

# [A Gargle for a Sore Throat] Sarah Creighton Wilkins

**Date:** 1792/01/01

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Medicine

Symptoms

sore throat

Ingredients

elixir of vitroise

tincture of bark

water

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 sore throat gargle.

Transcription

1792

~~BN: {...} 4 Day Shifts~~

~~{...}~~

~~[Reck] {...}~~

~~[Poched] {...}~~

A Gargle for a Sore Throat

3 drops of Elixir Vitroise

1 Once of Tincture of Bark

A tea spoonful of this in 2 spoonfulls  
of Water let it be blood warm &  
Gargle with it as often as you  
please until quite well

A Gargle for a Sore Throat recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/302>