

	Slides accompanying
	these cards:
	FOLK MEDICINE
	[slides did not accompany this collection]

Apple tree bark, alum and honey

Mixed together and taken to cure sore throat

Boone Co., N.C.
Oct. 1972

Blackberry root tea for diarrhea

Ruby Norris
Cumberland Co.
KFR (1958)

Boone Co., N.C.
Oct. 1972

1-2)

Boneset leaves

Used to make a tea to cure colds and flu

Boone Co., N.C.
Oct. 1972

Burdock roots

Cut into beads, strung and worn by children around their necks to prevent disease.

Beat, hit up, and put a little meal in it and boil hit and make a poultice for them big, old boils that comes on you.

Used to make a tea to purify the blood.

Boone Co., N.C.
Oct. 1972

Burdock, sarsaparilla and wild cherry bark

Make a syrup for coughs

Ruby Norris
Cumberland Co.
KFR (1953)

Cherry bark, sarsaparilla, poplar root and whiskey

As a tonic, take daily

Ruby Norris
Cumberland Co.
KFR (1958)

Wild cherry bark

For coughs when boiled for tea
For women bleeding during menopause when boiled for tea

Glade Emberton, 63
Hazel Montell, 64

"Ammie Pickerell told me the other day that she would have died if it hadn't been for that tea. My daddy told her what to do. She told me the other day to tell somebody to get that and boil it." Emberton

"...that dark cherry-they...put hit (bark) in water... I mean pour hot water over hit to have better strength, you know, and drink it for you stomach-sick stomach or (if you're) feeling bad or something like that. I've drunk a lot of hit myself."

Boone Co., N.C.
Oct. 1972

Wild cherry bark was used to make cough syrup. First, the bark was boiled and then sugar was added for sweetening. After this the cough syrup was ready to be used.

FOLKLIFE ARCHIVES
KENTUCKY BUILDING
WESTERN KENTUCKY UNIVERSITY
BOWLING GREEN, KY 42101

Boone Co., N.C.
Oct. 1972

Catnip

"Hit was the awfulest nerve medicine there ever been and of course we used it for croup and colds in little children."

Boone Co., N.C.
Oct. 1972

Make a tea to cure hives

Ruby Norris
Cumberland Co.
KFR (1958)

Chestnut leaves

Used to make cold tea to pour over burns to "draw out the pain."

Smoked when a person suffered from asthma.

Boone Co., N.C.
Oct. 1972

Galax

Now they're for ooze. My boy he got his foot (cut)... and couldn't sleep-he's a suffering so and his foot was cut...I can't recollect just how long though he'd been hurt, but must not have been over a day or two, and he couldn't sleep and we couldn't sleep and he's so pitiful...I got them to go to get some of this galax... put these (leaves) in there and boiled it, you know, and then got him to set his foot in this coze and bathe it, and it helped it and it eased-off he could go to sleep.

Boone Co., N.C.
Oct. 1972

Ginseng

Chewed for mouth sores
Make a tea to cure hives

Ruby Norris
Cumberland Co.
KFR (1958)

By boiling the roots of ginseng, a tea was made which was given to babies to make the hives break out.

Used to cure colic and "sick" stomach. Also it was known throughout the community as an extremely useful

Ginseng

MEDICINAL PLANT. Mrs. Hicks sums up the general feelings of the community. "They always said that sang's about good for anything!"

Boone Co., N.C.
Oct. 1972

For the stomach
"I eat a piece of 'sang root every day."
Glade Emberton
"Just chew it and swallow the juice."
Emberton

Ginseng

"They claim that's blood medicine."
Emberton

Boil ginseng root, bark from scaly-bark hickory, catnip and wintergreen together with sugar in water to make a cough syrup. Seal in pink jars.

Equal Parts

Take one teaspoon as often as needed.

"Father would have to keep it hid from us kids to keep us from drinkin' it up."

Emberton

Ginseng pointers

Points to ginseng
Good to stop bedwetting

Glade Emberton, 63
Hazel Montell, 64

Ground Ivy

Made into a tea which was used in curing the hives.
Boone Co., N.C.
Oct. 1972

For hives drink tea.

Ruby Norris
Cumberland Co.
KFR (1959)

Good for babies with colic.
Boil it to make a tea; a handful of it.

Hazel Montell
Glade Emberton

Ground Ivy

"People didn't used to take babies to the doctor
everytime they coughed. They doctored them at home."

Hazel Montell

1-7

Hemlock tea

A tea made from hemlock was used to make the measles break out.

Boone Co., N.C.
Oct. 1972

Hickory bark

Use "old scaly bark" off the hickory tree and mix with water. Boil this mixture and use for cough syrup.

Boone Co., N.C.
Oct. 1972

For coughs use a scaly bark hickory syrup.

Ruby Morris
Cumberland Co.
KFR (1958)

Horsemint tea

Made from the leaves; was used to relieve colds. It was also known as bee balm.

Boone Co., N.C.
Oct. 1972

Indian turnip

Big bloom in the top of the plant. The turnip is very hot; will burn you up and will take your breath; thus not suitable for eating. Were transplanted to yard for flowering purposes but bloom soon dried up.

