

THE "WINGED LION"

TRADE



MARK

RECEIPT BOOK

OR

How to Cure all Common Complaints with
SIMPLE HERBAL REMEDIES.

When purchasing Herbs in Packets, SEE THAT THE TRADE MARK AS ABOVE IS ON THE BACK OF THE PACKET. These Packets are guaranteed to be the BEST QUALITY and ABSOLUTELY TRUE to name.

The "Winged Lion"

Medical Receipt Book



Acidity of the Stomach.

Bitters half an hour before meals are good for Acidity. Make a drink of one packet Centaury and Dandelion Root to 1 pint of water and take a wineglassful three times a day.

Anæmia.

The "Winged Lion" Consumption Herbs will be found very useful. Take also Slippery Elm Food. Prepared by Dr. Thompson's Pure Food Co.

A good medicine to take would be 1 packet each Bogbean, Comfrey Leaves and Marshmallows. Pour on 2 pints of boiling water. When cool strain and take a wineglassful frequently.

Asthma.

Take 1 packet each Horehound Vervain, Hyssop and Liquorice Root. Boil in 3 pints of water for half-an-hour. Strain, and add when cold 2-ozs. Vinegar, $\frac{1}{2}$ -lb. Honey, and $\frac{1}{2}$ -oz. Tincture of Lobelia.

DOSE—A wineglassful frequently.

Potter's Asthma Cure should be taken to relieve the spasmodic cough of Asthma.

Alterative.

A good Alterative Blood Medicine may be obtained as follows:—Take 1 packet each Yellow Dock Root, Burdock Root and Figwort Herb, boil in 3 pints of water for 2 hours, strain and add $\frac{1}{4}$ -lb. Sugar.

DOSE—One wineglassful three or four times a day.

Aperient.

The following makes a good general Aperient:—Senna Leaves, 1 packet; Liquorice Root, 1 packet; Aniseed, 1 dram; Mandrake Root, 1 dram. Boil in 3 pints of water for 20 minutes, strain and add $\frac{1}{2}$ -lb. Sugar.

DOSE—Two or three teaspoonfuls three times a day.

Black Eye.

$4\frac{1}{2}$ d. Curo. Herbs quickly removes the Inflammation and discolouration.

Bleeding—Internal.

One packet each Cranesbill Herb, Golden Rod and Nettles. Pour on 2 pints boiling water, strain and take a wineglassful frequently.

Botanic Beer.

The following recipe for Botanic Beer will be found valuable. Take of Meadowsweet, Betony, Agrimony and Raspberry Leaves each 1 packet, boil in 2 gallons of water 15 minutes, strain and add 2-lb. White Sugar. When nearly cool, bottle. This needs no barm or yeast.

Blood Purifier.

Recipe for Blood Purifier:—One packet each Figwort, Burdock Root, Yellow Dock Root and Sassafras



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Bark. Boil in 1 quart of water for 20 minutes. Strain when cool.

DOSE—A tablespoonful three times a day.

Catarrh.

Take one packet each Yarrow, Vervain, Boneset, Horehound and Red Sage. Boil in 3 pints of water, cool, strain and take a wineglassful 3 times a day.

Chapped Hands.

Dust the hands with fine slippery Elm Powder, especially after washing.

Colds, Influenza, &c.

Take one packet each Yarrow and Boneset. Pour on them 1 pint boiling water. Strain and drink while warm. Sweeten to taste. This will cause rapid perspiration if patient is well wrapped up.

Constipation.

Will be easily cured by the use of the "Winged Lion" Constipation Herbs in 4½d. and 9d. packets.

Convulsions.

Make a medicine composed of 2 packets Rue, 2 packets Scullcap and 1 packet of Valerian Root. Boil for 20 minutes in 1 pint water, strain, and dissolve ¼-lb. Loaf Sugar in the mixture.

DOSE—For Infants, ½ teaspoonful for Children, 1 teaspoonful every two or three minutes while the fit lasts.

Cordial—Infants.

One packet each Peppermint and Raspberry Leaves. Pour on 1 pint boiling water. Strain and add ½-lb. Sugar.

DOSE—One teaspoonful frequently.

Croup.

Take 2 packets Lobelia Herb and 1 packet Pennyroyal, and pour on the contents 1 pint boiling water. Strain when cold, add ½-lb. Honey or Treacle and 1 gill best Malt Vinegar.

DOSE—1 dessertspoonful; for young children give a teaspoonful.

Cough Syrup.

To make a good general Cough Syrup boil 1-oz. each Mouseear, Liquorice Root and Marshmallow Leaves in 2 pints water. Strain and add 1-lb. Treacle or Sugar.

Consumption.

