

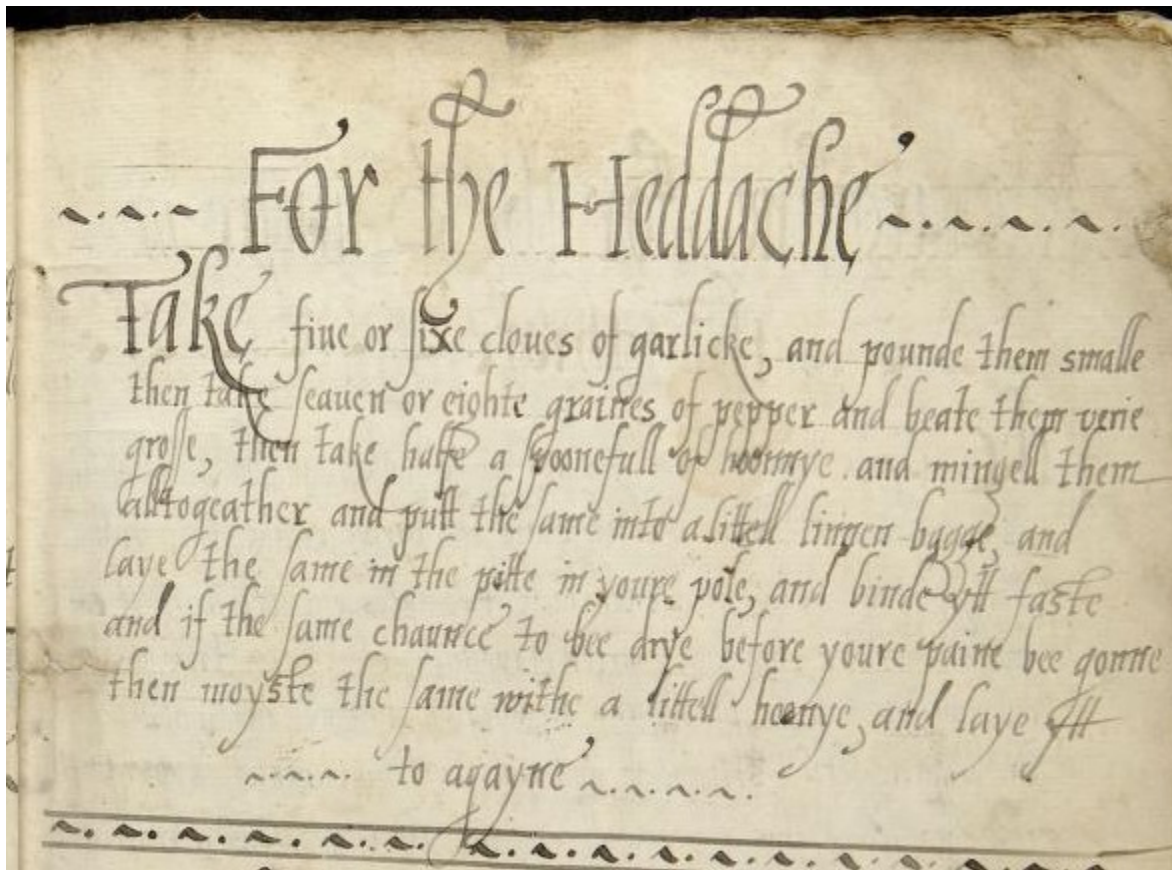
Women's Health Remedies in Early Modern England: A Class Activity Template

Overview: For this experiential learning activity, you will be working individually or with a group to make a recipe from a Royal College of Physicians manuscript. MS 688, *A Booke ofurgerie and physick*. This manuscript is being highlighted as part of collaborative event among the Royal College of Physicians, the Wellcome Collection, and the Early Modern Recipes Online Collective called "Women's Health, Women's Handbooks." Read more [here](#).

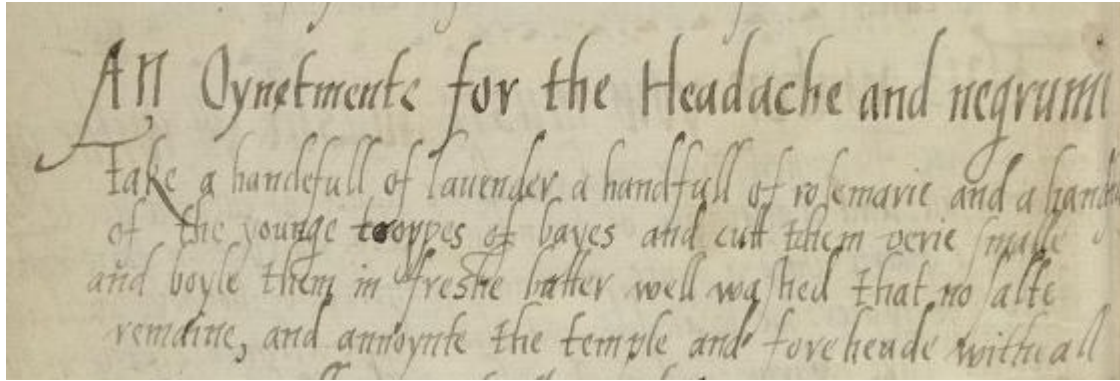
[Optional Extension: Collaborate with another university classroom conducting this activity! If you are interested, contact Maggie Simon (margaret_simon@ncsu.edu) or Hillary Nunn (nunn@uakron.edu)].

[include language to tie-in to your particular course texts and themes]

Your task:



MSS 688 image 14 <https://archive.org/details/ms-688/page/n13/mode/2up>



MS 688 Image 22 <https://archive.org/details/ms-688/page/n21/mode/2up>

In the space below, practice your paleography skills by transcribing the above recipes. Be sure to keep the original spelling, line breaks, and punctuation!

Make one or both of the recipes and record the process, in still photos or on video to share. If you are using photos, try to have about one image per step.

Include a narrative of the group's process. This can be a voiceover or, with PowerPoint, words on screen plus audio. A polished result isn't necessary—the idea is to capture the experience, rough edges and all.

Each group will receive a kit for making this recipe from the instructor. It will have all the ingredients, but you will need to supply the other tools and decide on workable methods.

Questions to address:

- What equipment did you use? Where were you when you made this?
- What challenges did you have in figuring out the recipe's steps? What knowledge does the recipe assume you have? Did you improvise? How?
- Anything surprise you about the ingredients? Can you think of any reasons these ingredients might have seemed appropriate as headache treatments?
- What did you think of the results?