



Household and healing

Recipes for the 21st century and through the ages

*E*liza *M*akes



Recipes

Antibacterial Ointment - lavender & marigold with tea tree

½ cup (64 g) coconut oil

½ cup (64 g) olive oil (jojoba or almond)

½ cup (64 g) dried herbs (1/3 cup (43 g) ea. Lavender and calendula)

4 tblsp beeswax

2 tsp witch hazel

15 drops essential oil (lavender / tea tree)

1. Simmer base oils and dried herbs 30mins
2. Filter herbs over cheese cloth, a fine seive or loose woven shrim into bowl
3. Stir to combine oil with beeswax
4. Allow to cool until comfortably warm, add essential oils and witch hazel when still liquid
5. Pour into airtight glass jar, (reheat gently in a bowl placed in a pan of water on the hob if the mixture has become too stiff to pour)



Tea Tree - *Melaleuca alternifolia*

Hand Sanitiser - lavender & tea tree with witch hazel and Vit E

5-10 drops lavender essential oil

30 drops tea tree essential oil

1 tblsp witch hazel extract

8 ounces (200ml) pure aloe vera gel

¼ tsp Vit E oil

1. Mix essential oils and Vit E oil in bowl
2. Add witch hazel and mix
3. Combine with aloe vera gel
4. Mix well

Shake gently before each use. (Lasts several months)

Body Butter moisturiser

½ cup (64 g) shea butter

¼ cup (32 g) coconut oil

½ tsp vanilla oil

tsp Vit E oil

1. Add melted coconut oil to shea butter
2. Freeze for 10mins, then whip to a buttery consistency
3. Store in airtight container

Lavender Moisturiser

½ cup (64 g) coconut oil

1 tsp Vit E oil

12 drops lavender essential oil

1. Place bowl in hot water
2. Add all ingredients, mix till oil melted and ingredients combined
3. Allow to cool



Lavender - Lavandula Angustifolia



Rosemary - Rosmarinus Officinalis

Aloe Vera and Almond Oil Moisturiser

4 tblsp aloe vera Gel

2 tblsp coconut oil

1 tsp Vitamin E oil

2 tblsp almond oil

1. Mix the aloe vera gel and the Vit E and almond oils in a bowl
2. Melt the coconut oil in a bowl in hot water and add to the mixture

Thieves Oil

Add two drops to a tsp of aloe vera gel for an effective antibacterial hand gel.

A few drops to a damp cloth to wipe surfaces, door handles, steering wheels etc. See Ingredients below for blend.

The wonders of white vinegar

Glass, mirrors, windows

Mix 2tblsp white vinegar with 4 litres water in a spray bottle.
Wipe with a dry cloth

Dishwashers

Place 450ml white vinegar in large measuring cup on top rack of dishwasher
Run as usual without detergent

Towels

Use 120ml white vinegar and no detergent in a wash to help soften towels by soap removing residue.

Carpet

For light stains use 1 tblsp washing up liquid with 1 tblsp white vinegar in 500ml warm water. Using a clean cloth, apply a little at a time, blotting frequently with dry cloth till stain disappears.

Glue

White vinegar removes sticky label residue and other adhesives.

All purpose cleaner

Mix equal amounts white vinegar and water. Add a few drops of essential oil if desired.
Do not use on marble, granite or stone surfaces.

Toilet cleaner

Use white vinegar and a shake of bicarbonate of soda and 10 drops of essential oil. Leave for a few minutes, then scrub with toilet brush.

Microwave

Place a small cup of white vinegar and the juice of a lemon in microwave. Switch on for 2 minutes. Wipe down with a damp cloth.

Furniture polish

Use 60ml white vinegar, with 180 ml olive oil and the juice of ½ a lemon.

Bathroom tiles

Make a thick paste of baking powder and white vinegar to tackle mouldy grouting. Leave on the grouting for 30 minutes. Wash off.

Where to source your ingredients?

Most supermarkets sell coconut oil, hardware shops stock cheese cloth, muslin or strainers, beeswax & 5 gall. containers of white vinegar; Whitings in Wells is a good example. Pharmacies can be easier on the budget for items such as witch hazel, almond oil and aloe vera gel. Any Holland & Barrett and most whole food shops will sell essential oils. Cobbs in Somerton hold Thieves Oil. If you prefer organic, the internet can be a good last resort.

Ingredients

Almond Oil

Almond oil is rich in vitamins E and D, soothes irritated skin, relieves dry and chapped skin and helps delay aging.

