

Horvath N. Peter dr. , b'or 9709148  
(Dr. Horvath Jerenc fia, Washington)

## **Apply Common Household Foods to Burns,** By LEONARD THORNTON **Says Medical Expert**

Your refrigerator and cupboard hold a better selection of remedies for bites, cuts and burns than the corner drugstore, according to a noted dermatologist.

"In many cases, what you have at home does a better job than the patent medicines you can buy," said Dr. Peter N. Horvath, chief of dermatology at Georgetown University Medical Center in Washington, D.C.

Dr. Horvath, also a consultant to the Food and Drug Administration, advocates using sour cream, vinegar, oatmeal, vegetable oil, cooking grease and meat tenderizer for a variety of bites and burns.

"This isn't folklore," he said.

"The Russians used onion juice on small wounds; the Hungarians rubbed cobwebs into cuts.

"In both cases it worked.

"Sour cream is an excellent medication for small burns. It is very soothing. You can also use such things as Crisco or Spry, cooking grease, lard, margarine or butter for severe burns. These should be rubbed on the burned area and the patient placed in a tub of warm water.

"Best for bites is meat tenderizer and it should be rubbed on the bite as soon as possible," Dr. Horvath



**SOUR CREAM**, says Dr. Peter Horvath, is an excellent soothing medication for small burns.

said. "In a few minutes it will neutralize the poison.

"It's especially effective on stings by sea nettles and the Portuguese man-of-war.

"Minute oatmeal or quick starch is effective when the body is covered

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## **Cuts & Insect Bites,**

with chigger or insect bites. The starch or oatmeal should be dissolved in a tub of warm water. When you get into the tub, it's as good as covering your body with a solution of calamine lotion.

"For a wasp bite, get ice cubes on it as soon as possible, chill the bite for a couple of hours. The ice will numb the pain and reduce the swelling. Later, place some cooking grease on the bite area. This also works for minor burns.

"If there is a burn that blisters, good old soap and water can't be beat to get the dirt out.

"Mosquito bites should be treated with ice cubes and then covered with oatmeal in paste form."

Dr. Horvath pointed out that "The problem with many of the patent medicines used for bites and burns is that some people are allergic to them. It's very unlikely anyone will be allergic to cooking oil or vinegar.

"The only thing I can advise about poison ivy is — stay away from it. But should there be contact, and the rash becomes blistered, soak the area with a compress."

Dr. Horvath also advises that if you suffer a wound that must be covered and no bandages are available, "use scotch tape.

"It's better than not covering the injury at all."

