

The Heartland

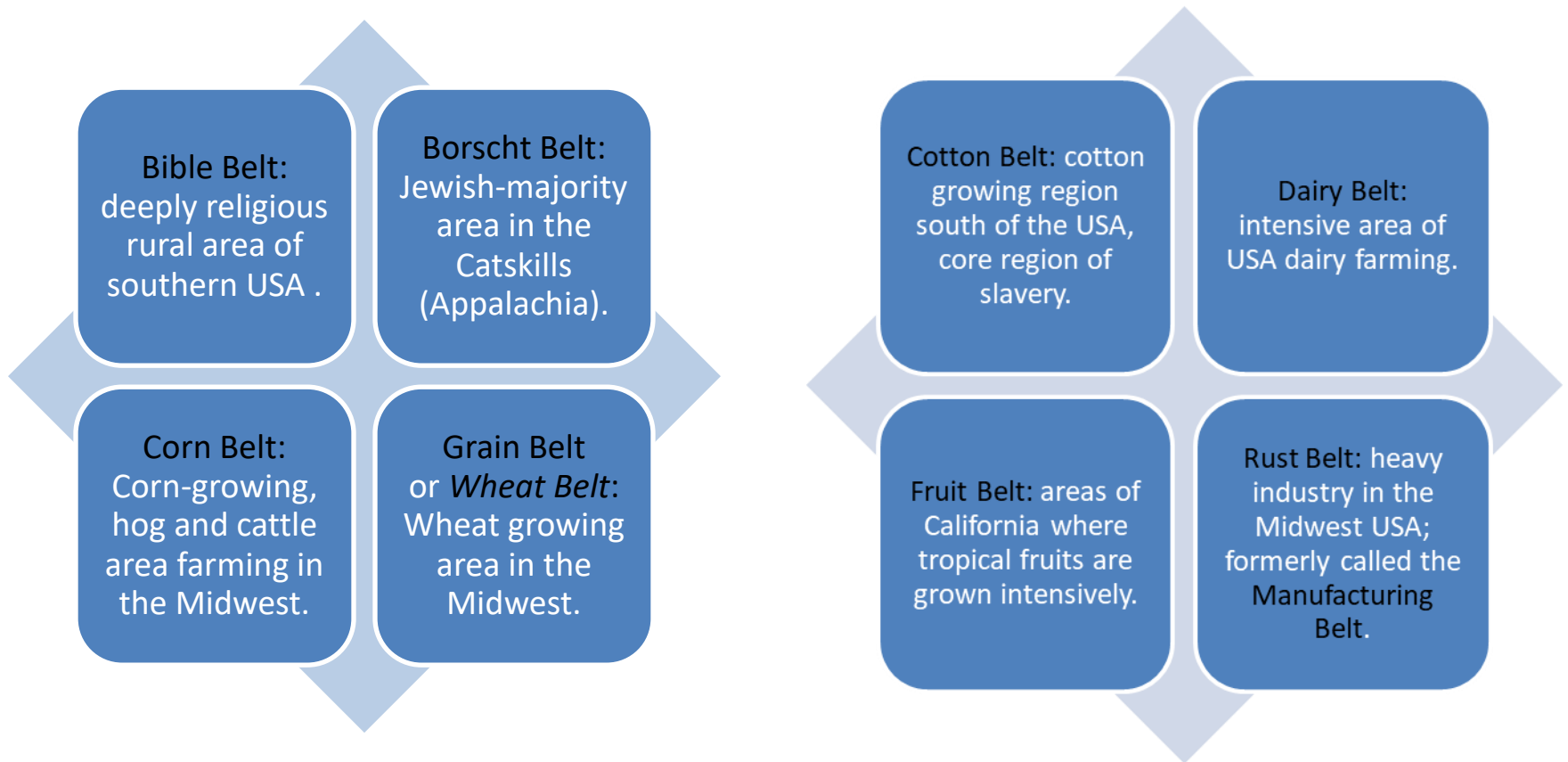
Native Americans

- Another aspect of the colonial era that made the Native Americans vulnerable was the slave trade.
- As a result of the wars between the European nations, Native Americans allied with the losing side were often indentured or enslaved.
- There were even Native Americans shipped out of colonies like South Carolina into slavery in other places, like Canada.

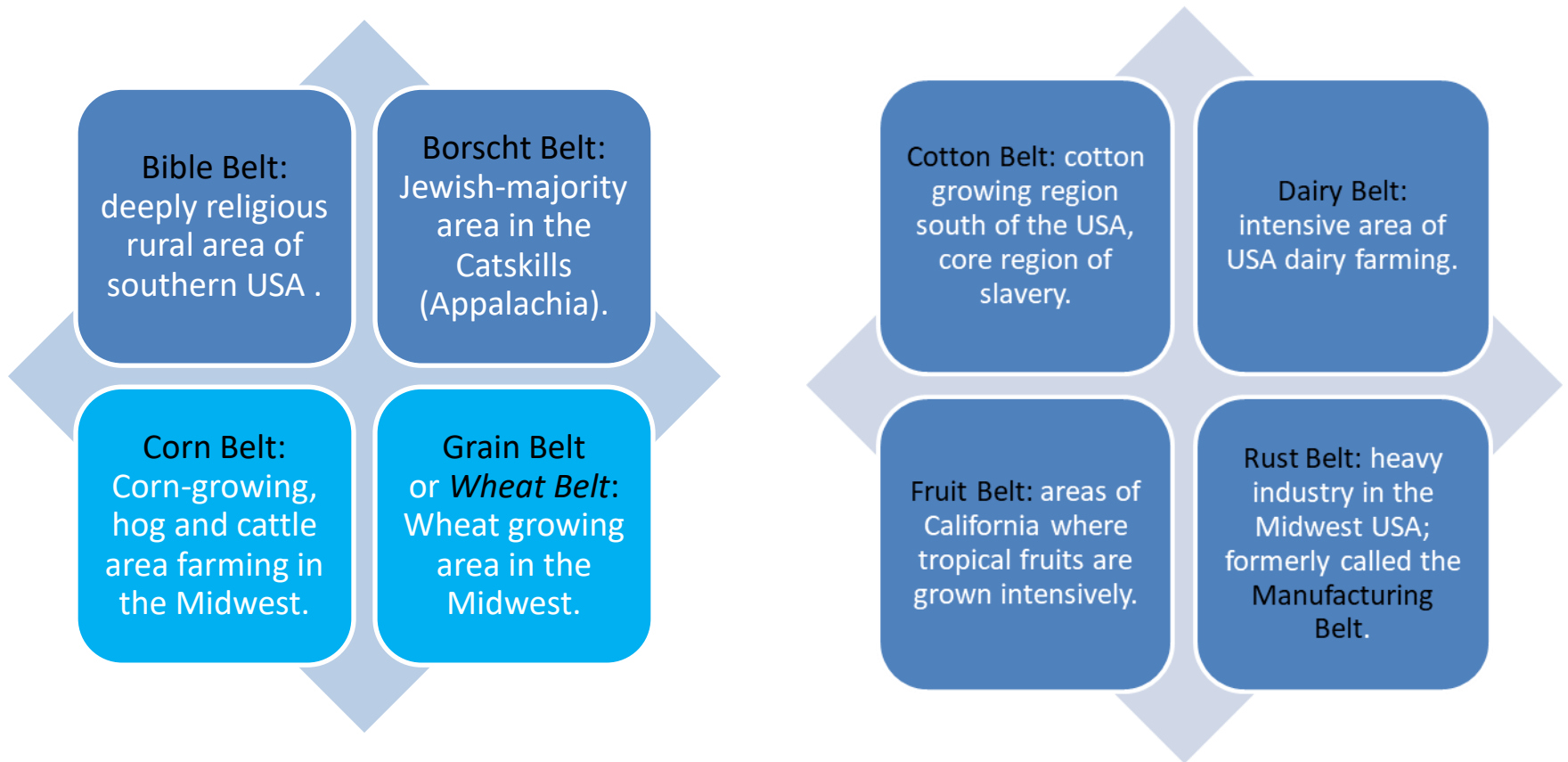
“BELTS”