One packet each Comfrey Leaves, Mullein, Hyssop and Liquorice Root. Boil in 3 pints water for 20 minutes. Strain and add 1-lb. best Sugar.

DOSE—A wineglassful four times a day.

Consumption, &c.

Take 1 packet each of Sanicle, Yarrow, Horehound, Lobelia Herb and Liquorice Root. Boil in 2 quarts of water for 15 minutes. Strain and add 1-lb. Sugar and ¼-pint Whisky.

DOSE—A wineglassful four times a day.

The "Winged Lion" Consumption Herbs in 9d. packets have a splendid effect.

Coughs.

Pour a quart of boiling water on 1 packet each Hyssop and Horehound. Strain, and add 2 table-spoonfuls of Honey.

DOSE—A wineglassful frequently.

Coughs.

A useful Cough Mixture is made as follows: Take 1 packet each Ground Ivy, Liquorice Root and Mousear. Boil in 3 pints of water for 20 minutes, strain, and add 1-lb. of Sugar.

DOSE—A wineglassful.

Cough Mixture.

For a Cough Mixture take 1 packet each Liquorice Root, Horehound and Elecampane. Boil in 3 pints of water for 20 minutes. Strain, and add when cold 2 drams each Tincture of Lobelia and Tincture of Cayenne.

DOSE—A wineglassful frequently.

Colic—Infants.

Pour a pint of boiling water on the contents of a packet of Spearmint, strain when cold, sweeten to taste, and add a teaspoonful of Essence of Aniseed.

DOSE—A teaspoonful frequently.

Confinements.

During Confinements, Raspberry Leaf Tea drunk freely will be of great assistance, especially if 2 teaspoonfuls of the best Composition Essence and $\frac{1}{2}$ teaspoonful of Scullcap Powder be added to each pint.

Debility.

Take Tonics like Peruvian Bark, Centaury, Gentian and Balmony, $\frac{1}{2}$ -oz. of each in powder form, mix and pour a pint of boiling water on half the quantity. Strain when cool and take a wineglassful 3 or 4 times a day before food.

Eyes.

Eyebright makes an excellent wash. Eyebright water is also excellent.

Eczema.

Take 1 packet each Burdock Root, Sarsaparilla Root, Yellow Dock Root, and boil in 1 quart of water for 20 minutes. Strain when cool, and take a wineglassful 3 or 4 times a day.

Female Complaints.

Recipe for Female Herbs—Take 1 packet each Mugwort, Southernwood and Pennyroyal. Pour a quart of boiling water on the contents. Strain and take half-a-teacupful warm frequently.

Fevers.

One packet each Yarrow, Bone-set and Scabious. Pour on 2 pints boiling water. Drink while hot freely to produce perspiration. Patient should keep in bed till temperature is normal.

Fomentation.

The following recipe forms a good general fomentation:—Take 2 packets Wormwood, 2 packets Southernwood and 1 packet Marsh-mallow Herb. Boil in 2 quarts of water down to 1 quart. Apply hot with flannels dipped in the decoction.

Gargle for the Throat.

One packet each Cudweed and Oak Bark. Boil in 2 pints of water for 20 minutes. When cool, use freely.

Gravel, Stone, &c.

In Gravel, Stone or Stricture, take 1 packet each Wild Carrot Herb and Pellitory. Boil in 2 pints of water for 20 minutes, strain, and take half-a-teacupful frequently.



Hairwash.

Rosemary and Southernwood, one packet each; Camphor and Borax, $\frac{1}{2}$ -oz. each. Pour on 2 pints of boiling water, strain when cool, and apply with a sponge to the roots of the hair.

Heartburn.

Take remedies advised for Indigestion.

Heart Disease.

The following will be found useful in cases of Heart Weakness or Disease. Take Motherwort 1 packet, Lily of Valley Leaves 1-oz. Pour on them 2 pints of boiling water, strain when cold and drink half-a-teacupful frequently.

Headache—Nervous.

Take 1 packet each Scullcap and Camomile Flowers. Pour 2 pints of water on same and drink in teacupful doses.

Headache—Sick.

Take a dose or two of the Constipation Herbs. Follow up with the Herbs recommended under the head of Tonic.

Hop Bitters.

To make Hop Bitters, take 1-oz. Holy Thistle, $\frac{1}{2}$ -oz. Hops, 1-oz. Angelica Herb. Pour 3 pints boiling water on them, strain when cold, and drink a wineglassful four times a day.

Hop Beer.

To make a good Hop Beer—Put 2 packets of Hops in 2 quarts of water, boil for 15 minutes, strain and dissolve 1-lb. of sugar in the liquor; add 4 quarts of cold water and 2 tablespoonfuls of fresh barm. Let it stand 12 hours in a warm place, then bottle for use.

