

## **Sweet Milk** <sup>[1]</sup>

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by Wiley J. Williams, 2006

"Sweet milk" is a southern term referring to fresh, unprocessed whole milk. The term has been used less and less as the regional differences between the South and other areas of the United States have diminished. North Carolina [folklore](#) <sup>[2]</sup> suggests some interesting applications of sweet milk. Some claim it should be drunk as a remedy for [snake](#) <sup>[3]</sup> bite. It is also said to be essential in extinguishing house fires caused by lightning, keeping [witches](#) <sup>[4]</sup> away, and, when used in a poultice of [sweet potato](#) <sup>[5]</sup> leaves, relieving inflammation in the fingers or other parts of the body.

### **Subjects:**

[Food and drink](#) <sup>[6]</sup>

### **Authors:**

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### **From:**

[Encyclopedia of North Carolina, University of North Carolina Press.](#) <sup>[8]</sup>

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### **Links**

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