

OLD INDIAN WAYS OF PREPARING FOOD.

Years ago before the white man came to this continent the Indians lived out of doors, with only wigwams to shelter them. The Indian women during those days did not have stoves and only a very few cooking utensils. The few they had were made from stone or wood and from bones and horn. The principal utensils were a kettle, a mixing bowl, dipper and spoons.

Among most of the tribes food was cooked by an open fire place that was built either in the center of the dwelling or outside near it. Many of the different foods that the Indians had in the old days were cooked in ways that are now almost forgotten.

The meat was usually from the buffalo or deer. To cook this hot coals were needed, so a large fire was built and the meat cut into slices and put on the hot coals to be cooked. When they had more meat than they could use at once, they built a frame-work of willows, and set it over the flaming fire. Then the meat was put over the framework so that the smoke could not escape. In this way the meat was smoked and could be kept for months. Besides the smoking of the meat, the Indians still prepare what is called jerked meat. They usually do this when they go on a journey and expect to be gone for many days. From this jerked meat pemican is made. The women pound the meat until it is very fine, then put in a little grease, and sometimes wild cherries to give it a flavor. Pemican used to be one of the favorite dishes among Indians and they carried it on all their long journeys.

Potatoes were baked in the ashes, and corn was prepared in many ways. While the corn is green it is dried in the sun.

Then it is ground for any purpose needed, in large grains for hominy and almost as fine as flour for bread. Sometimes a large hole is dug in the ground and a fire is built in the hole. After the fire has burned down the hole is filled with hot coals. Then corn is put in with water. Then boards are put across the top, and the earth that was taken out from the hole is put back over the boards. They leave this over night and the corn is then taken out and put in the sun to dry. In this way the corn is ready to be used at any time, and can be stored away for winter use.

Another way of preparing the corn is to cook it in the ashes for hours until it has a yellow appearance. Then it is taken and washed clean and is ready for use.

The making of bread is very simple. Corn meal or wheat flour is taken and a little salt, shortening and water are added. When the mixture is ready to be cooked a flat stone that has been heated is greased and the dough is spread over the stone. It is turned frequently while cooking. When it shows a golden brown then the bread is done.

If you visit the home of an Indian to-day you will see that the cooking is very much like that of the white man's. But the old people still love the old-fashion way of cooking.—Ida Wrinkle-face in Talks and Thoughts.

"Your tonic is wonderful," she wrote to the patent-medicine house. "Three weeks ago I could not spank the baby, and now I am able to thrash my husband. God bless you."—Ex.

FOR SALE.—A new Rambler or National bicycle for either lady or gentleman; reasonable. Inquire at AMERICAS office.