Tallow grease.

(Is that differnt from this pemican I've heard about?)

No--it's not differnt--it's like it. You know, they crack all these backbone and these joints of a cow and cut them up and then boil them. And then when that grease come up, well, they had these wooden spoons to skim that, and put it in a bowl. And then they let it dry and it was just like butter. Just like butter. They put it in a bowl and put it away, until it cools off, you know. And then when they pound--well, they put sugar in it--a little sugar on that, and then when they pound meat, they used to mix that in there. It's good.

(Did they ever use any other kind of meat besides that sinew part for pounded meat?)

Oh, yeah. Hind quarters--any kind of sliced meat. They use it. Any kind of dry meat they can pound it.

(When it's pounded do you just eat it without cooking it, or do you ever boil it?)

We cook it first, over the fire. Cook it over the fire or put it in the oven. And when it cooks, we pour water on it and then take it out and start pounding.

(You know that rock you gave me last time I was here--(round smooth stream pebble) would you use that to pound meat?)

Yeah. I used to pound meat. And I pounded on that one.

( What kind of a hammer would you use?)

I used a hatchet. I had my grandma's rock--was setting around. I used to use it. I misplaced it and the kids throw it away somewhere. She had it just like a tomahawk--she put willow and tie it and was just like a sledge hammer.