

# [A Great Strengthen] Sarah Creighton Wilkins

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

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Medicine

Ingredients

calves foot

calf foot

milk

hartshorn

candy

brown sugar

sugar

brown sugar candy

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

Recipe for a strengthening drink.

Transcription

a great Strengthen  
calves foot, put a quart of new Milk  
[...] pint of water 2 ounces of [hartshorn](#)  
shavings a quarter of a pound of  
brown sugar Candy these things to be  
boil'd slowly down to a quart, strain  
them & take a tea cup full twice a  
day - if too sweet reduce the quantity.

#### Annotations

##### [hartshorn](#)

The horns of male red deer.

A Great Strengthen recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/343>