

said to taste very sweet. A yellow lichen furnishes a coloring matter, and the root of a certain fern (*Asplenium* or *Aspidium*) yields a black dye. The leaves of the syringa (*Philadelphus lewisii*) were formerly used as a soap in washing clothing. The fiber plants are an *Asclepias* or milkweed, and the common nettle of the country.

The sweat-houses of all the Northwestern Indians are very much alike. They consist of a dome-shaped framework, formed by bending willow sticks over one another, covered with blankets or skins or earth, and a pile of hot stones in the center, or a hole in which hot stones are thrown. The Indian takes his place in the booth, and water is thrown upon the stones. The bathers sit in a suffocating temperature till they have had enough of it, and then rush out and plunge into the water, which they take care to have always near.