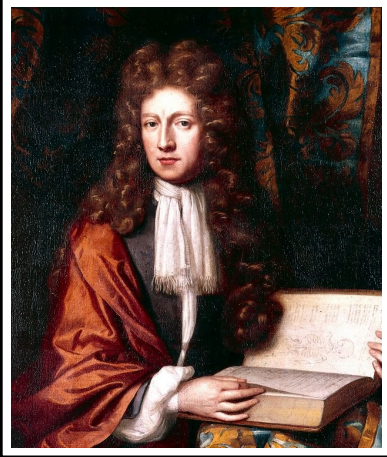


Robert Boyle's Family Recipe



Ingredients and equipment:

- Pestle and mortar.
- Aniseed.
- Rose water.
- Spoon.
- Cotton square.
- Ribbon.

Robert Boyle was a famous English scientist in the seventeenth century.

Method:

1. Grind aniseed.
2. Add a splash of rose water and stir.
3. Place the mixture on a cotton square and tie it with ribbon.
4. Tie it to your top lip before bed!

A Drink for Before Bed



Ingredients and equipment:

- Pestle and mortar.
- Poppy seeds.
- Grape juice.
- Spoon.
- Cup.

Method:

1. Grind poppy seeds.
2. Pour grape juice into a cup.
3. Add the ground seeds to the juice and stir.
4. Enjoy the drink before settling down to sleep!

Pewter Wine Cup (c. 1590-1610), courtesy of the Victoria and Albert Museum.

A Recipe for Under Your Pillow



Ingredients and equipment:

- Pestle and mortar.
- Dried lavender, rose petals, hops, and chamomile.
- Cotton square.
- Ribbon.

Image courtesy of the Victoria and Albert Museum.

Method:

1. Grind the dried ingredients.
2. Place the mixture on a cotton square and tie it with ribbon.
3. Put the parcel under your pillow before going to sleep!