

**ROCKY MOUNTAIN
RECEIPTS
REMEDIES**

WH
641.5
Ben

Souvenir collation of
every day receipts and
remedies including
homesteader hints.





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W.H.
641.5Ben Benham, Jack & Sarah
Rocky mountain
receipts remedies

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J. H.
1941.5
Ben
Cookery - the West

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Jack and Sarah Benham

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MOUNTAIN
RECIPTS
REMEDIES

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REMARKS FROM THE AUTHORS

The collaborators of this album have pursued the profession of mining geology in the eastern states for the past seventeen years. During this time they have resided in many of the heyday mining camps of the late 1800's. Most of the items contained herein were acquired from the old timers who were reared in these gold and silver camps of the early day West.

We wish to thank these people for the information relayed to us in years past. Many unforgettable hours were spent in discussing and listening to their reminiscence of the old days in the mine camps. We sincerely wish them "more rocks in the box".

The Ghost Town Menu was written by Mary Bishop of Virginia City, Nevada. A copy of her rendition was given to the authors in the 1950's.

Those sections pertaining to remedies and household hints of a medicinal nature are included solely for the readers' interest, and are not recommended for application.

Jack and Sarah Benham



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PREFACE

Didje ever hear of Sourdough, Bannocks, or Willow Leaf Tea? Could you make a jelly jar, drinking glass, or candle holder out of a whiskey bottle? Have you ever wondered how people treated their aches and pains and acquired the needs of everyday living in the old days?

The following pages note a smattering of the receipts, remedies, homestead hints and just plain folklore which were commonplace in the early days of the West. In many areas of the Rocky Mountains, some of these practices still prevail to this day. Many grandparents will recollect certain of the various and sundry items contained herein.

The explorers, fur trappers, mountainenmen and gold prospectors quickly utilized Indian food, clothing, shelter, trails, and medicines in order to survive the rigors of the western wilderness. The pioneer family interwove these practices with those which they introduced. Early womenfolk brought certain refinements. (Some ol' timers contend that things haven't been the same since!) Initially, meals were prepared in fireplaces with a sinisium of cooking kettles and utensils. Later, cookstoves were often transported west with each family. The pioneer family ate vegetables and roasts, where only a short time previously, mountainenmen ate pemmican or jerky. Storage cellars contained foods which were dried, cold packed, and canned. Vegetable, flower and herb gardens became an important part of each household, as they provided food, medicine and ornaments. Flowers were often dried and preserved as "pretties" to brighten up the interiors of the Home Place.



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A GHOST TOWN MENU

For You-oooooooo

The Spectral Arms, located on the corner of RIP and DEAD END Streets, in the ghost town of Virginia City, Nevada, welcomes you to meals that are out of this world.

Truly superb culinary creations fashioned by our chef with great skill and accompanied, of course, by the finest of wines, spirits and beers. Haunting music by Spook Jones and his real gone band. Dinners nightly from the Groaning Board.

Soup Du Nuit

Clammy Chowder

Medium Rare Ghost Beef, in its own supernatural juices	
Grilled X Bones	Cold Turkey with Giblet Gravy
Genuine Liverherse with Stiffed Potato	
Corned Beef Ash	Chicken in a Casket

The above are served with Mummy Spectral's delicious hair-raising biscuits and home-grown vegetables - fresh as the moaning dew - from the Spectral Arms' private plot.

Shrouded Lettuce Salad

Desserts

Ice Screams and Spookies	
Buries in season	Crepes Suzette
Turnovers	Apparition (no calorie) Pudding

Coffin or Tea

Our skeleton staff will shadow you with attention. Lunch with us in the Belfry-Room-oooo, such rattling good food. Drink in our quaint old Wraithkeller. Have a wail of a good time and be sure to float back soon.

"We cater to no Bodies."

- Mary Bishop

HARD ROCK MINERS

POWDER HEADACHE

To cure common miner's ailment caused by breathing powder smoke, a small bottle of ammonia was carried and sniffed at the first sign of headache. Fresh grapes or grape juice was also believed to help relieve pain. Fresh air is best remedy.

MINE CAMP HOECH

Mix up large crock of sourdough starter. Place in warm corner of cabin. Allow to work and liquid to rise to top for about 3 or 4 days. Pour off liquid and drink. Portion is potent! This was used in remote mining camps from the Yukon to Tucson in the early days.

CIDER WINE

Expose portion of cider cask to heavy freeze. Bore hole in unfrozen portion of the cask and drain off liquid. The strength will have been increased manyfold and the liquid will make good mixer for box socials!

MINE CAMP COOKERY

PARBOILED BACON

This was a favorite receipt of prospectors and miners who desired to vary their monotonous diet of plain fried bacon or salt pork. Parboil bacon or salt pork for a few minutes. Roll meat in flour and fry. Drippings make good sop.

WILD GREENS

Poke salad, lambsquarter, or miner's lettuce were mixed with vinegar and skillet drippings for salad. Wild onions were gathered for greens and for boiling with slabs of bacon or salt pork.

DANDELION SALAD

Cut and wash tender leaves of dandelion plant. Mix with wild onions or garden vegetables, if available. Add vinegar mixed with brown sugar and skillet drippings.



FRUIT SYRUP

Cover dried fruit with four fingers of water. Stew for several hours. Pour off juice and sweeten with sugar. Boil juice again to produce syrup for biscuits or hot cakes.

HIGH-GRADER'S CAKE

Knead sugar and raisins into lump of sourdough. Bake covered in skillet or dutch oven. Early prospectors used gold pans for baking.

SOUDOUGH TWISTS

Add sugar to sourdough and cut into strips. Bake into twists and fry in deep fat. Real crowd pleaser!

MINER'S PIE, POORMAN'S PIE OR LESSOR'S PIE**Vinegar pie ingredients:**

$\frac{1}{2}$ cup vinegar
1 pint branch water
 $\frac{1}{2}$ cup fat or lard
1 tablespoon flour
Sugar to taste

Melt fat in pan - add flour, stir and slowly add mixture of sugar, vinegar and water. Boil until thick. Add to pie crust and bake.

Pies were also made from green grapes, green tomatoes and squash.

**WINE CAMP PIE CRUST**

8 cups flour
6 cups lard
 $1\frac{1}{2}$ cups cold water

Mix the flour and lard together with the fingers. Add enough water to make handling easy. Next, clear all ore specimens and samples off the table and brush loose, crumbly rock dust onto floor. Spread flour generously on table top. Roll out dough and cut to fit pie tins. Fill with fruit or berry filling and cover with top crust. Cut slits in top pastry to prevent filling from boiling over in oven. Makes four big pies.

COLD FLOUR

This was carried by mountaineers and prospectors when the weight of food had to be reduced or when peasecan was not available. Parch two pounds of corn. Grind fine. Mix with equal amount of sugar. Retion per meal - one tablespoonful plus water to moisten.



PROSPECTING HINTS

LODE VEINS

Some gold minerals are:
Native gold (placer nuggets
and veins)

Celaverite
Petzite
Krennerite
Sylvanite



The dollar value of the gold in a vein does not necessarily increase with depth.

Gold veins generally decrease in dollar value with increasing depth.

Exposed veins which are barren will not necessarily contain valuable minerals beneath the overburden.

The width of gold bearing veins generally decreases with depth.

Not all minerals of a vein or outcrop are subject to leaching.

Valuable gold deposits are not always marked by prominent outcrops.

Conditions favoring the development of a gold deposit in one area may not do so elsewhere.



PLACERS

Do not allow grease in gold pan as an oil-water combination will float off fine gold. If gold pan is used for cooking, wash with soap and rinse carefully.

Do not use mercury in gold pan to pick up fine gold. If necessity requires this to be done, burn off pan to remove any mercury droplets which may remain in the rust pits.

When using a sluice box, Long Tom or California Rocker, do not allow carpet or riffles to become overloaded with heavy minerals or else fine gold may be lost downstream.

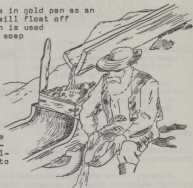
When roasting amalgam (gold and mercury) do not breathe fumes as mercury poisoning will occur. Roast amalgam button outdoors where no contamination is possible. Best to use re-tort!

Beware of false bedrock in stream bottom. Richest gold deposits will be found in fractures and crevices of the true bedrock. When working gravel bars, attempt to concentrate in zones of abundant, black magnetite sands.


Panning and washing of sand and gravel bars will reveal gold in very small quantities. One thousandth of one per cent gold can be detected with ease. (This is equivalent to 0.3 troy ounces of gold to the ton of sand and gravel.)

Flour gold cannot be recovered profitably by any known means. Do not rely upon fire assays alone to evaluate a placer deposit, as the gold may not be recoverable by washing methods.

Placer deposits named after women appear to return a good dollar value. (Any woman's name will do, as the placer doesn't know one from t'other!)




TRAPPERS HINTS



Set coyote traps around base of tree. Hang dead rabbit from lower branch, approximately five feet above ground. Coyote will become trapped as he prepares to leap for bait.

Throw steel traps in creek for several days to wash off human scent. When setting, handle with clean gloves.

Hides are best when an "R" is contained in the name of the month in which the animal is laid to rest.

Boots must be clean when traps are being set out. If traps are dug into ground and covered with leaves, scatter and carry off excess dirt for at least 200 feet from traps.

When skinning out coyotes, bobcats or lions, save the urine from the bladder of animal. Bottle and use as scent to attract similar animals to trap area.