Glade Emberton
Hazel Montell

To make a medicine for curing whooping cough, dried Indian turnip roots were mixed with molasses.

Boone Co., N.C.
Oct. 1972

Jerusalem oak

Jerusalem oak seed was mixed with molasses and given to children for worms. This plant is also known as wormseed.

Boone Co., N.C.
Oct. 1972

Lobelia

Will kill goslings if eaten wild.

Glade Emberton
Hazel Montell

Lobelia leaves were smoked to relieve asthma.

Boone Co., N.C.
Oct. 1972

1-9

Maidenhair fern

The tops of maidenhair fern were used to make a tea which was considered good for kidney trouble. It is also known as trembling fern.

Boone Co., N.C.
Oct. 1972

Mayapple

Eat the apple in July when it is yellow.
Mash root up, put in chicken's water to cure chicken cholera.

Glade Emberton
Hazel Montell

Mountain Raspberry

Leaves were used to make tea which was given to people to control diarrhea. Also the berries can be used for the same purpose.

Boone Co., N.C.
Oct. 1972

1-10

Mullein

A mixture of mullein leaves, alum and brown sugar was used for cough syrup.

"...I've heard them say that they boil vinegar and dip this mullein leaf in vinegar and put it around your neck for the sore throat. Now how about that? I heard them say it."

Boone Co., N.C.
Oct. 1972

Has a fuzzy leaf; burrs in fall of year.
Used to make a tea for lung trouble

Glade Emberton
Hazel Montell

Mullein

For rheumatism bathe in mullein water.

Soak a sprain in mullein water.

For colds apply mullein poultices to the chest. Use "he" mullein for a man and "she" mullein for a woman.

Ruby Norris
Cumberland Co.
KFR (1958)

Mustard seed

Beaten and mixed with flour and vinegar. This plaster was placed on the skin to bring a blister.

Boone Co., N.C.
Oct. 1972

Peach tree

To stop a person when vomiting, a tea was made by scrapping the bark of the peach tree. To correctly obtain the bark, a person must scrap downward and not in an upward motion.

"I've drunk peach tree (tea)...They use to say that was an awful medicine for the flu. Yeah, I've been told that. But what I drunk (it) for was a sick stomach-just sick and couldn't eat anything, you know, that's what I drunk it for. It's good...Boys hits got the strength in it, I can tell you that."

Boone Co., W.C.
Oct. 1972

Peach tree

For relief of high fever in the spring of the year, green peach tree leaves should be placed in the bed of anyone having fever.

Yandell Collins, Jr.
Jefferson Co.
KFR (1958)

Bind boiled peach tree leaves on the place for blood poisoning.

For the earache pour into the ear a solution made

from crushing dried peach seed kernels and mixing with water.

Ruby Norris
Cumberland Co.
KFR (1958)

Pennyrile

For colds give "penntriple" (penny royal) tea.
Ruby Norris
Cumberland Co.
KFR (1958)

"...we used it for the croup and sick stomach. Let me tell you, you get right sick and if you can find that pennyrile, just take it and look it over and crumble it up this a way and tear it up and put it in the water, you can take a fork or something and keep mashing the oil out of this and sweetening that a little bit and take you about a teaspoon at a time and boys, that's good for a sick stomach.

Boone Co., N.C.
Oct. 1972

Peppermint

"Best smelling stuff"
Good for sick stomach; "will really settle the stomach."
Mash 3-4 leaves; let crushed leaves soak in a glass of water for a few minutes; sweeten to taste.
Kids used to drink it for refreshment only in lieu of cokes, etc.

Glade Emberton
Hazel Montell

"And this here cool, good peppermint...now if you take a bad headache or feeling sick or feeling drowsy or feeling bad-take and wring this (Peppermint) and all up in a bunch...and put it right here on your head and pour cold water on it...you don't know but it will give you a lift."

Boone Co., N.C.
Oct. 1972

"Peppermint tea is good for sick stomach."
Boone CO., N.C.
Oct. 1972

Poke Berries

For thrush rinse mouth with poke berry juice.
For itch bathe in poke root juice.

Ruby Norris
Cumberland Co.
KFR (1958)

Used to make a wine to use in relieving the pain of
rheumatism and arthritis.

Boone Co., N.C.
Oct. 1972

Sweet Potatoe Vine, Wild

No use made of it

Glade Emberton
Hazel Montell

Prickly Ash

For chills take one half teaspoon of powdered prickly ash before meals until the chills cease.
For rheumatism put prickly ash berries in kerosene and massage afflicted parts.

Ruby Norris
Cumberland Co.
KFR (1958)

The berries of the prickly ash tree were used to make a wine which was used as kidney medicine.

Boone Co., N.C.
Oct. 1972

Queen of the Meadow

A tea made from queen of the meadow was used to cure kidney trouble. This is also known as joe pyeweed.

Boone Co., N.C.
Oct. 1972

Rabbit Tobacco

See Life Ever Lasting

Red Clover Blooms

"...red clover-blooms-you make a tea out of red clover blooms and break the measles out-yeah, just red clover blooms.

