

Kalja Makes Fine Drink After Sauna

By GEORGE JENNINGS GALE

Having spent some time among the Jackpine Savages in northern Minnesota, I learned a lot of short cuts and ways of the deep bush from them.

Jackpine Savages are Ojibwa, French and Finn, and the Finn element in their makeup taught them how to make Kalja—a non-alcoholic drink which is very, very good.

Here is how it is made:

1 cup rye malt.

10 pints boiling water.

1 cup sugar

1 teaspoon yeast.

Mix the malt and sugar in the bottom of a pail and pour on the boiling water. When the water has cooled sufficiently to touch, add the crumbled yeast. Cover the pail with a clean cloth and allow the Kalja to ferment overnight.

Next strain and bottle. Keep in a cool place.

Kalja is served either with a meal or as a refreshing drink after a sauna or Finn bath.

SIMA

Sima is another drink but stronger. Here is how it is made:

10 pints water.

$\frac{1}{4}$ teaspoon yeast.

9 ounces caster sugar.

1 lemon.

9 ounces brown sugar.

$\frac{1}{4}$ cup hops.

Put sugar and raisins in each bottle.

Many Finns in Alaska might recognize these drinks.