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Review of Eating Up the Santa Fe Trail

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provides directions for making camp meals and for recreating dinners provided along the way at stops such as Bent's Fort and the Hays House at Council Grove. The recipes, written in a clear and entertaining style, cover everything from moose nose to Turkish pilaf for one hundred; Arnold helpfully suggests modern substitutes for ingredients that are no longer easily available. For readers who want to experience the pleasures and surprises of eating on the nineteenth-century Great Plains, this book is an excellent historical guide.

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Eating Up the Santa Fe Trail. By Sam'l P. Arnold. Illustrated by Carrie Arnold. Niwot: University Press of Colorado, 1990. Index. xvi + 130 pp. \$19.95 cloth, \$12.95 paper.

Sam Arnold's *Eating Up the Santa Fe Trail* is a gustatorial revisiting of mealtime along the old trail. Using various travel accounts, Arnold