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ANTIFAEFF, VERA
HOME REMEDIES OF THE BLEWETT AREA



Home Remedies
of the
Blewett Area

Term Project: "Traditional
Aspect of Material Culture"

For: Mark Mealing
Anthropology 101

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1980

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My term project consisted of collecting home remedies from people in the Blewett area.

The remedies people gave me were either ones they have used, or ones they have heard of and believe in. Some people had a variety of remedies, while others swore by one specific remedy to cure all common ailments. Some informants had many remedies while others had only a few. It was interesting to hear where some of these remedies came from.

Most people had learned them from their parents, from reading, or from practical experience. I was amazed at the number of herbs and plants people use as home remedies, most

of which grow locally, either in the garden, or are harvested from the wild. Many of the herbs are taken internally as teas, or externally as poultices. There are also quite a few oils used, as well as many other household products. The therapeutic remedies seem to be practiced regularly. ✓

People also suggested means of preventing ailments.

Most of the people gave me their remedies from their memories, but a few of the longer, recipe-type remedies (liniment, cough syrup & mustard plaster) were retrieved from old recipe books or from loose pieces of paper. People were quite willing to share their remedies, and were interested in looking at my collection once I am finished. Some people were a bit

reluctant & embarrassed to give their remedies (hemorrhoids, gas & excessive menstruation), which is why I listed the informants separately ✓

After I had collected the remedies, I categorized them according to the ailments.

This was not as difficult as I thought it would be. Some remedies fell under a category by themselves, but most of them grouped nicely together. I had a bit of trouble with a few of them (look toward the sun if you have a tickle in your nose & lavender prevents fainting) but I managed to place them somewhere. ✓

By collecting home remedies, I have learned not only what remedies can be used, but

it has also given me an indication of what kind of problems are common. ✓

Even though I spoke with more women, the men seemed to be more sure of their remedies.

The older people (age 60+) were very happy to tell me their old secret remedies. ✓

Along with the informants, I have made a list of all the remedies that are used in curing the ailments. ✓

By request, the list of informants has been omitted from this copy. Qualified researchers should consult with Dr. F.M. Mealing at this institution.

Remedies Used.

Herbs, Plants, Fruits & Vegetables

Alfalfa	Fennel - seeds
Almonds	Fireweed
Aloesvera - gel	Flaxseed
Anise Seed	Garlic
Avocado	Ginger
Bayleaf	Ginseng
Bachelor Buttons	Goldenrod
Beet - juice	Goldenreal
Birch - bark	Grapefruit
Blackberry - leaf	Horseradish
Burdock - leaves, burrs	Horsetail
Cammomile - flower & plant	Juniper berries
Carroway - seed	Lamb's Quarters
Carrot - seed	Lavender
Catnip	Lettuce - juice
Cayenne pepper	Lemon - peel, juice & fruit
Celery - seed & plant	Licorice root
Cedar - buds	Lilly of the Valley - root
Cherry - fruit & bark	Marjoram
Chickweed	Mint
Comfrey - leaves & root	Milkweed
Clove	Mustard - seed & plant
Clover blossoms	Mullein
Cucumber	Myrrh
Dandelion - root & leaf	Orange - fruit & juice
Dill - plant & seed	Onion
Elderberry - fruit, flower & leaf	Papaya
Corn	

Parsley
Peach-stone
Peppermint
Pine - needles & resin
Pineapple
Plantain
Potatoe
Raisins
Raspberry - leaves, canes & fruit
Rhubarb - root & fruit
Rosemary
Salmonberry - bark
Sage
Shepherd's Purse
Stinging Nettle
Rose - hips & petals
Strawberry - leaves & fruit

Sticky Laurel - flowers
Sunflower seeds
Tansy
Valerian - root
Watercress
Watermelon - juice
Willow bark
Yarrow

Oils

Almond oil
Castor oil
Cod liver oil
Camphorated oil
Olive oil
Eucalyptus oil
Vegetable oil
Vitamin E oil

