

expeditions, but more frequently it is made into soups or stews. Diddle says: "The Indian women used to make a favourite dish with wild rice, corn and fish boiled together, called 'Tassimanonny'. I remember it to this day as an object of early love." Mrs. Traill writes of the Indians about the bay of Quinte, Ontario, as follows: "That night . . . . . cooked some of the parched rice, Indian fashion, with venison, and they enjoyed the novelty very much. It made an excellent substitute for bread, of which they had been so long deprived".

In pioneer days wild rice was a common food of the hunters, traders and settlers. In more recent times, however, it became of interest chiefly to sportsmen, owners of hunting preserves and caretakers of natural parks as a means of attracting birds and water fowl. At the present time it is served in some of the best hotels as a great delicacy with game in season, or as a novel Canadian breakfast food. In 1862, Mr. Ed. Peters, and in 1899, Prof. F. W. Woll, made chemical analyses of the grain, which showed that it was more nutritious than other native foods to which the Indians had access. The analysis given below, comparing wild rice with our common cereals, was made by Dr. C. F. Langworthy, of the Department of Agriculture, U.S., in 1903:—

COMPARISON OF WILD RICE AND OTHER GRAINS.

	Water.	Protein.	Fat.	Carbo- hydrates.	Ash.	Fuel value per pound.
	p.c.	p.c.	p.c.	p.c.	p.c.	Calories.
Wild Rice—						
Whole grain.....	9.5	12.9	1	75.2	1.4	1,625
Ground.....	13.0	10.9	.8	74.0	1.3	1,740
Parched whole grain.....	11.2	14.6	.7	72.3	1.2	1,620
Parched and ground.....	9.5	11.5	.8	76.9	1.3	1,800
Rice, polished.....	12.3	8	.3	79.0	.4	1,630
Barley, pearled.....	11.5	8.5	1.1	77.8	1.1	1,650
Wheat, cracked and crushed.....	10.1	11.1	1.7	75.5	1.6	1,685
Oats, rolled.....	7.7	16.7	7.3	66.2	2.1	1,850
Corn meal, unbolted.....	11.6	8.4	4.7	74.0	1.3	1,730
Hominy.....	11.8	8.3	.6	79.0	.3	1,650
Kafir corn.....	16.8	6.6	3.8	70.6	2.2	1,595
Buckwheat flour.....	13.6	6.4	1.2	77.9	.9	1,620

As will be seen, wild rice resembles common cereal grains quite closely in composition. As is the case with wheat, rye, barley, and other grains, the greater portion of the nutritive material consists of carbohydrates, although the amount of protein is proportionately large. Wild rice contains little fat, in this respect resembling rice, barley and wheat, more closely than corn and oats. Judged by its composition and fuel value, it compares very favourably with the common cereal grains. Too much importance should not be placed on the variation in constituents as shown by figures like the above, since it must be remembered that a given constituent in any of the grains may vary to rather wide limits. For instance the protein in common white rice varies from about 6 to 11 per cent. So few analyses of wild rice are available that but little can be said regarding the range in the proportional amount of the different constituents.

Before being cooked, wild rice should be washed thoroughly two or three times. Slightly warm water containing a little soda may be used for the first washing. The parched wild rice requires half an hour's boiling, and the whole or black wild rice somewhat longer.