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

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

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Contributor Role
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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

Mrs. 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