

Salt peter <sup>see</sup> Bat Droppings  
Warm biting bitter & salty slightly toxic for summer colds, "solid" abdominal masses,  
chest congestion headache due to deficient kidneys & suppressed vitality 3-5 fen pulverized

Bat Droppings chilling acid taste stimulates blood circulation improves vision for Poor vision, cataracts  
marasmus in children 1-3ch tend ~~action~~

## Sedative

Mix = pts Skullcap, Ladys Slipper, Hops, Catnip, & Black Cohosh (optional)

Mix Tsp in a cup of hot water for 6-8 minutes & strain Drink  
1 cupful 2-3 hours before retiring & a second cupful 1 hour before

Also recommended is a brisk 20 minute walk 1 hr. before bedtime  
after drinking the tea

Shoots & Tips

Pasture brake, Ostrich Fern, Cat-tail, Cane, Red, Bellwort, Wild Onions,  
False Spikenard, Solomon's Seal, Annon-flower, Cat-brier, Hop,  
Japanese Knotweed, Poke, River Beauty, Spikenard, Indian Pipe,  
Milkweed, Elder, Thistle, Yellow Goats-beard

## Skin Lotion

1 Soak 1 tbs each finely cut Bloodroot, St. Johnswort flowers, & Marigold flowers in 8oz of 90% alcohol. Allow to stand for 10 days & stir occasionally. Strain thru absorbent cotton & add 2 oz Witch Hazel extract, 1 oz glycerine, & enough lime water to make a pint (16 oz.) Shake well before using. On absence of bloodroot, use fall-collected bark on heavier stems of sweet fern.

2 General Hand Lotion - prepare a jelly by gently simmering 2 tsp Irish Moss & 1 of quince seeds in a pint of hot water for 1/2 hour & strain the cooled mixture. Add 1oz each of glycerine & alcohol. Shake well before using. For winter use, incorporate 2 tsp of tincture benzoin compound, adding 10-15 drops at a time & each time shaking vigorously.

b Before preparing jelly the water content can be substituted with the following - Simmer 2 tbs Sweet Fern & Oak bark (collect late fall) in 1 1/2 pints of hot water until 2/3 (1 pint) remains.

c For astringent effect include in above 1/2 tbs of any 2 of these; Wild Geranium, Cinquefoil, Sumac bark, or Witch Hazel

9 Red Maple Bark

## SKIN OINTMENT

- 1 Simmer for  $\frac{1}{2}$  hour 1 oz each of Marsh Mallow (or Mallow) leaves or root & Elm bark in 2 oz each of unsalted lard & beeswax previously melted. Strain into a clean jar & stir until cold. Preserve in refrigerator.
- 2 Simmer  $\frac{1}{2}$  hour 1 tbsp each Shepherd's Purse, Plantain leaves, & St. Johnswort flowers in a melted mixture containing 3 oz unsalted lard 2 oz beeswax & 1 oz of resin. A few drops of tincture benzoin compound may also be added to each oz of strained, cold finished product. In absence of either herb substitute Balm of Gilead.
- 3 Simmer for  $\frac{1}{2}$  hour 1 heaping tbsp of dried ground Plantain leaves & Shepherd's Purse in 4 oz unsalted lard. Strain.
- 4 Plantain & Gall ointment. Simmer 1 oz powdered or finely ground Oak Galls & 1 oz of finely ground (late fall collected) Plantain leaves in 4 oz. of lard. Strain, allow to cool & as it congeals, add  $\frac{1}{2}$  tsp of tincture benzoin & stir well.
- 5 Oak gall. Melt together 2 tsp each lanolin & Yellow wax then 3 oz of petroleum jelly or Vaseline. Stir until congealed & incorporate 1 oz of powdered galls. do not strain.

