

ter use." (See "Jesuit Relations," R. G. Thwaites ed., vol. XXXIX, p. 215).

Following are several methods used by the Indians in general in the preparation of fish for food:

Boiled Fish. A very simple method was to boil fish until tender, adding salt to suit the taste.

Fish Soup. Fish of any kind is boiled in a pot with a quantity of water. It is then removed and coarse corn siftings stirred in to make a soup of suitable consistency.

Fish and Potato Soup. When potatoes are boiled, the fish are spread out on top and cooked. When done, the fish are removed. The soup is then seasoned to suit with salt and pepper.

Fried Fish. Fish are sometimes fried in deer or bear grease, salt and pepper being added. Eels are usually fried. No grease is added, but just a little water. Sturgeon is often cooked in the same way, or made the basis of corn soup.

Roasted Fish. The fish is cleaned and stretched open by inserting several small sticks. It is then impaled on another sharp stick, which is stuck in the ground before an open fire. The fish is salted before roasting.

The Use of Fish Oil

The fish guts and heads that remained after the smoking process were boiled to obtain fish oil. When deer brains, used in the Indian process of softening buckskin, were scarce, fish oil was used as a substitute. Buckskin was prepared by placing the hides in hot water to remove the hair, which could then be scraped off. Then either deer brains or fish oil were rubbed over the hide to soften it.

Fish as Fertilizer

One of the basic principles of the Indians' maize culture was the use of fish as fertilizer.

Leo J. Frachtenberg in "Our Indebtedness to the American Indian," asserts that "we Americans owe a great por-