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Old Wives' Lore A Book of Old-Fashioned Tips & Remedies

Polly Bloom

Keynote

A combination of folklore and traditional advice, *Old Wives' Lore* illuminates the history behind female wisdom from yesteryear.

Description

A treasure trove of age-old customs and time-honoured advice, as well as intriguing old wives' tales.

A combination of folklore and traditional advice, *Old Wives' Lore* illuminates the history behind female wisdom from yesteryear and includes:

- *A brief history of old wives' lore
- *Remedies for health and well-being
- *Practical guidance for home and garden
- *Tips on predicting the weather
- *Eccentric cures for a range of problems

Revealing that a great deal of old wives' lore does have its practical merits, but also how a lot of tales are not to be relied upon, this fascinating compendium of tips and tricks shows how sometimes old advice is still the best.

Sales Points

- A treasure trove of practical advice for the home and garden, health and well-being, that has been handed down through the ages
- Tried and tested tips to cure ailments such as warts, arthritis and gout are interspersed with ancient old wives' tales such as shaving a live chicken and tying it to the groin to ward off the plague
- The perfect gift for anyone with an interest in both the historical and more eccentric elements of folklore
- A new, paperback edition of the popular hardback (over 10,000 sold)

Reviews

- 'This little book collects rumours and remedies passed down by females through history' - *Woman's Weekly*
- 'Illuminating the historical background to many old tales, it offers much wisdom wrapped up within a light and entertaining package' - *The Good Book Guide*

Author Biography

Polly Bloom is a freelance writer, blogger and author and a regular contributor to various magazines and journals. Polly has written several books on a wide variety of subjects including food and drink, history and philosophy and family relationships. Polly lives by the sea in Brighton with her faithful grey cat Isley.

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