

[Diet Drink] 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

Drink

Medicine

Ingredients

guaicum chips

guaiacum

rhubarb

sassafras

senna

aniseed

carraway

liquorice

water

spring 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 herbal diet drink.

Transcription

Diet Drink

4 Onces [Guaiacum](#) Chips

½ once Rhubarb

2 dit Sassafrass

2 dit [Senna](#)

1 Once Aniseeds

1 Once Carraways

1 Once Liquorice

Boil all together in 4 quarts
of spring water ~~strain~~ until
half is wasted Strain & Bottle
it drink a pint Morning & Night
& Morning

Annotations

[Guaiacum](#)

A genus of flowering plants native to the subtropical and tropical regions of America, guaiacum was introduced to Europe in the sixteenth century and used to treat a variety of ailments, including syphilis. (Also guajacum)

[Senna](#)

A herb commonly used as a laxative.

Diet Drink recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/318>