

There's a thick white, soft stuff around it. And that's what we took. And see, you pound it. You pound it, till it gets thick, just like chewing gum. And then after you pound it till it gets all soft and everything and it sticks together. You put it in water and you keep stretching it out and stretching it out. That takes the parts in it, you know--

(That fiber.)

Uh-huh. You can just get it all out like that. It's chewing gum, but it doesn't have the sweet flavor and everything that you get from the store. But it's a good substitute. /Laughter/

(That's what you used to have when you was a girl, huh?)

Uh-huh. Yeah, that's what we used.

(But you can't think of the name of that tree in Cherokee?)

No, I can't think of the name of that tree. And that's used, the same thing that we made that chewing gum out of. It's used for, you know, like you get a sprain your ankle or something. You can use that one.

And it's put it around that ankle that's sprung. I guess it kind of, cause it to act like a splint. But you know, it--

(I can see that, where it would be elastic-like.)

Yeah. Uh-huh. Yeah.

(Hummm.) (Well, do you know any other remedies for just bad cold and flu in the winter time? People get around here so much.)

Well,--

(I guess we talked about a couple of them for coughing, didn't we?)

USE OF SASSAFRAS TEA - HICKORY AND WILD CHERRY BARK - COUGHS

Well, that sassafras is good for flu.

(Is it?)

The roots of them. Uh-huh. Make tea out of it. And then there's wild cherry bark and hickory bark. Boil together and then after you boil it for quite a while, well, you strain it and take the barks out!