

Fruit leathers

Strawberries, Muscadine

Mash to a pulp ripe fruit spread on platters & dry in the sun
when dry dust with powdered sugar & roll up & pack in jars
Eat as is or soak in water & cook (sugar optional)

Hair Tonic

- 1 Mix 1 oz. each of Rosemary & Peppergrass, 2 oz each of Nettle & Sage Place the finely ground herbs in a pint of 90% alcohol for 4-5 days Stir, strain, & add 1 oz each of olive & castor oils Slowly add enough water to cause a slight turbidity
- 2 Cover $\frac{1}{2}$ cup of fruits with alcohol for 1 week To this, add 1 tbs each of Sage & Rosemary, add another $\frac{1}{2}$ cupful of alcohol and allow to stand another week (Stir occasionally), Strain and add an equal amt. of water to each 8 oz add 5 tsp each castor and olive oils (Shake well before using)

horsetail boiled

steep wood fern

tobacco wash

boil columbine

F boil mistletoe Stuttgart

F grapevine juice Huntsville

Headache

Steep Pennyroyal

powder root & apply to head flap in Pulpit
smell crushed buttercup leaves

Tea of anemone roots

Steep lamb's quarters & inhale steam

Pound elder leaves salt & use as poultice

Soak cedar twigs with elder & apply wet limbs

Willow bark (chew)

Snuff Gill-over-the-ground)

Inhale fumes of powdered dogbane root on coals

Hemorrhoids

Buckeye seed tincture

Insect Repellent

- 1 Place a cup of dried Pennyroyal & Tansy flowerheads, Wormwood, Lavender & mints in a pint of previously warmed alcohol 90-99% Allow to digest 1 week & shake the bottle once daily
- 2 Moth Preventive Mix = pts Tansy flowers, Rosemary, Pennyroyal, Lavender & lemon peel place a heaping tsp in a small muslin bag

See Citronella; Penny Royal

Insects ^{II}
Inverts

Spanish fly *Cantharis* cold acid taste toxic Lubricates to attack stoppage congestion, cauterizes tissues to control toxin spread for Scabies, fungus infections, purulent boils & scrophula, rabies ^{bites} use 1 fly in decoction or pulverized for taping with boiled water, externally as needed 🐾

Kidney Stimulant

- 1 Mix 4 pts. Bearberry (or Blueberry), Buchu (get at Pharmacy), Dog-grass, Cleavers & Mallow
3 pts. Sassafras, Prince's Pine, & Fennel & 1 pt. Catnip, Corn Silk, & Spearmint
(Juniper or horsetail may be substituted for any of the latter 3) Steep a
tsp in a cup of hot water until cold drink a cupful 3 or 4 times a day
- 2 Mix 1 = pts. Trailing arbutus, Burdock, Wild Carrot root & Sassafras
& 2 pts Mallow & Dog-grass. Simmer 1 tsp in quart hot water 30 minutes
drink tepid $\frac{1}{2}$ cupful diluted with = water 4 times a day
- 3 Mix = pts. Prince's Pine, Bearberry (or Blueberry), Mallow, Catnip, & Dog-grass
1 tsp to cup hot water drink cold 4 times a day
- 4 Steep $\frac{1}{2}$ tsp each Wild Carrot seeds, Bearberry or Trailing Arbutus
& Catnip (or Mint) & 3-4 crushed Juniper berries in cup of hot
water for 10 minutes drink warm every 2 hours or as required
- ? Garlic 10 dogbane root during pregnancy

