

Folk-Ways And Folk-Speech:

Some Old-Timey Folk Remedies

The area of folk remedies continues to be of interest to readers of Folk Ways, leading one to believe that many of these remedies may still be employed rather than merely remembered as "endurances" of early years.

A letter from Mrs. Mollie Click of Kingsport, Tennessee gives a hint of this although most readers will agree with her "terrible" assessment of others, including Balm of Gilead buds, still sold on the herb market.

"I was thinking about a substance which my father called Bomgillon, which is correctly pronounced Balm of Gilead. It was produced from the buds of balsam poplar tree and used with nutton tallow (taller), which when heated together on the back of the old wood-burning cook stove produced a salve which was used for chapped hands and other medical purposes.

An old friend of ours visited us this summer (he is 79) and we drove him down to LaFollette, Tennessee, to visit his relatives there. They had these Balm of Gilead trees growing in their yard. They look much like the Silver Leaf Maple, but the bud is sticky and tastes much like the bud from a fir tree (terrible!)"

Mrs. Click goes on to discuss a remedy entirely new to me and I wonder whether other readers have heard of it.

"My cousin from Kentucky once fell and cracked her knee cap, letting the fluid drain out into the flesh. Her knee became stiff, and after trying several doctors' medicines with no help, her folks consulted an old herb doctor, who suggested digging common old red worms and heating them also on the back of the old stove until a salve was formed which was applied to the knee cap. I don't know if this actually healed the knee cap, but she was about 10 years old at the time and now is in her 50's and has no stiffness whatsoever."

Memories of the once-familiar asafetida bag are less than pleasant for Mr. Click.

"I, too, remember the asafetida which my mother tied up in a piece of muslin and tied around my neck supposedly to keep the germs away. It should have—it was a black, tarry-looking substance which smelled to high heaven. It probably kept people away!"

A cough medicine probably familiar to other readers she still approves.

"One old remedy which worked then and still worked for my children was a cough syrup made from onion and sugar. They took an onion about the size of a teacup and sliced it thin, putting a teaspoon of sugar between each slice. It was then allowed to set until the sugar melted

and formed a syrup. A teaspoon of this syrup was sipped when needed to stop a cough. My children loved it."

A recent item from a Los Angeles newspaper indicates that the old folk legend of the stolen package is still alive, though in somewhat contemporary circumstances. The release follows and needs no explanation.

"Mrs. Hollis Sharpe was

walking her miniature poodle when a tall young man jumped out of an automobile and grabbed her.

"As she winced in pain and fell, the man snatched her plastic bag and ran.

"Mrs. Sharpe ended up with a broken left arm but was happy with the knowledge that the mugger had gotten what he deserved. The bag contained only dog waste."



Newspapers: They Tell it Like it is!

Progress Edition

The Yancey Journal is planning to publish a special "Progress" edition on February 26, 1976. This issue will be mailed to every Yancey County boxholder.

A photographer will be taking pictures during the next two weeks at participating businesses. Any merchant wishing to participate in this special edition, and

who has not been contacted by February 20, please call the Journal office at 682-2120 no later than 5 p.m. on that day [Friday].



Ingles PROUDLY PRESENTS

AD EXPIRES FEB. 7, 76

5 LBS OR MORE FRESH...
GROUND BEEF 69¢/lb.

REGISTER AT ALL INGLES STORES IN N.C. FOR 2 FREE TICKETS FOR THE OPENING PERFORMANCE, PLUS A SPECIAL CIRCUS PARTY AT THE CIVIC CENTER AT 6:00 PM, FRI. FEB. 27. NO PURCHASE REQUIRED, WINNERS WILL BE NOTIFIED. INGLES EMPLOYEES NOT ELIGIBLE TO WIN.

"ALONE IN ITS GREATNESS"

RINGLING AND BARNUM & BAILEY

THE GREATEST SHOW ON EARTH

Produced by IRVIN FELD and KENNETH FELD
Staged and Directed by RICHARD BARSTOW

* FEB. 27-28-29.. FRI. SAT. SUN.*
ASHEVILLE CIVIC CENTER

U.S.D.A. CHOICE BEEF SALE!

TOP...
ROUND STEAK \$1.59/lb.

SIRLOIN STEAK \$1.69/lb.

PORTERHOUSE OR
T-BONE STEAK \$1.79/lb.

CHUCK ROAST 69¢/lb.

SIRLOIN TIP ROAST \$1.59/lb.

