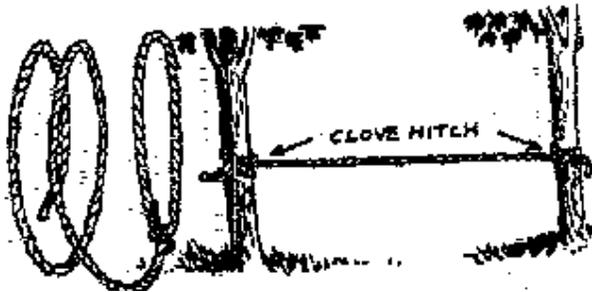


To tie a bandage



To tie a blanket roll

For a tent guy rope on side rail



A loop for the end of a lifeline

A clothesline



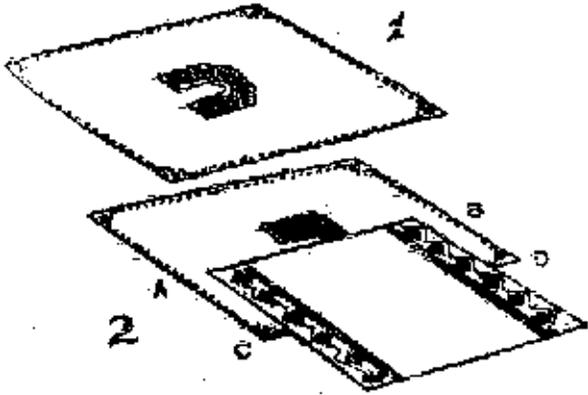
Putting up a pup tent



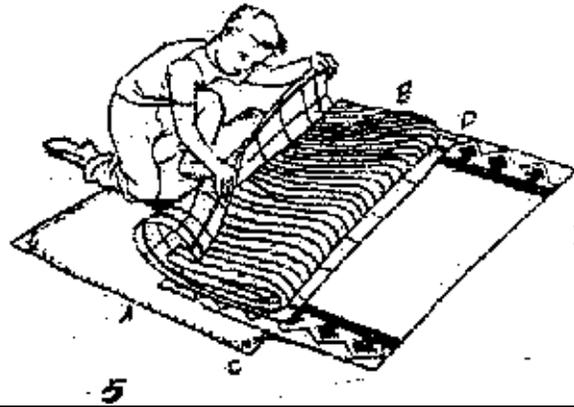
To mend a shoe lace

A holder for paper

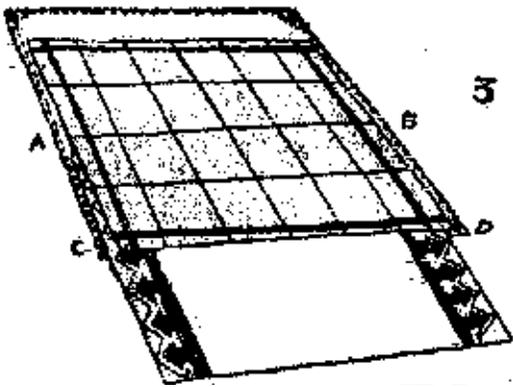
# MAKING AN ENVELOPE BED ROLL



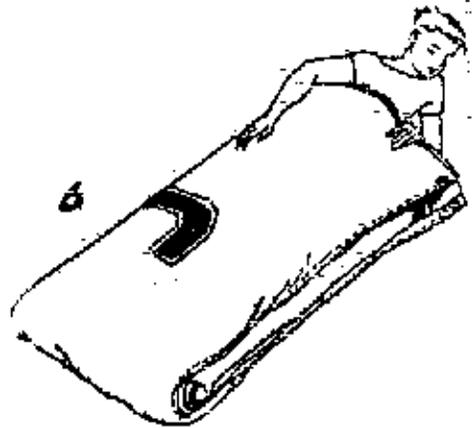
1. Place poncho flat on ground
2. Place first blanket with one edge down center of poncho. (A-B)



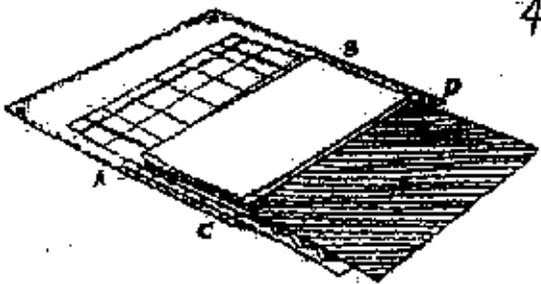
5. Starting with last blanket you put down, fold blankets, alternating in reverse order, until all are over middle. (A-B-C-D) Pin with blanket pins at bottom, if poncho does not snap together, or fold under.



