

THE AMERICAN HIKING SOCIETY

317 Pennsylvania Avenue, S. E., Washington, D. C. 20003



TRAIL FOODS

Cooking on the trail is considerably different than cooking at home. All of your food must be easily carried, with a minimum of bulk and weight, yet give you a maximum of energy and a balanced diet. Food, like equipment, should be as versatile as possible. A bag of rice, for instance, will form the base for scores of recipes, is filling and provides most of the carbohydrates your body needs. Combined with powdered soups, a few spices and perhaps some dried beef or vegetables, rice will make nearly a dozen different dinners. And that is only the beginning.

Buying freeze-dried food at a backpacking equipment shop is, of course, one way to solve your food needs. And HikaNation participants can take advantage of discounts on freeze-dried foods, as well as a free drop shipment service, offered by one of the suppliers. (Information on this can be obtained by calling the HikaNation Hotline. After the recording, leave your name and address and a message requesting information on the various discounts for which registered HikaNation participants qualify.)

Supermarkets and gourmet food shops are another good source of trail food. A simple breakfast can be concocted right out of the package, with hot water to prepare it and no dirty dishes, by using the new strawberry flavored yogurt Crunchola Bars and a powdered confection from General Foods called Irish Mocha Mint. One bar and one cup of mocha is probably all you will need to get going. Postum makes another good drink, hot or cold, and can even be used as a flavoring in other foods. Adding a little malt or a little Coffeemate to Postum gives you two other drink possibilities. And Coffeemate will double as powdered milk for a morning bowl of granola.

Couscous makes another good base for dinners, as does Top Ramen. In fact, by combing the shelves of your local grocery store you can come up with any number of possible trail recipes, as well as such delights as smoked oysters, Valencia paella, cheese fondue and instant apple and cinnamon-flavored oatmeal.

The easiest meals to prepare are those which use only one pot and require that you simply boil water and add the ingredients. They also cut down on the amount of cooking equipment that you have to carry. You can also marinate foods in advance so they are ready to eat, and avoid cooking entirely.

A few recipes, taken from the pages of Backpacker Footnotes, appear on the following pages. These, of course, are only a few possibilities. But they can help you get started. And with a little imagination, and some experimentation at home, who know what you might dream up?

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YOUR BACKPACKING MENUS ARE LIMITED ONLY BY YOUR IMAGINATION. The following items are all available at the local grocer and you'll find many more of your own choice.

DRINKS

Fruit drinks (powdered)
Tea
Coffee
Cocoa
Powdered milk
Jello
Instant breakfasts
Malted milk powder
Postum Instant Grain Cereal

CEREALS

Cold cereals
Oatmeal
Cream of Wheat
Granola (Natural)
Shredded wheat
Granola bars
Sugared cereals

BREADS

Party rye bread
Rolls
Homemade breads
Crackers
Crumb cakes
Canned nut/date breads
Melba toasts, etc.
Stove Top dressing mixes

SOUPS

Individual cup-of-soup
Packages for 3-4 persons

POTATOES & SUBSTITUTES

Instant mashed potatoes
Instant hash browns
Noodles
Macaroni
Rice
Spaghetti
Lentils or beans
Potato sticks

MEATS

Dried beef
Canned meats
Meat spreads
Tuna
Summer sausage
Beef jerky
Meat sticks

FRUITS

Dried apples, etc.
Prunes
Raisins
Dates
Banana chips
Fresh orange or apple

CHEESES

Cracker Barrel cheese
Squeez-a-Snak
Natural cheeses
Cheeze spreads

SNACKS

Nuts
Candy
Cold sweetened cereals
Cookies
Fruits
Gorp (nuts, M&Ms, fruit, cereal)
Peanut butter crackers
Frito corn chips

DESSERTS

Instant puddings
Apple-Easy
Cookies
Snak-pak puddings and fruits
Junket custard
Canned cakes (Hickory Farms)
Rice pudding

FOR FLAVORING AND ADDED TASTE

Salt and pepper
Butter or margarine
Onion flakes
Sweet pepper flakes
Parsley flakes
Vegetable flakes
Celery flakes
Jelly
Peanut butter
Honey
Cinnamon
Brown sugar or white sugar

PRE-MEASURING AND PRE-PACKAGING SHOULD TAKE PLACE AT HOME BEFORE YOU PACK. Be sure to note any directions for cooking and package them WITH the food. Various backpackers choose different ways for packaging their menus: some place all meals for one day together in a plastic bag; some put all breakfasts, dinners, etc. together; others make their selection at each meal and plan only the number of meals without specifying days.

CAMP CLEAN-UP AND HOUSEKEEPING IS VITAL FOR HEALTH!

- Wash dishes every night with hot water and soap to prevent food poisoning.
- Rinse dishes thoroughly with hot water as soap can cause diarrhea.
- Carry all foil and trash back out with you. DO NOT BURY IT!
- All washing and rinsing should be done at least 100' from your water source.
- Restore tent site to original natural state.

(from Guidelines for Backpackers by Deck Hunter, Bellbrook, Ohio)

Backtalk

"Don't Keep the Wilderness a Secret"

In the March 1978 FOOTNOTES, Robert Leonard, after expressing his contempt for others who sully the wilderness with beer cans, urges that we "pass on our knowledge" of the "dwindling natural sanctuaries" only to those who "we know to be equally appreciative and conscientious." I recognized myself in my youngest years as a "boy scout groupie" and jeeper/snowmobiler, then later a "peak bagger," and mountain guide. Then I became a more refined backpacker, and then a more solitary aesthete through ski-touring/backpacking. And yet I wonder, had I been discouraged in my youthful enthusiasms, would I have progressed to my current level of joyous sensitivity, or retired to daydreams of gutsy slamming around wilderness trails as I burped another beer in front of the TV?

Can wilderness have a therapeutic effect: discovering strengths where there is insecurity; building trust where there is fear and suspicion; generating awareness through sensitivity and discovery where a macho callousness was prized; enriching intimacy where perfunctory role relationships and loyalties were the former ideals? If so, should the Wilderness belong to the Needful or to the Realized?

—Robert Michener
Chicago, Ill.

I have not camped all that much but I still feel turned off to Robert D. Leonard, Jr.'s views. As a matter of fact, I haven't even backpacked yet but I'm looking forward to it. That is, unless all backpackers share his prejudice against "solitude seekers." Are only those who "truly enjoy hiking" entitled to experience the wilderness?

—Frank Shiavo
Winter Park, Fla.

Mr. Leonard's bit about keeping your wilderness a secret, really shook me up. It seems too easy to adopt the attitude of "snobs" of the out of doors and then sneer at those who don't quite march to the same drumbeat we do, divide them into categories that are anything but complimentary and reflect that they have no right to use what we would rather keep just for ourselves and those few who we think are "equally appreciative and conscientious." And as for his description of the "Boy Scout Type Groupies": I have been a Scoutmaster and an Explorer Scout leader and I have found that all boys need some type of guidance in learning about the wonders of nature. No one is born with the ability to appreciate wilderness—it must be acquired. I feel that all of us should share our feelings about the outdoors with those less appreciative of it than we are and thus introduce them to those places that are so special to us.