Remedies From the Kitchen

Baking soda

Bran

Brewer's Yeast

Buttermilk

Bread

Cornmeal

Egg

Gelatin

Honey

Hot Chocolate

Ice

Milk

Molasses

Oatmeal

Salt

Sugar

Vinegar

Wine

Yogurt

Vitamin E

Other Materials

Acetic acid

Boric acid

Cologne

Epsom salt

Horse Urine

Hydrogen peroxide

Iodine

Rubbing Alcohol

Cocoa butter

Saliva

Mud

Therapeutic Remedies

Fasting

Heat / Warmth

Massage

Sauna

Steam - inhaled

Soak feet in hot water

Slant beard

Yoga

Look toward sun to sneeze

Preventive Medicines

p. 15 don't drink milk for a cold - prevent mucous forming

p. 17 laxative for a cold

p. 29 laxative for a headache

p. 18 wear a hat - prevent a cold

p. 19 don't eat anything cold - prevent a cold

p. 19 don't over exert yourself. - prevent a cold

p. 38 don't eat acidic foods - prevent canker sores

p. 55 don't go to bed with a full stomach - prevent nightmares

p. 56 don't oversleep - prevent depression

p. 65 don't mix beans & sugars - prevent gas

p. 70 lavender prevents fainting

p. 72 don't sit on cold - prevent hemorrhoids

p. 73 don't stand for very long - prevent varicose veins

p. 75 lower salt intake - prevent high blood pressure

p. 86 prevent wrinkles - eat sunflower seeds

p. 88 prevent stretch marks - rub in cocoa butter

p. 99 prevent hair from falling - eat peach stones

Table of Contents

Part I

Open Cuts & Infections	1
Sprains, Bruises, Swellings	9
Burns	6
Sore Muscles	11
Rheumatism	12
Stiff Joints	14
Colds	15
Fever	20
Chest Congestion	21
Cough Remedies	23
Asthma	26
Sinus Troubles	27
Headaches	28
Laraches	31
Sore Throat	32
Toothache	34
Sore eyes	36
Cold Sores	37
Canker Sores	38
Boils	39
Ringworm	40
Athlete's Foot	41
Callouses & Corns	42
Warts	43
Slivers	44

Bee Stings	45
Mosquito Bites	46
Insect Repellent	47
Nosebleed	48
Bleeding Tongue	49
Hiccoughs	50
Bad Nerves	51
Insomnia	53
Nightmares	55
Depression	56
To Stimulate Appetite	57
To Induce Vomiting	58
Laxatives	59
Diarrhea	61
Colic	62
Indigestion	63
Heartburn	64
Gas	65
Stomach Ache	66
Menstrual Cramps	67
Excessive Menstruation	68
Morning Sickness	69
Fainting	70
Dizziness	71
Hemorrhoids	72
Varicose Veins	73

Open Cuts & Infections

1. Squeeze the gel from an aloe vera plant, and put it on cuts & sores.

2. Drink lemon juice to help heal wounds.

3. Make a paste with water and goldenseal powder. Apply this on the cut to promote healing. Also acts as a disinfectant. You can also take goldenseal internally in capsules to promote healing.

Gallotones	74
High Blood Pressure	75
Blood Purifiers	76

Part II Beauty Remedies

For the Complexion	78
For the Bath	82
Eczema	84
Rough Skin	85
Wrinkles	86
Freckles	87
Stretch Marks	88
Deodorant	89
Bad Breath	90
Teeth	91
Eyes	92
Eye Lashes	93
Fingernails	94
Soft Hands	95
Hair	96

Cuts/Infections

2

4. A horsetail poultice helps to heal bleeding wounds.

5. The root and leaves of comfrey are very healing. Boil them in water and drink like a tonic, or cook the leaves in bortsch and soups. The leaves cook fast, so be careful not to overcook them.

6. Put comfrey through a blender with a bit of boiling water. Apply this hot mass to the cut.

7. Bruise the leaves of bachelor buttons & use as a poultice.

Cuts & Infections/3

8 Use horse urine as a disinfectant, and also to promote healing.

9. Wash open sores & wounds with camomile tea.

10. Goldenrod is a good astringent for cleansing sores.

11. Steep sage in a bit of water. Used externally, this helps to dry up sores

12. Pound comfrey root to a powder & dampen with water. Spread on a cloth and apply it to cuts. This cools the inflammation.

Cuts & Infections/4

13. Mash up garlic and put it on a cloth. Apply this compress to wounds to kill the germs and to stop the bleeding. A person should also eat garlic if they have any sores.

