...Grandma Said:

When I first began collecting old home remedies, it was mainly as a hobby. However, the more I became involved in collecting them, the more people would call me with some they had heard. I decided perhaps there were others who would be interested in reading them, expecially readers of Dawn Magazine.

Documenting these old remedies has been so enjoyable and, yet, so necessary because I am sure, in future years, these remedies will have gone by the wayside, in view of the tremendous strides modern medicine is making.

By Madelynn Bohannon

Fever

Place ½ cup of salt in a dish and pour turpentine over it. Place dish under the bed.

Stroke

My grandmother said make a poultice of kerosene, salt and black pepper. Let it set for 24 hours. Then cover the side on which the stroke occurred.

Something in Eye:

Go to the chicken house and look in. The ammonia from the chicken droppings will cause the eyes to tear. Thus washing the eyes out.

Sore Thorat

Mix warm water, vinegar, and black pepper. Gargle several times a day.

Bug Bite

Rub salt on it.

Highblood Pressure:

Mix one third vinegar and two - thirds garlic water and drink periodically.

Backache:

Place an ironing board in the bed and lie on it.

Knot On Head:

Freeze a stainless steel butter knife, then place it against the knot.

Insomnia

Sleep with your head facing the east.

Tickle In Throat

Lick a little salt

Aching Joints

Rub the joints with vicksalve.

Nosebleed

Place cold compress to back of neck.

Toothache

Chew on a whole clove.

Rusty Nail In Foot

Clean the wound with plain warm water. Rub lard on the top and the bottom of the foot. Cut a piece of saltpork and put it on the wound and wrap t rag around it. This will draw the rust and poison out.

Boil or Rising

Clean the area with plain water. Slice an apple and place it on the boil and it will bring it to a head.

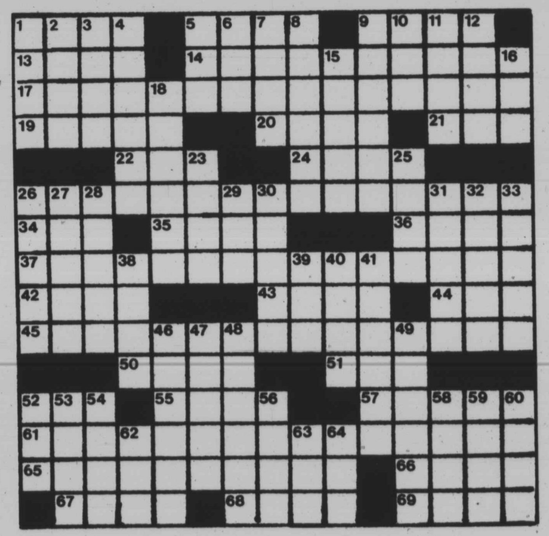
Black History Crosswords

ACROSS

1 Charles —: blk. researcher of blood plasma (1940s)
5 —ywa, Ethiopia: coffee was first disc. in this land
9 Degs. for 1st blk. U.S. Rom. Cath. bp. Jas. A. Healy (1875)
13 — Harper: blk. judge of Ohio
14 Again uses pencil device inv. by John L. Love, blk.; (pat. 1897)
17 First blk. student at GA Univ. (1961)
19 Site of protest demonstrations (1960s)
20 Jai —: sport
21 Scores for Bill Bell: Dir. of FLA A&M (born 1909)
22 Soaring phenomenon
24 —field, Canada: this country gave blks. voting rights (1837)
26 First blk. astronaut trainee (1963)
34 Biblical noun
35 Garrett A. Morgan, blk., inv. a mask for — gas: (1916?)
36 Female game: 2 wds.
37 Novel by Alexandre Dumas, blk., born (1824): 2 wds.
42 Blk. jockey Willie Simms, — to win the 1893 and 1894 Belmont Stakes
43 "Fisk Jubilee Singers" (blk. group), went on a world one (1871)
44 "Rutgers": abbr. alma mater of Paul Robeson, blk. singer-actor-activist (1917)
45 Jos. H. Smith, blk., invented this for lawns (pat. 1897): 2 wds.
50 — Kru, Liberia: Jesse D. Locker, U.S. Amb. to this ST (1953)
51 Tse—: African parasite
52 Instrument of Lester Young: blk. musician
55 Characteristic of slavers
57 Slaves suffered with this disease
61 Black Lady Rep. of NY
65 Ancient blks. depicted 'Satan' as a —: 2 wds.
66 Pacific I.: explored by blks.
67 Egyptian God
68 Voodoo or Obeah
69 Was used to obtain slaves

