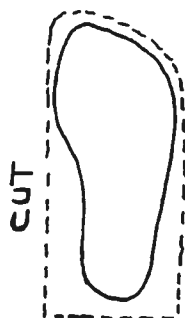
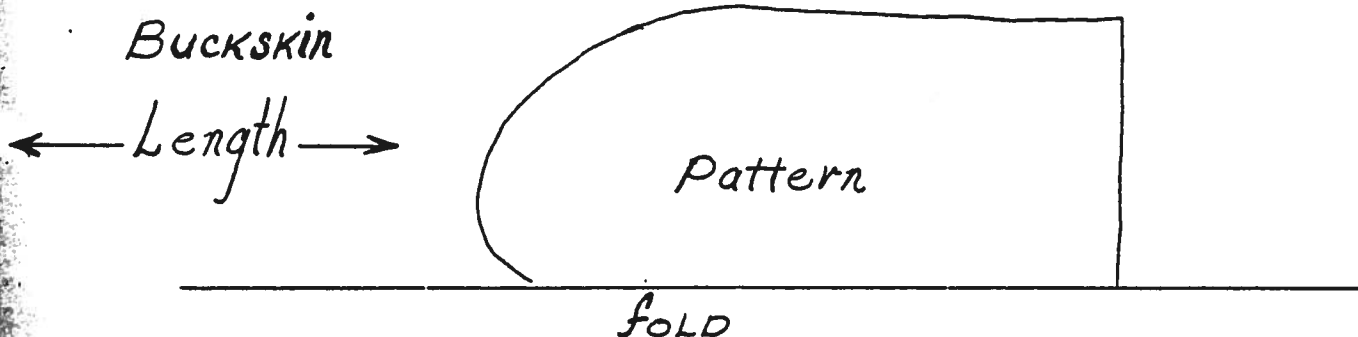


MOCCASIN PATTERN

Trace outline of right foot on a paper. Cut 1/4 inch outside of outline and square the heel. Please be sure to trace foot while standing or the moccasins will be too small.

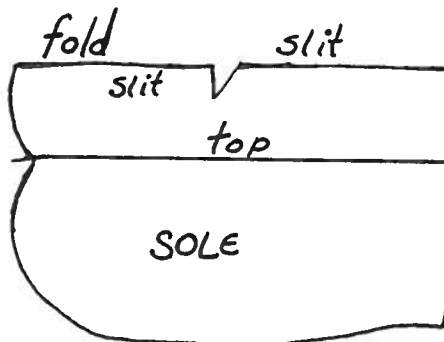
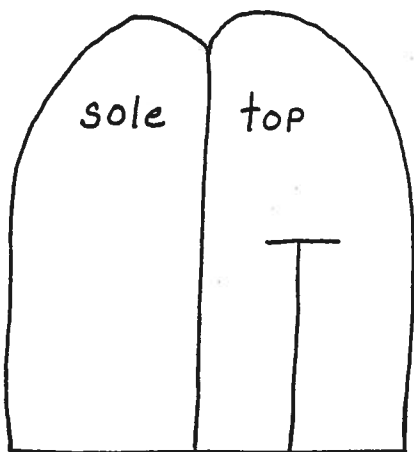


Place pattern lengthwise on the buckskin with the left side on the fold and cut around the pattern. Do this twice.



Cut lengthwise down the center of the top half of the moccasins, approximately halfway.

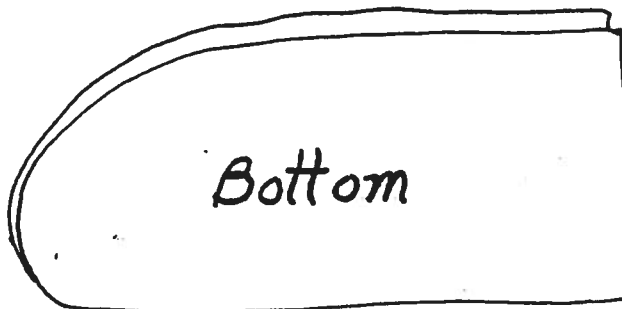
Cut slit around 1" - 2" long, depending on the size of the moccasins. Fold the top of the moccasins in half lengthwise and cut triangle behind slit as shown.



MOCCASIN PATTERN

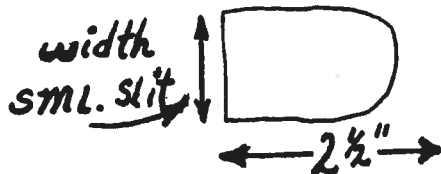
(cont.)

Trim the bottom or sole of the moccasins  $1/4"$  smaller than the top.

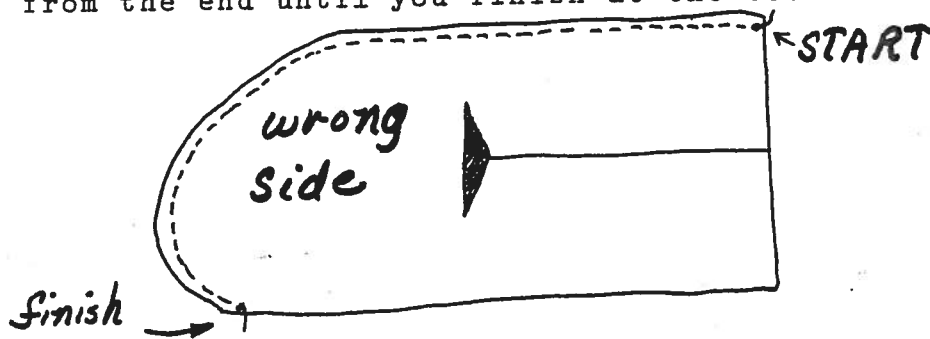


Measure lengthwise slit, multiply by two, add 1", and cut two buckskin strips approximately  $1-1/2"$  to  $2"$  wide.

