

into the canoe, the ripe grain falling to the bottom. Many bushels are thus collected. They then make an enclosure on a square area of dry ground, by sticking branches of pine or cedar close together, to form a sort of hedge ; in the centre of this place they drive in forked sticks, in a square of several feet, across which they lay others, and on this rude frame they extend mats of bass or cedar, for the manufacture of which the Indian women are renowned : they light a fire beneath this frame, and when reduced to hot, glowing coals, the rice is spread on the mats above the fire : the green enclosure is to keep the heat from escaping : the rice is kept stirred and turned with a wooden shovel or paddle, and, after it is dried, the husk is winnowed from it in large open baskets, shaken in the wind. This is the mere drying process of the green rice.

The parched Indian-rice is heated in pots over a slow fire, till it bursts and shows the white floury part within the dark skin. This sort is eaten by the Indians in soups and stews, and often dry, by handfuls, when on journeys, as the parched corn of the Israelites.

Indian-rice is sold in the stores at 10s. a bushel : it affords a great quantity of food. The Indians sow it up in mats or coarse birch-bark baskets : it is dearer now than it used to be, as the Indians are indolent, or possibly, employed in agricultural pursuits or household work.

In appearance this rice is not the least like the white rice of commerce, being long, narrow, and of an olive-green colour outside, but when cooked, is white within. The gathering of wild rice is a tedious process, and one rarely practised by the settlers, whose time can be more profitably employed on their farms ; but I have nevertheless given this description of harvesting it, as it is not devoid of interest, and, should this book fall into the hands of any person, who by accident was reduced to having recourse to such expedients as the wild country afforded, for food to keep themselves from starving, they might be able to avail themselves of the knowledge.

Men who have gone up lumbering, on the shores of lonely lakes and rivers, far from the haunts of civilized men, have sometimes been reduced to worse shifts than gathering wild rice to supply their wants.

I will now give the most approved recipes for cooking the Indian rice.

#### WILD-RICE PUDDING.

A basinful of Indian-rice carefully washed and picked, should be soaked for some hours ; the water being poured off twice during that time. Put it on in a covered vessel, with plenty of water, which should be drained off after it has boiled for half an hour, as there is a weedy, fishy taste with the rice, unless this is done. Milk may now be added in place of the water, with a little salt, and the rice simmered for an hour or more, till every grain has burst, and the milk is