—E. Wheeler Oliphant
Salt Lake City, Utah

Trailfood

Chocolate Oatmeal Breakfast

1 envelope instant hot chocolate mix
1 envelope instant oatmeal, and flavor

1 cup of hot water

Mix together for a quick breakfast and enjoy.

—Karen L. Northeimer
Stevens, Pa.

Add Some Zip to your Chocolate

Take along an eye dropper bottle with mint or almond extract, adding a few drops to hot chocolate to taste. This adds a little variety to your daily hot chocolate "fix," especially if you drink several cups in a day. It is good added to hot carob, too.

—Christine Ayars
Pasadena, Calif.

Jerky Soup

3 cubes beef bouillon
1 cup shell macaroni

5 sticks beef jerky
3 cups boiling water

Bring water to boil and dissolve in it the beef bouillon. Add macaroni and jerky, broken into one-inch pieces. Let simmer five minutes, stirring occasionally, until macaroni is done. Add one or two tbsp. parsley, basil, oregano, or other herbs for seasoning.

David Sorric
Santa Paula, Calif.

Goop

This has an endless number of variations but the basic mix goes something like this:

1 cup peanut butter
½ cup honey
¼ cup butter or margarine

¼ tsp. ground cloves or allspice
¼ tsp. cinnamon

Mix this together and pack it into plastic tubes. Squeeze it onto bread for sandwiches or eat it right from the tube. For variety, add raisins, coconut, spices.

—Marvin Price
Los Alamos, NM

Shrimp Chop Suey

Here is a recipe that really hits the spot after a long day out.

2-4 oz. cans of shrimp drained
1-4 oz. can of mushrooms drained
2 small carrots whittled into strips
3 garlic cloves sliced

oil to fry in
soy sauce
Rice for 8-9 people (cooked)

Heat oil in fry pan with garlic, add the shrimp, mushrooms, carrots, cook until vegetables are tender, but still crunch. Stir as you cook.

—Jo Ann Rakus
Rock Island, Ill.

Greg's Everlasting Bread

Here is a recipe which is ideal for extended backpacking and canoe trips because it will stay fresh and moist for an unusually long period of time:

Cream together well:

1 cup brown sugar
1 cup granulated sugar
1 cup vegetable shortening

In another large bowl blend:

1 generous cup raisins
1 cup chopped nuts
1 cup diced dates

In another small bowl mix:

2 cups water
2 tbsp. vinegar

Mix well into fruit mixture:

1 tsp. salt
1 tsp. cinnamon
½ tsp. ground cloves
½ tsp. ground allspice
½ cup whole dry milk
3 tsp. soda
4¼ cups whole wheat flour

Add the dry ingredients and the liquid alternately to the sugar/shortening mixture until well blended. Divide into two well-greased 9" x 5" loaf pans and bake about an hour at 325 degrees or until top springs back when pressed. The time will vary slightly depending on fruits used. Cool on rack and cut into trail portions.

—Greg Koebel
Upper Montclair, N.J.

Avalanche Seminars

The Far West Professional Ski Patrol Association will offer an avalanche training seminar in Reno, Nevada, October 23 through 27. The seminar is open to all. For more information contact Dee Dulac, P.O. Box 13217, South Lake Tahoe, Calif. 95702, telephone (916)544-6770.

Great Outdoors Guide

Here's a guidebook that has it all. The *Bantam Great Outdoors Guide to the United States and Canada* is an 846-page source book containing regional information on outdoor recreation areas throughout North America. The book has maps and all kinds of specific travel information, including weather trends, guide services, fishing, hunting, and backpacking possibilities; plus thousands of addresses of places to write for more information.

New Swiss Youth Hostel Guide

A guide to Switzerland's Youth Hostels is available free by writing to the Swiss National Tourist Office, The Swiss Center, 608 Fifth Avenue, New York, NY 10020, or 250 Stockton Street, San Francisco, CA 94108.



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Trailfood

Refried Beans

- 2 cups pre-cooked dried beans
- 1 bacon bar (optional)
- 4 oz. cheese (optional)

Soak beans 30 minutes in enough salted water to cover. Place pot on stove and bring to a boil, then simmer until tender and water is reduced. Turn the beans into a frying pan with hot fat and stir and mash with a fork. If too dry, add a bit more water. For additional flavor, add a crumbled bacon bar or grated cheese and mix well.

Mark Adams Grove City, Ohio

Mushroom Soy Stew

- 1/2 cup dried vegetable mix
- 1/2 cup dry textured soy protein, any flavor
- 2 packages instant cream of mushroom soup mix

Soak dried vegetables in one cup of water until the liquid is absorbed, about 30 minutes. Add vegetables to 4 cups boiling water and cook for about 5 minutes. Take pot off stove, mix in textured vegetable protein and mushroom soup mix, and let stand 5 minutes. Add butter, salt, and pepper if desired. Serves two.

Kathy Linet
Northridge, Calif.

Whole Wheat Tortillas

- 2 cups whole wheat flour
- 1/2 tsp. sea salt
- 1 tbsp. corn oil

Mix flour and salt, then mix in oil. Add water until a soft dough is formed. Add more flour if dough is too sticky. Knead five minutes until well mixed. Form into 1 1/2-inch balls and roll on floured board until as thin as possible (1/8-inch). Fry in lightly oiled skillet until tortilla bubbles, turn, and brown other side. Let finished stack cool and store in plastic bag. Quantity depends on size and thickness.

Dave Ross
Ft. Worth, Tex.

Rice Pudding

- 1/3 cup raisins
- 1/2 cup minute rice
- 1 3-3/4 oz. package vanilla pudding (regular, not instant)
- 1 cup instant nonfat dry milk
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 2-1/2 cups water

In a small plastic bag, combine raisins and rice, and seal bag. In another plastic bag, combine pudding mix, milk, cinnamon, and nutmeg, and seal. *To cook pudding:* Combine water and raisin-rice mixture, bring to a boil in covered pot, and cook 5 to 10 minutes until rice is soft. Stir in milk and pudding mixture, stirring vigorously. Cook until mixture begins to boil and all lumps are dissolved. Makes 6 servings.

Judy O'Donnell
Lakewood, Colo.

Real Coffee

Real coffee is no harder to make on the trail than to make instant coffee. I don't care for instant coffee at home, so why should I drink it when I'm backpacking? Here's a recipe for guaranteed results. Put one tablespoon of coffee grounds per cup into a pot of cold water. Bring pot to boil. Boil for one minute. Remove pot from stove. (Here's the ritualistic part.) Flick a few drops of cold water into the top of the brew. Cover, let sit for three minutes to settle out the coffee grounds. Carefully pour coffee into cups without stirring up the grounds from the bottom of the pot. Now if that isn't a great cup of coffee! Real coffee takes up no more room and weighs very little more than instant coffee.

Seymour C. Treadwell
Bara, Vermont

Trailtips

Easy-Action Lacelocks

Tired of laces cutting into cold fingers while tying and untying your boots? Or of having a knot come untied on the trail? If you are, just do away with knots! Secure each set of laces with a pair of spring-loaded, plastic fixlocks. They enable you to loosen and tighten the laces in half the time, even when wearing heavy mittens.