Herb Beer.

Recipe for Herb Beer—Dandelion Herb, Agrimony, Meadowsweet, two packets of each. Boil in 2 gallons of water for 20 minutes, strain, and add 2-lb. Sugar and $\frac{1}{2}$ pint Barm or Yeast. Let it stand in a warm place for 12 hours, then bottle.

Indigestion.

Take 1 packet each Columba Root, Centaury, Dandelion Root and Poplar Bark. Boil in 3 pints of water for 20 minutes. Cool, strain and take a wineglassful three times a day.

(See also under Tonic).

Inflammation.

For Inflammation of Bladder, &c., take 1 packet each Buchu, Uva Ursi and Yarrow. Pour on 2 quarts of boiling water. Strain and take a cupful three times a day.

Jaundice.

Take 1 packet each Barberry Bark, Centaury and Agrimony. Boil for 20 minutes in $1\frac{1}{2}$ pints of water. Strain when cold.

DOSE—A wineglassful four times a day.

Lotion.

Red Dock Root makes a good cleansing lotion for all diseased surfaces.

Lumbago.

Pour 1 quart of boiling water on 1 packet each Parsley Piert, Uva Ursi and Broom. Strain when cool and take a wineglassful 3 times a day.

Kidney Disease.

Take 1 packet each Uva Ursi, Pellitory Herb, Wild Carrot and Marshmallow Leaves. Pour on them 1 quart boiling water. Strain when cold and sweeten if desired.

DOSE—A wineglassful 3 or 4 times a day.

The Best Herbal—"Potter's Cyclopædia," Price 5/-.

Contains all the Best Recipes.

Full of Useful Information.

Liver & Kidney Mixture.

A capital Liver and Kidney Mixture may be obtained by taking 1 packet each Dandelion Root, Centaury and Uva Ursi. Boil in 3 pints of water for half-an-hour. Strain and take a wineglassful frequently.

Menstruation.

Recipe for suppressed Menstruation—Take 1 packet each Rue, Pennyroyal, Southernwood and Mugwort. Boil for 15 minutes in 3 pints water, strain and take a teacupful frequently.

Measles.

In Measles and Children's Fevers the following will be found useful—1 packet each Red Sage, Hyssop and $\frac{1}{2}$ -oz. Marigold Flowers. Pour on a quart of boiling water; strain when cold.

Dose—A wineglassful frequently.

Nerves.

An excellent Nerve Mixture may be made as follows—Take a packet each of Scullcap, Motherwort and Gentian Root. Boil for 10 minutes in 2 pints of water, strain when cold, and take a wineglassful four times a day. This may be sweetened to taste.

Neuralgia.

Pour 2 pints boiling water on 2 packets Scullcap, 1 packet Valerian and 1 packet Wood Betony. Strain and press out liquid. Take a table-spoonful 3 or 4 times a day.

Palpitation of the Heart.

Boil the contents of 2 packets Scullcap, 1 packet Valerian and 1 packet Tansy in 2 pints of water for 20 minutes. Strain, and when cool take a wineglassful 3 times a day.

Poultice.

A good Poultice may be had by scalding 1 packet of Marshmallow Leaves and 1 packet of Ragwort and applying to the part affected. This will be especially useful where there is any tendency to mortification. Apply as hot as possible.

Pleurisy.

For Pleurisy, Rheumatism, &c., take 1-oz. each Angelica Herb, Sassafras Bark and Germander. Boil for 10 minutes in 1 quart of water, strain, and when cold add 1-oz. Fluid Extract of Pleurisy Root.

Dose—A wineglassful three or four times a day.

Piles.

For Piles the following is a splendid remedy—Take Pilewort and Cascara Sagrada Bark 1 packet each. Boil for 20 minutes in 2 pints of water, strain when cold, and take a wineglassful three times a day. The parts should have a dressing of Witch Hazel Ointment.

In obstinate cases, Dr. Frye's Pile Cure (2/9) is strongly recommended.

Poultice—Slippery Elm.

Take a teaspoonful of coarsely powdered Slippery Elm Bark and as much Lobelia Seed Powder as will cover 6d., cover with boiling water and apply as hot as possible to the abscess or boil. For bad legs omit the Lobelia.

Rheumatism.

For Rheumatism and Gout, take 1 packet each Blue Flag Root, Buckbean and Sassafras Bark. Boil in 3 quarts of water for 1 hour, strain, and add $\frac{1}{2}$ -lb. Loaf Sugar.

Dose—A wineglassful four times a day.

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Rheumatism.

