

# The rule for taking home-cooked food to campsite or on a picnic is: cool it!



The Super 100 Cooler by Thermos contains trays for carrying food or ice and a food tray cover that can be used as a cutting board.

Do you want to have home cooked meals in minutes while communing with nature in the wilds? Well, it's as easy as sitting down to eat — or almost — when you pack your cooler right.

For the camp cook who wants to take it easy, many meals can be cooked and frozen at home. When placed in an ice chest they help keep other foods chilled.

Packaging all ingredients for a meal in individual wrappings or containers is a big time-saver when cooking begins. Pre-measured ingredients can be placed in plastic bags and bundled together for complete meals.

Foods that are the most perishable should be packed in food storage compartments and used first. Foods that should be kept near freezing should be placed on the bottom of

the cooler under a layer of ice. Because cold descends, they will remain coldest.

Selecting an efficient cooler is perhaps the most important consideration. Size is determined by the number of people in your group, the length of your stay and the space limitations of your car.

Plastic or steel cased ice chests offer the advantage of providing an additional camp seat. Both are equally efficient at locking in cold if they are urethane insulated, reports the Thermos Division of King-Seeley Thermos Company, a major manufacturer of outdoor products. Cooler accessories are another convenience in organizing food.

Perhaps one of the most fully equipped ice chests is the Super 100 Cooler by Thermos. It contains three trays for carrying food or ice, and a flat lid that acts

as a food tray cover and cutting board. A chest divider that can be used as a water or ice container is another feature. When filled with ice or frozen juice, it helps cool the ice chest. As the contents melt, you have a refreshing beverage.

When possible, all food items should be suspended from a tree. They can be hung over a strong branch, or elevated between two trees on a rope. That way you can enjoy watching the animals in their natural habitat — not eating your food.

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## Start your trip by checking your car

With the advent of beautiful driving conditions and vacation travel, motorists begin to think about getting the most for their gasoline dollars.

"Plan Ahead" is no longer a cliché. The 55-mile-per-hour speed limit was designed for safety and economy, but it will take you a little longer to reach your destination. Allow plenty of time.

And allow time for rest breaks. Starting a vacation on edge because of too much steady driving is not calculated to make for a happy beginning.

If you are traveling with children or pets, remember that they need more frequent stops.

Start your planning with a trip to your service station for a tune-up and a complete check. You'll save money in the long run with a better operating engine and less likelihood of having a malfunction in strange territory.

And when you're on the road, remember these tips for fuel economy and easier driving:

- OBSERVE the 55 MPH speed limit.
- KEEP a steady foot on the accelerator.
- AVOID "jack rabbit" starts and sudden stops.
- DON'T stand in traffic idling the engine.
- INFLATE your tires to the proper level.
- RIDE "on top of the tank."

And while you're on the road, remember that good manners pay off for all concerned. That means no unnecessary horn blowing, flash directional signals, keep to the tempo of the traffic.

And one last rule of the road: don't throw trash out of your car. Keep a litter bag handy and dump it in a roadside trash can.



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