A strong bait attractant can be made in the following manner: Cut up, grind or dice whole fish. Tie in cloth sack high in tree during summer to ripen. Remove bait and sprinkle sparingly in the area. Odor will draw coyotes and bobcats from miles around.

Coyotes, bobcats and mountain lions can sometimes be poisoned by killing a deer or cow and treating the carcass with strichnine. Not foolproof, as many wild animals have the ability to regurgitate food if it appears to be tainted.



RECEIPTS

BANNOCK

Bannock is well known as a trail bread. It can be prepared quickly and provides the outdoorsman with a delectable bread.

3 cups flour
1 Tbsp. baking powder
1 tsp. salt

3 Tbsp. milk
2 Tbsp. melted fat

Mix well and add enough water to make a medium stiff dough. Drop into greased frying pan and set near fire for about half an hour or until dough rises. Fry batch slowly, for ten minutes. Prop the pan near the fire so it will continue to bake by reflection. When it is golden brown and a splinter inserted in the center comes out clean, it's done.

SOURDOUGH BANNOCK

1 cup sourdough starter
 $\frac{1}{2}$ tsp. salt
1 Tbsp. sugar
1 Tbsp. melted fat
 $\frac{1}{2}$ cup milk
Enough flour to make a stiff dough

Mix above ingredients and spread in greased skillet. Bake over fire for 10 minutes, then prop by fire to bake by reflection, until done.

SWEET BANNOCK

Either of the above receipts can be made into an excellent dessert by the addition of raisins, brown sugar or dried berries.

QUICK BANNOCK

Prepare stiff bannock dough as above, but instead of baking in heavy frying pan, stretch dough out lengthwise so it can be twisted around a stick and roasted over the coals by turning the stick.



SOURDOUGH COOKING



COWBOY AXIOM



Sourdough cooking is like eating Chinese food - when it's good, it's the best, but when it's bad - brother, there is nothing worse!

SOURDOUGH STARTER

1. To a crock half full of water, add a handful of sugar. Stir in flour until batter is as thick as can be stirred. Cover and set in warm place. Within 48 hours or less it will become sour and increase to twice its bulk.

2. Mix one pint of flour and one tablespoon of sugar in sourdough crock. Stir in one and a half cups of water, and beat until smooth. A tablespoon of vinegar is often added to the dough. Cover with a loose lid or cloth and put in a warm place until batter bubbles and sours. (Usually about two or three days.)

3. Mix one cup of flour to one cup of milk in an open crock. Mix well and cover with cloth. Store in warm area until it is bubbly. (Two to four days.) Increase amount of starter by adding flour and warm water.

SUGAR YEAST STARTER

Mix two pounds of sugar to one pound of flour. Add water and mix well. Cover with cloth and put in warm place. It will ferment of its own accord and can be used as starter.

BRAN YEAST STARTER

Steep bran in water in sunny place. Allow to ferment and sour for about two weeks. Strain off liquid. Squeeze bran through a coarse cloth. Allow liquid to settle. Add water and pour off discolored residue. Use residue as starter with flour.

FEEDING STARTER

If starter is not used every day, "feed" weekly by adding flour and water.



YEAST STARTER CAKES

Settlers often made their own dry yeast cakes instead of using sourdough for leavening. Dry hops were boiled with mashings made from two or three boiled potatoes. To this was added a cake of yeast from the last batch made. Plenty of corn meal was added to make a thick dough. This was then rolled out to one half inch thickness and cut into two inch squares. These were placed in the safe and allowed to dry slowly. A two weeks supply was generally made up each time.

YEAST CAKE BREAD

Into a large bowl crush one yeast starter cake into warm water. Add sufficient flour to make a thick batter. Cover and place in warm area to work (rise) overnight. Add flour and knead. Allow to rise and work down into loaves. Allow to rise once more and bake.

SOURDOUGH SWEETENER

Add a little baking soda if yeast or sourdough has become too sour.



HOT CAKES, "FLAPJACKS"

Add flour to sourdough starter, allow to rise and work. Put aside two cups for sourdough jug. To remaining sponge, add soda and salt. Thin batter with water. Allow to stand in warm area until bubbles form. Spoon batter onto hot griddle.

SOURDOUGH PANCAKES

Set at night: $\frac{1}{2}$ cup starter, 2 cups warm water, and 2 $\frac{1}{2}$ cups flour. Beat well, cover and let set 'til morning. In morning put aside for sourdough jug, $\frac{1}{2}$ cup starter. To remaining batter add:

- | | |
|---------------|------------------------------|
| 1 tsp. salt | 2 Tbsp. salted butter or fat |
| 2 Tbsp. sugar | 2 eggs, beaten |
| 1 tsp. soda | |

Beat all ingredients together and fry in hot skillet.



SOURDOUGH CORNBREAD

- | | |
|------------------|------------------------------|
| 1 cup starter | $\frac{1}{2}$ cup melted fat |
| 2 cups milk | 1 tsp. salt |
| 2 cups corn meal | 1 tsp. soda |
| 2 eggs | 2 Tbsp. sugar |
- Mix thoroughly and pour into a greased cast iron frying pan. Bake and serve hot.

SOURDOUGH MUFFINS

- | | |
|-------------------------------------|-------------------------------------|
| 2 cups flour | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup melted fat | 1 egg |
| $\frac{1}{2}$ cup sugar | 1 cup serviceberries, well drained. |
| 1 tsp. baking soda | |
| $\frac{1}{2}$ cup sourdough starter | |

Stir all ingredients just enough to mix. Bake in well greased muffin tins.

SOURDOUGH BISCUITS

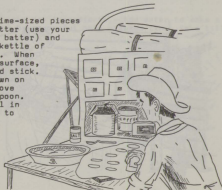
Sourdough biscuits were known as the staff of life to trappers, prospectors, cattle drovers and settlers.

For sourdough biscuits, set starter the night before. Next morning (after taking out a start for sourdough pot), add a teaspoon of soda, one tablespoon sugar, one tablespoon salt, one half-cup melted fat, and add enough flour to make a stiff dough. Mix well and set aside to raise. Let rise about an hour, turn out on well floured board and knead until smooth. Pull off small chunks of dough and shape into rolls. Place in greased pan, let rise one hour and bake.

After kneading, biscuits can be cut out with a cutter (empty can works fine), rather than shaped with hands.

FRIED BREAD

Pinch off dime-sized pieces of sourdough batter (use your regular biscuit batter) and drop into deep kettle of smoking hot fat. When pieces rise to surface, turn with forked stick. When golden brown on both sides, remove with stick or spoon. Drain well, roll in sugar and allow to cool. Makes a tasty treat, appreciated by cowboys, trappers, mountaineers and miners.



BREAD

POTATO YEAST BREAD

Soften $\frac{1}{2}$ cake of yeast in $\frac{1}{2}$ cup warm water. Let stand about one-half hour. Add 1 $\frac{3}{4}$ cups warm potato water, $\frac{1}{2}$ cup mashed potato and 2 tsp. sugar. Cover and let stand overnight in warm place until bubbly.

Next morning add 3 Tbsp. melted fat, 2 Tbsp. sugar, 2 tsp. salt and 3 cups flour. Beat smooth and add enough more flour to make stiff dough. Turn out onto well-floured board and knead until smooth. Place in warm greased bowl and grease surface of dough. Cover and let rise in warm place until it has doubled in bulk. Punch down in bowl, cover and again let rise until double in bulk. Divide dough and shape into two loaves. Place in greased pans, cover and let rise until double in bulk. Bake.

SALT-RISING BREAD

Scald $\frac{2}{3}$ cup milk. Add $\frac{1}{2}$ cup freshly ground corn meal. Beat, cover and let stand overnight in warm place. Next day batch will be spongy and bubbly. Add $\frac{1}{2}$ tsp. soda to two cups warm water. Add enough flour to make a thick batter. Add to corn-meal sponge and beat well. Put in pan of warm water until light and full of bubbles. Punch down.

Mix $\frac{1}{2}$ cup shortening, 1 Tbsp. salt, 3 Tbsp. sugar and 2 cups boiling water. Let stand until lukewarm. Add to the sponge and beat well. Add more flour to make stiff dough. Turn out onto floured board and knead well for about ten minutes. Divide into three parts, shape into loaves and place in greased pans. Brush tops with melted grease and let set in warm place until double in bulk. Bake in hot oven.



BISCUITS

BEAT BISCUITS

4 cups flour
 $\frac{1}{2}$ tsp. baking powder
 1 tsp. salt
 1 Tbsp. sugar
 $\frac{1}{3}$ cup shortening
 1 cup water

Mix flour, baking powder, salt and sugar. Cut in shortening and add enough water to make a stiff dough. Knead well and turn out onto board. Beat with hub wrench or rolling pin until dough blisters and is smooth. Keep folding dough in a round ball while beating. Roll out to $\frac{1}{2}$ inch thickness and cut with cutter. Bake on greased baking sheet.

Milk should never be added to baking powder biscuits.

SODA BISCUITS

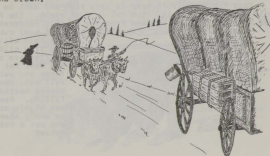
2 cups flour
 1 tsp. baking powder
 $\frac{1}{2}$ tsp. soda
 1 tsp. salt
 1 cup sour cream

Mix dry materials together. Add cream to above ingredients to make a soft dough. Turn out on floured board and knead a little. Roll out to $\frac{1}{2}$ inch thickness. Cut and bake on greased pie tin.

