

A close-up photograph of three ripe persimmons hanging from a branch. The fruit are a vibrant orange-red color, indicating they are ready to eat. They are surrounded by several large, green, serrated leaves. The background is a soft-focus green, suggesting a garden or orchard setting.

Boston Book Fair 2025

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*From Fly Fishing with an Artificial Stonefly
to a Wild Berry to Intoxicate Fish*

1. **THE ANGLER'S assistant, or, the complete art
of angling. York: C. Croshaw's, Fishing Tackle
Warehouse, early 1800s.**

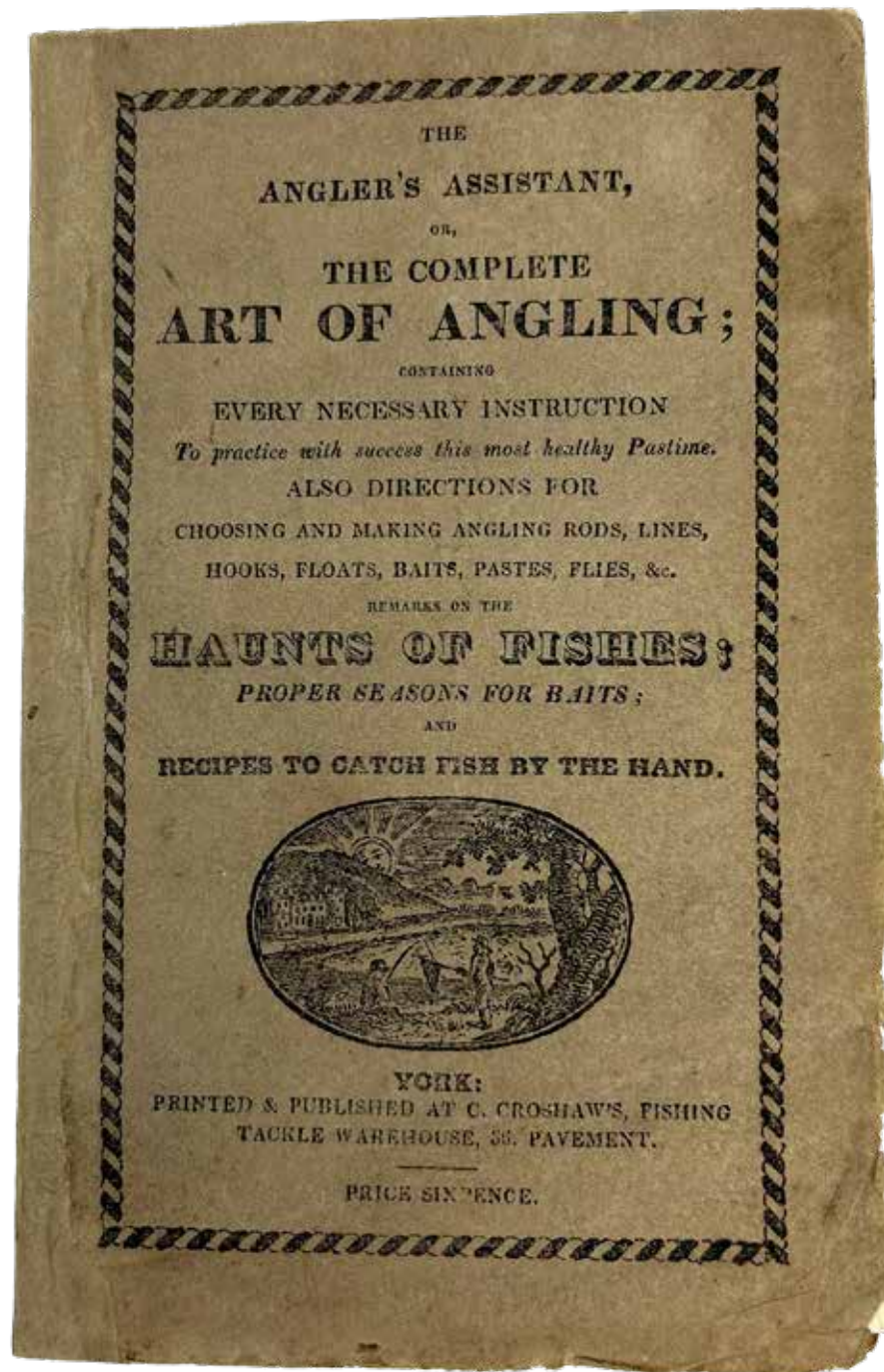
12mo. in 6s. Hand-colored frontispiece. 36 pp. Publisher's illustrated
wrappers, expert restoration to the spine, lightly browned, untrimmed.

\$2000.00

AN EARLY EDITION (perhaps first edition? – see below) of this guide
to fishing published by Croshaw's, a tackle shop in York in the north
of England. This is a particularly nice copy in the original printed
wrappers.

As the extended title page states, this book provides “every
necessary instruction to practice with success this most healthy Pastime.
Also directions for choosing and making angling rods, lines, hooks,
floats, baits, pastes, flies, &c. Remarks on the haunts of fishes: proper
seasons for baits: and recipes to catch fish by the hand.”

General directions are given on what to wear and when to fish;
how to land a fish; and where to go fishing. Specific directions are given
for certain types of fish; how to find and select your “hazle or yew
switches” to make your rod from; how to make fishing line from horse-
hair; what types of hooks to use and what size for what fish; and how to
make and use floats. Passages cover the different types of baits to catch
(including live insects) and how to use an artificial fly.



When you angle with the artificial fly, it must be in such a river or water that is clean after rain, or in a river a little discolored with moss or bogs, in moorish places, or on a cloudy or gloomy day, when the water is stirred by gentle gales...Keep your fly in continual motion in all weathers.

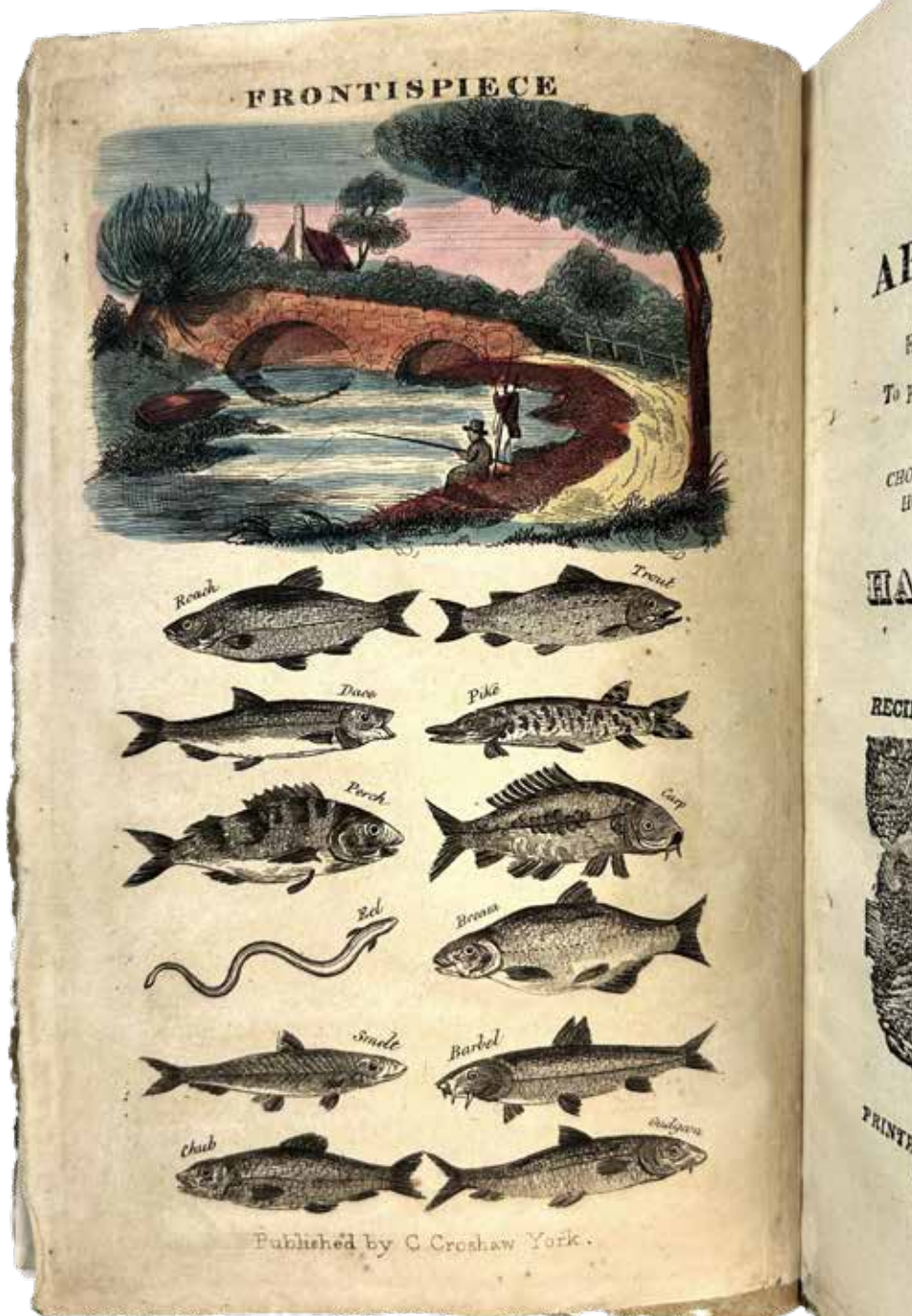
Specific types of flies are discussed; when to use them; and how to make them (one calls for the hair from the tip of a spaniel's tail). There is even a section on angling by hand where two recipes are given: one is to rub your hands with the juice of various herbs and the other is to use an intoxicating berry.

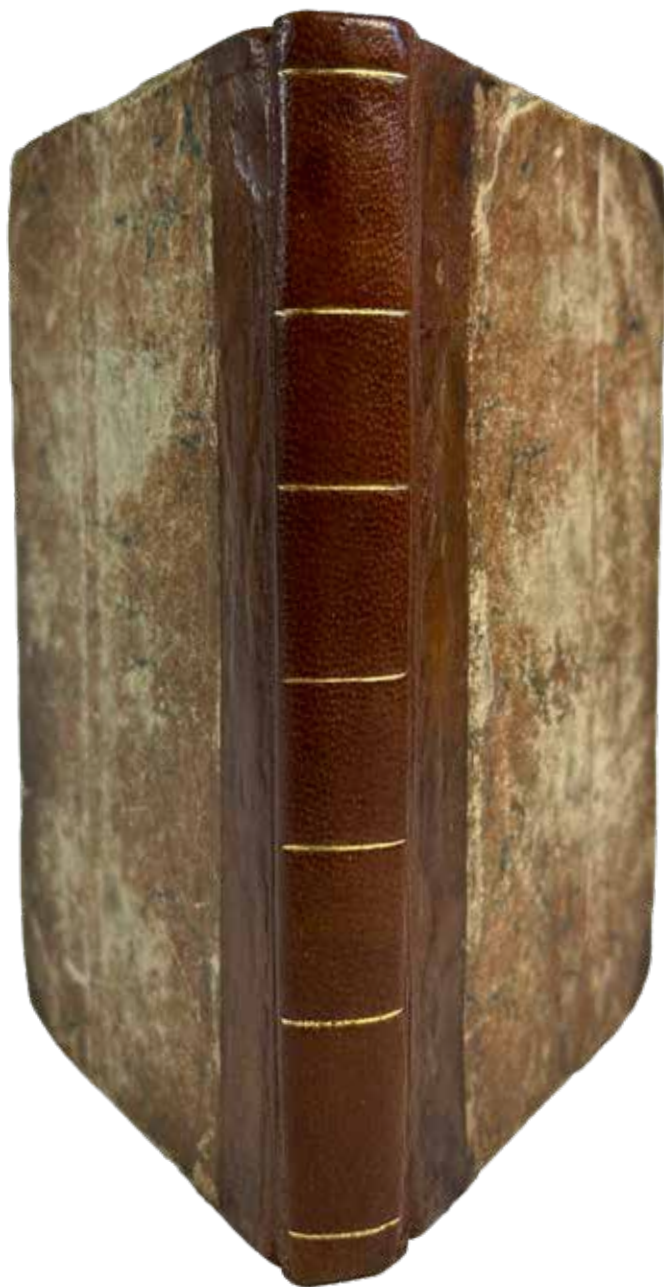
The beautiful hand-colored engraved frontispiece depicts two men fishing at a stream below which are depicted twelve different types of fish (roach, dace, perch, eel, smelt, chub, trout, pike, carp, bream, barbel, and gudgeon).

Preserved in a cloth and gilt-stamped clamshell box.

In very good condition.

¶ OCLC: Harvard and Princeton. There are also other dated editions, all of which are quite rare: 1805: British Library; 1810: Yale; 1813: Yale, Princeton, Washington State University, Harvard; 1816: Yale, Washington State University, University of Alberta; 1823: Newberry Library and Washington State University; and 1828: Northwestern University, University of York, British Library.





A Very Rare Provincial English Cookbook

2. ASHBURN, Addison. The family director; or, housekeeper's assistant. Coventry: Longman et al., 1807.

12mo in 6s. 1 p.l., xx, 180 pp. Contemporary half-calf over marbled boards, rebaked, light foxing, signature "K" is mistakenly bound between "H" and "I" (but the book is completely complete). \$2500.00

The rare FIRST EDITION of this provincially printed cookbook coming from Coventry, England, and collecting approximately 300 recipes. Provincial cookbooks are rare in the United Kingdom and they are particularly interesting to culinary historians as they represent more local and vernacular tastes.

Recipes range from apple jelly; brain cakes; cib-cab (made from mutton); dumplings; eels collared; force meat balls; gruel water; heart of a sheep dressed; icing for China cakes; Jumbals (with caraway seeds); lemon sherbet; mutton pasty; nasturtium pickled; oysters stewed; pig's head baked; quin sauce (made of walnut pickle, mushroom catsup, garlic cloves, anchovies, horseradish, and cayenne); rusks (a twice-baked bread); sweetbreads fricasseed brown; tongues salted; veal potted; wigs made with saffron; and yeast from potatoes.

In the preface Ashburn notes the following: "The collection of recipes which are contained in this little Volume, would always have been kept private, had not the repeated solicitations of many respectable friends prevailed on the Author to publish them in their present form. As they are entirely original, and embrace a greater variety of matter,

*The Rare First Edition of the Most Popular
19th-Century French Cookbook*

than is usually found in works of a similar nature, it is hoped, that they will be generally useful.” The author signs the preface from Meriden, England, which is approximately seven miles to the east of Coventry, where the cookbook was printed.

The recipe “To make a Hedgehog” is as follows:

Take a sponge cake, or new French roll, and pare off the outside; lay it in a China or glass dish, and pour on it some rich white wine till it is quite soaked and soft; then pour on it a little brandy, and stick it all over with blanched almonds, cut in thin slices; have ready a good custard, and pour it into the dish.

The “hedgehog” recipe was an example of a “conceited dish,” a dish which showed artistry and was often meant to look like something else. Versions of the recipe previously appeared in Hannah Woolley’s *Queen-like closet* (1670); Hannah Glasse, *The art of cookery* (1747); and Elizabeth Raffald’s *The experienced English housekeeper* (1769). The biggest difference with Asburn’s recipe is the lack of orange flower water and the replacement of sack with white wine and brandy. The recipe is also simplified, which is typical of provincial cookbooks as they wrote for households with more modest incomes.

In manuscript, written on the upper pastedown, are two recipes. One is for “Muffin Pudding” and the other is for “Almond Pastry.”

In good condition.

¶ OCLC: six locations outside of the United States.

3. [AUDOT, Louis Eustache.] *La Cuisinière de la campagne et de la ville, ou la nouvelle cuisine économique*. Paris: Audot, 1818.

8vo. Eight plates in brown ink. lxxii, 248 pp. Modern blue wrappers in the style of the period, printed label on spine, entirely untrimmed, occasional foxing to the plates (due to paper quality) and in the text.

\$4000.00

The extremely rare FIRST EDITION of Louis Eustache Audot’s *La Cuisinière de la campagne*, “the most successful bourgeois cookbook of the nineteenth century.”¹ The work includes hundreds of recipes, a discussion of the management of the cellar, how to serve food, and instructions on carving various meats. The eight engravings printed in brown ink depict various meats (including fish) and how to carve them.

Louis Eustache Audot (1783-1870), Parisian bookseller and publisher, intended this book to be “for those who make their ordinary home in the countryside, as well as for mothers of families...by bringing together in a single body the most useful and economical processes.” This work was a huge success and by 1901 it was in its 79th edition. Starting with the second edition, the initials for the author L.-E.-A. appeared on the title page, and finally, from 1860 onward his full name is printed.

Interestingly, the work opens with a 38-page section on wines. The first part is entitled “Observations sur les soins qu’exige une cave” (observations on the care of a cave). It begins with a reference to Grimod de la Reynière: “Le vin, dit le célèbre auteur de l’*Almanach des Gourmands*, est

¹ Julia Csergo in *Food: A Culinary History*, ed. by Flandrin & Montanari, p. 505.



le meilleur ami de l'homme..." (Wine, says the celebrated author of the *Almanach des Gourmands*, is the best friend of man...). The section goes on to discuss the cellar specifically; the wines and their taste; wines in the barrel; the blending of wines; alterations to wine in the barrel, remedies, and their transportation; barrel cleaning and maintenance; bottling wines; and how to care for bottled wine.

The cookbook is divided into the following sections: "instructions on how to serve at the table, and on the dissection of meat;" soups (including *pot-au-feu*, vegetable soups, cheese soup, and rice); *coulis* (thick sauce); other types of sauces; *terrines* (a loaf of forcemeat that is baked in a mold in a hot water bath); and minces. These are followed by various ways to prepare different kinds of meat, then vegetables, and then fish. There is a short section of recipes for fruit compotes, and then a few *crêmes* (custards). Pages 232-244 provide an index for easy reference.

Preserved in a quarter calf, richly gilt, marbled sleeve and slipcase. (See item 21 for a related item.)

¶ Cagle 52; Coyle, *Cooks' Books*, p. 16; Feret, p. 41 – "The French Betty Crocker of the 19th Century;" Maggs 375; Oberlé 179; OCLC: Lilly Library, New York Public Library, and two locations in Europe; Tannahill, *Food in History*, p. 323; Vicaire col. 54; Not in Bitting or Simon.



*A Landmark in Ampelography;
Spectacularly Beautiful*

4. **BABO, Lambert Joseph von & METZGER, Johann. Die Wein- und Tafeltrauben der deutschen Weinberge und Gärten. Mannheim: Heinrich Hoff, 1836.**

8vo. xvi, 251, [1 - blank] pp. Publisher's printed wrappers, light overall wear, some corners dog-eared, light foxing on some leaves, a faint damp stain spot in the gutter of some leaves.

With:

BABO, Lambert Joseph von. Wein - & Tafeltrauben. Mannheim: Rud Schlicht, [1836-38].

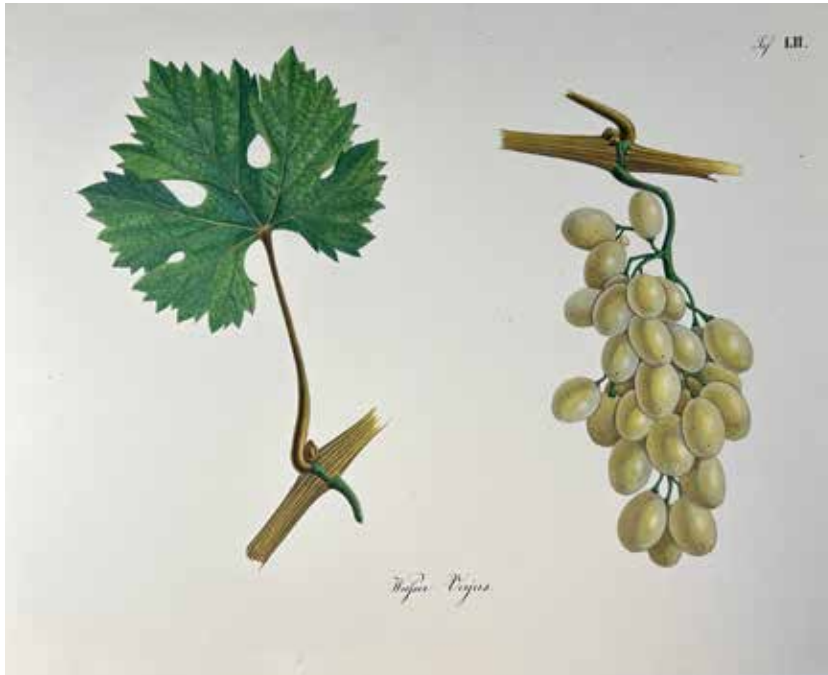
44cm x 36cm (Contemporary folding case); 43cm x 35cm plate size. Seventy-two hand-colored lithograph loose plates preserved in a folding gilt and blind-stamped cloth publisher's case lined with green and gold decorative paper and retaining the original ties; light wear to the publisher's case, six of the plates are slightly trimmed into by the binder's knife, one plate has a very slight discoloration to the right margin, and the final plate has a 3/4" light brown mark just touching the edge of the plate image. \$25,000.00

The rare FIRST EDITION of this important study of the grapes and wines of Germany. These two works were sometimes issued together and sometimes sold separately; to find them together is extremely rare. The first work is a printed work on viticultural practices in Germany. The second is one of the most spectacular ampelographies ever produced.





Wimper Ellen.



Lambert Joseph von Babo worked with Johann Metzger to produce this spectacular ampelography of 72 different grape varieties. The suite of hand-colored lithographs is attributed to Babo alone, however, due to the fact that Babo was the one with practical vineyard experience. It was Babo that was responsible for the illustrations of the grapes.

The smaller, text volume, was the work of Johann Metzger and Babo together. The work is a systematic description of the principal wine and table grape varieties cultivated in the German-speaking regions. Drawing on Babo's empirical vineyard observations, Metzger organized the material botanically, detailing each variety's morphology,



ripening time, yield, and suitability for particular soils and climates. The book combines practical viticultural advice with scientific classification, aiming to standardize grape nomenclature and improve cultivation throughout the German wine provinces.

¶ OCLC: Harvard is the only library in the United States that has both parts; UC Davis and the California State Library both have the text volume alone. In Europe, there are seven locations with both volumes (all of which are in Germany) and several more with the text volume alone.