- Term used to describe a contiguous area in the US for which a particular farming agricultural use is typical.
- An area which is characterized by other typical economic, climatic, or cultural phenomena.
- Most of these *belts* extend mainly in a west-east direction and are narrower in a north-south direction.
- This is how the term originated.

The “Belts”



The “Belts”



Corn Belt

- Over 36% of global corn production is in the USA, largely within the Midwest Corn Belt.
- It's generally considered the region of the USA extending across 12 Midwest states and mostly planted in a corn-soybean rotation.
- The USDA published a 1949 map of the Corn Belt as a contiguous region of the Midwest classified as predominantly “feed grains and livestock”.

IMMIGRATION to the US

The 1st Wave 1607-1830

Immigrants: 1.2M

- Early immigrants were primarily Protestants from NW Europe, as seen in the 1st US census of 1790:
 - English 49%,
 - African 19%,
 - Scots-Irish 8%,
 - Scottish 7%,
 - German 7%,
 - Dutch 4%,
 - French 3%,
 - Other 3%.
- Due to early labor shortage in the colonies there were no restrictions or requirements for immigration; thus, the first wave of immigrants were all “undocumented aliens.”

The 2nd Wave: 1830's-1880's

Immigrants: 15.3M

- US population exploded from 13M to 63M between 1830 and 1890.
- The port of entry for most of these people was NYC.
- Primarily Irish and German, because they differed from the existing society in religion and culture, became the first groups to experience widespread hostility and organized opposition.
- By 1890, nearly 14% of Americans were foreign-born.

The 3rd Wave 1890's-1920's

Immigrants: 22.3M

- By 1900, over 80% were from Southern and Eastern Europe (Italy, Russia, Austro-Hungary).
- Size and diversity of the 3rd Wave gave rise to a great new Xenophobia (fear and hatred of foreigners).
- By the late 19th century, regularly scheduled steamships replaced sailing ships: what had been a 3-month voyage across the Atlantic became a mere 2 weeks.

SWITZERLAND

Switzerland

- Before 1820 about 25 to 30K Swiss entered British North America.
- Most of them settled in regions of today's Pennsylvania as well as North and South Carolina.
- Until 1860 about 30K Swiss arrived to Midwest states like Ohio, Indiana, Illinois and Wisconsin.

Switzerland

- Approximately 50K came between 1860 and 1880, some 82K between 1881 and 1890, and about 90K more during the next three decades.
- Most Swiss preferred rural villages of the Midwest and the Pacific Coast where the Italian Swiss were taking part in California's winegrowing culture.
- Some went to more urban industrial regions such as NYC, Philadelphia, Pittsburgh, Chicago, St. Louis, Denver or San Francisco.

Swiss Folk Medicine

Healing Herbs: Mallow

- Provides moisture, so that wrinkles are padded up and the skin remains supple.
- The tannin agents in mallow have a soothing and astringent effect.
- The mucilage of mallow stays on the horny cell skin layer, buffering environmental stress, wind and sun.

Swiss Folk Medicine

Healing Herbs: Mallow



Malva sylvestris



Abelmoschus esculentus

- Helps treat rashes, ulcerations, insect bites, burns and eczema.
- To reduce itching, redness, swelling and to soothe the skin, apply a poultice made from crushed flowers and seeds on affected areas.
- Its high mucilage content produces soothing effects on the pharynx, mouth and gastric mucosa.

Swiss Folk Medicine

Healing Herbs: Mallow

- Used to treat kidney stones, kidney inflammation and gallstones.
- Herbal infusions promote diuresis and help restore normal kidney function.
- When consumed in large amounts, preparations can cause side effects such as diarrhea, vomiting and GI discomfort.
- Mallow can also cause severe allergic reactions and those allergic to it should avoid the plant in all forms and preparations.

Swiss Folk Medicine

Healing Herbs: Mallow

- Infusions treat headaches, insomnia and constipation.
- Poultices are applied on the stomach to help relieve cramps and pain.
- A mallow gargle used regularly reduces painful gum inflammation.

Swiss Folk Medicine

Healing Herbs: Mallow

- Helps treat gastritis, sore throat, ulcerations, rashes and toothaches.
- It has antibacterial, anti-inflammatory, and astringent effects.
- Mallow flowers and leaves are an excellent tea for soothing coughs, while the roots make a good summer salad.

Swiss Folk Medicine

Healing Herbs: Calendula

- The monastic medicine of the Middle Ages made ointments from calendula and lard as the most important anti-inflammatory remedies.
- Known as *Calendula officinalis*, it's used for ailments affecting the skin such as in the healing of wounds.
- The medicinal part of the plant is found in the beautiful, deeply rich colored orange and yellow flower.



Calendula officinalis

Swiss Folk Medicine

Healing Herbs: Calendula

- Effective in treating diaper rash, wounds, vaginal yeast infections, eczema, dermatitis and other skin conditions.
- Women who are pregnant or breastfeeding should avoid calendula because ingesting it may induce abortion.
- Has also been used as a pain treatment and reducer of inflammation.
- Useful in the treatment of some cancers (?).