Aloe Vera

Aloe vera can rejuvenate fibroblast cells in the skin, which helps keep the skin young looking retaining moisture and improving skin elasticity and integrity. A mouth rinse with aloe vera has been shown to reduce dental plaque. Its antioxidant and antibacterial properties aid wound healing.

Clove Oil

Antiviral, antibiotic, antiseptic and slightly anaesthetic, (hence chewing on a clove can relieve toothache). Stimulating and warming, clove has traditionally been used for easing digestion, pain relief and respiratory conditions. Has been used for dental relief and infections.

Coconut Oil

Anti aging, moisturising with antifungal, antibacterial and antimicrobial properties. Similar effects on the skin to an antioxidant

Eucalyptus Oil

Antibacterial and antiseptic, it can be used as a disinfectant. Helps respiratory conditions, coughs and congestion. It could be useful for soothing cold sores and is also an insect repellent.

Lavender Oil

Antiseptic, relaxing. Lavender is an antioxidant helping to rid the skin of free radicals. Also a muscle relaxant. Heals wounds, bites and stings, used on aching limbs and stiff joints. Most popularly used as a cure for headaches offering a refreshing effect for 'light migrain, and 'swimming of the braine'. Commonly used also as an insect repellent.

Lemon Oil

Antiviral, antibacterial. Has been used to reduce anxiety and depression, ease morning sickness, improve skin, relieve pain and cold symptoms. Lemon oil may also help increase energy levels, treat acne and aid wound healing.

Marigold / Calendula

Antioxidant, anti inflammatory that may promote wound healing and is useful for skin health. It is possibly also antifungal and antimicrobial. The petals have been used as a stimulant to promote perspiration and many herbalists recommended marigold to comfort the heart and spirits.



Marigold - Calendula Officinalis

Rosemary Oil

Antiseptic, antibacterial and anti fungal. Rosemary oil may improve brain function, stimulates digestion and hair growth, relieve pain. It can also be used to ease stress, increase circulation and reduce joint inflammation. Useful as a repellent to some insects. There is a long held belief that Rosemary is a preserver of youth, even smelling the wood was said to 'keep thee youngly' - the herb of fidelity, love and abiding friendship.

Tea Tree Oil

'Nature's first aid kit in a bottle' Tea Tree oil is an immunostimulant, anti-inflammatory, antimicrobial and antiseptic that has been used for millennia for multiple conditions. Many uses including anti acne, fungal and bacterial infections, it may inhibit viral reproduction. The oil can also improve hair quality, eradicate head lice. Aboriginal peoples of Australia used the plant to treat coughs and colds, skin conditions and sore throats. Its many uses are too many to detail here.

Thieves Oil

Can be purchased from Cobbs Wholefoods in Somerton and thankyou to them for the potted history and recipies!

Blend of Clove, Rosemary, Eucalyptus and Lemon essential oils. Discovered in the 1500s by four thieves who survived plague and pestilence despite robbing the bodies of victims by applying the blend to their hands, ears and facemasks. Doctors of the period then began to use the blend to protect themselves.



Witch Hazel - Hamamelis Virginiana

Vanilla Oil

Antiinflammatory, antioxidant and relaxant. This is actually an extract rather than an essential oil and in its purest form is one of the most expensive spice ingredients. It is calming, can improve sleep and respiratory health. It may also defend against disease and relieve premenstrual symptoms. Most popularly used as a flavouring, it can also act as an aphrodisiac.

Vitamin E Oil

Scar healing. Vitamin E reduces scar tissue, acne and skin blemishes. The oil helps hold combinations together

Witch Hazel

Astringent, used to check bleeding, bruising, swellings and sprains. Extract can be used as a skin tonic, to cool painful swelling and, diluted, to soothe sore eyes.

What of healing in days of yore?

10th Centure Nine Herbs Charm

The wonderful Gentle Author of Spitalfields (look up his blog - if you have family history in London's East End you will find it fascinating), published the text of the Anglo Saxon Nine Herbs Charm recently. The ingredients are what many would call weeds today and I reproduce it below alongside the Anglo Saxon translated by Þórbeorht Línleáh. The charm can be found in the 10th Century Lacnunga (remedies) manuscript in the British Museum.

Artemisia Vulgaris (Mugwort)

Remember thou, Mugwort, what thou declared
What thou advised at the proclamation of
the gods (*Regen*, “*council of the gods*,”
and *'meld*’, “*proclamation*”)
Una (*First*) thou were named, the
eldest of worts (*herbs*)
Thou hast might against three and against thirty,
thou hast might against venom and against
that which flies.
thou hast might against the loathsome that
yond the land fareth.