Laryngitis

Sunflower seeds, leaves

Wild Ginger roots

Linament

- 1 To 8oz of warm cider vinegar, add a level tbsp Arbor Vitae, Wormwood, cut Cayenne (red) Pepper, & Tansy flowering tops & leaves. Shake well & place on a warm radiator (or other source of gentle heat) for an hour. Allow to cool, strain, & add = amt. of spirits of Turpentine in which has been dissolved $\frac{1}{2}$ oz pure camphor. Before applying warm area with warm (not hot) wet pac gently rub in a small amt. twice an hour 2 or 3 hrs. and apply hot water bottle or warm, near-dry wet pac or cover with heavy flannel.
- 2 Use $\frac{1}{2}$ oz each Tansy, Wormwood, Sage, Sweet Flag; $\frac{1}{8}$ oz each Wild Ginger and Cloves. Digest herbs for 2 hours with moderate heat in a quart of vinegar & keep in a tight bottle for 2 weeks. Shake occasionally. To the strained liquid add $\frac{1}{4}$ oz. camphor previously dissolved in a little rubbing alcohol.

Liver Disorders

1 Mix = pts. Dandelion, Mallow, Sweet Flag, & Fennel & $\frac{1}{4}$ pt Celandine
Simmer a tbsp in qt hot water 30 minutes, Cool, Take $\frac{1}{2}$ cupful diluted
with = portion water 3-4 times a day

2. Mix a tbsp Dandelion, leaves & a tsp each Barberry, Anise, Fennel &
Mallow (or flaxseed or elm) Simmer a heaping tbsp in $1\frac{1}{2}$ pints
hot water for $\frac{1}{2}$ hour Take $\frac{1}{2}$ cupful 3-4 times a day (In cases of
inflammation of membranes, add 1 pt yarrow)

3 (a) Sluggish liver: Mix 2 oz Dandelion leaves with $\frac{1}{2}$ oz each of
Anise, Fennel, & Flaxseed (1 tsp Celandine may be added) Simmer
15 minutes $\frac{1}{3}$ mixture in a pint of hot water cover & let stand $\frac{1}{2}$ hour
a cupful morning & night

b Mix = pts Yarrow, Boneset, Dandelion (leaves) Chamomile or mint &
Mallow & $\frac{1}{2}$ pt Celandine Steep 1 tsp in cup of hot water 30 minutes
Drink cold 3 times a day

Measles (Pox, etc.)

Stir well $\frac{1}{2}$ tsp each Yarrow, & Catnip (or Elder flowers or Marjoram) & $\frac{1}{8}$ tsp (or a big pinch) of Spanish Saffron or Marigold flowers in a cup of hot water. Take strained solution every 2 hours. This remedy is equally suitable for chicken pox, & other similar eruptive conditions, fevers, etc.

Menstruation

F Witch hazel tea to prevent flooding Harrison

F Straight whiskey prevents cramps Fayetteville

F tsp Ginger to cup water to start period Fayetteville

F drinking vinegar prevents menstruation Fayetteville

Mole

F Wear a mole's foot around the neck to prevent disease Alabam

Nerve Tonic

- 1 Mix 2 pts each of Lady's Slipper, Catnip, Skullcap, & Chamomile with 1 each of Valerian & Skunk Cabbage Steep a tsp in a cup of warm water for 6-8 minutes. Drink half a cupful warm every 4 hrs or 3 times a day and at bedtime
- 2 Mix 2 pts each Valerian, Skullcap, & Lady's Slipper & 1 each of Rosemary, Celery seed & Catnip prepare as above
- 3 Mix 2 pts Skullcap, Chamomile, Catnip & 1 each Sage & Motherwort prepare as above
- 4 Mix = parts Chamomile, Marjoram, Catnip, & Mint Steep a tsp in a cup of hot water 6-8 minutes Drink warm a cupful 4 times a day
- 5 Nervous headache = Mix 1 pt Celery seed, 2 each Catnip & Chamomile, 3 of Skullcap (latter 3 finely ground) 1 pt Rosemary or Marjoram may replace Catnip or Chamomile Steep tsp in a cup of hot water Drink warm every 4 hours
- 6 Nervous headache Mix = pts Peppermint, Sage, & Skullcap
A tsp to a cup of hot water Drink tepid every 2 hours or as needed