14. Soak a comfrey leaf in boiling water. Apply the leaf to a festering sore, and leave on for a while. Carefully remove the leaf, taking the puss with it. This works especially well with cats & dogs, since the comfrey leaf sticks to their fur.

15. Epsom salt in very hot
water is very good to put
on infections.

16. Bake or boil an onion,
and put it on the sore
to pull out the infection.

Burns

1. Make a paste by mixing strong black tea with baking soda & carefully spread it over the burn.

2. Run very cold water over the burn to relieve the pain, or use ice.

3. Boil blackberry or raspberry leaves in water and use this tea (cooled!) to relieve the pain of a burn.

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4. Steep stinging nettles
in hot water. (These can
be picked in the spring,
and dried for later use).
When cooled, soak a cloth
in it and apply it to
the burn. You can also
squeeze the liquid from
the cloth onto the burn.
This takes away the
pain & heat.

5. If you are camping in
the bushes, pine resin
can be used for a burn.

6. Mash up lamb's quarters. This grows as a weed in the garden. Apply it externally to relieve the heat, for example, from sun overexposure.

7. Spread aloe vera gel over the burn area. This is also good for sunburns.

8. Vitamin E, or cod liver oil should be put on burns to prevent scarring, and to aid in healing.

9
Sprains, Bruises & Swellings

1. Simmer mullein leaves in hot water, then wring out the leaves and apply to the swollen area.

2. Rub area with homemade liniment:

1/2 oz. cayenne pepper
2 oz. myrrh powder
1 oz. golden seal powder
4 cups rubbing alcohol.

Shake together very well. After a few days pour off the liquid. This is especially handy to have around for sprained wrists & ankles.

3. Apply a hot poultice of bran paste, made by adding a bit of boiling water to raw bran.

4. Rub with camphorated oil, & bind.

5. Poultice for sore feet:
Soak a plantain leaf in milk until softened. Put the leaf on the sore area, then put a fresh leaf on top of it. Bandage up.

6. Apply a camomile poultice to reduce swelling and pain. This is especially good for the throat & neck.

Sore Muscles

1. For a backache, sore legs, or stiff arms, gently massage with a vegetable oil.
2. Apply heat with a heating pad, or a hot water bottle wrapped in a towel.

Rheumatism

1. Drink dandelion coffee:
dig up some dandelion
roots, clean them, roast
them in the oven, then
grind them up, and use
like ordinary coffee.
2. Fasting seems to ease the
pain. Drink only liquids
for a day, every now & then.
3. Boil sage leaves, then
put the leaves and the
liquid into your bath.

4. Eat garlic.

5. Steep a fireweed plant
in hot water, then while
it's warm, apply it to the
painful area.

Stiff Joints

Take: 1 grapefruit
 & 2 oranges
 & 3 lemons.

Chop them up & put them
in a blender, skin and all.
Add 1 tsp. cream of tartar,
then add an equal amount
of water. Puree. Take
two swallows a day to
help your stiffness.
Keep in a jar in the fridge.

Colds

1. Sage is a good herb for colds. Make tea with it and add lemon.

2. Drink rosehip tea. Pick rosehips after the first frost. Boil them until you have the strength desired, or for more vitamin C, steep with a bit of water, then add boiling water.

3. Do not drink milk because it causes mucus to form.

4. Add boiling water to a clove of garlic; add lemon juice and cayenne pepper. Let steep for a few minutes, then drink. Good if you have a cold, or the flu.

5. Drink clover tea.

6. Drink hot elderberry wine with honey.

7. Steep raspberry canes to make a tea. Good tonic for colds.

8. Drink mint tea.

9. Drink hot homemade fruit juice. You can use any berries that you have picked & frozen during the summer: raspberries, strawberries, huckleberries, cherries, currants, or gooseberries are good. Drink hot so it warms you up & makes you perspire.
10. Make a tea from yarrow - inhale the steam & drink the tea.
11. If you are constipated while you have a cold, take a laxative so the poisons don't stay inside you.