Gemyne ðú, mucgwyr, hwæt þú
ámeldodest,
hwæt þú renadest æt Regenmelde.
Una þú hattest, yldost wyrta.
ðú miht wið III and wið XXX,
þú miht wiþ áttre and wið onflyge,
þú miht wiþ þám láþan ðe geond lond færð.

Plantago Major (Plantain)

And thou, Waybread (*Plantain*), mother of worts
open to the east, mighty within;
over thee carts creaked, over thee
queens (*women*) rode,
over thee brides cried out, over thee
bulls snorted.
All of them thou withstood and dashed against;
so may thou withstand venom and
that which flies
and the loathsome that yond the land fareth.

Ond þú, Wegbráde, wyrta módor,
éastan openo, innan mihtigu;
ofer ðé crætu curran, ofer ðe
cwene reodan,
ofer ðé brýde bryodedon, ofer þe
fearras fnærdon.
Eallum þú þon wiðstóde and
wiðstunedest;
swa ðú wiðstonde áttre and onflyge
and þæm laðan þe geond lond fereð.

Urtica Dioica (Nettle)

This is the wort that is named Weregulu (*Nettle*); þis is séo wirt ðe Wergulu hatte;
this sent a seal over the sea's ridge
the undoing of venom, to others a cure.

ðás onsænde seolh ofer sæs hrygc
ondan áttres ópres tó bóte.

Cardamina Hirsuta (Hairy Bittercress)

Stune (*Watercress*) is named this wort,
she on stone waxes;
stands she against venom, stuneth (*dasheth*)
she against pain.
“Stiff” she is named, withstandeth she venom,
wreaked (*driveth out*) she the wrathful,
warpeth (*casteth*) out venom.

Stune hætte þeos wirt, héo on stane
gewéox;
stond héo wið áttre, stunað héo wærce.
Stiðe héo hatte, wiðstunað héo attre,
wreceð héo wráðan, weorpeð út áttor.

Stachys Annuā (Betony)

This is the wort that with wyrm (*serpent*) fought,
she that prevails against venom, she that
prevails against that which flies,
she prevails against the loathsome that yond
the land fareth.
Put thou now to flight, Adder-loather (*Betony*),
the lesser [*and*] the more
the more [*and*] the lesser, until he, of both,
is cured.

þis is séo wurt séo wiþ wyrm gefeaht,
þeos mæg wið áttre, héo mæg wið onflyge,
héo mæg wið ðam laþan ðe geond lond
fereþ.
Fléoh þú nú, Áttorláðe, séo læsse
ðá máran,
séo máre þá læssan, oððæt him beigra
bót sy.

Matricaria Discoidea (Chamomile)

Remember thou, Mayweed (*Chamomile*),
what thou declared,
What thou earned at Alder-fjord;
that never for that which flies life would be
sold (*given, lost*)
since for him mayweed, as meat (*food*),
was readied.

Gemyne þú, mægðe, hwæt þú ameldodest,
hwæt ðú geændadest æt Alorforda;
þæt næfre for gefloge feorh ne gesealde
syþðan him mon mægðan tó mete
gegyrede.

Malus Domestica (Apple)

These nine have main (*power*) against
nine venoms.
Wyrm came sneaking. It slit a man
Then took up Wóden nine glory-tines
(*tines of Wuldor*),
slew with them the adder that she into
nine flew.
There earned Apple and venom
that she never would bend-way (*slither*)
into house.

Þas VIII magon wið nygon attrum.
Wyrm cóm snícan tóslát hé man
ðá genóm Wóden VIII wuldortánas,
slóh ðá þá næddran, þæt héo on
VIII tófléah.
Þær geændade Æppel and áttor,
þæt héo næfre ne wolde on hús búgan.

Anthriscus Sylvestris (Chervil) and Foeniculum Vulgare (Fennel)

Chervil and Fennel, most mighty two,
those worts were shaped by the witty Drihten,
holy in the heavens, where he hung;
set and sent [*them*] into seven worlds
for the wretched and the wealthy for all a cure.
Stands she against pain, stuneth (*dasheth*)
she against venom,
that prevails against three and against thirty,
against the fiend's hand and against far-braiding
(*shape-shifting?*),
against maskering (*bewitching*) by evil wights.

Fille and Finule, felamihtigu twá,
þá wyrte gesceop witig drihten,
hálig on heofonum, þá hé hóngode;
sette and sænde on VII worulde
earmum and éadigum eallum tó bóte.
Stond héo wið wærce, stunað héo
wið éáttre,
séo mæg wið III and wið XXX,
wið feondes hond and wið færbregde,
wið malscrunge mánra wihta.

