[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 once of Barley boild
½ an once of Tincture of Myrrh

½ once 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