OVER

- 6 Simmer for 15 minutes 1 oz or a small handful each of dried St. John's Wort & Marigold flowers in 4 oz of melted lard or = portions lard & larders Stir occasionally Strain warm thru wide gauze into an ointment jar Incorporate 4 or 5 drops of oil of Eucalyptus as it congeals
- 7 a tincture cover 1 tbsp of above herbs + cinquefoil with 5 oz alcohol Steep for a week shake occasionally (daily) Strain
- 7 b Oil - In 6 oz of warmed vegetable oil gently simmer for 20 minutes 1 oz each St. John's Wort & Marigold flowers & finely ground Bayberry bark or Gold Thread Allow to cool & strain use as in 6
- 8 Elder flower cream Simmer for 1 hour 1 oz Yellow Dock or Burdock root & 2 oz Elder flowers in 2 oz unsalted lard Strain & incorporate 2 oz cold cream

# Skunk Oil

cure for pneumonia (folk)

F Polecat <sup>FOR CROUP</sup> grease 1 tsp every hour Fayetteville 1 tsp internally Greenwood; Skunk oil Witter  
F Use oil as inhaleant for croup Eureka Springs F for esrache Fayetteville, F sore throat Sugar Grove



Strong Greens 2 or more waters

Wild Onions, Dog-Tooth Violet, Pope, Bladder Campion, Cursed Crowsfoot,  
Marsh Marigold (poison saw-bitter) Clover, Honeysuckle, Caraway, Fennel  
Lovage, Milkweed (bitter) Comfrey, Black-berries Nightshade, Aster,  
Burdock Chistly, Dandelion

SYRUPS & SUGARS (Sap unless otherwise stated)

Maples, Corkelders, Walnuts, Hickories, Birches, <sup>Fruit</sup> Chestnut, Sycamore,  
Basswood Milkweed (dew) Honey Locust (pod lining)

## Teas

Mints (various), Slippery Elm inner bark, Sassafras (bark of roots),  
Spicebush (leaves & twigs) Witch-Hazel (leaves) Strawberry (leaves)  
Blackberry (leaves) Clover (heads) Holly (leaves) New Jersey Tea (leaves)  
Basswood, <sup>flowers</sup> Ginseng (leaves) Persimmon (leaves) Speedwell (leaves)  
Elder (flowers) Sweet Goldenrod (leaves & flowers)

Tisane Substitute for Pekoe Tea

No caffeine Use Alfalfa, Catnip, Chamomile, Red Clover, Sweet Clover,  
Elder flowers, Goldenrod, Linden, Pennyroyal, Peppermint (& other mints)  
Raspberry leaf, Rose leaf & fruit, Sassafras, Strawberry leaf, early summer  
Sweet fern, Verbena, Wintergreen & Yarrow Use also dried peel of Lemon,  
orange, tangerine, & grapefruit & culinary herbs mix = portions & steep  
a tsp in a cup of hot water cover 7-8 minutes stir & strain  
Sip Slowly

## Tonics

'Spring Tonic Boil 1oz each Boneset, Burdock, Dandelion & Sarsaparilla in a quart of hot water down to  $\frac{1}{2}$  drink cold a wineglassful 4 times a day

2 See Blood Purifier #1

3 Add Gentian & Gold Thread to either #1 or #2 above

F Mix Sulphur & molasses <sup>black strap</sup> - take 3 mornings, skip 3 mornings spring tonic Wesley, Bentonville  
1 tbs molasses  $\frac{1}{4}$  tsp sulphur Conway

F eat dandelion blossom salad daily Kansas City

F boil bloodroots & mix with alcohol to form syrup Cassville, Mo.

F 1 tbs burdock tea before meals Eureka Springs

F Mix burdock roots, witch hazel bark, & dogwood bark  
take 1 tsp before breakfast in spring Huntsville

F =pts Sarsaparilla root, Wahoo root & Dogwood bark

Boil  $\frac{1}{2}$  hour strain liquid, add enough whiskey to preserve  
add 1 cup rock candy give 3 tbs before breakfast Evansville

F Wild cherry bark bitters Fayetteville

F Boil down Red oak & cherry bark  
drop in rusty nail Mineral Springs

F Mix Cream of tartar & sulphur <sup>tsp daily</sup>  
Flat Creek, Mo.

F mix Copperas & molasses Alma

See Sassafras, Spicebush

## Woods

- 1 Flowering Dogwood
- 2 Ironwood
- 3 Honey Locust
- 4 Persimmon
- 5 Serviceberry
- 6 Holly
- 7 Black locust

## Softest

- 1 Tulip Tree - Buckeye

## Stiffness

- 1 Black Locust

## Lightest

- 1 Corkwood
- 2

## Heaviest

- 1 Persimmon-Service.
- 2

## Most Durable

- 1 Bodark

## Strength



- 1 Black Locust
- 2 Honey Locust

## Fuel Value

- 1 Black Locust (1 cord = 1 ton anthracite)
- 2 Shagbark Hickory

Xanthium strumarium L.

