SPLINTERS

Occasionally a thorn or splinter will break off and you just can't pull it out with tweezers. There are a few things you can try to help eject it.

1. **Mix a bit of black walnut powder and red cover powder together with a little water to form a paste and put it over the area for a day or two. You may have to put a light bandage on the area to hold the paste in place. This will often encourage the little fellow to come out.**

2. **Using the plant 'plantain weed' which grows everywhere in North America and is one of the more useful plants we have. One of the qualities of this plant is it's drawing power. You can mash up a bit of the leaf and make a poultice of it to draw out poison or splinters. If you are in the woods, you can just chew it up and put it on the wound to help extract whatever needs to come out.**

3. **Soak the area in water, salt and vinegar.**

4. **Tape a garlic clove to the splinter for 10 minutes. That is usually enough time for it to withdrawal on its own.**

5. **Tape the inside of an orange peel over the area for 30 minutes. The enzymes can pull out the splinter.**

6. **Splinter went in sideways. Cover area with duck tape or packing tape. Pull the tape off from the opposite side that the splinter went in.**