Now prevail these nine worts (*herbs*) against
the nine wonder-flying-ones,
against nine venoms, and against nine which fly,
against the red venom, against the
foul smelling venom,
against the white venom, against the
blue-gray venom,
against the yellow venom, against the
green venom,
against the wan (dark) venom, against the
woad (*blue*) venom,
against the brown venom, against the
crimson venom,
against the wyrm-blister, against the
water-blister,
against the thorn-blister, against the
thistle-blister,
against the ice-blister (*frostbite*), against the
venom blister,
if any venom comes flying from the east,
or any other from the north, any
[*from the south*] come
or any other from the west over the
tribes of men.

I alone wot (*know*) of a river running
There the nine adders near it beholdeth;
(*keep watch*)
May all weeds now from worts spring,
Seas to slip away, all salt water,
When I, this venom from thee blow.

Nú magon þás VIII wyrta við nygon
wuldorgeflogenum,
við VIII áttum and við nygon onflygnum,
við ðý réadan áttre, við ðý runlan áttre,
við ðý hwítan áttre, við ðý hæwenan
áttre,
við ðý geolwan áttre, við ðý grénan
áttre,
við ðý wönnan áttre, við ðý wedenan
áttre,
við ðý brúnan áttre, við ðý basewan
áttre,
við wyrmgeblæd, við wætergeblæd,
við þorngelblæd, við þystelgeblæd,
við ýsgeblæd, við áttorgeblæd,
gif ænig áttor cume éastan fléogan
oððe ænig norðan [ænig súpan] cume
oððe ænig westan ofer werðéode.

Ic ána wat éa rinnende
þær þá nygon nædran néan behealdað;
motan ealle wéoda nú wyrtum áspringan,
sæs tóslúpan, eal sealt wæter,
ðonne ic þis áttor of ðé geblawe..

The Application

Mugwort, Waybread (*plantain*) that is open to
the east, lambscress (*stune*), adder-loather
(*betony*), mayweed, nettle (*weregulu*), apple,
chervil and fennel, and old soap: work the worts
to dust, mix with the soap and with the apple's
gore. Work up a slop of water and of ashes, take
the fennel, well it up (*boil it*) in the slop and
bathe it with an egg-mixture, when he dons the
salve, either ere or after. Sing that galdor
(*incantation*) o'er each of those worts thrice ere
you work them and on the apple also; and sing it
into the man's mouth and in both ears and on
the wound likewise galdor, ere he dons the
salve.

Mugcwyr, wegbráde þé éastan open sy,
lombescyrse, áttorláðe, mageðan,
netelan, wudusúræppel, fille and finul,
ealde sápan: gewyrc ðá wyrta to duste,
mængc wip þá sápan and wip þæs æpples
gor. Wyrce slypan of wætere and of axsan,
genim finol, wyl on þære slyppan and
beþe mid æggemongc, þonne hé þá sealfe
on dó, ge ær ge æfter. Sing þæt galdor on
ælcra þára wyrta, III ær hé hý wyrce and
on þone æppel ealswá; ond singe þon men
in þone muð and in þá earan búta and on
ðá wunde þæt ilce gealdor, ær hé þá
sealfe on dó.

William Shakespeare

Shakespeare wrote *Macbeth* in the early 1600s and the three witches came up with an interesting brew. It is a charm 'of terrible trouble, a hell-broth' and a curse - most certainly not for healing. Below is extracted the parts of the scene relating to the making of the poisonous gruel.

Macbeth Act IV Scene I

1st witch	Thrice the brinded cat hath mew'd.		Liver of blaspheming Jew, Gall of goat and slips of yew
2nd witch	Thrice and once the hedge-pig whined.		Silver'd in the moon's eclipse, Nose of Turk and Tartar's lips,
3rd witch	Harpier cries 'Tis time, 'tis time.		Finger of birth-strangled babe
1st witch	Round about the cauldron go; In the poison'd entrails throw. Toad, that under cold stone Days and nights has thirty-one Swelter'd venom sleeping got, Boil thou first i' the charmed pot.	All	Ditch-deliver'd by a drab, Make the gruel thick and slab: Add thereto a tiger's chaudron, For the ingredients of our cauldron.
All	Double, double toil and trouble; Fire burn, and cauldron bubble.	2nd witch	Double, double toil and trouble; Fire burn, and cauldron bubble.
2nd witch	Fillet of a fenny snake, In the cauldron boil and bake; Eye of newt and toe of frog, Wool of bat and tongue of dog, Adder's fork and blind-worm's sting, Lizard's leg and owlet's wing, For a charm of powerful trouble, Like a hell-broth boil and bubble.	Hecate	Cool it with a baboon's blood, Then the charm is firm and good. ... Live elves and faires in a ring, Enchanting all that ye put in.
			[To call the spirits]
All	Double, double toil and trouble; Fire burn, and cauldron bubble.	1st witch	Pour in sow's blood, that hath eaten Her nine farrow; grease that's sweaten
3rd witch	Scale of dragon, tooth of wolf, Witches' mummy, maw and gulf Of the ravin'd salt-sea shark, Root of hemlock digg'd i' the dark,	All	From the murderer's gibbet throw Into the flame. Come, high or low, Thyself and office deftly show!



