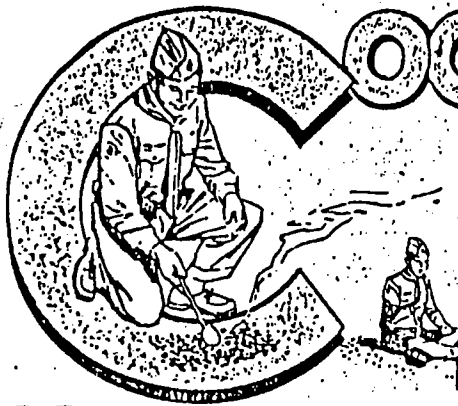


# COOKING WITHOUT UTENSILS



COOK—WITHOUT UTENSILS—A MEAL FROM RAW MEAT (OR FISH OR POULTRY) AND AT LEAST ONE RAW VEGETABLE. PROPERLY DISPOSE OF GARBAGE, PUT OUT YOUR FIRE AND CLEAN UP THE COOKING AREA.

WITHOUT UTENSILS MEANS YOU'RE NOT TO USE COOK KITS, TIN CANS, FOIL OR ANY OTHER ITEMS MANUFACTURED FOR COOKING.

**FIRE!** BEST IS A SMALL TRENCH FIRE. ALLOW TO BURN DOWN TO RED COALS.

WHEN THROUGH COOKING, MAKE SURE FIRE IS OUT-FILL IN TRENCH WITH DIRT SAVED WHEN TRENCH WAS DUG. REPLACE THE GRASS sod.

**POTATOES:** PUSH HOT COALS ASIDE WITH STICK. PLACE UNPEELED POTATOES ON GROUND UNDER COALS. COVER WITH ONE-HALF INCH OF DIRT. PUSH COALS BACK OVER DIRT. ALLOW TO BAKE ABOUT AN HOUR, THEN COOK MEAT OVER COALS.

**BREAD!** PRESS A WAD OF DOUGH ON A STICK—BAKE OVER COALS.

WHEN BREAD IS BAKED TO A NICE, GOLDEN BROWN, SPREAD BUTTER, JELLY OR SUGAR AND CINNAMON ON THE INSIDE.

**HAMBURGERS** CAN BE COOKED ON A FLAT STONE LAID ON COALS. (WATCH OUT FOR "POPPING STONES"—TEST IN FIRE FIRST).

**MEAT:** STEAK MAY BE BROILED ON A GREEN STICK "TENNIS RACKET"

SELECT A GREEN SWEET WOOD—APPLE OR MAPLE—TO HOLD YOUR FOOD.

**STEAK AND CORN** CAN BE COOKED RIGHT ON THE COALS. OPEN CORN HUSKS ENOUGH TO REMOVE SILK—CLOSE UP AGAIN. SOAK CORN IN WATER, LAY ON COALS ABOUT EIGHT MINUTES ON EACH SIDE.

**KABOB:** SKEWER ONE-INCH CUBES OF BEEF, LAMB OR PORK ON A SLENDER STICK—SEAR MEAT UNTIL BROWN. REMOVE FROM STICK. THEN SKEWER ONIONS, GREEN PEPPERS, TOMATOES (CHERRY SIZE OR HALVES) ON STICK WITH CHUNKS OF MEAT BETWEEN. BROIL OVER COALS. TURN OCCASIONALLY UNTIL DONE.

## FIRE EXTINGUISHING...

LEARN THESE SIMPLE OUTDOOR FIRE-PREVENTION STEPS SO THAT YOU DO THEM AUTOMATICALLY WHEN YOU LEAVE YOUR FIRE:



**WITH WATER**

- SPRINKLE WITH BACKS OF FINGERS.
- SPREAD STICKS AND COALS.
- SPRINKLE AGAIN. DON'T LEAVE IT UNTIL COALS ARE COOL ENOUGH TO PUT YOUR HANDS ON.

**WITHOUT WATER**

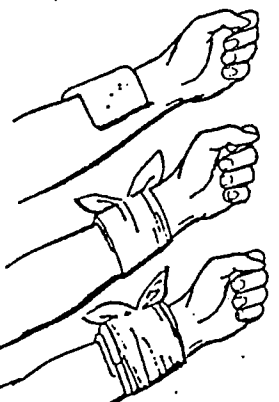
- SPREAD STICKS AND COALS.
- SCRAPE BURNING EMBERS FROM LARGE LOGS AND STICKS.
- COVER ALL WITH DIRT.
- CHECK AND BE SURE THE FIRE IS DEAD OUT!

## TO STOP BLEEDING—APPLY DIRECT PRESSURE ON THE WOUND!

IN AN EMERGENCY WHERE MUCH BLOOD IS FLOWING FROM A WOUND—PRESS HARD DIRECTLY ON THE CUT. THEN, AS QUICKLY AS YOU CAN, PLACE A STERILE PAD OVER THE GASH AND CONTINUE PRESSING HARD DIRECTLY ON IT. THEN TO A DOCTOR OR HOSPITAL!

USUALLY, DIRECT PRESSURE ON A WOUND WILL STOP EVEN THE MOST SEVERE BLEEDING.

IF A STERILE PAD IS NOT IMMEDIATELY AVAILABLE, USE A HANDKERCHIEF, A PIECE OF YOUR SHIRT OR YOUR NECKERCHIEF FOR THE PAD.



TIE THE PAD IN PLACE FIRMLY WITH A BANDAGE.

IF PAD GETS BLOODSOAKED—DON'T REMOVE IT—PUT ANOTHER PAD ON TOP OF THE FIRST, AND ANOTHER BANDAGE.