

a rabbit and put it up to roast before the fire - a tempting looking morsel to starving mountaineers. Some of his associates determined to see how it tasted and Craig was told that the Booshways wished to speak with him at their lodge. While he obeyed this supposed command, the rabbit was spirited away, never to be seen again by mortal man." [(2) p.78]

In addition to large and small game there were many accounts of fishing and eating fish Here are some tales of fish in the diet of the western travelers. From the journal of Osborne Russell - "July 4, I caught about 20 very fine salmon trout." [(5) p. 97] and from Clyman's journal "Two or three dozen of fine catfish was caught and all the tributaries of the Kansas seem well stored with that species of fish." [(4) p.90] Then Pattie tells how "they (the Indians) were constantly occupied in bringing us cooked fish." [(3) p.117] In Joe Meeks account "A line was spun from horse hair and in a short time there were trout enough caught to furnish them a hearty and most delicious repast." "In the morning" says Meek "we went on our way, each man with fine fishes tied to his saddle." [(2) p.121] Stephen Long "ordered a daily halt so the men could fish. This kept them supplied with catfish until they got back to Prairie du Chien." [(1) p. 51] The Journals of Lewis and Clark frequently mention fishing including "Monday 30 July Catfish is caught in any part of the river" [(6) p.15] and "I walked up the branch and giggered 3 salmon trout." [(6) p.283]

Aside from the game animals and fish there were numerous other plants, berries, roots and fruit available. Grapes, thistle roots, dried and fresh fruit, berries, melons, pemmican, wild artichokes, mountain currents, choke cherries, service berries, Red Haws, camas root, black berries, wild onions, sun flower seed, wild plumbs, and paw paws were some of the other foods available. Lewis mentions "I met with great quantities of a small onion about the size of a musket ball and some even larger, they were white, crisp and well flavored." [(6) p.163] Later in the same journal "Charbonos Squaw (Sacagawea) gathered a quantity of fenal roots which we find very palatable and nourishing food. The