

Dyes

flip 2 →

Brown

- Indian Cherry bark
- White Oak bark

Green

- Coltsfoot leaves
- Black Oak
- Bracken
- Coltsfoot
- Dyers' broom
- Larkspur
- Motherwort
- Nettle
- Onion
- Red Maple
- Sorrel

Yellow-green

- Coltsfoot
- Bracken
- Nettle

Gray

- Bracken
- Butternut
- Azalea
- St. Johnswort
- Sumac

- Black
walnut hulls

- Magenta
dandelion

- Tan
- Apple
- Butternut
- Bodark
- Goldenrod
- Sumac

Gargle (Mouthwash)

1 Mix = pts. Sage & Sumac & $\frac{1}{4}$ Gold Thread & Cinnamon (or Cloves) (use Wild Geranium, Oak, Bayberry, &/or Rosemary in absence of former 2)

Simmer slowly a tbsp in a quart of hot water for 30 minutes or down to $\frac{2}{3}$ the amount, Stir & Strain Gargle warm every hour

Store in refrigerator Reheat but don't boil

2. Mix 1 pt each Life Everlasting, Cinguefoil & Sumac Decoct 2 tbsp in a pint of hot water for 10 minutes Gargle as is or dilute with a little warm water every half hour

3 Mix = pts Sumac Berrys, Wild Indigo, & Bayberry bark or fruits Decoct 1 tbsp in $\frac{1}{2}$ pints of hot water down to 1 Allow to cool, and use undiluted

4 Gargle (or diarrhea) remedy; Mix = pts. Wild Geranium, Oak bark, Sumac berrys, & Sweet Fern Boil 3 tsp in a pint of hot water for 20 minutes Gargle every hour For diarrhea, drink cold $\frac{1}{2}$ cupful 4 times a day or as often as required

Incense

Cedar twigs

Sweet Gum sap

Ink

- 1 Mix Powdered Gall-Nuts, Roman Vitriol or green copperas, & Alum or gum Arabic
- 2 Mix Gum Arabic, Powdered burned peach kernals, Soot or lamp black, & distilled water
(Pokeberrys optional)
A hold back of a Spoon over a Candle

5 Creosete (distillate of tar) added to ink (3-4 drops per pint) to prevent mold

Insects^I, Inverts

Katydid shell cold salty pleasant taste reduces fevers clears lungs relieves spasms for Fever in Influenza coughing & hoarseness, sore throat, hives & measles, infantile nocturnal fretfulness, spasms, tetanus 1-2 chien decoction 🐾

Centipede warming acid taste toxic relieves flatulence, quiets spasms, detoxifies for infantile spasms convulsions & cramps, lockjaw, incoordination erysipelas, & scrophula traumatic infections angry boils snakebites 1-3 centipedes or 3 fen to 1 chien decoction 🐾

Tumblebugs scarabs cold salty taste toxic Quiets convulsions dissipates clots & bruises, counteracts toxicity for convulsions & mania hemorrhoidal bleeding boils & abscesses 3-8 fen decoction 🐾

Sawbugs warming sour taste Resolves blood clots & bruises, aids diuresis for Amenorrhea, abdominal cramps, chronic malaria, difficult urination edema 3 fen to 1 chien decoction or pulverized & mixed with boiled water 🐾

Mantis salty taste toxic Resolves bruises & clots reduces stoppages (marasmus) detoxifies for gonorrhoea diphtheria, infantile marasmus, snake & insect bites, dysmenorrhea, abscesses 3-5 mantises, (-head & legs) fried 🐾

Cricket acid, salty taste toxic promotes diuresis for Edema, difficult urination 5-6 crickets toasted crushed & mixed with boiled water 🐾

Mild Greens

Change water only once, if at all

Reed shoots, Canary Grass, Day flower, Spiderwort, Piperad-weed,
Water Hyacinth, Wake Robin, Beech, Hop, Nettles, Dock (watery) Sorrel (acid),
Pigweed, Crach, Amaranth, Chickweed, Mouse-ear Chickweed, Parslane,
Spring Beauty, Water Cinguapin, Shepherd's Purse, Mustard, Wild Senno,
Sicklepod, Clover, Mallow, honewort, pentst, brookline, Plantain, Cleavers,
Wild Lettuce

Mosses

Hairy-cap Moss *Polytrichum juniperum* ♂ strong infusion diuretic 2 fluid ounces every 1/2 hour removes 20-40 lbs water in 24 hrs in dropsy patients fevers inflammations, dropsies, gravel, & urinary obstructions

Mushrooms VARIOUS SPECIES

Ink-cap *Coprinus atramentarius* cook as shaggy mane

Early Ink *C. micaceus* wash in 2 or 3 waters drain put in saucepan with butter & seasoning bring to a boil simmer a few minutes thicken juice with flour or bape $\frac{1}{2}$ hr in slow oven