DOWN

1 Three of these were won by blk. GIs WWII
2 —ita, Ethiopia: land of Candaces
3 Pertaining to a time period
4 Used against blk. Union Troops
5 — Aldridge: blk. thespian
6 North African ruler
7 Wesley A. Brown, 1st blk. graduate from here (1949)
8 "Fourteenth Amendment" (1866): 2 wds.
9 Adjusting
10 Inits. found on gas-engine. inv. by Fredr. M. Jones (blk.)
11 —, Rhodesia
12 Prune: Scot.
15 Kal—, Desert: Africa
16 Diego Rivera (famous mural painter) e.g., & Juan Garrido (1st to sow wheat in new world
18 Event held by slaves, in Beuregard Sq. New Orleans: 2 wds.
23 —, TX: ST of Rep. Wilhelmina Delco
25 'Those': Scot.
26 Black pope Victor & Jas. A. Healey: abbr.
27 'Amistad', e.g.: Jos. Cinque led a slave revolt here 1839 (2 wds.)
28 Hiram S. Thomas, blk. introducer of potato chips (1865)
29 —, Sudan
30 Physician-Sainte: abbr.
31 —, NC: ST of 1st blk. life Ins. Co.
32 — Montt, I., Chile: chilly stares for blks. here
33 Compute again
38 —burgh, Scot.: blks. were found here in a colony
39 Measure to Falashas (black Jews)
40 —is, FLA: Osceola, Ind. chief of blk. enc., fought the U.S. in this ST (1836)
41 Harriett Tubman, blk. moses, held these to plan escapes
46 —, W. VA: birth ST of Booker T. Washington
47 'Homonym' for job of blk. inv. Jos. Lee's dough-mixer
48 Charlotte E. Ray: 1st blk. fem. — · (1872)
49 Blk. inv. Lewis Temple's harpoon would be effective on this
52 Compass point
53 Exclamation
54 '988' to Terence: blk-roman playwright
56 '606' to blk. pope Miltiades (311 A.D.)
58 Encroacher on Zulu turf
59 —, IND: Thornton Alexander, blk., founded area in this ST (1830?)
60 Blk. inv. Meredith Gourdine, devised system to hold this down



Rose Bowl 1922

(Continued from Page 14)

a member of the 1924 American Olympic Team.

Cited, praised, and nationally acclaimed as one of, if not the best halfback in college football, West some how never received the honors many of our best sportwriters felt he deserved; he never made Walter Camp's All-American Team, although he received honorable mention for four years.

He was not placed in the National Collegiate Football Hall of Fame. It is hard to understand why he was by-passed.

In 1977, two years before Dr. West's death, his alma mater launched a vigorous campaign to nominate him for the National Collegiate Football Hall of Fame. An article, written for the campus paper, The Red and Black (March 2, 1977), using the highlights of West's major gridiron triumphs, presents the case for W and J's favorite athlete:

"Charles West was the first black man to quarterback a team in the Rose Bowl, playing that position for W&J against the University of California in their 0-0 tie on January 2, 1922.

Charles Fremont West was born of middle class parents, William B. and Hannah Thomas West in 1899, the third oldest child in a family of four.

He was born on a farm near Washington, PA, and was a typical farm boy until he was about twelve, when his father moved to the town of Washington and opened a grocery store.

