Plan Ahead For A Camping Vacation

By MARIE P. COOKE

Today, more and more blacks are seeking the wide open spaces at vacation time to "get away from it all" and savor outdoor life. It's called "going camping" and they travel whole families with children and pets, grandpa and grandma, too, in everything from converted school buses to the family car with tent and gear stashed on top.

Some even have real motor homes on wheels, complete with kitchen and bath. But, by far the most popular traveling and living mode is the compact "camper" that looks like a large flat box attached to the back of the car. It opens up to a sturdy tent with bunks that can sleep up to six people and store all their necessities.

State and national camp sites at the great scenic areas and parks across the country provide fresh water and showers, cooking facilities and many conveniences for campers. There are stores where a limited supply of fresh food, packaged and canned products may be purchased.

More experienced campers seek out the remote, less-crowded areas, a long distance from sources of food and the comforts of home. This is where life in the open really comes into its own and planning ahead is a necessity.

COOKING EQUIPMENT

Cooking equipment is kept to a minimum and planned to do double duty. Staple grocery supplies are carried in well-labeled plastic containers, since open packages invite insects.

And, although many camping areas provide grills, these are frequently busy and it's not always possible to get firewood. A good camp stove brought along provides the best solution since it carries its own fuel and is quick and easy to use.

Canned foods will provide the main part of meals for long trips. Tasty fully-cooked roasts of meat in 1½ lb. size cans are available in variety—canned bacon, stews and other main dish products, and canned vegetables are all excellent for camp meals.

An insulated cooker with a compartment filled with ice will store milk, other convenient and ready-to-use dairy products, frozen juices and assorted perishables. The ice may be replenished at camp stores and additional refrigeration provided by tucking frozen juices in among foods. In really remote areas it's always wise to carry a supply of fresh water in an insulated jug.

For quick and easy preparation at the camp site, a smart camp cook plans meals before leaving home.

TIDBITS

The menu here with is one that can be readied over the camp stove with little effort. And there's very little clean-up after this meal has been enjoyed.

The canned ham is sliced and wrapped in heavy duty aluminum foil, then placed in a pan for heating. Remove and keep warm. Then prepare canned sweet potatoes with orange marmalade and butter in the same skillet. In another skillet or pan, warm and season the green beans.

Sour cream from the cooler combines with mustard in a flavorful, easy topping for the ham. Butterscotch cookies, made at home, travel tidily in the baking pan. Serve them with milk for the perfect ending to a first meal, enjoyed by the light of the camp lantern far from home. HAPPY CAMPING!

CAMP HAM WITH SOUR CREAM SAUCE

Skillet OR saucepan, 4-6 servings

1½ pound canned ham, 1 tablespoon prepared mustard, ½ cup dairy sour cream.

Turn ham out of can onto a large piece of heavy duty aluminum foil. Slice before heating, if desired. Bring foil up over the meat, overlapping it about 2 inches and turn up ends, folding to seal in juices. Place the wrapped ham in a skillet over low heat in a camp stove or on a grate over a medium charcoal fire. Cover if desired. Heat the ham, shaking the foil package occasionally to prevent ham from sticking and distribute juices. Remove from skillet; keep warm. (Prepare Butter Glazed Sweet Potatoes in skillet.) Before serving blend mustard and sour cream; serve as a sauce with ham.

BUTTER GLAZED SWEET POTATOES

Skillet, 4 servings

¼ cup (½ stick) butter, ¼ cup orange marmalade, 1 can (18 oz.) vacuum-pack sweet potatoes, drained.

In skillet, over low heat melt butter with marmalade; and sweet potatoes. Turn occasionally until sweet potatoes are glazed and heated to serving temperature.

TANGY GREEN BEANS

Skillet OR saucepan, 4 servings

1 can (16oz.) cut-green beans, 2 tablespoons butter, 1 tablespoon sugar, 1 tablespoon vinegar, ½ teaspoon salt, 2 tablespoons grated parmesan cheese.

In skillet heat beans; drain. Add butter, sugar vinegar and salt. Heat, stirring occasionally. Just before serving, sprinkle with cheese.

BUTTERSCOTCH NUT BARS

Foil-lined square baking pan, 8-inch, Preheated 350 degree oven.

¼ cup (½ stick) butter, melted; 1 cup firmly packed light brown sugar, 1 egg, ¼ teaspoon vanilla, ¾ cup sifted regular all-purpose flour, 1 teaspoon baking powder, ¼ teaspoon salt, ½ cup chopped walnuts.

In a mixing bowl, beat together butter, sugar, egg and vanilla until light. Sift together flour, baking powder and salt; gradually add to creamed mixture. Stir in walnuts. Turn into pan. Bake 20-25 minutes. Cut into squares while warm; Cool, then lift block of cookies from pan and overwrap with foil. Yield: 24.

QUICK FUDGIE BROWNIES

Foil-lined baking pan, 13 x 9 x 2-inch. Preheated 350 degree oven.

1 package (about 1 lb. 6 oz.) brownie mix, ½ cup dairy sour cream, ½ cup chopped nuts.

Prepare mix using number of eggs as directed on package Replace water with sour cream. Spread in baking pan. Top with nuts. Bake as directed on package. Cool on wire rack, then cut into squares. Lift block of cookies from pan and overwrap with foil to store or transport for camping. Yield: 24.

MRS. MARY JORDAN

Hard Work, Good Cooking Pay Dividends

You can practically smell the rolls baking in Mary Jordan's oven when she talks about her 40-year-old catering service in Atlanta, Georgia. Mary Jordan's Catering Service, Inc., has become the largest business of its kind in the Southeastern part of the United States.

The mother of Urban League director, Vernon Jordan, set the pace as a black businesswoman back during depression days for herself. At first, she operated her catering service from her home so that she could care for her three sons.

"I guess one of the most difficult times was having to stop to have the babies," she recalls.

$90 Investment Grows Into $200,000 Business

But despite the added responsibility of a family, and the difficulties of getting food when much of it was rationed, Mrs. Jordan managed to parlay her $90.00 investment into a successful business enterprise that grossed $200,000 last year.

HONORED AS "PACESETTER"

Recently, she was among 15 "pacesetters" who received awards for their "inspirational leadership" in overcoming difficult obstacles in establishing successful business enterprises. The ceremony took place at the first annual Minority Business Recognition Awards Program, sponsored by the Office of Minority Business Enterprise (OMBE).

Although she encountered

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