Swiss Folk Medicine

Healing Herbs: Calendula

- Dried petals are used to steep tea or make oils.
- Pick a flower, dry the petals away from the sun.
- To prepare tea:
 - Bring water to a boil.
 - Add dried flowers (about 2 teaspoons) to a pot.
 - Pour hot water over the leaves and.
 - Allow it to steep for 10 minutes.
 - Strain and add honey and lemon (honey first).

Swiss Folk Medicine

Healing Herbs: Calendula

- Abdominal incisions treated with calendula poultices heal faster, with less redness/swelling.
- Venous Leg ulcers treated with calendula heal faster.
- A calendula spray added to standard care and hygiene prevents infection and decreases odor in people with long-term diabetic foot ulcers.

Switzerland

The Secret

- The French-speaking part of Switzerland, started care by the *faiseurs de secret* (reciters of the secret) who heal by murmuring a formula (*le secret*) that has been passed onto them.
- The *faiseurs de secret* have the gift of healing through prayer in the formulas they recite.
- This technique derives from folk medicine, and is often impossible to explain in scientific terms.

Switzerland

The *Secret*

- The *secret* is a short formula, mostly of a religious nature, that helps to heal or alleviate a variety of ailments.
- The most common are burns, bleeding, warts, sprains, skin disorders , etc.
- In the case of a burn, for example, the *Coupeur de feu* (burn healer) recites the *secret* while making the sign of the cross on that part of their own body where the burn is on the sufferer.

Switzerland

The *Secret*

- These short prayers are often addressed to a saint, to the Trinity or to Jesus.
- As a general rule, there is a different *secret* for every problem.
- This care can be related to religious customs, but the person receiving the treatment doesn't need to be a believer; it is the trust much more than the belief that matters.
- The *secret* cannot always be explained by the placebo effect because animals can also be treated in this way.

Switzerland

The Secret

- So what is the prayer or prayers recited for healing?
- I don't know.
- I guess that's why it's called "the secret".

SCANDINAVIA

Scandinavia

- Scandinavians from Sweden, Norway, and Denmark settled in the upper Midwest after the Civil War to work small farms.
- Most were traditionally poor farmers and were not used to working in industries, railroad building or mining.
- They initially had to learn from the Indians how to plant and harvest corn, beans and squash.

Swedish

Folk Medicine

- When a chicken had cramps in the leg, a special knot was put around a chicken's leg.
- This *krampknut* can be used against cramps among humans and/or small animals and cattle, it is made in a loop of flax string and then applied to the cramped spot or limb.
- One does not need to possess special powers to produce an effective *krampknut*.

Swedish

Folk Medicine



- The knot resembles the hardening of the muscles caused by the contraction of the cramp (*krampknut*).
- Applying the knot to the cramped limb it is brought into contact with the diseased spot.
- The law of similarity and the law of contact both apply.
- The knot fixed the disease and prevented it from spreading further over the body.

Swedish

Folk Medicine

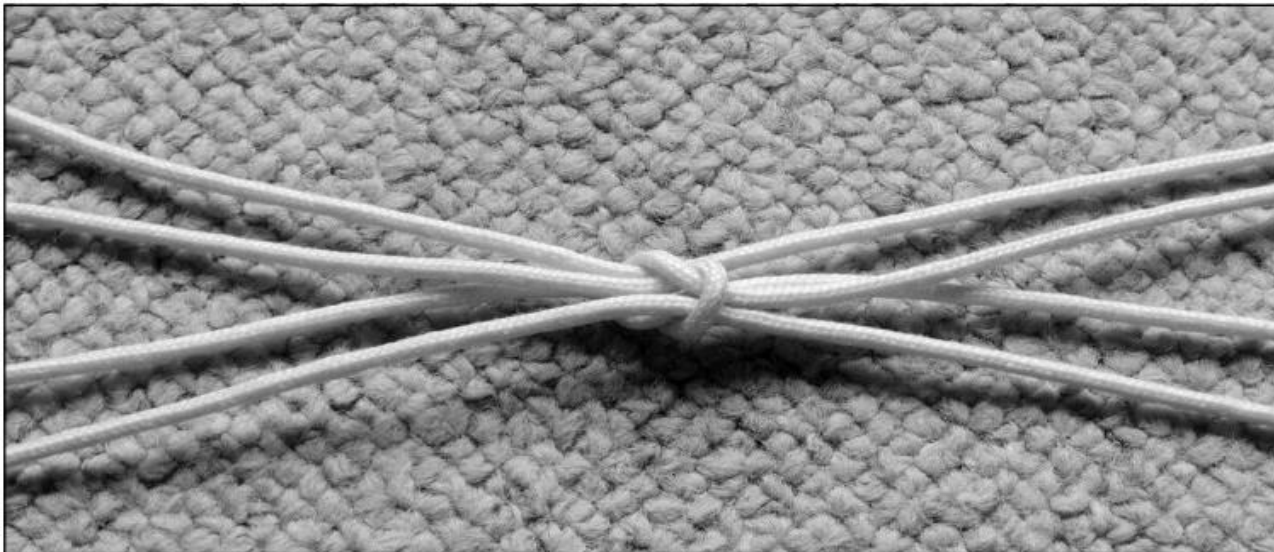
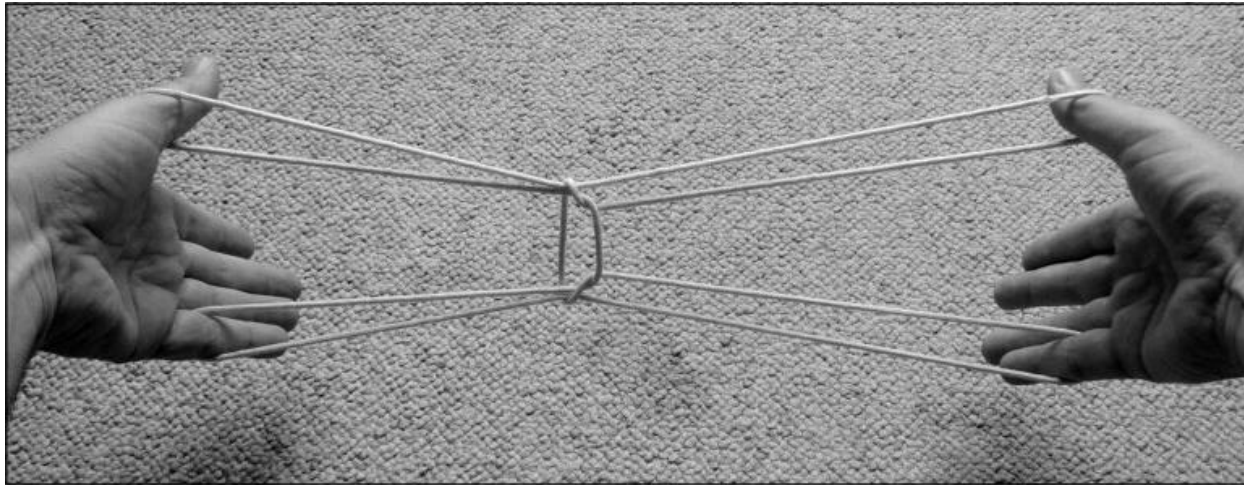
- An actual *krampknut* requires at least 2 and probably 3 knots have to be made.
- The 1st (a regular) knot ties together the two ends of a single piece of string and produces the string loop.
- The 2nd knot, the actual *krampknut*, is then made by manipulation of the string loop.
- An additional 3rd knot (or possibly 2 knots) is made to tie the *krampknut* to the cramped body part.