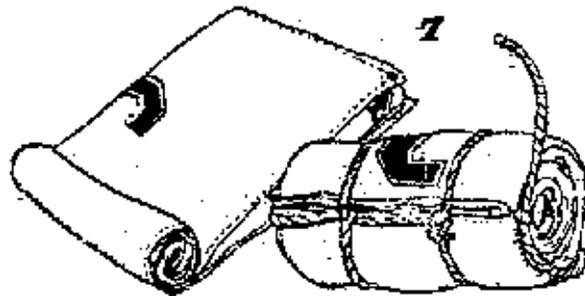
3. Place second blanket with one edge at middle of first blanket. (C-D)



6. ...? Snap together, if there are snaps on bottom and side. Wriggle down from the top, getting in the middle of the sleeping blanket or sheet.



4. Alternate blankets in same way, until all are down. Fold sheet or sleeping blanket in half, and place in middle. (A-B-C-D)



7. When packing up, put your night things and toilet articles inside and roll from bottom.

TENTS - There are many kinds of camping shelters. Pictured below are some common types of tents. Here are some tips about canvas tents:

- Pins in canvas make holes for the rain to come through and may start tears.
- Running the finger or foot down the roof of the tent when it is wet will break the air bubbles that make the canvas waterproof, and there will be a leak.
- Canvas mildews when rolled up damp. After a rain, let the sides and flaps dry before rolling them again.
- Field mice like to live in tents, too! Watch your tent flaps in a long spell of pleasant weather; unroll them, and let them air once in a while.
- Canvas and ropes shrink when wet, so ropes should be loosened at the beginning of a storm, and tightened again afterwards. Pull ropes evenly on both sides to keep the tent looking trim.
- The tent should fit loosely when dry, so the sides may be pegged down to floor or floor pegs easily.
- Nails tend to split tent poles--use lashing. Remove lashings or nails before folding tents away.
- When folding tents, be sure the canvas is dry. Let sun shine on the canvas for two hours after dew has disappeared. Fold on seams smoothly. Brush cobwebs, insects, dirt, and etc. off canvas before folding.

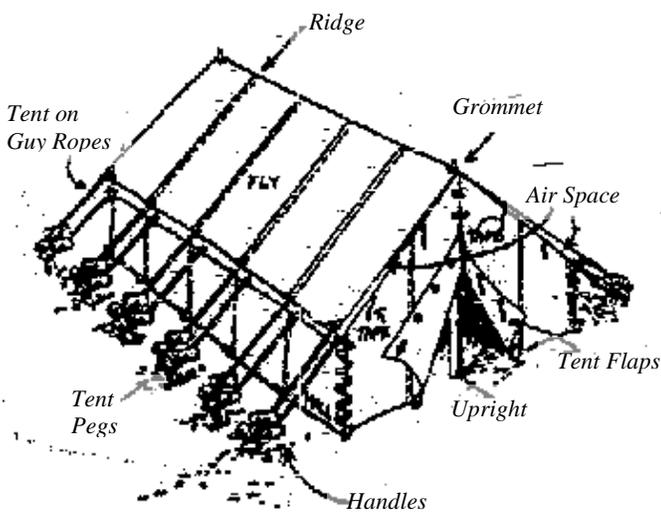


A Poncho Shelter

An Explorer's Tent



A Baker Type or Trail Tent



A WALL TENT with parts named  
(Erected with tent pegs)

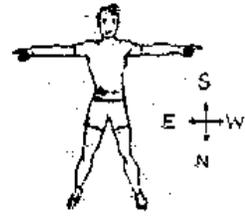


"Pup" Tent

An Umbrella Tent

## FINDING DIRECTIONS

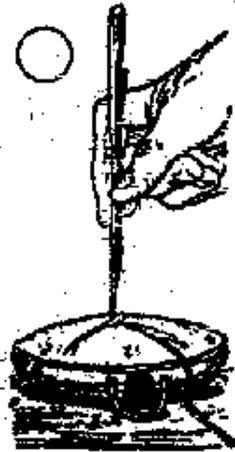
Anywhere, any time - if you know where North is, you can find the other directions easily. Face north, and East is at your right; West is at your left; South is in back of you.



