

Lorie Shockley
Cold and Flu Remedies
Mon. 5:10 pm.

Agnus Brooks, a fifty-year old native of Monroe County Kentucky; is the mother of three children and long time enthusiast of wildflowers, dry-land fish and is at the present moment at work reconstructing and decorating her own log home. Agnus is also a self claimed "water witch", which she laughs about an occassion. She also enjoys playing horseshoes friends and family. The sport is played with lots of wry humor and grilled butgers. Agnus has been my friend for many years, and I have learned a great deal from her about life and the way it should be lived.

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1. Sassafras tea will help break out a fever.
(See FB789 & FB1089)
 2. Wiskey and peppermint candy taken for a cough and to help you sleep.
(See FB 1219)
 3. Asprin is good for a fever.
 4. For soar thtoat gargle with salt water.
 5. Hot lemonade is good for a cold or flu because it puts back vitamin C' into the body.
Did not find one for this tea.
 6. Camphor oïl rubbed onto the chest and throat is good for chest colds and soar hthroats.
#See FB 1129)
 7. Chicken soup is good to help get the sick over their sickness and to help get their strength vack.
 8. Warm sulpher water to drink is good for the flu.
(Sæe FB1746, This is the only reference I could find using sulpher for the flu.)
 9. Salts baths are good for theaching caused by high fevers and will help bring down high fevers if the water is just luke warm.
(\$ee FB 1091?)
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 10. Spice and herval teas are good for whatever ails you.
There are many referinces to the uses of teas.