*Bound in a Charming Homemade
Embroidered Dust Jacket*

5. **BEETON, Isabella. Mrs. Beeton's cookery book...
With new coloured and other illustrations. London:
Ward, Lock, and Co., 1905.**

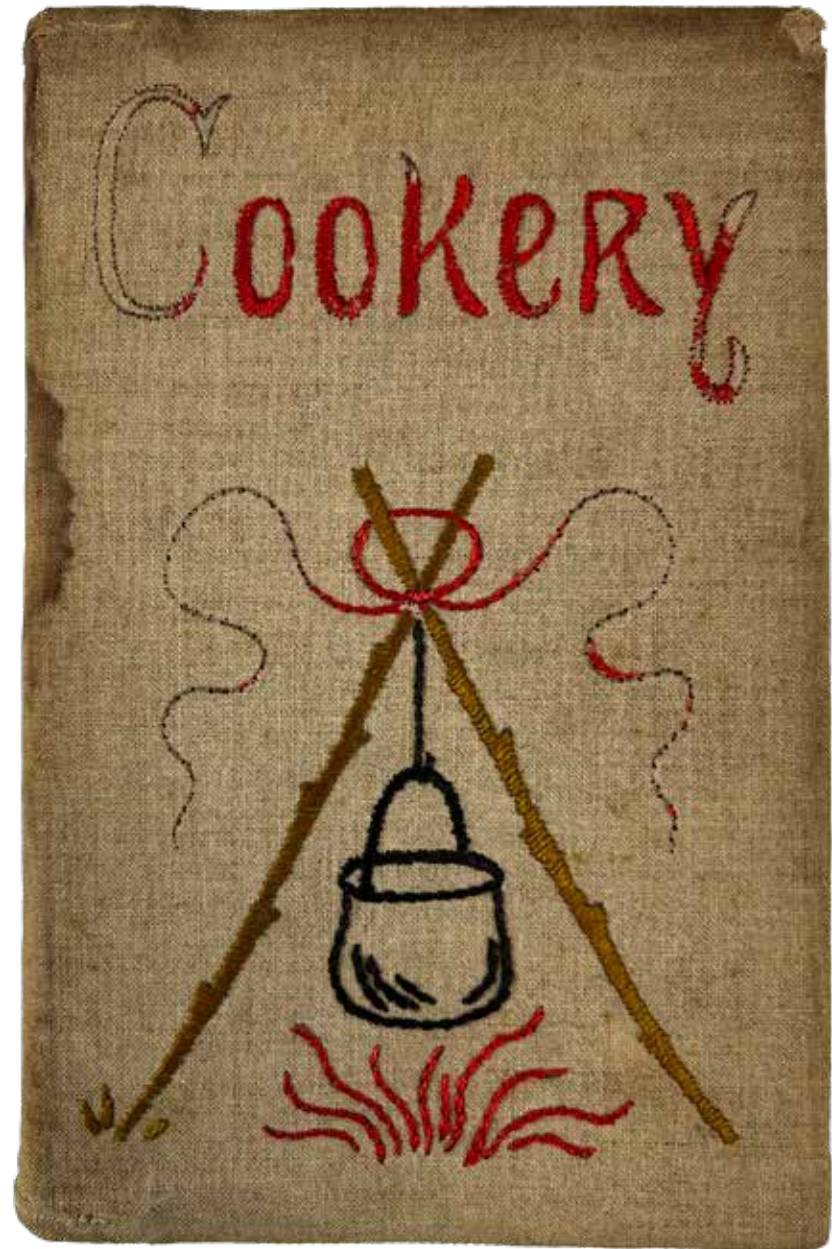
Twenty-one plates (including one colored frontispiece and four colored plates). 1 leaf of advertisements, xv, [16]-311, [11] pp. Bound in publisher's boards wrapped in a contemporary hand-made and embroidered dust jacket, damp staining to the cloth dust jacket, corners worn, endpapers browned due to paper quality. \$950.00

An exceptionally rare edition of this classic in English cookery. Isabella Mary Mayson (1836-65) was married to Sam Beeton in 1856. At this time Sam Beeton was publishing and editing his very successful journal *The Englishwoman's Domestic Magazine*. Once married, Isabella contributed a column on household affairs which resulted in a series of supplements published between 1859-61. These supplements were brought together and first sold as a book in 1861. The book became one of the most popular English cookbooks of all time.

This copy is of particular interest due to the lovely homemade thematic cover. It is made of brown linen and embroidered with red, beige, and black thread. At the top it reads "Cookery" and below is an image of a pot cooking over a fire. The pot is suspended from angled sticks (as one would make for camp cooking). On the recto of the upper free endpaper of advertisements is early the signature of Kate Finch Smith.

The handsome color and black and white plates depict various foods.

¶ OCLC: Bibliotheque nationale de France. There is also an edition from 1905 recorded at the University of Alabama but its pagination is wildly different.



PRESERVED AND TINNED PROVISIONS

and bone and mince it finely with the mushrooms and the ham. Put the butter in a saucepan, let it melt, then dredge in the flour, boil, put in the meat, seasoning, and sauce, then stir in the yolks of two eggs, well beaten. Put the mixture aside to cool, and when cold form into balls, brush them over with egg, then dip them in crumbs and fry a nice brown. Serve with white sauce.

Time, 10 minutes to fry the croquettes. Average cost, 2s. Sufficient for a good-sized dish. Seasonable at any time.

CURRIED RABBIT.

INGREDIENTS.—1 tin of rabbit, 2 oz. of butter, 3 onions, 1 pint of stock, 1 sour apple, a tablespoonful each of curry-powder and flour, the juice of 1/2 a lemon.

Mode.—Slice and fry the onions and apple in the butter, boil the stock and pour it boiling into the stewpan, mix the flour and curry-powder with a little of the stock and simmer for 1/2 an hour, add the rabbit, cut up, and warm thoroughly, then squeeze in the lemon and serve with a dish of rice, boiled as in recipe given.

Time, 35 minutes. Average cost, 2s. 6d. Sufficient for 6 persons. Seasonable in winter.

SALMI OF GAME.

INGREDIENTS.—1 tin of game of any kind, 1 onion stuck with cloves, a few whole peppers, a strip of lemon-peel, salt, a thickening of butter and flour, 1 glass of port, 1 tablespoonful of lemon-juice, 1 of ketchup or sauce, 1 pint of stock.

Mode.—Set aside the best parts of the game, put the smaller pieces and trimmings into a stewpan with the stock, onion, peel, pepper and salt, and simmer; stew for 1/2 of an hour, then strain the gravy, thicken it with butter and flour, add the ketchup, lemon-juice, and wine, then put in the pieces of game and let them warm through. If the gravy is not brown enough, a little browning should be added.

Time, 40 minutes. Average cost, 2s. 9d. Sufficient for an entrée. Seasonable in autumn and winter.

FRUIT TARTS.

INGREDIENTS.—Any kind of bottled

fruit, 1 lb. of flour, 1/2 lb. of butter, sugar, water.

Mode.—Fill the dish with the fruit and add sugar to proportion, put the flour in a basin and rub in the butter with a teaspoonful of powdered sugar (a little baking-powder may be added if liked); wet up with cold water to make a stiff paste, roll out and cover the tart in the cold oven and bake in a gentle oven. With some fruits (gooseberries, for example) there is too much juice, and a little should be left out or it will boil over and spoil the appearance of the tart.

Time, 1/2 an hour to bake the tart. Average cost, 1s. 3d. for a small tart. Seasonable at any time.

ORANGE JELLY.

INGREDIENTS.—1 quart packet of jelly, 1 pint of water.

Mode.—Put the jelly into a basin and pour on the water, nearly boiling, stir the jelly till dissolved, then run it through a jelly bag; wet a mold thoroughly, and pour in the jelly, and set in a cool place. All the table jellies are prepared in the same manner. The orange is quite sufficiently flavoured, but a glass of sherry is an improvement added to the plain jelly. If this is not the case, a quantity of water should be omitted. A little gold leaf in tiny flakes makes these jellies look very pretty, or they may be moulded with preserved citrons or grapes.

Time, jelly should always be made the day before it is required. Average cost, 9d. Sufficient for a quart mold. Seasonable at any time.

COMPOTE OF FRUITS.

INGREDIENTS.—1 tin of each, peaches, apricots, and pineapple (any fruit may be added if liked, the greater the variety the better), 2 glasses of sherry, 2 glasses of liqueur, white sugar to taste.

Mode.—Cut the slices of fruit into dice and the half peaches and apricots in quarters, and put them in a basin. Take the syrup from the three last and boil it with the sugar over the fire in a lined saucepan. Set this aside to cool and when cold pour it over the fruit, add the wine and liqueur and give it a good stir.

Time, 15 minutes to heat the syrup. Average cost, 2s. Sufficient for 4 persons. Seasonable at any time.

ENTRÉES.



1—Pigeon Pie. 2—Rabbit Game Pie. 3—Cutlets and Peas. 4—Bouquet of Prawns.
5—Chicken in Apple. 6—Plovers' Eggs. 7—Lamb Cutlets. 8—Stuffed Larks.
9—Piped Ham. 10—Boned Capon.

An Exceptionally Rare Early Wine Book

6. **BOVILLUS, Johann Rudolf. Eigentliche Beschreibung des Weinstocks, der Trauben unnd des Weins. Hanau: Antonius, 1596.**

Small 8vo. Woodcut vignette on title page. 64 pp. Period calf binding made with 18th-century calf, double gilt fillet around sides, spine in five compartments, raised bands, edges speckled red. \$12,000.00

The FIRST & ONLY EDITION of this exceptionally rare study of “the vine, the grapes and the wine..their natural properties.” According to Bovillus, the winemaker has the power to change these elements and towards this end, he has written the current work.

Bovillus begins his foreward with an expression of gratitude for where he lives: “Among all...plants, besides grain, nothing is more excellent or necessary than wine...with which our lands are so abundantly endowed.” He continues by telling the reader that he wants to explain the nature of the vine; why wine is to be praised, and how it can be used usefully and fruitfully.



Eigendtliche
Beschreibung des Wein-
stocks / der Trauben vnd des
Weins / dann auch derer Natur / Ei-
genschafft / vielerley Geschlechten /
vnd entlich eines jeden Krafft vnd
Wirkung.

Auff das kürkest zusammen ge-
tragen / durch Johannem Rudol-
phum Bouillum bestalten des
vier Dheler M. D.



Getruckt zu Hanaw durch Wilhel-
mum Antonium.

The first section describes the vine and its rootstock; of the nature of the grape (at harvest, crushing, and fermentation); on its used in remedies; its affect on health; on new wine and how the body responds to its consumption; mention is made of wines from different regions; how wines differ in taste, color, quality, and ability to age; a chapter is devoted to the different colors of wine as well as their tastes; how certain wines are right for some people but wrong for others (including how one is best for women when they need to regain their health); how wine grapes are different in different countries; and so on.

This work belongs in context of other early wine monographs such as Praefectus' *De diversorum vini*, 1559; Taegio's *L'humore dialogo*, 1564; Rasch's *Weinbuch*, c.1580; and Mini's *Discorso della natura del vino*, 1595, all of which were published in small formats, included a discussion different properties of different wines, and how they affect one's health. Of them all, the Bovillus is the rarest.

With an old ink stamp on the title page not affecting text.

In very good condition.

¶ USTC: Österreichische Nationalbibliothek only. Not in OCLC.

A Local Government Responds to Bread Rioting

7. (BREAD.) To the inhabitants of the town of Nottingham. Nottingham: Burbage and Stretton, 1800.

Broadside: 28cm x 22.2cm. Woodcut vignette at top. With the blind stamp of the Nottingham Public Library (not affecting text).

With:

(BREAD.) Town of Nottingham. Nottingham:
Burbage and Stretton, 1800.

Broadside: 28cm x 22.5cm. Woodcut vignette at top. With the blind stamp of he Nottingham Public Library (not affecting text). \$1750.00

BOTH BROADSIDES ARE UNRECORDED. Two broadsides that were issued in response to the food riots in the North of England in 1800.

The first broadside begins “The MAGISTRATES are very much concerned to observe the continuance of riot and depredation in this town: they therefore REPEAT their commands to all persons *immediately to disperse to their several habitations.*” The government warns that farmers will not send their corn (i.e. wheat) to the town if there is rioting. As the author notes, “the TOWN is dependent upon the COUNTRY.” Additionally, efforts are being made to lower the price of corn. The broadside is issued by the order of the town clerk, George Coldham.



The second broadside seeks "to allay the present Fermentation" (i.e. the riots) by declaring that the town has purchased a large quantity of wheat that will be milled free of charge by Davison and Hawksley of Arnold-Mill. This flour will then be available

for sale at the Market-Place next Thursday afternoon. Additionally, this flour will be sold below market price for the benefit of the poor. This broadside is also issued by George Coldham. Both were issued on the 2nd of September, 1800.

In 1799 there was a particularly bad grain harvest resulting in the price of bread reaching an all-time high. The Napoleonic Wars and Napoleon's blockade of Britain worsened the situation as did the stockpiling of grain by dealers who were taking advantage of the situation. The result was wide-spread rioting that lasted through 1800.

Both have the blind library stamp of the Nottingham Public Library who dispersed the broadsides in 2020.

Both are in very good condition.

¶ Neither broadside is in OCLC nor the usual gastronomic bibliographies.



Town of Nottingham.

THE MAGISTRATES feel happy in having it in their Power to communicate to the Public any Intelligence which may at all tend to *allay the present Fermentation*, by affording a Prospect of a SUPPLY of FLOUR, for the Consumption of the Town.---They therefore have Pleasure in stating, that

A large Quantity of Wheat,

to the Amount of one hundred and thirty Quarters has been purchased, and will in Course of *to-morrow* be sent to *Messrs. Davison and Hawksley*, at Arnold-Mill, who have undertaken to grind the same *without Expence*---A considerable

QUANTITY of this FLOUR

will, it is hoped, be ready to be sold in the Market-Place of this Town, on THURSDAY AFTERNOON NEXT: and the Public may rest assured, that it will be disposed of for the Benefit of the Poor, at a Price lower than the late Market Average.

BY ORDER,

Geo. Coldham, Town Clerk.

Nottingham, 2d September, 1800.

(BURRAGE AND STRETTON, PRINTERS, &c. NOTTINGHAM.)



To the Inhabitants of the Town of NOTTINGHAM.

THE MAGISTRATES are very much concerned at the continuance of riot and depredation in this town, and their commands to all persons immediately to disperse, and all matters of families are strictly charged to be restored, the peace of the town not be restored, the

IMMEDIATELY

to enforce the prohibition. THE MAGISTRATES can bear it impressed upon their minds, COUNTRY for its supply of Bread, be restored, it is impossible for their corn to the town, and peace are the persons who friends of public tranquility, Exertions have been made, but it is impossible for that

BRING DOWN THE

RED

Nottingh.

*"Raising the price of Flour, Oat-meal,
Bacon, Cheese, Butter"*

8. (BREAD.) The lamentation of the sorrowful
cornfactors, badgers, farmers, millers, bakers.
Nottingham: Tupman, 1800.

Broadside: 32cm x 11.3cm. Two woodcuts.

\$1500.00

AN UNRECORDED BROADSIDE regarding the price of flour and bread in England. In 1799 there was a particularly bad grain harvest resulting in the price of bread reaching an all-time high. The Napoleonic Wars and Napoleon's blockade of Britain worsened the situation as did the stockpiling of grain by dealers who were taking advantage of the situation. The result was wide-spread rioting.

The current broadside makes fun of the merchants who are stockpiling grain and are the source of the pain and suffering of the populace who can no longer afford to buy basic foodstuffs, but especially bread. Once the price of bread is at an honest price,

The people will...see how long, and how wickedly, we have abused the goodness of Providence, by denying and concealing his bounties; raising the price Flour, Oat-meal, Bacon, Cheese, Butter, &c. &c. pinching the bellies of thousands, in order to accumulate large fortunes to support our extravagant price an ambition....Let us with sorrow recall to mind the thousands of poor families we have robbed of their daily bread (by selling our flour at such an extravagant price)...

At the end of the broadside the author makes the following plea: "let us humble ourselves, and be content with a reasonable profit."



THE LAMENTATION OF
Cornfactors, Badgers, Farmers, Millers, Bakers
of the Enormous Profits on Corn and Flour
a few Weeks to be reduced to Two Shillings
OUR - WAREHOUSE on
Manchester, established
together with the vast
Corn and FLOUR already
sea-ports in the kingdom,
other Millers and Bakers;
Farmers and Shopkeepers,
are to be sorrowful. The
mercantile us, and rob us of
we sell as low as them
small, and our trade
good - for - nothing. In-
disgrace has at last over-
we will now see how
abused

shall be summing
offences! T
—thousands
life-time ex
Hunger and
How shall v
Almighty
every hum
that he w
Humble
and will
thren, I
add new
of the
order
for th

Two Early Studies of Household Economy
& Gender Roles



The first woodcut depicts people destroying a temple; the person in the middle with the two collapsing pillars on either side is perhaps a Samson reference for the rioters? The second image shows a coffin on a table.

In very good condition.

¶ Not in OCLC or the usual gastronomic bibliographies.

9. CAGGIO, Paolo. *Iconomica...nella quale s'insegna brevemente per modo di dialogo il governo familiare, come di se stesso, della moglie, de' figliuoli, de' servi, delle case, delle robbe, & d'ogn'altra cosa a quella appartenente. In Vinegia, al segno del Pozzo [Venice: Andrea Arrivabene], 1552.*

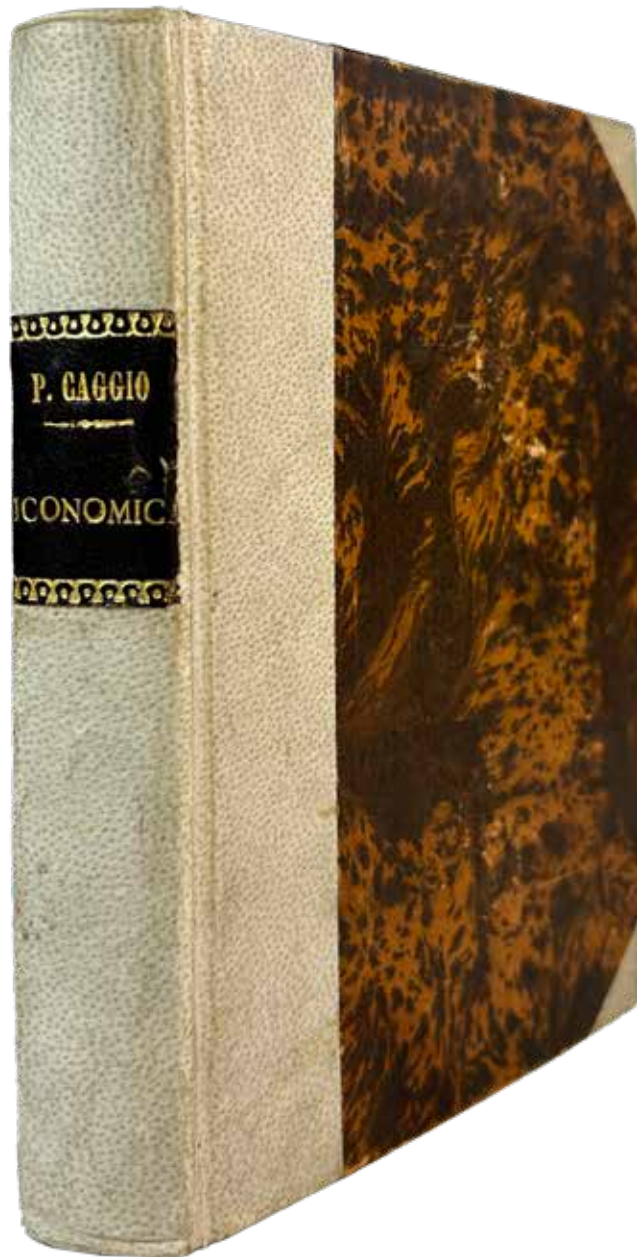
8vo. Woodcut title page vignette, four woodcut initials (three of which are historiated), and a woodcut on the verso of the final leaf. [8], 64 leaves.

Bound with:

LANTERI, Giacomo. *Della economica trattato di... gentilhuomo bresciano nel quale si dimostrano le qualità, che all'huomo et alla donna separatamente convengono pel governo della casa. Venice: Vincenzo Valgrisi, 1560.*

8vo. Woodcut printer's mark on title page which is repeated on the final page and four woodcut historiated initials in the text. 16 p.l., 171, [1], [1 - blank], [1], [2 - blank] pp. Both works are bound together in 19th-century half vellum over marbled boards, a few tiny wormholes to the title page of the first work, ex libris stamp to recto of upper free endpaper with a shelf number written at the center of the stamp. \$4500.00

I. The rare FIRST EDITION of Paolo Caggio's *Iconomica*, a study about family and domestic economy written in the form of a dialogue. Early considerations of life within a household are rare.



Caggio structures the *Iconomica* around a two-day dialogue between the aged and wise Apollonius and the young and impulsive Monophilus. In the form of benevolent instruction, Apollonius tries to persuade Monophilus of the need to form a family. To this end, the author analyses a wide range of issues relating to family government, such as what the family is; the differences between the prince and the father of the family; the qualities and virtues required of a woman to be an excellent wife and mother (here Caggio shows great respect and admiration for women); the differences between the two sexes that make them complementary (Caggio advocates that relationships between men and women be one of mutual understanding and cooperation); the praise of marriage; the education of children (mentioning the lack of good schools in the Kingdom of Sicily); the importance of cultivating good friendships; how to deal with servants; how to preserve and increase wealth; and on the value and development of agriculture. There is also a discussion on the importance of a moderate consumption of food and alcohol for one's health and the need to store grain and other foodstuffs properly for household security.

Paolo Caggio was born (Palermo, c.1525) into a wealthy family of senators. He studied law and held several public offices during his career, including the post of secretary and chancellor of the senate. He apparently never left Sicily during his lifetime and the publication in Venice of his works (*Ragionamenti*, 1551; *Flamminia prudente*, 1551; and *Iconomica*, 1552) was undertaken by his friend Ottaviano Precone, Bishop of Monopoli. In 1549 Caggio founded the Accademia dei Solitari to promote the spread of the Italian language in Sicily through the study of the works of Dante, Petrarch and Boccaccio.

In good condition.

¶ OCLC: Stanford, Yale, Folger Library, Newberry Library, University of Illinois, and seven locations outside of the United States.

II. The FIRST EDITION of Giacomo Lanteri's *Delle economica*, also a study of family life and domestic economy, but this time with a greater focus on how the relationship between husband and wife is crucial to the successful running of a household.

According to Lanteri, household economy is a science whose importance and necessity is demonstrated by the ruinous fortunes of so many families over the years. In *Delle economica*, Lanteri describes the characteristics of different types of families (from the noble to the merchant); he discusses the different roles of father and mother; the choice of servants; and the education of children.

The work is particularly interesting in that it provides a look into how gender was understood through its respective roles in Italian society in the 16th century. For example, women should oversee domestic work; take the lead in raising the children; direct the use of domestic resources; and maintain order within the household. But through his discussion, he also describes a space in which women have power and agency, or as Constance Jordan describes it, where "her economic productivity is a guarantee of her autonomy" (*Renaissance feminism*, p. 147). Lanteri also sees this domestic organization as necessary to prepare family members for public responsibility.

Men on the other hand, are expected to oversee the farming – the "art of the fields" – and preserve and increase the family's assets. It is interesting that he makes a point to say that even noble families have such agricultural responsibilities. Lanteri warns against laziness in men.

As for the financial matters, while Lanteri does not consider it disreputable for the *pater familias* to engage in commerce, he considers agriculture, animal husbandry and hunting to be the most noble and appropriate activities for him. Like Caggio, Lanteri also believed that the domestic and public economies ran along parallel lines, and that

those who were good at running a household were also good at running a public administration.

Giacomo Lanteri (d. 1560) was famous as a mathematician and expert in military fortifications, on which he wrote several treatises. He was appointed chief engineer at the court of King Philip II and later transferred to Naples, where he died in 1560.

¶ OCLC: Columbia University, New York Public Library, Syracuse University, University of California (Los Angeles), Yale, Newberry Library, University of Chicago, Cornell, University of Kansas, Harvard, Ohio State University, and ten locations outside of the United States.



The Culinary Riches of the Caspian Sea

10. [CAVIAR & commercial fishing.] Farid-Pak, Farhad. Société Anonyme des Pêcheries Iraniennes. [Teheran: Bank Melli Iran Press, 1958.]

Oblong: 19.5cm x 30cm. Four color plates and one color graph in the text.
10 pp. Publisher's illustrated wrappers. \$1500.00

The rare FIRST & ONLY EDITION of this interesting and beautifully illustrated study of the caviar production and commercial fisheries of Iran. At this time, Iran was only second to Russia in caviar production. The current publication describes the emergence of the caviar and fisheries industry in Iran as well as gives an overview of the state of this valuable commodity in the mid-1950s.

The text begins by explaining how the fisheries industry began in Iran in 1893 by granting a concession to "a Russian industrialist named S.M. Lianozof" and his heirs. This continued until World War I and regime change in Russia. The story continues until 1953 when the monopoly was granted to the Société Anonyme des Pêcheries Iraniennes for an unlimited period of time.

The rest of the work describes how the business will be run; descriptions of the different types of fish and caviar collected; annual yields; the nutritional value of different fish and caviar; the seasons when they are fished; the properties of each fish (length, weight and age when caught),

In 1953 the CIA and MI6 orchestrated a coup in Iran that overthrew democratically elected Prime Minister Mohammad Mossadegh after he nationalized the oil industry, restoring Shah Mohammad Reza Pahlavi's authoritarian rule and securing Western control over Iranian oil. By 1958, when this publication was issued, the Shah's regime was becoming increasingly authoritarian. 1958 was also the year of the overthrow of the neighboring Iraqi monarchy which greatly concerned the Shah as he sought to stabilize Iran.

