

the tree to where the root starts to turn yellow. Then you cut that and you scrap that and dry it out. I can hold it like this in front of your nose and you'll go to sneezing. You never know when you're going to quit sneezing! That breaks your cold up. Yeah.

(Is there any kind of root medicine or anything like that that the Arapahoes use to make you gain weight--like if you were real skinny?)

I don't think of any just right now. But I have seen kids gain weight--almost too fast. And I have seen kids skinny--I know one boy we used to call "Bones"--and I think his folks had some medicine--a root--for him. He used to chew it all the time, when he was playing around, and he'd have it in his mouth. And soon he started to fill out. Last time I saw him was about eight or ten years ago and he was a husky fellow and in good health.

(Interruption and begin on new topic)

STORY ABOUT ARAPAHO WOMAN CAPTURED BY UTES, HER ESCAPE AND HOW RESTORED TO HER PEOPLE BY A WHITE MAN

About 1859 the Arapahoes was camped along the east foothills of the Rockies. Somewhere between Denver and Pueblo. It was fall time, when the choke cherries are ripe. Several girls got together and planned to go out and pick berries. Well, there was a creek running from the mountains downstream--I think it was the Platte River. And these girls got down there and found a nice grove of those choke cherries. So they started to gather them. However they scattered out just a little too far and there were three or four of them, and two of them were on the farthest west side and were being sneaked up at by some Utes that came over the divide. Well, there was a path that went down along this canyon to the lower part of the hill where they were picking these berries. Well, the two upper ones that were picking there were grabbed by the Utes, and when they screamed and hollered, these other girls picked up their bags of fruit that they'd gathered and ran down this canyon, clear away from where these girls were captured. And the further away they got, the dimmer the voices of those girls that were screaming,