

# MOUNTAIN MEDICINE MEN

Have you ever wondered what western mountain men and cowhands used for colds, flu, and other illnesses, especially during bitter cold, with a Three Wire Winter well set in, and no doctor nearby?

Well, thanks to the following people, Mountain Medicine Men bring you Remembered Remedies.

Ralph Belton has lived in Routt County for 65 years and has done mine work and ranching, among other things.

Mae Harms and her husband came to Steamboat looking for a ranch, and settled there in 1946.

Janice Lovato has lived in Steamboat for six years and has been a teacher's aid at the grade school.

Cynthia May has lived and ranched with her husband in Steamboat for 22 years.

Althea McNabb came from Denver and has been a resident in Steamboat for 13 years.

Opal Reid came by train from Kansas to Steamboat in April, 1910.

Farrell Richmond worked on a ranch from 1939-1944. In 1944 she moved to town and has been a housewife ever since.

Mary Stevens, 78, has lived in Steamboat all her life. She has worked on a ranch and been a housewife.

Mr. and Mrs. Todd have been together in Steamboat for 38 years. Mr. Todd was the Sheriff from 1941 to 1942 and then worked in a mine. Mrs. Todd was the Welfare Director.

## REMEMBERED REMEDIES

### BEE STING:

--Put wet tobacco or mud on the bee sting.

--Mrs. Lovato  
& Mrs. May

--Mix baking soda and water till its a paste, put on bee sting.

--anonymous

### COLDS:

--Pour camphorated oil in hot water (hottest you can stand) in bathtub. Let steam rise and soak in it for 1 hour.

--Mrs. Lovato  
& Mrs. May



Althea McNabb thinking back on what remedies her mother used to use when she was a child.

--Bake a lemon in a pie pan.  
Take the juice made from  
the baked lemon and the same  
amount of honey as juice and  
mix together. Drink 2 or 3  
teaspoons as often as needed.  
--Althea McNabb

--Use one cup of chopped  
onion and add 3 teaspoons  
of sugar. Heat the sugar  
and onion until they make a  
syrupy mixture. Let it cool,  
then rub 2 or 3 drops on neck.  
--Mary Stevens

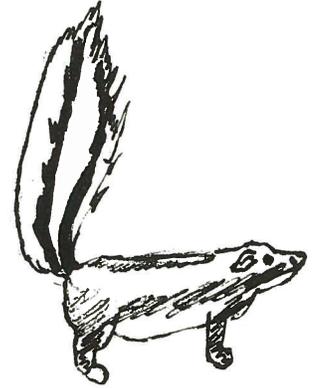
--Mix together coal oil, butter and sugar and rub on neck and chest.

--Farrell Richmond

--Rub kerosene oil on chest.

--Ralph Belton

--Kill a skunk. Skin and gut it. Cook whole skunk until the fat comes off. This makes skunk oil. Rub on chest. This will also help sinus problems.



#### COUGHS:

--Mix together hot whiskey, honey, and lemon juice. Sip slowly.

--Mrs. Lovato  
& Mrs. May

--Mix together the same amount of turpentine and lard. Rub on throat. This will also help to relieve chest pain due to colds.

--Opal Reid

--Take pure coal oil and mix with it 2 to 3 teaspoons of sugar. Rub on and put a rag around throat.

--Opal Reid

--Take a bacon rind and place on neck. Wrap a flannel cloth around neck covering the bacon rind. Leave on over night.

--Althea McNabb



EARACHES:

--Have someone blow smoke in  
your ear.

--Mrs. Lovato  
& Mrs. May

--Put a couple of drops of  
warm olive oil in ear.

--Mrs. Lovato  
& Mrs. May

--Bake an onion until the  
center pops out. Put the  
center in ear.

--Althea McNabb

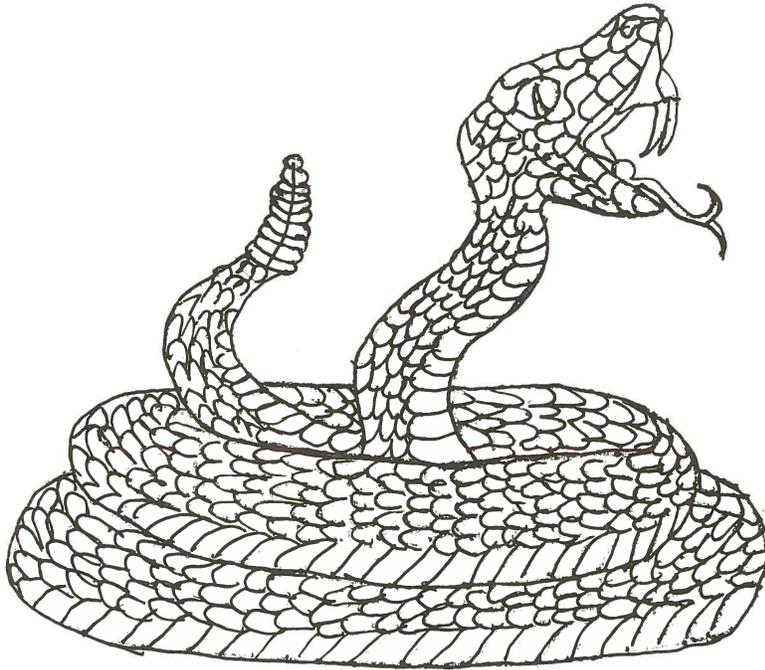


Opal Reid contemplating the remedies  
that have kept her healthy in Steamboat  
for the past 65 years.

HIVES:

--Put mud or soda paste mixed  
with water on hives.

--Mrs. Lovato  
& Mrs. May



*Bowie*

SNAKE BITE:

--Drink whiskey, "doesn't help  
much, but it will make you  
feel better while you're  
dying."

--Ralph Belton

SORE THROAT:

--Wrap wet tea leaves around  
throat swallow Vapor Rub.  
--Mrs. Lovato  
& Mrs. May

--Drink a cup of hot sassafras  
tea.  
--Mr. & Mrs. Todd

SUNBURN:

--Rub wolf fat on sunburn.  
If fresh out of wolf fat  
use wet tea leaves.  
--Mrs. Lovato  
& Mrs. May

-- Wrap sunburned area with  
wet tea leaves.  
--Mrs. Lovato  
& Mrs. May

--Do not use water; use  
vinegar.  
--Mae Harms



TOOTHACHE:

--Press wet tobacco against  
your cheek.  
--Mrs. Lovato  
& Mrs. May

--Use oil of cinnamon or clove  
and place in cavity.  
--Mae Harms

WARTS:

--Rub a frog on your wart,  
he'll get it.  
--Mrs. Lovato  
& Mrs. May

--Take a penny and have someone rub it on your wart. Then bury the penny. Wart will go away.

--Mae Harms

--Tie thread around the finger that the wart is on. Each day pull the thread tighter until the wart disappears or the finger falls off.

--Mrs. and Mrs. Todd

--Take a potato and cut it in half. Wrap one half in an air tight wrapping. Let the other half sit out and rot. When it starts to rot, take the other half and wrap it in a washrag and bury it. Wart will soon go away.

--Mrs. Lovato  
& Mrs. May

--Take a match and place the head of it on the wart. Then light another match and set fire to the head of the first match on your wart. By the time you start to feel pain from the lighted match head the wart will have been burnt off.

--Ralph Belton



Barbara Muhoe  
Holly Zeman  
Debbie Greene

Bowie