TRAIL BISCUITS

4 cups flour
 2 tsp. baking powder
 2 tsp. salt
 1 cup lard

Crumble lard into dry ingredients. Add water to make a stiff dough. Drop by spoonful onto greased tin. Bake till nice and brown.



**PIONEER PASTRY**

- 2 cups flour
- 3 large Tbsp. lard
- 1 tsp. salt
- 1 tsp. vinegar

Crumble lard into flour. Mix remaining ingredients and add to flour mixture. Beat like batter. Turn out on well-floured board and knead. Roll out and line pie tin. Bake in hot oven. This never fails!

SNOW ICE CREAM

Dissolve one cup sugar in one and a half cups milk. Add a little berry juice to color and flavor it. Stir in enough snow to give desired consistency. Dry, powdery snow makes the best ice cream.

MOLASSES TAFFY

Boil two quarts of molasses, stirring constantly. Cook until small amount dripped from tip of spoon into cold water can be formed into hard ball. Cool. Grease hands and pull a handful of taffy until it will form into sticks. Cut and store on greased paper in cool place.

BREAD PUDDING

Soak cold biscuits in warm water, add raisins and sugar. Mix well into jelly-like mass and pour into greased skillet or dutch oven and bake. (Good way to use left-over breads.)

BEAR CUB CRUST

Bear fat from adult bear is very rich and must be mixed with lard to mellow it. Cub fat is just right. The finest pie dough is said to be made from the freshly rendered fat of a bear cub which has been killed during time wild, sweet berries are ripe. Mix bear fat with flour and water and roll out. Use fresh-picked berries for filling. Bear fat was highly prized by early homesteaders who set a real fine table!

**VENISON MINCEMEAT**

- 1 pound chopped suet
- 3 pounds ground venison (usually from head or neck)
- 8 cups chopped apples
- 2 pounds raisins
- 1 tablespoon salt
- 5 tablespoons mixed spices
- 1 cup molasses
- 4 cups sugar
- 1/2 cup apple cider

Cook meat in large kettle until suet melts. Add all other ingredients. Simmer entire concoction until it has a rich, dark color. Will make about four large pies, or can be canned in jars for later use.

**SDN-OF-A-GUN-IN-A-SACK**

- | | |
|-------------------------|----------------------|
| 1 cup chopped beef suet | 2 cups flour |
| 1 cup molasses | 1 Tbsp. mixed spices |
| 1 cup milk | 1 cup raisins |
| 1 tsp. salt | 1 cup chopped nuts |
| 1 tsp. soda | |

Mix all ingredients together. Spoon the mixture into sack and tie securely. Boil in deep kettle of water for about three hours. Serve with hot sauce as follows:

Boil two cups water and three tablespoons butter together. Stir in one-half cup brown sugar mixed with a little flour. Remove from fire and add as much whiskey as your conscience will allow!

DIRED FRUITS

Apples, peaches, apricots, raisins and plums were sometimes dried and stored for off-season use in puddings and pies.



SETTLERS' POTATO CAKE

Cream together:

- 1 1/2 cups sugar
- 1/2 cup butter or lard
- 1 cup mashed potatoes, cold

Add the following milk and flour mixtures:

- 1 cup sour milk
- 1 tsp. soda
- 2 cups flour
- 2 tsp. baking powder

Then add:

- 1 tsp. cinnamon
- 1/2 tsp. each of cloves and nutmeg
- 1 Tbsp. cocoa
- 1 tsp. vanilla
- 1/2 cup chopped nut meats



Add 2 eggs and mix well. Pour into greased cake tin and bake.

CORN PUDDING

- 2 cups crushed corn
- 4 eggs
- 2 cups milk
- Add egg yolk to milk, corn, flour and shortening. Fold in beaten egg whites. Bake until firm.
- 1/3 cup melted fat
- 2 Tbsp. flour

NATURAL SWEETENERS

Some of the natural sweeteners which were available to the homesteader are:

- Chokecherries
- Buffalo berries
- Huckleberries
- Thimbleberries
- Gooseberries
- Native currants
- Honey
- Service berries (also called service berry, june berry, and shadbush.)

INDIAN PUDDING

Corn meal and molasses were cooked together slowly with the addition of raisins or other dried fruit.



MEAT

BEAR MEAT

Bear meat is best cooked as pot roast, with wild onions for flavor.

PERRMICAN

Buffalo, venison, elk or bear may be made into pemmican, although buffalo is preferred and most widely used. Using lean meat only, cut in thin strips or sheets and hang to dry in sun. When cured, place sheets on stretched hide and thoroughly beat to a fine mass of powder and fibers between flat rocks. Render down bone marrow and fat. Add 50 pounds hot, melted fat to each 50 pounds meat. Mix well and add available sweetening for flavor. Buffalo berries, chokecherries or service berries added. Pack mixture in buffalo stomach or well-cured hides. Mass will cool and harden to pemmican and will last for years in storage.

JERKY (BUFFALO, BEAR, DEER, ELK)

Jerky was used by Indians, mountaineers, prospectors and pioneers. Slice meat thin, (strings or slices) usually from rump. Dip quickly in pot of boiling salt water. Season with pepper and allow to dry over slow, smokey fire for several days until brittle. Store in dry place. A handful of jerky will carry a hunter for one day.

SALT PORK

A barrel of salt pork weighs about 200 pounds. Often, it was par-boiled, rolled in flour and fried. Gravy was made by stirring a spoonful of flour into grease and adding milk (if available) to thicken.

MAKING GELATIN

Boil ground bone and cartilage in water. Save gelatin for jellies and broths.

BASTING MEAT

When roasting meats, always have fat side up. As the fat melts, it will keep the roast from drying out and make it more palatable.



SON-OF-A-GUN STEW

Heart, sweetbreads, tongue, brains, or liver (any meat available) should be chopped fine into kettle and covered with chopped vegetables - potatoes, carrots, corn, tomatoes, onions, or whatever is on hand. Cover the whole with water and boil slowly. Improves with age. Reported to be very good if you're real hungry!

PICKLING IN BRINE

To pickle 200 pounds of pork, you need:

- 14 pounds salt
- $\frac{1}{2}$ pound salt petre
- 4 pounds coarse brown sugar
- 2 quarts molasses
- 1 pint beer or vinegar

Plus enough water to dissolve the salt. Peppers, all-spice and cloves may be added to flavor the meat.

BEEF AND DUMPLINGS

Slowly simmer thumb-size pieces of beef fat in pot until tender. Pinch off dime-size pieces of sourdough bread batter and drop into pot to cook for a few minutes. To thicken, add a little flour and water mixture to contents of pot.

STEAKS

Cowboys required steaks to be pan-fried in beef fat, not lard.

SOP (THICK GRAVY)

After frying steaks using suet for grease, remove steaks and add three tablespoonfuls of flour, salt and pepper, then add water to make thick gravy.



PIONEER HAM LOAF

2 pounds smoked ham	$\frac{3}{4}$ cup milk
1 pound fresh pork	$\frac{1}{2}$ tsp. mustard
1 cup bread crumbs	2 eggs
Mix and pack in salt sacks.	Boil two hours in water
which contains $\frac{1}{2}$ cup vinegar.	

OXTAIL STEW

2 oxtails, disjointed	6 small onions
1 Tbsp. melted beef suet	6 carrots
2 cups water	1 Tbsp. flour
1 tsp. salt	2 Tbsp. cold water

Brown oxtails in suet. Add salt, water, cover and simmer until tender. Add peeled, cut-up carrots and onions and cook another half hour. Make paste of flour and water and slowly stir into mixture. Continue cooking until gravy is thick.

CORNER BEEF

Rub meat with salt and saltpetre. Put in crock with a few garlic cloves, 2 Tbsp. sugar, 2 Tbsp. pickling spice and rock salt. Add water to cover, cover crock and let stand about three weeks. Every five days, remove meat, stir brine, and replace meat in reverse position. Store in cool place. To serve, boil meat for a few hours (gently). A tablespoon of baking soda may be added to meat preserved in brine.

WILD TASTING MEAT

Soaking wild game meat overnight in salt water helps to eliminate the "wild, gamey" taste.

Adding a little vinegar when boiling or roasting tough meat will help tenderize it.

Beef suet added to wild game, improves the flavor.

OVER-RIPE MEAT

Rub slightly spoiled meat with a mixture of soda and salt and rinse well with cold water. If it is not too "ripe" it will still make good eating; in fact, it will be even more tender than ever.



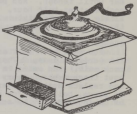
BEVERAGE

BOILED COFFEE

The best coffee is made by starting with cold branch water. Bring to boil, and add one heaping tablespoon ground coffee per cup (plus one for the pot). The addition of egg shell definitely improves flavor. After coffee has been boiled to desired strength, remove from fire and add a few drops of cold water to settle grounds. Many cooks prefer to boil coffee in an old sock.

COFFEE SUBSTITUTES

When coffee supplies ran out and the old grounds which had been carefully saved, had been reboiled many times, substitutes became necessary. Beans, peas, barley, corn, dried potatoes, rye, wheat, toasted bread, dandelion roots, and burnt sugar were some of the substitutes commonly used. Moe be to the home-maker or cook who ran out of coffee!



TEAS

Maidenhair fern, cherry bark, sage and thyme were often used to brew tea.

TRAIL TEA

Zippy flavor could be added to the regular brew by adding a few pine needles to the tea pot.

Indians made tea by boiling huckleberries.