Swedish

Folk Medicine

- The string was formed into a ring which was put on the chicken's leg, and they said "*Cramp I have you gotten*".
- Then they removed the ring and said "*Cramp, you must have gone*".
- This was done 3 times, until at last they said "*And cramp you must never come anymore.*"
- 3 strong black peppercorns were fed to the chicken for each knot, so it received 9 peppercorns in all.

Crampknot (*Krampknot*)



- Other cramp-treating methods:
 - Rub saliva under the knee and cramp goes away.
 - Wrap dried eel-skin around arm or leg.
 - Always carry sulfur with oneself.
 - Crawl through a self-grown hole between branches of a tree.

Swedish

Folk Medicine

- Other knot therapies:
 - For heavy pain in the wrist, take 3 threads of different colors, braid them, and make 9 knots in them 3 centimeters apart.
 - Bind the threads around the hurting spot.
 - Keep them on until they fell off by themselves.
 - The pain will also have disappeared.
- Inflammation of the bladder was cured by making a knot in the underwear.

Swedish

Folk Medicine

- Someone with a nosebleed would take a black woolen thread and bind it around the left little finger.
- A sprain was cured by binding it with yarn, three pieces of differently-colored wool knotted together with 9 knots, which was then wound around the sprained leg of a human or animal.
- A length of string with 9 knots, was put around a limb to prevent against sprains.

Swedish

Folk Medicine

- Magic therapies are poorly documented because oral transmission was the route of dissemination.
- Older traditional healers were afraid to lose their healing power when teaching others.
- For serious colds: A single piece of crisp, hard Swedish bread smeared with caviar to coat the entire surface, and then topped off with raw garlic.

Elderberries

- The elderberry is a plant that has edible flowers and berries.
- Elderberries are rich in vitamin C, fiber and antioxidants.
- Because they can be cooked, they can be consumed in a variety of ways.
- This adaptability has made the elderberry a popular medicinal agent to treat from headaches to infections.

Elderberries

- As with most fruits, their nutritional potency is at their highest in their natural, whole form.
- When elderberries are processed into syrups, lozenges, teas or other cold-busting products, they lose some of their natural antioxidant power.
- **Caution:** Elderberries can cause sickness if they are eaten raw.

NORWAY

Norway

- Only 3-4% of the country could be farmed.
- Population increase, overcrowding and political pressures fostered migration.
- Norwegians began arriving in Iowa during the 1830's, and in the 1850's the number increased dramatically, with many immigrants settling in northeastern Iowa.

Norway

- Most of the early settlers did not come directly from Norway, but moved to Iowa from earlier settlements in Wisconsin and Illinois.
- Most Norwegians became farmers, and in 1880 over 82% of the Norwegians living in Iowa were farmers.
- Norwegians in Iowa often sent money back to Norway to help others emigrate to the United States

Norway

Folk Medicine

- For severe burns:
 - Wash burn with milk or rainwater.
 - Apply sugar or salt to prevent infection.
 - Apply clean fresh dressings daily.
- During healing, apply a salve, concocted of butter, sheep tallow and beeswax daily.

Norway

Folk Medicine

- **Insomnia:** Take one tablespoon of honey in the evening, tiredness will soon ensue and longing for bed will happen.
- **Headaches:**
 - 1) Tea of leaf buds taken from the birch tree eases migraine.
 - 2) To prevent a headache, take two teaspoons of honey at every meal. If the headache is happening, take a tablespoonful.
 - 3) Boil a mix of equal parts water and apple cider vinegar. Inhale the steam from the pan 75 times. This makes the headache go away, or significantly reduces it.
- **Toothache:** Place a piece of resin from a pine tree or a Norway spruce tree next to the aching tooth. Leave in place for 13 minutes. Repeat at bedtime.



Norway

Folk Medicine

- **Warts:** Wash the wart with juice squeezed out of a dandelion – using the whole plant. Repeat 3 times a day for 7 days.
- **Wrinkles or dry skin:**
 - 1) Rub face with dairy cream and leave it on as a facemask overnight. Wash off using lukewarm boiled water.
 - 2) Wash face, neck, and hands in lukewarm milk, full-fat.
- **Insect bites:**
 - 1) To ease the urge to scratch: wring out a washcloth in water as hot as bearable and press it towards the affected skin. Repeat at least two or three times.
 - 2) Use crushed cabbage leaves, kept in place with a bandage.
- **Healing open wounds:** An open wound heals best when covered with transparent, liquid resin from the Norway spruce, usually found on young trees.

Norway

Folk Medicine

- **Infected wounds:** Use crushed cabbage leaves to heal infected wounds. After 15 minutes, wash off with boiled salted water. Repeat 3 times daily for 7 days.
- **Back pain:**
 - 1) Mix 1 tablespoon of apple cider vinegar and 1 liter of warm water.
 - 2) Wash back with the mixture and then cover with warm clothing.
 - 3) If pain is due to sciatica, rub raw onion onto the painful areas in 7 counter-clockwise rotations daily at bedtime for 17 days.
- **Haemorrhoids:** Place cabbage leaves dipped in boiling water around the affected area to relieve the discomfort. Repeat as needed.
- **Slimming:** Chew on some raw celeriac (*Apium graveolens*) to subdue the feeling of hunger.

IOWA

Iowa

- Most Irish immigrants to America settled in Eastern cities such as New York, Boston, and Philadelphia.
- Irish men built the Erie Canal and railroads, while Irish women worked as domestic servants.
- Urban Irish-Americans later took over many political machines, like Tammany Hall, and dominated the American Catholic priesthood and many police forces.

Iowa

Close Colony

- Irish emigrants came to Iowa even before it had become a state.
- Many Irish miners worked in the lead mines around Dubuque.
- In the 1850's, Many Irish came to work on the railroads.
- In the 1870s a large Irish settlement formed at Emmetsburg named for the Irish patriot, Robert Emmett.