The author, Farhad Farid-Pak, is listed as an engineer and the "chef d'exploitation de la Société [Anonyme des Pêcheries]." Farid-Pak (or Faridpak, 1911-1996) is considered the founder of ichthyology in Iran. He was fluent in Russian and studied fisheries at the Russian Federal Research Institute of Fisheries and Oceanography (VNIRO). Upon graduating in 1931 with a degree of fisheries engineering, he immediately left for Iran and began working. He remained active in the Iranian fisheries industry and as a professor in the Faculty of Natural Sciences at until his death in 1996. In 2011, a fresh water fish known as a spined loach was named after him: *Cobitis faridpaki*.

The plates depict the coastline of the Caspian Sea and which fish live where; the three different species of sturgeon caught; and eleven additional species of fish. The colorful graph in the text of the final page depicts the amount of caviar (in one column) and then the amount of fish (in another column) going to Iran, the Soviet Union, the United States, and to Europe.

The date of 1958 was assigned by OCLC and the latest economic information in the publication is for 1957.

In very good condition.

¶ OCLC: University of Chicago and three locations outside of the United States.

SOCIÉTÉ ANONYME
DES

Pêcheries Draniennes



*A Wine-Cooper Writes on How to Make
Wine, Cider & Beer*

**11. CHAPMAN, Thomas. The cyder-maker's instructor,
sweet-maker's assistant, and victualler's and
housekeeper's director. Cirencester: Rudder [1757].**

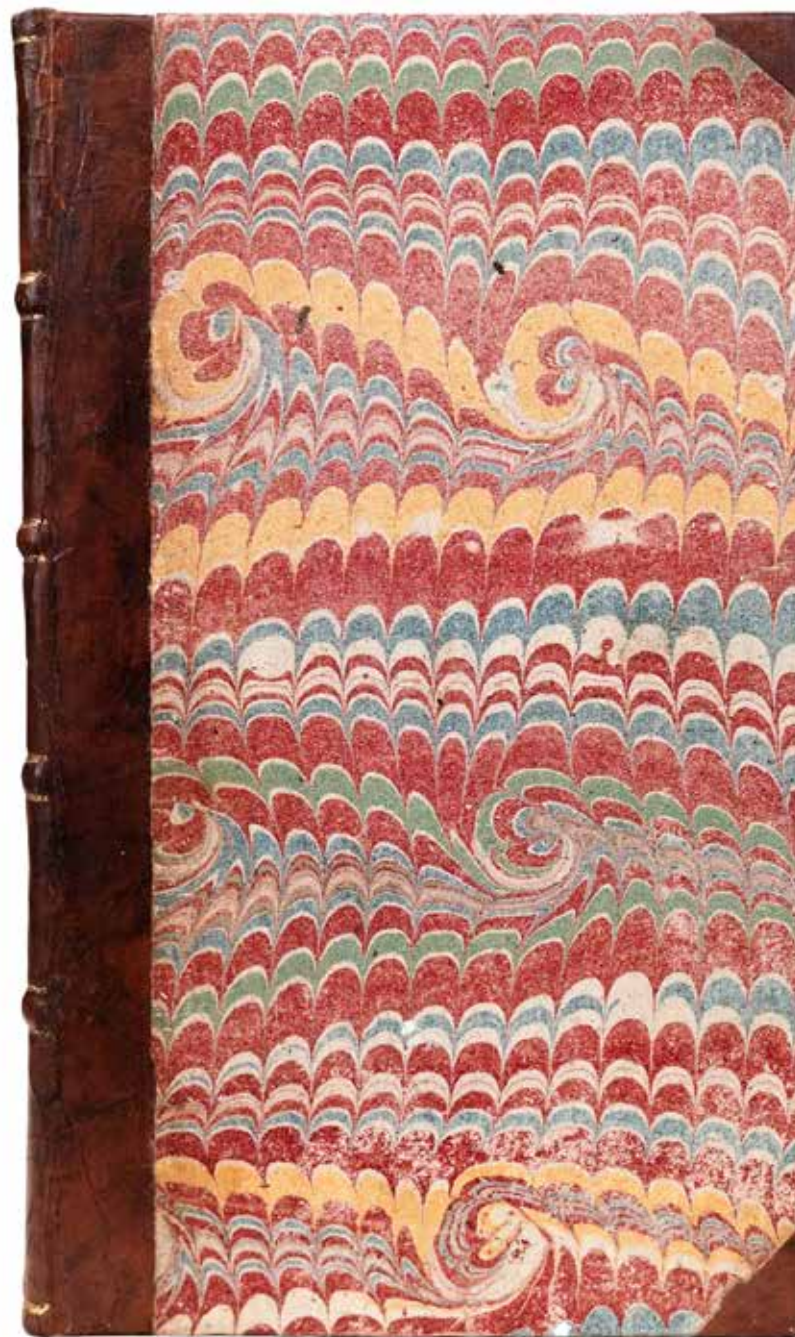
12mo in 6s. xii, [15]-49, [1 - blank] pp. Expert half-calf over marbled boards in the style of the period, faint damp staining in the gutter of some leaves. \$12,000.00

THE FIRST EDITION OF AN EXCEPTIONALLY RARE PRACTICAL ENGLISH GUIDE TO MAKING WINE, cider, and beer, with wine being the largest section. Only one other copy of the first edition is known (British Library).

From the title page we learn that Thomas Chapman was a "Wine-Cooper" and from the preface that he did business "in the counties of Gloucester, Hereford, Worcester." From his years of experience he has written this "Victualler's and Housekeeper's Director" to teach people how make and maintain wine, cider, and beer both for their business and at home. He goes on to note that

The following receipts and directions are not collected from books, nor interspersed with old woman's nostrums, but they are, in very truth, the result of my own long experience in trade, founded on chemical principles.

The section on cider covers the harvest; fermentation; how to stop the ferment; "a forcing for cyder" (forcing is to help the fermentation along); how to reduce the acid level; "to cure oily cyder" (when the juice from ripe and unripe fruit doesn't blend); "for ropy cyder" (when the



T H E
CYDER-MAKER'S INSTRUCTOR,
Sweet-Maker's Assistant,
And Victualler's and Housekeeper's
D I R E C T O R.
IN THREE PARTS.

P A R T I.

Directs the grower to make his cyder in the manner foreign wines are made; to preserve its body and flavour; to lay on a colour, and to cure all its disorders, whether bad flavour'd, prick'd, oily, or ropy.

P A R T II.

Instructs the trader or housekeeper to make raisin-wines, at a small expence, little (if any thing) inferior to foreign wines in strength or flavour; to cure their disorders; to lay on them new bodies, colour, &c.

P A R T III.

Directs the brewer to fine his beer and ale in a short time, and to cure them if prick'd or ropy.

To which is added, A Method to make yest to ferment beer, as well as common yest, when that is not to be had.

All actually deduced from the Author's experience.

By THOMAS CHAPMAN, *Wine-Cooper*.

CIRENCESTER: Printed and sold for the Author,
by S. RUDDER. Price Two Shillings.

cider becomes viscous); how to deal with bad flavors in the cider; and on how to control the color of your cider.

The section on beer describes how to force beer and ale; what to do when the beer or ale is too acidic; if it becomes ropy; and how to make yeast for fermenting new beer.

The section on wine is close to twice as long as either the section on beer or cider. Chapman describes how to make wines from raisins such as Malaga (will taste much like its fortified sweet wine just slightly less strong), Belvedere (which produce a strong and sweet wine that will age), and Smyrna (which will produce a wine that tastes like Maderia).

To make raisin wine, one adds 5 to 6 pounds of fruit to each gallon of water and lets it macerate while stirring daily. After about two weeks, the rehydrated grapes are pressed and put into a cask to ferment. Yeast and "jalap" are added and the ferment occurs for 10-12 days. You then move the wine to a clean barrel, top it with "melasses-spirit" (rum), and bung up the close. The barrel is stored in a dark cool place for six months at which point it is raked into a clean pipe "and you'll find it tolerably fine." Still let it lay for another month before drinking it. Chapman notes that the longer it lays, the better it will be. Other sections describe how to force raisin wine; how to make English Stum (partially fermented grape juice); "to cure acid raisin wines;" and how to cure the wines of various ailments and improve its color.

Chapman's *The cyder-maker's instructor* was a popular book, especially in the American Colonies. In 1762 it was reprinted in Boston thus becoming the second gastronomy book printed in America (see Lowenstein, *American cookery books, 1742-1860*, no. 2).

In very good condition.

¶ OCLC: British Library only (which assigns the date of 1757).



Street Food

12. LES CRIS DE PARIS. Amusement de Société [c.1823].

Box: 9cm x 6.5cm x 3cm. Cards: 8.4cm x 5.7cm. 50 cards (25 of which are engraved and hand-colored) and one folded sheet of printed instructions. Contemporary box, light soiling and wear overall. \$9500.00

A REMARKABLE SURVIVAL AND SIMPLY SPECTACULAR! A lovely set of playing cards representing the *cris de Paris*, the various street vendors who walked around Paris selling their goods. These hawkers were especially important to the food culture and gastronomic life of Paris as the majority of them were selling fresh and prepared foods and drinks. This set of cards is incredible due to the range of foods being sold and the detail captured in the hand-painted engravings.

The cards are preserved in their original emerald green card box with an engraved and hand-colored “title page” mounted to its face. The “tongue” and the trim of the slipcase where the two halves of the box join together is pink and mounted on this “tongue” portion of the box is a small engraved bookseller’s ticket reading “Alph. Giroux / Rue du Coq St Honoré N° 7 / à Paris.”

Foodstuffs being sold include oysters; eggs; cherries; cakes; pears from England; peas; grapes; cheese; brioche; lettuce; herbal tea; water; mackerel; wafers; vegetables; and shelled walnuts. Other sellers include those for different types of clothes; a shoe repairman; knife sharpener; picture frames; umbrellas; rabbit skins; and even pleasure from a woman

(“Les douceurs de l’amour” / the sweetness of love). Each vendor is represented both by a hand-colored engraving and a card of text that explains the merchant and reprints his or her street cry. For “La M[archan]de de Poires d’Angleterre,” the card reads:

*A deux liards les Anglias!
Bons fruits et bonnes gens sont rares sur la terre.
En vous vendant, meissieurs, mes poires d’Angleterre,
Sans peser mes discours, chaque jour je me plais
A crier dans Paris: «A deux liards les Anglais!
A deux liards les Anglais!»*

*Two farthings for the English!
Good fruit and good people are rare on earth.
In selling you, gentlemen, my English pears,
Without weighing my words, every day I take pleasure
In shouting in Paris: “Two farthings for the English!
Two farthings for the English!”*

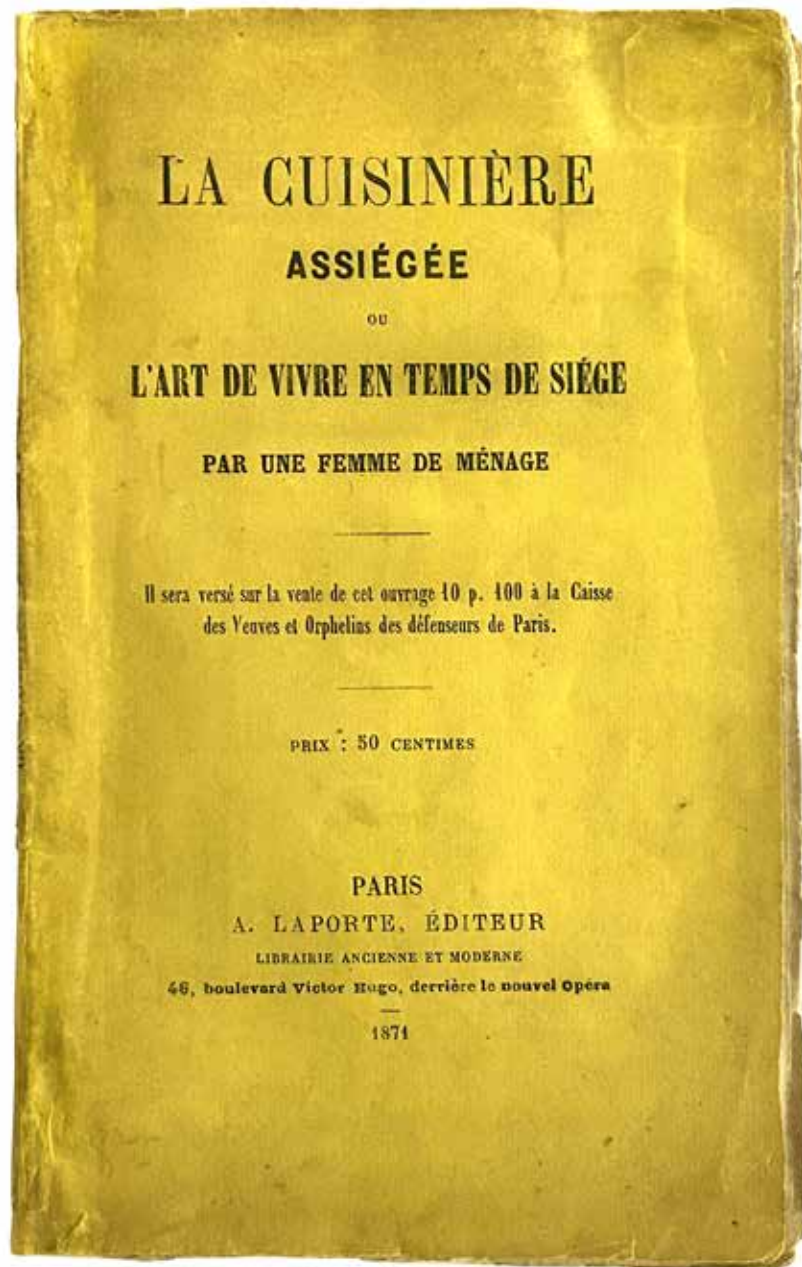
In addition to the street criers, this set comes with a folded sheet of instructions on how to play the card game; a printed card entitled “Carte blanche” which is otherwise blank; and an engraving of “Le Commissaire” in a judge or lawyer’s robes and wig that is captioned. The white card and commissioner card entitle their holder to special privileges in the game.

The date of c.1823 is because a description of the game appears in the 30th November 1823 issue of the *Journal des dames et des modes*.

A complete set of an absolutely lovely card game.

¶ OCLC: Princeton, Morgan Library, Yale, University of Indiana, and University of Pittsburgh and the Toronto Public Library has an incomplete set with 49 cards.





*A Fine Copy of a Cookbook
from the Siege of 1871*

13. LA CUISINIÈRE assiégée ou l'art de vivre en temps de siège par une femme de ménage. Paris: Laporte, 1871.

12mo in 6s. 36 pp. Contemporary printed yellow wrappers, wrappers faintly soiled, untrimmed. \$9500.00

The FIRST & ONLY EDITION of the only cookbook written by a woman during the Siege of 1871. The author is identified as “une femme de ménage” (a housekeeper) and her book is on the “art of living in times of siege.” The work is also a book with a social conscience: on the title page we read that 10% of the proceeds of the sale of the cookbook will go to the widows and orphans of the siege.

The introduction explains that the author has included not only recipes that can be made with leftovers, but dishes “with little things” that are fortifying enough to nourish and varied enough to not discourage one’s appetite. It goes on to note that the experience of the siege taught one that “hunger was still the enemy most to be feared” during a battle. With this in mind, the writer notes that although the leader of a military is more glamorous, “the leader who directs a kitchen is no less useful.” The text ends with commentary on those who speculated on foodstuffs during the siege and the prices that the various foods achieved due to scarcity and greed.

The rest of the cookbook lists the various foods and dishes eaten during the siege, how they were prepared, what they tasted like, and their various health properties. One of the points made in the introduction is how Parisians had to change their taste for food during the siege. This cookbook describes these new dishes and tastes and how to make them more palatable.

For example, chocolate and coffee, instead of being prepared with milk, can be made with gruel water. Not only will it still be enjoyable, but it will be especially nutritious for children and the elderly. Our resourceful housekeeper also notes that the domestic cat, "the ornament and companion of the attic, the happy favorite of the elegant drawing room, has become one of the most sought-after and almost rarest dishes of the siege." It should be dead for at least 48 hours and be roasted or prepared like a hare stew. A total of fifty-four different recipes and siege foodstuffs are described (including donkey, Parisian horse; grilled dog chops; egg-less pancakes; rat; horse fat; several rice dishes; and a *soupe de rampart* made from bread, wine, with sugar and cinnamon).

La cuisinière assiégée provides a rare glimpse into the gastronomic life of Parisians during a demoralizing moment in French history. Emperor Napoleon III had surrendered to the Germans at the Battle of Sedan, but the Parisians were not ready to accept the peace terms and so the Germans encircled Paris from 19 September 1870 to 28 January 1871. The siege resulted in the death of approximately 45,000 Parisians due to starvation and disease.

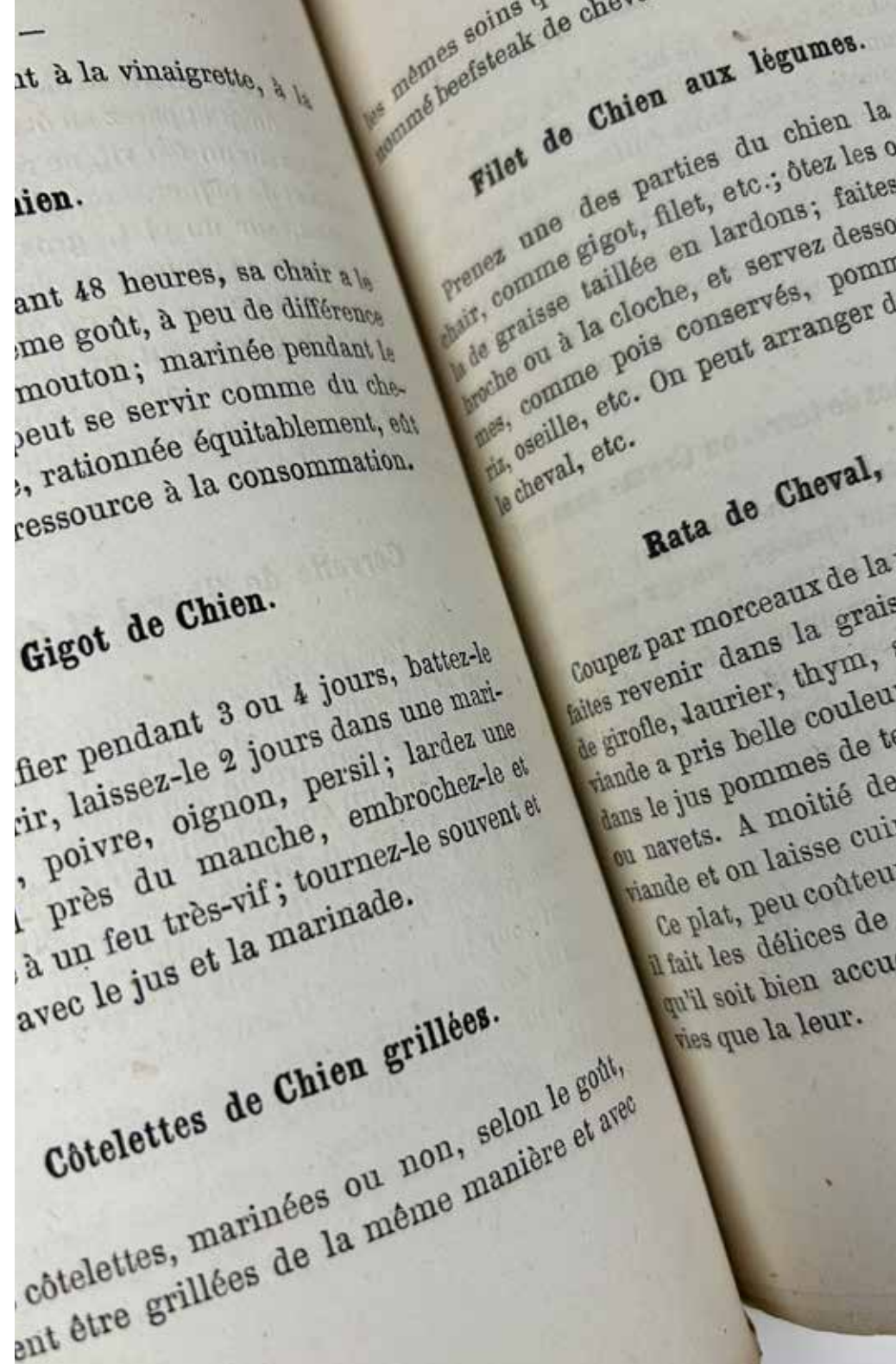
From the first weeks of the siege, the prices for comestibles reached unprecedented levels. Food rationing was introduced and Parisians were quick to seek out substitutes for meat that they no longer had access to. The wealthiest dined on giraffe, camel, kangaroo, and elephants taken from the zoo, while the rest ate equines, cat, dog, rabbit, hare, rooster, crow, sparrow, pigeon, and rat. Considering the disparity in the level of suffering between those with and without money during the siege, it is not surprising that less than a month later, the Paris Commune would begin.

With the early bookseller's ticket on the verso of the upper wrapper for "Livres anciens...E. Nourry" of Paris and a small engraved ex libris depicting a stag with wings jumping over a candle.

Preserved in a handsome slipcase with a blue morocco spine and marbled paper.

(See items 44-46 for more works on the Siege of 1870-71.)

¶OCLC: University of Alabama, University of Chicago, Boston Public Library, Harvard, Michigan State University, and six locations outside of the United States.



JOHN BURGESS & SON

Warehouse, 107, STRAND, corner of the Savoy-steps, London.

To Make a good Dish of Curry,

AFTER THE INDIAN MANNER.

Cut the meat or fowl as for a fricasee, fry it of a light brown, and stew it in gravy. Put in a large spoonful or two of Curry Powder, according to the quantity of meat. When it is sufficiently well stewed, thicken it with butter rolled in flour and some good cream. Add a little lemon juice, with shallots and garlic, and dish it up garnished with slices of lemon.

Best method of boiling RICE to eat with the above.

Pick the rice very clean and wash it with hot water and strain it off. Having in the mean time a good quantity of water over the fire, when the rice is cold and the water boils, put in as much only as will be completely covered by the water, add a little salt stir it well together, and let it boil very quick. On its swelling to a good size without being over soft, instantly take it up; and, straining off the water, return the rice to the saucepan, or set it on a sieve before the fire, to remain till it separates and dries. —A remaining part of this rice may be raised round the dish of curry, and a quantity served up in a pyramidal form on a separate dish.

§3- BURGESS' Curry Powder is not only used in dishes that are curried, but is now used and strongly recommended by the most approved cooks, as a fine flavoured seasoning for fish, fowls, steaks, veal cutlets, &c.

Moore, Printer, 124, Drury-lane,

*The Curry should be Served
with Rice in the Shape
of a Pyramid*

14. (CURRY.) John Burgess & Son. To make a good dish of curry. London: Moore, c.1788-1800.

22.8cm x 18.2cm. Printed recto only. Signs of having been folded, expert paper repair just touching the tool line. \$1250.00

AN UNRECORDED SMALL BROADSIDE from John Burgess & Son at 107 Strand at the "corner of the Savoy-steps" in London. Burgess (1750-1820) was known for his sauces, especially one made with anchovies, and referred to himself as and "Italian warehouse-man." He moved to the premises at 107 the Strand in 1779.

This broadside advertises a curry "after the Indian manner" and provides two recipes: 1. on how to cook a "meat or fowl" curry and 2. how to cook the rice that should be served with the curry. Burgess notes that one should cook curry with "a little lemon juice, with shallots and garlic, and dish it up garnished with slices of lemon." Surprisingly, the rice recipe is twice as complex as the curry dish. When the rice is ready, it is to be served "in a pyramidal form on a separate dish."