RASPBERRY TREAT

Let berries stand 24 hours in vinegar. Drain off liquor. Repeat three times. Add one pound lump sugar for each pint of juice. Place pot or stone jar in boiling water. After boiling for ten minutes, bottle. Makes refreshing drink when diluted with water. Haying and harvest crews would appreciate this treat.



CIDER MAKING

Gather apples, wash well and sort out the wormiest ones. Put through cider press. Pour juice into jugs, cork and store in cool place. Be sure to remove corks daily to release pressure which builds up due to fermentation. Care must be taken when removing corks or it might blow up in your face! For mulled cider, add brown sugar, stick cinnamon and serve hot.

VEGETABLES

GREEN CORN COOKERY

Roasting ears were boiled in pot with husks and silks removed. Also boiled or roasted in husks. To roast, place ears in coals which have been raked into shallow pit or to edge of fire.



To fry green corn, first cut corn off cob with knife. Season with milk or butter; or fry with pork or bacon fat; or remove pulp from kernels by slitting center of each row of kernels and scraping out pulp. Fry pulp in skillet with bacon grease, salt pork or butter.

LYE HOMINY

Boil shelled corn in a weak lye solution until the kernel covering can be easily removed by rubbing between the hands. Remove corn from lye solution, wash several times with cold water. Put in crock and store in cool place.

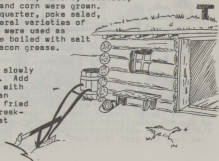
Hominy was usually fried in fat or boiled with milk and butter. It can also be simmered in water and served with bacon grease or pan drippings as a substitute for butter.

VEGETABLES OF THE FRONTIER SETTLER

Beans, peas, squash, pumpkins, radishes, mustard, lettuce, carrots, beets, onions, turnips, cabbage, potatoes, cucumbers, sweet potatoes, melons, tomatoes, spinach, collards and corn were grown. Wild onions, leeks, quarter, poke salad, dandelions and several varieties of dock grew wild and were used as greens. These were boiled with salt pork or fried in bacon grease.

CORN MUSH

Stir corn meal slowly into boiling water. Add salt, cool and eat with milk and sugar. Can also be sliced and fried in bacon fat for breakfast. Use bacon fat for butter and sweeten with syrup.



PUMPKIN FIXINGS

Pumpkin was cut in big rings and allowed to dry in sun. Dried slices were used to make soup and molasses. It was also prepared by soaking overnight, par-boiling and frying it in butter or grease. It was then sprinkled with cinnamon and brown sugar. Pumpkin butter was made from ripe pumpkins.

FRIED BEANS

To change diet of boiled beans to fried beans, soak the beans overnight. Next day, pour off the water and allow to drain. Cover bottom of skillet with $\frac{1}{4}$ inch of fat or bacon grease. Fry beans as you would potatoes. Cover and stir occasionally.

COLD FACTS ON POTATOES

Always start old potatoes in cold water; new potatoes in hot water.

Always boil potatoes in their jackets or skins.

Don't soak peeled potatoes in cold water for extended periods of time.

Rock salt is preferable to table salt in potato water.

NATIVE VEGETABLES

The pioneers and settlers developed variety in their meals from a few basic items. Among the native vegetables used were:

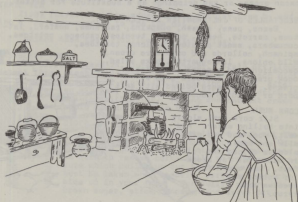
Sego lily

Roots and blossoms of cattails

Milled flour from seeds of pine

Yampa

Ferns



PICKLES & RELISH

8 DAY PICKLES

$\frac{1}{2}$ peck small cucumbers, cut in 6 or 8 pieces.

Cover with:

$\frac{2}{3}$ cup salt. Pour boiling water to cover. Let stand

overnight. Drain and add:

$\frac{1}{2}$ cup mixed spices

$\frac{1}{2}$ gallon vinegar

4 Tbsp. dry mustard

4 Tbsp. salt

4 Tbsp. sugar

Alum - size of walnut

1 stick ginger root

Measure 8 cups sugar, and

add one cup of this sugar

each morning. Store in

crook in which they were

made in a cool place.



CHILI SAUCE

2 pecks tomatoes

16 large onions

4 stalks celery

4 small, hot, red peppers

Chop fine and add:

2 cups pickling salt. Let stand one hour. Put in a

cheese cloth bag and drain overnight. Scald and cool:

8 cups vinegar

Add the following to the above mixture and pour vinegar over all:

2 tablespoons mustard 1 teaspoon cloves

2 tablespoons cinnamon 8 cups sugar

Bring to a boil, pour into jars and seal while hot.

CORN RELISH

18 ears sweet corn

6 stalks celery

4 onions, chopped

2 green peppers, chopped

1 small head cabbage, chopped

1 cup flour

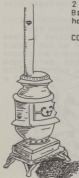
2 quarts vinegar

1 cup salt

2 cups sugar

$\frac{1}{2}$ tsp. each, cayenne, turmeric, mustard

Cut corn from cob and put in large kettle with cabbage, celery, onions and peppers. Mix remaining ingredients and add to pot. Simmer this concoction for about $\frac{3}{4}$ of an hour. Pour into jars and seal immediately.



PICKLED EGGS

- 16 hard-cooked eggs
- 3 cups white vinegar
- 1 tsp. salt
- 1 cup water

Pickling spices (Do not use mustard, as it will cause discoloration of eggs.)

Shell eggs and put into hot, sterilized jars. Cover with boiling pickle liquid. Seal. In three or four days eggs will be ready to eat.

WATERMELON PICKLES

Rind from one watermelon (cut in cubes)

- 1 cup salt
- 2 Tbsp. alum
- 2 Tbsp. allspice
- 2 sticks cinnamon
- 1 cup whole cloves
- 6 cups vinegar
- 8 cups sugar



Before cubing rind, trim green skin and red meat off. Put cubes in large crock. Salt lightly and cover with cold water. Let stand overnight. Next morning, drain and wash. Put alum in large kettle of boiling water, add rind and cook until tender. Drain and wash well. Tie spices securely in cheesecloth and boil in mixture of sugar and vinegar until thick and syrupy. Add rind and cook until liquid is clear. Remove from stove and let stand overnight. Next morning, pour off syrup and boil. Put rind in jars and cover with boiling syrup and seal.

QUICK RELISH

- 1 cup chopped tomatoes
- 1/2 cup diced celery
- 1 cup cucumber, diced
- 1/2 cup vinegar
- 1/2 tsp. dill seed
- 2 tsp. salt
- 1/2 cup brown sugar

Mix ingredients and store in cool place. Will keep for several days.



CANNING

COLD-PACK CANNING

Pack cold, raw food in jars with lids on loosely. Put jars on a rack, lower carefully into large kettle of boiling water. Jars must not touch bottom of cooking vessel. The water should come about an inch above the tops of the jars. Cover kettle tightly and bring to a boil again. After cooking required length of time, remove jars and seal immediately. This method works well for most fruits and berries.



HOT-PACK CANNING

Partially cook food and pack at once into hot, sterilized jars and seal completely. Process in large kettle of boiling water, same as for cold-packing.

OVEN CANNING

Fire up stove and wait until oven is just warm, about 250 degrees. Arrange filled jars on rack, two inches apart so air can circulate freely. After processing period has been reached, remove jars from oven and seal, if they were not pre-sealed. This method is advisable for fruits and acid vegetables, only.

DRYING BERRIES AND FRUITS

Wash berries or fruits thoroughly and spread on wire mesh or lattice in full sun. In bad weather, they may be spread out on tray over the stove or near fireplace. Fruit should be turned daily to allow for free air circulation. When dried, store in containers with tight fitting lids. Will keep for years. When ready to use, soak in water for a few hours.



A LEXICON OF COMMON WINES MADE BY THE PIONEERS

FRUIT WINES

Apple wine	Pear wine
Apricot wine	Plum wine
Grape wine	Prune wine
Wild cherry wine	Raisin wine
Peach wine	Rhubarb wine

FLOWER WINES

Clover-flower wine	Marigold wine
Cowslip wine	Mint wine
Daisy wine	Rose wine
Dandelion wine	Rose-hip wine

CEREAL AND VEGETABLE WINES

Barley wine	Potato wine
Tablet beet wine	Pumpkin wine
Carrot wine	Wheat wine
Parsnip wine	

BERRY WINES

Blackberry wine	Current wine
Blueberry wine	Raspberry wine
Elderberry wine	Strawberry wine
Chokecherry wine	

An old favorite receipt for RHUBARB WINE:

5 pounds rhubarb	1/2 pound raisins
1 gallon branch water	1 pound grapes
3/4 pound sugar	2 tablespoons sourdough starter

Pick rhubarb stalks in cool of the morning. Cut into 2 inch lengths, and place in crock of suitable size for the requirements of receipt. Draw branch water and bring to boil, pour into crock. With suitable wooden mallet, wash rhubarb to a pulp. Stir and wash daily until 8 days have lapsed. Strain juice through muslin, taking care to squeeze all juice from stalks. Add sugar to strained juice. Bring to simmer to dissolve sugar and return to crock. Add chopped raisins and juice from fresh grapes. Add starter yeast, cover and place in warm corner. Next day it should be bubbling. Let it ferment for at least a fortnight. Strain into glass bottles and cork. Store for at least a year before drinking.



ROSE HIPS

Rose hips are very high in vitamin C and make good jams and jellies. The Indians pounded rose hips into their pemican. The hips can be gathered any time after the first frost, dried and stored in air tight containers until needed.