Iowa

Close Colony

- In the 1870s William B. Close and his brothers bought 30K acres of land in O'Brien, Plymouth and Sioux counties in Iowa and formed the Iowa Land Company.
- The company was formed to encourage other British citizens to settle in Iowa.
- The Close Colony settlers played cricket, went fox hunting and introduced other aspects of British life to Iowa.

Iowa

Close Colony

- The Closes wanted to encourage the younger sons of the British aristocracy to settle in Iowa.
- These men had generous monthly allowances but were barred from inheriting the family estates that would pass to their older brothers in the British Isles.
- They felt that their community was a British outpost in the middle of the United States although the colony was short lived.

GERMANY

Germany

- Germans left their homeland after the failure of the revolutions of 1848 in search of economic opportunity.
- They settled on farms and in the cities of the Midwest and Northeast.
- They came to dominate the American brewing industry.

LITHUANIA

Lithuania

- After the fall of the Polish–Lithuanian Commonwealth in 1795, most of Lithuania was incorporated into the Russian Empire.
- Industrialization, commercial agriculture and the abolition of serfdom in 1861, freed the peasants and turned them into migrant-laborers.
- After the 1867-1868 famine, discontent, suppression of religious freedom and poverty drove many Lithuanians to emigrate to the United States.

Lithuania

- The emigration continued despite the Tsarist attempts to prevent such loss of population.
- Lithuania as a country did not exist at the time, so the people who arrived in the U.S. were recorded as either Polish, German or Russian.
- The prevalence of Polish language, caused their names to be transcribed incorrectly.

Lithuania

Folk Medicine

- Until the 18th century bees were used as diuretic and a remedy to inhibit hair loss.
- Bees were used for the treatment of allergy and swellings.
- Bee's poison was used as antidote to viper's poison: after bite, just let bee sting or put bee into bread and give it to eat.

Lithuania

Folk Medicine

- Bee venom is used in traditional medicine to treat arthritis and rheumatism, and to relieve pain.
- Propolis was used to treat wounds and joint pain, prepared as an alcohol extract or in oily solution.
- Pills of beeswax are used as a remedy that stops diarrhea.

Lithuania

Folk Medicine

- If children get a fright, the honeycomb tea was used for treatment.
- White beeswax and yellow beeswax were an important part of ointments and plasters.
- Ear pain is relieved by burning rolled linen cloth waxed with beeswax and placing in ear canal.

Lithuania

Folk Medicine

- To heal epilepsy, drink water with boiled dead bees, without eating the bees.
- Bee glue was used to put on ulcers and boils.
- Bee glue was used to put on purulent gatherings for faster removing of purulence.
- Honey was used on infected wounds and to help healing of circumcisions.

Lithuania

Folk Medicine

- For aches and pains in the body, mix honey, butter, fat and rue leave tea and take a teaspoon daily; pain disappears within 7 days.
- Use of honey leads to improved acute wound healing , pain relief in burned patients, and decreased inflammation in all such patients.
- The antimicrobial qualities of honey explain the external and internal uses of honey in Lithuania.

Lithuania

Folk Medicine

- Health is the 2nd part of the soul, but in cases of shock or sudden agitation it could leave the body.
- The soul may fly out while yawning or sneezing, so when a person sneezes, one should say: *To your health, or God bless you.*
- It is said that if the groom sneezes during the wedding ceremony and no one says: *To your health or God bless you*, the devil will take away the groom's health.

Lithuania

Folk Medicine

- Some illnesses were caused by water, earth, from fleas, snakes, worms, frogs or birds which had gotten into the body.
- A snake can enter the body through the mouth while the person is asleep and make him ill, and a person can become ill after killing a snake.
- Fleas found on the body will make the person waste away.
- It is believed that a person has a headache because his hair that has been combed out and cut is thrown out and is picked up by birds that build nests with that hair.

Lithuania

Folk Medicine

- Lithuanians say that there is no plant that cannot be used medicinally, because God made a healer of each plant.
- Lithuanians had ancient names for most plants and knew which ones to use for particular healings, body, work and house hygiene.

Lithuania

Folk Medicine

- Illness could be washed away by bathing at sunrise and sunset on Holy Thursday, Easter Sunday or St. John's Day.
- It was believed that illness can rot and burn, it can be vomited out, can be chased away to dry trees, to vacant houses and into bogs.
- Illness could also be sucked out: mothers sucked on a child's ill eyes and spat 3 times, so that there would be no more problems.

Lithuania

Folk Medicine

- If a wrist was hurting, red yarn was knotted up to 81 knots, then tied around the wrist and remained there until it fell off.
- Fingers of a dead body were rubbed on body moles, warts and herpes.
- It was believed that illness could be left at a crossroads.
- By eating a snake, a person obtained the capacity to shed illness just like the snake sheds her skin.

Lithuania

Folk Medicine

- Nerve problems were caused by black evil souls so healing was accomplished by using black objects, like a black dog, cat or black hen.
- To heal certain illnesses, the actual behavior was caused by belief in opposite results.
- To stop bleeding, tree bark was scraped from bottom to top, to heal constipation the tree was scraped from top to bottom.

Lithuania

Folk Medicine

- Magic numbers (3, 7, 9, and 27) are very important in healing illnesses.
- To heal herpes, sore spot was encircled 3 times.
- Warts were treated with 3 peas.
- Those who stammered were tied up for 3 days in 3 rounds, containing 27 knots.
- To heal a terribly frightened person, 7 grains were used.

BOHEMIA



Bohemia

- The Bohemian estates revolted against the rule of the Habsburg dynasty because of religious and power disputes that started the 30 Years' War.
- The estates were mostly Protestant, especially Utraquist Hussite but a large German population endorsed Lutheranism.
- After several battles, the estates suffered a decisive defeat in the final Battle of White Mountain.
- This started re-Catholicization of the Czech lands, but also drew in Denmark and Sweden into the dispute.

Land Offers



Printed matter

A SOLDIER

Of 1861 can have 160 inside of Railroad lines, for \$22.00, all fees included. Pre-emptors must reside upon and cultivate the land six months to get a Deed from the United States. Homesteaders must reside upon and cultivate the land five years to get a Deed from the United States.

SIX MILLION

Acres Railroad land, \$2.50 to \$10 00 per acre, cash, or on long credit and low interest.
IMPROVED FARMS nearly none in market.
 N. B. Nobody wishes to leave Nebraska's rich plains, limpid waters, bright skies and vital air.

COMMISSIONERS OF IMMIGRATION.

F. W. HOHMANN, Pres., Lincoln, Neb.
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to have a home in the west

J. P. Moomaw Agent

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Nebraska,

The Garden of the West.

