

Norma and Joe Welsh, Sherry Farrell-Racette
Video 1

Start 3:06.50.21 Sherry Farrell-Racette: Did anyone, like, make stuff out of any plants like, you know, ...

3:05:59 Norma Welsh: Sage, we used to use. What else?

Joe Welsh: Those roots there.

Norma Welsh: Seneca roots?

Sherry Farrell-Racette: (Unknown name)

Joe Welsh: What?

Sherry Farrell-Racette: Wild ginger, that ginger root?

Joe Welsh: They're, well, it's apparently quite been around there, and then there was the roots of the, what are they called? Bulrushes. There's some stuff in there ...

Norma Welsh: I don't remember ginger root.

Joe Welsh: And then there were people used...

Sherry Farrell-Racette: They're mostly for colds.

Joe Welsh: Poultices and stuff like that.

Norma Welsh: Yeah, there was a lot of mint we used to, we call them Seneca roots. I'm not sure what they're called ...

Joe Welsh: Wild (**inaudible**), wild parsnips or ...

Norma Welsh: But they weren't that big, like they weren't big or long, like a parsnip. Well, we used to dig up these roots and there would be a little roots about that big, and we can just dig 'em up and eat them, go up in the hill and, and dig them up. The only other things I can remember is the sage, the mint, and ...

Joe Welsh: Well, what was that, what they call it? Le boum. What is that?

Norma Welsh: Boum...

Joe Welsh: Le boum, yeah.

Norma Welsh: ...that's, that's, isn't that mint?

Sherry Farrell-Racette: Yeah, I think it is.

Norma Welsh: It is mint, yeah.

Sherry Farrell-Racette: Yeah, le boum, yeah, yeah. I forgot that name until you said it—le boum. But I don't remember, you know, any other kinds of ...

3:08:37 Joe Welsh: Yeah, I guess you use stuff like mustard plasters and poultices and, and stuff like that ...

Norma Welsh: That was a big thing. I tell ya, they worked...

Joe Welsh: That's for sure.

Norma Welsh: ...those things.

Sherry Farrell-Racette: How would you make one?

Norma Welsh: Mustard plaster?

Sherry Farrell-Racette: Yeah.

Norma Welsh: You make a paste with flour and dry mustard and water, and you had a, a towel, and you'd spread it on the towel, fold it over, and you may have another towel to wrap it in because it was pretty strong. And they would put it on your chest when you had a chest cold, and believe me when it was finished your chest would be red. It burned, but, you know, it worked. Poultices were bread and water, all boiled, made really hot. You'd put that on boils or any kind of skin irritation and stuff. It worked wonderful on boils because I don't know why in those days people got boils a lot, but, yeah, that was another form. And Mom used to mix a paste of what am I, sulphur and molasses, and we would get that to eat in the wintertime.

Sherry Farrell-Racette: Sulphur and molasses?

Norma Welsh: Yeah. It was very good. I liked it. And also cod liver oil. We had to drink cod liver oil in the wintertime.

End 3:10.11.10