

We cowgirls have butted in on a so-called strictly man's game—and if to “play” on the hurricane deck on a sun-fishin', whirllly-giggin', rearin'-up, fallin'-over-backward, squallin', bitin', strikin', buckin', roman-nosed cayuse ain't a he-man's game, there never will be one—still, as I say, we cowgirls that like the game well enough to play it should play it just like the cowboys do. Why, I'd feel insulted . . . if I was told to tie my stirrups down!

—Bonnie McCarroll

Beverages

On a hot prairie day or a cold northern night with the snow falling silently outside, or following a hard day's work in the saddle, you will find the perfect beverage here.



GLENBOW ARCHIVES #3930-2

Cowgirl's Tea

This recipe, sometimes called “Russian Tea,” has been around for a very long time. It was first served to me by Adrienne Brockman. She rode hunters and jumpers, showed a beautiful black Arabian horse in a variety of Western classes, and was the only woman on the Lake Oswego Hunt Club Polo Team. A Real Cowgirl!

You can adjust the ingredients to your own personal tastes. I know one Cowgirl who puts the candy Red Hots (about a quarter cup) into the mix. “Spices it up,” she says.

Makes 40 servings

- 2 cups powdered Tang
- 1 cup powdered instant tea
- 1 cup sweetened lemonade mix
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 2 cups sugar

Combine all the ingredients in a large bowl and mix well. Put the mixture into a large jar and seal tightly.

To serve, put 2 teaspoons (or more) of the mix into a cup and add boiling water. You can put a drop or two of whiskey in your cup if it's been a long day.

Cowpuncher's Punch

After a hot day out on the range, a glass or two of cold, old-fashioned Cowpuncher's Punch will wet yer whistle.

Makes 24 servings

- 4 cups stewed black tea, cold
- 4 cups orange juice
- 4 lemons, squeezed
- 4 oranges, thinly sliced
- 1 cup sugar
- 12 cups ginger ale
- 4 cups soda water or sparkling water
- 16 cups cracked ice
- 1 bunch fresh mint for garnish

Combine tea, juices, orange slices, and sugar. Stir until the sugar dissolves. Chill.

Put cracked ice in a tall, 8-ounce glass. Fill the glass halfway with the tea mix. Add the ginger ale and soda just before serving. Garnish with fresh mint, if available.

Want to get real fancy if this is for a party? Make an ice ring in that old Jell-O mold you kept, filled with more orange and lemon slices, mint leaves, and maraschino cherries. Unmold it into the punch bowl filled with the tea mixture, and garner compliments.

Divide this mixture into smaller Mason jars, tie a bit of raffia around the lid, and give as a winter gift.



GLENBOW ARCHIVES #NA-365-1

Mexican Hot Chocolate

Even grown-up Cowgirls need marshmallows in their hot chocolate and maybe just a little bit of spice.

Makes 3 servings

- 3–4 tablespoons granulated sugar
- 3 tablespoons baking cocoa
- ¼ teaspoon ground cinnamon
- ½ teaspoon chili powder
- 2 ⅓ cups milk
- ½ teaspoon vanilla extract
- 1 marshmallow per serving, or more . . .

Combine the sugar, cocoa, cinnamon, and chili powder in a small, heavy-duty saucepan. Gradually stir in the milk. Warm over medium heat, stirring constantly, until hot (do not boil).

Remove from the heat, then stir in the vanilla extract. Beat with a wire whisk until frothy. Put a marshmallow in the bottom of each cup, divide the hot chocolate into the cups, and sprinkle a little more cinnamon on top.

Ranch House Milkshake

A very simple recipe for a vanilla milkshake. When you add chocolate syrup, you have a chocolate milkshake. Fresh berries or fresh peaches in the summer are wonderful, and crushed peppermint candies during the holidays is quite festive. Just try not to spill the milk.

Makes 2 milkshakes

- 2 cups vanilla ice cream
- 1 cup 2% milk
- 2 teaspoons vanilla extract

Put all the ingredients in a blender, then add your favorite flavors if you like. Blend on high for 1 minute.

Pour into tall glasses, get your straw, and go out on the porch.