50 MILLION ACRES
 OF
GRAIN & GRAZING LAND,

Offered to actual settlers only, for \$1.25 per acre outside of Railroad Land Grant Limits; or \$2.50 per acre inside of such limits, under the pre-emption law, or a

Homestead

Of 80 acres inside of Railroad limits, and of 160 acres outside, for \$18.00 all told.

I can testify to this

One day's work like this

LANDS for the LANDLESS!

Homes for the Homeless!!

Millions of Acres almost donated to the brave Pioneers of the World by the generous government of America.

SOLDIERS

Of the war of 1861, come forward and take your Homesteads near some Railroad in

NEBRASKA.

For particulars address J. H. NOTEWARE, State Sup't of Immigration, Omaha, Neb.

J. P. Moomaw Agent

Pre-Emption

- Also called **Squatter's Rights**: policy by which first settlers, or “squatters,” on public lands could purchase the property they had improved.
- Congress passed a series of temporary preemption laws in the 1830s, opposed by Eastern business interests who feared this would drain their labor supply.
- In 1841 Henry Clay devised a compromise by providing squatters the right to buy 160 acres of surveyed public land at a minimum price of \$1.25 per acre before the land was sold at auction.
- This led to the passage of the Homestead Act of 1862 by making preemption an accepted part of U.S. land policy

Bohemia

Folk Medicine

- Many Bohemian, Moravian and Silesian families immigrated to the American colonies after White Mountain in 1620.
- They fought for American independence, and many Bohemians fell fighting under the Stars and stripes during the Civil War.
- Today there are over 525K Bohemians in the US, with over 50K of them in Iowa.
- Bohemians did not come here to amass riches and then return to *the old country*; they come here to stay.

Bohemia

Folk Medicine

- One local remedy for infection is a milk and bread poultice, which was placed on wounds to protect and heal the skin.
- The plum liqueur, *slivovice* heals everything from sore throat to colds to muscle aches, just like whisky is given in other nations for the same ailments and for the same reason: alcohol has antiseptic and relaxing effects.
- Rose hip tea has is a popular health tonic in the Czech areas, primarily as a source of Vitamin C.
- Physical activity is considered critical to health and emotional well-being.

Bohemia

Folk Medicine

- For colds: hot black tea, squeezed lemon, honey and one shot of Rum; it helps by getting the sweating started.
- A similar drink that works just as well: rose-hip tea with honey and lemon; 3-4 cups a day usually works within 48 hours.
- A warm drink for a dry irritating cough when you need to create and expel mucus: warm milk, honey and some melted butter (1 teaspoon); tastes good and makes lots of mucus.
- Herbal remedies including stinging nettles and sage, have a long history of use in Czech folk medicine.

Stinging Nettle

Urtica dioica

- Blocks allergic response, decreases symptoms from hay fever, including itchy eyes, nasal congestion and sneezing.
- May help to stabilize blood sugar.
- Acts as a diuretic and may help to lower blood pressure.
- Relieves joint pain and helps soothe pain of osteoarthritis.
- Improves blood clotting and speeds the healing process.
- **Avoid stinging nettles if pregnant.**



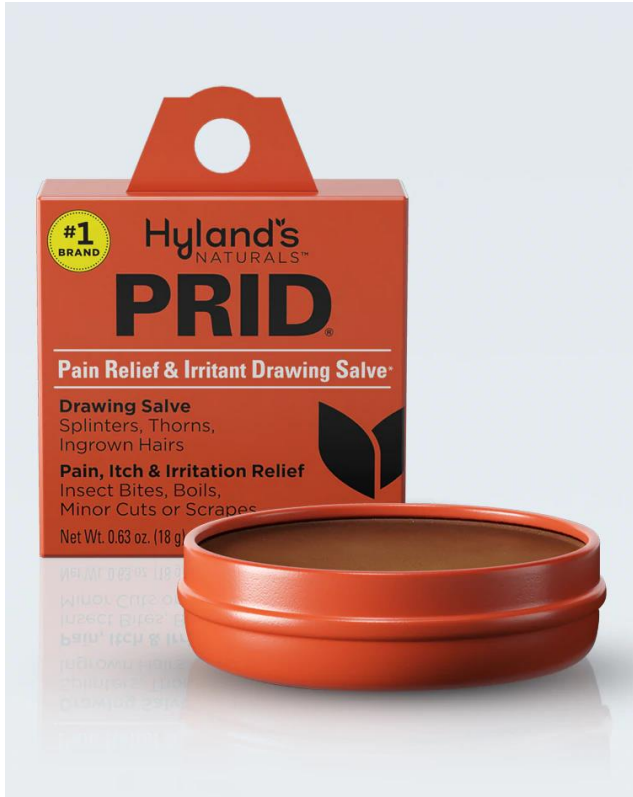
Sage

Salvia officinalis

- Improves memory and thinking skills when taken by mouth; aromatherapy doubtful.
- Reduces high cholesterol levels if taken 3 times daily for 2 or 3 months.
- Relieves symptoms of menopause if taken by mouth for 4 weeks, improving hot flashes, night sweats and sleep problems.
- Taking sage during pregnancy is likely unsafe because it could cause a miscarriage.

Bohemia

Folk Medicine



- For splinters that could not be removed without a doctor: crude old coal tar shampoo applied around the splinter.
- It would cause pus to form around the splinter and then it would come out with some pressure.
- Currently available homeopathic remedy PRID, *“the original black drawing salve”*.

Bohemia

Folk Medicine

- For colds and fever: raw uncooked sauerkraut and a glass of sauerkraut juice.
- It was used to strengthen your defenses especially during winter months and it was also great fever reducer.
- The juice is also a great quencher of cravings.
- The side effect of sauerkraut is it gives you gas.



Bohemia

Folk Medicine

- For sore throat: eat raw onions, a lot of onions.
- Make a simple sandwich of liver paste topped with lots of raw onions.
- Liver paste from Beef or chicken are OK.



