

# [Mrs. Clarks Receipt for Strengtheni[n]g] Sarah Creighton Wilkins

**Date:** Late 18th or early 19th century; exact date unknown.

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

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Author

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Mrs. Clark

Publication Format

Manuscript

Type

Medicine

Ingredients

neatsfoot

nutmeg

sugar

milk

Places

Halifax

Nova Scotia

**Source:** Manuscript Notebook of Sarah Creighton Wilkins

**Institution:** Nova Scotia Archives | **Source Origin:** MacDonald Family Fonds | **Reference:** MG 1 No. 1 / Microfilm Reel 10,618

Description

Mrs. Clark's recipe for a strengthening tonic.

Transcription

M<sup>rs</sup>. Clarks Receipt

For strengthenig

Cut a neats foot in pieces

put it into a deep Pan\_

grate over it a Nutmeg, &

half a lb of Sugar\_two quarts

of Milk\_let it be baked till

quite tender\_strain it off

before it is cold\_ when cold take

off the Fat.\_take two or three

cups full a day warm -

Annotations

**neats foot**

Foot bones of cattle, from which derived an oil used in topical skin remedies. (Also neatsfoot)

Mrs. Clarks Receipt for Strengtheni[n]g recipe from Early Modern Maritime Recipes:

<https://emmr.lib.unb.ca/recipes/291>