Curry (or *kari* in the original Tamil) comes from southern India and, unlike what is being described here, in India, it is usually freshly prepared. Exact recipes vary, but it usually includes curry leaf, coriander, cumin, mustard seeds, red and black pepper, fenugreek, turmeric, and sometimes cinnamon, cloves, and cardamom.

The popularity of curry in England is legendary and it is probably the most famous example of colonial appropriation in British cuisine. It is generally believed that the first curry recipe to be printed in an English cookbook was Hannah Glasse's *The art of cookery made plain and easy* (1747 on p. 52) but most historians don't date the marketing of a curry powder in England till the 19th century (see the *Oxford companion to food*). This example from Burgess shows that the powders were already being sold in the 18th century.

At the bottom is a printed manicule followed by a blurb for Burgess' Curry Powder.

The date of this broadside is arrived at by looking at the works printed by Moore at 134 Drury-Lane. According to OCLC, he was active at that address from 1788-1800.

Other than the expert paper repair, in very good condition.

¶ Not in OCLC.

*One of the Most Beautiful of all Chocolate Books;
A European Americanum*

15. DELCHER, Eugène. *Recherches historiques et chimiques sur le cacao*. Paris: Bailliere, 1837.

8vo. Two hand-painted engravings. 4 p.l., 338, [1], [1 - blank] pp. Publisher's printed wrappers, moderate foxing, light wear to the spine, light browning to the wrappers, untrimmed. \$8500.00

A fresh copy in original state of the FIRST & ONLY EDITION of Delcher's extensive study of chocolate. The work includes two spectacular engraved illustrations of the cacao plant, carefully painted in a wide range of rich colors.

Chapters cover a description of the plant *theobroma cacao*; the history of the cacao tree; where it grows; its cultivation; the harvest and processing of cacao ("terrage du cacao" similar to a racking of the cacao, separating the cacao liquid from the solids); the importation, rights, and trade in cacao; choice of cacao; on candied cacao; on chocolate; on the uses of chocolate in medicine; on the roasting of cacao; how to make chocolate; the abuses of chocolate in factories; how to detect adulterations; on special chocolates; on cocoa butter and cocoa oil; and an analysis of cacao. Although *Theobroma cacao* was first described by Linnaeus in 1753, archeological evidence shows that it is native to the Amazon forest and has been a foodstuff in the Americas as early as 5300 BC. Chocolate was first introduced to Europe in the 16th century (with some histories attributing it to Hernán Cortés in 1528).



The color plates depict the morphology of the cacao plant: the first showing the leaves and flowers and the second the cacao bean, pod, and tree. The engravings are “made according to the original drawings executed in Saint-Dominique by Mr. Turpin.”

On the title page we learn that Delcher was a pharmacist-chemist who was a member of the Society of Medical Chemistry, Pharmacy and Toxicology of Paris and of the Society of the Society of Physical, Chemical Sciences, and Agricultural and Industrial Arts of France.

Although there are some issues due to paper quality, this is otherwise a very fresh and beautiful copy in original state. Preserved in a red morocco and marbled paper slipcase.

¶ Mueller, *Bibliographie des kaffee, kakao, tee*, p. 60; OCLC: Cornell, Library of Congress, University of Georgia, Harvard, and six locations outside of the United States. Not in Vicaire nor known by Grivetti and Shapiro (lacking from their exhaustive work *Chocolate: history, culture, and heritage*).

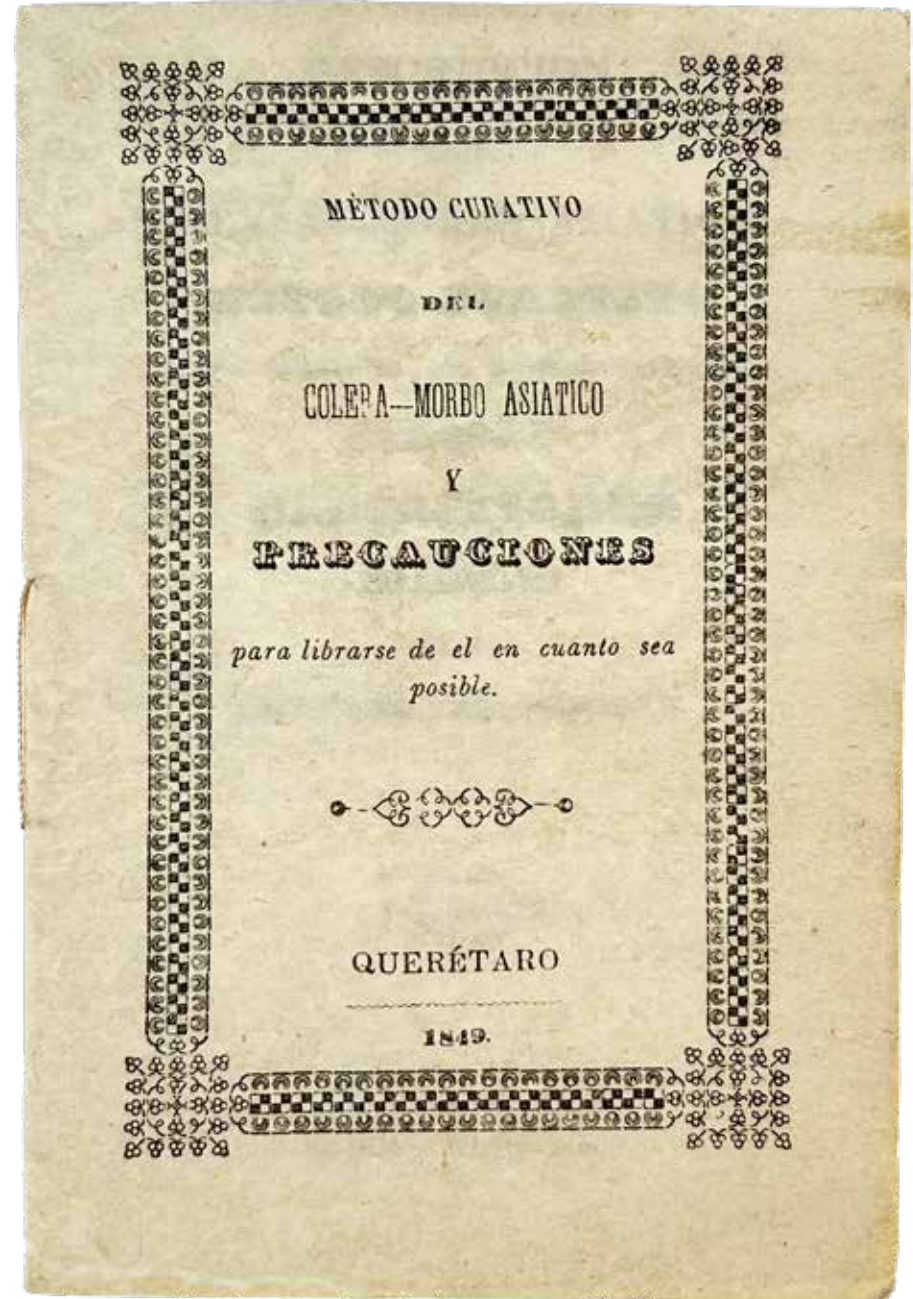
*A Peruvian Root to Calm the
Choleric Stomach*

16. DESCRIPCION del colera – morbo asiatico: metodo curativo para el caso en que no pueda ocurrirse á un medico precauciones para librarse, de el en cuanto sea posible. Querétaro: Tip. de Perez, 1849.

12mo in 6s. Ornamental border on upper and lower wrapper and woodcut illustration on the lower wrapper. 1 p.l., 10 pp. Original printed wrappers stitched as issued, upper wrapper in an ornamental border and lower wrapper with a woodcut vignette, stitched as issued, crisp and bright. \$950.00

The extremely rare FIRST & ONLY EDITION of this delightfully friendly and approachable booklet describing the characteristics of cholera and how to combat the illness when no doctors are available in rural Mexico. The author makes it clear from the beginning that this book is not a medical dissertation nor is it written for professors or illustrious men, but specifically for people who lack medical knowledge. The writing is basic and easy to read, relying on graphic descriptions of the physical manifestations of cholera rather than obscure medical terminology.

In attempting to describe the initial symptoms of cholera, the author compares them to the side effects of exposure to poisonous mushrooms, such as lethargy and irritation. He goes on to write about how rapidly cholera progresses through the body and how it becomes evident upon the surface of the body. Here is his excellent illustration of the exterior physical traits of cholera which is so descriptive it could not have failed to be understood by anyone:



Parece que todo el cuerpo se reduce á menos volumen, la piel de las manos se arruga como cuando se tienen mucho tiempo en agua fría, los dedos se enjutan hasta salirse por si solos los anillos. No hay ninguna enfermedad en que el semblante presente con tanta propiedad los síntomas mas destructores como en el Cólera. Toda la cara se pone como contraída. Las sienas se enjutan, los carrillos se deprimen, la nariz se afila, los ojos que son la espresion de la alma se ponen marchitos, tristes y abatidos, y rodeados por una areola obscura, se hundien en lo último de sus órbitas: en suma, todas las facciones del rostro demuestran el mayor estado de abatimiento ye de tristeza.

This loosely translates to:

It seems that the whole body is reduced to less volume, the skin of the hands wrinkles as though it had been kept in cold water for a long time, the fingers shrink until their jewelry falls off. There is no other disease in which the countenance exhibits the most destructive symptoms so appropriately as in Cholera. The whole face becomes contracted. The temples become thin, the cheeks become depressed, the nose sharpens, the eyes that are the expression of the soul become withered, sad and dejected, and surrounded by a dark aureola, they sink into the depths of their sockets: in short, all the features of the face show the greatest state of despondency and sadness.

Our anonymous author moves on to provide various methods with which to treat cholera. One prescription for calming the stomach after it has expelled liquids (one way or another) is to eat ice or snow

quite frequently — which is interesting because snow is a relatively rare occurrence in Querétaro! In cases where vomiting is predominant, he recommends acidic beverages such as lemonade or orange juice. For those afflicted by diarrhea, he recommends either a syrup of *ratania* (*krameria lappacea*, a Peruvian plant, the root of which is used in herbal medicine for curing diarrhea and is sometimes mixed with cocaine) or cooked rice. To conclude this section of the booklet, the author writes that the most important thing to remember is to take laudanum and eat ice regularly throughout the day in order to effectively fight cholera.

The section on treatment is followed by the author's recommendations for preventing the spread of cholera. Here he writes that the best way to avoid getting sick is through proper hygiene and paying attention to government regulations. It is also important to eat fresh bread and meat, as well as seeds and vegetables and clean water. One must avoid green fruit as it is often dangerous, particularly during an epidemic. He also writes that during the time of an epidemic it is best not to have public gatherings.

At the end of the booklet there are recipes for an anti-nausea formula, a paregoric beverage (to relieve diarrhea), a stimulating drink with ether, and a camphor liniment. Also provided is the recipe for an astringent enema which calls for starch, crushed oak gall, and laudanum, with the dosage for adults and children.

¶ Not in OCLC but there is a copy at the University of Minnesota.

What Every Country Woman Should Know

17. [EHRENFELS, Josef Michael von.] *Der Erdmuthe Hülfreichinn Unterricht für Hausmütter in ihren Geschäften, welche sie in der Küche, in der Speisekammer. Wien: Aloys Doll, 1795.*

8vo. Hand-colored woodcut frontispiece, woodcut vignette on title page, one lovely woodcut headpiece. 4 p.l. (including the frontis.), 149, [1] pp. Contemporary half calf over pastepaper boards, spine richly gilt, red morocco lettering piece on spine, wear along edges, lovely block-printed endpapers in a red and blue pattern. \$3000.00

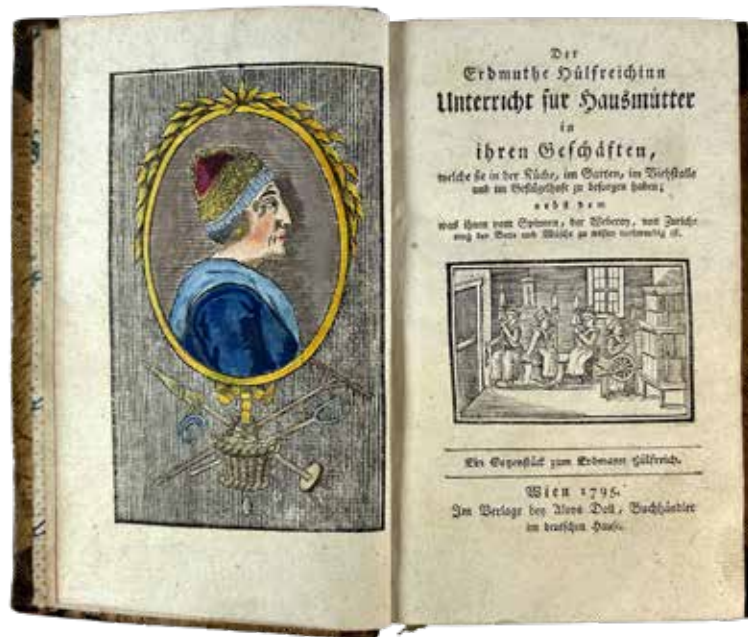
The extremely rare FIRST EDITION of this guide for country women. Earlier, Ehrenfels had published a comparable work for country men entitled *Handbüchlein für Bauersleute* (first ed.: 1791).

The work opens with a chapter called “The housewife’s business in the kitchen” which covers the materials needed to run a kitchen; the meals that are regular and those that are for particular occasions; and the various different methods of cooking.

The kitchen is always the first place a prospective housewife faces, where she can and must demonstrate her skill and activity. It is the place where she should exert most of her daily efforts toward maintaining the entire household and should have close supervision over it, even if she is not allowed to lend a hand herself in the tasks involved. Everything must be her responsibility to ensure that the cooking of the meals is carried out to the best of her ability, because the preservation of life and health depend on it.

The author goes on to note that “one must eat to live, and one does not want to eat the same thing every day.”





Chapter two is devoted to gardening; chapter three to care of livestock (including how to obtain milk, make butter, and store dairy products); chapter four to how to maintain a poultry yard (how to get hens to lay eggs; on roasting chickens; and on raising turkeys, capons, poulards ducks, and geese); chapter five is devoted to spinning and making yarn; chapter six is on weaving; chapter seven on bed linens and the arrangement of the bedroom; and lastly, chapter eight is on doing the laundry and mending clothes.

The hand-colored woodcut is a profile portrait of a woman. Below her are the tools of her various jobs as a country woman.

In very good condition.

¶ OCLC: two locations outside of the United States only.

With an Excellent Section on Wine Tasting

18. FISCHER, Johann Christian. Der Fränkische Weinbau. Markbreit: Knenlein, 1782.

8vo. Engraved frontispiece, woodcut vignette on title page, woodcut headpieces, one large woodcut in the text. xvi, 136, [1], [1 - blank] pp. Contemporary blue pastepaper wrappers, stitched as issued, moderate overall wear, light soiling to the corners of some leaves. \$3500.00

The very rare FIRST EDITION of Johann Christian Fischer's (1738-1818) study of the viticultural practices of the Franconian wine region of Germany, an area centered around the Main River valley (the Main is a tributary off of the Rhine).

Chapters include what to consider before planting a vineyard; vineyard cultivation year by year for the first five years; on the "proper work in the vineyard;" on different trellising methods; on pruning; on the harvests in Champagne, Franconia, and Tokay; of black and red wines; on wine to be drunk young; how to rack the wine; storage of grapes; on barreling; and on the equipment needed in the cellar.

There is a particularly good chapter on wine tasting entitled "Of natural wine." Here Fischer warns to not taste wine after eating acidic or spicy food and to cleanse your mouth with fresh water before tasting. In this chapter he also reveals what characteristics he expects from good wine. The small bubbles should disappear after pouring the wine; the

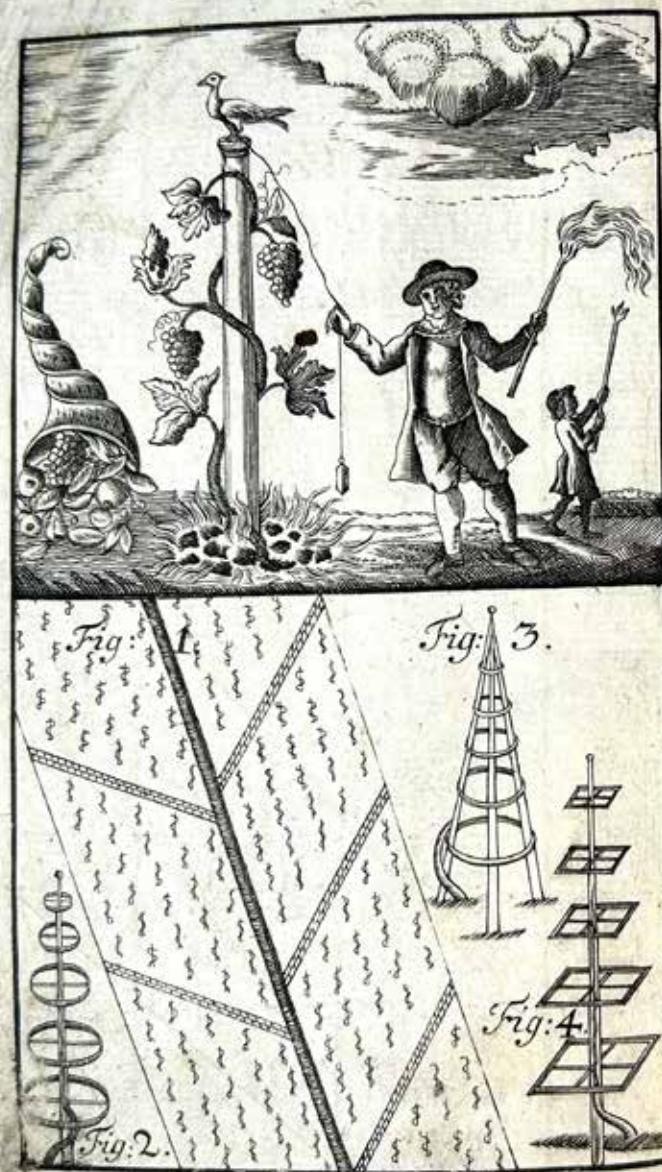
wine should be the color of a citron and “pure and transparent in the glass, like a cut crystal” (at this time, the most common wine produced in Franconia was made from Silvaner or Riesling grapes). “It fills the mouth richly, tempts you to drink, warms you up without being too hot or making you thirsty....Its components are perfectly combined, although one does not predominate, depending on the grapes from which the wine is born.” At another point in the chapter he describes how “Every vintage throughout the country has its own vehicle, so that if a wine is not filtered or mixed with others, it remains recognizable for a long time.” Fisher’s comments on wine tasting are some of the most interesting that I’ve ever come across from this period.

The charming engraved frontispiece depicts two viticulturists out in the field, one holding a plumb line to a trellis and the other a torch. There are also depictions of pole and pyramid-trained vines.

It should be noted that the lower blue pastepaper wrapper does not match the upper blue pastepaper wrapper, though both are of the period.

In good condition.

¶ OCLC: University of California (Davis), University of Michigan, and four locations outside of the United States.



Fränk
daraus
patric
in 3
Joha

gedrucke

LA TABLE A PARIS.

MYSTÈRES
DES
RESTAURANTS, CAFÉS
ET COMESTIBLES.

PROMENADE D'UN FRIAND

à travers les rues de la capitale.



PARIS.
VICTOR BOUTON,
ÉDITEUR DU JOURNAL LA TABLE,
55, rue Montmartre.

—
1845.

"I am not the Malthus of Gastronomy"

19. [FLOTTE, Benjamin.] *La table a Paris. Mysteres des restaurants, cafes et comestibles. Promenade d'un friand a travers les rues de la capitale.* Paris: Bouton, 1845.

16mo. 72 pp. Late 19th-century cloth, red morocco lettering piece on spine, marbled endpapers, joints slightly cracked, untrimmed, paper lightly browned, a few occasional spots. \$1500.00

The extremely rare FIRST EDITION of Benjamin Flotte's guide to the gastronomic delights of Paris. Flotte had been apprenticed as a chef at the restaurant Véry (where he started working at a young age) and by 1830 was participating in the July Revolution. In fact, in close proximity to the restaurant (at the Place du Palais-Royal), he was wounded during one of the battles of this Second French Revolution.

That Flotte was working at Véry is important for this guide. Véry opened in 1808 and was located under the arcades of the Palais-Royal. It was undoubtedly one of the very first restaurants in France, along with Les Trois Frères Provencaux and Méot, all of which thrived in the Palais-Royal. According to Grimod de la Reynière, Véry was "certainly

*An Irishman writes one of the First
English Books on Fruit*

the finest restaurant in the whole of France, probably in all Europe.”² During the time of Flotte’s period at Restaurant Véry, the three nephews of M. Véry (the brothers Meunier) owned the establishment. By being at Véry, Flotte was in a privileged position to see and know about the gastronomic trends of his time.

In his introduction he makes reference to “a world gone mad” and to “you whom revolutions have elevated.” Flotte seeks to educate the “million souls, which is called Paris” about the possibilities for eating in Paris, whether the diner was a member of the “proletarians” or the “bourgeois.”

Chapters cover more than forty restaurants, cafes, and food providers in Paris ranging from his own Véry to a final chapter on the plight of hunger for “those who are penniless.” In this last chapter Flotte sympathizes with those who have been left behind by “the wonders of Industry.” “Poor reader, I tell you, and you see it well, I am not the Malthus of Gastronomy.” He then ends with the recommendation that the reader “frequent curiously all the culinary establishments of the capital, from the first to the last, and you will know all the ways of thinking, all the differences of status, the nuances of opinion, of fortune, of character of the population. It is the most complete study to be made of the people of Paris.”

A wonderful study of Paris from the viewpoint of gastronomy.

In very good condition.

¶ OCLC: two locations outside of the United States only.

² Andrieu, *Fine bouche, a history of the restaurant in France*, p. 37.

20. THE FRUITERERS secrets. London: Jackson, 1604.

Woodblock printer’s device on title page, woodblock head and tailpieces, and three historiated initials. 4to. 2 p.l., 28 pp. Bound in blue wrappers and preserved in a quarter blue morocco slipcase. \$18,000.00

The very rare FIRST EDITION of one of the earliest English works written solely about the collecting, storing, and transporting of fruit. On the title page is the claim that “No Treatise to this purpose [has] heretofore [been] published.” The dedication and introduction are signed “N.F.”

The study of fruit is a study of one of humankind’s greatest pleasures in eating. Fruit has always been a natural and ready source of flavor and sweetness that comes out of a millennia-old relationship between man and nature. From grafting to importation to careful identification, fruit trees, bushes, and vines have evolved overtime to become part of our menus as well as ingredients in our apothecaries. *The fruiterers secrets* is important in this history and it is one of the earliest and rarest English works concerned with fruit.

The fruiterers secrets begins with a description of the gathering and conveying of cherries and then continues with a discussion of other stone fruits, pears, apples, winter fruit, quince, and medlars (or “medlers” which are small tart shrub fruit in the rose family). Sections cover what to do with fruit that has naturally fallen from the tree; the best time to transport fruit by water or land; the equipment needed during harvest; how to get the fruit to market; the rooms in which fruit should be stored; and methods for fruit-gathering that are to be avoided.

THE FRUITERERS SECRETS:

*Containing directions, for the due time,
and manner, of gathering all kindes of fruites, as well
stone-fruit as other: and how they are afterwards to be or-
dered in packing, carrying and conueighing them by land or
by water; then in separating or culling them into diuers sorts;
and lastly, in reseruing or laying them vp, so, as may
bee for their best lasting and
continuance.*

*Enterlaced with diuerse other secrets (and their
naturall causes) touching trees, and
their fruites.*

*No Treatise, to this purpose, being here-
tofore published.*



AT LONDON,

Printed by R.B. and are to be solde by Roger
Iackson, at his shop in Fleete-streete, neere
the conduit. 1604.

