

very sparingly. It evaporates easily, and when for any reason the people were rushed, the berries were sundried, and in this condition they kept very well. When wanted for use a quantity was put in a vessel and covered with warm water for some time; after softening it was beaten with an instrument like an egg beater, when it foamed up like soap suds (hence the name), or like pink ice cream. This would be flavoured with some fruit juice and eaten with a spoon. In other cases the berries were allowed to ferment, and a highly intoxicating liquor was the result, but the effect was not nearly so lasting or so injurious as bad whiskey.

The fruit of the choke cherry, *Prunus demissa* (Nutt.), Dietr., Zotku, according to the Thompson Indians, was gathered by the interior Indians, but this fruit is not known by the coast Indians, as the tree is not found within 80 or 90 miles of the coast. The berries were usually dried for winter use.

The Black Cap, *Rubus leucodermis* Dougl., grows luxuriantly and bears a heavy crop, which is easily picked. This fruit lends itself well to evaporation.

The Salmon Berry, *Rubus spectabilis* Pursh., is by far the most handsome of this genus. It grows luxuriantly all along the coast, and to a distance inland of about 80 miles. The fruit is large, sometimes of a deep crimson colour when ripe, at other times of an amber colour. As it is largely composed of water it will not dry up and is apt to rot. The Indians were in the habit of mixing the berries with bear's grease and boiling them, and so making a kind of jam.

The "Salal," *Gaultheria shallon* Pursh., which grows abundantly on Vancouver Island, and also on the coast of the mainland, some places forming an impenetrable jungle, bears heavy crops of a very wholesome berry, which was picked in large quantities by some tribes. With other tribes the berry was not a favorite. If the weather was favourable attempts were made to evaporate the fruit, otherwise the berries were cooked with grease.

The common wild crab apple was gathered to a limited extent by some of our Indians.

In the foregoing remarks mention has only been made of some of the fruits gathered and eaten by our Indians. In addition there is a long list of roots which were gathered and stored for food.

On the south-east end of Vancouver the favourite bulb, "La camas," *Camassia esculenta* Lindl., as well as several of the wild onions, are still largely gathered, and form an important item of vegetable diet. In Lillooet, also, the wild onion is gathered; in fact, the name Lillooet means "wild onion."