

Mr Boyles excellent remedy
For bleeding at the nose or any
other of Flouding in women

Take white poppy seed & Arabians seed
one dram of each powdered grossly mix
them very well with 2 ounces of conserve
of Red Roses & take as much as a small
nutt from time to time as occasion requires
be sure to take not more for it raises
vapors much

Teaching Early Modern Recipes and Manuscript Cultures

A Centre for Renaissance and Early
Modern Studies (CREMS) Research
Project

by Dr Katherine Hunt (University of East
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Related Literature, University of York)

A recipe for teaching undergraduates how to transcribe early modern handwriting

Take three researchers from the Departments of English and
History at the *University of York*.

Add recipe books used for making food and medicine,
handwritten in the 17th century and digitised for public use by
the *Wellcome Collection* and *Royal College of Physicians*.

Stir in generous support from *CREMS* at York and the
international *Early Modern Recipes Online Collective*.

Use these ingredients to make a glossary of common terms found
in recipe books, and a video explaining their format and uses, to
ensure accessibility for newcomers to early modern manuscripts.

This recipe has been tried and tested with success. At a Zoom
event, undergraduate students at York used our resources to start
transcribing recipes from 1680, via free software *FromThePage*.

NB: Recipes are for sharing, and our resources are designed to
be reused! The collaborative worksheets we used in our event
allow transcribers to add new terms as they learn. We're also
considering applying for a *Creative Commons Licence* to encourage
more institutions globally to host similar events. We'll be re-
running our Zoom session for a public audience of all ages at the
Centre for Lifelong Learning in York later this year!