

Folk Remedy Collection Worksheet

Use this form to collect remedies or write findings on notebook paper. Make several copies of the worksheet to record information as you collect remedies. You may have more success if you first share examples of sayings or remedies you know yourself (you can fill out the first box!) or asking people about specific conditions such as colds, earache, fever, hiccups, upset stomach, or warts.

Interviewee	
Age	
Ailment, Condition, or Saying about Health	
Remedy	
Learned from	
Learned where (town, state)	
Notes	

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