

NO MORE ROUGHING IT IN THE BUSH

BY DEBORAH QUAILE
ARTS EDITOR

There's nothing like settling down at the end of a day's hiking or paddling with a delicious hot meal around the campfire. Trouble is, "great food" and "backpacking" don't always go together, since canned food is heavy to carry and fresh foods don't last with the jostling and lack of refrigeration.

Four women have found a solution to the problem and have packaged it up in an easy-to-follow cookbook. Bonnie McTaggart and daughter Jill Bryant, with assistance from sister Chum McLeod and mother Mary have just published *The Wilderness Cookbook, A Guide to Good Food on the Trail*. Bonnie, an Eden Mills resident, says, "Everything can be made from one basic set of cookpots." Travellers don't have to worry about extra utensils. The foods in Bonnie and Jill's book have been chosen for their durability, compactness, lightweight, nutritional value, and great taste. What is often most important for backpackers or canoeists is that the food pack be easily transported. As Bonnie remarks, the average weight is, "Two pounds of food per person per day, at an average cost of \$10 per person per day. That's very reasonable and manageable."

The big advantage to these meals is the dehydration process, so that the average camper can pre-prep foods

at home and pack according to the cookbook directions. The women provide a list of foodstuffs that can be dried using a commercial dehydrator or the reader's own oven. Fresh, frozen and canned beans, vegetables, meats and fruits can be readied, with full instructions on how to accomplish the drying and packaging for the trip. Implementing the foods into such mouth-watering dishes as Moroccan Couscous, Stew with Dumplings, or Southern Pilaf is quick and easy. Compared to prepackaged trail foods that can be expensive, overly salty and low in vegetable or fruit content, the freshness of these meals is a huge advantage. Obviously, Bonnie and Jill have elevated trail food from the usual can of beans in sauce and handful of trail mix to something far more welcoming during the day.

The book is a portable size so the outdoor enthusiast can slip it into their pack without a lot of extra bulk. Chock full of tips, techniques, camp checklists, and of course, recipes, it's one piece of equipment that campers will not want to do without. An excellent index is included at the back for quick reference. The book is illustrated by Bonnie's sister Chum McLeod, an illustrator with over 15 books in publication. Her lively pictures are wonderfully whimsical and humorous embellishments.

THE WILDERNESS COOKBOOK

A GUIDE TO GOOD FOOD ON THE TRAIL

BY BONNIE MCTAGGART, JILL BRYANT & CHUM MCLEOD

SECOND STORY PRESS, TORONTO 1999

ISBN 1-896764-18-5, \$14.95 AT CHAPTERS & THE BOOKSHELF



PHOTO COURTESY OF RON KNOX

FAMILY AFFAIR: Four women have collaborated on a new cookbook that is a wealth of information on not only great eating, but camping and trail tips as well. From left to right: Mary McLeod, Bonnie McTaggart, Chum McLeod, and Jill Bryant.

Milton Centre for Music and Theatre Arts

550 Ontario St. S., Unit 9, Milton

Intro Beginner Camp

Age 5 & up

Monday, August 23 to Friday, August 27

Junior Camp

Monday, August 16 to Friday, August 20

Intermediate & Senior Camp

Monday, July 12 to Friday, July 16

M.C.M.T.A. Summer Camp

For more information or to register

please call 905-878-5736



- Idle Pursuits -

MID-SPRING DREAMS

BY DEBORAH QUAILE
ARTS EDITOR

Everybody has something they dream about. It could be a sleek little car that really turns their crank, or a special trip, or even seeing their name up in lights. But when spring cleaning rolls around, I think of closets.

Now I grant you that everyone wants more closet space, but usually they already have a few stuck in the corner of their bedroom or under the stairs, or even holding the coats in the front hall. Our old house, which was built in 1905, doesn't have any such frivolous nonsense.

Our house, in fact, isn't even insulated; there's just the plaster wall on the interior and the rough stone and cement finish on the exterior, and nothing but air in between. When we tore some old wallpaper off in the kitchen a few years back, we discovered pieces of masking tape covering up holes. One of the holes went right through the plaster and the stone outside, so we could peer through to spy on anyone that would chance to visit. Not that we would, mind you, but we wondered why anyone would leave a perforation right through their domicile. It's no wonder we were cold.

