[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 Guiacum 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

Guiacum

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