Or can & mix with dry bread crumbs, beaten egg, milk & seasoning then bape

Fairy Ring ^{*Marasmius orcadis*} Add a little water butter & season simmer for $\frac{1}{2}$ hour string & dry

Oyster Stew in chunks or fry in butter or bacon fat or dip in egg, roll in bread crumbs & fry

Pleurotus ostreatus

Hedgehog *Steccherinum* stew or mix with bread crumbs, beaten eggs, scalded milk & bape

Nuts & Large Seeds

Pige seeds, Pickeral-weed seeds, Walnuts, Butternuts, Hickory Nuts,
Pecans, Haxelnuts, Hornbeam-nuts, Beechnuts, Chestnuts,
Chinkapins, Sweet Acorns, Hemp, Bastard Toadflax fruits,
Alpine Butot roots, Cow-lily seeds, Water Chinkapin seeds,
Kentucky Coffee-tree seeds, Peanut seeds, Pladder-nut Seeds,
Dwarf Ginseng roots

Ox-gall

5 ox-gall dried by spontaneous evaporation forms a tonic & laxative substance used in torpor of liver jaundice, dyspepsia colic diarrhea
dose 1-10 grains 5 pts neutralize constipating & narcotic effects of opium without injuring its sedative influences

Pharmacy Measures - Doses

(5)

solid

20 grains (grs. xx) = 1 scruple (ʒj) 3 scruples (ʒiij) = 1 drachm (ʒj)

8 drachms (ʒviii) = 1 ounce (ʒj) 12 ounces (ʒxii) = 1 pound (lbj)

½ = ss (examples: ½ drachm ʒss or 2 ½ oz ʒijss)

fluid

60 minims (m℥x) = 1 fluidrachm (fʒj) 8 fluidrachms (fʒviii) = 1 fluidounce (f℥)
16 fluidounces (fʒxvi) = 1 pint (oct. j) 8 pints (oct. viii) = 1 gallon (cong. j)

1 drop = 1 minim 1 tsp = 1 fʒ 1 desert-spoon = ʒiij 1 tbsp = ½ ʒ 1 wineglass = ʒii

1 teacup = ʒvi

Chinese weights & measures

Doses by age

Adult — 1

14+ — 2/3

7-14 — 1/2

4-7 — 1/3

4 — 1/4

3 — 1/6

2 — 1/8

1 — 1/12

6 months — 1/16

Drug-use weights, volume, length

1 liter = 1 shih-sheng 1ml = .001 liter

1 chin = 16 liang = 500 gm

1 liang = 10 chien = 31.2 gm

1 chien = 10 fen = 3.12 gm

1 kg = 2 chin = 1000 gm

1 meter = 3 shih ch'ih

1 cm = 3 shih-fen

1 mm = 3 shih-li

Pills

Powder in coffee or spice mill & sift carefully thru a sieve, flour sifter or several folds of cheese cloth. AVOID OVERDOSES of anything get empty gelatin #00 capsules from pharmacist separate capsule parts top larger part onto powder until no more is taken up into smaller part insert only enough to fill the rounded end & then push together the two parts of the capsule until they fit snug (use only for herbs you can't stand the taste of)

Poisonous Berries

Ground Hemlock (stems)

Mistletoe

Baneberry

Moonseed

China-tree

Buckthorn

Mezerium

English Ivy

Privet

Bittersweet

Black-berryed Nightshade

Beauty-berry

Melonette

Poisonous Fruits or Seeds

Arrow-grass

Rattle-box

Lupines

Hoary Pea

Locust

Vetches

Castor-bean

Wahoo

Strawberry Bush

Buckeyes

Apple-of-Pern

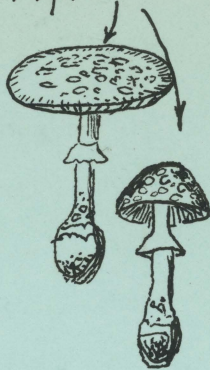
Wentane

Genison-Weed

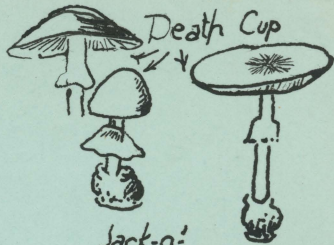
Poisonous Mushrooms

- 1 Never gather to eat button stage
- 2 Never gather or mix with edibles
any with a membrane-like cup,
bowl, bag or scaly bulb at base
- 3 Avoid earth-growing with the underside
full of minute spores
- 4 Avoid all with milky juice (unless red or orange)
- 5 Avoid any starting to decay
- 6 Avoid any not positively known harmless

Fly Amanita



Death Cup



Jack-o'-
Lantern



Poisonous Roots & Bulbs

Fly Poison
Death-Camass
Star-of-Bethlehem
Red Root (Not Ozark red root)
Atamasco Lily
Blue Flag
Popweed
mayapple
Bloodroot
Water Hemlock
Cowbane
Butterfly weed