10. Make a tea from yarrow -
inhale the steam & drink the
tea.

11. If you are constipated while you have a cold, take a laxative so the poisons don't stay inside you.

12. Sprinkle cayenne pepper in your socks. This keeps your feet warm so your whole body keeps warm.
13. Soak your feet in a tub of hot water.
14. If you have a tickle in your nose, like you have to sneeze, look toward the sun, and this will make you sneeze.
15. Always wear a hat when you go outside, especially in the spring & fall when the weather is changing.

Colds/19

16. Do not over exert yourself.
You should get plenty of
rest, and stay warm.

17. Eat garlic & onions.

18. Don't eat anything cold
that has just come out of
the refrigerator.

Fever

1. Eat fresh, boiled
stinging nettles.
2. Drink lemon juice to take
the temperature away.
3. Eat fresh parsley.

Chest Congestion

1. In a bath house, drop vinegar on the hot, clean bricks. Inhale the vapour through the mouth. Do this two or three times. The vinegar dries up the infected cells inside the chest.
2. Take a sauna to free the mucous.
3. Drink hot cherry juice.

4. Boil sage & inhale the steam
to relieve congestion.

5. To loosen the mucous,
Mustard Plaster:

children - 1 part dry mustard
5 parts flour

adults - 1 part dry mustard
2 parts flour

add enough hot water to
make a paste. Put between
two cloths & put on chest for
about 5 min. Don't leave on
too long or it will burn the
skin.

Cough Remedies

1. Drink a tea made of
rosemary & marjoram.

2. Boil valerian root and
licorice root with raisins.
Drink the liquid.

3. Drink alfalfa flower tea.

4. Make a tea with comfrey
root.

5. Chickweed is good for coughs.
Steep in water & drink.

Cough / 24

6. Cough syrup:

clover blossoms

pine needles

mullein leaves

cherry bark

Boil together for a long time
Strain, add honey & drink hot.

7. Mix together:

$\frac{1}{2}$ tsp. eucalyptus oil

2 tbsp. honey

2 tbsp lemon juice

Take one teaspoon at a
time for coughs.

8. Put a few drops of
eucalyptus oil in water.
Boil & inhale the vapour.

9. Rub camphorated oil on
the chest & throat. Cover
with a cloth & keep on for
the night.

Asthma

Burn the root of a
mullein plant & inhale
the fumes.

Sinus Troubles

1. Breathe in the steam of
boiling water & peppermint oil.

2. Soak garlic cloves in
boiling water for 16 hours.
Drop the concoction into
nostrils. This is quite
painful, but it is worth
it because it clears
the sinuses.

3. Eat horseradish sauce.
Just blend fresh horseradish
in the blender. It opens up the
sinuses when your nose is plugged.

Headaches

1. Drink mint tea.

2. Eat onions.

3. Boil willow bark & drink.

4. Eat rhubarb root.

5. Eat boiled stinging nettle
or drink its tea.

6. Eat wild ginger. This grows
wild & should be picked
in the autumn.

Carobh. H.

7. Crush up some plantain leaves & put them on the forehead while lying down.

8. Bruised lamb's quarters applied to the forehead is good for headaches.

9. A headache could be caused from constipation, so a laxative might help.

10. Soak feet in hot water.

11. Close your eyes & gently massage your temples, forehead and the back of your neck with the tips of your fingers for temporary relief.

12. Yoga is good for a headache because the breathing exercises help to relieve tension & help you relax.

13. Elevate your feet and lower your head. You can do this by lying on a slant board.

Earaches

1. Drop a warmed infusion of camomile into the ear.

2. Warm up some onion juice. Put two or three drops into the sore ear.

3. Put a few drops of warmed garlic oil into the ear.

4. Fill a cheesecloth bag with salt & heat it in the oven. Put against the sore ear.

Sore Throat

1. Steep elderberry flowers in water, then to this liquid, add honey & vinegar, & drink.

2. Mint tea is soothing for a sore throat.

3. Drink goldenseal in a cup of warm water.

4. Eat ginger.

5. Gargle with salt water.

Initial 9/10/2

6. Apply a camomile poultice
to the throat to ease the
pain & swelling.

7. Drink rosehip tea.

Toothache

1. Put garlic on the sore tooth.

2. Chew the leaves of yarrow to relieve a toothache.

3. Pound some salmon berry bark & apply it to the aching tooth.

4. Chew some cedar buds.

5. Put clove oil on the tooth.

Toothache/35

Wrap boiled tansy in a
cloth & apply to aching tooth.