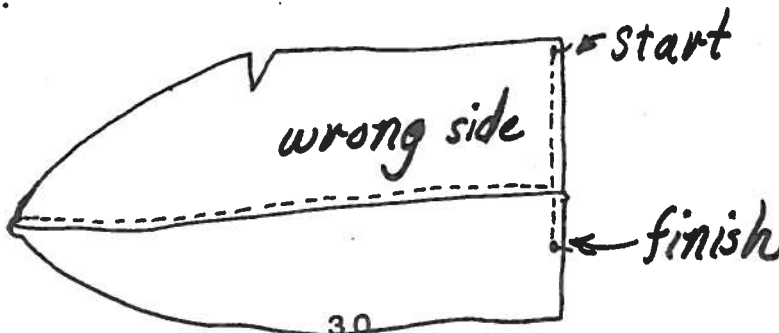
Measure the smaller slit and cut two tongues, about  $2-1/2"$  -  $3"$  long.



You are now ready to sew. Turn the moccasins so the wrong side is out. Start at the heel, using small stitches, sew approximately  $1/4"$  from the end until you finish at the toe.



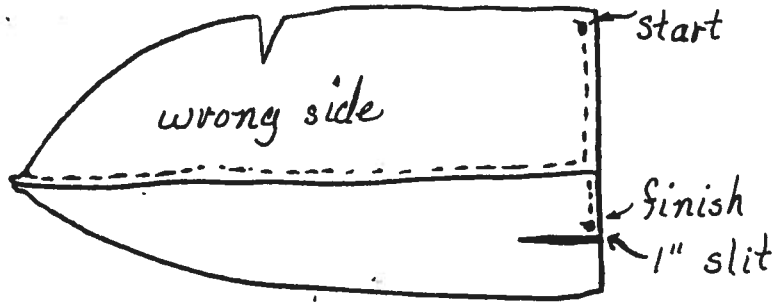
Start sewing at the top of the heel,  $1/4"$  from the end and finish approximately  $3/4"$  from the end. Adjust according to the size of the moccasins.



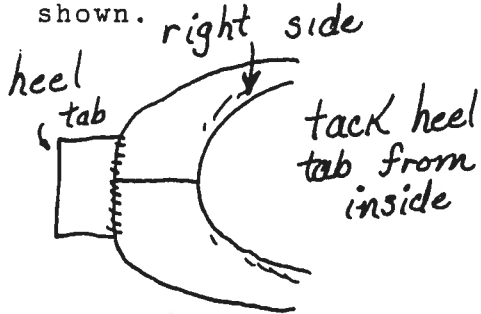
MOCCASIN PATTERN

(cont.)

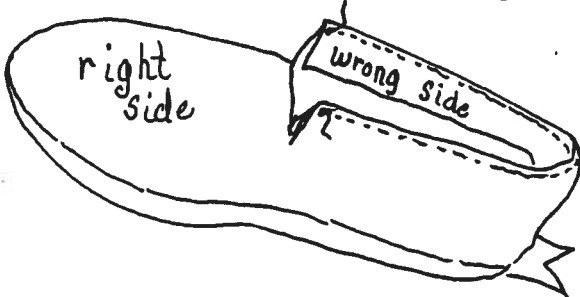
Cut slit across the heel approximately 1" long at the point you finished sewing.



Sew bottom of heel as shown. Various ways of cutting heel tab are shown.

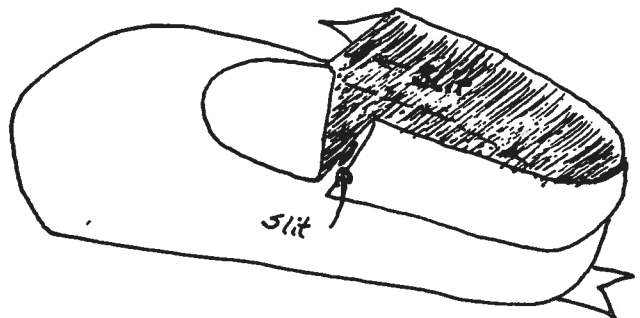
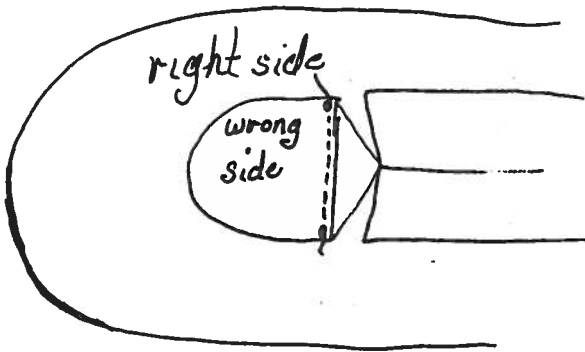


Sew buckskin strips as shown. When they are turned out, the right side should be showing and the seam should be hidden.



Sew the tongue on as shown.

Cut two 12" - 16" long by 3/8" wide buckskin strips for laces. Cut two 3/8" slits in sides as shown and thread laces.