Samuel Pepys

In Pepys' time leeches and the letting of blood appear to be the most commonly used medications. Though there are some charms mentioned:

31 December 1664

Charmes

For Stenching of blood

Sanguis mane in te,
Sicut Christus Fuit in se
Sanguis mane in tua vena
Sicut Christus in sua poena;
Sanguis mane fixus,
Sicut Christus quando fuit crucifixus.

Blood remain in Thee,
As Christ was in himself;
Blood remain in thy veins,
As Christ in his pains;
Blood remain fixed,
As Christ was on the crucifix.

A Thorne

Jesus, that was of a virgin born,
Was pricked both with nail and thorn;
I neither wealed nor belled, rankled nore boned
In the name of Jesus no more shall this.

Christ was of a Virgin born;
And he was pricked with a thorn;
And it did neither bell, nor swell.
And I trust in Jesus this never will.

A Cramp

Cramp be though faintless
As our Lady was sinless,
When she bare Jesus.

A Burning

There came three Angells out of the East'
The one brought fire, the other brought frost -
Out fire; in frost.
In the name of the Father and Son and Holy Ghost.
Amen.



Witch Hazel - Hamamelis Virginiana

Between November 1666 and November 1667 Pepys described experiments on blood transfusion. The first, performed by Dr Croone, involved the letting of blood from one dog, until it died, into the body of another while its own blood was 'run out on the other side'. This caused some discussion about the 'amending of bad blood by borrowing from a better body'. The next occurred a year later, where a man who 'is a little frantic' was paid 20s to have 'the blood of a sheep let into his body'. It was judged that 12 ounces of blood would be transferred in a minute's time. The following week it appeared that the man was doing well and said that he felt much better. During the course of this experiment Pepys was told about an elderly man who could only drink women's milk and who, when drinking the milk of 'an angry fretful woman, was so himself' and when drinking the milk of a 'good-natured patient woman, he did become so'.

In the summer of the following year, Pepys was himself let of 14 ounces of blood to help cure his eyesight.

19th Century store cupboard salves and potions

From A plain cookery book for the working classes by Charles Elmé Francatelli 1861

The recipes in this book use ingredients that are available to the poorest of the community. The examples below are using items that might already be in the larder.

Cure for Sprains

Handful sage leaves

Gill vinegar

Bruise sage thoroughly

Boil in vinegar for 10 minutes or until reduced by half

Apply this in a folded rag to the part affected and tie it on securely with a bandage.

Soothing drink for coughs

1oz marshmallow root

1oz liquorice root

½oz linseed

1quart hot water

Shave roots thinly

Put all ingredients into pot with hot water and simmer for ½ hour or more.

Strain into a clean jug

Sweeten with honey.

Sup small quantities regularly as needed, when cool.

This mucilaginous (viscous or gelatinous), beverage is beneficial to those suffering from cold on the chest, and those affected with gravel etc.

20th Century - Utility and Rationing

Recipes in the 1947 '*Farmhouse Fare*' book of recipes from Country Housewives collected by the Farmers Weekly.

Buttercup Ointment

Put 1/2 lb pure vaseline into a pan with as many buttercup flowers (without the stems) as can possibly be pressed into it. Allow to simmer (not boil) for 3/4 hour. While still hot, strain through muslin into small pots. It is ready for use when cold, and is very good for all skin troubles.

From Mrs E Rutherford, Northumberland

Elderflower Ointment

Strip a pound of elderflowers from the stalks and put in a sucepan with 1/2 lb unsalted lard. Simmer very gently till it turns a pale green, pressing the flowers and stirring often. Then strain through muslin and pour into small jars; leave to set, and cover. I always use some of the flead after pig-killing for this purpose. It makes a healing and soothing ointment for bruises and sores, as well as for softening the hands after gardening or other rough work.

(Does anyone know what flead is?)

From Mrs H Smith, Staffordshire