

(Back in the old days, how did they use salt--did they just put it with their meat or--?)

With their meat. And they used to, when they make bread, they would put salt in their flour, too. They used it just the way we use it. They don't use it in their coffee or anything like that! (laughs)

(Would there be any certain time of year they'd go over there to get it?)

They used to go in the fall. They used to go and get it in the fall. Just in big chunks. They fill trunks or sacks. And then wash it. It's got red dirt on it. They used to wash it and then put it out and let it dry. And then they used to put these in there.

(Did they use any shovels or anything to dig it?)

No, they used to just pick it up, you know. I went down there. And I had moccasins on and I run down to where that creek was running. Boy, if my moccasins didn't draw up! That salt! That salt just eat the sole off. I couldn't even wear my moccasins.

(That water at Salt Creek--is it good to drink?)

I don't know. I never did drink it. But it's salt water, because that salt is under it, and some outside.

(Is there any reason why they went mainly in the fall to get it?)

Well, they said it was dry enough, you know. It dried all summer. But it would be damp early part of the spring because it always rain. They used to go get it when it's dry.

(When these Pueblo people would come and trade for it, what kind of things would they leave?)

Oh, they'd give them buckskin, and sometimes they would give them money for it. And rings and bracelets and earrings--stuff like that.

ELM BARK TEA

(Tell me more about this tea they made from elm bark.)