It is interesting that the author quickly acknowledges the locality and specificity of fruit production in England and how many fruits are known under multiple names. In the epistle to the reader, N.F. write:

I omit the nominating of all kind of fruites; for they be too many to be severally named. And commonly every fruit country hath their severall names, although one kinde of fruit. As, John-apples be, in some places, called Dewzings or long-lasters: and Gooddings be called old Wives, etc. yet although not severally named, you shall by this Treatise know the due course how to gather all kindes in their prime and season, and afterwards to carry or conueigh them, either by land or by water, and then how to reserve or keep them, to endure longest.

At the time, there was a growing market for fruit and many new varieties were being tried and sold throughout England. The handling, storage, and preservation of all fruit was still a major obstacle, however, to keeping people fed and stabilizing the price of fruit.

As early as 1577 William Harrison (1534-93), then chaplain to Lord Cobham, stated in his Description of England that orchards in England were never furnished with so good fruit nor with such variety as at this present. And the anonymously authored The Fruiterers Secrets (1604) revealed how individuals had taken propagation material from Harris's orchard as a result of which there was now a sufficient supply of fruit to the London market.³ [Richard Harris was Henry VIII's fruiterer.]

³ Woudstra, Jan. "Fruit cultivation in the royal gardens of Hampton Court Palace (1530-1842)," in *Garden History* vol. 44 n° 2, pages 255-271.

The Epistle to the Reader.

Of Cherries.




 Cherries are the first
 fruite that are to be ga-
 thered, especially which
 here shalbe mentioned:
 Of which fruite there
 are foure sortz here in
 England, (that is to say)
 Flemish cherries, French
 cherries, &c.

cherries, whereof two are chiefly to be men-
tioned, that is the Flemish and the English
The Flemish cherries are named
respect that they growe in
the first grafts and chieflie
from Flaunders. The
Flemish cherries are named
England.

In his work *Pomona's harvest*, the well-known pomologist and bibliophile H. Frederic Janson also connects the work to the time of King Henry VIII and then attributes the authorship of *The fruiterers secrets* to an Irishman.

King Henry's fruiterer, Richard Harris, "fetched out of France great Store of graftes, especially pippins...also out of the Low Countries cherrie grafts and peare grafts, of divers sorts." That's the story told by an anonymous Irishman, signing N. F., in his foreword to the "gentle reader" of The fruiterers secrets, London, 1604. The 28-page booklet deals essentially with harvesting, ripening, quality, storage, and use of fruit – p. 52.

Although Janson doesn't explain the reason for his Irish attribution, in the dedication to Charles Blount, the first Earl of Devonshire, N.F. describes himself as "Irish-borne." (It is interesting to note that Charles Blount (1563-1606) was Lord Deputy of Ireland under Queen Elizabeth I and later Lord Lieutenant of Ireland under King James I.)

When writing about *The fruiterers secrets*, Janson goes on to note how Renaissance and Baroque printers would imitate popular medical and alchemical treatises in their titles and marketing of works on fruit. Our work's reference to "secrets" fits that view as it approaches the content as a book of secrets, a then common trope in medicine and alchemy.

This work, sometimes erroneously attributed to Gervase Markham, reappeared under the title of *The husbandmans fruitfull orchard* in 1608 and 1609.

In very good condition. Preserved in a blue sleeve with a blue morocco spine and blue slipcase.

¶ ESTC: Folger Shakespeare Library, University of Wisconsin (Madison), Williams College, and three locations outside of the United States.

A Beautifully Illustrated Bookstore Poster

21. (GASTRONOMY: bookstore poster.) 300 figures utiles. La cuisiniere de la campagne et de la ville. Se vend ici. c.1830.

29.5cm x 42cm. Signs of having been folded twice, light browning and spotting, edges slightly chipped and water stained. \$4500.00

FIRST & ONLY EDITION and exceptionally rare. This is a hand-colored lithograph poster that was made to be displayed inside a bookstore in France. Such posters became popular in France during the 1830s and were used throughout the Romantic period of French literature to let customers know what had just arrived or was about to arrive. This is a particularly pleasing example because of the use of foodstuffs to write the word "CUISINIÈRE" (female chef). Additionally, the poster is hand-painted in a multitude of colors (which is very unusual).

Historically, this poster is also very important because it advertises "the most successful bourgeois cookbook of the nineteenth century."⁴ Eustache Louis Audot's *La Cuisinière de la campagne et de la ville* first appeared in 1818. (See item 3.) Louis Eustache Audot (1783-1870) was a Parisian bookseller and publisher and he wrote his cookbook "for those who make their ordinary home in the countryside, as well as for mothers of families...by bringing together in a single body the most useful and economical processes." His work was a huge success and by 1901 it was in its 79th edition. Starting with the second edition, the initials for the author "L.-E.-A." appeared on the title page, and finally, from 1860 onward his full name is printed.

⁴ Julia Csergo in *Food: A Culinary History*, ed. by Flandrin & Montanari, p. 505.

FIGURES
UNIVERSINIÈRE
DE LA CAMPAGNE
ET DE LA



VILLE

A.D.

*“Where Children of all Ages Can Enjoy one Hot,
Nutritious Meal to Start off
their School Day”*

The current bookstore poster advertises Audot’s extremely successful book. The illustration depicts a female chef on the left wearing a *cordon-bleu* sash across her torso to indicate that she is a master chef. Behind her a young man has brought in a rabbit (or hare) after a day of hunting. On the right is a young woman bringing food to the table. At the bottom it is printed “pour être place à l’intérieur” (to be placed inside [the bookstore]).

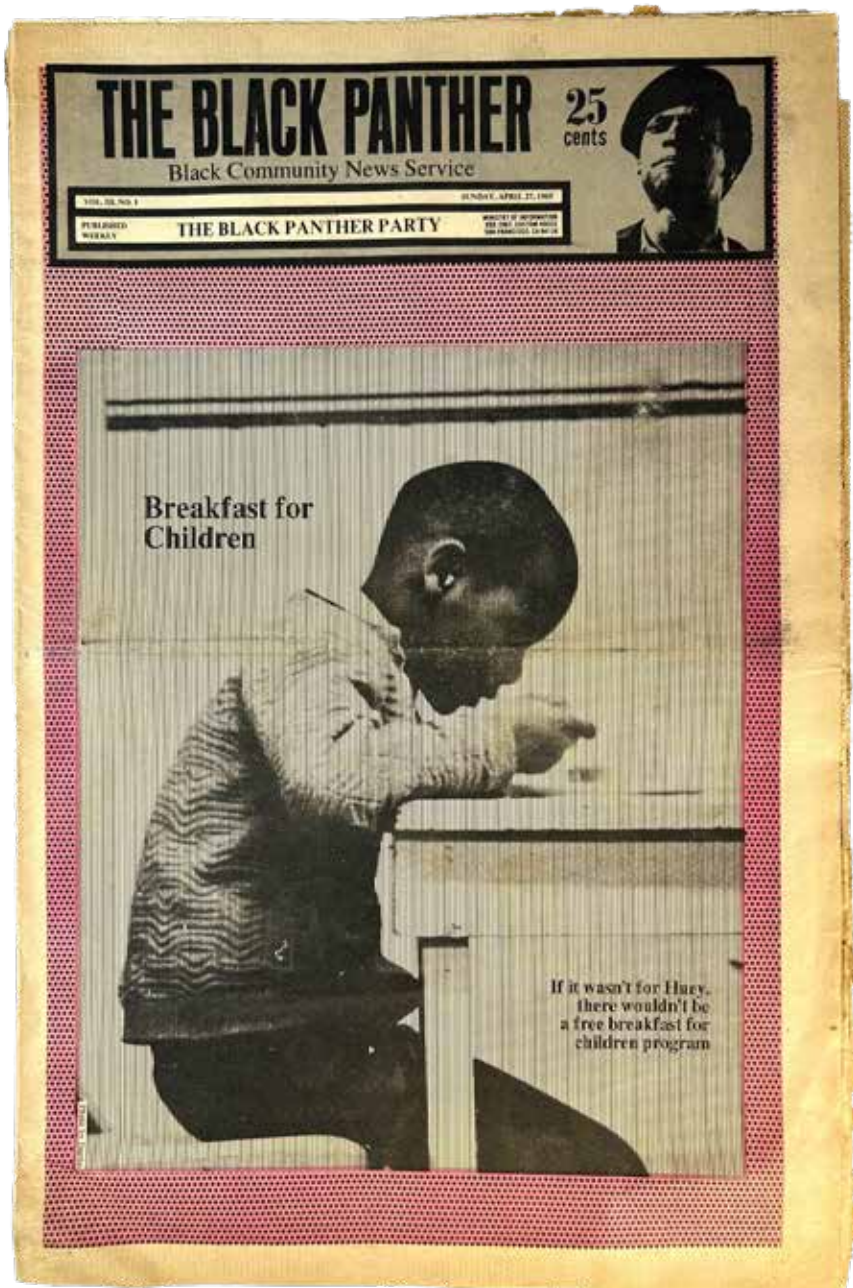
With the round contemporary tax stamp “TIMBRE IMPERIAL SEINE” depicting Justice with her spear, scales, and the imperial eagle. In a small square is stamped “cen. 5.” The tax stamp proves that the publisher had paid its stamp tax of 5 centimes to make and distribute the poster. The tax stamp appears in the lower left corner and does not affect the text or image.

In good condition for used poster and a remarkable glimpse into the marketing that supported France’s most important 19th-century cookbook.

22. (GASTRONOMY & economic precarity.) **The Black Panther Black Community News Service. Vol. III No. 1, Saturday, April 27, 1969. [With:] The Black Panther Black Community News Service. Vol. III No. 21, Saturday, September 13, 1969. [With:] The Black Panther Black Community News Service. Vol. VIII No. 10, Saturday, May 27, 1972. [With:] The Black Panther Black Community News Service. Vol. XVIII No. 26, Saturday, December 2 – Friday, December 15, 1978.**

Four newspapers: 44.5cm x 29cm and 38.5cm x 29.5cm; each issue is 16-24 pp. long. The first three are printed in black ink and one color (for the wrappers); the fourth is printed in black ink only. \$750.00

FIRST EDITIONS of these four issues of the Black Panther Party Community News Service, the primary publication of the Black Panther Party. The newspaper ran from 1967 to 1980 (the first issue was printed by the Communication Company, one of the printers for the San Francisco Diggers). At its height the Panther’s Ministry of Information printed over 300,000 issues weekly and was an important force in raising consciousness over social justice issues and solidifying the Black power movement. Emory Douglas – who was the Party’s Minister of Culture – illustrated many of the issues of the newspaper. (In the group offered here, there are three full page illustrations by Douglas.)



The newspaper was also the primary place where the establishment and progress of the Black Panther's Free Breakfast Program was documented. The program was launched by the Panthers in 1969 and it provided free, nutritious meals to schoolchildren. From a more moderate position, there was an awareness that it was impossible for children to do well at school if they went to class hungry. For many of the Panthers, however, it was also believed that it was impossible to win a revolution on an empty stomach.

J. Edgar Hoover, as the FBI director, was staunchly opposed to the Breakfast Program as he could see that it was spreading support for the Black Panther Party to liberal Whites and moderate Blacks, not to mention all of the children finally receiving nourishment at a time when the national school lunch program only provided reduced-price lunches to the poor. Hoover successfully shut down the Free Breakfast Program by the early 1970's, using such brute force tactics as FBI and police raids, arrests, and assassination of Panther leaders. By that time, however, the Free Breakfast Program had brought national attention to the need for free meals for children, and by 1975, Congress passed an expansion of the USDA's national School Breakfast Program to all public schools and ensured that the program stay permanently in place.

In this group the following newspapers are included:

The issue from 27 April, 1969, with "Breakfast for Children" as the cover article, showing a young boy sitting at a table eating breakfast. At the bottom of the page is printed "If it wasn't for Huey,

there wouldn't be a free breakfast for children program." The upper and lower wrappers are printed in pink and black ink with the lower wrapper having an illustration by Emory Douglas showing a man with a rifle. On his chest is a button reading "For every pork chop there is a frying pan." Approximately 50% of the issue is devoted to the Breakfast Program with a multitude of photographs of the program in action. This is probably the most thorough treatment of the Breakfast Program in any issue of the newspaper. In very good condition.

The issue from September 13th, 1969, has two articles concerning the Free Breakfast Program. The first is entitled "L.A. Pigs Vamp on Free Breakfast Program" starts with "The military take over of the Watts Free Breakfast Program, by the Los Angeles Police Department and its agents on September 8th, is the latest and most outlandish atrocity overtly committed by the fascist governments of the United States to date..." The second article describes the breakfast program in Kansas City and refers to it as "a commonsense socialist program." The third article about the program is "Free Food or Fairy Tales???" that describes how the Free Breakfast Program is getting pushed out to make room for a "Play-House-School" exclusively for four-year-olds. On the lower wrapper (last page) is a full-page illustration by Emory Douglas showing a man and woman with a machine gun and a hand grenade. On her shirt is a button reading "Seize the Time." This issue is in poor shape with the paper splitting at the fold on some leaves.

The issue from May 27, 1972, has several articles devoted to Sickle Cell Anemia and the Panther's efforts to test for it. Articles describe the government's "racist negligence" in its funding and handling of the blood disease (which primarily affects those of African descent). Sickle Cell Anemia testing was a part of the Panther's Survival Programs that also included the Free Breakfast Program. On the lower cover is an illustration by Douglas Emory showing a woman with a bag of groceries ("FREE FOOD PROGRAM" is printed on the bag) and holding a placard reading "VOTE FOR SURVIVAL." It is printed in red and black ink.

The issue from December 2-15, 1978, addresses the recent mass suicide event at Jonestown and in an article by George Lester Jackson entitled "On Withdrawal" how the Jonestown community was created due to "the inhumane conditions suffered by Black, Native American, Chicano, and other minority and poor White people." The article argues for the formation of Black communes and includes a picture of the Free Breakfast Program. In good condition.

*"As the Bagel said to the Croissant,
Enough of this Roll-Playing"*

23. **GAY ANARCHIST survival project – GASP!!**
[Probably New York City: Come!Unity Press for
the Gay Revolution Network, c.1972.]

Broadsheet (printed recto and verso): 43cm x 28cm (opened). Printed in
green and red ink on golden yellow paper, folded once. \$800.00

UNRECORDED AND BEAUTIFUL. This is a handout that was produced to
announce the activities supported by the Gay Revolution Network in
New York City. This particular broadsheet starts with "the possibility
of organizing a free soup kitchen & food distribution project" as part
of the Gay Anarchist Survival Project. Need is mentioned for people to
volunteer, to donate pots and pans, "and most importantly [to locate]
a place to have the operation, preferably in Greenwich Village (the Gay
ghetto)." To put this into context, the Stonewall Riots had occurred
three years earlier and the Black Panther Party was naming their social
services at the time The Community Survival Programs, the most
popular of which was the Free Breakfast Program.



Additionally a Gay Switchboard is listed as available from 6-12pm (phone number provided); a note from “Pat” about the need to study the history of dissent – “really together beautiful people have been turning on, tuning in and DISSENTING at all levels” – in order to learn how to not be co-opted; there are health announcements (“if you think you’ve got the klap – go to the Gay Men’s Health Project”); the date of a Gay Revolution Network General Worksop [sic.] at Washington Square Church; a description of Mary Flowerpot on the radio show Lesbian Nation; and a short story entitled *natives of the island (fighting the gaa blues, part 1)* by Velvet that begins:

in the beginning there was the stonewall, which became legend and finally less of a reality than gal liberation itself, no longer an intelligible reality at all, the legend of the stonewall was logged comfortably in the vacant memories of the new so-called gay activists, the diligently secretive members of gaa. they fight the prejudices of the police, the press, and the straight world...

There is also mention of a “Gay Revolution NETWORKER collection meeting...at Come-Unity Press 13 E 17th St. 6th Floor.” The design and printing style of this broadsheet is typical of those produced at Come!Unity Press at this time so it is probable that this was produced by them. On the recto is an illustration of a flower out of which vines are growing. At the center of the flower is the name Gay Revolution Network.

In fine condition.

¶ Not in OCLC.

“The new cuisine of the seventeenth century”

– Notaker

24. LUNE, Pierre de. Le cuisiner ou il est traité de la veritable methode pour apprester toutes sortes de viandes, gibbier, volatiles, poissons, tant de mer que d’eau douce. Suivant les quatre saisons de l’année. Ensemble la maniere de faire toutes sortes de patisseries, tant froides que chaudes, en perfection. Paris: David, 1656.

8vo. Two Woodcut headpieces and two woodcut decorative initials. 4 p.l., 364, [35], [1 - blank] pp. Late 18th century vellum, expert restorations to the spine, early manuscript title on spine, “Cuisinier” written on the upper edge of the text block. \$26,000.00

The extremely rare FIRST EDITION of Pierre de Lune’s important contribution to 17th-century French gastronomy. *Le cuisinier* is distinguished by its organization of recipes into various months and seasons; its scope and detail; and its evidence of the emergence of the professional chef. Included are more than 900 recipes, over 170 of which are vegetarian or sometimes fish-based and to be used on *jours maigres* (fasting days, which amounted to approximately 1/3 of the calendar in the 17th century). The index is divided into two sections: one for fasting days and the other for the rest of the year.

The book begins with *bouillons*, then follow recipes for *potages* (soups) specific to the months of January, February, and March, then come *entremets* (small dishes served between courses), both heavy and lean; meat dishes; soups; and fish dishes that can be served throughout the year. After this, the seasonality of the book comes back into play

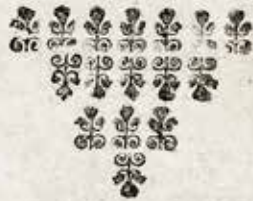
LE
CVISINIER
OV IL EST TRAITTE

DE LA VERITABLE METHODE
pour apprestre toutes sortes de Viandes,
Gibbier, Volatiles, Poissons, tant de
Mer que d'eau douce:

Suivant les quatre Saisons de l'Année.

Ensemble la maniere de faire toutes sortes de Pâtisseries,
tant froides que chaudes, en perfection.

Par le Sieur PIERRE DE LVNE Esuyer de
Cuisine de feu Monsieur le Duc de Rohan.



A PARIS,
Chez PIERRE DAVID, au Palais, sur le premier
Perron des degrez de la Sainte Chapelle,
au Roy David.

M. DC. LVI.
AVEC PRIVILEGE DV ROY.



with soup and *entrée* recipes specific to April, May, and June, and then October, November and December. Finally, we have the patisserie recipes that are suitable for any time of year and can be served hot or cold.

The next three sections are devoted to vegetarian (and sometimes fish-based) egg dishes, soups, and *entrées*. Included in the egg dishes are recipes that hail from Germany, Spain, Italy, Portugal, and England. The soups and *entrées* feature the following fruits and vegetables: peas; various varieties of mushrooms; asparagus; turnips; broccoli; artichokes; spinach; carrots; Jerusalem artichokes; prunes from Brignol; various citrus and berries; apples; capers; and a mix of herbs.⁵ Included among the *entrées* are custards; *tourtes*; cakes; *rissoles*; *pastes* (nut or fruit *pâtées*); *fricassees*; omelets; jellies; *beignets*; casseroles; ragouts; and salads. This is the recipe for “*Trouffes en ragoust*.”

⁵ Note the lack of potatoes: potatoes were not used in French cuisine until popularized by Antoine Augustin Parmentier in the late 18th century.

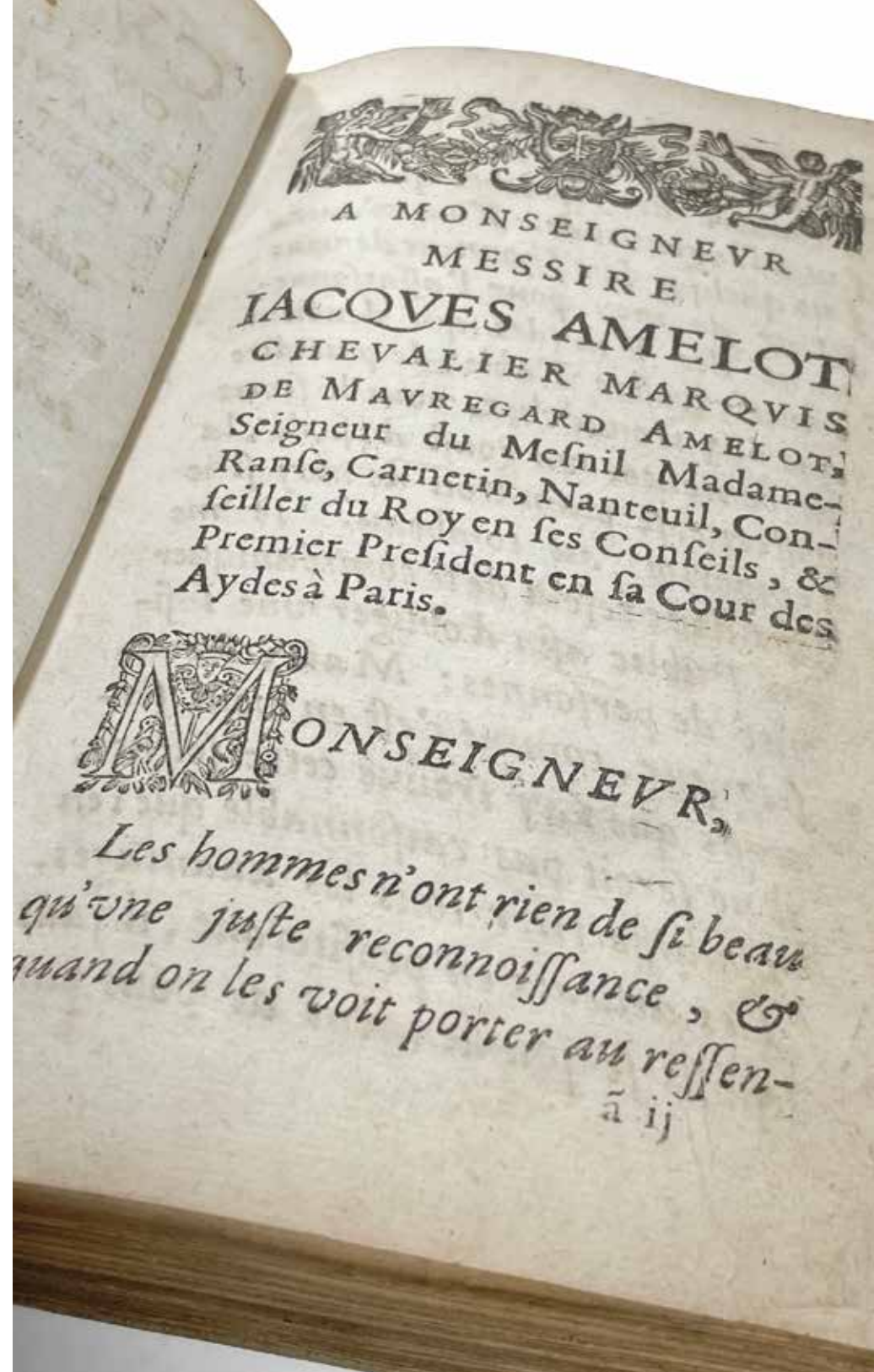
Coupez les truffes par morceaux apres les avoir mondées, les faites cuire dans un plat avec beurre blanc, assaisonnez d'un paquet, sel, un peu de citron vert, & une chopine de vin blanc, elles ne veulent guere cuire, liez la sauce avec farine frite, & jus d'orange ou de citron.

Roughly translated to:

Cut the truffles into pieces after having blanched them, cook them in a dish with white butter, season with a packet, salt, a little lime, & a pint of white wine, they hardly want to cook, bind the sauce with fried flour, & orange or lemon juice.