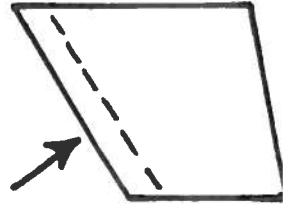
# Dress 1 For Woman Puppet

## MATERIALS NEEDED:

- Tan felt
- Scraps of red, light green and blue felt
- Yellow rick-rack



Cut 2 Sleeve



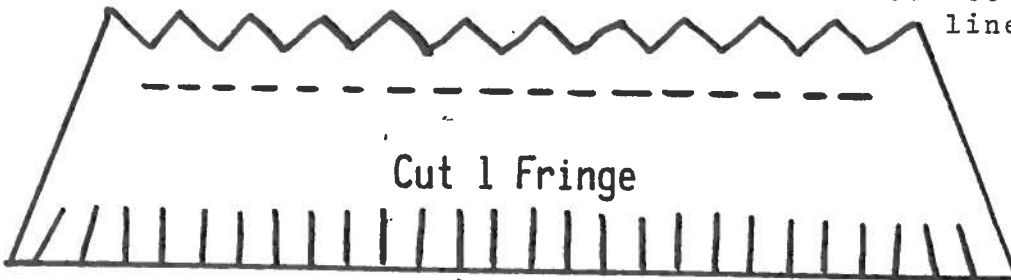
Cut 2 Ribbons



Sew on dotted line A to dress where marked.

Sew to arm on dotted line B

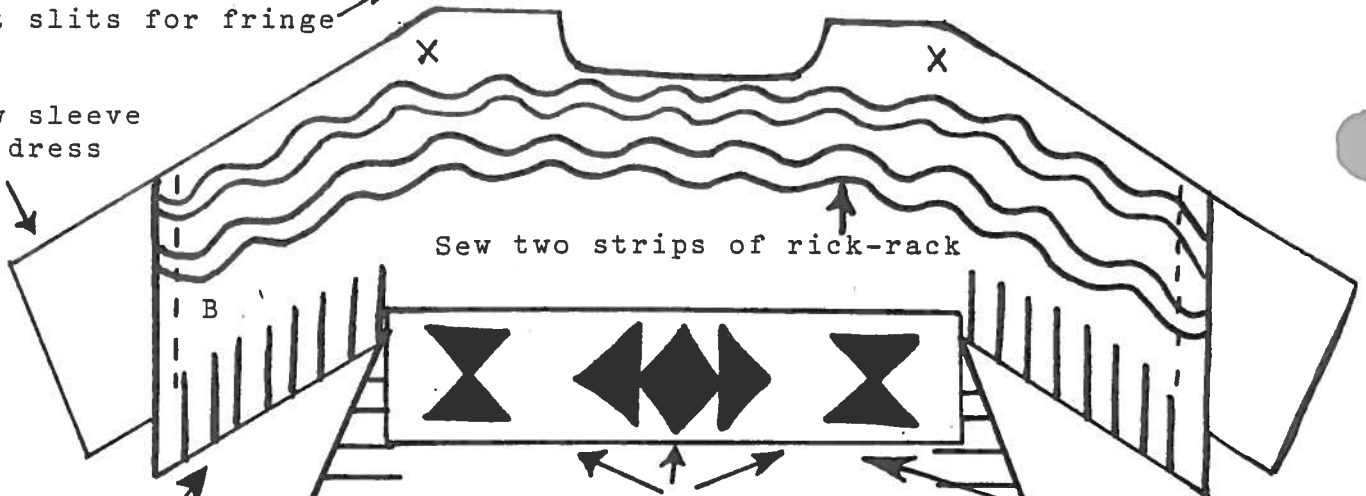
Sew ribbons where marked with "X"



Cut slits for fringe

Sew sleeve to dress

Sew two strips of rick-rack



Sew designs on belt

Sew belt in place.

