

Alice's Remedies

Alice says that lots of plants can be used to treat illnesses, but the skill often lies in the dose given. Too little and there is no effect. Too much and death may result.

Elder is attractive to witches and is the opposite of rowan wood, which repels them. It has white flowers and red or blue berries. Useful as a cure for rheumatic pain and heart disorders. Alice says it's particularly effective in rallying the dying, giving them new strength. Some can even make a full recovery. Bay tree leaves can also be used to revive the dying, but not as effective as elder.

Foxglove is another useful plant for improving heart conditions. Sometimes known as Witches' Glove, it has purple flowers on tall spikes. Useful for dropsy, a condition where too much water collects in the body. One symptom is swollen ankles.

Garlic. Witches are supposed to hate and fear it, but Alice says that's nonsense. Benign witches and healers use it to treat variety of ailments such as snakebite, Parasitic worms and leprosy.

Yew Tree. Sometimes known as the graveyard tree, it has poisonous leaves that witches sometimes boil and drink to try and see into the future. Alice says it doesn't work. Many witches have died attempting this. Alice says that its bark, soaked in vinegar, can remove warts. But only if the sufferer truly believes in the power of the witch.

Willow Tree. This tree grows near water and has catkin flowers. Bark peelings are useful for relieving pain, particularly that of burns.

Bryony is a climbing plant with white flowers and red berries. Alice says it can make bruises fade quickly and can often stop serious internal bleeding. Difficult for patient to take. Causes nausea.

Dock Leaves can be used to relieve the pain of nettle stings.

Aspen tree. This is sometimes known as the trembling tree because its leaves are sensitive to the slightest of breezes. An infusion of the leaves can lessen the shivers and shakes of a bad fever.

Thyme can be used to cleanse and cure infected wounds. Can be rinsed round mouth to improve bad breath. Some witches believe it can make the cowardly brave.

Deadly Nightshade is also called **Belladonna**, which means "beautiful lady". Can be used as ointment to make women's eyes bright and attractive. Very risky and dangerous, but it is sometimes eaten by witches. Eat too much and you die or are driven mad! A small amount can be used to see into the future. Pendle witches use it to fly! Alice said they make an ointment from it and smear it on their bodies. But she'd never seen a witch actually fly.

Mandrake. Also called **Mandragora.** Can be recognized by pale blue flowers and large leaves. Some witches call its berries "Devil's Apples". Eating the plant can make you fall unconscious. Too much and you never wake up. Or wake up insane. Can be used as purge to cleanse poisons from body. Helps relieve toothache and pains in the joints. Also used as ingredient in love potions. Roots are shaped like a human body. Supposed to shriek when pulled from the ground. Alice hasn't heard that but Bony Lizzie said it's true. Mandrakes are best looked for at crossroads but are rare in the County.

