

Folk-Ways and Folk-Speech

Of the many topics on which this column touches, none appears with more regularity than folk medicine or home remedies. And one of the more frequent questions posed has to do with plant signatures or the doctrine of signatures.

Call it superstition or not, a widespread belief once existed—and is still adhered to in some areas—that every plant had a "sign" which showed its use.

If the plant had leaves or flowers which were heart-shaped, it was supposed to cure heart diseases. If they were kidney-shaped, then the plant was recommended for kidney ailments. By the same token, head-shaped fruits or nuts from certain trees were assigned for problems of the head. And, following the same line of reasoning, a plant such as ginseng, whose root resembled the human body, might serve as a general tonic for the entire system.

If no sign existed in the plant to indicate its proper use, other aspects might be taken into account. For instance, the plant might be studied to see whether it bore any resemblance to a particular disease. If it were yellow, then it might be suggested as a cure for yellow jaundice. If it had a rough and scaly skin or bark, it might be used for skin problems.

On the other hand, just the opposite could hold true. A plant with very bright leaves might wind up as a remedy for anemia. One with a very flexible or limber stalk would

be a likely cure for rheumatism and other stiff-joint complaints.

Authorities generally based the authority for the belief in plant signatures and the general belief in herbal medicine on the creation. After all, since plants were created simultaneously on the third day, then it made sense that each plant was designed for a very special use by man: "Behold I have given you every plant yielding seed which is upon the face of the earth."

An herb doctor would naturally tend to believe from this that God had placed a sign on each plant to show its use. Thus the idea still persists.

Another bit of reminiscence comes our way this week from Bob Tannehill of Winston Salem who finds himself refreshed and at peace with the world after a jaunt to his grandparent's old farm place and a retracing of the familiar spring path.

"Nothing shall ever erase the fond memories brought to mind each time I trace that familiar spring path. Even though I'm yet a young man, the recollection of my early boyhood years there on my Grandfather Smith's farm rings a familiar note in the ears of older acquaintances.

"It was along this same path that I used to tote the milk and butter to and from the old shingled house. The concrete springbox, now broken and covered with green satin moss, still stands as a reminder.

"Where over the bottom



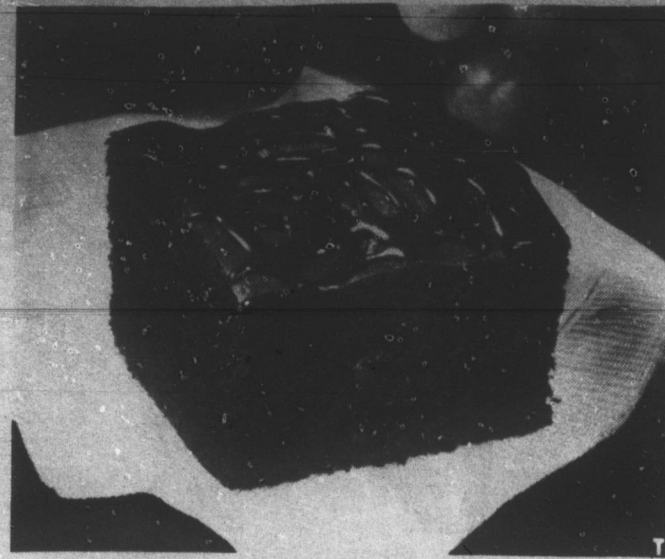
ditch and creek footbridges I eased my way cautiously in winter to keep from falling into the icy water. And in summer watched the shadowy, trickling water for baby honeyheads, their golden bodies circling the knoll of pebbles prepared for them earlier.

"There were the moments when slinky water moccasins dropped into the creek just as I approached the footlog—startling me out of my wits.

"These things—and the long-handled gourd used to dip water; the rocks my grandmother leveled her old three-legged washpot with; and above all, the yearning in my heart each evening to hurry with the cold milk and butter to the farm house where hot cornbread, baked over coals on the fireplace hearth, awaited my quickening steps; the lamplight flickering through sweetapple boughs, guiding me through the dewy crabgrass.

"Yes, those were the days I'll always be fortunate to recall, each time I reroute my steps over that fading spring path."

Readers are invited to send folk material to Folk-Ways and Folk-Speech, Appalachian State University, Box 376, Boone, N.C. 28608.



PICNIC FAVORITE—DOUBLE RICH CHOCOLATE CAKE

Chocolate cake is nearly everybody's first choice for a picnic dessert. Double Rich Chocolate Cake tastes like the kind of devil's food cake that wins blue ribbons at the fair, but this moist, rich cake is much easier to make. It starts with new Devil's Food Basic Bundt* Cake Mix. The kit contains high quality cake mix, plus glaze. You can add your own touches or use it for recipe variations.

