[A Good Nourishing Drink] Sarah Creighton Wilkins

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

Contributors
Contributor Role
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Sarah Creighton Wilkins

Publication Format
Manuscript

Type
Drink
Medicine

Ingredients
milk
water
penny roll
mace
roll
bread

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 nourishing drink that includes bread.

Transcription

A good nourishing drink

a pint of Milk a pint of Water & the
Top of crust of a penny role & a blade
of mace -- boil it ten minutes very
slow, then pour it off & drink it
warm --

A Good Nourishing Drink recipe from Early Modern Maritime Recipes: https://emmr.lib.unb.ca/recipes/355