

Informant Mary Yokley has lived in Kentucky all of her life, having only traveled into Kentucky's neighboring states a very few times. She is forty years old and was born in 1945 in Monroe County, Kentucky. Mary never finished school, having been married at the age of sixteen, and having her first child soon after her seventeenth birthday. Mary and her husband moved to Louisville for eleven years, where she worked in retail stores and taught in a kindergarden before returning to Warren County in 1974. At this time she had her second and last child, though children have always been a great part of her life. She has a family of five other brothers and sisters and had a hand in the raising of them, being one of the older children. She also had a hand in raising many other children, in that she babysits even now, sometimes up to six children. Babysitting has been her only formal occupation other than that of a housewife and mother since her moving to Warren County in '74". She is a devout Christian, (Baptist), and attends Church regularly and teaches Sunday school and Bible school there. Mary also enjoys the outdoors and writing and singing gospel music. Mary is Caucasian and when asked about her family's ethnic origin, she very proudly boasts that her great-great grandmother was Cherokee and her father was of German descent. She was delightful to talk to and would have gladly offered much more information given the time.

(1) Sweet oil or camphor oil should be warmed and dropped in an ear for an earache.

(2) A hankershief tied about the neck with some Vick's on it should be worn at night, (also Wick's should be applied to the chest), to help one's head clear when they have a cold. See FB1130, and also FB737...camphor about the neck...

(3) Drink warm apple juice with cinnamon for a sore throat.

(4) When you have a cold or flu stay in bed as much as possible and cover up alot to sweat out the infection.

See FB1225...sweating is a cure for cramps...and also FB1457 ...cover up to "sweat the fever off"

(5) Feed a cold, Starve a fever.

See FB1101 and also FB1410

(6) Boil corn meal and put the hot meal in a cotton sack--hold the sack up next to your head and ear (when you can stand it) for an earache.

(7) Occasionally with the flu, get into a warm tub of esse softened water up to your neck if possible and sit for a while to ease you aches and pains...Don't wash your hair or get your head wet though, or you'll catch a chill!

(8) Take Asprrin for you fevers and drink juices (tomatoe or ~~orange~~ orange) to keep you from dryin up.

(9) Never drink anything too hot or too cold when you have a sore throat.

(10) Gargle with warm salt-water for a sore throat.

EXTRA (11) For a bee sting you wet some chewin tobacco (or chew it) , then place in on the sting and hold it there to draw out the poison.

See FB1226 and also Fb2235

(12) My momma alway wore a copper band to help her arthritis, and she said that it helped.

See FB1859...copper wire about the neck for neuralgia.

(13) Soak your fee in warm water with epsom salts fo a foot rash.

----As you can see , some of these had no reference in F. Brown...