Cut slits for fringe

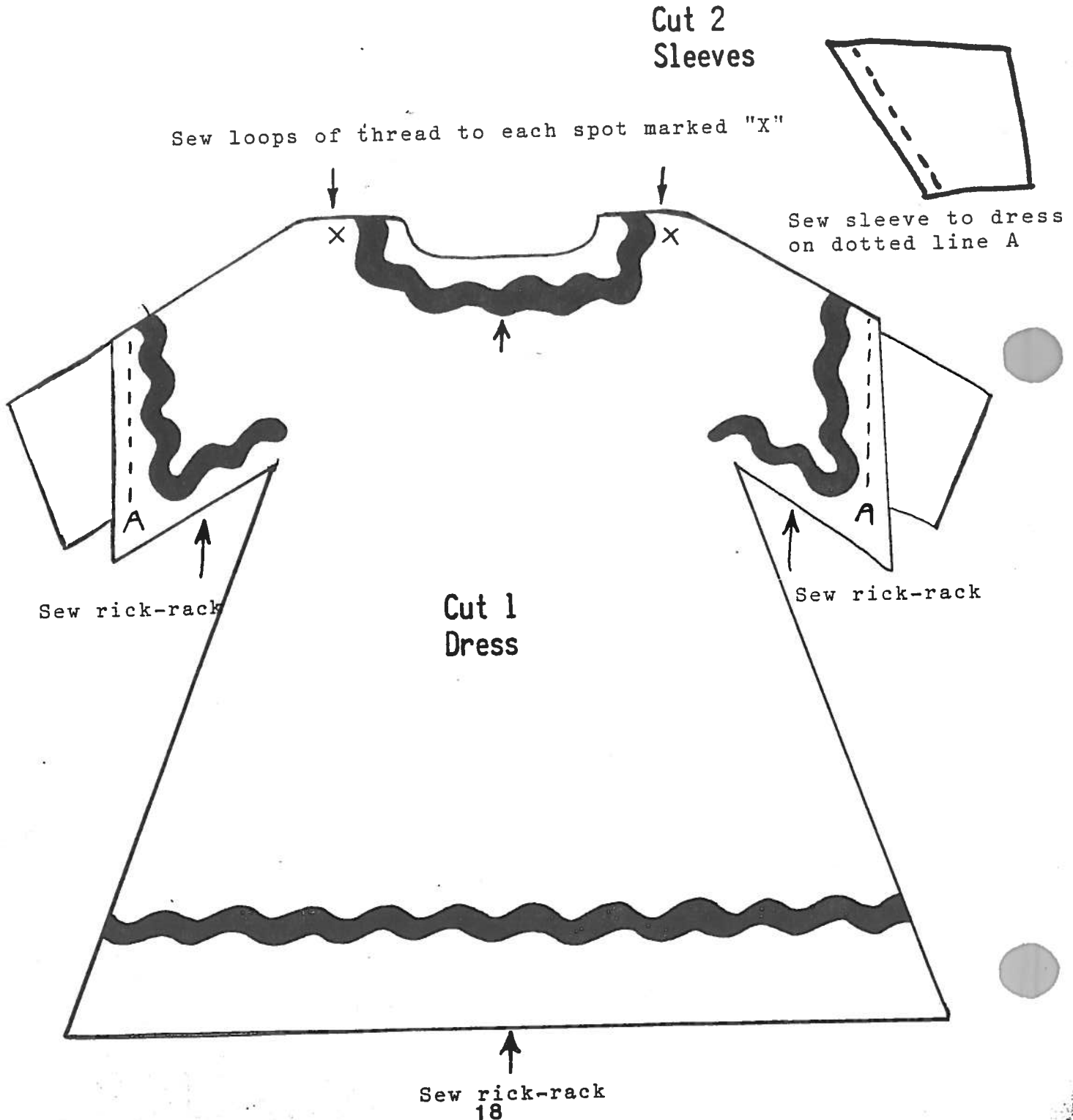
Sew fringe on dotted line A

Cut 1 Dress

# Dress 2 For Woman Puppet

## MATERIALS NEEDED:

- Green Felt
- Red rick-rack
- Red embroidery thread



A UNIT ON WÁK'AMU  
 PRIMARILY FOR USE IN ELEMENTARY GRADES

The following unit has been planned for elementary grade levels. I would suggest emphasis be on the season and the unit be covered in three weeks. The purpose is to introduce students to one of the edible plant foods, namely the Wák'amu. The knowledge and activities gained from first hand experiences will make the student aware of natural foods, uses in the past and present, techniques of gathering, preparation, preservation, use in rituals and nutritional value.

Long Term Objective:

To help the pupil to realize there are uses and value in the Wák'amu.

To make the pupil conscious of some of the reasons why Indian women placed a high value in the gathering and preserving of Wák'amu.

To help establish a framework in which pupils with different backgrounds and experiences can begin to relate to each other.

Short Term Objective:

To be able to discuss some of the ways in which Wák'amu is used.

To be able to identify the Wák'amu.

To be able to name the Wák'amu by its scientific name.  
 Camasiah quamish

1st Week Objective:

To be able to discuss some of the locations and preparation.

Emphasis:

Physical geography.

Illustration:

All people have certain needs, like food.

Vocabulary:

Wák'amu	(botanical names for some of the
camasiah quamish	foods listed, the geographical
kápin (digging tool)	region in which they are gathered)

Culture:

The way of life of a group of people, the way in which a group adjusts to its total setting.

Suggested Activities:

- Locate the region.
- Introduce foods. Prepare said foods for the class
- Group or individual reports
- Have them use a digging tool (demonstrate)
- The class might find a recipe and prepare and serve at a school potluck or in a classroom demonstration.
- If possible ask an Indian child's parent to assist

Discussion:

- Discuss the nutritive value of the Wák'amu. Discuss the uses of the wák'amu
- Discuss the value of the Wák'amu
- In the past the women would go into the hills and gathered the edible plants from the Spring months well into summer.