ROSE-HIP JELLY

Wash two cups of rose hips thoroughly and remove ends. Boil for about five minutes in one cup of water. Make a jelly bag of cheesecloth and strain mixture in this overnight. Measure juice and add apple juice - one cup of rose-hip juice to three of apple - and boil together for ten minutes. Add two cups sugar and continue boiling until it begins to jell. Pour at once into hot, sterilized jars and seal.

ROSE-HIP JAM

Gather two cups of ripe rose hips. Wash well and remove ends. Simmer gently in four cups water until soft. Wash crab apples and cook to a pulp. Combine and put through colander to remove seeds. Measure pulp and add one cup sugar for each cup pulp. This combination greatly improves the flavor of the jam.



PIONEER REMEDIES

CLEANSING TEETH

Brush teeth with finely pulverized charcoal. Many prefer fine, white wood ash. A splintered stick makes a good brush.

Ground comfrey root is also good for brushing teeth.

TOOTH ACHE

A mixture of one part oil of cloves and one part creosote will relieve tooth ache.

TEETHING

Kill fat goose and remove down from neck. Carefully slit goose neck to remove neck bones. Wrap or tie neck skin and meat with fine tulle. Hang to dry in shaded area to preserve grease. Allow baby to suck and chew dried neck during teething to lessen pain.

GARGLE

Mix one teaspoon salt and one teaspoon baking soda with hot water and gargle solution several times daily for sore throat.

SORE THROAT

Spearmint tea, spikenard tea, and tea made from May-apple often were given for sore throat.

Heat goose grease and turpentine. Dampen clean sock with this solution and tie around neck.

Put a few drops of kerosene on a spoon of sugar and swallow.

Suck horehound drops, swathe neck in red flannel which has been soaked in warm, camphorated oil.

Daub neck with warm bear grease and girdle with rubber ice collar.

Drink solution of garlic, brown sugar and rose water. Drinking hot rum spiked with gun powder is very helpful.

Sniffing pine oil will also help relieve distress.

Eating raw onions will speed recovery, as onions are high in vitamin C.

COLDS

COUGH SYRUP

Boil dried horehound leaves until tea becomes strong. Add three cups sugar for each cup and a half of tea. Boil until syrup thickens. Whiskey may be added in small amounts. Bottle and take a teaspoonful several times a day to cure cough. (Guaranteed to improve spirits!)

WHOOPING COUGH SYRUP

Drink boiling hot horehound, lemon or ginger tea mixed with honey. Cover patient with quilts and blankets in order to sweat poisons out of system.

TEA FOR COLDS

Make a tea from this year's spruce tips and drink as hot as possible. Wormwood, boneset and hemlock tea are all good.

CORN SHUCK TEA

Boil ten corn shucks in water for 30 minutes. Drink the brew straight. Good for colds, headaches.

CHEST COLD PREVENTATIVE

Cut off plug of camphor ice the size of thumb end. Tie camphor in small cloth bag. Hang bag on string around neck next to chest. Vapors will penetrate lung membranes and prevent winter colds. Replace camphor when reduced to size of large pea.

CHEST RUB

For chest colds, mix one tablespoon turpentine with two tablespoons lard. Rub on chest and throat and repeat often. Apply red woolen for warmth.



MUSTARD PLASTER

For pains or cold in chest, mix one part mustard, one part flour with enough warm water to make a paste. Cut two pieces of cloth to same size and sandwich the paste between cloth layers. Grease chest and apply plaster. Allow plaster to remain until skin reddens. Reduce mustard concentration for children. Apply several times daily.

**EARLY SETTLERS' GARDEN HERBS**

Sage	Rosemary
Savory	Chives
Fennel	Tarragon
Horehound	Dill
Marjoram	Tansy

CHILDREN'S AILMENTS

Catnip tea was administered to children for a number of ailments.

NOSEBLEEDS

Place cold compress on nose, back of neck or under lower jaw. Tie loop of string on index finger of right hand. Pretty soon, bleeding stop.

SEVERE BLEEDING

Dissolve salt in hot water and apply solution to wound.

INDIGESTION

Burdock roots were brewed and the tea drunk for attacks of indigestion.

GOLDENSEAL

A brew made from goldenseal was kept on the back of the stove most of the time so anyone who desired could take a sip of it any time. This is very helpful for stomach and intestinal disorders. (Good for almost everything.)

YELLOW JAUNDICE

Yellow jaundice was treated with powdered licorice root tea. Brew slowly and drink as hot as possible.

AIR CLEANSER

To purify cabin air after sickness, close all doors and windows and burn sulfur candles for eight hours.

CONGESTION

To clear nasal passages and to free congestion in lungs, breathe steam from a pan of boiling water to which camphor has been added. Avoid cold drafts.

**"EASY TO TAKE" CASTOR OIL**

Add maple syrup or molasses in equal parts to castor oil to disguise taste. Take a deep breath, pinch both nostrils, and swallow large tablespoonful of mixture. Let out air.

**"REALLY WORK 'EM" LAXATIVE**

- 1 pound prunes
- 1 pound figs
- 1 pound raisins
- 1 cup raw bran

Chop fruit fine and mix with bran. Press into shallow pan and cut into squares equal to one tablespoon. Wrap and store in cool place. Take one square daily.

ELIXIR FOR DYSENTERY

Strip leaves and twigs off chokecherry bush. Boil and drink liquid to cure dysentery. Crow's foot was also thought to relieve dysentery.

KIDNEY TROUBLE CURATIVE

Boil watermelon seeds in water. Allow to cool and eat. A large draught of this will cure trouble in no time. Bearberry was also used as a diuretic.

DRUG PLANTS OF THE HOMESTEADER

- Foxglove (digitalis)
- Belladonna (deadly nightshade)
- Aconitum (monkshood)
- Artimisia absinthium (wormwood)

PREVENTION OF DIAPER RASH

A small amount of corn starch applied to the skin of babies and small children will prevent diaper rash and prickly heat. Diapers were always soaked in 20 Mule Team Borax solution prior to boiling.



WARTS

Cut raw potato in half and rub over surface of wart. Say three times, "Go 'way, go 'way, go 'way." Bury potato and wart will disappear shortly.

When warts make their appearance they may be removed by paring them on top and applying a small amount of acetic acid to the summit of the wart, using a camel's hair brush. Care must be taken that none of the acid gets on the surrounding skin. To prevent this, wax may be placed on the skin during the operation, or an old kid glove may be used, the wart being allowed to project through. Repeat acid application until wart disappears.

Sear lard or grease on skin around wart. Apply dilute nitric acid with match stick to surface of wart several times daily until wart disappears.

A wart will soon disappear if a drop of castor oil is placed on it several times a day. Also, treat before retiring at night.

SKIN BLEMISHES

Treat blemishes with a mixture of eight parts of fresh rendered lard to one part oxide of zinc.

SALLOW, MUDDY SKIN

Add one ounce of glycerine and two drachms of iodide of potassium to one pint of rain water. Bottle and cork solution. Apply with sponge once a day to improve color.

SKIN BLEACH

Use mixture of one-half pint of lemon juice and one-half pint of buttermilk. Apply to face and neck daily. Skin will soon whiten.

Add one wine glass of fresh lemon juice to one pint of rain water. Add ten drops of otto of roses. Mix and keep in well corked bottle. Use once a day to whiten skin.

SUNBURNED HANDS

Tan can be removed by using lime water and lemon juice.

CHAPPED HANDS

To soften and relieve chapped hands, use axle grease, coal tar, bear lard or beef tallow. Bear lard is preferred by the womenfolk.



TONICS

NERVE TONIC

A tea made from skullcap served as a good tonic for the nerves.

SPRING TONIC

Sulfur, molasses and cream of tartar tonics make very good blood cleansers. Mix one teaspoonful of sulfur with one teaspoonful of molasses and add a little cream of tartar. Take daily until creek thaws.

SUMMER TONIC

Honey and vinegar were mixed and taken to keep the blood clear.

GENERAL TONICS

One quart of whiskey added to a two quart jug containing sarsaparilla roots, wild cherry bark and other roots and herbs was used to tone up the appetite and improve the general constitution, including digestion and elimination. (This has also been reported to greatly improve the general spirits!)

Iron deficiency may be solved by sipping liquid daily from a jug containing rusty nails and water.

Teas for puniness were made from: sage, pennyroyal, ginger, sarsaparilla, beef, rhubarb, horehound, blackberry root, oak bark, and pine needles. It does not pay to be puny!

SPRING FEVER AND CHILLS

Sassafras bark and roots were combined with prickly ash bark to make a tea. Drink a teacupful before breakfast from April through August to "start the day right and keep down ills".

ACHES AND PAINS OF ARTHRITIS

Remove inner bark from willow trees. Boil bark in enough water to cover. Add more water and boil several hours. Pour off water and bottle. Take a large draught to kill aches and pains as needed.



POULTICES

Crushed plantain leaves were considered good for this purpose.

The following were often applied to felon (boil) to draw it to a head, or to any wound, sore spot, blister or bruise:

1. Stale bread soaked in hot milk. Wrap in cloth and apply to Felon. Replace two or three times daily with fresh mixture. Repeat as necessary.

2. Flaxseed, scraped beefsteak, hot salt, mustard, poke root were also used in poultices.

RUNNING SORES

One handful of dried cowchip mixed with one handful of dead, dry, white bark of cottonwood. Beat cowchip and bark together on flat rock or on old tree stump until materials are fine as flour. Mix bear, goose or elk grease to make thick selve. Apply thick poultice to infected wound or sore and surrounding area.

