

like--like Epsom salts.

(Then if you were going to fix some to take for a laxative, how would you fix it?)

Just get a tablespoon and stir it in your water--like you do salts. Cold water. It wouldn't be hot water. I never did see my mother use it in hot water. She gave it to me in cold water. It's kind of got little bitter taste to it.

(Are those roots hard to dig?)

Well, this one he dug was just about this much in the ground. And the rest of it--it's kind of hard to dig if it's a very big one. I saw one about this high and about this big. They were showing it here in town.

#### STORY ABOUT HOWI'SHINIXIV (A BIRD-MAN)

And then this old man's story--white man. They were shooting at, I think, geese or ducks. They used to come over somewhere. And I think he got away with a girl, this one of these geese--I believe it was a geese--not no duck. Well, the ~~he~~ got away with a girl. And then--see, maybe they used to turn into birds, these boys. And I think when they flew they shot at them. These boys shot at this big girl bird. The best arrow he had, he used it and shot this, and he hit him with it. And he just flew off when this arrow hit him. He didn't drop or anything. And this boy said, "I'm going to find that old goose. I'm going to find him. I don't care which way he flies, but I know he flew that way and that's where I'm going." He walked and walked until he came to a camp, and just like I said, the old people used to live on the outside. He came to an old brown wigwam--a little old wigwam. He came over there. He knew that was the way the old people lived. He knew there was an old lady living in there. He came to the door and he said, "Grandma, may I come in?" And grandma said, "Yes, come in, grandson. Come in." So