Guy J. Zepp
Silver Spring, Md.



"Throwaway" Plate

Take a Frisbee along on your next hike. It makes a fair dinner plate and a better conversation piece. After dinner, throw it at someone.

Ed Jensen
Cornelius, Oreg.

Prescription Mountain Glasses

You can actually buy a relatively inexpensive pair of prescription mountain glasses from your optometrist. First obtain a frame you like. You can buy empty mountain frames from Recreational Equipment, Incorporated, or just remove the lenses from an inexpensive pair of nonprescription mountain glasses. Then have your optometrist fit the frames with Meyer Green D lenses ground to your prescription. These green-tinted glass lenses filter out about 95% of ultraviolet and infrared and 82% of visible light. If the optical lab that supplies your optometrist does not carry Meyer Green D lenses, pay it a visit and find out if it stocks a comparable glass. Most labs will be glad to help when you explain your problem. And don't forget to mention the name of your optometrist.

Steve Schaffer
Cincinnati, Ohio

Ski Treads

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Ski Treads Box B1127, Hamilton,
Montana 59804 (406) 363-4262.

Trailfood

Ham 'N Rice Supreme

- | | |
|--|---|
| 1 package Knorr pea soup mix | 2 oz. hard cheese, grated at home |
| 1 1/2 cups brown rice | 1 tbsp butter or margarine |
| 8 dried Chinese mushrooms | 1/4 tsp each thyme, garlic flakes, black pepper |
| 1/2 cup dried kale (dried Chinese cabbage, or dried spinach and celery flakes) | 5 cups water |
| 3 oz. freeze-dried ham, or ham-flavored TVP | |

At home: Cut mushrooms in pieces and mix all dried food except cheese in a plastic bag. *In camp:* Pour dried mixture in a pot with water and margarine, bring to a boil, stirring continuously. Cover, lower flame, and simmer for about 15 minutes until rice is done. Sprinkle cheese over each serving. Serves 4.

Richard Stolzberg
Fairbanks, Alaska

Mexaroni

- | | |
|------------------------------------|-------------------------------------|
| 2 1/4 cups Sesame Elbow macaroni | 1/4 cup dehydrated mixed vegetables |
| 1 package French's Enchilada Sauce | Salt and cayenne to taste |
| 1/2 cup grated parmesan cheese | 5 cups water |
| 1/4 cup powdered milk | |

At home: Mix all ingredients except cheese in a plastic bag. *In camp:* Pour all of mixture into a pot with 5 cups of water, stir until well mixed, and bring to a boil. Lower fire, cover, and simmer until macaroni is done. Mix in cheese just before serving, or add to each serving, as a topping. More cheese is better!

Debbie Nicholson
Idaho Springs, Colo.

Carrot Bran Muffins

- | | |
|------------------------------|-------------------------------------|
| 1 1/2 cups whole wheat flour | 1/4 cup blackstrap molasses |
| 1 tsp salt | 1/3 cup honey |
| 1 1/2 tsp baking soda | 1 cup grated carrots |
| 1 1/2 cups bran | 2 eggs |
| 1 tbsp cinnamon | 1/4 cup oil |
| 1 1/2 cups milk | 1/2 cup raisins and/or chopped nuts |
| 2 tsp vinegar | |

Mix dry ingredients in one bowl. Mix wet ingredients, including carrots, raisins, nuts, in another bowl. Combine the contents of bowls and mix until dry ingredients are moist. Do not beat longer. Fill buttered muffin tins 3/4 full. Bake at 375 degrees F. for 20 minutes. Makes about 24 muffins.

Thane Riordan
Eugene, Ore.

Granola Bread

- | | |
|---------------------------------------|---------------------|
| 1 stick (1/2 cup) margarine, softened | 1 tsp baking powder |
| 1/4 cup molasses | 1 tsp soda |
| 1/2 cup honey | 1/4 tsp salt |
| 1 egg | 1 cup plain yogurt |
| 1 cup whole wheat flour | 1 cup granola |
| 1/4 cup bran | 1/4 cup raisins |

Grease generously a loaf pan. In a large bowl beat together margarine, molasses, honey and egg. In a separate bowl, mix together flour, bran, baking powder, soda, and salt. Add to margarine mixture alternately with yogurt, blending well. Mix in granola and raisins and pour batter into loaf pan. Bake for 1 hour at 350 degrees or until done. For the trail, slice into single servings and wrap in plastic.

Candie Leunig
Frostburg, Md.

Use Less Water

Many home-concocted trail dinners are based on commercial macaroni or noodle dishes, plus whatever you want to add. The directions for those entrees invariably call for large amounts of salted water, which you are then instructed to drain. Backpacking pots are small, however, water may be scarce, and valuable nutrients that you have been lugging around are just poured into a hole. Why not use just enough water to allow the pasta to fully rehydrate, and cut down on the salt, since none will be lost through disposal? A lid of foil cuts cooking time, saves fuel, and prevents evaporation. When done *al dente* (slightly resistant to the bite), add the rest of the ingredients and stir. This method also allows you to add spices and bouillon while the noodles are cooking.

Patsy Strobe Larchmont, N.Y.

Backtalk

A Vote for the Michigan Trail

I disagree with negative view of the Michigan Trail, as expressed in the September 1978 FOOTNOTES.

I did not enjoy the motorcyclists in Georgia, walking 12 blacktop miles in northern Virginia, or dodging cars and trucks all day while crossing the Cumberland Valley in Pennsylvania, but I do not advise leaving the Appalachian Trail unhiked.

By the same token, the Michigan Trail offers (in addition to trailbikers, mosquitoes, and paved roads) the heights of the Boardman River, Goose Creek Trail Camp on the beautiful Manistee River, and matchless miles along the Au Sable River.

My hike from Lake Michigan to Lake Huron contained many high points more rewarding than a cold beer. I hope your readers will have a different and more positive view of the Michigan Trail.

—John S. Crandell
Birmingham, MI

Don't Crack Those Eggs

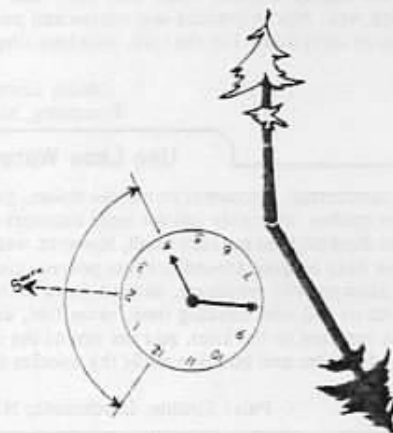
The Wellers' suggestion of carrying fresh eggs in squeeze tubes (September 1978 FOOTNOTES) is a poor one. Raw egg white has several antimicrobial properties, but raw egg yolk is another matter. It is an excellent growth medium for many microorganisms, and possible contamination could result in spoilage or, even worse, food poisoning. By all means, pack fresh eggs—but leave them uncracked until use.