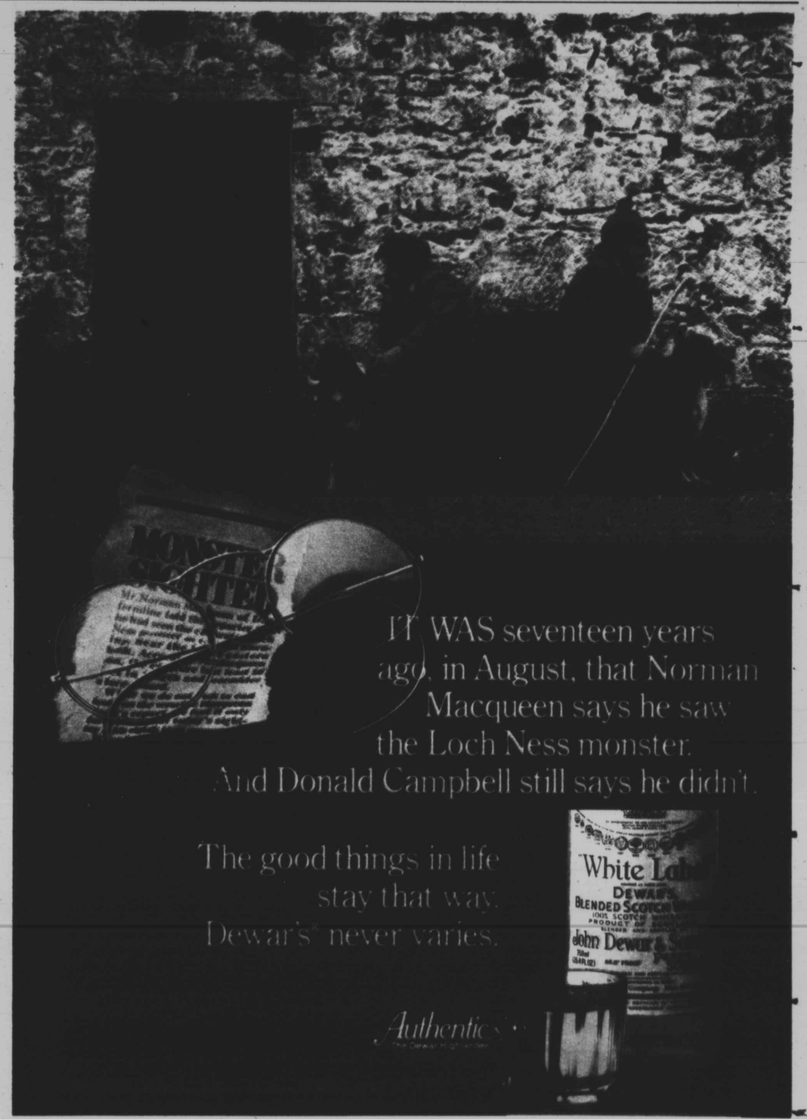
Charles West, even as a boy, showed signs of the athletic prowess he later exhibited. His relatives marveled that at a very early age he could wrestle and litterally throw to the ground the bull the family possessed. He could also outrun the family horse in trips to the town.

Although in later years, West's father made a success of his store, acquired real estate, became president of the local building and loan association, and was elected to the city council, the Wests' saw some lean years after they first left the farm.

During one of those slack periods, Charles decided to drop out of school and get a job as a shoeshine boy in order to strengthen the family budget.

His older brother Milton wouldn't hear of it, and persuaded Charles to stay in school and get an education, that prized goal of black middle class families. Milton and Dora (Charles sister), though both had excellent records in the public schools, were willing to make any sacrifice necessary to push Charles, the most promising member of the family.

The same was true of West's father and mother, also a community leader, and a very active and inspiring member of the local A.M.E. Church.

In 1926, Charles Fremont West married La Verne Gregory, member of a well known Washington, DC family. A graduate of Western Reserve (A.B.) and Catholic University (A.M.), Miss Gregory was a Latin teacher first at the Dunbar High School and subsequently at Howard University. From this union, there are two children: Linda West Nickens and Charles Nathaniel West. There are three grandchildren.

For over fifty years—from 1929 until his death in 1979— Dr. West practiced medicine in Alexandria, VA; he also devoted a large proportion of his time to work in the TB Clinic of that city.