

(They do?)

Yeah and you just took that. You dig it up and you peel it and you chop it up like potatoes. Rub it like that. Boy, they just foam it up. They use it. They wash their heads with it. That makes a good shampoo. That'll knock that dandruff off. You find them around Fort Cobb where you're camping?

(Yeah)

They're easy to dig over there. You get you about 2 or 3 of them and if you got dandruff, you use that. You just cut a bunch of it and oh, it'll make a lot of suds like uh, like that Rise they call it for shave cream. Similar to that and just rinse it out good and your dandruff is gone.

(Did the Apaches use that?)

Oh, yeah. That's what I use. I got some of that up at the house. When the dandruff begins to come on..and then when you rinse it out and comb your hair, it's good for dandruff. I recommend that because I know that. And the roots of this plant, this one, they use that for stomach disorder. Like after you have diarrhea.

(What's the name of that? Do you know?)

I don't know the name of it and it don't grow anywhere except in this hilly country.

**WALNUTS:**

(Walnuts?)

Yeah, they're good for fleas.

(Walnuts?)

Yeah, you all want to look before you..especially in the mountains.

Watch out for rattlesnakes. You take this. (Walnut leaves) You cut the limbs off where there is a lot of leaves, especially in chicken houses