Bohemia

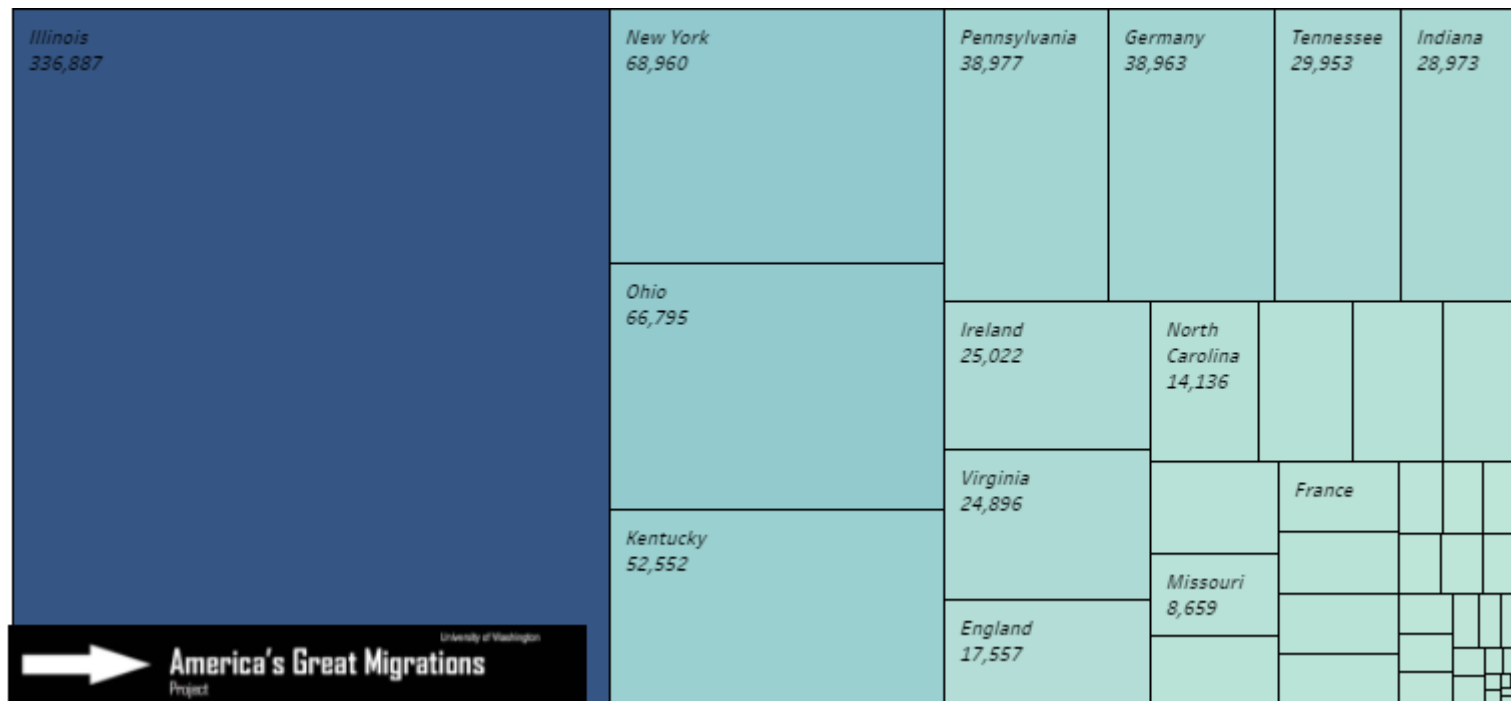
Folk Medicine

- Other folk magical medicine variants include using Bohemian glass beads fashioned into amulets, or charms.
- Most were intended as apotropaic magic objects, to prevent harm and ward off evil.