—Peter G. Hartel
Corvallis, OR

Your Watch Can Double as a Compass

Laurence Rosenblum's instructions for using the sun as a compass (May 1978 FOOTNOTES) reminded me of another method that is quicker, easier, and probably just as reliable. All you need is a watch with hands (rather than digital readouts). First, point the hour hand (set at standard, not daylight time) at the sun by holding it parallel to the shadow of any vertical object. In this position, an imaginary line bisecting the angle formed by the hour hand and 12:00 points south.

—Roger L. Andersen
Council Bluffs, Iowa



Trailfood

Four-Grain Granola

3 tbsp. margarine
½ cup brown sugar or honey
2 cups rolled oats
1 cup four-grain cereal (rye, oats, barley, wheat)

1 cup nuts and seeds (almonds, sunflower seeds)
½ cup raisins
½ cup chopped dates or other dried fruit

Melt margarine in a pan; add sugar or honey and stir until melted. Add oats and cereal and fry until golden brown, stirring constantly. Mix in nuts, seeds, raisins, and fruit. Cool, pack in plastic bags, and refrigerate until needed. Makes 8 cups or about 2¼ pounds.

—Jim Jordan
Santa Barbara, CA

Hot Minted Chocolate

1 part unsweetened cocoa powder
1 part instant mint tea powder

2 parts powdered milk
3 parts brown sugar

Mix ingredients well and store in plastic bags until needed. In camp: Add 2 heaping tablespoons of mixture to a cup of hot water and stir until dissolved. When packing for the trail, allow 1 ounce dry mixture per person per serving.

—Stephen Thomas
Buffalo, NY

Grits and Eggs

6 tbsp. quick hominy grits
4 tbsp. dried egg powder
1¼ cups boiling water

1 or 2 tbsp. butter
½ tsp. salt

Mix grits and egg powder, and add to boiling, buttered, salted water while stirring. Reduce heat, simmer three to five minutes, stirring occasionally. Add salt and pepper to taste.

—Karla J. Vocke
Woodridge, IL

Hiker Cereal

3 cups oatmeal
1 cup wheat germ
1 cup chopped pecans

1 cup slivered almonds
¼ cup brown sugar

Mix ingredients well and spread on cookie tins. Toast in a 250° oven for about one hour. Cool, and store in plastic bags until needed. Makes about 6 cups or approximately 28 ounces. Chopped dried fruit may be added to taste.

—Amy P. Morehead
Falls City, NE

Hearty Potato Soup

1 envelope dry leek soup
4½ cups water
1 envelope dry hash-brown potatoes

½ cup powdered milk
salt, pepper, and herbs to taste

Slowly add the dry soup mix to 2½ cups water, stirring constantly until the mixture comes to a boil. Add the envelope of dry hash-browns and 2 cups water. Simmer about ten minutes or until potatoes are tender. Add dry milk, salt and pepper, and herbs. If you prefer thinner soup, add more water. If your stove will not simmer, remove the pot, wrap it in a towel, and let sit for ten minutes. Then reheat.

—Earla Sue McNaull
Stamford, CT

Nutty Wheat Balls

2 cups crunchy peanut butter
1 cup honey
2 cups cream of wheat

¼ cup walnuts
¼ cup raisins
¼ cup chocolate chips

Melt peanut butter and honey in saucepan. Add cream of wheat, nuts, raisins, and chips. Spoon onto waxed paper and allow to cool until hard.

—Susan Bancroft
Berry Creek, CA

The Backpacker's Budget Food Book

by Fred Powledge

No-nonsense guide to improving your backpacking diet by the use of inexpensive, easy-to-prepare supermarket foods. Recipes are easy to follow, easy to make, delicious to eat. Includes guide to stoves, cooking utensils, preparation. 124 pp.

Item #555101 — \$3.95



The Well-Fed Backpacker

by June Fleming

A delightful book that signals the end of pre-packaged boredom. How, with a little imagination, to turn ordinary supermarket foods into great trail meals. Menu-planning, packaging, cooking, beverages, wild food, it's all here! 96 pp., Nicely illustrated.

Item #915101 — \$4.50



Simple Foods for the Pack

by Vikki Kinmont and Claudia Axcell

Baked eggplant parmesan, tomato noodle soup, corn pancakes, brown rice and shrimp, apricot date fudge — this book could easily transform your mountain eating. All of these recipes are especially designed for backpackers and many of them can be prepackaged at home. One-pots, fish, teas, granola, breads, soups, etc. 212 pp., drawings.

Item #755119 — \$4.95



The Healthy Trail Food Book

by Dorcas Miller

An excellent and concise guide to trail nutrition and cooking. 60 pp., illustrated, with index.

Item #565101 — \$4.95

The One Burner Gourmet

by Harriett Barker

A backpacking home economist has authored this guide to a one-burner cookery including a buying guide to one-burner stoves & many recipes — zipped up with trailside foods & flavors. Illus.

Item #405107 — \$5.95



Nois Cookery: Planning and Preparation of Food for Backpacking

edited by Nancy Pallister

An excellent National Outdoor Leadership School guide. 54 pp., charts, lists & index.

Item #348101 — \$1.95

Food for Knapsackers

by Hasse Bunnelle

Sierra Club Totebook. Tells how to purchase food, package, prepare and eat it. 144 pp., illus.

Item #755149 — \$3.95



Dry it You'll Like it

by Gen MacManihan

A wonderful book, overflowing with enthusiasm about drying food. Turn apples, pineapples, peaches, pears, cherries, even bananas into delicious leather that can be stored for years. Dry vegetables, meat, fish, grains, mushrooms, herbs, without nutrition loss. Includes detailed instructions on how to build your own dehydrator. 76 pp., drawings.

Item #525101 — \$3.95



Food for Fitness

Studies the whole relationship of food and physical performance. Eye-opening indeed. 143 pp.

Item #980104 — \$2.95

Supermarket Backpacker

by Harriet Barker

Turns your local A&P into a hike food supplier! Buy off the shelves, repackage at home, and you're ready for delicious food at the campsite. Recipes for mouth-watering granolas, gorp, fruit leather, dried meats, one pot meals, and more. Get twice the flavor at half the cost. 194 pp., drawings.

Item #405110 — \$5.95



Cooking for Camp and Trail

by Hasse Brunelle and Shirley Sarvis

200 yummy recipes: Irish stew, venison, enchiladas, omelettes, peach cobbler, beans and ham — all concocted by backpackers for backpackers. Why look forward to 4 days of hot dogs when you can serve fried chicken and gravy, glazed carrots, flat bread, and apple pie? 194 pp.

Item #755142 — \$3.95



Pack to Nature

by Frank Ford

Recipes emphasize natural foods: grains, nuts, seeds, and fruit. The kind of food you could be eating: banana bread, tortillas, chile, pumpernickel bread, stuffed peppers, etc. Written by an expert: a working farmer and founder of Arrowhead Mills, the natural food company. 157 pp.

Item #165101 — \$1.75



Sprouts to Grow and Eat

by Esther Munroe

Learn how to grow and prepare sprouts — one of the most nutritious foods you can find. Yes, you can even grow sprouts in your pack! 118 pp., many recipes.

Item #420106 — \$4.50

Backpack Cookery

by Ruth Dyer Mendenhall

The author takes us through the "4 P's" of backpack good planning, purchasing, packing & preparation. 48 pp., 8 photos, line drawings.

