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My informant, Shirley Dalton, was born in Maplewood, Illinois, in 1932. The depression was just ending. Her mother was from Mt. Olive, Ill., an old German mining town, and her father was from Harrisville, Pennsylvania. She started school in Mobile, Alabama. Her parents picked up a few home remedies from a "voodoo" woman while living in Mobile. Other remedies were passed down from grandparents. Mrs. Dalton was raised in the Lutheran religion. Her grandparents were German immigrants on her mother's side. They did not speak English. On her father's side were american-born Scotch-Germans. A few of these remedies are very strange to me, but several are tried and confirmed as good home cure-alls.

1. A drink made from sassafras root boiled in hot water and mixed with fresh honey was used for colds. If no fever present cream or milk could be added.

(F.B. #788 Sassafras makes an excellent tea for sickness.)

2. A tablespoon of coal oil mixed with sugar was taken for a cough or croup.

(F.B. #1121 Take a teaspoon full of sugar wet with kerosene and it will cure a bad cold)

3. Fried onions mixed with hot goose grease was used for colds. The onions wrapped in a flannel cloth was used as a poultice around the throat and the hot goose grease was rubbed on the chest.

(F.B. #1127 A poultice of goose grease and onion juice is good for colds)

4. A drink made of hot water, lemon juice and honey was good for colds and chills.

5. Change to winter flannel under-slips to keep chest warm and ward off colds.

(F.B. #1138 Wear red flannel underclothes to keep off colds in the winter.

6. A small silver wire ball with a piece of asafetida gum inside was worn on a black silk cord around the neck to ward off colds. Sometimes garlic or solid camphor was used as a substitute.

(F.B. #735 To keep off disease, put some asafetida in a little bag and tie it around the neck. F.B. #738 A sensible germ preventive is a bag of solid camphor carried about the neck.)

7. Wrap up in a warm blanket and set with feet soaking in bucket of hot mustard water. Helped with colds and chills.

(F.B. #1132 Put mustard plasters on the feet, if the cold is in the head. --Idaho: Lore, #210 soak feet in bucket of hot mustard water )

8. Fresh cooked chicken broth made from extra fat stewing hen was most benifical to colds with fevers.

9. After the first frost grandfather would get out a smooth cedar board 18" long, and put three new nails in holes on the one end. He attached two strands of pure silk black threads to each nail, using these an 18" braided necklace was made for each of us. When finished it was slipped through a silver ring and then tied around our necks until the first spring flower showed its head. This was to keep us from colds and sore throats. The silver ring could be attached to a special charm or an asafetida ball. In the spring the cord was untied not cut, taken outside and burnt.

(F.B. #740 Conjer (conjure) balls are worn to ward off diseases.)

10. A tablespoon of Black Strap Molasses was taken to ward off colds. A spoonfull of a mixture of sulfur and molasses for bad colds.

(F.B. #797 Sulphur and molasses is a spring tonic.)