

Among other bulbs and roots I may mention: *Lilium parviflorum* (Hook.) Holz, "Makaoeza," in the Thompson language, and "Skamiz," *Erythronium grandiflorum* Pursh.; "Spitlum," *Lewisia rediviva* Pursh., or Bitter Root; all were eagerly sought for. The latter, which is extremely nourishing, was eaten either fresh as it was dug, or threaded on a piece of string and dried, very much as apples were in Canada in olden times.

One root known by the name of "potato" was frequently collected. This was the corm or root-stock of *Claytonia lanceolata* Pursh. These roots vary in size from that of an ordinary marble to that of an egg. They are very rich in starch, and contain a good deal of nourishment. This plant furnished the principal root crop. Certain families looked on certain pieces of ground as their own potatoeilihie (potato ground), and I know an Indian to-day whose sole title to his land is owing to the fact that his mother, grandmother and other generations had been in the habit of digging "potatoes" on that patch. The "potatoes" are all gone now, but some of the land is growing wheat, and part is in orchard.

Bracken roots were occasionally boiled and eaten, but only in extreme cases, though a fairly nutritive food could be made even out of that unpromising article. Fungi of different kinds were also eaten, sometimes raw; very often they were sundried for winter use.

I come now to one of the strangest-looking materials for food purposes, namely, the lichens of the dry belt, which hang like old men's beards from all the coniferous trees, *Alectoria jubata* L. The process of preparation was something like this: A large pit was dug in the ground and the inside made as smooth as possible. A fire was then built inside, and the pit thoroughly heated. The ashes were then thrown out and the pit received a lining of damp grass, on which was laid a layer of "moss," (lichen). Another layer of damp grass, then more lichen, and so on till the pit was full. It was then topped off by more grass, and hot stones were laid around and over the whole mass, and it was kept as hot as possible for a day or more, when it was then supposed to be cooked. If not well prepared it was apt to mildew, but I have eaten it a month after cooking and it was quite good.

Among the Indians of the interior the most important, I may say the only plant used for cordage purposes, was Spatsum, *Apocynum cannabinum* L. The fibre was treated very much the same as hemp, and from it was made fairly thick rope and the finest thread. This was usually spun by the women, between the palm of the hand and the naked thigh.