

full of useful information on equipment, planning and basic bushcraft, all important elements in determining if a trip will be remembered as a pleasurable outing or a miserable experience.

The author also deals with the subject of dining, which too many backpackers assume consists of a starchy mush at the end of the day. He explodes this myth by giving examples of gourmet dishes one can prepare for breakfast, lunch and dinner while on the trail.

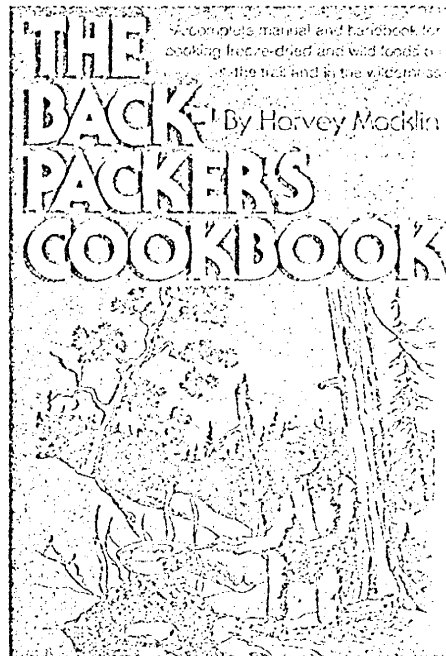
Fortunately, Harvey Macklin is not one of those self-righteous wilderness men who ridicule the freeze-dried food industry and exhort us to live on nuts, fruits and berries. His pragmatic approach to eating leads one to suspect that he knows what he is talking about.

with some skepticism. As for his claim to be able to build a cook fire that will not blow smoke in your face — not bloody likely!

All things considered, Mr. Macklin has written a good, unpretentious little book. What it lacks in organization and conciseness is compensated for by the author's enthusiasm and optimism — really the only indispensable ingredients for outdoor cooking.

Gary Levy

*Mr. Levy, a research officer with the Library of Parliament, is an enthusiastic outdoorsman with an excellent appetite.*



His recipes combine freeze-dried products with ordinary food available from the supermarket. He also includes recipes for stewed rabbit, barbecued stuffed trout, fish chowder and other delicacies made from ingredients the outdoorsman will probably be able to acquire.

The information on pemmican, beef jerky and smokehouses will be of interest to the serious backpacker. Most novices, however, will probably conclude that his recipes for hemlock tea and bull thistle salad should be viewed

**The Backpacker's Cook Book, by Harvey Macklin (Toronto Pagurian Press, 1978, 190 pp., \$4.95).**

This book is intended for the growing number of outdoor enthusiasts whose idea of fun is to spend a weekend or longer hiking about the country carrying their clothes, shelter, food, bedding, cooking utensils and other necessities on their backs. Readers will find the book