### PREPARING THE WAK'AMU

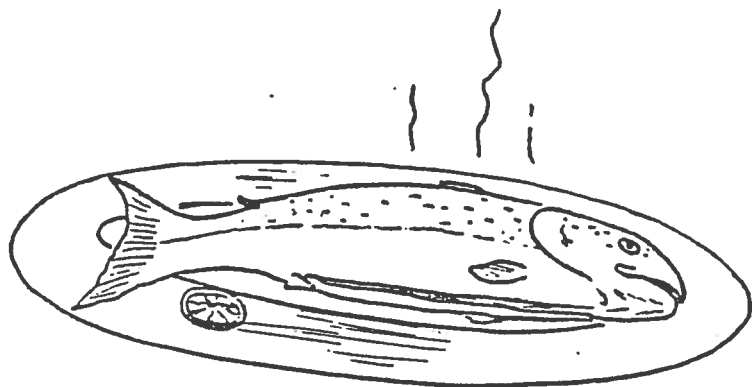
The women would dig the wak'amu until they had about 4 sacks full, then it was cleaned. The stems were pulled off until the bulb was clean much like cleaning a small green onion. The next step in preparing the wak'amu will be to dig a pit. The pit should be deep enough to hold about 4 sacks of wak'amu and some women like to barbeque the kw'inch along with their wak'amu. The pit should measure about 3' x 4' and about 3' deep. The pit once dug, will be lined with flat rocks that have been heated (river bed type) over that you would lay wet sacks or branches from fir boughs, or salt grass. Immediately put wak'amu either in sacks or large flour sacks and then your kw'inch which has been prepared for the barbeque. Cover with a large piece of canvas, then put dirt over the pit and you're ready for a small fire. Keep the small fire burning for 43 hours, let the fire burn itself out and cool. Uncover and you will remove dirt carefully then the canvas cover, you will find the kw'inch has melted to the consistency of a block of cheese. Remove wak'amu and either dry in the sun or put into jars and seal, or freeze for later use.

Kw'inch: This is a type of moss that grows on pine trees. To pick enough of this it should be cleaned as it is gathered, by picking out the dry pine needles or pieces of dried bark (if you wait until later the work is more tedious) as you clean and pick out the kw'inch, you will need clean sacks to stuff the kw'inch. Once you have picked kw'inch it has been cleaned of all particles, put the sack into a container of water and leave over night, make certain that it is completely saturated with water.

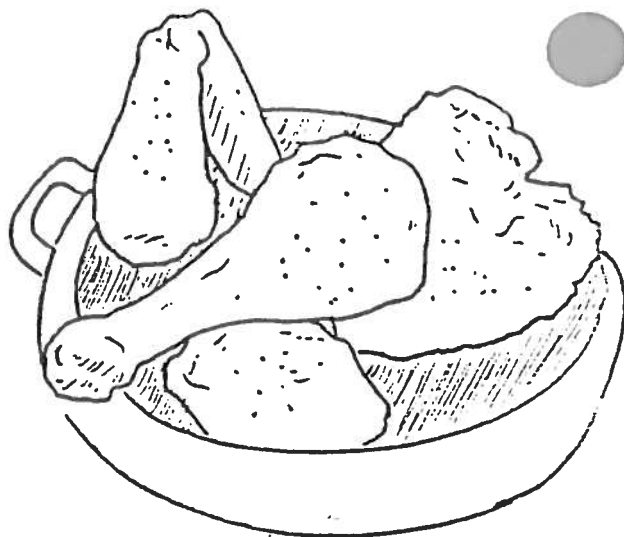


When your pit is ready for the wak'amu, squeeze out excess water from the sack of kw'inch and lay entire sack over the wak'amu and cover with canvas. You will need two long sticks at each end of your pit about thrée times a day jiggle the stick or push it back and forth so that there is room to pour about 2 quarts of water into the hold so that it creates steam over the wak'amu and keeps moisture around your wak'amu and kw'inch.

