

# [Chapped Hands] Sarah Creighton Wilkins

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

Contributors

Contributor Role

Compiler

Contributor Name

Sarah Creighton Wilkins

Publication Format

Manuscript

Type

Cosmetic

Medicine

Symptoms

chapped hands

Ingredients

lard

unsalted lard

eggs

egg yolks

honey

oatmeal

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 and instructions for a chapped hand salve.

Transcription

Chapped Hands

Mix a ¼ of a pound of unsalted Lard  
with the yolks of 2 Eggs & a large spoon-

-ful of Honey - add as much oatmeal  
as well work it into a paste & use it  
whenever you wash your hands.

Chapped Hands recipe from Early Modern Maritime Recipes: <https://emmr.lib.unb.ca/recipes/364>