

(And you take the root of that--?)

Let it season just right.

(is there a certain time that you pull 'em up and take the root?

Certain time of the year?)

They're always green.

(You mean year around?)

Year around.

(So you can pull 'em up anytime you want to. By seasoning them out by that do you mean just put them aside somewhere and let 'em dry out?)

Yeah, just cut 'em up say about three, two or three inches long.

Dry season just hang 'em up. Then when they get dry--the time to use them is when you have a cold, like in the month of October.

When you feel a cold coming on just take a big bite of that, chew it and swallow the seed.

(Oh, you don't brew it and make a tea out of it or anything?)

You can brew it if you want to. Just quite a few people use it. You know, who need that remedy.

(Now, besides this cat tail plant that grows around the pond, is there anything else that you can think of that's good for the common cold? Chest congestion? Like your bronchial tube and your sore tonsils and things like that?)

Well, there's a lot of remedies. Now there's bark, different variety of tree bark. And there's lot of animal fat that can be made into medicine can cure anything like that. Like tonsilitis or sore throat.

(Well now on this tree bark, what kind of bark would that be?)

Whooping cough. Say I was to take a case of whooping cough. What