

weak lye thus produced would loosen the hard tough skin covering each grain in from ten to fifteen minutes. It was then taken from the pot and thoroughly washed in a basket by dipping it into a stream or pouring water over it. After it was dried for a short time it was pounded in the cornmill. The mill consisted of a log of hardwood, two feet long, the upper end of which had been burned out to form a half-egg shaped hole nine or ten inches deep. A pounder, or beetle, was used to crush the corn and the meal was then passed through a fine sieve, and the coarser portion was again returned to the mill and treated as before.

The allowance of corn for each man on a voyage was a quart a day. A bushel, with two pounds of prepared fat, was reckoned to be sufficient food for a month's subsistence. No other allowance of any kind was made, not even of salt, and bread was never



No. 2.

WELL FORMED WOMEN, SHOWING LONG HAIR AND DRESS.

thought of. The men were healthy and capable of performing heavy labor.

Sugar was used by the Indians and was produced by boiling down the sap of the maple tree. I find a notice in an English magazine of 1765 stating that the Americans had discovered the method of making sugar from a liquid obtained by boring the maple tree. Indians no doubt used this method before the arrival of the white man.

Many berries were gathered and used as food. Among these were whortleberries, blackberries, raspberries, strawberries and cranberries. Wild honey was occasionally obtained. As vegetables, wild potatoes, artichokes, and various roots were used. Very little salt was used, and milk was not relished. The food was boiled until it was well done.