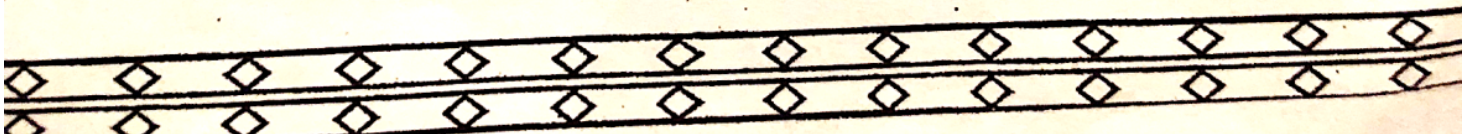
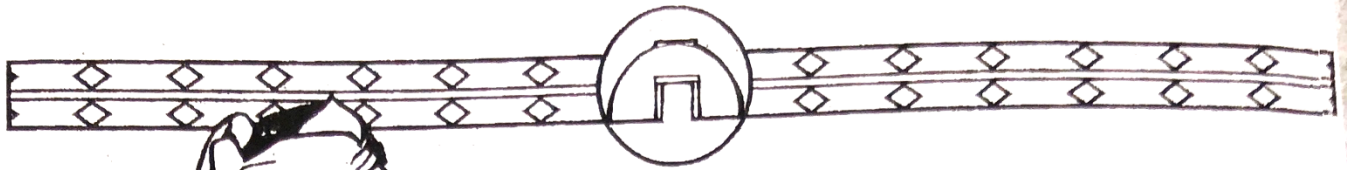


THE NAVAJO OF THE SOUTHWEST

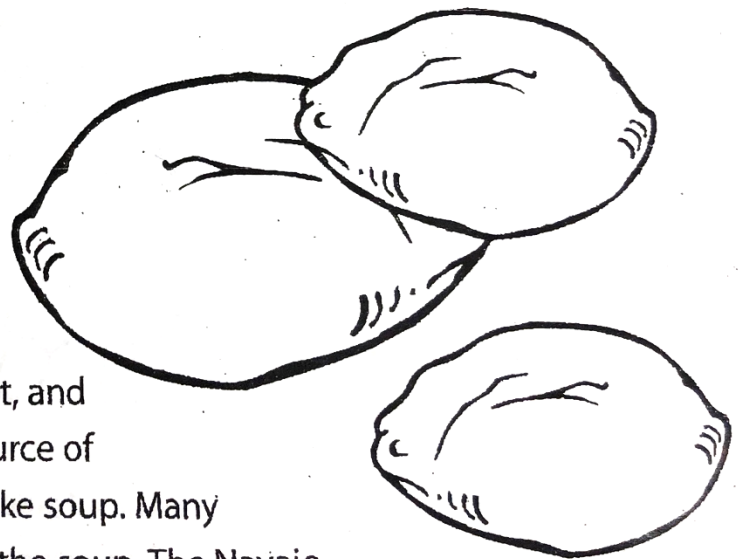


The Navajo tribe is one of the largest Native American tribes in the United States. The Navajo refer to themselves as the "Dineh," which means "People." The Navajo lived in the canyons and mountains of Arizona, New Mexico, and Utah. About 200,000 Navajo live on a Navajo reservation today.

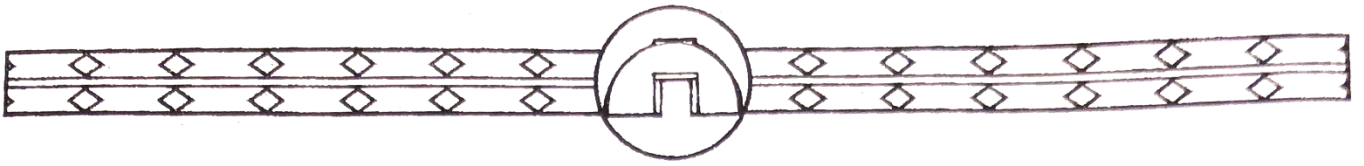




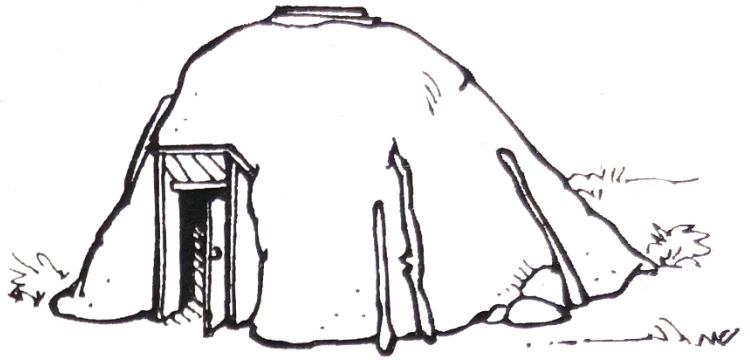
Long ago, the Navajo wore clothes made from deerskin. Later on, men wore brightly colored shirts, pants, and blankets wrapped across one shoulder. Women wore colorful dresses made from wool. They also strapped cradleboards to their backs so they could carry their babies. The Navajo also wore belts, bracelets, and necklaces made from silver, leather, and turquoise.



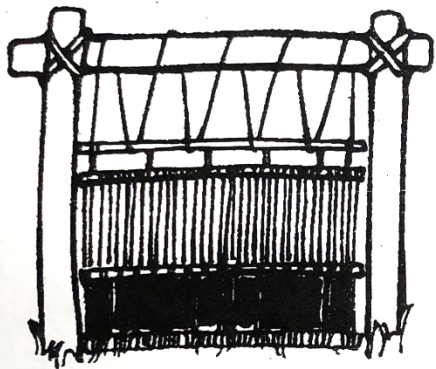
The Navajo planted and harvested corn, potatoes, wheat, and fruit. Sheep were their main source of food. The meat was used to make soup. Many vegetables were also added to the soup. The Navajo used the wheat they had grown to make **fry bread**. Fry bread was eaten at most meals.



The Navajo people built lodges called **hogans**. **Hogan** is a Navajo word meaning "house." Hogans were sticks and logs packed with dirt



and mud. A hogan had one giant room that measured about 20 to 30 feet (6 to 9 meters) across. There was a smoke hole in the center of the roof. The door to each hogan always faced east so the Navajo people could give thanks to the rising sun.



Navajo women used a **loom** to weave wool into beautiful blankets, clothing, and rugs. They used cacti and other plants, shrubs, and trees to make the dye that they needed. Men hunted wild animals for food and clothing. They also made silver belts, rings, and other jewelry. The Navajo made sand paintings. Sand paintings were used in ceremonies. Once a ceremony was over, the painting was destroyed.