Sore Eyes

1. Wash sore eyes with camomile lotion.

2. If you have something in your eye: add 1 tsp. of flax seeds to water. This turns the water slippery & thick like a gel - good for rinsing your eye with, to remove a foreign particle.

3. Add epsom salt to hot water. Dip in a cloth, & apply it to eyelid if you have pink-eye or a sty.

Cold Sores

1. Camphorated oil & vitamin e,
or goldenseal powder & vitamin e
dries & heals cold sores.

2. Put a dab of strong cologne
on the sore. This stings, but
it dries it out.

3. Drink milk to kill the acid.

Canker Sores

1. Swish epsom salts & hot water around in the mouth.

2. Put garlic on the sore.
Garlic should also be eaten.

3. Don't eat so many acidic foods, like tomatoes & oranges.

4. Drink birch bark tea.

Boils

1. Cleanse with hydrogen peroxide.

2. Cut a raw potato & apply the cut edge to the boil. This helps to mature it.

3. Put on a poultice of bread & milk to help heal the boil.

elios

Ringworm

40

1. Apply a poultice of garlic.
2. Put vitamin e oil to help
heal the ringworm.

41

Athlete's Foot

1. Onion juice rubbed
between the toes.

2. Boil 1 cup clover blossoms
until thick & apply as a
poultice.

Callouses & Corns

1. Rub with hot olive oil
nightly.

2. Soak foot in hot water &
baking soda. Rub area
with a rough towel, then
rub in oil & vinegar.

3. Rub with fresh pineapple.

Warts

1. Squeeze the milky juice from the stem of a dandelion & put on the wart. Let dry.
2. Put the fluid from a milkweed plant, onto the wart.
3. Steep mullein flowers in vegetable oil for a few hours then apply them to the wart.
4. Use acetic acid to get rid of a wart.

Slivers

Chew some bread, then wrap
it or a baked onion around
a festering sliver to draw
out the sliver, as well as
the poisons.

Bee Stings

1. Apply cold mud or ice.
2. Squeeze the juice out of juniper berries & put it on the sting.
3. Make a poultice of fresh parsley by putting it in the blender & adding a few drops of water. Put this on the sting.
4. Put the cut side of a piece of garlic on the bee sting.

Mosquito Bites

1. Saliva - lick the bite & the itching will go away.

2. Drink a tea made of fennel seeds & leaves.

3. Simmer parsley in a bit of water. Dip a ball of cotton in the juice, & put it on the bite.

Insect Repellent

1. Boil down camomile flowers & rub this on the skin. This also reduces the swelling of the bites, and eases the pain.

2. Bruised elderberry leaves rubbed on the skin.

Nosebleed

1. Put the cold edge of a knife or ruler, on the back of the neck.

2. Apply ice above the nose.

Bleeding Tongue

If you bite your tongue,
put sugar on it to stop
it from bleeding.

Hiccoughs

1. Drink freshly squeezed
orange juice.

2. Frighten the person who
has the hiccoughs.

3. Eat dill.

Bad Nerves

1. Take ginseng.
2. Mix brewers yeast or
engivita yeast in orange
juice or in a milkshake.
This is good for stress.
3. Do yoga exercises to help
you relax.
4. Valerian root helps you
relax.
5. Drink herb teas; mint
or camomile for instance.

Bad Nerves/52

Take a sauna to help
settle your nerves.

Insomnia

1. Drink camomile tea
2. Cook valerian root for a long time, then drink for a restful sleep.
3. Drink hot wine as a sedative.
4. Make a tea with catnip & peppermint. This will relax you & help you get to sleep.
5. The best thing to put you to sleep, is to make love.

Insomnia/54

Get lots of fresh air &
exercise & you won't have
any trouble getting to sleep.

Take a hot bath.

Nightmares

Nightmares can be caused from going to bed with a full stomach, so eat a light dinner & don't eat before bed time.

Depression

1. Long distance phone calls work wonders if you have the blues.

2. Do not overeat. Most people overeat if they are depressed, which makes them feel even worse.

3. Don't oversleep.

To Stimulate The Appetite.

1. Strawberry juice - boil the leaves & fruit, & drink. This is good for children.

2. Drink camomile tea.

To Induce Vomiting—

Put fingers or the end of
a cold spoon, down the
throat.

