

SOME APPROPRIATE WINTER REMEDIES

From F. Key's Recipe Book, 1800

A COUGH MIXTURE

1 oz. Spermaceti
2 yolks of eggs
1 oz. White Sugar Candy
2 Table spoons of Rum

Beat the above well together and add a pint of Spring Water

2 tablespoons full to be taken whenever the Cough is troublesome, or on going to bed.

FOR THE AGUE

A Frankincense plaster, in the form of a heart, to be placed before the fire & an *entire* nutmeg to be grated over it. This done, the plaster to be applied to the pit of the Stomach, with the point of the plaster upwards.

The Editor takes no responsibility for the efficacy of these cures, but more may be found in the recipe book housed in the archives of the Historical Society of Western Pennsylvania.