Pierre de Lune had worked as the Escuyer de Cuisine to the Duc de Rohan and the Duchess d'Orléans and the recipes in *Le cuisinier* reflect this experience of working in a noble household. Referring to both de Lune's *Le cuisinier* and the anonymous *Le cuisinier méthodique* (first ed.: 1660), Wheaton writes:

Innovations are prominent in both books. De Lune begins with a preface describing ingredients one should have on hand; they include a number of the new subunits cooks were learning to work with. His basic seasoning packet is a bundle of bacon, scallion, thyme, cloves, chervil, and parsley, all tied up with a string. On fast days the bacon is replaced by a peeled lemon. The garnishes his cook is expected to have ready include peeled, chopped pistachios, sliced lemons, waiting in cold water, cut-up oranges, pomegranate seeds, olives, capers, fried parsley, bread in an egg batter (our french toast), and a roux of bacon fat and flour – Savoring the past, p. 127.



*A Lovely 17th-Century English Cookery Manuscript
in a Handsome Contemporary Binding*

Anne Willan notes that Pierre de Lune helps us to get a glimpse into the professional life of a chef in mid-17th century France. As she writes in *The cookbook library*,

[Lune] talks of the fluid boundaries between private and commercial employment, addressing “young people who travel from town to town to learn...the cook’s...science.” Clearly a dedicated teacher, Lune likely wanted his book to educate cooks in domestic service, for he describes it as a teaching tool for cooks who had not learned enough during their time as apprentices and journeymen — p. 168.

Willan continues with a comparison of Lune’s recipes with those of La Varenne and how the “two books share a fundamental dependence on stocks and reduced juices.” She also suggests that they represent the emergence of a standardized French cuisine and are the foundation for later important French cookbooks.

With the bookplate of Louis-Alexandre Gitton du Plessis (1800-1888) of Blois, France (a famous 19th-century French bibliophile); the bookplate of Jules Édouard Potier de la Morandière (1813-1905, also of Blois — both were knights of the Legion of Honor); and the modern bookplate of Pierre de Crombrugghe.

In very good condition and well preserved in a quarter blue morocco over specked boards clamshell box.

¶ *Livres en bouche* no. 111; Notaker 620.1; OCLC: University of Chicago and four locations outside of the United States; Vicaire cols. 542-543.

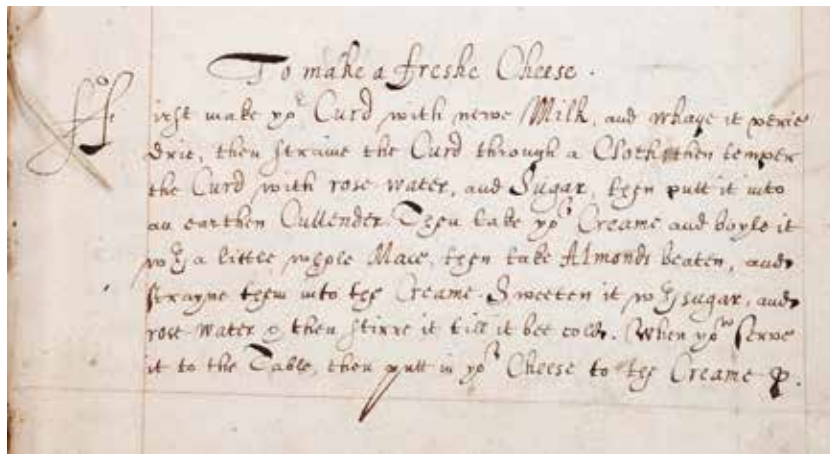
**25. (MANUSCRIPT: English cookery & medicine.)
Mary Bland her Booke of repasts. Sussex, England,
17th century.**

22cm x 16.8cm. [186] ll. (all of which are ruled in red and half of which have manuscript). Contemporary calf, spine gilt in six compartments, blind and gilt fillets around sides, central large gilt-stamped medallion in the center, expert restoration to the binding, speckled red edges, occasional spotting and staining throughout, some leaves with ink bleeding through darkening the pages but sense still clear, one leaf with a large piece excised, wear to the first and final free endpapers. \$48,000.00

A BEAUTIFUL 17TH CENTURY ENGLISH MANUSCRIPT OF 279 CULINARY AND MEDICINAL RECIPES, written in a few different legible hands. On the recto of the upper free endpaper are two inscriptions. The first one reads “Mary Bland her Booke / of repasts.” Underneath the first, a second inscription (in a different hand) reads “Mary Midmore her Booke of repasts ginhar by Mary Bland har Granmothar.”

Mary Bland of Lewes, Sussex, married Thomas Midmore (also of Lewes, Sussex) on the 28th of February, 1636/7. It is likely that the Mary Midmore in the second inscription was the wife of Edward Midmore (b. 1 October 1637) and who was buried on April 3rd, 1682, at Laughton, Sussex. (Midmore is a common family name in Sussex.)

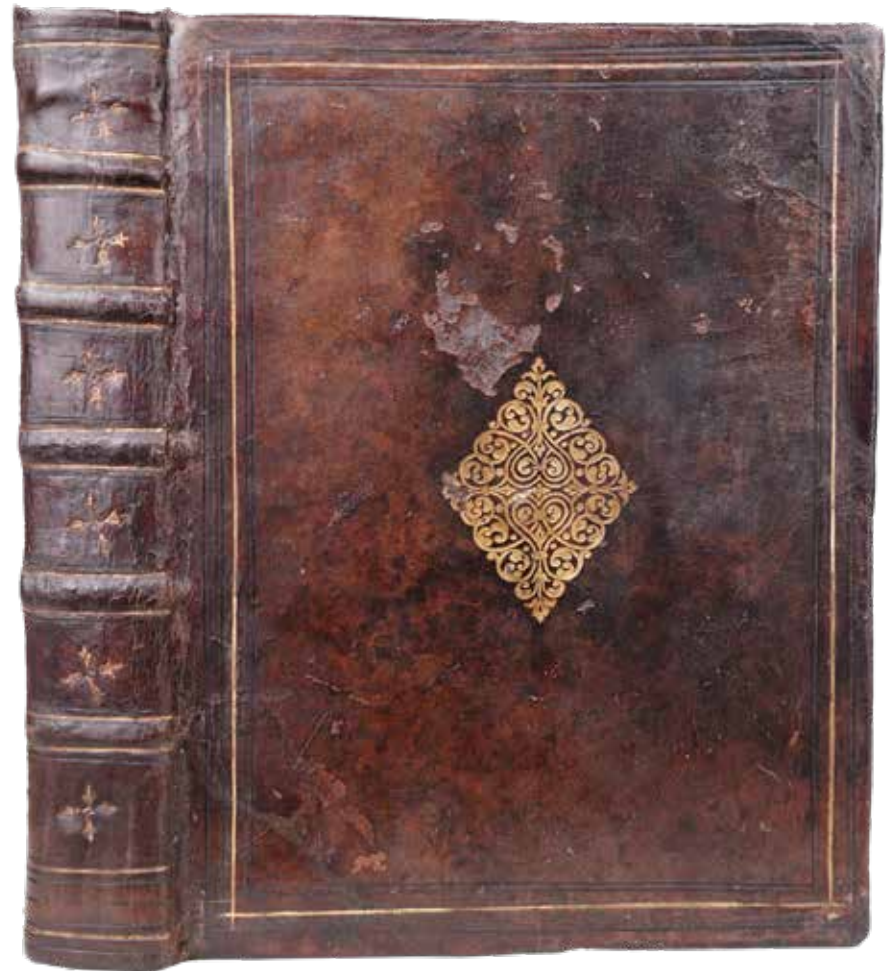
Amongst the numerous culinary recipes we find those “To make a freshe cheese;” “To make a shaking pudding;” “To drie neates touns;” “To boile mutton for breakfast;” “To pickell samfire;” “To dresse the humbles of a deere;” “To make an outlandish dishe;” “To make a great Cake, Another waie;” “To make Rice Puddings;” “To dresse a Shoulder



of Mutton;" "To stewe a Legg of Beefe;" "To boile Chickens;" "To make Puddings of Wine;" "To make Puddings of a Neates-Tounge;" "To make Cheese Loaves;" "To butter a Rabbit;" "To make Cracknelles;" "To make Makerownes;" "To make Panckes;" "To preserve anie greene thing as Plummes, Gooseberries, Apples, or Apricoctes;" "To make A Trifell;" and "To make A Custarde." There is also a "A recite how to make puffs" signed by Peter Bland on l. [20]. Interestingly, some of the recipes have additional preparation notes in the margins in another early hand giving evidence of the manuscript's use and the recipes' evolution.

The recipe "To make Ginger Breade" is as follows:

Take Allmones and blanch them and bete them fine. Then putt in A litle sacke and a littell grated bread and a good deale of giner. Sersrl and suger to swetten it: then make it in past and lay it on a wodden prints and so laye them on paper and seett them by the fire.



For the black Jaundice.

Take Earth-wormes, and lett them first purge themselves
once, they will doe if you putt them in a Wooden Dish
and lett them stand one Ewee or two: then slice them
open, and wash them in cleare water, and Salt first, then
two or three times in white-wine, then sett them in an
Oven, and dry them after bread, and when they bee dry
beat them to powder, and lett the sick drinke every morn-
ing fasting 3 spoonfulls of Malt-Ale made as much as
they like Powder as will lye upon a Croate, and fast one Ewee
after. The Powder must not bee boyled in the Malt-Ale
but putt in when they are ready to drinke it. ¶

For the Tooth-ache.

Take the roote of a redde Dock, and sceth it in water till it
bee softe, then laye it to the Tooth that aches.

For the same.

Take Violett Berries sceth them in Vinegar or white wine
and spew of that Liquor in your mouth as often as you may
suffer it. when it is cold, spitt it out and take fresh as
before as you may possibly endure it. Do so 4 or 5 times
and it will helpe you. Three leaved Grass, or Isopag sod-
den either in Vinegar and Wine, and used in the same
manner will doe the like. ¶

Stirre all together, and when it is againe, then putt it in a
Cloth, wet it, and wring it againe, then putt it in a
spiced Stuffer, and tie it up with a Cord, in the Cloth
and boyle it in the Beefe-Pott, or Kettle. ¶

To make Puddings of Wine.
Take 2 white Loaves, slice them very thinne, and cast a
Pint of white wine, with as much Sugar, as you shall
thinke fit. The white wine must bee strained, then take
8 Egges, whiter and all, and beat them with Rose-water
sliced Dates, Marrowe, and beaten Mace. ¶

On the leaf facing the gingerbread recipe is written "Mary Midmore. M. Mary Midmore her booke 16601."

The medicinal directions include "To make marygould water;" "To make a broth to cure a consumption and the yellowe jaundies;" "For the toothache;" "For the biting of a madd-dogge or the stinging of an adder;" "To heale a Wound, or old Cankred sore;" "A meddisen for A sore throtte" (using lavender leaves and a "strong Beere"); "An Ointment for a great, or hard bellie proceeding either of an Ague, worms, or spleene;" "For the black Jaundice;" "For the Tooth-ache;" "A Poulties for A sore Brest;" "For a Cut or a wound;" "For a Place that is rawe;" "Against skalding or burning;" "My lord Dennys ointment;" "For dead fleshe in a wounde;" and "To help the emrods."

Such early English manuscripts of receipts are becoming very difficult to find, especially in such a binding and with such a breadth of dishes and remedies.

*Recipes for Health, Beauty,
Food & Rockets*

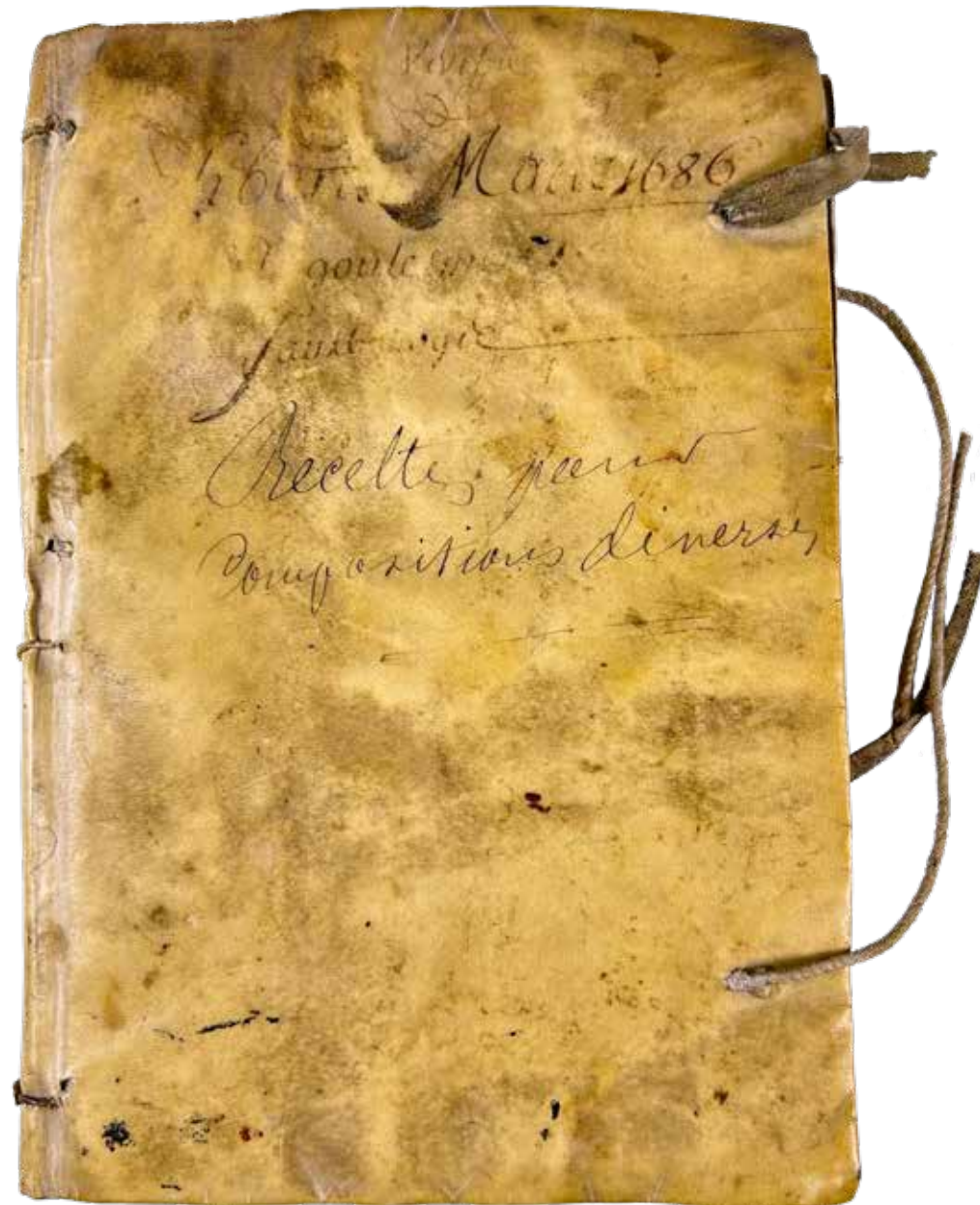
26. (MANUSCRIPT: book of secrets.). *Recettes pour compositions diverse*, 1686.

22.5cm x 16.7cm. [128] pp. of which 57 pp. are blank (manuscript is also on the lower and upper pastedowns). Contemporary limp vellum retaining original ties, wrappers soiled and wrinkled, occasional spotting and staining.

\$3500.00

A collection of approximately 91 recipes for various elixirs – intended to be taken as a medicine, used as a perfume, or consumed as a liquor – and fireworks. During this early period, such preparations were usually made by pharmacists (and in some cases alchemists) who had access to distillation equipment and the various plants, foodstuffs, and chemicals that were part of the *materia medica*.

In many cases, the boundaries between what was medicinal and what was culinary, was very unclear. For example, in the current manuscript there are recipes for making the color red, purple, and yellow. It is clear that these can be used for culinary purposes as well as for drinks with curative powers, but there is also no reason why they weren't used in perfume. Among the culinary recipes we find those for vinegar; ratafia; and a syrup intended for liquors. There are also a few recipes that reflect products from various colonies: a *Crème des Barbades* recipe (with more than 16 different ingredients); an *eau de chocolat*; and an *eau de caffè*, the last two also having medicinal and cosmetic properties.



Manière de distiller toutes sortes de liqueurs
dans la dernière perfection

Liqueurs fines

Crème des barbares

prenez huit pintes caudière, Caldamomum
quatorze grains 14.
galanga un peu

pis 1 gras.
mâsis 5 breins
Cannelle 1/2 once
profle 14 Cloux
Imbrette 1/2 gras
Coriandre 1/2 gras
anis 2 gras
Sasaparas 5 breins
Citrons 8 festes
portugal 11 festes
fenouil de florance 1 gras
angelique 1 gras
Calamus 1 gras
Cannelle un bâton concassé joindre
au firopt sept gouttes d'essence de bergamotte
et un peu de fleur d'orange

There are recipes for how to make a walnut water without use of distillation apparatus; an *eau d'anis* (anise water); *eau de fenouillette* (fennel water); *eau de cedra dit parfait amour en blanc* (cedar water made from cedar, cloves, and cardamom). There are also perfumes such as a violet water; a tuber rose water; jasmine water; and an orange water (which even today is also used culinarily).

One section that is unusual is in a separate hand and is listed when read from the other direction. (The manuscript is bound tête-bêche – head-to-tail – which means that it can be read from one direction and then flipped over and read from the other direction.) These recipes are for making various fireworks, including one *pour la fusé volante apele Marquise* (for the flying rocket called Marquise) and another *pour les étoiles de toutes les fusées volantes* (for the stars of all the flying rockets). There are also recipes for how to achieve colors.

The manuscript is primarily in one hand (and the recipes are numbered), but there are at least two additional hands as well, all of which are legible.

*A Collection of Recipes for the Cook
from Puglia*

**27. (MANUSCRIPT: Italian cookery.) Il Cuoco
Leccese. 18th century.**

20.7cm x15.5cm. 21 p.l. (of which two are blank), 202 pp. Contemporary *carta rustica* (rough pasteboard) binding, occasional spotting and staining, light soiling at the outer margin of some leaves, ending mid-sentence on the final leaf (i.e. incomplete). \$5500.00

A VERY INTERESTING MANUSCRIPT COLLECTION of approximately 284 Italian recipes, written in what appears to be six different 18th-century hands. Although the manuscript has a dedicatee, three table of contents, and numbered chapters, we have been unable to find any evidence that it was ever published.⁶

The work begins with a leaf reading “Il Cuoco Leccese” (the male cook from Lecce). Lecce is a city in the region of Puglia at the heel of the Italian Peninsula. This is then followed by a dedication to Carlo Lanfranchi and four pages of suggested menus with numbered courses. It should be noted that historians don’t usually think of regional cookbooks as emerging until the beginning of the 19th century; to have a regional Italian cookbook from the 18th century is very unusual.

This manuscript is comprised of two parts. The first part, which takes up 90% of the manuscript, is complete. It includes chapters 1-78 and runs through page 179. It also has its own index at the beginning of the manuscript and is in a single hand.

The final 10% of the manuscript belongs to a second part that ends in the middle of chapter 16. Starting at page 180, this new work

⁶ From a study of the usual gastronomic bibliographies, OCLC, and the Italian SBN database.



is entitled "Aggiunta d'altre Viande" ("the addition of other meats") and starts with "Capitolo 1" (chapter 1 about woodcocks cooked in a *salmi*, a type of stew for game birds). This second text runs through chapter 16, ends mid-sentence on page 202, and has its own separate index at the beginning of the manuscript entitled "Indice di aggiunta d'altre Viande." Interestingly, this index and the index of the first part are written in the same hand.

Strangely, bound in between these two indexes, is a third index in a different hand. This third index is an alphabetical arrangement of the recipes (unlike the other two indexes which have the dishes listed in the sequence they appear in the manuscript, i.e. in numerical sequence by page number).

The first part, which is complete, begins with the following categories of dishes: *delle zuppe* (soups); *delle foglie* (recipes made with leaves); *dell'Ova* (of eggs); *delle Ricotta* (of ricotta); *del Latte* (of milk); *del bianco mangiare* (an almond-based pudding, sometimes served as a first dish); *del pan grasso* (of rich bread, similar to brioche); *de bocconcini di dama* (small dainty sweets); *del fritto Albanese* (an Albanian-style dish that is fried); *delle Trippa con Latte, ed ova* (tripe with milk and eggs); *de Polpetti, polpettone, e brasciole di Carne* (of meatballs, meatloaf, and stuffed meat rolls); *del Riso in Cagnu* (of rice "in cagnu" a Neapolitan broth or cheese sauce); *della Carne impasticciata* (of meat in pastry such as meat pies); *del Priggiotto in adobbo* (of partridge in marinade or a stew); *della Lingua di Vaccina ripiena* (of stuffed ox tongue); *della Costrata* (sic., usually spelled "crostata" – sweet tarts filled with jam, fruit, ricotta, or custard, can also be savory); *della Granata* (semolina pudding); *delli Timballi* (elaborate molded dishes); *delli Pasticci* (of pasties or pies); *delle Torte* (of cakes or large tarts); and so on. Fifty-eight more categories follow and each category has multiple recipes.

An interesting Italian cookery manuscript from a region we've never had a cookbook from, whether printed or in manuscript.

In good condition.

ed indi vi si porranno le fette di carne già fritte, e dital condimento coverta, si faranno a fuoco lento bollire, fin tanto che consumano d'essi in buona parte la materia suddetta, si andrà a ridurre ad ugo di grema. E questo per verità sarebbe un piatto, o caldo, o freddo, ancor per campagna molto grazioso.

Capitolo 10. Della Trippa con Latte, ed Ova

Si prenda una trippa di buono animale ben pulita, anche se di Agnello fosse, e si metta a cuocere, o intiera, o in pezzi. Dopo che sarà cotta con le botelle se si vogliono unire, si riduce in pezzetti: uscito poi dal suo brodo, che più n' serve, si passa in una Casarola con strutto, o d'olio che



A Cookbook from a 500-year-old Manor House

28. (MANUSCRIPT: English cookery.) [Leycester family, Toft Hall, Cheshire], c.1730s-40s.

24.5 x 19cm. 4 p.l., 262 pp. with one loose leaf at the end and additional ms recipes on the pastedowns. \$5500.00

A VERY FULL AND LEGIBLE COOKERY MANUSCRIPT FROM TOFT HALL IN CHESHIRE (about 20 miles south of Manchester). What is of particular interest is that nearly all of the approximately 375 recipes are attributed and from a study of these attributions you can see a family history of intermarriage amongst different important families living in the Cheshire area.

Sir Ralph Leycester (fl. c. 1370-1400) was the first Lycester to live at Toft Hall in Cheshire and he acquired the manor sometime during the 1370s. The residence stayed within the family for 500 years and it wasn't till the late 19th century till the estate was no longer owned by a Leycester. From a dating of our manuscript's paper, the style and type of binding, and the names of who have contributed recipes, it is likely that this manuscript dates from the 1730s or 1740s.



Two of the recipes in our manuscript were contributed by Sir Francis Leycester (c. 1645–1742). His recipe for “Biscakes” on page 211 is as follows:

Break four large eggs, & beat the whites to a froth, then put in the yolks, & beat them half an hour, then have ready sifted half a pound of loaf sugar, two or three spoonsfull of rose water, quarter of a lemmon peel grated, beat them half an hour longer, then stir in four ounces of fine flower, have the tins ready done over thin with butter, fill them half full, & grate a little load sugar over them to ice, they must have a pretty quick oven, as for good paste; they will bake in quarter of an hour.

Sir Francis Leycester of Toft Hall was the son of Ralph Leycester of Toft and Anne Brooke (of Norton, near Runcorn). He succeeded his father in the Toft estate in the later 17th century (probably around 1678–1680), becoming head of the Toft branch of the Leycesters. He was knighted in 1671 (sometimes listed as “Sir Francis Leycester of Toft, Kt.”), he served as High Sheriff of Cheshire in 1699, and was active in county affairs. He maintained Toft Hall as his principal seat and died in 1742, leaving Toft to his kinsman Ralph Leycester (1705–1775). There are also a few recipes in the cookbook that are attributed to “Mrs R. Leycester.”

