

Health Recipes

Found in the Complete Directory of Henry County, Indiana for 1909.

TO STRENGTHEN AND INVIGORATE THE SYSTEM Two drachms Essential salt of the round leaf Cornel, one scruple Extract Rhubarb, one scruple Ginger powdered. Make into pills and take for a dose two or three twice a day. **A CERTAIN CURE FOR DRUNKENNESS** Sulphate of iron, five grains, Magnesia, ten grains, Peppermint water, eleven drachms, Spirit of Nutmeg, one drachm, twice a day. This preparation acts as a stimulant and tonic and so partially supplies the place of the accustomed liquor, and prevents that absolute physical and mental prostration that follows a sudden breaking off from the use of stimulating drinks. **TOOTHACHE DROPS** Four ounces Pulverized Alum, fourteen ounces Sweet Spirits of Nitre. Put up in one ounce bottles. Retail readily for 25 cents. This is the most effective remedy for toothache that was ever discovered, and is a fortune to anyone that will push its sale. It will sell at every house. **HAIR TONIC, FRENCH RECIPE** Take Castor Oil, three ounces, Alcohol, one and one-half ounces, Aqua Ammonia, one-half drachm, well shaken and mixed together. Perfume to suit, Bergamot or any other good perfume. This makes a splendid hair dressing and will make it grow. **A SURE CURE FOR THE PILES** Confection of Senna, two ounces; Cream Tartar, one ounce; Sulphur, one ounce; Syrup Ginger, enough to make a stiff paste; mix. A piece as large as a nut is to be taken as often as necessary to keep the bowels open. This is one of the best remedies known to the Medical World. **A CURE FOR SORE THROAT IN ALL ITS FORMS** Two ounces Cayenne Pepper, one ounce common salt, one half pint vinegar. Warm over a slow fire and gargle the throat and mouth every hour. Garlic and onion poultice applied to the outside. Castor Oil, one spoonful, to keep the bowels open. This is a preparation that should be in the home of every family especially during the winter and spring months. This remedy is simple and inexpensive. **DROPS OF LIFE** One ounce Gum Opium, one drachm Gum Kin, forty grains Gum Camphor, one-half ounce Nutmeg, powdered, one pint French Brandy, or old Whiskey. Mix all together and let it stand for about ten days. Dose from thirty to forty drops for an adult, children half doses. This is one of the most valuable preparations in the Materia Medica, and will in some dangerous hours, when all hope is fled, and the system racked with pain, be the soothing balm which cures the most dangerous disease to which the human body is liable, such as flux, dysentery and all summer complaints. **LINEMENT, GOOD SAMARITAN** Alcohol, two quarts and add it to the following articles; Oils of Sassafras and Hemlock, Spirits of Turpentine, Tincture of Capsicu, Tincture and Catechu Tincture of Guaic, Tincture of Laudanum, each one ounce. Tincture of Myrrh, four ounces, Oil of Organum, two ounces, oil of Wintergreen, one-half ounce; Gum Camphor, two ounces and Chloroform, one and one-half ounce. This is one of the best applications for internal pains known. It is superior to any of the foregoing recipes. **MAGNETIC OINTMENT** One ounce Elder Bark, one ounce Spikenard Root, one ounce Yellow Dock Root. Boil in one-half pint water down to one-quarter pint. Press and boil to two ounces. Add one-half pound resin, one ounce beeswax, tallow enough to soften. Apply to the sores by spreading on linen cloth. **RUSSIAN SALVE** Take equal parts of Sweet Oil and Yellow Wax, melt slowly, carefully stirring. When cooling stir in small quantity of Glycerin. Good for all kinds of wounds, bruises, cuts, burns, etc.