Boil ground mustard seed
in a cup of water & drink
it fast, all at once.

Laxatives

Drink chickweed tea.

Drink a cup of buttermilk
to loosen bowels, or
eat stewed prunes.

Put flax seeds in water
until thick. Drink this
to cleanse the body's
digestive tract. This acts as
roughage.

Dandelion root tonic is
good for constipation.

Laxatives/60

5. Take a few tablespoons
of bran, or eat bran
muffins.

6

1. Camomile tea prevents
diarrhea. This is good to
give to children
2. Eat rhubarb.
3. Boiled stinging nettles
should be eaten.
4. Eat plantain.

Colic

1. Make an infusion with
celery seed, caraway seed
or carrot seed.

2. Camomile tea with dill.

3. Mint tea is good for
colic.

Indigestion

Dandelion greens.

1. Mix aloe vera with hot water, drink for an upset stomach.

3. Drink alfalfa tea.

4. Bay leaf aids in digestion.

5. Eat celery stalks for a sour stomach.

Heartburn

Take one teaspoon of
baking soda in your
mouth, then wash it down
with water. Gets rid of
heartburn right away!

colic

Don't eat beans and sugars
at the same time.

Gas

Don't eat beans and sugars
at the same time.

If a baby has gas, you
can give him dill,
anise seed or caraway seed.

3. Cinnamon and nutmeg
should be eaten to prevent
gas.

4. Drink mint tea.

Stomach Ache

Dissolve one teaspoon
goldenseal in water &
drink.

Apply a hot water bottle.

eat cayenne pepper for
stomach cramps.

4. Make an infusion with
bay leaf & drink.

5. Ginger will relieve a
stomach ache.

Menstrual Cramps

1. Drink beet juice.
2. Apply a heating pad to the stomach or small of the back to relieve pain.
3. Drink hot wine.
4. Get your husband to make you a nice cup of hot chocolate with a cinnamon stick in it. This makes you feel much better.

Excessive Menstruation

Drink a tea made with
shepherd's purse.

Robert M. S. 1901

69
Morning Sickness

Eat a cracker with a cup
of tea.

Fainting

Lavender prevents
fainting.

Quinine

Whiskey, brandy
gin.

Dizziness

1. Drink catnip or
peppermint tea.

2. Eat lily-of-the-valley
root.

Hemorrhoids

1. Make a tonic with
fireweed and drink.

2. If you apply a comfrey
poultice this represses
the bleeding.

3. Yarrow is good for
bleeding piles.

4. Dip a cloth into a
strong plantain infusion
& apply externally to
hemorrhoids.

5. Don't sit on the cold ground.

Varicose Veins

To prevent varicose veins,
don't stand on your legs
for very long. Every once
in a while you can
raise your legs in the air
by leaning them against
a wall & relaxing.

Take vitamin E.

Gallstones

Drink an infusion of boiled
onion & parsley juice.

Blood Purifiers

Comfrey - cook & eat it like spinach.

Dandelion greens are a good blood tonic.

3. Ginseng

4. Purified sulfur & molasses.

5. Eat garlic. It rid's the body of impurities & purifies the blood.

6. Have a sauna - the sweating helps to cleanse out the body.

2000000000

75

High Blood Pressure

Eat garlic & onions

Lower your salt intake

Pick the flowers from
red clover & drink a tea
made from them.



Beauty Remedies

For The Complexion

Dandelions should be eaten
for clearing up the complexion

The juice or bruised leaves
of watercress help to get rid
of blemishes.

Bruise the leaves of chickweed
in an oil. Let sit, then
apply this oil to skin irritations.

Drink a tea made of clover
blossoms.

Stand on head or on a slant
board for ten minutes a day.
Improves circulation.

Put burdock leaves & burrs
in a pot & boil, steaming your
face over the vapour. Dip a
cloth into this liquid & hold
it against the face until it
gets cold. Do this repeatedly
to help heal pimples.

Rub face with dampened
cornmeal to get rid of blackheads.

Make a facial mask with
egg & oatmeal to draw out
blackheads.

Mix a bit of brewer's yeast with yogurt & pat on oily areas of the skin. After 15 minutes, rinse off.