Item #495103 — \$1.50



The Backpacker

by Albert Saijo

Here is the entirely revised edition of the backpacking classic. Completely updated and substantially enlarged, it covers the basics of equipment and technique. But far more valuable are Saijo's ideas of attitude towards the wilderness and the experience it offers. A wonderful book, and highly recommended. 192 pp., many illustrations. Item #755101 — \$2.95



The New Complete Walker

by Colin Fletcher

A completely revised and updated version of Fletcher's definitive work on backpacking technique. Covers every conceivable aspect of backpacking, and offers the experience of a veteran of the sport. 490 pp., many illustrations, hardbound. Item #715103 — \$10.95

The Wilderness Handbook

by Paul Petzoldt

The founder-director of the National Outdoor Leadership School in Wyoming has authored this handbook, which is a bible for beginners and experts alike. 281 pp., 25 illus., index.

Hardbound. Item #650104 — \$8.95
Paperbound. Item #650103 — \$4.95



Joy of Backpacking

by Dennis Look

Perhaps the best of the books on backpacking, for several good reasons. The author is young, enthusiastic, ecologically aware, and has 22 years of backpacking experience. The book is authoritative and complete, covering all aspects of the sport, from boots to winter tents, and the book's very modern outlook emphasizes wilderness values, comfort, and practicality over the accumulation of tons of equipment. We recommend it. 200 pp. Item #475101 — \$5.95



Backpacking: One Step at a Time

by Harvey Manning

An excellent compliment to "The New Complete Walker." Elaborately illustrated throughout, it covers the basics, and is especially good on environmental considerations and the "new ethic". Recommended. 349 pp. Illustrated. Item #715110 — \$2.95



The Magic of Walking

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Cheer!

Happy Birthday

1 1/2 c. plain yogurt
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 1/2 c. granulated sugar
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 1/2 c. almond extract
 1/2 c. lemon juice
 1/2 c. lime juice
 1/2 c. orange juice
 1/2 c. raspberry
 1/2 c. strawberry
 1/2 c. blueberry
 1/2 c. blackberry
 1/2 c. raspberry
 1/2 c. strawberry
 1/2 c. blueberry
 1/2 c. blackberry

Happy Birthday

1/2 stick margarine
1/2 c. XXX sugar
1/2 c. XXX sugar

1 1/2 cups oil
 1 1/2 cups eggs
 1 1/2 cups chopped sugar
 1 1/2 cups chopped apples
 1 1/2 cups chopped nuts
 1 1/2 cups raisins
 1 1/2 cups cinnamon
 1 1/2 cups soda
 1 1/2 cups salt
 1 1/2 cups oil
 1 1/2 cups eggs
 1 1/2 cups chopped sugar
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 1 1/2 cups chopped nuts
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INSIDE-OUT CHOCOLATE CAKE

- 1 pkg (4 1/2 oz) Instant pud & pie filling - choc
- 1 pkg Devil's Food or choc cake mix.
- 1 pkg (12 oz) chocolate chips
- 1 3/4 cups milk
- 2 eggs

Combine everything and mix about 2 minutes by hand. Grease bundt pan. Bake at 350 for 1 hr. Do not overbake. Cool 15 mins in pan before removing.

Frosting optional.

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375°

Butter Balls

14-17 min

- 1/2 c xxx sugar
- 2 1/4 c flour
- 3/4 c nuts (fine)

Cream butter, add sugar gradually, cream. Sift flour & salt together & add, working in well with hands. Blend in vanilla & nuts & work well again with hands. Chill dough. Lightly grease sheets. After baking, roll twice in confectioner's sugar.

Pastelitos
 1/2 c butter
 3/4 c cream cheese
 1 cup flour
 Cream butter & cream cheese. Work in flour; chill for a short time.

My thoughts of you are tender & warm;
 My appreciation of your friendship is sincere;
 My memories are treasured; and
 My good wishes for you @ this season are beautiful.
 Merry Christmas & Happy New Year
 Marcel Guerrero

Filling:

- 1/2 c brown sugar
 - 1 T melted butter
 - 1 egg; few dashes dash salt; 1/2 c ground vanilla
- Combine filling ingredients. Beat eggs slightly with fork. Add mix. Press pastry full of filling. Do not put more than 1/4 cup.

Bake 35° for 15 min. Reduce heat to 350° & bake 10 min. more. When cool sprinkle with powdered sugar.

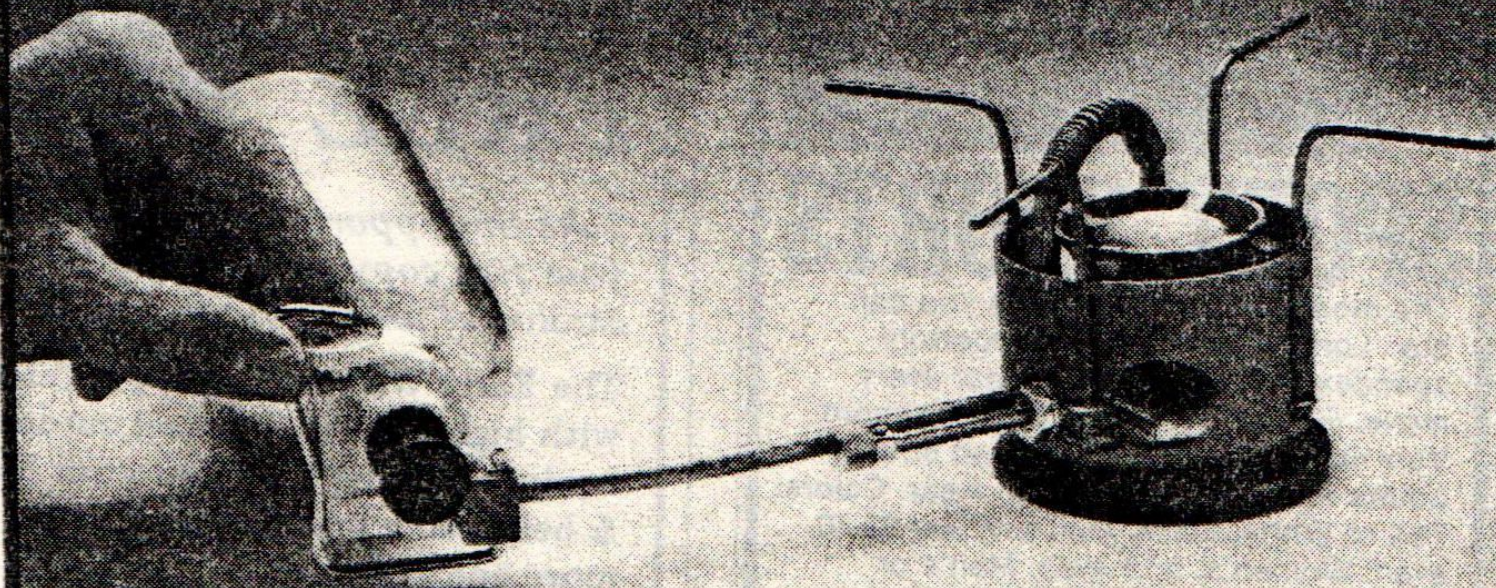
No Bake

- 1/2 c butter
- 1/2 c sugar
- 1 T cocoa
- 1 T vanilla

3-Layer Cookie

Put in top of double boiler & cook until blended. Add 1 egg slightly beaten, cook 5 min. Add 3 1/2 oz almond flakes, 2 eggs vanilla wafers & cream. Let stand 15 min. Mix 3 T milk with 2 T vanilla. Pushing mix (egg). Cream 1/2 c butter. Add put mix over 1st layer. Let stand 15 min. Spread over top. Cut in squares.

