

# [A Great Strengthen] Sarah Creighton Wilkins

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

## Compiler

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