By the sun - this gives you general directions, not specific or accurate ones. In the morning the sun is in the East; in the afternoon, in the West; and at noon, overhead, slightly toward the South.

If you stand with your right shoulder toward the sun in the morning, or with your left shoulder toward the sun in the afternoon, you will be facing north, and South is in back of you. Your shadow will fall east or west, in the opposite direction.

By your watch - this is more accurate. (1) Hold watch level in the sun. (2) Hold a twig or blade of grass over the center point of the watch, so a shadow falls on face. (3) Slowly turn the watch until the shadow lies over the hour hand. North is the point halfway between the hour hand, as it then points, and the twelve on the face of the watch (going around the watch the shortest way-one way in the morning, the other way in the afternoon).



By the stars - at night the North Star will tell you where North is. Find the constellation known as the Big Dipper. The two “pointers” of this dipper always point to the Pole Star, or North Star. Face it, and you can find the other directions.

By a compass - a compass is a watch-like instrument, which has a magnetized needle that always points to the north. There are many kinds of compasses-the very intricate and accurate mariners’ or engineers’ compasses, and the very simple kind that you can get at many stores. Many compasses have a stationary printed face, something like a watch. The points of the compass are printed on the face. A needle with an arrow or point on one end swings around a peg in the center. Some have a dial on which the needle is fastened, and the whole compass face swings around.

To use a compass with a needle: (1) Face the object or direction you want to know about. (2) Hold compass in front of you, level, so needle swings freely. (3) The needle will swing back and forth, and finally come to a stop. It then points north even though you don’t turn around. (4) Now turn the compass carefully, keeping needle in same position, until the N (or sometimes a spearhead) printed on the face of the compass is under the needle. This is called “orienting” or “setting” the compass, and makes the compass face point in the right directions. (5) Keep compass in this “oriented” or set position, and point a twig or pencil from edge of compass toward the direction of object. The end of the twig at the compass edge will point to the direction of the object or path. This is called “sighting with a compass.”



Take care of your compass- it is a delicate instrument, and should be handled with care if you hope to keep it accurate. If it has a way to lock the needle, so it does not swing freely when not in use, be sure to use it. Many compasses have cases that close; this case protects the glass, and is good to have.

## OUTDOOR MANNERS

Did you ever try to find a place for a picnic lunch, stopping at several spots only to find litters of papers and orange peels and bottles? There are those who forget their manners when they get out into the open; and there are those who treat people and things and places with a courtesy that shows appreciation. Good campers are familiar with good outdoor behavior and manners that make camping pleasant and safe for everyone.

Walking - In groups, break up into twos and threes on sidewalks and paths, and don't spread across so that people coming in the opposite direction can't get by.

Along a highway, walk on the left, facing traffic, in twos or threes, dropping into single file if oncoming traffic needs to come close. At night, wear something white like an armband, or carry a flashlight. When riding bicycles, know and obey traffic regulations.

In the Country - Leave things as you found them - or improved. Be sure to leave gates closed or open, as you find them. Get permission before going on private property. Leave your picnic site or campsite clean. Don't kill or harm or bother things and creatures that live and grow in the open. Help make your yard or camp a wildlife sanctuary where birds and animals find shelter and food.

Safety outdoors--Watch out for water - carry it with you in a canteen, get it from a public supply, or use a purifying agent. Don't just drink from any well or brook

-In unfamiliar territory, plan to get back to your campsite well before dark.

-If you are lost-don't panic: try to think out where you have come from, by the sun or a compass, and go back in the opposite direction. Go down hill rather than up. Following a brook will generally lead to some house or farm.

-If one person is hurt and another goes for help, leave the hurt person warm and comfortable. Mark the trail well on the way so that you can find your way back.

Conservation-There is much talk now about the need for conserving our natural resources. This is not idle talk, but it grows from a realization that carelessness and wastefulness have destroyed much of our forests, lands, streams and wildlife. You may not think that you can do much about preventing a flood or erosion of land, or about stopping a big forest fire. But there are things that you can do to help preserve the resources and wildlife in your campsite or neighborhood.

-Don't feel that you must be an expert to enjoy nature. You can begin by just looking around you at what is growing, and what is on the land, what is in the sky, what is in the water. Get acquainted with the things that grow near your home. Learn to know any poisonous plants or animals in your locality, and how to avoid difficulties with them.

