



**A BAG TO SMELL UNTO,
OR TO CAUSE ONE TO SLEEP**

Take drie Rose leaves, keep them close in a glasse which will keep them sweet, then take powder of Mints, powder of Cloves in a grosse powder. Put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleepe, and it is good to smell unto at other times.

— Ram's *Little Dodoen*, 1606

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From *ROSE RECIPES FROM OLDEN TIMES* by Eleanour Sinclair Rohde.

Eleanour Sophy Sinclair Rohde (1881–1950) was a British gardener, garden historian, and horticultural writer. For much of her life she lived at Cranham Lodge, Reigate. She collected unusual herb and vegetable varieties, and also worked as a garden designer. One of her best known designs was the herb garden for Lullingstone Castle in Kent, England. Her work did much to encourage the modern popularity of herb gardens.