Remove after three or four days and repeat until sore has healed, using freshly prepared mixture each time.



OPEN SORES

Mix one quart of warm water, one-half cup baking soda and one tablespoon of vinegar and apply solution twice daily to open sores.

BRUISES AND ABRASIONS

Smartweed steeped in vinegar will aid in reducing bruises. To reduce swelling and inflammation, mix goose grease, mutton tallow, gizzard oil, bear grease, or snake oil with camphor or turpentine and apply to swollen or inflamed area.

CUTS AND WOUNDS

Mash wound in turpentine. Dab wound with spider web to staunch bleeding.

LINIMENT

Oil of wintergreen applied to aching joints will offer much relief.



MALARIA

Yarrow tea was given for malaria.

FEVER

An infusion of willow bark was given in large doses to fever patients. Seneca snake-root was used to make a tea to relieve colds, fever, and "pains in the bones."

FLU

Make a tea of sage. Add a few pine needles. Drink as hot as possible.

AGUE (CHILLS)

Mild horehound, sweet gale, and the leaves and roots of strawberry plant were brewed and taken as remedy for ague.

REMEDIES FOR SHAKES AND CHILLS

The following plants were used in making teas given for shakes and chills:

Spikenard	Snakeroot
Bloodroot	Smartweed
Catnip	Plantain
Tansy	Burdock
Sarsaparilla	Mandrake

THE "JITTERS"

Steep one tablespoon granulated skullcap herb and one teaspoon rosemary leaves in a pint of white wine. Take one tablespoonful three times a day and at bedtime.

RHEUMATIZ

To one pint of boiling water add a pinch of capsicum, two tablespoons of white vinegar, three tablespoons of wild honey, one-half ounce ground slippery elm, one teaspoon ground wild cherry, one teaspoon ground comfrey root, and one-half teaspoon butterfly root. Let stand one hour, then strain and take frequently in small doses.

The berries, bark and roots of prickly ash were concocted into a remedy for rheumatic complaints.



INSECT BITES AND STINGS

Mix one tablespoon baking soda in sufficient water to make a paste. Treat insect bite or sting as often as needed with this.

For stings, after applying paste of baking soda and water, wound may be sucked. Follow with application of water.

Turpentine may also be applied to insect bite or sting.

To prevent mosquito, gnat and fly biting, rub exposed skin with bear grease. Insects do not like 'em!

POISON IVY

Sweet cream applied to eruptions as often as possible will quiet them down.

RING WORM

Burn Hammermill bond paper in sauce dish. Rub salve-like residue on ring worm. It will soon be gone.

SNAKE BITE

Wound is often cauterized with hot iron. Two pints of whiskey drunk immediately - cut across wound - go to bed.

MAD DOG BITE (HYDROPHOBIA)

An old (1877) chemist's manual denotes the following cure for hydrophobia:

Cauterize wound with nitrate of silver. Mix 9 grains of powdered, dried leaves of zanthium spinosus with water. Take thrice daily. Children should take one half dosage. Repeat treatment for three days.

Some folks feel the only course to follow in case of mad dog bite is to rush patient to closest "granny" owning a madstone. Apply stone to bite and allow it to pull out poison by magnetic influence. A true madstone will release its magnetic influence and fall to the floor when all poison is out.



INFECTION

Hot pitch and turpentine compresses used to reduce infection.

DISINFECTANT

1. Burn sulfur candles in closed room to kill diseases - slow fever (typhoid).

2. Place hot poker in block of camphor gum. Fumes will kill diseases.

3. Mix one pint of slacked lime with two quarts of water and wash area thoroughly with solution.

MANGE

Mix rancid lard or bacon grease with coal oil and rub into infected areas of animals daily. Axle grease often used in lieu of coal oil. This is also helpful in killing chicken lice.

LICE

To kill lice on humans, apply coal oil to hair. Wash hair next day and repeat within seven days. Wash thoroughly the bedding and allow to sun for full day.

DANDRUFF

Glycerine diluted with rose water will remove dandruff.

CHILBLAINES

The first indication of chilblaines is itching sensation of the feet. Avoid getting feet wet. It is also claimed that chilblaines can be cured by bathing the feet in water in which potatoes have been boiled.

FROSTBITE, BURNS

Rub light burn or frostbite with freshly cut potato to relieve pain.

Scrape Irish potato finely and spread on gauze, good and thick. Apply over burned area. Good for third degree burns, causing healing from the inside out, without scabs forming which draw and make scar.

Equal amounts of lime water and raw linseed oil should be applied to burned skin. Cover with loose bandage to permit air to circulate freely around the burned portion of skin.

For minor burns, apply cold compresses immediately (or plunge burned area in snow if convenient) to prevent blisters from forming. This also helps relieve pain.



INDIAN REMEDIES

SAGEBRUSH OR BLUE SAGE

Tea brewed from sage leaves and blossoms made a good general tonic.

PUFFBALL

Puffballs were gathered, dried and stored for treatment of wounds. They stopped bleeding and helped to prevent infection. Puffballs were used by early settlers, as well as by Indians.

SWEET SUMAC

A tea made from the leaves and roots was drunk for drowsy and to relieve painful urination. A lotion was sometimes prepared from the berries for the treatment of smallpox. The dried berries were also ground and dusted on the body for smallpox.

DANDELION

A tea made from the roots was taken for colds and chest pains.

WILD IRIS OR BLUE FLAG

Bulbs were powdered, mixed with water or saliva and applied to the inner ear for earache. Sores and wounds were also treated with the mixture. The bulbs were also good for treating stomach troubles.

WILD GERANIUM AND WILD PLUM

Boil root of wild plum and drink brew to cure flux. Wild geranium leaves were used to make a tea which was taken for diarrhea.

JUNIPER

Kidney disorders were treated by eating the stew prepared from the berries, or by drinking a brew steeped from the roots of juniper. The dried leaves were often ground and the powder applied to sores and wounds.

BALSAM FIR

Brew balsam pitch and drink liquid for colds and chest problems. Pitch chewed to clean teeth and to cure sore throats. Wounds and sores also coated with pitch to reduce infection and hasten healing.



GOLDEN WILLOW AND CHOKECHERRY

Inner bark of golden willow was steeped and the liquid taken to treat chest ailments, coughs and colds. Chokecherry bark was brewed into a tea which was taken for diarrhea.

WHITE PINE

Remove inner bark from young trees. Pound bark until well shredded. Apply as a poultice for wounds and sores. Tea brewed from inner bark was taken for chest pains. Tea brewed from young pine tips was also used in treatment of scurvy.

LINDEN TREE

For punctures, removing splinters, wounds, beat the bark of linden root on stone and boil well. Bathe wound with this ooze. Boil down to a jelly and apply as a poultice. Use moss for bandage and wrap all around with elm bark.

DAK AND PRICKLY ASH

For disorders of lungs and intestines, boil bark and drink tea. The inner bark layer of prickly ash was rubbed on gums and infected tooth to relieve tooth ache. The bark and roots were also utilized to cure colic and rheumatize.

HEMLOCK, SPRUCE AND WILD CHERRY

Tea made by boiling bark and leaves of hemlock spruce was used to treat scurvy. Wild cherry bark was brewed and sipped to purify the blood, and to cure diarrhea.

SLIPPERY ELM

Tea made from inner bark was a good laxative. Also good for swellings and sores. The inner bark was chewed to relieve coughs and colds.

MOUNTAIN BIRCH AND RED CEDAR

Boil down fruiting bodies and leaves of red cedar and drink to relieve coughs. Steep inner bark of mountain birch and drink liquid for colds, coughs and chest problems.



ELDERBERRY

Tea made from the flowers of the elderberry was taken for stomach and lung disorders. This tea was also applied to wounds and sores. The berry juice was taken as a general tonic.

BUFFALO BERRIES AND BLACKBERRIES

Indians made tea from buffalo berries which was taken for diarrhea. Blackberry roots were used as an eye wash for sore eyes and as a poultice for sores and wounds.

STINGING NETTLES AND HEADACHE WEED

A tea brewed from stinging nettle roots was taken for kidney troubles. Headache weed leaves were brewed and the liquid taken to cure headaches.

RATTLESNAKE WEED AND SPEARMINT

A tea brewed from rattlesnake weed leaves and roots was given for snake bite. Spearmint leaves were chewed to relieve gas pains.

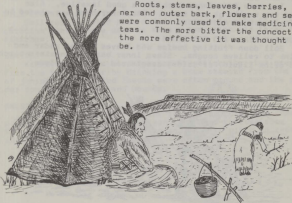
YELLOW FLOWERED WATER LILY

Fever was treated by plastering skin with leaves of this plant. Leaves were also brewed to make a tea which was given to reduce fever.

BLOOD ROOT AND LOBELIA

Bloodroot was dried and powdered and used to treat rheumatism. Lobelia was often used as a substitute for tobacco.

Roots, stems, leaves, berries, inner and outer bark, flowers and seeds were commonly used to make medicinal teas. The more bitter the concoction, the more effective it was thought to be.



HOMESTEADER HINTS

SOFTENING WHOLE GRAIN

Where no mills were available to grind grain, it could be softened in the following manner: Parboil grain or corn in weak lye solution. Wash grain with cold water and dry before fire. Heat will burst skin. Place grain in bag, tie and heat until bran comes free and can be separated and sifted. Boil for several hours. Eat as mush.

