

ROOT

FROM PAGE A1

prevent cold germs from spreading.

In a book published in 1861, "Mrs Beeton's Book of Home Management," one chapter was devoted to home remedies to cure colds and included several recipes for hot toddies.

An old-time remedy to help cure colds remains popular today as many countians follow Grandma's recipe for chicken soup. Recent studies have supported this cold remedy; and as early as AD 60, a Roman surgeon under Nero hailed chicken soup as "an excellent food as well as medication."

Owen Countians have always had favorite family remedies to cure colds. When Vicks Vapor Rub was introduced in 1912, it became a household staple and was used mainly as a chest rub for congestion.

However, in recent times some in the area have declared that relief from colds can be achieved by rubbing Vicks on the bottom of one's feet and covering them with socks.

Another old-time remedy for chest congestion involves cutting up an onion, and fried or raw, wrapping it in a cloth to apply to the chest.

Teas combined with lemon and honey soothe sore throats and though vaporizers seem to have lost popularity, there are still many countians who claim the addition of moisture to the air helps relieve stuffy heads.

Taking precautions to ensure one's defense against the common cold has been a long-time effort of Owen Countians.

Nell Lucas Scott, who graduated from Owenton High School in 1909, reminisced about a certain preventive measure used by pupils in



Photo furnished

**Standing in front of the WWI Memorial, Julie Donahue portrays the mother of soldier Frank McNeal and reads his letters sent home during the war.**

Owen County one room schools.

"The only preventative that was used those days was the asafotida bag. This was made by putting a small lump of the (fetid) gum in an inch bag and wearing these bags around our necks. Just before entering the schoolhouse, each child would 'chew the rag.'"

However, according to Nell most children would rather brave sickness than chew on the nasty gum.

When all else failed, countians could purchase Dr. King's curative for colds and the flu which, in 1905, was featured on the shelves of Kemper, Ransdall and Co. Drug Store in Owenton. The small bottle was 50 cents, and a large

GARAGE SALE

3 Church Yard Sale  
Oct 11, 8:30-2:30  
St Joseph Church  
602 Sparta Pike,  
Warsaw



**Elijah Ayres shares memories of John Clayton Hartsough, much loved Owen County businessman whose Main Street house is now the home of the Historical Society Museum.**

one could be purchased for \$1.

Others like Courier-Journal Columnist Joe Creason boosted their immune system (or so it was thought) by drinking special teas. In Joe's case it was his grandmother's sassafras tea.

"My Grandmother Cross, a party who was wiser than a treefull of owls in such matters, would have had me gulping large quantities of an aromatic home-brewed tonic that for ages has been, and still is, a must in rural homes all over Kentucky.

"The tonic is sassafras tea. Those who grew up in the concrete canyons of the city possibly are ignorant of the 100-proof medicinal magic encased in the fragrant roots of the often-scorned sassafras tree. Those who were born beyond the range of the neon



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lights know very well what tea made from sassafras roots can do."

Owen County librarian, Lisa York, would agree with Joe. She recalled her childhood days when a pot of sassafras tea simmered on the back of her mother's wood stove throughout the winter months.

Old-time remedies and the recipes that accompany them are a piece of our history that connect us to the past; and though most home remedies have been replaced by modern medicines and technologies, many Owen Countians continue to treat colds with Vick's VapoRub, onion poultices, hot toddies and Grandma's chicken soup. Who's to say they aren't just as effective?

They dressed in the attire



**Dale and Marianne Turner portray Owen County Sherrif Ben Sidebottom and his wife Mariam during the turbulent times of the Civil War.**


of the past and shared incredible stories of Owen Countians as they guided visitors through the Owenton IOOF Cemetery on the Historical Society Cemetery Walking Tour, Saturday, October 4.

Many thanks to Elijah Ayres who created memorable moments in the lives of Alfred Cobb and J.C. Hartsough; to Dale and Marianne Turner who portrayed Owen County Sheriff Ben Sidebottom and his wife Mariam during the turbulent years of the Civil War; and to Julie Donahue who portrayed

the mother of WWI Owen County soldier Frank McNeal as she anxiously awaited his return.

Join us on Thursday, Oct. 30, 5:30 p.m., at the Odd Fellows Hall when the Historical Society will hold our last meeting this year with a potluck dinner.

Share your favorite stories of strange happenings and Halloween trickery; or just tell your favorite stories of Owen County that create a patchwork of unforgettable memories of the past.



**LEGAL NOTICE**

The Owen County Sheriff's Office 2024 Fee Account Audit report, including financial statements and supplemental information is on file at the Owen County Sheriff's Office 103 West Perry Street, Owenton Kentucky and available for public inspection during the hours of 8:00 a.m. -4:00 p.m. Monday through Friday. Any citizen may obtain from the Sheriff's office a copy of the complete audit at a charge of .10 per page. Copies of the financial statement prepared in accordance with KRS 424.220 are available to the public at no cost.

Brent Caldwell, Sheriff

C

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