

Remedies We'd Rather Forget

All You Need to Know

AN 1895 BOOK, The New Dixie Cookbook, was passed through the generations to me and contains chapters titled “Hints for the Sick Room” and “Medical.” Some of the most interesting remedies include:

“Stiff joints—Apply, locally, oil made by frying up common angle worms.

“To stop bleeding—Apply wet leaves, or scrapings of sole leather.

“Nosebleed—Bathe the feet in very hot water, drinking at the same time a pint of cayenne pepper tea.

“Wound from rusted nail—Smoke this or any inflamed wound over the fume of burning woolen cloth for 15 minutes and pain will be taken out.”

Who needs a doctor?

—Bob H., Badin, North Carolina

“Whoop! It’s Terrible!”

MY MOTHER, Helen Edmondson, recently gave me a recipe for a medicine she took when she, my two aunts and an uncle all had whooping cough, in 1920.

Mom said it was the worst thing she had ever had in her life. They’d wait for my grandfather to serve them mashed potatoes before

taking the heavy syrup. It must have worked, as my mother is still very healthy and active at age 95. Here's the recipe:

Simmer 1 ounce each of boneset, horehound, spikenard root, princess pine and comfrey root in 3 quarts of water until reduced to half. Strain and add 1 quart of molasses and a piece of resin the size of a hickory nut and boil a half hour longer. The dose was one full wine glass before meals.

—George E., Keller, Texas

**These remedies are shared for fun and
are not recommended for use.**