

Otokáha? Onúhkwat.

[s.l.]: [s.n.], 1970/1979

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White Oak Medicine

This is medicine for an injury. When you find a white oak, then on the south side you scrape downward and take off the inner bark. Boil it and make a paste or dough of the inner bark. This is usually good medicine if one is hurt. Wash with water and bandage up with the inner bark paste.