

things to recall to memory. As Sir George Back wrote of Indian cookery on one of his extended overland winter trips, good moose meat can hardly be spoiled by any cook's treatment, and the same applies to many other kinds of game as well.

The Eskimo, even less than the white man, dislikes to be rationed, and when he has plenty of food likes to eat heartily, without worrying about a problematical shortage later on. Sometimes he may have to feed caribou-skin robes and sleeping skins to his dogs, or even eat them himself, but a period of shortage usually comes to an end somehow. Native "tanned" skins, merely broken and scraped soft, when boiled soft and tender, probably contain as much nutriment as an equal weight of meat or the gelatinous attachments of the ordinary well-boiled soup-bone, and eating boots or boot-material is not really as bad as it sounds.

a week, than those with a limited choice of food. When one expects whitefish (or caribou) as the *piece de resistance*, or perhaps the whole meal, three or four times a day, it does not usually occur to him to quarrel with it any more than with the thrice daily bread of civilization. "The full soul loatheth an honeycomb; but to the hungry soul every bitter thing is sweet."

If the party is large and the pots are small, the meals are often supplemented, prefaced, or finished with a few strips of sun-dried or smoke-dried meat, a side of ribs or a flat shoulder-blade set up to roast beside the coals, and the long marrow-bones cracked for dessert. Sometimes the marrow-bones are roasted, but not often, for to the Eskimo cooking a marrow-bone is like "painting the lily or gilding the rose." In winter a piece of frozen raw meat very often forms a part of the meal.



Barren Ground Caribou, near Hood River, N.W.T.

On the land, the most important food animal in most districts is the caribou. In a deer-camp there is apt to be little food but caribou-meat ("tu-k-tu"), as all energies are devoted to the caribou chase. Boiling is the most general way of cooking meat, the easiest manner of preparing large quantities, cooked in a fairly uniform and thorough manner, and if you are finicky enough to insist upon it, probably the cleanest way of preparing meat in a native camp. Where meat and fish "straight" (i.e., without other foods) form the steady diet, most people find boiling the least monotonous style of cooking. In this connection, it seems that people with the greatest variety of food to choose from, are more apt to say they are "tired" of a certain article, let us say prunes three times a week or beans twice

When the caribou are fat in the late summer and early fall, and the hunters roam over the so-called "Barren Grounds," while the early frosts are tinting the bearberry leaves scarlet, the dwarf willows lemon yellow, and the blueberry leaves purple, and the keen pure air whets the appetite of the heavy-laden packer, the open fire at night and the feasts of juicy caribou-meat that properly go with it, are attractions not to be despised.

On hunting trips, either summer or winter, the Eskimo, expecting to move shortly, tries to get rid of the waste as quickly as possible, using the bulky and bony parts of the animal first. When hunting for ships or white men in general, the natives usually save the saddle (i.e., the pelvis with two hams attached), which parts are more suitable for