Poisonous Shoots & Young Foliage

Houetail
Velvetgrass
Devils' Bit
Indian Rope
Hemp
Mexican Tea
Marsh-Marigold
Celandine
Cherry & Plum leaves
Wild Indigo
Castor-bean
Jewel-Weed
Poison Hemlock
Fools' Parsley
Pimpernel
Yellow Jessamine

Milkweeds
Dogbones
Nightshades
Jimson weed

Poisonous Plants

- Fly-poison (bulb)
- Deadly Camass (bulb)
- Star-of-Bethlehem (bulb)
- Red-Root (root stalk)
- Atamasco Lily (bulb)
- Blue Flag (root stalk)
- Poke weed (root)
- May-Apple (root stalk)
- Blood root (root stalk)
- Water Hemlock (fleshy roots)
- Cowbane (fleshy roots)
- Butterfly Weed (root)

Poultice

- 1 Mix = pts Chamomile, Mallow, Mullein & Sweet Clover Place in suitable cloth & soak in hot water 2-3 minutes Apply as poultice, over which place a hot water bottle
- 2 "Foment Species" Mix 4pts each Lavender & Chamomile, 1 of Thyme, & $\frac{1}{2}$ of Cloves Apply as Above
- 3 Use herbs indicated under Linament
- 4 Carrot⁵ 2oz carrot root + $\frac{1}{2}$ oz Elm bark + enough boiling water to form poultice
- 5 Charcoal¹⁵ 1oz Bread $5\frac{1}{3}$ water let stand 5-10 minutes near fire
add $5\frac{1}{3}$ powdered flaxseed + $2\frac{1}{3}$ powdered charcoal & stir (or add charcoal to 6)
- 6 Elm⁵ $\frac{1}{2}$ oz powdered elm bark mixed with enough hot water for poultice
for burns, scalds, ulcers
- 7 Lobelia⁵ 1oz each lobelia & elm bark powders, mix with weak ley
- 8 Poke Root⁵ Roast fresh poke root in hot ashes pound into poultice
when soft

Preparing Medicines

(King)

⁵infusion — Steep 1 ounce of plant, bruised, in 1 pint water

⁵decoction — boil " "

⁵tincture — add 1 ounce powder to pint of alcohol, brandy or diluted spirits
& allow to stand 12-14 days — shake frequently

⁵essence — dissolve 1 oz oil in pint of alcohol,

Preparing tinctures

Macerating allow to stand without heat
Digesting adding gentle heat
Expressing pressing out all liquid

Purees & Soups Purees are boiled green vegetable mashed thru
a seive or strainer mixed with cold water
season to taste (sugar if necessary) or add scalded milk

Purees cattail, Catbrier, Docks, Mt.-sorrel, Sorrel, bladder-campion

Starchy soups Lichens, Arbor vitae^{pith}, Manna Grass^{seeds}, Wild Rice^{seeds}, Day Lilies^{buds & flower},
Walnuts, Hickory nuts, chestnuts (chinkapins) Cow-lily^{seeds}, Sassafras pith & shoots or leaf-powder
Mallowseeds, Violet root stalks, Prickly Pear seeds, Tobacco root, sunflower seeds,
Burdock roots

Fruit soups Blackberries, Raspberries, Dewberries, Plums, cherries, Elderberrys

Rain Water

F drink rain water from old shoe Fayetteville

Rattlesnake

Part Used: oil

F Use for earache (a drop of oil in ear as needed) Mena, Marvell

Use rattles in fiddle

Root Vegetables (Starchy)

Lichens, Cat-tail bases, Bur-reed tubers, Pondweeds root stalks & tubers,
Arrowheads tubers, Mud-plantain root stalks, Flowering Rush root stalks,
Reed root stalks, Water-millet root stalks, chufa tubers, Nut-grass tubers,
Arrow-Arum roots & seeds, golden club roots & seeds, Erect Day-flower roots, bellwort
roots, Lilies bulbs, Day-lily thick roots Adlers-tongue bulbs, star of Bethlehem? roots
False Spikenard root stalks, chestnuts, slippery elm bark, Spring beauty roots, cow-lily
root stalks & seeds, white water-lily root stalks & seeds, Crowfoot bulbs, Water chinkapin roots
water shield root stalks, silverweed roots, prairie turnip roots, wild licorice roots,
beach-pear pear, vetch tubers, groundnut roots, hog peanut seeds, prickly pear stem, Evening
primrose roots, Water chestnuts, Indian spikenard roots, dwarf ginseng roots,
parkinger-of-spring, horsewort roots, caraway roots, water parsnip roots, wild carrot roots,
Man-of-the-earth roots, woundwort roots, Bugleweed tubers, tobacco root, bellflower roots,
Jerusalem artichoke roots burdock roots yellow goots beard roots,
Wild Salisfly roots