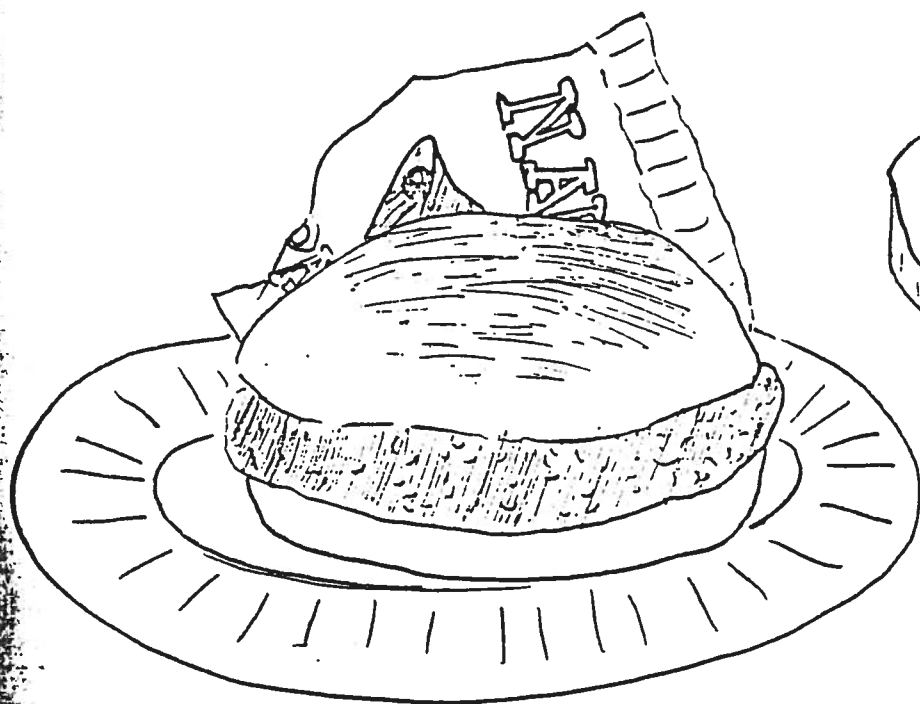




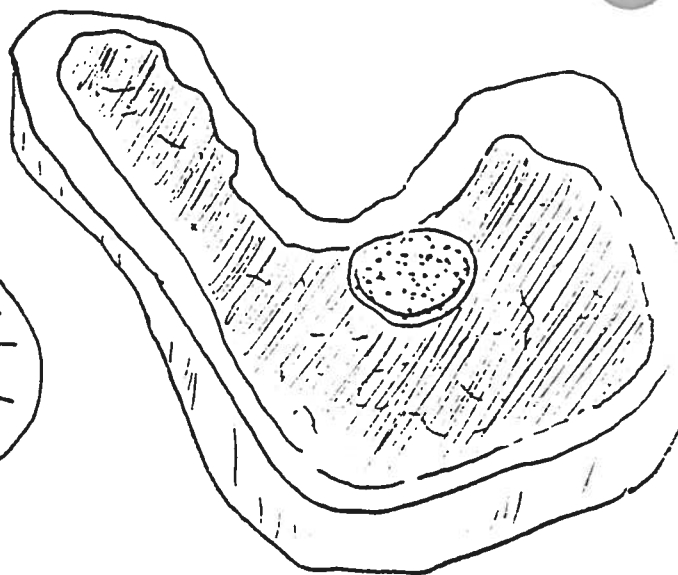
tkwalá  
trout



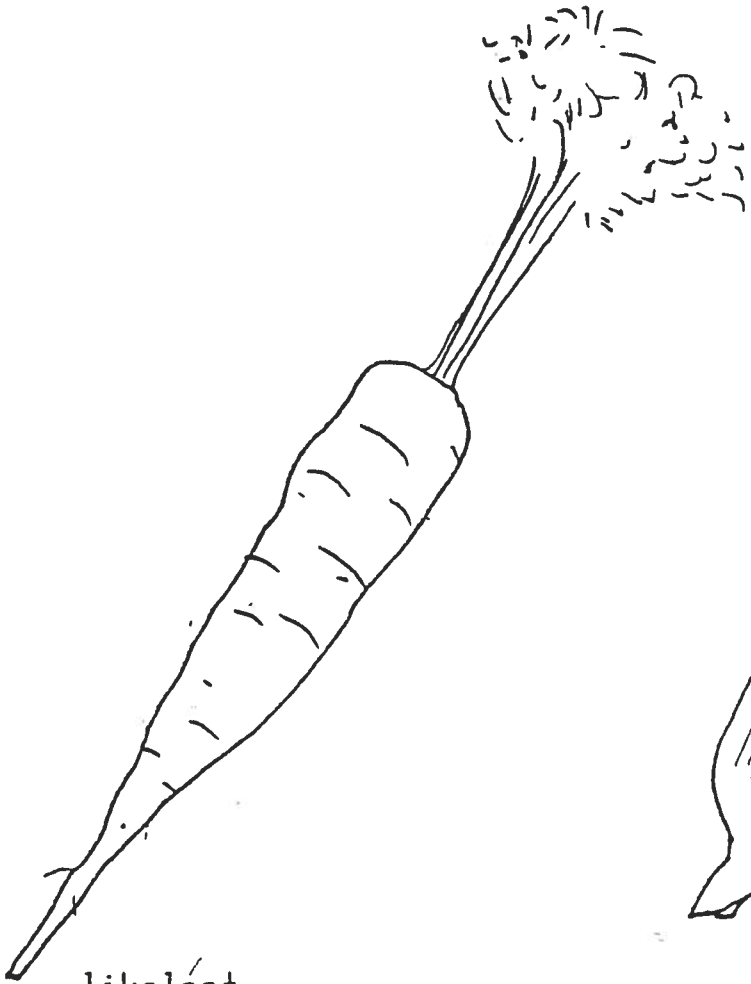
likúk  
chicken



wáwikulkinúkut  
hamburger

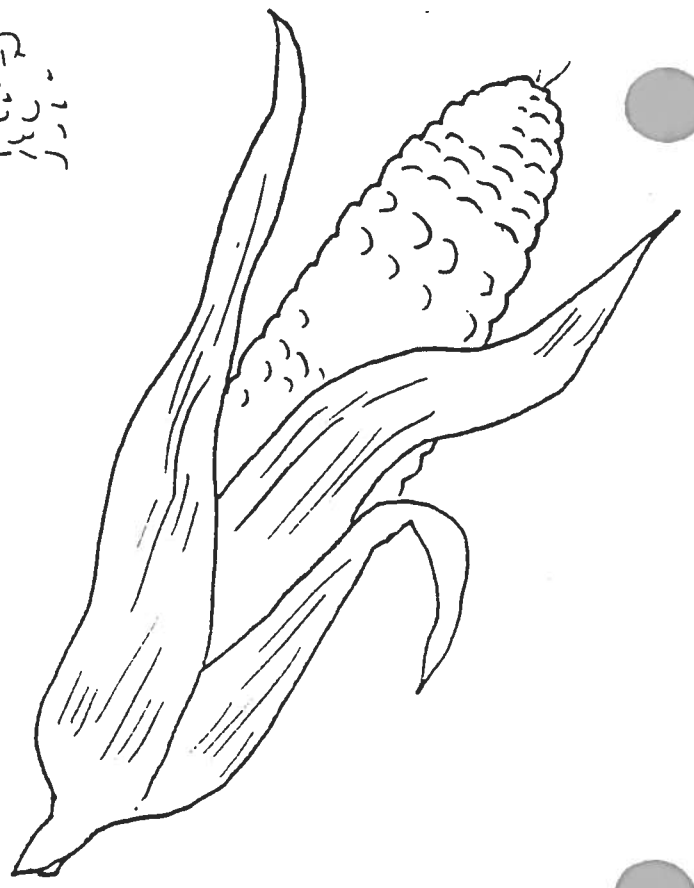


nukút  
meat



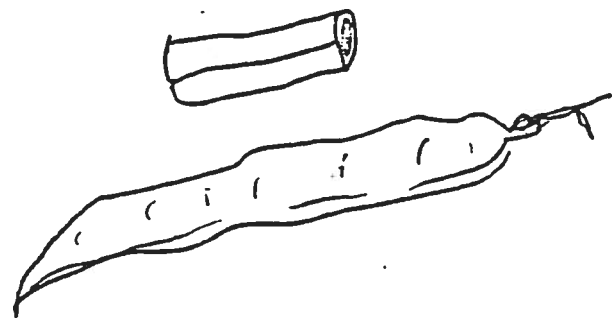
likalaat

carrot



sit'xswaakuł