COURTESY, HISTORY COLORADO #X9237

Caramel Creamer

This is so simple, and you won't have to pay the high price at the grocery store. Better yet? You can make it taste the way you like by adding more vanilla, less vanilla—you get the idea.

- 1 ½ cups sugar
- ½ cup water
- 1 cup heavy whipping cream
- 1 teaspoon vanilla
- 4 cups half-and-half

Mix the sugar and water in a saucepan and bring to 240°F. Remove the pan from the heat.

Using a whisk, slowly add the cream and vanilla. Add the half-and-half and whisk well.

Allow the creamer to cool completely before pouring it into a quart jar. Store in your icebox.

*Brother she's country
from her cowboy boots
to her down-home roots
nothin' but country.*

*—Jason Aldean,
“She's Country”*



AUTHOR'S COLLECTION

Rodeo Rita

In 1910 the first Pendleton Round-Up was touted as “a frontier exhibition of picturesque pastimes, Indian and military spectacles, cowboy racing and bronco busting for the championship of the Northwest.” It turned out to be that and more. “The largest crowd in Pendleton’s history,” 7,000 strong, showed up for the first show on September 29, 1910. Round-Up remains today a strong tradition.

After a hard day in the chutes, here’s a cocktail “double damn guaranteed” to cure what ails you. Made from a blended Canadian whiskey, the 80-proof oak barrel-aged whiskey uses glacier-fed springwater from Mount Hood, Oregon. It’s widely known as “the Cowboy Whiskey.” I would add it’s a favorite among Cowgirls, too.

Makes 1 cocktail

- 1 ounce Pendleton Whiskey
- 3 ounces margarita mix
- For the rim:
 - 1 teaspoon salt in a shallow saucer
 - 2 lime wedges

Run a lime wedge around the rim of the glass, then dip it into the salt in the saucer.

Pour the Pendleton Whiskey and margarita mix into a cocktail shaker filled with crushed ice. Shake and serve over ice in an 8-ounce highball glass with a salted rim.

Garnish with a lime wedge and “Let ’er buck!”

**Parched and Dry
Rescue Potation**

*“All day I’ve faced
The burning waste
Without a drop of water . . . ”*

You can make your own rehydrating drink. Keep this in your canteen for those times you have to face the “burning waste.”

- Mix until dissolved:
- 1 quart warm water
 - Juice of 2–3 lemons
 - ⅓ cup honey
 - ½ teaspoon sea salt

Chill.

Lavender Blossom Cocktail

Sometimes, a Cowgirl wants something kinda “girlie.” This ought to do the trick.

Makes 1 cocktail

- Shaved ice
- 1 jigger (1 ½ ounces) gin
- Dash of Lavender Simple Syrup (recipe below)
- Splash of champagne
- Fresh blueberries or lemon peel for garnish

Place the ice, gin, and lavender syrup (in that order) into a tall bar glass. Stir gently with a long-handled spoon, and top with a champagne finish.

Add a few fresh blueberries for garnish, or lemon peel cut into a fine strip.

Lavender Simple Syrup

- 1 cup sugar
- 1 cup water
- ¼ cup fresh or dried lavender blossoms

In a medium saucepan, combine the sugar and water. Bring to a boil, stirring, until sugar has dissolved.

Add the lavender blossoms. Allow to cool. Strain to remove the blossoms.

Store in the icebox in a glass container. This is also refreshing in lemonade.

Horse’s Neck

A Horse’s Neck is a cocktail made with bourbon (or brandy) and ginger ale, with a long spiral of lemon peel (zest) draped over the edge of an old-fashioned or highball (8-ounce) glass, looking very much like a tired old nag’s neck.

Dating back to the 1890s, the drink started out as a nonalcoholic mixture of ginger ale, ice, and lemon peel. By the 1910s, bourbon or brandy was added for a “Horse’s Neck with a Kick.”

Makes 1 cocktail

- 2 ounces bourbon or brandy
- 8 ounces ginger ale
- 2–3 dashes Angostura bitters (optional)
- 1 long spiral of lemon peel for garnish

Pour the bourbon or brandy and ginger ale over ice in a highball glass. Add the bitters if desired and stir gently.

Drape the lemon peel over the rim of the glass, leaving the “neck” hanging out over the edge.



