

Module: Manuscript, Print, Digital

Module Code: SEL8543

Folio 64v, Jane Lorraine's Manuscript

Take mader and Salindine of each a handfull or mader alone chop it and
put to it as much Salt as much leuin and wet it with uinegar mingel
it well together lay it upon *the* base of your feet let it ly till its dry
take fresh againe if need requir powder of sinamond cleanses or Safron

A powder for *the* green Sicknes

Take annaseeds nutmugs alicampaine roots beat *them* to powder of each a like
quaⁿ^tity sears *the* powders take as much more of *the* quantity of Sugar as
of *the* powders : - : - : - : - : - : - : - : -

The decoction and opening for *the* Same

Take peniriall unset Isop mother of time fethertule mugwort mader
marygoold ~~flowers~~ leaues larmander bitany bugals mallows uiolet leaues
fenill percily root with 4 or 5 blades of Safron boyl all these in a
good quantity of ayle drink a good draught of it morning and euening : -

A drink for *the* green Sickness

Egremony one hadfull wormwood and sentry of each halph a haⁿ^dfull boyl it
in 3 pints of water 1 pint of white wine boyl it halph an ovr *then* drink
euery morⁱ^ng halph a pynt of it in *the* after noon as much its best to
be taken in *the* spring : - : - : - : - : - : - : - : -

to bring down them

Sentry boyld in posit drink with currans is good or Sauin So boyld
and drund leaues of Smallage worn in *the* shows is good : - : -

For green Sicknes or dropsy

Take yallow sentry three drams giuen in a dram of annaseeds caraway seeds in wine or
any other liquir is good : - : - : - : - : - : - : - : -

For *the* whits

Take parsnips dry *then* beat *them* to powder then boyl that powder in milk drink it warm it helps : - : - : - : - : - : - : - : - : -

For *the* green Sicknes

Take Magistry of pearll powder of stell powder of amber powder of currell powder of allicompaine of each a quarter of an ounce mase cloues nutmugs of all a quarte of an ounce as much dubell refined sugar of all these take as much as will ly on Sixpenc in *the* morning at 6 a klok at four in after noone waiking after it : - : -

A receipt for young women to take monthly Mrs Fenwick

Take a pynt of white wine a pynt ayle put into it Sentry Camomile peneriall uerueine roaman wormwood of *the* four one handfull boyl them a quarter of an how straine *the* hearbs uery hard put in tow peniworth of Safron dry *the* Safron grind it uery small ty it up in a thin rag thurst out *the* uartue of

Notes

Centaury | Sentry | Yellow Sentry

Definition: 'Either of two European plants of the gentian family (Gentianaceae), *Centaureum erythraea* (more fully **common centaury**)... and yellow-wort, *Blackstonia perfoliata* (in full **yellow centaury**).' (OED: 'centaury', n.1.a).

Comment: Because 'yellow centaury' (yellow sentry) is also referred to in recipes written by the same hand, it is likely that 'sentry' without a distinguishing word refers to the former variety, *Centaureum erythraea*.

Savin | Sauin

Definition: 'The young shoots, leaves, or (rarely) other parts of *Juniperus sabina* used, fresh or dried, as a medicinal ingredient... especially to induce termination of pregnancy or to produce counterirritation.' (OED: 'savin', n.2).

Vervain | Ueruine

Definition: 'The tall perennial European plant *Verbena officinalis* (family Verbenaceae), having toothed leaves and spikes of small mauve flowers, (formerly) sometimes regarded as having therapeutic or magical properties.' (OED: 'vervain', n.1).

Roman wormwood | Roaman wormwood

Definition: 'An artemisia of Central and Eastern Europe, *Artemisia pontica*, formerly used medicinally' (OED: 'Roman', c.3.b).

Comment: Roman wormwood is a sub-species of artemisia, otherwise known as wormwood (OED: 'Wormwood,' n.1.b). Early English texts describe the two as related but distinct.

Example: 'Where Roman wormwood is not to be had, use common wormwood, but in less quantity,' *An Account of the Original, Nature, Preparation, Vertues and use of the Vatican Pill*, J. B (1700) (Source: EEBO).