For dry skin: grate a fresh cob of corn (raw) & strain these kernels through a cloth. Pat this liquid onto face & leave it on for about 15 minutes.

Honey acts as a moisturizing agent. Put it on your face, rub in with a washcloth, then rinse with warm water.

Complexion/81

Whip up an egg yolk, a few
drops of cider vinegar, honey
& some olive oil. Apply this
to dry skin. Also use on hands.

For The Bath

The following can be put in the bath for their soothing or aromatic properties:

- camomile flowers
 - wild ginger
 - mint
 - rose petals
 - elderberry flowers
 - clover
 - pine needles
 - oatmeal
 - sage
 - chickweed
 - dandelion
-

Bath/83

To help soften the skin, add
vinegar to your bath.

For soft skin: wrap oatmeal
in a cloth. Dip it in warm
water, then squeeze the liquid
out & wash your skin
with it.

Pick the flowers from the
Sticky Laurel plant. Put these
in your bath & they will
make a lather which feels
good on the skin.

Eczema

Eat dandelion root

Wash hands with boric acid.

Rough Skin

For rough elbows or knees
rub with a lemon, then
rub in warmed olive oil
or almond oil.

Wrinkles

To get rid of fine wrinkles,
squeeze the juice out of a
watermelon & pat it on the
skin.

Eat raw sunflower seeds—
they have natural
vitamin E.

Freckles

To fade the reddish colour
of freckles, put yogurt
on them every day.

Stretch Marks

To prevent stretch
marks during pregnancy
rub cocoa butter into
the skin.

Deodorant

Apple cider vinegar is good for eliminating odors. The vinegar odor evaporates soon after it has been applied.

Squeeze the juice out of a lettuce leaf & spread it under the arm.

toothache

Chew a fresh sprig of
parsley.
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parsley.
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parsley.
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parsley.
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parsley.

Bad Breath

Chew a fresh sprig of
parsley.

Teeth

Mix baking soda & salt together & use this to brush your teeth with.

Rub a lemon peel over discoloured teeth to remove stains. Rinse mouth with water.

Eyes

For swollen eyes, grate a potatoe or cucumler & put on the eyes for 15 minutes while lying down.

If you have bags under your eyes, steep two papaya tea bags, then lie down & put the tea bags under the eyes for about 10 minutes.

Eye Lashes

Brush eyelashes with
castor oil each night
to make them thick &
grow longer.

Fingernails

Take brewer's yeast for protein.
Eat almonds for strong nails.
If nails are soft, soak in warmed olive oil & iodine.
Eat gelatin to prevent nails from splitting.
To strengthen nails, put them in a fingerbath of one tbsp. horsetail boiled in 1/2 cup water for ten minutes each day.

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Soft Hands

Mix together almond oil,
egg yolk & honey. Massage
it into hands & keep on
overnight for soft hands.

Hair

Rub yogurt into your hair & wrap with a towel. Leave in for $\frac{1}{2}$ - 1 hour. Do this about once a week & within a year your hair will be nice & thick.

Massage scalp to make your hair grow more.

To give hair body & shine condition it with bright mayonnaise or make your own. Blend together 1 egg, 2 tbsp. lemon juice & $\frac{1}{4}$ cup vegetable oil. Whip until thick.

For glossy hair, mash up
an avocado & massage it
into hair before shampooing.

For thin, dry hair, wash
with an egg shampoo:
Beat 2 egg yolks & add $\frac{1}{4}$ cup
water. Massage it into
hair, then rinse out.

To make hair thick & to bring
out its natural colour:
Wash & towel dry hair.
Rinse with stinging nettle tea.
This is good if you are
going gray.

Hair/99

To get rid of dandruff,
boil nettle leaves in
vinegar, then massage it
into the scalp.

If you have dandruff:
bend your head down
& rub the scalp with
fingertips to loosen the
dead cells, then brush
hair from the scalp. Do
this before shampooing.

bat peach stones to
prevent hair from
falling out.

Hair/98

A good tonic to make your
hair shiny, is an infusion
of yarrow leaves.

Rinse hair with chamomile
tea to make it light &
shiny.

Henna bark can be used
for dying hair - it can
be bought at the health-
food store.

For dandruff, rinse hair
with a sage or burdock
infusion.