But I digress. As for the

closets, well, they were nonexistent. There were three hooks behind the kitchen door for coats. Someone left an old cardboard "wardrobe" upstairs in one of the kids' rooms that they couldn't be bothered to move with them. There were three rough plank shelves - and I mean rough - in the bathroom, and a broom handle was nailed up in one corner of the master bedroom for a few personal effects.

Surely a houseful of people had needed a trifle more storage than this. However, we made do, dreaming of the day when we'd have lots of renovation money and would rip those walls out, add insulation, plunk down new floors and add fresh drywall. That day still hasn't come.

I retired from the business world for a while to work on the house and raise our babies while my suits and blouses hung on the broom handle in the corner. Hey, everybody knows jeans and sweatshirts are the practical wardrobe of a renovating Mom.

What I didn't realize was that without insulation or a vapour barrier, the plaster walls would sweat, especially

in cold Canadian winters when the air flow in corners was restricted by clothing stuffed together on a stick. While I wasn't looking, mold was growing all over my lovely suits, pumps, purses and dresses. When I realized where the smell was coming from, the wall was growing and the articles in question were all an interesting shade of puce.

My husband Dave dreams of great, big fluffy towels, a whole closet of them, to dry himself with when he steps from an invigorating shower in our 'way-the-heck-in-the-future' bathroom. He doesn't ever want to wrestle them off a plank from a tangle of vapourizer, blow dryer, and a dozen washcloths again.

Imagine that - no more broom handle nailed up in the corner of our bedroom, nor shoes in a jumbled pile on the floor. I envision my clothes in neat orderly rows, colour coordinated, interspersed with shoes and purses that actually go together. I wouldn't even have to spring clean!

Luckily for Dave, I am a woman of relatively simple tastes.

Except there is that suave looking black Jaguar at the lot in town...

The Last of the Red Hot Lovers sizzles in Milton

BY DEBORAH QUAILE
ARTS EDITOR

Frank Sinatra music wooed the audience as an enthusiastic crowd waited for the curtain to part on opening night of *The Last of the Red Hot Lovers*, the latest production by The Milton Players.

Barney has reached a middle age crisis, wherein he thinks he must have an affair to feel fulfilled. He borrows an empty apartment (unknown to his mother) for his first rendezvous, perfumes his fingers to dilute the eau de seafood from his restaurant, and tries his hardest to be suave but is really looking for something more meaningful than a quick tumble.

"The sum total of my existence is 'nice'," he blurts. "Just once, couldn't I give in to my fantasies?"

In truth, he can't quite pull it off, but learns a strong lesson in the process.

Gino Raimondo played Barney Cashman with great projection and a refreshing depth of emotion. We feel his frustration and pain, and actually begin to hope that he will

get what he wants.

Barney's first encounter is Elaine, played by Sharon Beddoes, who gave a smooth, tough, ready-to-roll woman who knows what she wants. Sandy Bennett as Bobbi, the 'California hippie,' gave a well-polished performance of a slightly paranoid and dippy blond who did actually get Barney to open up, albeit with a little persuasion.

Louise Prevost as Jeanette, the last lover, emanated tension through a cold demeanor. By this time Barney has his routine down pat but is frustrated by the unwelcome reception of his friend's wife.

The cast truly looked as if they had fun together and under the direction of Patricia Adams has pulled off a wonderful night's entertainment.

Next autumn is The Milton Players' 20th anniversary season. The theatre group is a registered charitable organization and can issue tax receipts for donations to the community

theatre. Three new dinner theatres will run from November to May of 2000.

Brooks Williams in concert

Brooks Williams is in concert at the Arkell Schoolhouse Gallery on Saturday, May 29 at 8 p.m.

Brooks draws audiences in with his warm presence and humorous storytelling. His resonant baritone voice can be silky on one tune, gritty the next; he moves effortlessly from fiery flatpicking to delicate fingerpicking to stinging slide and full-tilt rocking. It's pure American roots music - don't miss this rare opportunity to spend a memorable evening with one of North America's most captivating performers of live folk music.

Tickets are \$15 by advance purchase only. Call 519-763-7528.



Art on the Escarpment

Featuring the original art of many local artists.

The FINE ARTS SOCIETY of MILTON. Announcing... The Third Annual
ART SHOW & SALE - MAY 29 & 30, 1999

Sat. & Sun. 9 a.m. to 5 p.m.

SPRINGRIDGE FARM, Milton (just north of Derry Road)

7256 Bell School Line

Large pavilion of original art in an inviting country setting

For further information call Marion Detlor (905) 878-7397