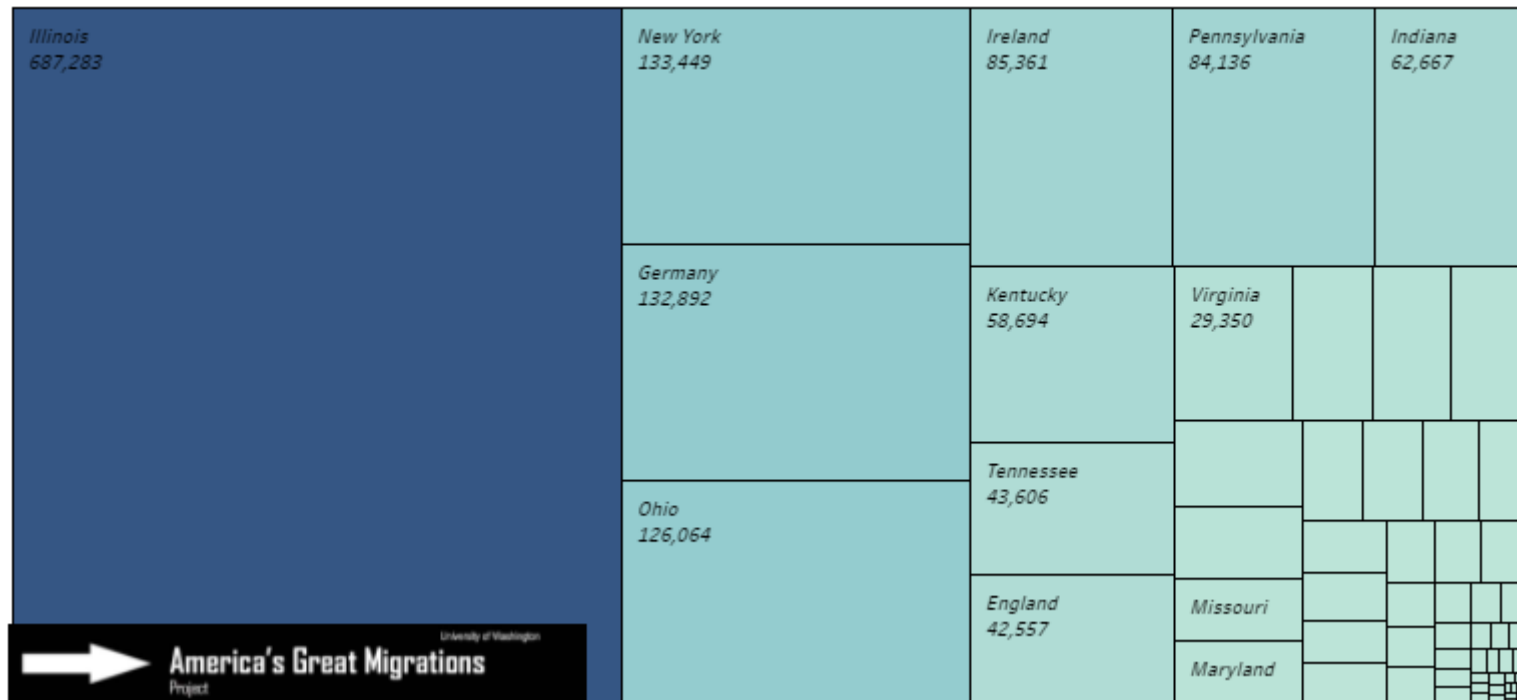


ILLINOIS

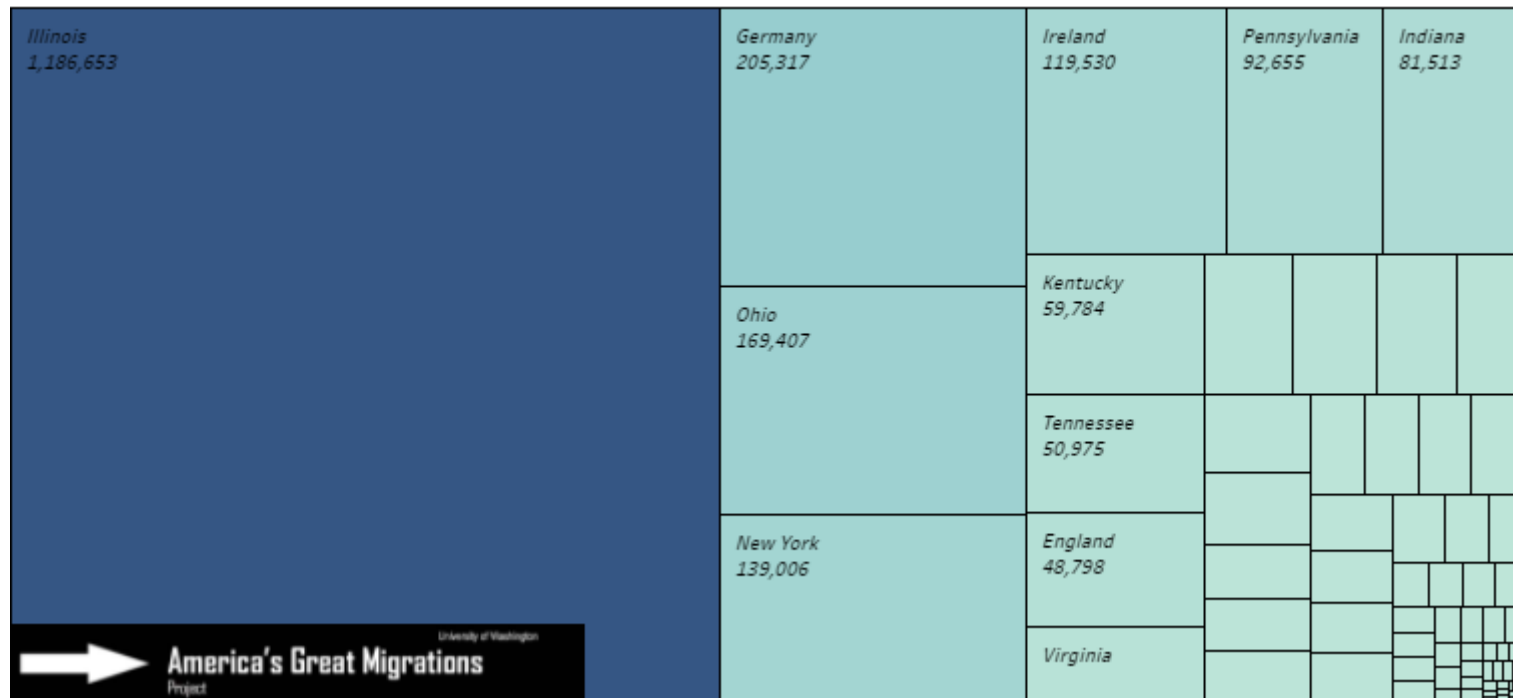
Illinois 1850



Illinois 1860



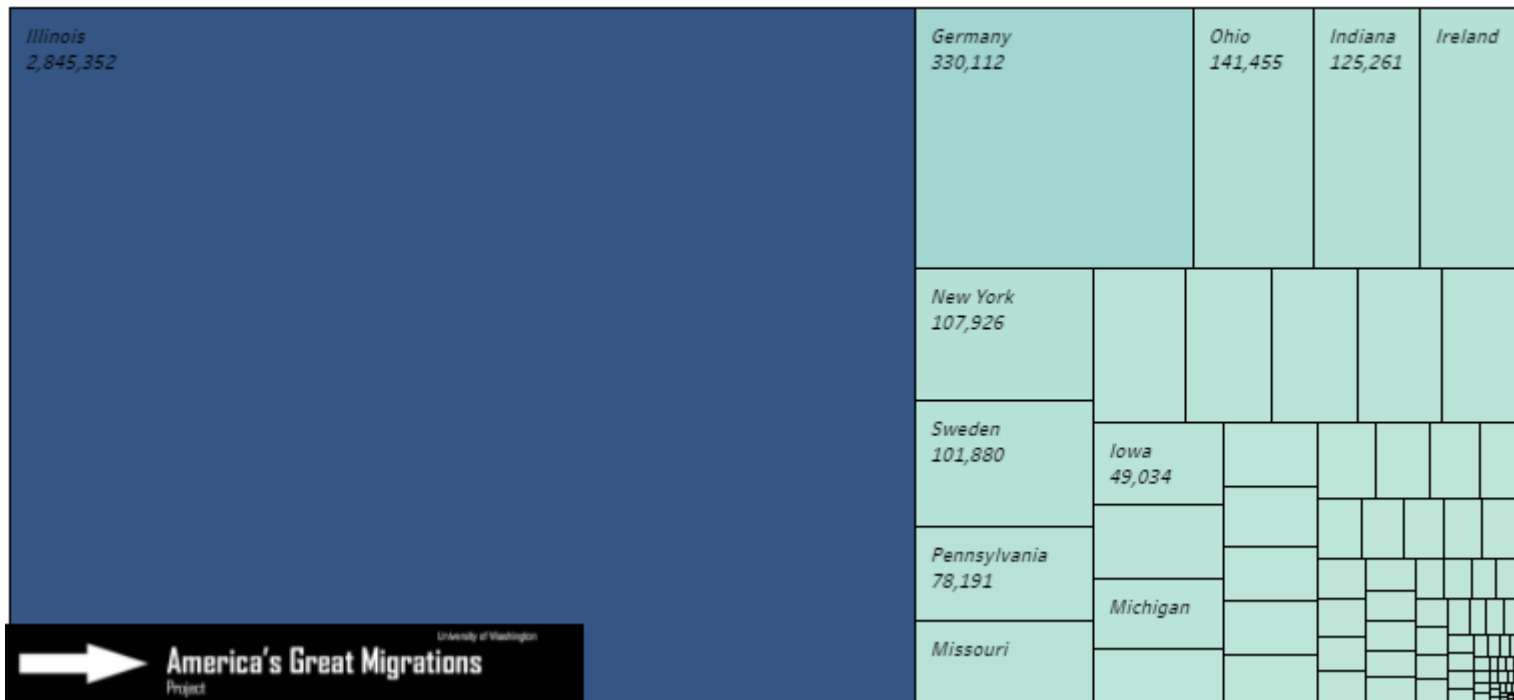
Illinois 1870



Illinois 1880



Illinois 1900



Illinois 1910