PLAY GAMERAMA

YOU COULD WIN UP TO...
\$1000

Odds as of 1-24-76

PRIZE	NO. OF PHONES	ODDS FOR 12 STORE VISIT	ODDS FOR 24 STORE VISIT	ODDS FOR 36 STORE VISIT
\$1,000.00	17	478,529 to 1	30,810 to 1	18,405 to 1
100.00	188	43,737 to 1	3,384 to 1	1,882 to 1
20.00	368	22,106 to 1	1,760 to 1	850 to 1
5.00	1,435	5,689 to 1	438 to 1	218 to 1
2.00	2,834	2,273 to 1	214 to 1	107 to 1
1.00	38,006	214 to 1	16 to 1	8 to 1
Total No. of Prizes	42,946	189 to 1	15 to 1	7 1/2 to 1

Scheduled termination date: March 31, 1976.
If you visit the participating stores 26 times during this promotion you have 1 chance in 8 1/2 of winning a cash prize!

DELI-BAKERY SPECIALS SPRUCE PINE N.C.

POTATO SALAD PINT **69¢**

COCONUT CAKE **1.99**

CHICKEN **2.49**

DELUXE COOKED ROAST BEEF **1.69**

DUKES QT. JAR...
MAYONNAISE 69¢

3LB. CAN...
SNOWDRIFT 88¢

JFG. LB. BAG...
COFFEE 99¢

PROCTOR & GAMBLE BUYS!

SHAMPOO 2.5oz. TUBE **99¢**

SHAMPOO 4oz. LIQUID **1.39**

SURE DEODORANT **99¢**

CREST TOOTH PASTE **99¢**

SCOPE MOUTHWASH **1.39**

* KEEBLER COOKIES *

ZESTA SALTINES 16oz. **55¢**

VANILLA WAFERS 12oz. **55¢**

FUDGE STRIPES 12oz. **83¢**

DELUXE GRAHAMS 13 1/2oz. **83¢**

PECAN SANDIES 14oz. **83¢**

RICH-N-CHIPS 14oz. **83¢**

MDI.. 24oz. BOTTLE..
COOKING OIL 69¢

KING SIZE..DETERGENT..
CHEER \$1.99

BLUE RIBBON..lb. QTRS.
MARGARINE 4.19

8PK..16oz. BOTTLES...
PEPSICOLA \$1.19

PRODUCE

5lb BAG FLORIDA ORANGES **59¢**

LARGE FLORIDA TEMPLE ORANGES **20¢**

5lb BAG WHITE GRAPEFRUIT **59¢**

LARGE OREGON RUSSET POTATOES **1.19**

FROZEN FOOD

PEPPERIDGE FARM 17oz. CAKES **1.09**

COOL WHIP **59¢**

FREEZER QUEEN 2lb. SUPPERS **1.19**

DELSEV. 4 Roll PK. TOILET TISSUE **77¢**

KLEENEX..200s FACIAL TISSUE **2.99**

ARGO 3oz SWEET PEAS **5.100**

CARNATION TALL CAN MILK **3.79**

FRENCH'S INSTANT POTATOES **1.60**

MUELLER'S ELBO MACARONI **4.100**

CASCADE KING SIZE DETERGENT **1.35**

SEALD SWEET 4oz GR-FRUIT JUICE **2.89**

WHITE STAR TUNA **45¢**

WORTZ..7oz. PK COOKIES **3.100**

GA. RED 2 1/2 PEACHES **39¢**

PUREX..HALF GAL BLEACH **2.89**

HONEY-KRUST HAMBURGER **3.100**

HOT DOG BUNS

ARCADIA...
MILK GALLON JUG \$1.49

LOW FAT \$1.39

Homemaking Hints
For Safety & Economy

SAFETY FIRST
Each year, more than 35,000 Americans are treated for injuries caused by caustic chemicals and cleaning agents—making these substances the number-one hazardous household product in the home, according to the U.S. Consumer Product Safety Commission.

Among these substances are liquids and crystal drain openers that use dangerous lye and acids to dissolve clogs



in drains, often taking several hours to do their job. They combine with standing water to create a colorful, odorless acid which, in many documented cases, has caused chemical burns and poisoning to unsuspecting adults and children alike.

Because using these products, and storing them around the house, poses a very real threat to your family's safety, the Glamorene people have developed a drain opener that is a major improvement over conventional, do-it-yourself products.

Called Drain Power, it contains no caustic lyes or acid. Instead it uses pressure to push against the clogs and send them down through the pipes and out into the sewer.

Drain Power has also been "sniff proofed" to prevent deliberate misuse by inhalation of its contents. Moreover, it takes 30 pounds of pressure, more than the average child can muster, to discharge its contents.

Cleaning agents and medicines should always be stored in a locked cabinet out of your children's reach. But why flirt with danger by keeping caustic lyes and acid anywhere in your home when there's a more effective alternative available?