

[The Gargle] Sarah Creighton Wilkins

Date: Late 18th or early 19th century; exact date unknown.

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Medicine

Ingredients

barley

tincture of myrrh

red wine

honey

vinegar

Places

Halifax

Nova Scotia

Source: Manuscript Notebook of Sarah Creighton Wilkins

Institution: Nova Scotia Archives | **Source Origin:** MacDonald Family Fonds | **Reference:** MG 1 No. 1 /

Microfilm Reel 10,618

Description

A recipe for a gargle.

Transcription

The Gargle

1 ounce of Barley boild

½ an ounce of Tincture of Myrrh

½ ounce of Red Wine
ditto Honey & Vinegar
Gargle every 2 hours

The Gargle recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/300>