corn



piins

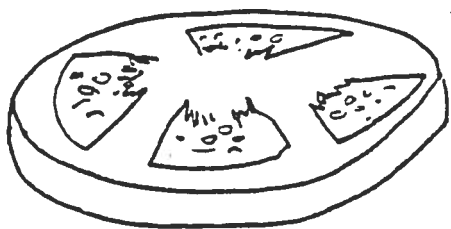
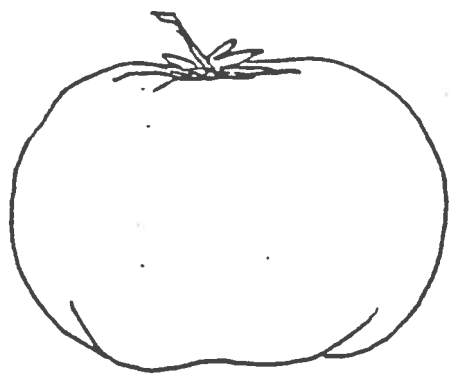
beans



kápich

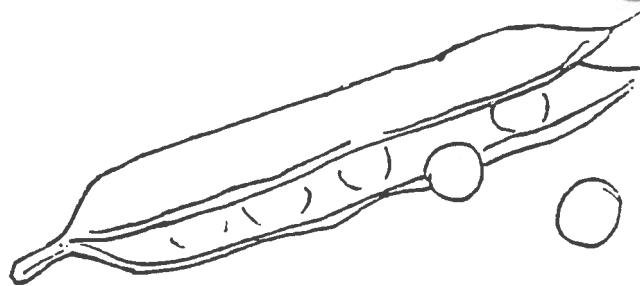
cabbage

711-GRADUOL-SGHUOL



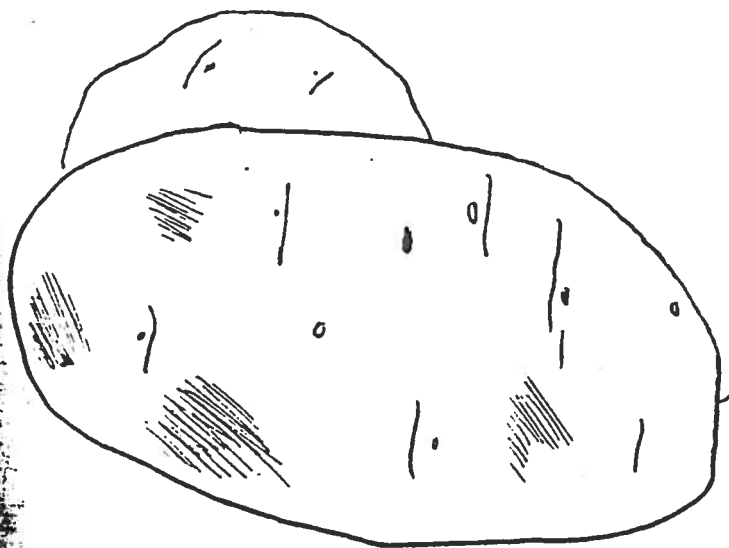
tmitus

tomatoes

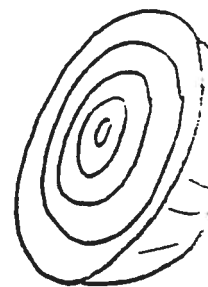
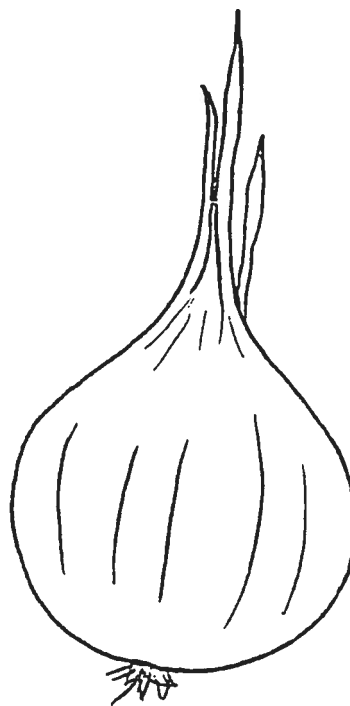