BUTTER STORAGE

To crock or stone jar add 6 ounces saltpetre and $\frac{1}{2}$ pound sugar to each 32 pounds butter. Pour brine over it to depth of 2 inches. Press cover down after covering with white cloth. Butter will keep for two years.

EGG PRESERVATION

1. Pour a solution of one part sodium silicate and nine parts cold water over eggs which have been placed in crock. Completely cover eggs. Will preserve eggs for six months.

2. Salt down fresh eggs in crock or keg and store in a cool, dry place. Salt each layer so that adjoining eggshells do not touch.

CREAM SWEETENING

To remove taste of cows eating objectionable feed, add a little saltpetre to cream.

STARCH FROM SCRATCH

Grate white potatoes. Stir in cold water. Strain this through cloth. Add more water, drain off discolored solution leaving white residue at bottom. Dry in sun and store in paper bags.

Another method for making starch for clothes is:

4 Tbsp. cornstarch $\frac{1}{2}$ tsp. lard

$\frac{1}{3}$ cup cold water 1 quart boiling water

Cook in double boiler for 15 minutes. Strain if lumps are present.



ADVISE ON BATHING

Upon rising take a complete bath. Not more than a quart of water is necessary. No sponge is required. Rainwater is preferred. Use the hands, the same as you do upon the face. Use plenty of soap, and wash quickly so as not to take a chill. In the daily bath all the crevices of the ear should be thoroughly cleaned and the wax carefully removed, whenever it shows itself.

MILADY'S HAND LOTION

Take a chunk of citric acid the size of the largest finger (or substitute a little fresh lemon juice) and dissolve the acid in a little boiling water. Mix with three ounces of glycerine and 20 drops of rose water. Shake well, use often. Makes hands smooth and soft. It is well to remember that the hand that is beautiful from idleness is to be despised.

MID-WINTER HAIR WASH

During spells of cold weather, hair can be dry-washed with corn meal. Massage scalp thoroughly with meal and remove by vigorous brushing. Excess oil will be absorbed by the meal. (Meal should then be thrown out.)

HAIR CARE

Baldness is avoided by keeping the head cool. It is doubtful that hair dyes are ever advisable.

BALSAM HAIR CONDITIONER

Put balsam fir needles in container and pound with rock to extract the oil. Cover with water and leave overnight. Next morning, strain liquid into a container which can be sealed and stored until needed. After washing and rinsing hair, rub a little of the balsam conditioner into the hair and rinse again. Tresses will shine!

BEAR GREASE HAIR OIL

Bears were hunted in the fall to replenish fat or grease larder for miscellaneous purposes, as well as for cooking. Bear grease waterproofs boots, softens rough hands, makes a good throat rub and is excellent for use as hair oil.



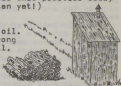
WORK IS THE CURSE OF THE DRINKING MAN.
DRINKING THE WORK IS THE CURSE OF THE BARMAN.

DRINKING MAN'S SNAKE REMEDY

Drink one-half pint of whiskey upon rising. Keep eyes peeled for snakes throughout day. Drink one-half pint of whiskey before retiring. Repeat daily in case snakes appear. (I have drinking uncle who has followed this practice daily for twenty years and hasn't been bitten yet!)

TASTELESS CASTOR OIL

Swallow large spoonful of castor oil. Follow by taking large draught of strong tea or other beverage to wash down oil. Keep outhouse path clear of cows, dogs, and chickens.



THE BREATH

Offensive breath may arise from the stomach, teeth, the lungs, or nose and throat infections. A few grains of cassia buds, coffee, cloves, cardamom seeds or allspice may be chewed to eliminate offensive breath.

Another breath freshener can be made by mixing $\frac{1}{2}$ ounce of powdered sugar, $\frac{1}{2}$ ounce vanilla, $\frac{1}{2}$ ounce powdered charcoal, $\frac{1}{2}$ ounce powdered coffee and $\frac{1}{2}$ ounce gum arabic. Make into pellets of 18 grains and take six a day.

Use of a mouth rinse composed of 1 ounce rose water and 1 grain permanganate of potash, is helpful in sweetening the breath. Rinse mouth with this concoction every three hours.

1880 ADVICE TO A YOUNG MAIDEN

Above all, no lady should ever permit an intemperate man to court her. She may reform him, but the chances are many-fold that such a union will completely ruin her life's happiness. Single, independent maidenhood is a thousand times better than for a woman to trail her life in the dust, bringing poverty and disgrace on her offspring by uniting in matrimony with a man addicted to dissipated habits.

PREVENTION OF LAMP SMOKING

Soak lamp wicks in vinegar and dry well. This will keep lamps burning sweet and bright.

CANDLESTICK MAKING

The coal oil soaked twine around center of quart whiskey bottle. Light string and plunge bottle in cold water. Bottle will crack where string was tied. Bottom half can be used for jelly jar or drinking glass. Rub cut edges on sandstone to smooth. The top half makes a good candlestick. Hot iron ring is sometimes used instead of coal oil soaked string.

LIGHTING SUPPLIES

When candles or oil lamps were not available, lighting supplies consisted of pitch, fat pine knots called "candle-wood", or simply lard in a saucer. Real smokers!

CANDLE MAKING

There were two types of candles - tallow dips and mold-ed candles. Candles were made in the autumn, when tallow was rendered from beef or mutton. Melt down tallow in proportion of one-third tallow to two-thirds water. Tallow will rise to top and can be strained through flannel over a colander.

Another method of rendering tallow was to add small bits of fat to pot with just enough water to prevent burning. This was simmered down over a slow fire until all fat was boiled down. Scraps of fat left after tallow was strained were not wasted, but set aside for soap grease.

Lard alone is too soft to make candles. One part of lard was often mixed with three parts of beef or mutton suet. Or, one ounce of nitric acid and a little beeswax was added to each eight pounds of lard to make a firm candle from the melted lard.

TEMPERING LAMP CHIMNEYS

If chimney glasses are placed in cold water and gradually brought to a boil, then allowed to cool slowly, they will resist cracking.

**POTATO STORAGE PITS**

Potatoes are best stored thirty bushels at a time. Pit must be covered with two feet of dirt to keep out frost. Place straw in pit to cushion potatoes. Ventilate with a wooden flue at one end of pit to permit gasses to escape. Potatoes will keep all winter in this manner.

DYEING

Smartweed and goldenrod flowers were used for yellow coloring. Sumac blossoms and walnut husks made brown. Vinegar often lightens reds.

FURNITURE STAINS

Light brown stain was made by mixing two pints of water with two ounces of strong lye.

Brown stain was made by mixing two pints of water with three ounces of washing soda.

Dark brown stain was concocted by mixing one pint of water with two and one-third pints ammonium hydroxide.

Grey stain could be made by mixing two pints vinegar with one-half ounce of iron nails. Allow nails to work in vinegar 24 hours or more. Pour off rust.

REMOVING RUST STAINS

To remove rust stains from clothing, rub with lemon juice and salt and dry in the sun.

STOVE POLISH

A superior stove polish was made by mixing one ounce of resin, one quart of turpentine, one-fourth ounce of lamp black and one quarter pound of powdered graphite. A little vinegar added to the blacking solution will keep it from burning off. Bottle mixture. Dampen rag and rub black iron portions of stove. Best applied to cool stove. Really shines!

AXLE GREASE

Wagon wheels required constant greasing to prevent annoying squeak and overheating. Prepare axle grease by mixing four pounds of hot, melted tallow with one pound of graphite or fine, black lead. This is usually carried in a pail on long hauls.



BACKWOODS BAROMETER

There occurs heaviest rainfall three to five days after the new and full moons.

Beware of severe winters when leaves on the trees remain in December.

Deep snows expected when high off the ground hornets nests abound.

BEST FISHING WHEN:

1. Barometer is rising or high.
2. Moon is between new and full.
3. The moon is between the astrological signs of Cancer, Pisces or Scorpio.

LUNAR PLANTING

Waxing and waning of the moon is best for fastest germination. Plant seeds two days prior to full moon except during first full moon following Easter, when seeds may be sown with good results.

TREE DIGGING

Watch almanac for right signs to dig trees for transplanting. Always mark north side of trees before digging. When tree is replanted, make certain marked side of tree is to the north. Protect roots from direct sunlight.

STRENGTH OF ICE

A two inch thickness of ice will support the weight of a man.

Four inches will support a man on horseback.
Five inches will support a fully loaded wagon and team.
Eight inches will support a battery of heavily loaded wagons and horses attached.

Ten inches will support a Texas herd of longhorns.



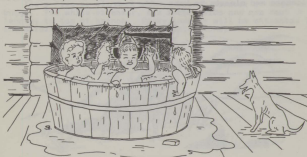
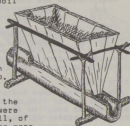
GRANDMA'S LYE SOAP

Take fat scraps and lye and boil together. Lye made by pouring water over ashes and letting it drip into container.

To make lye, wood ashes were saved. Hardwood ashes were preferred, as many soft woods would not make good lye. Fat rinds, drippings, grease and boiled-down entrails were used in making soap. Usually, enough soap was made at one time to last a year. Bones were also used, as lime improved the quality of the soap. The bones were boiled down when the moon was full, of course. Two quarts of boiled lime were added to each barrel of ashes to neutralize certain salts, which lowered the quality of the soap. Limerock layers were often interbedded with ashes in the ash barrel or lye trough. The alkali in the ashes was dissolved with water. When the lye became deep red in color and when the liquid would float an egg or potato half above the surface of the mixture, it was ready! Boil with grease until firm. Allow to harden and break into small pieces.

