

The staple articles of food in general use by *voyageurs*, and hunters and travellers in the North West, are pemmican, flour, tea and sugar. Persons, like ourselves, starting from civilized life, generally provide themselves in addition with a moderate supply of pork, ham, or bacon, and a few other luxuries, and for some days, especially when prairie chickens or ducks are abundant, look with disdain, not to say disgust, upon the *richôt* and *rubeiboo*. After a few weeks, however, the feeling wears off, and pemmican, *richôt* and *rubeiboo*, varied by dried buffalo meat, boiled, are eaten not only without a murmur but with keen appetite, at breakfast, dinner and supper; and I have even seen these dishes selected in preference to roast duck or prairie chicken or fried pork, ham or bacon, by persons who, on starting, declared that nothing short of absolute starvation would ever induce them to make a meal on pemmican.

Captain Butler, who was evidently not an admirer of pemmican, thus describes it: "Pemmican, the favorite food of the Indian and the half-breed *voyageur*, can be made from the flesh of any animal, but it is nearly altogether composed of buffalo meat: the meat is first cut into slices, then dried either by fire or in the sun, and then pounded or beaten out into a thick flaky substance; in this state it is put into a large bag made from the hide of the animal, the dry pulp being soldered down into a hard, solid mass, by melted fat being poured over it—the quantity of fat is nearly half the total weight, forty pounds of fat going to fifty pounds of 'beat meat'; the best pemmican generally has added to it ten pounds of berries and sugar, the whole composition forming the most solid description of food that man can make. If any person should feel inclined to ask, 'What does pemmican taste like?' I can only reply, 'Like pemmican.' There is nothing else in the world that bears to it the slightest resemblance. Can I say anything that will give an idea of its sufficing quality? yes, I think I can. A dog that will eat from four to six pounds of raw fish a day when sleighing, will only devour two pounds of pemmican, if he be fed upon that food; yet I have seen Indians and half-breeds eat four pounds of it in a single day. Pemmican can be prepared in many ways, and it is not easy to decide which method is the least objectionable. There is *rubeiboo* and *richôt*, and pemmican plain and pemmican raw, this last method being the one most in vogue amongst *voyageurs*, but the *richôt*, to me, seemed the best; mixed with a little flour