[Mr. Cook's Remedy for a Cough]

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Symptoms
cough

Ingredients
honey
lemon
saffron

Places
Halifax

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Description

A remedy for a cough from Mr. Cook. Vol. 2.2, No. 54.

Transcription

Mr. COOK’S REMEDY FOR A COUGH
As coughs from catching cold are
so very common, let me recom-
mend the following cheap and pleasant
receipt as a good remedy for recent ones,
especially for infants and young pers-
ons.
Boil half a pound of honey; having
Skimmed it, throw therein one

lemon with peel and all, first cut
into thin slices, which boil till
tender; towards the end add two
scruples of saffron cliped small.

The patient is to eat some of the
peel, and take a little of the Syrup often
to ease and cure the cough.

Mr. Cook's Remedy for a Cough recipe from Early Modern Maritime Recipes:
https://emmr.lib.unb.ca/recipes/17