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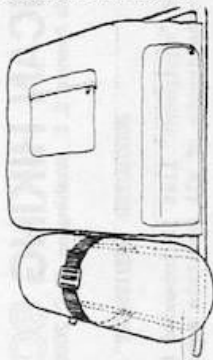
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Trailtips

10 Ways to Improve Your Pack

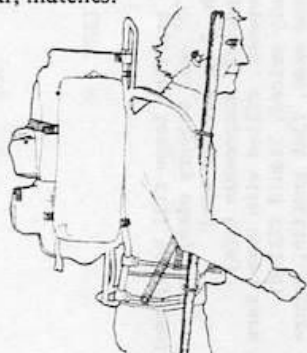
A rig is like a house; if it isn't consistently improved, it tends to run down.



1. If your hip belt is too flimsy or if it wears out, replace it with a heavier one. I replaced my original thin nylon belt with a substantially padded, extra-priced belt. I saved the original belt, however, and used it to attach my sleeping bag to the middle and lower crosspieces of the pack frame. I drilled two $\frac{1}{4}$ in. holes, one in the middle crosspiece, one in the bottom. Then I attached the buckle end of the belt to the middle crosspiece and the tongue end to the bottom crosspiece.



2. Use souvenir patches as extra pockets. If you collect souvenir patches, leave the top edges of the patches unsewn. This will give you extra pockets for small items such as comb, candy bar, matches.



3. If you carry a walking stick, add loops to your pack for carrying it. Some people don't care for walking sticks. I happen to like one and use it all the time—except when I'm working up a steep inclined rockfall and need two hands. What to do with my stick? Not leave it behind, that's for sure.

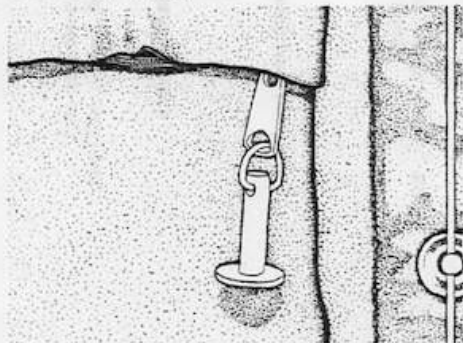
Since I don't use the ice axe loops on the bottom of my bag, I cut them off and sewed one to the middle of my right shoulder pad, about $4\frac{1}{2}$ in. from the top. I sewed the other, with the loop slightly reduced, to my hip belt 1 in. from the top of the belt and about 7 in. to the rear of where the belt's padding starts.

This keeps the staff about calf high. The loops allow some play if the staff should get snagged.

4. Provide more bag support by adding extra clevis pins. Five pins are stronger than three and are thus better able to prevent bag tear-away. To attach extra pins, bore a pair of $\frac{1}{4}$ in. holes in each vertical side piece of your pack frame. Practice first by drilling through old garden furniture tubing. To keep the tubing from collapsing while in a vise, insert a piece of wood dowel. Wrap the tubing with masking tape to prevent bit slippage and make certain that holes are vertically aligned. Drill the holes and file the edges smooth, even on the inside of the tubing. I found it easier to start with a smaller-size bit ($\frac{1}{8}$ in.) and work up to $\frac{1}{4}$ in.

To make grommets, use leather and a $\frac{1}{4}$ in. leather punch.

Clevis pins and rings can be purchased at most sporting goods stores. They usually come in two lengths—I found the longer ones more to my liking.



5. Keep extra clevis pins where you can get at them. On my pack I hang clevis pins from the tabs of the zippers. They're always in plain sight when needed, and they make grabbing zippers with numbed fingers easier. On one zipper tab, incidentally, I hang a diaper pin for emergencies.

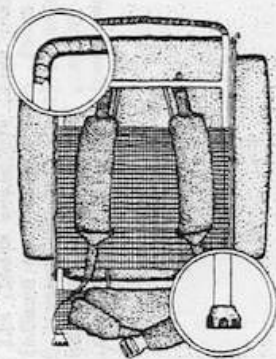
6. For easier-fitting shoulder straps, add lateral adjustment to your frame. Some packs don't have it, especially the cheaper ones. Mine didn't and I knew it was the reason for my long-standing problem: shoulder and neck fatigue.

First I wrapped a section of the top crosspiece of my frame with masking tape. I measured a distance of $\frac{1}{4}$ in. out from the existing holes, marked them on the tape and drilled a pair of $\frac{1}{4}$ in. holes. After attaching the shoulder straps to these, I made a couple of shakedown hikes—one climbing stadium steps—and found that my problem appeared to be solved. Since then, I've found that my shoulder pads tend to stay put and I am less fatigued at the end of the day.

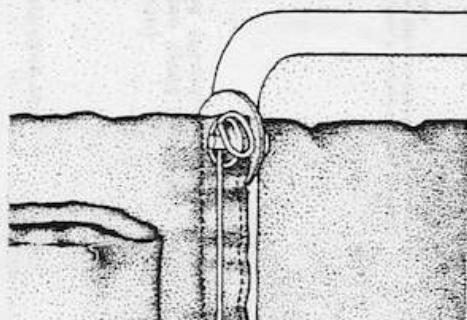
I made one other improvement. Instead of using the usual small clevis pin rings for attaching my shoulder straps, and to make for easier changing from one hole to the other, I decided to try a pair of large diaper pins. The Dub-L-Lox brand, I found, has a positive locking device and worked fine.

7. Add snaps to the ends of the adjustment straps on your shoulder harness. Many a time I have come home from a hike with my upper arms rubbed raw from the stiff ends of the nylon-webbed straps. My answer to this small

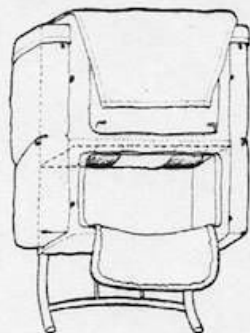
problem was to buy a milliner's snap kit at the local dime store and install snaps on each strap (a pair for each strap will allow for adjustment).



8. Protect the crosspieces and leg-ends of your rig from abrasion. Any frame, no matter how expensive, will suffer from the constant wear it gets from leaning against trees, rocks, etc. I wrap the top crosspiece of mine with two layers of heavy electrician's tape. The leg-ends I cap with rubber chair leg cups.



9. Put leather washers between clevis pins and packbag. I fashion a pair of silver-dollar-size washers from scrap leather and insert them between the grommets and the clevis pins where the bag attaches to the top of the frame. You can also use chamois leather, which remains supple at low temperatures. This keeps the pins from wearing into the bag.