DOUBLE RICH CHOCOLATE CAKE

- 1 package Pillsbury Devil's Food Basic Bundt* Cake Mix
- 3 eggs
- 1/2 cup water
- 1/2 cup sour cream
- 1/3 cup soft margarine or butter or oil
- 1/2 cup semi-sweet chocolate pieces

Preheat oven to 350°. Lightly grease bottom only of 13x9-inch pan. In large bowl, blend Packet 1 (Cake Mix) and next four ingredients until moistened. Beat 2 minutes at medium speed (portable mixer—use highest speed). Pour into prepared pan. Sprinkle semi-sweet chocolate pieces over cake batter. Bake at 350° 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack. Blend Packet 2 (Glaze Mix) with 1 2/3 tablespoons warm water until smooth. If necessary, add water by drops until glaze reaches desired consistency. Drizzle over cooled cake. Store cake loosely covered. Makes 13x9-inch cake.

HIGH ALTITUDE—Above 3500 Feet; Preheat oven to 375°. Add 1/3 cup flour to dry cake mix. Increase water to 1 3/4 cup. Follow directions in basic recipe. Bake at 375° 30-35 minutes.

*Bundt trademark for cake mix used under authority of Northland Aluminum Products, Inc., Minneapolis, MN.

LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

ADMINISTRATRIX NOTICE

Having qualified as Administratrix of the estate of Evelyn M. King of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Evelyn M. King to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 4th day of June, 1976.

Mildred Ray, Route 6, Box 334J, Burnsville, N.C.
June 10, 17, 24, July 1, 1976 pd

LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY TOWN OF BURNSVILLE

NOTICE OF FINDING OF NO SIGNIFICANT EFFECT ON THE ENVIRONMENT

YANCEY COUNTY COMMISSIONERS YANCEY COUNTY COURT-HOUSE BURNSVILLE, N.C. 28714

682-3971

TOWN OF BURNSVILLE BOARD OF COMMISSIONERS, TOWN HALL BURNSVILLE, N.C. 28714

682-2420

LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

EXECUTOR'S NOTICE

Having qualified as Executor of the estate of Taylor Wheeler of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Taylor Wheeler to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 3rd day of June, 1976.

Raymond E. Wheeler, 401 Vance Avenue, Black Mountain, N.C.
June 10, 17, 24, July 1, 1976 pd

LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

Before the Clerk

In the Matter of the Sale of Property of the Yancey County Board of Education in Prices Creek Township, Yancey County, North Carolina

NOTICE OF RESALE

Under and by virtue of an Order of Resale entered by the Clerk of the Superior Court of Yancey County in this cause on 18 June 1976, the undersigned Superintendent of Schools of Yancey County, acting as Commissioner of the Court, will, on 10 July 1976 at 10 a.m. at the site of the hereinafter described real property, offer for sale for cash to the highest bidder the following described tracts or parcels of land in Prices Creek Township, Yancey County, North Carolina, described as follows:

FIRST TRACT: BEGINNING on an iron pin in the northern margin of Cherry Drive and in the eastern boundary of the Cane River Valley Subdivision, and runs with the northern margin of Cherry Drive S 78-10 W 184.8 feet to an iron stake in the eastern margin of Dogwood Circle; thence with the eastern margin of Dogwood Circle N 15 W 100 feet to a stake; thence N 78-10 E 184.8 feet to a stake in the eastern boundary of Cane River Valley Subdivision; thence with the eastern boundary of Cane River Valley Subdivision S 15 E 100 feet to the BEGINNING.

AND BEING the southern half of the parcel particularly described in a Deed dated 31 July 1974 from Frank Cooper and wife, Martha Cooper, to Yancey County Board of Education, recorded in Yancey County Deed Book 157, page 335.

SECOND TRACT: BEGINNING on an iron pin in the southern margin of East Drive and in the eastern boundary of the Cane River Valley Subdivision and runs with the eastern boundary of the Cane River Valley Subdivision, S 15 E 100 feet; thence S 78-10 W 184.8 feet to a stake in the eastern margin of Dogwood Circle; thence with the eastern margin of Dogwood Circle N 15 W 100 feet to a stake; thence with the southern boundary of East Drive N 78-10 E 184.8 feet to the BEGINNING.

AND BEING the northern half of the parcel particularly described in a Deed dated 31 July 1974 from Frank Cooper and wife, Martha Cooper to Yancey County Board of Education, recorded in Yancey County Deed Book 157, page 335, on which the new house constructed by the Cane River High School carpentry class is located.

The foregoing two parcels of property will be offered for sale as a whole.

The highest bidder will be required to make a cash deposit in the sum of 10% of the amount of the bid up to and including \$1000.00 and 5% of any excess of \$1000.00.

This 18 June 1976.

Edgar Hunter, Superintendent of Schools of Yancey County, Commissioner.
July 1, 8, 1976 ch

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LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

ADMINISTRATORS NOTICE

Having qualified as Administrator of the estate of Willard Ayers of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Willard Ayers to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 22nd day of June, 1976.

Staunton Norris, Burnsville, N.C.
June 24, July 1, 8, 15 ch

LEGAL NOTICE

NORTH CAROLINA YANCEY COUNTY IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION

ADMINISTRATRIX NOTICE

Having qualified as Administratrix of the estate of Clyde Robinson of Yancey County, North Carolina, this is to notify all persons having claims against the estate of said Clyde Robinson to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 21st day of June, 1976.

Miss Nelleen Robinson,
Route 3, Burnsville, N.C.
June 24, July 1, 8, 15, 1976 pd

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Burnsville Real Estate

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