OVER 9

Nerve Tonic

- 6 Headache remedy Mix = pts. Peppermint, Sage, & Skullcap
A tsp. to a cup of hot water Drink tepid every 2 hours or as needed
- c Headache remedy Mix tsp each Sage, Catnip, Skullcap or Verbena
& 1/2 tsp of Lady's Slipper Steep a tsp in a cup of hot water
Drink tepid every 2-3 hours
- d Nerve Tone Remedy 3 pts Skullcap, 2 of Catnip, & 1 of Celery Seed
Steep a heaping tsp in a cup of hot water 20 minutes Drink
warm to tepid 4 times a day
- 6 "Change of Life" Mix 1 pt Gentian, Chamomile, Verbena, Skullcap,
Motherwort & Hops (or Valerian) Steep a tsp in a cup of hot water
Drink warm 1/2 cupful, 3 times a day and at bedtime
(Replace any missing herb with any other found in other remedies in
this group)

Pleurisy

1 Mix = pts of Milkweed Root, Verbena, Mallow (or Hollyhock), Yarrow, Sage,
& Sweet Flag (or Wild Ginger) Simmer 2 tbsp in a quart of hot
water down to half the amount Strain & add a tsp spirits of Peppermint
& 8 oz honey or sugar — Dose is tbsp every 3 hours as needed

2 Mix 4 pts Milkweed, 2 each of Elder Flowers, Mint, Boneset, Mallow,
& Elecampane & 1 of Irish Moss Simmer 2 heaping tsp in $\frac{1}{2}$ pinto
of hot water for 15-20 minutes & let stand another 30 Drink
 $\frac{1}{2}$ cup every 3-4 hours as needed sweeten if necessary

Poison Ivy Lotion (see Jewelweed)

Boil vigorously a large handful each of Sweet Fern twigs, Cinquefoil, Oak bark (or Wild Geranium) in a quart of hot water down to $\frac{1}{2}$ quantity allow to cool & strain
Refrigerate Apply as a wet compress every hour Also good for recent scratches & sores

Rheumatism Arthritis

Wild Yam, Hazel Alder, Butterfly Weed root, Spikenard root, horse mint,

Sweet Flag

F Cucumber tree Green Forest Japton

F Cherry bark & burdock root mixed with whiskey Mt. Home

F Pine branches, rattlesnake root, dogwood root, cherry root, sarsaparilla root 1 handful each
put in 1 gallon of water boil down to 1 pint 1 tbsp before meals Flippin

Ring worm

Celandine juice (possibly Bloodroot), Walnut juice

Fresh bloodroot infusion in vinegar 5

F Yellow dock steeped in vinegar Fayetteville

F Tobacco juice Little Rock

F Chew soundock & rub on Huntsville

F Walnut hull (green) juice Harrison

Sore Throat Quincy

Use Self-heal & Life Everlasting, a handful of each simmered in a quart of hot water for 15-20 minutes Use warm every hour Take internally for dyspepsia a tbsp (tepid-cold) 3-4 times a day This solution may also be used as an injection for hemorrhoids Use = pts of herbs noted under Astringent

Stings & Insect Bites

Penstemon blossoms

Venus-hair Fern

Trumpet creeper leaves chewed & applied to bee stings

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Stomachic

1 Mix 3 pts Chamomile, 2 parts Mint, & $\frac{1}{2}$ each Gentian & Gold Thread

Steep 1 tsp in a cup of hot water drink cold $\frac{1}{2}$ hour before & after meals

2 Mix = pts Cherry, Boneset, Mallow, Catnip, & Gentian & $\frac{1}{8}$ pt Quassia

Steep 1 tsp in cup of hot water until cool Drink cold 1 strained cupful every 4-6 hours

3 Mix = pts Boneset, & Mallow or Hollyhock leaves & boil 1 cupful in a quart of hot water 10 minutes Remove from heat & add 2 tbsp mint & cut Angelica or Masterwort root Cover until cool, stir & strain 1 tbsp every 3 or 4 hours with a little tepid water

St. Vitus's Dance (cholera)

Mistletoe

Black Cohosh

Marijuana

Scullcap