COLD SOAP

Boil lye and grease. Twelve pounds of grease were used to make a barrel of soft soap, or three pounds to a pail of strong lye. When a thick scum of grease has formed on top, the lye has absorbed its quota and more lye can be poured in. For soft soap, remove kettle when contents form a clear mass. Place in crock by family wash basin. A barrel of ashes and twelve pounds of grease would produce forty pounds of soap. Turpentine and salt were also added in minute amounts to improve quality.



BOOT GREASE

Heat beeswax and suet together until melted. Warm boots by the fire, then rub grease in thoroughly, especially along stitching, to keep feet dry.

**WATERPROOFING MOCCASINS**

Mix bear grease and pitch together and heat slowly over fire, stirring well with a stick. Remove from fire. Stir some more while it cools. Rub this into moccasins all over to keep water out.

BUTTER COOLER

On warm days when butter melts readily, put a crock over butter dish upside-down and pour a bit of cool water over the crock several times during the day and butter will remain firm.

EGG HINTS

To boil a cracked egg, add salt to water to keep the white from leaking out of the shell.

Always cool boiled eggs immediately in cold water to make shelling easier.

SCORCHED POTS

Mix a little baking soda and water in burned pots and pans and let soak awhile. They will then clean up easily.

REDUCING BACKHOUSE ODORS

A lard can filled with wood ashes was often kept in the outdoor latrine so a cupful of the ashes could be poured down every week or so to keep odors and flies at a minimum.

MOths REPELLENT

Wormwood and cedar were used to line garment storage lockers and closets to keep moths away.

**REMOVING FEATHERS FROM FOWL**

When plucking the feathers of ducks, geese and chickens add two tablespoons of soft soap per gallon of boiling water. When bird is plunged into this solution the water will be able to penetrate the feathers. Wrap the bird in brown paper and leave for a short time. Feathers can then be rolled off.

**RAT POISON**

Mix lard and sugar into stiff dough. Roll into pills the size of little fingernail. Roll in fresh chicken blood. Make small hole in pill and load with strichnine. Place in rat holes and keep dogs, cats, and children away.

MOSQUITO BITE PREVENTION

Mix 4 ounces of spirits of camphor with 2 ounces of oil of citronella and add 1 ounce of cedar oil. Rub on exposed skin and tie cloth soaked in this mixture to the window and door frames.

Wood ashes can be made into a thin paste and rubbed on face and arms to reduce insect biting. White ashes can be easily removed with water. Fine clay from river bank is often mixed with ashes to thicken paste.

Green firewood smoke is offensive to flies, gnats and mosquitoes.

The fumes from a hot branding iron held against a block of camphor gum will repel pesky insects.

Smoke from a small scolding fire of dried buffalo chips was widely used by prairie travellers to repel mosquitoes.

INSECT DECOY

Tie a five to six foot willow branch to rear of wagon or buggy. Tie white streamer, six inches wide and one foot in length, to top of branch. Pesky insects will be attracted to the streamer and will leave occupants alone.



FLOWERS

FLORAL BOUQUETS

Bouquets of cut flowers will last longer if aspirin is added to the water. For lilacs, first pound the stems with a hammer to break down the fiber. Then plunge stems into boiling water for about twenty minutes, take out and put into cold water. They will remain fragrant and colorful for days. Tulips will last much longer if an Indianhead penny is dropped into the water.



DRYING FLOWERS

Straw flowers are an old favorite for drying. The procedure is simple and success is guaranteed. When cutting, the stems should be left as long as possible. The blossoms can be fully or partially opened. Remove all foliage and tie flowers together in bunches to be hung upside-down in a dry, dark place. These will make long lasting winter bouquets, retaining their original bright colors. Most varieties of everlasting can be dried in this manner.

Flowers were sometimes dried by burying them in dry sand, stems down, and arranging close together, but not touching. Sift enough sand into container to completely cover flower heads. Cover and let stand in dry, shaded area. Check periodically to determine if petals are stiff and firm. This will usually require several weeks.

LANGUAGE AND SENTIMENT OF FLOWERS

Bachelors' button - Hope, blessedness.
 Blue Bell - Constancy.
 Buttercup - Riches.
 Carnation - Pure and deep love.
 Columbine, Red - Anxious and trembling.
 Daffodil - Unrequited love.
 Garden Daisy - I share your feelings.
 Marigold - Sacred affection.
 Rosebud - Confession of love.
 Sunflower - False riches.
 Sweet Pea - A meeting.
 Tulip - Declaration of love.
 Violet, Blue - Faithfulness.
 Zinnia - I mourn your absence.



HIDE PREPARATION

With hair - Stretch green hide in shade. On fleshy side rub in fresh buffalo offal with fine clay. Keep hide damp for several days. Wash hide, rub in fresh brains until hide becomes dry, soft and pliant. Wash again in water mixed with corn bran and scrape with knives and bone or stone edges. When hide is sufficiently dressed, hang up and smoke.

Without hair - Cover hide with ashes. Soak in water trough until action of lye slips rub off hide. Pull and scrape remaining hair off hide. Rub in fresh brains until hide is dry and soft. Wash with bran and scrape until hide is soft. Hang hide up and smoke.

TANNING (PIONEER)

The hair was removed by soaking hides in water to soften them. Hides were then heaped in piles in heated room until hair became loose. Hair was then scraped off, using milk or lime to aid removal. Hides were put in tan pit, alternated with strips of oak, hemlock or alder bark. Pit was filled with water and hides were left to soak for several months. Rubbing hides with bear oil or tallow made them soft and pliable.



HIDE PREPARATION (INDIAN)



Stretch and peg hide, hair side down, on ground. Scraps of fat and tissue still adhering to hide are removed by short blows of a fleshing tool. Allow hide to cure in the sun for a few days. Scrape inner surface of hide to uniform thickness. Hair can be removed by scraping or by beating with rock.

Soft tanning accomplished by rubbing a mixture of brains and fat into hide. Smooth stone used to uniformly distribute oil and fat into hide. Place hide in sun to dry, saturate with water, and roll into bundle. Hide must be re-stretched, due to shrinkage.

Skins used for clothing were often smoked over a specially prepared smoldering fire for several hours. The smoke imparted a rich, brown color to the hides, as well as a smokey odor. Hides prepared in this manner repelled moisture and would not become stiff after prolonged exposure to rain and snow. The smokey odor also repelled mosquitoes, gnats, and deer flies. Smoked hides were worn for everyday and the natural grey hides were stored and worn on special occasions.

Skins were kept clean by rubbing them with fine clay. White clay was used on white or grey skins and yellow clay was used on the everyday soaked ones. The clay was moistened and rubbed on the inside and outside of the clothing. This was followed by a thorough rubbing with a smooth bone and then allowed to dry. This would remove dirt, while restoring their original color.

Dried herbs and sweet grasses were packed with stored clothing to impart a pleasant odor to them.

Hides were softened with a smooth stone which was used to rub them, or by sawing the hides back and forth around an upright or inclined pole, or through a twisted rawhide loop.

ADVICE ON MATTERS OF HEALTH

REPOSE

Allow for necessary amount of sleep. Avoid feather beds. Sleep in garment not worn during the day. To maintain robust health, sleep with a person as healthy as yourself, or no one.

REPAST

If inclined to stomach disorders, avoid mince pies, sausage and other highly seasoned foods. Don't eat too freely of soups; better to eat food dry enough to require natural saliva to moisten it. If there is a tendency to overeat, partake freely of rice, cracked wheat and other easily digested foods.

Eat plenty of fruits and avoid excess amounts of meats. Maintain regular eating hours. Eat slowly, thoroughly masticating food. Don't wash food down with continual drinking at the table. Tell your funniest stories while dining and for an hour afterwards. Don't engage in strenuous mental labor immediately after eating.

INFLATION OF LUNGS

Each morning, after dressing, spend 5 minutes in open air inflating lungs by inhaling as full a breath as possible, and pounding the breast during the inflation, to greatly enlarge the chest, strengthen lung power, and ward off consumption.

CLEANLINESS

Have always a quart of water in sleeping room. In the morning, wash face and entire body with wet hands. Cold water will not be disagreeable when applied with bare hands. Wipe dry immediately and follow with a brisk rubbing over the entire body. The whole operation should not take more than 5 minutes. This brings the blood to the surface of the skin and makes it circulate throughout the body. The pores of the skin have been opened, allowing impurities to pass off. You have given yourself a good vigorous morning exercise. Pursue this habit regularly, and you will seldom take cold.



WEAK EYES

To improve the eyesight, put one ounce of leaves of rosemary in one cup of brandy and let it steep for three days. Then strain and mix one teaspoon of this solution with four of plantain water. Wern the whole solution slightly and drop a teaspoonful in the eye once a day, allowing it to flow between the eyeball and the lid. Gradually decrease the amount of water till you have equal proportions of each mixed.

The color green is easier on the eyes than bright red or white. (Note the natural green of the landscape around us.) Avoid bright light and always allow the eyes to adjust gradually from dark to light.

CONDITION OF MIND

The condition of the mind greatly influences the general health. Be hopeful and joyous. To be so, avoid business entanglements that may cause perplexity and anxiety. Keep out of debt. Live within your income. Attend church. Mix in jovial company. Do as nearly right as you know how. Thus conscience will always be at ease. If occasionally disappointed, remember, there is no rose without a thorn; that the darkest clouds have a silver lining; that sunshine follows storm; and beautiful spring follows the dreary winter. Do your duty, and leave the rest to God, who doeth all things well.