A selection of the more than 375 recipes includes “a neck of mutton in broth” (p. 16); “To ragoo a breast of veal” (p. 45); “green peas soop” (p. 93); “Bread puddings good” (from Mrs. R. Leycester) p. 119; “Everlasting syllabus - good” (p. 149); “Pickle for sturgeon good” (p. 172); “To imitate India bambo” (p. 183); “Short saffron biskets” (p. 225); “Sir Franciss Leycester’s cake” (p. 228); “Delectable Imperial” (p. 237); “The Duchess of Norfolk’s punch” (p. 247); and “To dress carp or tench” (p. 256).

**29. (MANUSCRIPT: English cookery.) Cookery Book.
Mrs G Tennant. c.1780 to c.1860.**

The names that appear in the manuscript include Lady Stamford; Mrs Gorden; Mrs Carr; Mrs Dean; Miss Legh (the Leghs or Leighs often intermarried with the Leycesters of Toft); Mrs Glegg; Lady Dalston; Toft; Mrs Jⁿ Grey; High-Ligh (with whom the Leicester family also often intermarried, a nearby Cheshire family); Mrs Shalcross; Mrs Jonikinson; Mrs Dean; Mrs Atherton; Lady Dalston; Mrs Geo. Legh; Mrs Glass; Mrs Hunt; Mrs R. Leicester; Lord Malpus; Mrs Heron; Mrs White; Mrs Bird; Doc^r Fothergille; Lady J. Stanley; Lymm; Mrs Norbury; Miss Wilbraham; Dunham; Mrs. Lushington; Lady Lambard; Mrs Sally; Lady M. Stanley; Ashley; Mrs Jonsⁿ; Hallwood; Monsieur Brochon (Sir G. Warren's Cook; Mrs Potts; Mrs Mainwarg; Mrs Hopwood; Mrs Warburton; Mrs Bates; Mrs Glegg; Lady S. Beane^k; Mrs Potts; Mrs Hearvy; Mrs Robberts; Lord Ltamford; Mrs Neild; Mrs Srafford; Mr Clewes; Mrs Metcalf; Booths; Mrs Nory; Mrs Norbury; and Miss Johnson.

The body of the manuscript is written in one hand; the index, which is on the first eight pages, is in another early hand.

The watermark matches that of Churchill 406 with the Strasburg Lily over "LVG" and a countermark of "IV." Churchill dates the paper to 1733.

In very good condition.

20cm x 16.3cm. 120, [1], [44 - blank], [6] pp. plus [4] (one bifolium) laid in. Contemporary vellum with a triple blind fillet around sides, moderate wear overall, small portion of spine missing, corners bumped, some soiling and light spotting to leaves. \$3000.00

AN INTERESTING ENGLISH COOKERY MANUSCRIPT of 244 different recipes written in four different hands. Although there are some directions related to household maintenance and medicinal remedies, the majority are culinary. At the end is a 4-page index written in 4 columns per page.

The first hand provides approximately 100 different recipes roughly organized by category. Here we find dishes such as "Veal Olives the French Way;" "Veal Rolls;" "Mutton Cutlets;" "A White Frigaseee of Lamb Stones;" "Collar a Calves Head;" "To Stew Pigeons;" "Stew Carp;" and "Forced Chicken." There are also various sauces and pickles and several ways to "Pott" or pickle fish. For sweets, there are directions for making puffs; wafers; puddings; cheesecakes; and creams followed by recipes for preserving oranges, crab apples, and green walnuts. There is also a tipped in recipe entitled "No 2 Castle puddings" from Mrs W.

Some of the later hands include recipes for "Curried Beef;" "Ox Cheeks Stewed;" "Horseradish Sauce;" "To make red currant jelly without boiling;" "To restore tinted game or other Meat;" "Sandwell Rusks" (specifying that they should be baked in a "Bach oven"); "Camp Vinegar;" "Minced Pyes;" "A Dish of Snow;" "Color for jellies;" and "Stone cream."

Better. They n
of power the gra
sour-

Put Lobsters-

sters well in cold
nd let them just
nd break the s
ols

There is also an interesting section of "Receipts for the Poor" (p. 114). This includes a recipe for 2 gallons of soup; another for "Peas Soup;" and one for a "Savoury Rice food" made with bones, water, onions, sugar, oatmeal, rice, and drippings. This last recipe should be cooked for four hours. In the latest hand, there is also reference to "Soyer's culinary Campaign," a cookbook which was published in 1857.

Among the remedies are recipes for making different types of colic water; a tincture of rhubarb; "Friers Balsam" (that includes myrrh and frankincense and wine spirits); and a medicine "For weakness" made of milk and isinglass and to be drunk in the morning for nine days. Domestic products and duties include how to make "Wash Balls" and a "Pomade Divine," as well as how "To clean Carpets;" "To wash gold ornaments;" and "To clean marble or alabaster."

The laid paper has the Britannia watermark with "GR" in a circle underneath. Heawood dates this to 1776 (no. 218).

"Cookery Book / Mrs G Tennant" is written on the upper board and "Major Tennant, Barton" appears on the repurposed sheet of laid paper that is part of the index.

In good condition.

*Details of the Larder and Life Around the Table
in Early 19th-Century Scotland*

**30. (MANUSCRIPT: English gastronomy.) Balgowan.
1st October 1809 - [31 May 1812].**

30cm x 19cm. [90] pp. Unbound but stitched together, expert paper repairs to the first and final leaf (affecting one word of manuscript), first and final leaf lightly browned and with some spotting, internally in very good condition, ruled in red throughout. \$12,000.00

A REMARKABLE FIND AND OF INCREDIBLE RESEARCH VALUE! This is the manuscript larder book of the daily records of the food acquired and eaten by the family of Thomas Graham of Fintry at Balgowan House, Perthshire (in central Scotland).⁷ Literature and history about country house living are readily available from this period. Specific primary documents showing what people actually ate on a daily basis, and who actually ate the food, are exceptionally rare. This manuscript charts the gastronomic story of a Scottish country house through the food consumed there by the family, residents, and their visitors from 1 October 1809 to 31 May 1812.

The first [10] pages of the manuscript are divided into five columns: 1. the date foods were "Rec.d into the Larder;" 2. the type and quantity of food received on that day; 3. the date of a dinner served;

⁷ The word "larder" comes from the early French word *lardier*, a place for storing bacon or meat (*lard* = fat). The larder was a room in which to keep foods cool during the period before refrigeration. It was often on the north side of a building, made with stone walls with slate or marble shelves, had small ventilated windows, and a stone floor that could be washed down daily.

Balgowan.				
1 st October 1809.				
Rec'd into the Larder.		Dinners.	Diners.	
1 st A Hind 2 ^l of Beef weighing 20 Stone.	1 st	Rare Soup, Potatoes	Mr. & Mrs. Graham.	
1 Sheep 10 ^l 5 ^s per 2 ^l Mutton		Shoulder of Mutton	Eliza. Sherry. James.	
2 Hares & 1 brace of Partridges.		Roast Partridges.	Emily.	
1 Rabbit.		Apple Pudding.		
		Broth. Boiled Mutton		
	2 nd	Boef Steaks. Vegetables.		
	3 rd	Stewed Partridges		
		Mutton Pie. Potatoes		
		Roast Mutton.		
	4 th	Broth. Mutton Chops		
		Roast Hare. Roast Partridges. Celery.		
	5 th	Broth. Pigs Feet.		
		Fried Tripe. Potatoes		
		Pearse Pudding.		
		Roast Partridges.		
	6 th	Broth. Mutton		
		Chops. Boiled Beef.		
		Turnip, Carrot. Potatoes		
		Broth. Mutton		
		Celery. Fried Tripe.		
	7 th	Stewed Partridges.		
		Sheeps Head & Neck.		
	8 th	Haggis. Roast Beef.		
		Carrot. Turnip.		
		Marrow Pudding.		
			Mr. G.	

Tues ^d	16 th	Broth. Boiled Fowl.	
		Bacon. Flattened Veget.	
Wed ^d	17 th	Broth. Stewed Veal.	
		Roast Mutton. Veget.	
Thurs ^d	18 th	Broth. Black Pudding.	
		Boiled Beef. Fricassee	
		Fowl. Vegetables.	
Frid ^d	19 th	Hare Soup. Veal Broth.	Mr. Graeme.
		Stewed Pigeons. St. Beef.	and Mr. Dove.
		Boiled Fowl. Tongue.	Mr. Somerville.
		Roast Turkey. Roast	Mr. Goodman.
		Partridges. Apple pie.	Lyal. and Mr. Br.
		Italian Cream. Preserved	The General's
		Melon. and Orange.	Day.
Sat ^d	20 th	Broth. Black Pudding.	
		Fricassee Chickens.	
		Turkey. Pancakes.	
Sund ^d	21 st	Veal Broth. Stewed Veal.	
		Roast Fowl. Artichoke	
		Apple pie. Veget.	
		Veal Pie. Cold Fowl.	

4. the menu; and 5. the family and guests who dined at the estate on that day. From pages [11] onwards, an additional column is added for those who "Called" on that day. After page [24], the "Called" column becomes "Called, went from home, &c." and begins to also include the people who left the estate.

From a study of the manuscript, you can see what foods were purchased to maintain a Scottish country house in the early 19th century and how those foods were converted into meals to be had by specific family members and guests. The manuscript lists the day-by-day details of the food (beasts, fish and fowl) "Received into the Larder" and the dinners prepared and served that day (the priority of meat in a Scottish diet at that period is in evidence when we note that the vegetables are often not specified, but only include entries such as "Vegetables of all sorts" or "Vegetables in plenty"). There is also a list of the people that ate these meals, usually family and or neighbors. For example, on 6 June 1810, the future Prime Minister Lord John Russell (then a student at Edinburgh University) dined with his tutor Professor John Playfair and Mr Dove and Mr Lyal at the estate. They ate "Lamb Blanquette, Trout Fricassee, Chickens, Bacon, Roast Mutton, Mutton Cutlets, Roast Pigeons, Omelette, Salad, [and] Gooseberry tart." David Murray, 3rd Earl of Mansfield (1770-1840) called on 20 Sept. 1811 – his mother was a sister of Mary (Cathcart) Graham (see below). Sometimes the visitors' professions were included with their names, such as a land surveyor (Mr. Bell) and an engineer (Mr. Abercrombie), and the occasional senior military officer (Lt-Gen. William Wemyss, Col. Douglas, Major-Gen. John Mackenzie of Gairloch). The arrival and departure of family and guests is included in the "Callers" column of the manuscript (e.g. "All the Family at Lynedoch from the 6th till the 9th" of June, 1810).

The food received into the larder (column 2) includes large amounts of meat: farmed animals (often given with their weight) such as sheep and lamb, an ox, and pigs; hunted animals such as deer ("A Hind...weighing 6 Stone"), rabbits, hares, and leverets (young hares);

domesticated fowl such as geese, chicken, and turkeys; and wild birds such as duck, partridge, curlews, plovers, snipe, pigeons, woodcocks, blackbird, "Muirgame" or "Muirfowl" (red grouse), and once "Fieldfares" (a type of thrush). Fish are also included in this column such as trout ("from Lynedoch" or "from Perth"); pike; perch; salmon ("from Luncatry," "from Perth," "from Mylnefield," or "from Mr Graeme"); "Buckaven haddock;" "Turbot and Ling from Dundee;" and "Cod & Codlings from Mrs Macky, St Andrews." The second column also records when meat was sent from the larder to places outside of the estate such as "1 hare sent to Perth;" "A Couple of Woodcocks sent to Mr Dowe;" "1 Roe deer sent to Mr. Malcolm;" and "A Blackcock & heather sent to London." There are also occasional comments such as "1 sheep killed [presumably by a predator], carcuse [carcass] given away" and "1 Pheasant and 6 Chickens killed by the Fox."

In the menus for the dinners (column 4) we not only see the various meat and fish acquired for the larder, but we also see foods not recorded as having come into the larder. This may be due to the fact that most of the other foodstuffs were cultivated on the property, were of lower value, and were stored elsewhere in the household, such as the root cellar or underground store. (See also my earlier footnote on the etymology of the word "larder" and the larder's purpose.)

Most of the dinners listed in column 4 are made up multiple meat dishes with only a few vegetables. Examples include: "Sheeps Head & Neck, Haggies, Roast Beef, Cauliflower, Turnip, Marrow Pudding;" "Broth, Pigs Face, Fried Tripe, Potatoes, Pease Pudding, Roast Partridges;" "Hare Soup, Black Pudding, Sausages, Red Cabbage, Veg, Roast Fowls, Roast Pork, Stewed Partridges;" and "Broth, Veal with a brown sauce, Ham, Salmon, Pudding, Vegetables." On Thursday 26 September 1811, the dinner comprised: "Hare soup. Roast Mutton. Boiled Fowls. Part[ridge]. Pie. Dressed Veal. Roast leveret. Muirgame [grouse]. Apple Jelly. Tarts. Custard fritters. Veget[ables]" – but no diners were listed. Presumably this was for the resident family and staff.

1810	Proc. into the Larder.	Dinner.	Dined	Called Meat from house &c.
		Sund Hare Soup. Stewed Part. 14 th Roast Mutton. Apples	Mr. Geo. Graham.	
15 th	1 Sheep killed W. 9 1/2 lbs for 2 nd 1 Trout killed	Mon Broth. Sheeps head neck, and Haggies Fried liver and Bacon. Dress'd ham. Vegetables		Mr. S. Smith Senior J. Mathew. Mrs. and Miss Graham killed.
16 th	2 Fowls. 1 Turkey	Tues Broth. Boiled Fowl. Brawn. Stuffed hot. Veget		
17 th	1 st Hare. 3 Brawn Part.	Wed Broth. Stewed Part. Roast Mutton Veget.		
		Thurs Broth. Black Pudding Boiled Beef. Truss'd Fowl. Vegetables		
19 th	30 th Pigeons. 2 Fowls killed. 2 Chickens	Frid Hare Soup. Veal Broth. Stewed Pigeons. W. Beef. Boiled Fowls. Sausages. Roast Turkey. Roast Partridges. Apples. Pie. Haleum Cream. Brawn. Mutton and Orange.	Mr. Geo. Graham. Mr. and Mr. Dowe Mr. S. Smith. Mr. Geo. Graham. W. Fowl and Mr. Brawn Jany.	Gen. Graham's Birthday.
		Sat Broth. Black Pudding Truss'd Chickens. Turkey Pancakes.		
		Sund Hare Broth. Stewed Part. Roast Fowls. Stuffed ham. Apples. Veget.		
		Mon Veal Pie. Cold Fowl. Vegetables		
		Tues Sheeps head & neck. Pudding. Vegetables		
24 th	1 Turkey killed	Wed Broth. Black Pudding Boiled Beef. Truss'd Chickens. Roast Part.	Mr. Geo. Graham.	
25 th	1 Pigeon. 1 Sheep killed W. 9 1/2 lbs for 2 nd	Thurs Broth. Boiled Fowl & Mutton. Stuffed Fowl. Veget. Roast Pigeons. Apples.	Mr. Geo. Graham.	
26 th	4 Chickens killed	Frid Broth. Stewed Brawn Roast Mutton. Veget. Hot Part. Veget.	Mr. Geo. Graham.	

Some of the most elaborate meals served each year were reserved for “Gen^l Graham’s birthday [19th October].” In 1809 this celebratory dinner was comprised of: “Hare soup, Round of Beef, Boiled Turkey, Ham, Roast Mutton, Roast Partridges, Roast Pigeons, Cauliflower, Carrot, Turnip, Potatoes, Apple Pie, Oeufs à la Niége, Blancmange, [and] Flemish Sallad” followed by “Pine Apple, Grapes, Tamarinds, Pears, Apples & Nuts.” This meal also included a number of additional guests including Mr, Mrs, & Miss Dowe, Mr and Mrs Lyal, Miss Somerville and “Hosey & Hog”

Also notable are the Christmas dinners served at the house. On the 25th of December 1809 the family were joined by Mr & Mrs Dowe, Mr Lyal, Mr Walker, J. and R. Walker and ate “Soup, Pig’s Face, Roast Fowls, Stewed Partridges, Boiled Mutton, Roast Goose, Veget[ables], Mince-Pie, Preserved Melon”. On Christmas Day 1810 they were joined by Mr, Mrs & Miss Dow, Mr Goodman and Mr Brown and ate “[Cullen] Skink Soup, Boiled Mutton, Boiled Turkey, Bacon, ham, Roast Beef, Roast Goose, Roast Pork, Mince Pies.” Cullen Skink Soup is a traditional Scottish soup made from smoked haddock, potatoes, onions, and milk or cream; it comes from the northeast fishing town of Cullen in Moray. (A skink is a broth or soup made from a shin of beef – old Scots *skink* meaning “shin” or “knuckle.”)

The manuscript comes from the Balgowan estate, a home approximately 5 miles west of Perth, that belonged to General Thomas Graham (1748-1843), 6th Laird of Balgowan. About Graham there is a great deal known. Graham was a celebrated army officer who was involved in the capture of Minorca in 1798 and the two-year siege of Valletta, Malta. He also served for a time in Ireland and later in the West Indies as well as being involved in domestic politics. Graham later fought with Sir John Moore in the Peninsular War and witnessed Moore’s death at the Battle of Corunna in January 1809 (where Graham himself was wounded and

invalided home). In the time covered by this manuscript he was promoted from Brigadier-General to Major-General (1809) and to Lt-General (1810); he was then knighted (KB) and created Baron Lynedoch of Balgowan in 1812 and promoted to full General in 1821.

Although Graham inherited the Balgowan Estate, when in Scotland he appears to have lived principally at the nearby, if not adjoining, Lynedoch Estate, on the banks of the River Almond some 8 miles west from Perth, which he bought in 1787 and where he was a great “improver.” His famously beautiful wife, the Hon. Mary Cathcart, had died of consumption in 1792 aged 35. There is a full-length portrait her by Gainsborough in the National Gallery of Scotland and it is considered to be one of Gainsborough’s finest portraits.⁸

A description of the Balgowan estate appeared two years before this manuscript in *The Caledonian Mercury* (February 9th, 1807) in an advertisement to rent the property:

These premises are fit for the accommodation of a genteel family, being in complete repair, all the principal rooms newly and elegantly furnished, and just painted, and consist of a hall and two stair-cases, two anti-chambers, dining-room, drawing-room, and thirteen bed chambers, besides a number of rooms for servants, with a large kitchen, and all other attached and detached offices that are requisite, a double coach-house, and stable for 20 horses, a well-stocked kitchen garden of an English acre and a half, and extensive pleasure grounds.

During the period of our manuscript, Balgowan House was occupied by Robert Graham (1749-1815), 12th Laird of Fintry, near Dundee. (Although Robert Graham had sold his lands there in 1780 he retained the hereditary territorial title.) Robert Graham was a great friend and patron of Robert Burns in the 1780s and early 1790s and

⁸ Gainsborough would go on to paint her portrait two more times.

was married to Margaret Elizabeth (née Mylne) of Mylnefield. In our manuscript, relatives from Mylnefield are frequently listed as diners and callers, as are members of neighboring families, in particular the Smythe family of Methven Castle, the Kinloch family of Gourdie, the Rev. John Dowe, pastor of Methven, and his wife and daughter, and Mr Lyall, General Graham's factor at Lynedoch.

Robert & Margaret Graham had a huge family. There were eleven daughters who survived infancy and of those, Isabella, Elizabeth, Helen, Mary, Jemima, Emily, Catherine, Roberta, and Caroline make regular or occasional appearances in the manuscript. Of their five sons, three were living in 1809: Major (later Colonel) John (1778-1821), the founder of Grahamstown in the Cape Colony in 1812; Thomas (1781-1822), Captain RN who died at sea and was buried at Valparaiso; and David (1785-1824). The last two appear occasionally in the manuscript as "Tom" and "David."

Written in a single legible hand throughout. The larder book was apparently kept not by a servant but by one of the daughters. On Friday 29 March 1811, our anonymous author writes "Papa went to Dunsinnan [?Dunsinane, Perthshire]."

An interesting and exceptionally rare glimpse into the specifics of the domestic and gastronomic lives of an important family living in Scotland during the early 19th century.

Larder.	August	Dinner.	Dinner.
	Frid. 9 th	Mutton hash. Roast Fowls. Marrow Pudding. Curds and Cream. Veget.	
	Sat. 10 th	Veal. Broth. Roast Veal. Curd Pudding. Stuffed Pot. Vegetables.	Mr. Walker. J. Walker.
	Sund. 11 th	Fried Friars Chicken. Salt Mutton. Roast Veal. Fritters. Curds & Cream. Stuffed Pot. Vegetables.	Mr. Walker. J. Walker. Mr. Goodson. Mr. Bell.
	Mon. 12 th	Veal hash. Roast Duck. Curds and Cream. Veget.	
	Tues. 13 th	Broth. Boiled Fowls. Bacon. Vegetables.	

31. (MANUSCRIPT: Mexican cookery.) c.1830.

21.5cm x 15.5cm. [22] pp. Handstitched, large stain through most leaves, browned, spotted, first leaf with piece at foot of page worn away resulting in loss of half a line of text on each side of the leaf. \$15,000.00

Although stained and spotted, THIS IS A VERY INTERESTING EARLY MEXICAN MANUSCRIPT RECIPE BOOK comprised of 79 different dishes. Due to the high number of directions for making preserves and sweets and the section on recipes for non-meat days, it is very likely that this manuscript came from a convent. Written in a single legible hand on laid paper.

The manuscript begins with two *cajeta* recipes, one which is peach flavored and another with quince. *Cajeta* is a common desert in Mexico that is flavored differently in different regions but is traditionally made of goat milk that has been boiled until it becomes a caramel paste. The word “cajeta” refers to the little wooden cases in which it is often preserved. In early times, it was also a term used for fruit preserves that were stored in these little wooden cases. Such preserves were often associated with convent kitchens. In our manuscript four other *cajeta* recipes appear as well: one which includes meringue (*turrón*); one with *ariquipa* (made with almonds and referencing an ancient dessert that originated in Arequipa, Peru); one with *sidre* (cider); and another with *tejocote* (spelled “tecocote” in our manuscript). *Tejocote* is the Nahuatl word for a native fruit that is known as Mexican hawthorn apple in English (it tastes both sweet and tart and somewhere between an apricot and a plum).

There are also recipes for *buevos moles* (a sweet egg dish that includes syrup and cinnamon that is also common in convents); *empanadas de bobo o de carne* (pastry stuffed with a type of mullet – a freshwater fish – or meat); *muéganos* (a traditional Mexican sweet made of fried pieces of dough covered with caramel); *gasnates* (a Mexican pastry made of tubes of fried dough filled with meringue, popular in Puebla and central Mexico); and nine different *torta* (cake) recipes, many of which were typical in Mexican convents (including *torda del cielo* heaven’s cake). Others include *torta de requeson*, *torta de mamon y leche*, and *torta real*. During this period, convents were responsible for preparing young women of wealthy families for domestic duties such as how to set and prepare the table and food preparation. The convents also often made money by preparing and selling sweets.

In her section on Mexico in *The Oxford companion to sugar and sweets*, Dara Goldstein notes “[t]he sweet goods prepared by male guilds overlapped with those made by women in haciendas, town houses, and, above all, convents” (p. 444). In the section on “Convent sweets,” she has this to say about *cajeta* and other “New World” treats:

A final group of confections common in New World convents (though not in European ones) were made by boiling down milk, often with added sugar, to make syrup, variously known as cajeta or dulce de leche, and, with further reduction, fudge, frequently referred to as little ham (jamoncillo). It is tempting to speculate that the technique was introduced by Indians who made similar sweets and who, voluntarily or not, made the Pacific crossing from the Philippines to New Spain (Mexico) on the galleons that sailed annually from 1565 to 1815 (p. 181).

Docadillos de Tora, leche, y huevos. A tres libras de azu-
car dos taras calderas de leche y seis Uermas de huevo
que está llá la azúcar clarificada y de medio punto, se
le hecha la leche colada con los huevos y llá que está de
punto de molecho se bafa y en el suelo se bate y se tra-
ben los docadillos.

