

The Still Room

One of the most important rooms at the Hall was the still room. This is where the lady of the house made all her home made medicines and beauty products.



The orange pot is the still. It sits on top of a little brick oven.

The top of the still is a cone shape. It sits in a big dish. It has a spout. Oil or water is heated and the steam rises into the cone. Inside the cone the steam cools, and turns back to liquid. By now it is purified. It drips out of the spout and is collected to be used.

All sorts of things were used to make medicines. The most useful were herbs. Each herb could be used in cures for illnesses as well as being used in cooking and as perfumes. A herb is a plant. Different parts of the plant were useful for different things.



Some Tudor medicines sound strange to us nowadays. As well as herbs, they could use spices, spiders, frogs and toads, dried skins of mice, burnt up bones, snake skins, honey and all sorts of other things!

Things to do in the herb garden.

(pupils must be supervised at all times and only the supervising adult may pick the herbs).



1. Find the following herbs and pick one sprig or leaf:
 - a. Rosemary
 - b. Sage
 - c. Southernwood
 - d. Mint
 - e. Lavender
2. Make a sketch plan of the herb garden at Blakesley hall.
3. Explore the herb garden and find one name of a herb that you do not recognise. Find out what it can be used for from the green label in the garden, or from the information in the herb box in the classroom.
4. Make a sketch of one of the herbs you have brought back to the classroom.
5. Find out one thing your herb can be used to cure.
6. Find an interesting recipe for a Tudor medicine and if you have time copy it out.

Herb matching sheet

How many of these herbs can you find and name ?



Matching herb list.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____