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Food--Creek

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Field Worker  
March 3, 1937

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"SOEKA"  
by Mrs. Sarah Fife.

Sofka is used as a drink and as a food.

The Indians raised white corn which they called Sofka Corn. When the corn matures it is about twelve to fourteen inches long. They shell a bucket full or more and then soak the corn in water a few minutes. The corn is then put into a wooden block with a burnt hole in it. The corn is then pounded with a long pole which is larger at the top to add weight. One or two women pound the corn until it is the size of corn grits. The corn is then placed in a woven burch skin basket with small paced holes which separates the flakes and dust from the corn.

The corn grits are then emptied into a kettle of hot water. When the water reaches the boiling point one half cup of a lye solution is added to taste and soften the sofka.

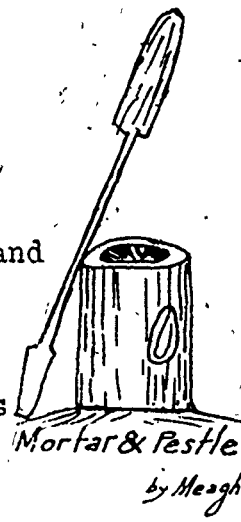
It is then boiled from three to four hours.

The pounding block is three feet in height and two feet in width and is made of elm or other hard tree wood.

A hole six inches deep is burned in the block by putting hot coals on the center of the block.

The bottom of the hole is the same size as the pounding pole. The pole used to pound the corn is made of Hickory. It is five and one-half foot long and three inches in width.

Being smoothed by using a knife or sand rocks as white people use Sand paper. 12 inches of the pole is wider than the rest of the pole to add weight.



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Sofka is placed in an earthen jar and kept about 4 or 5 days until it sours and is then eaten or drunk.

The lye used in sofka is made by the following process:

-Using wood ashes-- The ashes are put in a tin can with holes punched in the bottom. A jar is placed under the can and water is poured over the ashes dripping into the jar. Water is poured over the ashes until the necessary amount of lye is made.