**TIP OF THE WEEK** Trusted Home Remedies

**ACHES AND PAINS:** For general body aches, rub down good with a mixture of one cup vinegar and an egg, beaten well. Then soak in a nice hot tub for twenty minutes and dry yourself with a heavy towel so you don’t get chilled. You’ll wake up the next morning feeling bright and fit!

**For a salve that’s soothing to sore muscles, sprains and bruises**, chop 1 cup each of chickweed, comfrey and plantain leaves. Cover with cool water and simmer until they are soft and mushy. Stir to mash up all the pieces and add a cup of olive oil. Simmer slowly, until water is all gone. Add ½ cup beeswax and warm until it is soft enough to mix well. Cool and use whenever needed.

**Rub sore muscles** with a mixture of one quart alcohol and 2 teaspoons caster oil. Shake well each time you use it.

**Toothache pain** will be gone in minutes if you hold a large swallow of whiskey in the mouth.

A bag of hot salt held against the cheek helps with the pain of **aching teeth**.

**HEADACHES:** At first sign of a headache, take a vigorous walk. In about 10 minutes the pain will fade. “use good posture”

Two teaspoons of honey with each meal will help **migraines**. If you feel one coming on, a quick tablespoon can help. Or, boil equal parts of vinegar and honey and inhale the steam.

For curing a **headache**, put five drops of ammonia in a half glass of water and inhale the fumes. This is also good to **clear up a stuffy cold.**

To **avoid a headache**, chew a few feverfew leaves every day.

Soaking the hands in very hot water can ease pain in the head.

Soak celery seed in hot water. Sip slowly to cure a **headache.**