Pour 2 pints of boiling water on the contents of 1 packet each Wood Sage, Bogbean, Germander and Sassafras Bark. Stand in a warm place for 1 hour, cool and strain.

DOSE—A wineglassful four times a day.

St. Vitus's Dance.

Take 1 packet each Scullcap, Valerian Root and Vervain. Boil in 1 quart of water for 20 minutes. Strain, and take a wineglassful three times a day.

Sleeplessness.

Take 1 packet each Hops and Skullcap. Pour on 1 pint boiling water.

DOSE—A wineglassful frequently.

Spitting Blood.

A valuable medicine for Spitting of Blood, Hæmorrhages, etc., can be made by pouring 2 pints of boiling water on 1 packet each Nettles, Cranesbill Herb and Comfrey Root powdered. Strain when cold and sweeten to taste.

DOSE—A wineglassful frequently.

Stone.

An excellent remedy for Stone, Gravel or Obstruction of Urine may be prepared by putting 1 packet each of Parsley Piert, Broom, Clivers and Yarrow in 2 quarts of water and boiling for 15 minutes. Strain when cold and drink a teacupful frequently.

Sore Throat.

For a Gargle for Sore Throat take 1 packet Red Sage and pour on it 1 pint of boiling water; when cool add equal parts of Vinegar and 1-oz. best Honey. In Measles and Children's Fevers the following will be found useful—1-oz. each Red Sage, Hyssop and $\frac{1}{2}$ -oz. Marigold Flowers.

Pour on a quart of boiling water, strain when cold.

DOSE—A wineglassful frequently.

Swellings and Sprains.

Foment with Marshmallows 1 packet and 12 Chillies to each pint of boiling water. Use as hot as can be borne.

Teeth.

A good powder may be had by mixing equal parts of powdered Bistort Root, Orris Root, Prepared Chalk, Cuttlefish Bone and Bayberry. Perfume to taste.

Tonic.

As a Tonic in weak condition of digestive organs take 1 packet each of Camomile Herb, Gentian Root, Calumba Root and $\frac{1}{2}$ -oz. Peruvian Bark. Pour 3 pints of boiling water on and let it stand for 2 hours in a covered vessel. Strain.

DOSE—A wineglassful four times a day.

Ulcerated Mouth.

One packet each Cudweed and Raspberry Leaves. Pour on 1 pint of boiling water. Use freely.

Urinary Troubles.

For retention of Urine—Take 1 packet each Broom, Pellitory Herb and Wild Carrot. Pour a quart of boiling water on the contents, strain when cool and drink half-a-teacupful frequently.

Urinary Tonic.

As a Urinary and general Tonic take Uva Ursi 1 packet, Poplar Bark 1 packet, Marshmallow Root $\frac{1}{2}$ -oz. Pour on them 2 pints of boiling water. Strain when cool and take a wineglassful frequently.

Worms.

Take 1 packet each Tansy, Feverfew and Wormwood. Pour a quart of boiling water on the contents. Strain when cold. Half of this should be taken at night and remainder in the morning on an empty stomach.

THE **REAL** Dandelion Coffee

FOR many years numerous mixtures of Chicory, Date Stones, Acorns, and other rubbish have been foisted on to the public under the name of Dandelion Coffee. Such mixtures have no right to the term "Dandelion Coffee," seeing that in many cases there is neither Dandelion nor Coffee in their component parts and their sale has caused the REAL and genuine article to come under a cloud. The counterfeit has passed for the true, proved useless as a digestive beverage as well as nauseous to the taste, and in consequence the people have become disgusted with every preparation sold under this name. This is a TREMENDOUS PITY, because genuine Dandelion Coffee is undoubtedly one of the finest dietetic drinks for dyspeptics and the most healthful substitute for Tea and Coffee. Properly prepared, it makes a most palatable beverage, and may be taken for Breakfast, Tea or Supper.

Dr. Thompson's Dandelion Coffee is guaranteed absolutely pure. It contains neither Chicory nor ordinary Coffee, but is made by a special process from pure English Dandelion Root only.

Dr. Thompson's Dandelion Coffee is a natural beverage without any injurious effects. Both Tea and Coffee are known to exert a deleterious influence on the Nerves and Digestive Organs. This Dandelion Coffee, however, exercises a stimulating influence over the whole system, helping the Liver and Kidneys to do their work, and keeping the Bowels in a healthy condition.

Its advantages to Dyspeptics and to all suffering from weakness of Digestive Organs are unequalled.

Ask for **Dr. THOMPSON'S DANDELION COFFEE**
And see that you get it!!!

Registered



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Tins 1/- and 1/9 each.

See the Trade Mark a "WINGED LION"
is on every Packet.

Registered



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