10. Reinforce the "floor" of the upper compartment in a divided bag with tape. Stuffing too much equipment into your bag can cause a pulling away of seams. I sew two wide nylon tapes under the floor (back to front) for extra support, I give them a little slack to allow for expansion when the bag is fully packed. Helpful hint: old umbrella fabric makes a good strong (and waterproof) tape.

Charles J. Marcus
Asbury Park, N.J.

BLISTERS

By Bob Athanasiou

After two days of hiking Yellowstone's Bechler Canyon just about everyone in our party had blisters. Our guide asked me during one of our frequent first-aid stops what the best treatment was. There was an embarrassed silence as I searched my mind. It seems the subject had been left out of my medical education. I assured the guide that his experience was a better source of knowledge and made a private promise to research the subject when I got home.

I was chagrined but not surprised when a computer search of the last 20 years produced about a half-dozen articles on blisters. Textbooks and discussions with dermatologists yielded a bit more information. What follows is a summary of the latest medical research on the treatment and prevention of blisters.

Causes

The blisters most hikers suffer from are referred to as friction blisters by doctors to distinguish them from other types such as those caused by sunburn. Friction blisters are caused by the skin rubbing against a tough surface, such as a boot. The friction produces an intradermal lesion—a separation of the epidermis, the tough outer layers of skin, and the dermis, the sensitive inner layers of the skin. Only thick, immobile skin such as that on the palms, soles and heels is subject to friction blisters. Thin or loose skin like that on the back of the hand or arm will abrade rather than blister.

Blisters have three main components—a roof, fluid and a base. The roof is composed of dead epidermal tissue. The base consists of dermal tissues which can regenerate quickly. Fluid fills the space between the roof and the base. The fluid is there because the separation of skin layers upsets the natural balance of fluids in the cells of the skin. Gravity further aggravates this imbalance. If a blister on the palm was held above the head, it would not fill with fluid. Foot blisters will fill rapidly with fluid because of their dependent position.

Moisture and temperature are two important factors in blister formation. Moist skin will blister much more rapidly than dry skin. Cool skin takes longer to form blisters than hot skin. It follows that hot, moist skin—the way

your feet are during most summer hikes—is most susceptible to forming blisters.

Prevention

Experiments have shown that both shoes and socks contribute to the formation of blisters. A shoe that fits well, is thoroughly broken in, and is as smooth as possible on the inside is essential to avoid blisters. Some researchers have suggested that Teflon heel and toe counters might help in preventing blisters.

Keeping your feet cool and dry will go a long way toward reducing blisters. There are several ways to accomplish this. The old army tradition of walking fifty minutes and resting ten minutes with your boots off helps prevent both blisters and fatigue. Another very effective method used by the army is nylon or cellulose shoe liners. Similar liners are available from Early Winters in Seattle, Washington and Walking News in New York, New York. These liners allow air to circulate under your feet. They have a cool, comfortable ventilating effect. The feeling takes a few days to get used to, but once you've tried these liners you won't walk anywhere without them. Liners made of foam rubber should be avoided because they will increase both heat and humid-

ity inside your shoes.

A non-absorbent nylon, silk or polyester sock next to your foot will allow moisture to move away from your foot and may also reduce friction. Such non-absorbent liner socks are sold by virtually all outfitters.

Still another way to reduce dampness is to coat your foot with an anti-perspirant. This method hasn't met with a lot of success because anti-perspirants tend to make the foot sticky, thereby increasing friction. Foot powder can help to keep the skin dry and reduce friction, too. But its disadvantages are that it cakes up, clogs your socks and must be reapplied many times on a long hike.

Reducing friction can be accomplished by using two or, preferably, three layers of socks. The layer closest to the skin should be non-absorbent. The middle layer should be a soft absorbent sock. Good results have been obtained with wool socks that have reverse pile—the kind with soft, slippery loops of yarn on the inside. The outside layer can be a hard-wearing rag-wool sock. Friction is thus dissipated between the layers of socks rather than against the skin.

Tape and moleskin are two traditional ways of reducing skin friction.

Continued on page 92

A First-Aid Kit For Blisters

All the items you need for treating blisters while on the trail can be carried in a small metal box, such as a Band-Aid box. A good kit should contain the following—

- a. moleskin
- b. surgical tape
- c. matches
- d. razor blades
- e. scissors
- f. gauze
- g. bandages
- h. Neosporin cream
- i. Betadine
- j. benzoin



Water Gap National Recreation Area, C & O Canal National Historic Park, Indiana Dunes National Lakeshore, Point Reyes National Seashore, and Golden Gate National Recreation Area.

There is currently a bill in the House of Representatives, H.R. 5841 National Hostel System Act of 1980, which calls for the development of a national system of hostels. If passed the AYH would enter a cooperative agreement with the Department of Interior and begin work on a National Plan for Hostel Development. ♣

Shenandoah Park

Continued from page 39

Books and Trail Guides. Books listed below can be purchased by mail from the Shenandoah Natural History Association. A list of additional publications is also available free from the Association.

- *Guide to Trails in Shenandoah National Park* by Potomac Appalachian Club (\$8.95)
- *Appalachian Hiker II* by E. Garvey (\$8.95)
- *Circuit Hikes in Shenandoah National*

Park by Potomac Appalachian Trail Club (\$2)

- *Park Guide, Shenandoah National Park*, issued annually by E. W. Lauck & Company (75 cents)
- *Ancient Leaves in Shenandoah National Park* by Jack Reed (\$1.40)
- *Ferns of Shenandoah National Park* by Peter M. Mazzeo (75 cents)
- *Mammals of Shenandoah National Park* by Richard Marville (75 cents)
- *Trees of Shenandoah National Park* by Peter M. Mazzeo (75 cents)

For more information, and to obtain the free park pamphlets *Bear: Friend or Foe* and *Exploring the Backcountry*, write the Shenandoah National Park superintendent.

—Stephen Whitney

Blisters

Continued from page 50

Moleskin's slippery surface acts much like reverse pile socks. Moleskin works best when cut into strips and applied so it conforms to the contours of the foot without wrinkles or bumps. Tape is probably not as effective as moleskin but it's easier to apply and costs less.

Getting moleskin and tape to stay put can be a problem. As your foot sweats the glue loosens and frequent applications are required. The secret to getting the stuff to stay on is to use one or two coats of tincture of benzoin on the spots that will be covered with moleskin or tape. The benzoin hardens the outer layers of skin. This allows the tape or moleskin to cling better to the skin, and keeps the skin under the tape from becoming macerated and soft.

Benzoin is safe, cheap and effective. It's available in most drug stores. A four-ounce bottle will last for many trips. Some canoeists coat their palms with the stuff to toughen the skin, prevent sweating and keep their hands from blistering. It's also useful for applying any other bandage and should be an addition to your first-aid kit.

Maximum protection is best achieved by coating the high-risk spots with benzoin, covering the spots with moleskin, wearing three layers of socks, using a ventilated inner sole, and air drying your feet at frequent intervals.

Treatment

If, despite all these precautions, you still develop a blister, there are three basic treatments. These are—draining, bridging and deroofing.

