

Camping: Planning for a Picnic

It is surprising how many country-lovers are ignorant of the fact that camping, like other pastimes, has been made scientific and adaptable to all ages and sexes. Warmth, dryness, and meals regularly are the three secrets of successful camping.

The tents which are used are made of duck or canvas, and even finer materials. It may seem puzzling that such materials can be rainproof; yet as the umbrella depends on its tautness to be efficacious, so do the tents. The result is a clean atmosphere after they have been slept in and freedom from darkness.

The ground within the tent is covered by a waterproof fabric over which is laid a warm-hued ground-blanket on which one lies. The roof spreading above, draught-proof, the warm feel of the material, the eiderdown, and the whole lit by a red-shaded lamp, suggest a warmth which is fully realised when one sleeps in pyjamas under a light but substantial eiderdown.

Primus stoves and their like are used for cooking; they are capable of bringing a quart of water to boil within a few minutes. Some campers prefer to take the larger meals of dinner and tea out, yet using their stoves for the convenience of immediate breakfast.

The primary advantage of this camping is rest. Time may be forgotten. Meals taken when hungry, and sleep when tired, are pleasant changes from the time-tables of civilisation. Rough, old clothes are not essential to this life. A good strong cloth, such as one would ordinarily wear in the country, will not get torn or dirty the quicker for camping in this manner. The cost of a week-end in a tent does not exceed the cost of living at home.

Fatigue, which undoes so much of the good of other sports, does not mar the pleasure, and both sexes

may participate. There are suitable sites all over the country, by the sea, and in the bush on hill-sides. The equipment can be carried by cyclist and motorist without inconvenience or ostentation.

The only drawback which can be pointed out is the danger of rheumatic troubles. Yet there is the case of one who was subject to lumbago until he camped this way, when it entirely disappeared!

Though each year sees fresh faces on the sites, the familiar ones very infrequently retire.

Planning for a Picnic

To most people a picnic conjures up visions of long sunny days spent among delightful surroundings in the country or at the seaside; or of supper parties by moonlight. In any case, however, a very delightful part is the "eats," and to get the fullest joy from this form of entertainment entails careful planning and preparation beforehand. It is always wise to be generous in estimating quantities, for fresh air and pleasure are powerful aids to a good digestion. Food easy of transport should be selected and the aim should be to obtain a balanced and attractive meal. It is important not to have too much of one thing and not enough of another, therefore the accompaniments must be remembered if a successful picnic meal is to result.

If sandwiches are to take the place of fish and meat, allow four sandwiches to each person, and two sweet ones in addition to sweets and fruit.

For the sandwiches to be really attractive, bread a day old should be used, and the butter and filling should be carefully and evenly

spread to the edges. Both bread and butter, and sandwiches should be prepared beforehand and wrapped in grease-proof paper, to keep them moist.

In addition to the usual, some variety in sandwich fillings is desirable; for instance, sharp cheese seasoned with Worcester sauce, egg and tomato cream, raisins and cheese, hard-boiled eggs chopped and mixed with mayonnaise, lettuce and mayonnaise, sardines, cheese, cucumber, tomato, bananas.

Cakes and tarts should be packed securely with soft paper, filling the corners of the boxes so that no movement is possible. Jellies may be packed firmly in a box.

Salt and pepper have their dual container nowadays. It is made of glass and has two compartments; by sliding the lid either condiment may be sprinkled.

Estimating Quantity

In estimating the quantity of tea, sugar and milk, allow rather more than the quantities which would be required for the same numbers at home.

The modern hostess will find that for the other equipment required she has a wide choice.

Paper table covers and napkins are to be had in beautiful designs, as also are compressed cardboard plates, which are very handy and economical.

For a party of four a set which would provide everything required consists of 4 plates 9ins. in diameter 4 of 7ins. in diameter, each with grease-proof lining which enables them to be used twice; 4 trays for sandwiches; 2 fruit trays; 4 drinking cups; 2 salt cellars and 4 serviettes.

Excellent paper towels, made up in packets of 25, will be found invaluable. These towels, although made of tough fibre and therefore readily absorbant, are soft and agreeable in use.

Saving Weight

By providing the paper equipment the weight is considerably reduced and room is saved in the food hampers. It does away with "washing up." Consequently many people prefer the unfitted luncheon basket.

While to many the gathering of twigs and the lighting of the fire on which to boil the billy is a great pleasure, this is not always convenient, and so the solid fuel now obtainable in tablet form will prove a real boom, or even a spirit stove is not difficult to pack.

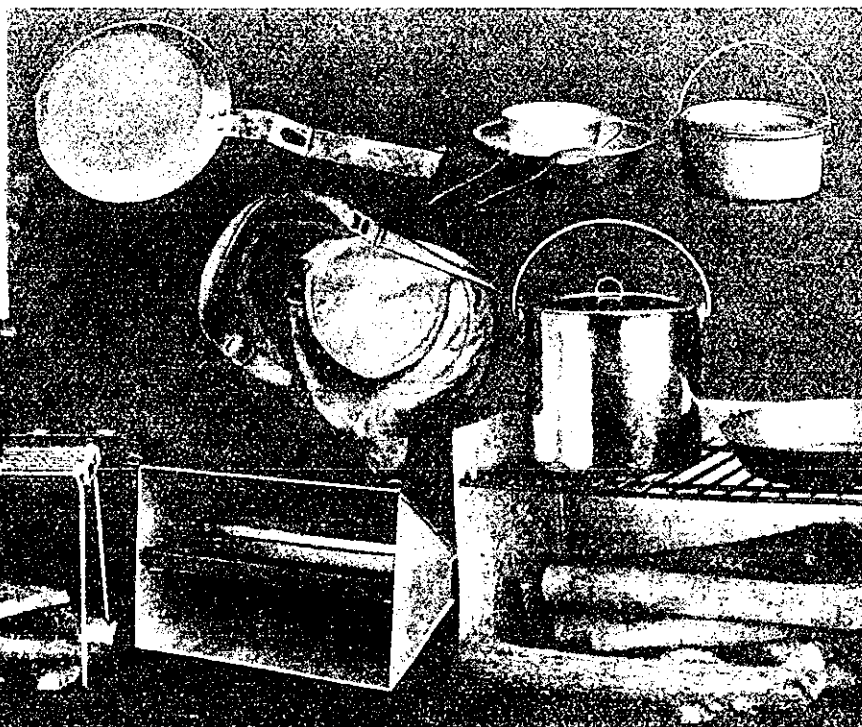
A vacuum flask is useful for carrying either hot or cold liquids. For small picnic parties all the drinks can be taken in one or two of these receptacles.

Before a vacuum flask is filled it should be rinsed with warm or cold water according to the temperature of the liquid it is to carry. Afterwards, it should be washed out with warm water and left to dry. The cork is best kept out when the flask is not in use.

A new stopper made of vulcanite is an improvement upon the ordinary cork.

For the motor picnic where a little extra weight does not matter, most attractive fitted luncheon and tea baskets are to be had in great variety. These can be had containing a kettle fitted with a tea infuser, lamp and spirit container, milk bottle, tea and sugar canister, sandwich box, cups, saucers, plates and spoons.

Easily
Packed



Camp
Equipment