JILL CHARLOTTE STANFORD

Bertha Blancett

Long before women’s lib, the fairer sex got into the act at the Pendleton Round Up—cowgirls in the early days of the Round-Up could be as tough as the men. In 1914 Bertha Blancett, wife of cowboy Del Blancett, came within 12 points of winning the all-around title.

Tall, Dark & Hamley

Camille Woodfield, bartender, and Isis Miller, restaurant and saloon manager at the famed Hamley Steakhouse in Pendleton, Oregon—home of the Pendleton Round-Up—have concocted the most amazing cocktail using Hamley’s own whiskey, the first-ever Oregon-made straight wheat whiskey on the market. Hamley Whiskey is a small-batch wheat whiskey grown, distilled, and bottled in eastern Oregon by Stein Distillery of Joseph. With its unique, more mellow taste, softer than bourbon, it delivers a smooth, high-quality cocktail without an overpowering or heavy taste experience. You will love its vibrant chestnut color, hint of brown sugar and soft oak, and warm toasted pecan finish. You will really like this special drink.

Makes 1 cocktail

- ½ ounce gin
- ½ ounce vodka
- ½ ounce rum
- ½ ounce triple sec
- ½ ounce Hamley Whiskey
- Splash of Sweet-n-Sour
- Splash of Coke
- Lemon slice, lime slice, and maraschino cherry for garnish.

Shake the gin, vodka, rum, triple sec, whiskey, and Sweet-n-Sour in a cocktail shaker filled with shaved ice. Pour into a 16-ounce glass and top off with a splash of Coke.

Garnish with a lemon slice, lime slice, and maraschino cherry.

Sweet-n-Sour is a mixer and can be found in grocery stores in the beverage section for grown-ups. It does not, as I first assumed, have anything to do with Chinese cooking.

The Old-Fashioned Cowgirl Cocktail

Makes 1 cocktail

- 1 teaspoon sugar
- Dash of bitters
- 2 ounces good whiskey
- Splash of club soda
- Maraschino cherry and orange segment for garnish

Put the sugar and bitters in a highball glass (8- to 12-ounce capacity) and muddle, or mash, them together. Pour in the whiskey, add 2 or 3 cubes of ice, and top with club soda.

Garnish with a maraschino cherry and an orange segment on a toothpick.

Sonora Carver

Hard to believe, just looking at the picture. The horse dived about 50 feet into a tank of water about 10 feet deep, and Miss Sonora Carver stayed on the horse the entire time, leaping onto its back and holding a special rigging at the last moment as the horse galloped up a long ramp. Sonora lost her eyesight in 1931 when her horse landed badly, but by 1932 she was again diving horses. She retired in 1942 and died in 2003 at the age of ninety-nine. There is a wonderful movie called *Wild Hearts Can’t Be Broken* about her life with her amazing horses. She says in her memoirs that “the horses enjoyed doing this stunt. I never had one that wouldn’t freely gallop up that ramp, pause for me to jump on and leap into space.”



Breakfast

In a Cowgirl's world, breakfast is the most important meal of the day. A "stick to your ribs" breakfast can make a long day in the saddle a little shorter, and you can ride a little further.

Cowgirl's First Aid

Okay, you forgot to put your leather gloves on, didn't you?! Got a barbed wire cut, didn't you?! Luckily for you, if applied properly, sugar will act as a natural and fairly effective antiseptic for cuts when standard antiseptics aren't available.

For other small "owies" all you need is granulated sugar, petroleum jelly, bandage/cloth, and clean water. Small wounds, ulcerations, and sores will respond better to the use of sugar as treatment than those that are large or exceedingly deep. Sanitize the area of the wound by thoroughly washing it with clean water. Pat or air dry the area completely before moving on to the next step.

Gently apply a small amount of petroleum jelly, circling the wound but not touching it. Then sprinkle sugar onto the wound, covering it completely a bit at a time. Dress the wound with a small piece of gauze or sterile cloth and, if available, cover the wound with a bandage. If you don't have a bandage available, you can use pieces of medical tape, masking tape, or even a bit of duct tape. Keep the wound clean by changing the bandage and sugar application every twenty-four hours. This will help it heal faster, and further reduce the risk of infection.