Draining is probably the best method. It will help the roof adhere to the skin, making it unnecessary for the skin to completely regenerate. Draining should be done three times at two,

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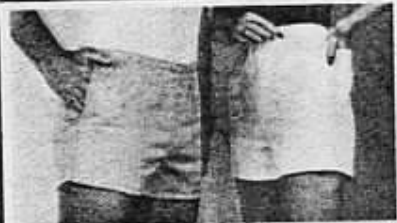
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six and twelve hours after the blister rises. Take care when doing this because it's possible, though unlikely, that infection may take place. First wash your foot with soap and water. Then coat the entire blister area with an antiseptic povidone-iodine solution such as Betadine or Pharmadine. Do not use tincture of iodine, merthiolate, or mercurochrome. These heavy metal tinctures can cause severe chemical burns and are not effective antiseptics. Plain isopropyl rubbing alcohol is better than nothing if you can't obtain Betadine or Pharmadine from your pharmacist.

Next, sterilize a pin or knife edge by passing it through the blue part of a match or lighter flame. Don't coat the edge with carbon. It's harmless, but it could leave you with a tattoo. Make a few pin holes or a slice through the raised skin at the bottom-most part of the blister. It won't hurt because the upper layers of skin have been lifted away from the nerve endings. Let the fluid drain. Cover the blister tightly with adhesive tape or bandage. Repeat the process at six and twelve hours. Experimental data show that the roof will adhere to the base in 75 percent of all cases.

Bridging can be used alone or in combination with draining or deroofting. Bridging requires the use of moleskin or the buildup of tape around, but not over the blister. This works well for some people. Simply cut a piece of moleskin into wide strips and form a circle around the blister to keep it from coming into contact with the sock or shoe. Remember, benzoin will help the moleskin stay in place. Some people feel that the moleskin will increase the probability of blistering in new spots, but this hasn't been demonstrated in any controlled experiment.

To deroof a blister you must first drain it. And it's better to wait about 48 hours before deroofting because the base is still quite tender. The skin must be cleaned and disinfected before the roof is trimmed off. Once the roof is off, the blister must be covered to allow the skin to regenerate which takes four to five days.

One study of army volunteers showed that there were two effective methods for treating deroofted blisters. In one part of the study, the blister bases were treated with Neosporin cream and an adhesive bandage or gauze patch. In the other part, the bases were covered with a cyanoacrylate glue. (Eastman 910 and Crazy Glue are cyanoacrylate glues.) Such glues have been used in surgery for many years. They are used to glue transplanted bones of the inner ear and to cement artificial hips to pelvic bones. At the present time none of these glues are available, or FDA approved, for use

by the public in treating blisters. The use of Krazy Glue or Eastman 910 is not recommended because they are manufactured in non-sterile conditions and may contain other substances that could irritate the skin. This is unfortunate because the army studies showed that coating the blister base with a single drop of glue proved to be a very effective treatment. It relieved pain, prevented infection and permitted the continuation of training. Tissue regeneration was 90 percent complete in just three days.

The best that can be done for a de-roofed blister is to apply some Neosporin cream, or first-aid cream, to a gauze patch or adhesive bandage and place that over the blister base. Always apply the cream to the bandage—this keeps the tip of the dispenser sterile and avoids any possible contamination among members of the party. ♣

Weminuche

Continued from page 59

stew of freeze-dried beef, potatoes, wild onions, bouillon cubes, and a packet of fresh herbs.

Our last day in the mountains, like the preceding four, shone bright and clear. After breakfast and a dip in Vallecito Creek, we headed out—packs lighter, feet beginning to callous, backs no longer sore. A short walk downstream we passed the confluence where Vallecito Creek meets Johnson Creek, the eastern gateway to 12,800-foot Columbine Pass and Chicago Basin.

We saw nothing of the destructive porcupine that liked to lunch on hikers' packs. But while resting on the wooden bridge crossing Vallecito Creek, we heard the heavy chopping sound of a helicopter. Larry pointed to a silver dot above, heading for Columbine Pass.

"Miners," Larry said.

The obtrusive noise faded, and the remainder of the 12-mile downhill walk to Vallecito trailhead was pleasant. We emerged into a dusty parking lot and caught a ride back to Durango. We came to the D&R station just as the locomotive pulled in.

"Someday," Larry said, "I should ride that train to the end of its line. But I guess as long as the Weminuche is between here and there, I probably won't." ♣

Gates of Lodore

Continued from page 64

other end of the rope comes ashore where first four of us, and then all eight, heave the frame off the rock. No easy task. Six people could not have done it; eight accomplish it barely in inch-by-inch increments.

Losses are minor. O'Brien's tool box is the major casualty along with his wallet. Gheen's down sleeping bag weighs 20 wet pounds. Rawling's new

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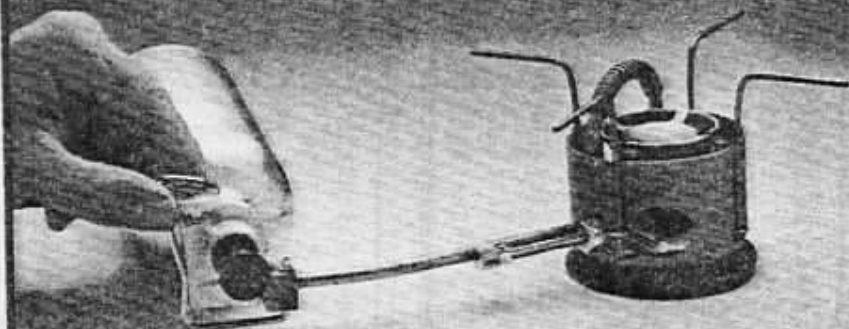
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Mountain Safety Research

Dept. BP-060, 631 South 96th St., Seattle, WA 98108

MSR

THE AMERICAN HIKING SOCIETY

317 Pennsylvania Avenue, S. E., Washington, D. C. 20003



THE HIKANATION'S SPONSORING ORGANIZATIONS

The American Hiking Society. A two-and-a-half-year-old organization formed to represent the interests of the hiking community on a national level.

Heritage Conservation and Recreation Service. A division of the United States Department of the Interior. It identifies, evaluates and encourages protection of the nation's natural and historic resources, and plans and funds recreation programs. It is providing cooperative support for the HikaNation through its Technical Assistance program.

Postum Instant Grain Cereal Beverage. A division of General Foods Corporation. Postum is made from molasses, bran and wheat and is an excellent coffee substitute.

Backpacker Magazine. The pre-eminent magazine of hikers in this country. It has been supporting the HikaNation since it was conceived nearly two years ago.

OTHER SUPPORTING ORGANIZATIONS

Boy Scouts. All local councils are being notified about the details of the HikaNation by the national office in Dallas. The national office is not able to endorse the HikaNation, but is urging Scouts throughout the country to become involved in it.

Sierra Club. Local chapters.

Appalachian Trail Conference. A conference of all organizations that build and maintain the Appalachian Trail (80,000 members).

Appalachian Mountain Club. The oldest and largest hiking club in America, founded in 1878 (25,000 members).

The Youth Conservation Corps Alumnae. Representing the Youth Conservation Corps, a government program for young people to work in our national forests and parks.