

THE HARDANGER

survival quiz

Would you know how to survive the winter in the mountains of Norway? Test your practical knowledge and find out if you could survive.

1. You are caught in a blizzard. What do you do?

- a) Wrap up and lie down.
- b) Dig a snowhole.
- c) Go on walking till you drop.

2. What is a “foehn”?

- a) A Scandinavian wood-burning stove.
- b) A type of wind.
- c) An instrument of radio transmission.

3. You are out on the plateau and you realize you have frostbite in your toes. What should you do?

- a) Keep going till you reach a shelter.
- b) Stop immediately, build a fire and try to thaw out your feet.
- c) Pray.

4. Which part of a bear or a husky is deadly poisonous?

- a) The eyeballs.
- b) The liver.
- c) The pancreas.

5. You have reached a shelter, but your companion is suffering from hypothermia. What is the first thing you should you do?

- a) Remove the victim’s wet or tight clothing and get them into something warm and dry.
- b) Give your companion a hot drink.
- c) Build a fire and give him or her a glass of whisky.

6. You need wood to start a fire. Which part of the tree will burn best?

- a) The heartwood in the middle of the trunk.
- b) The wood towards the outside of the trunk.
- c) The bark.

7. You are sleeping outside in the snow. Where do you put your boots?

- a) Under your head as a makeshift pillow.
- b) Buried in the embers of your fire.
- c) Inside your sleeping bag.

8. When you hunt for reindeer, you must remember:

- a) They are almost blind and almost deaf, but have excellent echo location sensors behind their snouts.
- b) Their eyesight is almost as good as a hawk's.
- c) Their eyesight is terrible but they can smell a human 200 metres away on a downwind.

9. You are camping overnight in a snowdrift and you decide to build a snowhole into the side of a hill. Should you:

- a) Dig an entrance tunnel straight into the slope?
- b) Dig an entrance tunnel that tilts upwards into the slope?
- c) Dig an entrance tunnel that dips downwards into the slope?

10. Once you have built your snowhole you should use a stick to make two holes in the roof of the hole. Why?

- a) So that you can tell when it is daylight.
- b) To ventilate the hole.
- c) To ensure your soul can ascend to heaven if you die during the night.

11. If you have been starving, which part of the reindeer that you have just slaughtered will do you the most good?

- a) The meat.
- b) The gristle.
- c) The fat.

12. You are on the shore of a frozen lake when someone falls through the ice into the water.

What should you do?

- a) Immediately run onto the ice to help them – time is of the essence.
- b) Grab a stick or a rope and throw it out to them.
- c) Throw stones into the lake to try and crack the ice around them so that they can swim to the side.

ANSWERS

1b, 2b, 3a, 4b, 5a, 6a, 7c, 8c, 9b, 10b, 11c, 12b

1–5 answers correct. Help! You wouldn't last long! You know very little and you don't seem to have much common sense. Read *Mission Telemark* very carefully!

6–7 answers correct. A bit better, but you're still not up to scratch. Remember, your survival depends on doing the right thing. One wrong turning...

8–10 answers correct. Not at all bad – you are nearly home and dry. You'd probably scrape through, but you're still making too many mistakes. Up in the mountains any blunder can be fatal.

11–12 answers correct. Well done! You are alert and know the basics. But keep on your toes – you never know which way the wind will blow.

WARTIME FOOD

During World War II, Australia, Britain and the United States all introduced food rationing. But Britain, which suffered a naval blockade and relied on millions of tons of food being shipped in each year, was particularly badly affected. Meat, eggs, sugar, butter, cooking fat and virtually all the ingredients that make food delicious were rationed or just not available. Bananas vanished. So too, for a while, did onions. Oranges were very rare.

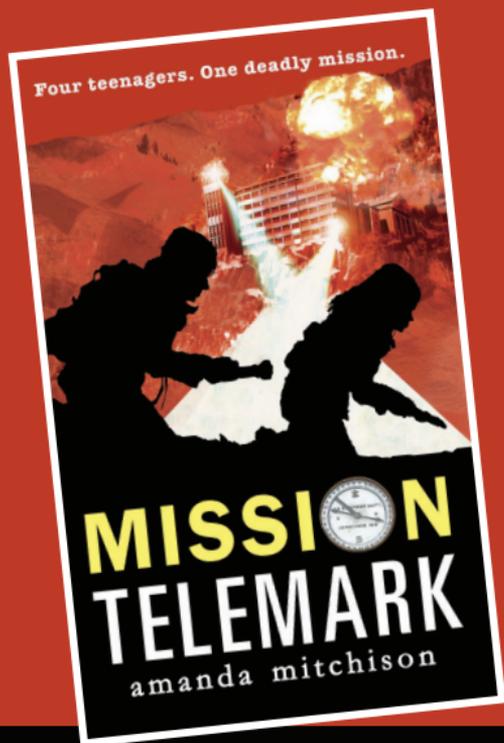
But carrots, swedes, parsnips and potatoes were always plentiful. The Ministry of Food put a lot of effort into encouraging people to eat root vegetables – they invented the cartoon characters: patriotic “Potato Pete” and health-giving “Doctor Carrot”. Cookery writers published countless ingenious recipes. Housewives were told they could replace cheese with sour milk, and cream with whipped margarine and vanilla essence. Other spooky ingredients came to the fore: dried egg – which is never nice – and liquid paraffin, which isn’t really a food at all. Spam, a pink processed meat, came into its own.

And so did Doctor Carrot. Wartime carrot recipes abound: carrot pie, carrot croquettes, carrot savoury, curried carrots, carrots with peanut butter, carrot sandwich spread (Yeuch!). So too do sweet recipes: carrot buns, carrot cookies, mock apricot tart (made from carrots...), and toffee carrots (that’s a carrot on a stick). The idea was that carrots, because they are naturally sweet, could take the place of sugar. But you can push things too far. Carrot marmalade was apparently vile. Turn over for a recipe for carrot fudge.



WARTIME FOOD

carrot fudge



4 tablespoons of finely grated carrot
1 gelatine leaf
Orange squash or orange essence

1. Put the carrots in a pan and cook them gently, in just enough water to keep them covered, for ten minutes.

2. Add a little orange squash, or orange essence, for flavour.

3. Melt a leaf of gelatine and add to the mixture. Cook for a few minutes, stirring all the time.

4. Spoon the mixture into a flat dish and leave it to set in a cold place for several hours. When the fudge feels firm, cut it into chunks and get eating.

*Note that this recipe has no sugar and no fat. Don't try it at home. However clever you are, it won't be nice.