

# Beadwork & Embroidery



Floral beadwork became an important part of Métis culture, as it was distinctively 'Métis'. The Métis decorated their clothing with fancy beadwork and floral patterns. They were so talented that they became known as the 'Flower Beadwork People' and their beaded items were traded throughout North America and Europe. Beadwork was used on jackets, bags, leggings, gloves, vests, and moccasins. The Métis were also well known for their floral silk embroidery, which was introduced to them by the Ursuline Nuns (from Europe) who taught the Métis girls the art of embroidery at Mission Schools.



# Métis Fiddle



The Métis fiddling style was developed in Western Canada and incorporated many Indigenous rhythms, but was heavily influenced by music brought from the European fur traders. The Métis fiddle is played with a bounce in the sound, which is not common to hear in any other style of music. This type of playing makes the music less choppy and regimented, and very easy to dance to.



# Métis Flag

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The Métis Flag is the oldest Canadian patriotic flag indigenous to Canada. The flag was presented by Alexander MacDonnell of the North West Company and was first used in 1814, which predates the Canadian flag by 150 years. The flag symbolizes the creation of a new society with roots in both Aboriginal and European cultures and traditions. The sky blue background of the flag emphasizes the infinity symbol and suggests that the Métis people will exist forever.



# Métis Sash



The Métis Sash is a finger woven belt made of wool approximately 3 meters long. Traditionally, the sash was worn by the Métis Voyagers of the fur trade. The sash was typically used to hold a coat closed, however it had multiple uses including being used as a tow rope, for carrying items, as a scarf, and as a towel.



# Red River Cart



First made their appearance in 1801 at Fort Pembina. In 1878 Harpers Magazine described the Métis Red River Cart as "... the wheels are broad in the felloes (rims), so as not to cut through the prairie sod. They are long in the spokes so as to pass safely through fords and mud holes. They are very much designed so that they can be strapped together and rawhide stretched over them to make a boat. The whole cart is made of wood so if anything breaks the material to repair it can easily be found. The axles are never greased making the red river carts heard from miles away."



# Red River Jig



The Red River Jig is the most popular Métis dance. It is a very structured competition dance between two partners. The dance involved hardly any movement of the body above the knees, and all the work was done with the feet. Furniture used to be moved aside to make room for jigging contests at gatherings. Other popular dances included the Duck Dance, The Reel of Four, and Drops of Brandy, but none was more favored than the Red River Jig.



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# Bannock Today



Bannock was first introduced to the Indigenous people by the Scottish Settlers. The Indigenous people then adopted this staple food into their diet as it required few ingredients and was easy to travel with. Bannock was often cooked on a stick over an open fire, and typically accompanied Pemmican and dry meats. This high-calorie food provided the Indigenous people with the essential energy they needed to live their active lifestyles. Traditionally, bannock was made with only water, flour, and lard. Today, we utilize more ingredients that are readily available. There are ways to incorporate bannock into a healthy diet, such as eating smaller portions, avoiding lard when making bannock, and using plant-based oils when cooking.





# Bannock Recipe

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## Ingredients

- 4 ½ cups flour
- 2 tsp. baking powder
- 1 tsp. salt
- 2 cups tepid water
- 1 cup melted lard

## Instructions

1. Mix first three ingredients in a bowl
2. Make a well in the middle of the mixture
3. Add lard and water into well
4. Slowly mix from the middle
5. Knead about ten times
6. Flatten and pierce with a fork or spoon
7. Place in a lightly greased fry pan (cast iron is better)
8. Bake in oven at 450° F for 20 to 30 minutes and enjoy!