Cocklebur

9 leaves treat tuberculosis of neck glands, shingles (herpes) & skin & bladder infections & also stop bleeding of skin cuts & abrasions 9  toxic for (1) rheumatism (2) colds sinusitis (3) leprosy (4) skin pruritis constipation Fruits or whole plant 5 chien - 1 liang plant; 2-3 chien seeds decoction or steep for solution to bathe for external use  3x. spinosum Diuretic, sialagogue diaphoretic and antiperiodic B

8 Apache leaves & roots blood medicine Houma root decocted for fever Koasati root tea for delivery of placenta Lumbee boiled stem & leaves in water mix with milk for snake bit dogs

Mahua for kidney VD Navaho underarm deodorant Pima <sup>pip</sup> with soot for sore eyes

Tewa for diarrhea nausea fumigated for urinary

Zuni seeds for cactus scratches poulticed mashed burrs with corn & squash seeds on splinters

Yucca <sup>arkansana Trel.</sup>  
filamentosa

Spanish Bayonet Yucca

3 tincture of root good for rheumatism & gonorrhoea 3

& Choctaw boiled mashed root with grease for skin salve

Ch filamentosa tea for diabetes, beat root with or without fallow for sore salve,  
to stun fish, in green corn medicine with broom sedge & spring amaranth pound raps for soap



## Abortion

Cotton roots boiled in water

tansy herb tea

boiled root of Sweet Flag

boiled bark of Seneca Snakeroot

pennyroyal leaf tea + brewer's yeast

Shepherd's Purse

Golden Pigeonwort

Mistletoe

Prevent with blackhaw root bark

## Amenorrhoea

Mix equal parts Motherwort, Smartweed, early Tansy,  
Spunk cabbage, Valerian, & Penny Royal (in absence of  
1 alter 2, mix in  $\frac{1}{4}$  part each Sage & Ginger) Simmer to 2 tsp.  
for 15 minutes in a pint of boiling water — take a warm  
cupful every 3-4 hours

# ASHES Soot

Stove ashes to stop vomiting & bleeding for vomiting & regurgitation stomach ache & "cold dysentery" intestinal flatulence & bleeding, hematemesis & hematuria, metrorrhagia & leucorrhoea, debilitating diarrheas 5 chien to 1 liang decoct

Stove Soot stops bleeding resolves marasmus for hematemesis, epistaxis, metrorrhagia leucorrhoea, indigestion, diarrhea, canker sores in throat & mouth .5-1.5 chien decoction

# ASTHMA

Smoke dry roots (Menominees) or <sup>dry</sup> leaves (Potawatomis, Mohegans, & Penobscots)  
Boil root & sweeten to make cough syrup (Catawbas) Mullein  
Lobelia inflata (Indian tobacco) cures respiratory but dangerous  
Seneca Snakefoot (Milkwort)

## Astringent Clotting

Mix 3 pts Oak bark & 1 pt each of Wild Geranium Root, Sumac berries & Cinguefoil (or = pts Oak, Sweet Fern, & Witch Hazel)

boil 1 heaping tbsp in qt. of hot water for 20 minutes, cool, stir & strain Use  $\frac{1}{3}$  to  $\frac{1}{2}$  cup internal for diarrhea, etc.

Apply undiluted to cuts & sores use as enema or vaginal douche after diluting with = amount water

Other Herbs Sumac fruit or bark, Gold Thread, Plantain, Life Everlasting, Wild Geranium, Water Lily Root, Goldenrod, Self-heal, Wild Indigo, Bayberry Bark

## Backache

steep gentain roots & apply liquid (Catawba) ✓  
crush & steep leaves of horsemint in cold water & drink infusion  
Cherokee & drank tea of spikenard roots

# BALDNESS

F Rub scalp with rind from pork ham Hampton

F massage cherry bark tea into scalp Mulberry

F Scrapings from old harness mixed with tallow made salve to cure baldness  
Best if harness was worn by a white mule Devils' Den 1958

F Popoberrys rubbed on head Bentonville

# Birds

- F Use brains of Pileated Woodpecker (good god bird) while still warm to ease pain Mr. Freesebar
- F First dove to holler      Roll on ground 3 times when first whippoorwill  
Get down & waller: to prevent backache      calls in evening



## Blisters

Mohegans & Penoscots steeped pipsissewa in warm water & applied liquid externally  
Ojibwas crushed sunflower roots & applied mash wet to draw blisters