

# [A Saline Draught Equally Good] 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

Symptoms

fever

Ingredients

carbonated kali

salt of tartar

water

lemon

nitre

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

Recipe for a saline draught, including instructions for a fever.

Transcription

A Saline draught Equally good

A scruple of [Carbonated Kali](#) (alias Salt of Tarter) 2 Ozs of Water ½ a limmin when you mean to Evervesce. A scruple of [Nitre](#) if a Fever runs high

Annotations

**[Carbonated Kali](#)**

Derived from the succulent Mediterranean shrub also known as Salsola soda, opposite-leaved saltwort, or land seaweed.

**[Nitre](#)**

Potassium nitrate in mineral form, known also as saltpeter or saltpetre. (Also niter)

A Saline Draught Equally Good recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/345>