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Lancaster County "Sayings"

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Never sweep the dirt from your kitchen over the threshold before sunrise or after sunset or your luck will be swept away.

295-6

If you spill salt, throw a pinch of the salt over your left shoulder to keep your luck.

Never cut your finger nails on Sunday or you will be embarrassed by somebody.

To cure a sore, you take a red hot coal in tongues and describe a circle over the sore, and repeat: if it doesn't do any good it won't do any harm.

To cure erysipelas, take an axe, place it in a place to accumulate "sweat", then apply the "sweat" from the axe on the afflicted part. It may cure and it may not.

For cure of sore throat, take a sock that has been worn plenty long--full of perspiration--and tie around neck. (What a cure)

A farmer should never clean the stables on Friday, for fear of bad luck.

Never look over the shoulder of a person looking in the mirror. This brings great disappointment.

Never let a "toad" use your bare foot for a toilet. If you do you'll get warts. (and how)

For pain in the side, pick up the first stone you see, "spit" on it, then throw over your left shoulder and the pain will disappear.

If you lose something, "spit" in the palm of your left hand, then smack it with fore finger of right hand and whichever way the "spit" flies, in that direction you will find the lost article.

If you break a mirror, you will have bad luck for seven years.

To remove a wart, take half an onion, rub the wart; then bury the onion on the east side of the house under the rain spout, and as the water drip drips from the spout and rots the onion, the wart will disappear.

Never allow anyone to sew a garment while you are wearing it. For each stitch taken, an unkind word will be said about you.