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Folklore and Customs

Folklore and Customs

FLAX SEEDS AS A PLUG FOR DRAINS

During the Manitoba Flood of 1997, old-timers suggested making a temporary block for drains by partially filling a sock or pantyhose with flax seeds and dampening them with water. A string tied to the end of the sock or pantyhose makes future removal easy. The water-soaked parcel expands, effectively sealing the opening into which it is placed. It is removed after the threat of sewer back-up is over.

LINSEED OIL AS A RUST PRESERVATIVE

A practise common among farmers is to coat shovels, axes and other implements with linseed oil as a rust preservative. Linseed oil seems to dry and seal the surface without running off or evaporating.

FLAX AS A POULTICE FOR BOILS AND SKIN ABSCESSSES

Roll about 3 tbsp of flax seeds in a 6-inch square of clean, white cloth. Twist either end tightly to contain the seeds. Holding the flax parcel by each of its two ends, dip the middle portion into a small bowl of boiling water. Wring it out, and place the poultice

on the infected area. Cover it with a dry cloth. The flax seeds retain the heat, providing relief to the infected area. Remove the poultice when it has cooled.

FLAX AS A GEL FOR HAIR

An Albertan says that when she was young, women used to boil flax seeds in water and then use the liquid as a setting gel for their hair. It apparently worked very well!

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◦ An Ancient Crop	(https://flaxcouncil.ca/resources/about-flax/an-ancient-crop/)
◦ Canada – A Flax Leader	(https://flaxcouncil.ca/resources/about-flax/canada-a-flax-leader/)
◦ Flax in a New Land	(https://flaxcouncil.ca/resources/about-flax/flax-in-a-new-land/)
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• Image Catalogue	(https://flaxcouncil.ca/resources/image-catalogue/)

AFFILIATED ORGANIZATIONS

[.\(http://healthyflax.org/\).](http://healthyflax.org/)

[.\(http://www.saskflax.com\)](http://www.saskflax.com)



[.\(http://www.mfga.ca\)](http://www.mfga.ca)

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The Flax Council of Canada is a national organization which promotes Canadian flax and flax products for nutritional and industrial uses in domestic and international markets.

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[Flax Council of Canada Closing Its Doors \(https://flaxcouncil.ca/flax-council-of-canada-closing-its-doors/\)](https://flaxcouncil.ca/flax-council-of-canada-closing-its-doors/) >

[New Flax Focus Newsletter, October 2017 \(https://flaxcouncil.ca/new-flax-focus-newsletter-october-2017/\)](https://flaxcouncil.ca/new-flax-focus-newsletter-october-2017/) >

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