

ter use; when boiled again, it tastes like green corn. (See Madaškihe in Dictionary.) This is often boiled with dried beans to make a succotash. Their beans are not usually eaten until ripe. Squashes are cut in thin slices and dried; the dried squash is usually cooked by boiling. Sunflower-seeds are dried, slightly scorched in pots or pans over the fire, and then powdered. The meal is boiled or made into cakes with grease. The sunflower-cakes are often taken on war-parties, and are said, when eaten even sparingly, to sustain the consumer against fatigue more than any other food. They gather all manner of wild roots and berries that are eaten by the nomadic tribes of the same region; but they do not consume them to the extent that the wilder tribes do. The only nuts that grow in their hunting-grounds are the acorns. I have never known them to collect or eat these.

I believe that they have always understood the value of salt and knew where to procure it. (See Matamahota in Dictionary.) They used it sparingly, however, and to season their vegetable messes only. Lately, since they can obtain salt so cheaply and plentifully from the traders and agency, they rarely hunt for it, and use it to a greater extent than they formerly did. In 1820, Major Long's Expedition met an Arikaree returning from the distant valley of the Arkansas, with about thirty pounds of pure salt, which "had evidently been formed by the evaporation of water in some pond or basin."*

In the earliest accounts that we have of these Indians, we find they cultivated a species of tobacco† (*Nicotiana quadri-valvis*). Sergeant Gass, who tried it in 1804, and who, we may presume, was a good judge of the weed, says that "it answers for smoking but not for chewing";‡ and, in my time, I have heard similar opinions passed concerning it by tobacco-users. Lately, the cultivation of this tobacco has been greatly neglected, as the Indians obtain an article from the whites which they prefer. It is but recently that any of them have

* Long, vol. i, p. 449.

† Lewis and Clarke say "two different species of tobacco", p. 76.

‡ p. 73.