

## Recipe transcript

### The Diet Drink

Tak an ounce of saxifrage an ounce of sasaporilla an ounce of osmond roote put them into 3 quarts of running water and hang ym [them] over ye [the] fire till yt [it] be ready to seeth yn [then] take it of and cover it close for 16 houres yn [then] put to it liverwort bettoney speedwell maiden haire comfrey red sage agrimony lamerise goose hayriffe harts tongue of these the leaves, Rosemary flowers Lavender flowers of each of these as much as yt [it] can hold betwixt yr [your] 4 fingers and thumb one handfull of raisens of ye [the] sun stoned one handfull of figs one handfull of currants halfe an ounce of anice seeds ye [the] like of fenel sede bruise ye [the] weds and slice ye [the] rootes thin yn [then] let all boile till all most halfe be boiled away yn [then] strain it through a cloth and hang it over ye [the] fire yn [then] put in halfe a pint of cardanswater one or 2 drachmes of spirit of sulphure 3 or 4 ounces of brown sugar candy yn [then] lett it boile till it comes to 3 pints or thereabouts Lett ye [the] childe drink of it about 6 a clock in the morning and fast til eight and about 9 at night and other times [when] it wil not drink of it by itselfe put of it into all ye [the] beare it drinke but tis much better if yu [you] can get it to drink it by it selfe 3 or 4 times a day let one time be at 4 in ye [the] afternoone 7 or 8 spoonfulls and fast till 6 continue this drink till ye [the] cure be perfected stroke ye [the] childs ribbs from ye [the] chest downwards every morning on both sides with fasting spittle give it but little milk or none at all is best