Boone Co., N.C.
Oct. 1972

Sassafras

As a tonic give sassafras to older people for thinning the blood.

Ruby Norris
Cumberland Co.
KTR (1958)

Tea made from sassafras was drunk to help thicken a person's blood.

To cure gum boils, scrap the bark off a sassafras tree and place it in your mouth.

"And the pith out of the stalk (sassafras), now you scrap hit and put hit in a cloth and tie hit up and put this in a glass of water and put that in your eyes and hit will cure sore eyes."

Boone Co., N.C.
Oct. 1972

Spicewood

Spicewood twigs were boiled and then sweetened to make a tea to serve as a health tonic.

Spice wood tea was used to thin a person's blood.

Boone Co., N.C.
Oct. 1972

Swamp Root

"Yeah, now then I have a herb that's called swamp root- hit looks like a little fern, but hit lies down in the winter and that's for your kidneys."

Boone Co., N.C.
Oct. 1972

Tansy

A poultice good for man or animal was made out of tansy leaves and vinegar. This mixture was placed on sprains and swellings to reduce the pain.

Place tansy on children's stomachs to cure worms.
Boone Co., N.C.
Oct. 1972

Hemorrhoids: Take the yellow button from a tansy (a flower). Boil it in water to prepare a tea. Drink.
Yandell Collins, Jr.
Jefferson Co.
KFR (1953)

1-17

Tobacco

Tobacco was used to help heal cuts and wounds. The leaves of the plant were wrapped around the cut and turpentine was poured over the wrapped cut.

To cure an ear ache, place a pipe which has been filled with tobacco in the ear. Next light the pipe and cover. The smoke will help heal the infected ear.

Boone Co., N.C.
Oct. 1972

Tobacco

Ear ache: Spit tobacco juice in the ear.

Ear ache: Blow smoke in the ear.

Yandell Collins, Jr.
Jefferson Co.
KFR (1958)

For wasp stings chew tobacco and put on the sting.
For nail in the foot bind "chawed up" tobacco to the place.

For colic blow tobacco smoke in milk from the mother's

Tobacco

Breast and give one teaspoonful to the child.

For worms crush tobacco seed, add to water, and let it boil. Give it to the child to drink.

For ear ache put a few drops of sweet oil in the ear and then blow tobacco smoke from an old cob pipe in the ear.

Ruby Norris
Cumberland Co.
KFR (1958)

Touch-Me-Nots

"Prettiest yellow bloom"
Gathered wild for bouquets to decorate graves during
years when only wild flowers were used for that purpose.

Glade Emberton
Hazel Montell

To cure irritated skin or a rash, touch-me-nots were
broken at the joint and the juice was rubbed on the joint
irritated area. This is also known as jewel weed.

Boone Co., N.C.
Oct. 1972

Watermelon seed

"And watermelon seeds-beat them up to make tea off
of them-is kidney medicine."

Boone Co., N.C.
Oct. 1972

For kidney trouble drink watermelon seed tea.

Ruby Norris
Cumberland Co.
KFR (1958)

Wintergreen

Wintergreen leaves were mixed with an aspirin and two
tablespoons of rubbing alcohol to form a salve to rub on
aches and pains. Wintergreen is also known as mountain
tea.

Boone Co., N.C.
Oct. 1972

Boil in water for a tea; tea will be red; drink at
night.

Mix with catnip, hickory bark, and ginseng root for cough

Wintergreen

SYRUP.

Plant grows throughout the winter.

Glade Emberton
Hazel Montell

Witchazel (Beadwood leaves)

You can pick them and smoke in a corn cob pipe-use to be
back them-for the relief of the asthma.

Boone Co., N.C.
Oct. 1972

Yellow Dock

"The yellow dock, you ~~take~~ hit, the roots-hit to make
tea drink hit to build your blood up when your blood's
down low. Hits bitter but they drink hit."

Boone Co., N.C.
Oct. 1972

1-20

Yellow Root

For mouth sores beat up yellow root and add to water.

For sore throat gargle with yellow root tea.

Ruby Norris
Cumberland Co.
KFR (1958)

Life ever lasting

Life ever lasting or Rabbit tobacco was smoked in a pipe to relieve asthma attacks.

Boone Co., N.C.
Oct. 1972

Take life ever lasting tea for asthma.

For colds drink life ever lasting tea.

Ruby Norris
Cumberland Co.
KFR (1958)

Life everlasting

I've read it but anyway I got the life ever lasting...
And I took that and I kept using that life ever lasting
and I swallowed the juice out of it, I did, and my blue
throat got well!"

Boone Co., N.C.
Oct. 1972

Life everlasting

"And this here's for sore throat. I can tell you about that... Well, I made soap and I didn't understand-now about this here lye...I sent to the store and got lye, you know...and so I stood over this steam-this big pot where I'se making this soap and I stood over this steam and this here lye took a bad holt on my throat. Oh, hit did-the steam of hit you see, and I just had to quit and so I didn't know hardly what to do but I thought something. I can't recollect where somebody told me or