

When the mixture was thickened it then was called 'rowschow,' but for the journey the former was preferable. Hot bannocks and piping hot 'rubaboo' were served around, the latter in cups, and the tea in tin cups soon began to disappear among the hungry company. The appetite, stimulated by fresh air and exercise, was surprising, and a dyspeptic being looking on at such a meal would turn green with envy."

Let us turn over a few pages of Fonseca's interesting narrative, and read again :

"The afternoon journey was usually continued for about twelve or fifteen miles, when the cheerful word, both to man and beast, was given to halt for the night. The cuisine was again put into operation, though the menu was somewhat changed. Instead of 'rubaboo,' 're-chaud' was served, commonly corrupted 'row-schow,' from the Latin 're' and the French 'chaud' heated over. Pemmican cooked in a frying

18