lipwaa

peas

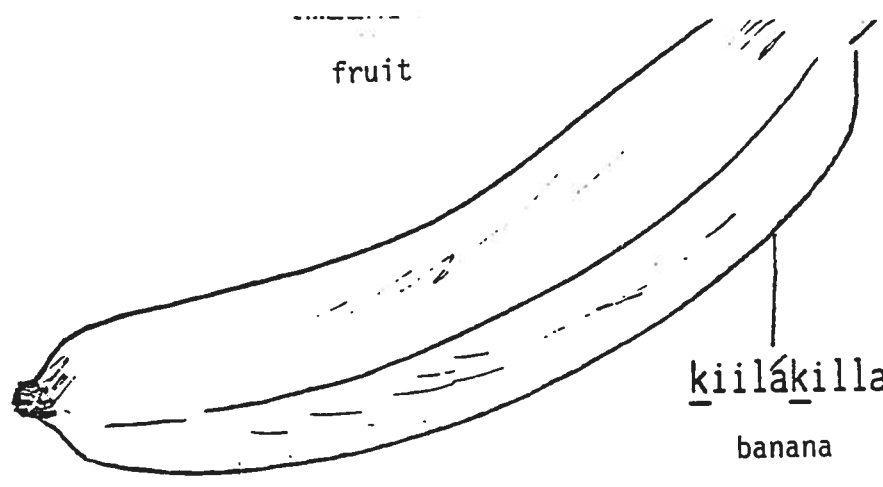


wáptu



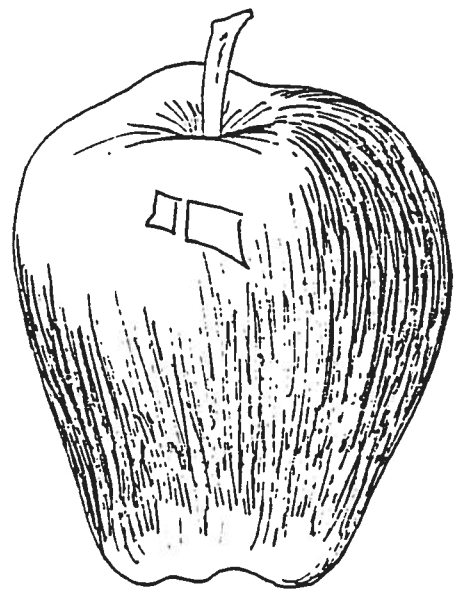
sháak

fruit

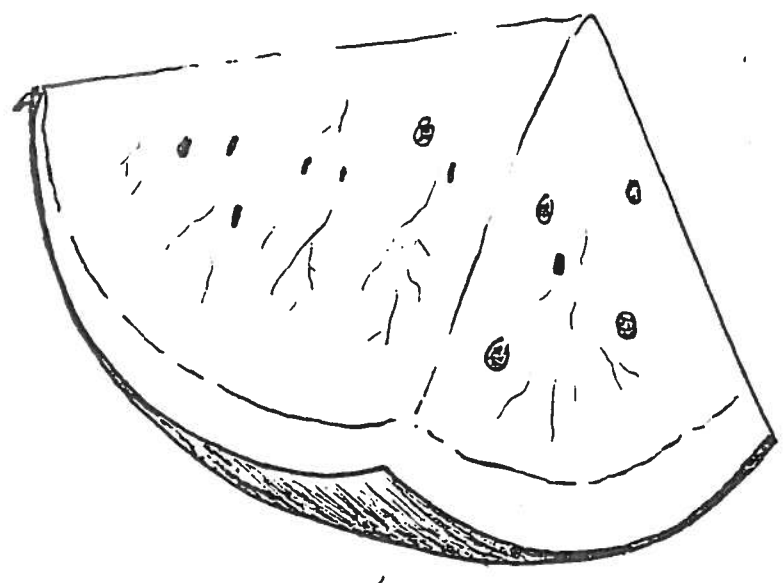


kiilákilla\*

banana



ápils  
apples



milins  
melons

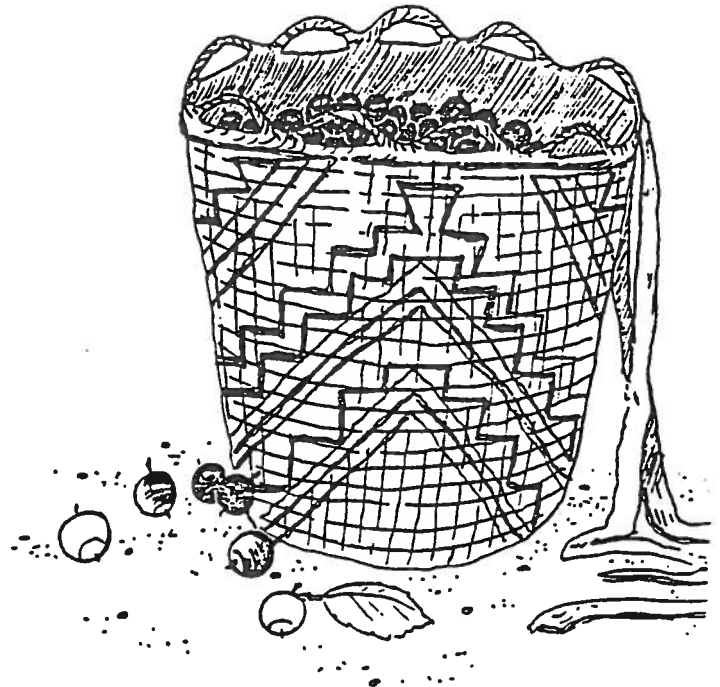


suspán  
strawberry





tmaani  
picking fruit



wiwnu  
huckleberry