Torr. de membrillo. a tres libras de azúcar llá clarifi-
cada se le hechar dos libras de membrillo, coído de color
rojo, y molido; este punto se dá quando llá despegar
el caso así mismo se ase el de durango y Marrama-
non me pare. Aguatro de leche doce onzas de azúcar, U-
ermas de huevo que tome color el dulce meserario claro y co-
nela, todo bien frito, se cuele, se pone a cocer, hasta que
tome el punto de masar blanco.

Marquesitos de Tora. A seis libras de azúcar clarificada
y llá que está muy espesa que hervor muy menudito se to-
ma una cucharada y se hervor en la misma cuchara llá que
se le hecha la Tora y se vate un poco luego se vuelve a
poner a hervir con la Tora y se sigue cociendo hasta que
tome otra vez aquel punto dho. Antes luego se hechar
en una tabla humida y se cortan los marquesitos. M-
se asen muchos de azúcar uno libra a libra p. q. se asen
Caramelos. Se Clarifica la azúcar con unas gotas de limón
(que sea la azúcar blanca y bota) se deja hervir sin mene-
arla hasta que se dá el punto que es hirviendo en agua -

una poca y si se endurece y suava llá está; se unta un
mortero o piedra con azúcar de Almonds y se hechar con
una cuchara de plata y se cortan; en enfriando se se des-
pegan y se frotuelcan en azúcar molida.

Conserve de limón Real. se monda, se quera, con una
poca de sal (sin abrigarcellos) luego se les muda la agua
y se avolean todos los días hasta que llá no amarga, y
en almibar clarificada se hechar o en pedazos, o pica-
dos p. q. se dá el dulce, se le hecha agua de azúcar
ni se ase la de vidrio pero no se quera con sal.

Postre de leche. Se toma leche cruda se le hecha azú-
Uermas de huevo y azúcar lo meserario, frito todo y
colado se pone al fuego y se está mamando hasta que
tome punto. q. se despegar del caso y si quieren se le he-
cha canela o agua de anís.

Torta p. postre. se hace el postre con el de azúcar pero
más alto de punto se baten huevos como p. freír se nor-
ta la canela con manteca se hecha bastante huevo
y luego se hecha con nicto se vuelve la leche luego se
le hecha más huevo encima y manteca fría se pone a
dos fuegos luego se bafa se lo hecha canela p. encima
y se clavaria con paras; esta se come caliente.

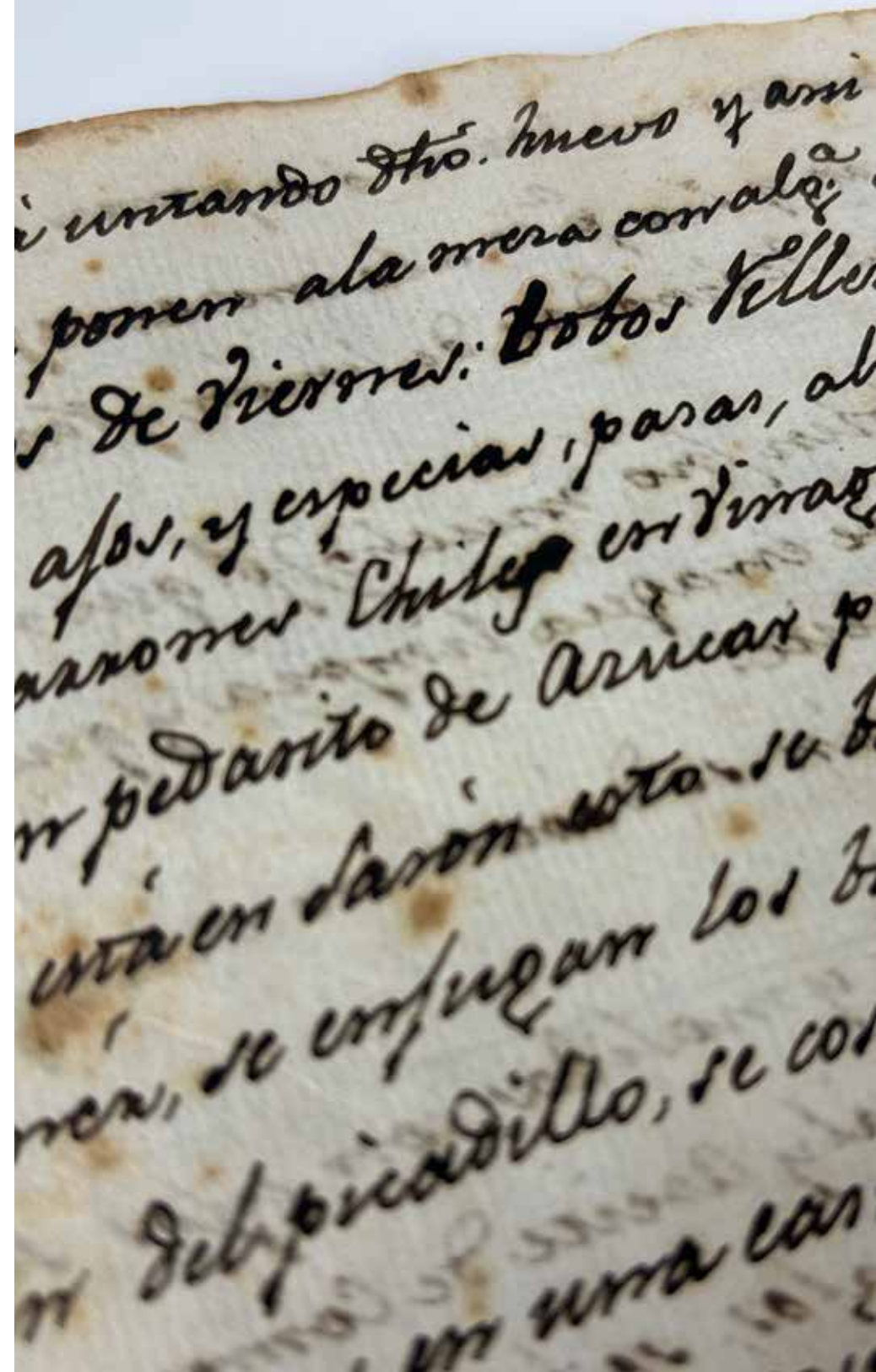
Torta de mamon y leche. se cuece los leche con canela

There is also a recipe for *post de pipian* (spelled “pipiam” in our manuscript). *Pipian* is an indigenous Mexican sauce made with pumpkin seeds and chilis. The recipe is pre-Hispanic in origin with ties to the Aztecs culture, but it is based upon even earlier Indigenous food culture. As a foodstuff, it is even described in Sahagun’s *Historia general de las cosas de Nueva España* (Florentine Codex, mid-16th century).

The religious origin of the manuscript is also supported by the section of recipes that are intended for Fridays (non-meat days). Recipes include those for fish stews; a cabbage stew; fish cake; stuffed fish; fried fish; and a “Friday soup.” In all cases, the fish that is called for is the abovementioned *bobo*.

There is a faint watermark that appears in the gutter of some leaves but I have been unable to identify it. At the foot of the last page is an early inscription, possibly in a different hand, with some abbreviated notes that relate to the calendar and the number of days in the different months.⁹

⁹The note is likely an abbreviation of: “Treinta días tiene noviembre, / con abril, junio y septiembre. / De veintiocho solo hay uno, / y los demás treinta y uno.” Or, in English, “Thirty days hath September, April, June, and November; / All the rest have thirty-one, / Excepting February alone, / Which hath but twenty-eight days.” Special thanks to Joe Bray for help in deciphering the inscription!



With a Recipe for Menudo

32. (MANUSCRIPT: Mexican cookery.) c.1840-50.

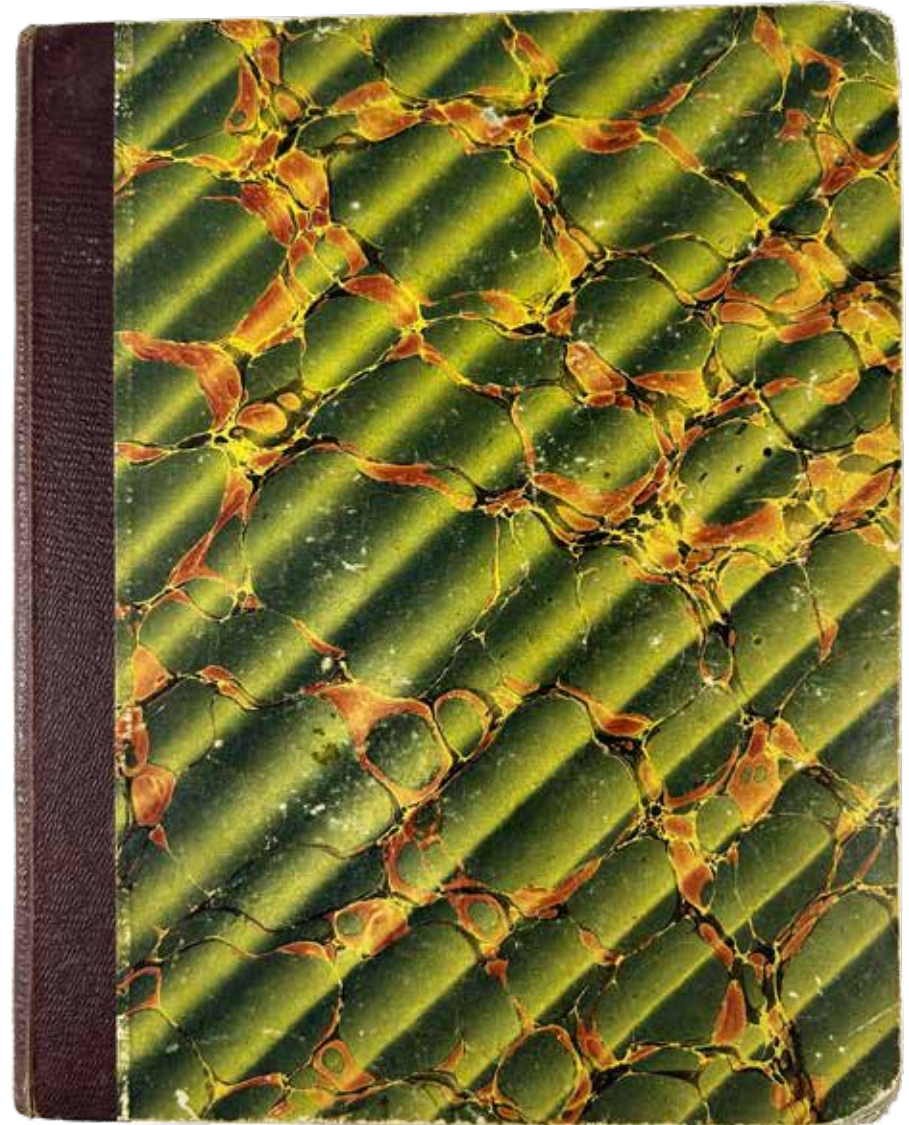
19cm x 15cm. 88, [5] leaves. Contemporary pebbled cloth over marbled boards, corners bumped, edged marbled, written on laid paper, one additional manuscript sheet laid-in. \$6000.00

A HANDSOME COLLECTION of 183 Mexican cookery recipes, written in a single distinctive hand, with one additional recipe written in a different hand and on blue paper laid in. It is for *Mole de Huajolote* [guajolote] *Poblano* (turkey cooked in a dark and rich mole sauce that includes chiles and chocolate).

Recipes include *chile rellenos* (stuffed pepper), *turrón de Oaxaca* (Oaxacan nougat); *cajeta de melon* (a caramelized goat milk confection); *cacao frio* (a Mexican chocolate drink); *mermelada de Guayaba* (guava jam); *pasta de tecojote* [sic.] (a sweet fruit paste — the *tejojote* is a Mexican hawthorn fruit); *mole gachupin* (mole is a traditional sauce from Oaxaca and “gachupin” is a pejorative term Spaniards living in Mexico); and even a recipe for *menudo*, the famous Mexican tripe soup.

At the end is a useful 10-page index.

In very good condition.



Atole de Huazolote, Polanco.

A un huasolote grande una
libra de chile mullado y pasilla
mas tres anchas y dos chipocles
todo esto desbenado y dorado en
manteca se tarten el tomate que
sea necesario el que a de ir cocido
se muele el chile y el tomate muy
muelo y se le echa el huasolote enido

Se ponen a cocer patas de puerco
y cuando ya están se hacen rebanadas
y de los friés, pedacitos se rebanan
se frien jitomates y ajos que se ponen
cazuela con manteca y sal, con un
uno y otra de otro, un poco de fuego
se ponen a dos fuegos y se les echa
un tantito de vinagre.
Mole de Guajolote.
un guajolote grande, se compran
chile mulato, cuatro de ancho, que
cuartillo de tomate; se desmenuza
ta en manteca, que no se quem
bien, se ponen a cocer los tamales
se frie primero el chile y des
mate, y cuando se ha

In Three Matching Contemporary Bindings

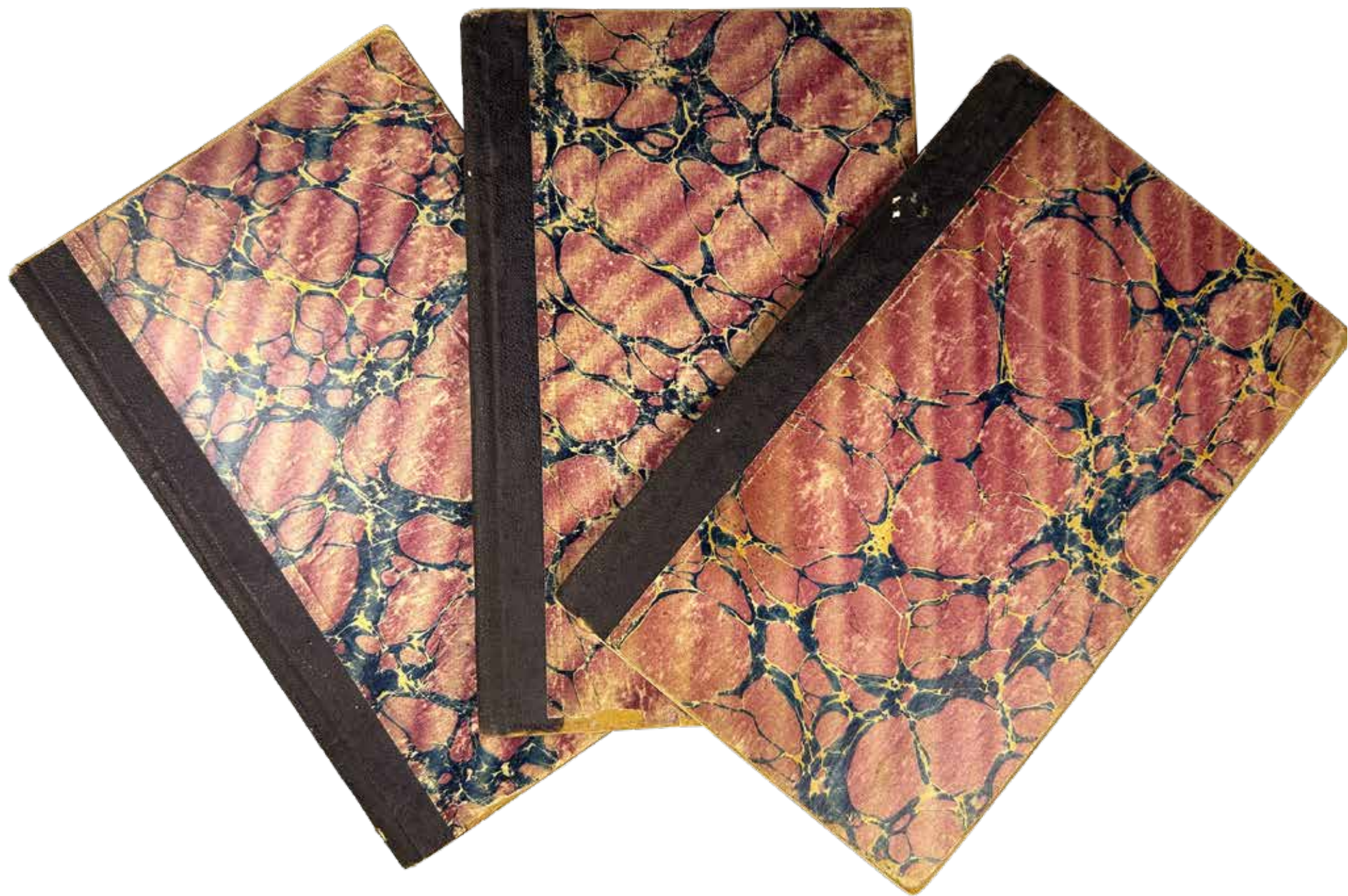
33. (MANUSCRIPT: Mexican cookery.) c. 1840.

20.3cm x 13cm. [52] pp.; [56] pp.; [56] pp. Three volumes. Contemporary quarter pebbled cloth over marbled boards, lightly rubbed overall, corners of boards bumped and one chipped, wear to the head of one spine, written on woven paper. \$7500.00

A HANDSOME COLLECTION of 191 recipes written in a single, legible hand, and bound in three matching volumes, with recipes from the Puebla, Yucatán and Oaxaca regions of Mexico.

Some of the recipes include *mole de guajolote* (turkey mole); *pichones en su sangre* (brains fried in egg); *conejo en fiebre español* (rabbit in a Spanish fever); *muéganos de Puebla* (a type of candy from Puebla); *guisado de pollos borrachos* (drunken chicken stew); *capirotada de carne* (veal testicles); *tortillas de tapioca* (tapioca tortillas); *masas de empanada* (empanada dough); *masa de maíz* corn dough; *róbalo en nogada* (sea bass in walnut sauce); *buñelos*; *buevos mejicanos* (Mexican eggs); and various types of tamales.

In remarkably good condition for a Mexican cookery manuscript from this period.





Auspicious Dishes

34. (MANUSCRIPT: Japanese cookery.) Ju Ryori Shusho [Collection of auspicious dishes.] Hosokawa, "Senkichi" (Nobushigi). 1882.

25.5cm x 17.2cm. [42] pp. Painted in a multitude of colors and black ink. Contemporary Japanese wrappers stab-stitched, moderately worn, thumbing throughout, occasional spotting. \$3000.00

A (most likely) well-loved and (certainly) well-used Japanese cookery manuscript, with illustrations that are rather rustic in style and depicting various ceremonial foods and how they are to be served. I have handled earlier examples of this genre of Japanese cookbook, but usually in the form of a scroll.

The text and illustrations show how the food should be prepared, decorated, and displayed for various formal ceremonies such as the New Year, during different seasons of the year, and on specific auspicious days. There is also direction on how to display and cut up various game birds and fish such as sea bream, duck, lobster, crab, and other shellfish. Several of the illustrations also show table decorations as well as plates of different vegetables (e.g. eggplant).

The manuscript was written by "Senkichi" Hosokawa (actual given first name was Nobushige) and it is dated 1882.

模備唇



や備子稚

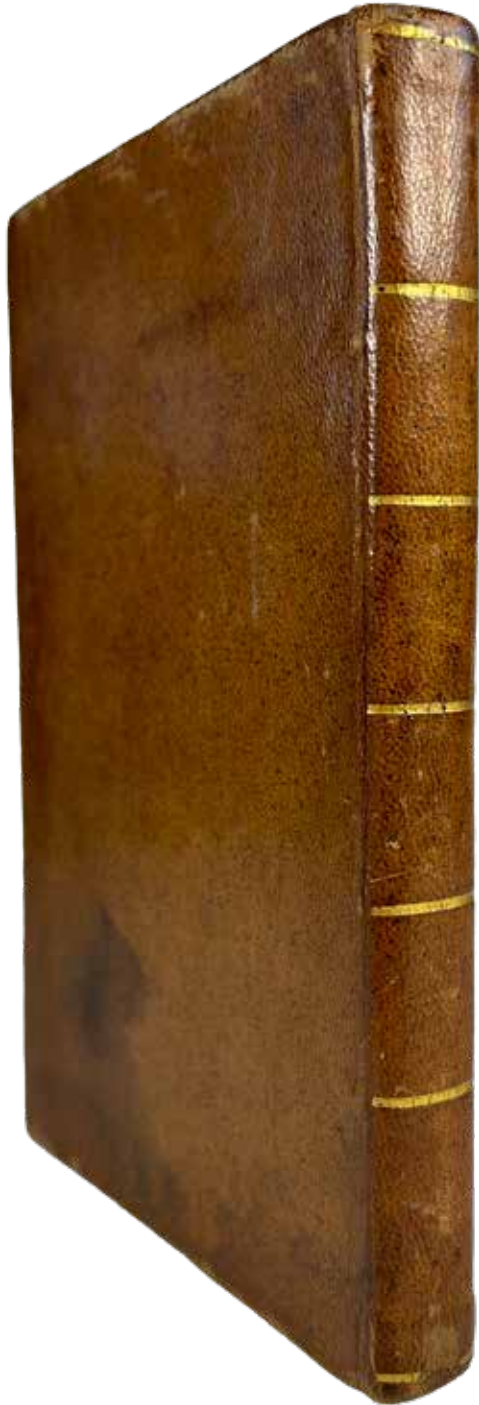


船盛



甲盛





"Written Purely from Her Own Practice"

35. MARTIN, Sarah. *The New Experienced English-Housekeeper, for the Use and Ease of Ladies, Housekeepers, Cooks, &c.* Doncaster: D. Boys, 1795.

8vo. 11 p.l., 2 - blank], 173, [1 - blank], [17], [1 blank] pp. Contemporary polished calf, spine with single gilt fillets, the faintest of a small damp stain mark on the first several leaves in the upper outer corner (not touching text). \$9500.00

The FIRST EDITION of this rare provincial cookbook, paid for in large part by the subscribers listed on 14 pages of the preliminary leaves. Nearly all of the supporters are women from Yorkshire. (Doncaster, the place the cookbook was published, is in Yorkshire.)

The level of design and quality of paper and binding make it clear that this was an unusually fine production for a cookbook, especially one from the North of England. With the contemporary ownership signature of Hannah Mann on the recto of the upper free endpaper.

In the preface, Martin has the following announcement: "To those who may disapprove the following Publication, as being smaller than many similar in the Nature to the same and perhaps a lower Price, I beg to say it has been the Advice of my Friends to avoid that Repetition which is the sole Cause of their Prolixity, and on Comparison I flatter myself that in this Work as many and useful Directions will be found comprised in a less Number of separate Receipts." – from the Preface. Despite Sarah Martin's concern over a shortage of recipes, her cookbook presents no less than 360 different directions, from "Amulet of Cockles" to "White Almond Butter."

The recipe for York Gingerbread is as follows:

TAKE two pounds and a half of stale bread grated fine but not dried, two pounds of fine powder sugar, an ounce of cinnamon, half an ounce of mace, half an ounce of ginger, a quarter of an ounce of sanders [a sandalwood powder that was used for its yellow color], and a quarter of a pound of almonds, boil the sugar, sanders, ginger and mace in half a pint of red wine, then put in three spoonsfull of brandy, a little cinnamon and a quarter of an ounce of cloves, stir in half the bread, on the fire, but do not let it boil, pour it out and work in the rest of the bread with the almonds then smother it close half an hour, make it into cakes about an inch thick, and bake them a quarter of an hour, keep them dry.

From the title page we learn that the recipes in the book are drawn from the author's personal experience and that she was "many years housekeeper to the late Freeman Bower Esq. of Bawtry."¹⁰

As regards Hannah Mann, the woman who was an early owner of this cookbook and who's signature is on the upper free endpaper, there was a Hannah Mann from Sheffield (about 23 miles southwest of Doncaster) born 1781 in Sheffield and then married in 1800 to William Mann.¹¹ This may have been her copy.

At the end is a useful 17-page index of recipes.

A fine copy.

¶ ESTC & OCLC: Columbia University, Cornell University, New York Public Library, Harvard, Lilly Library, and five locations outside of the United States; Maclean p. 95.

¹⁰ See peerage.org.uk record 153573 which lists Freeman Bower as the son of George Bower and Henrietta Freeman. Freeman Bower was born 1732 and died 1786.

¹¹ See ancestors.familysearch.org for record LDH3-NZW for the information on Hannah Mann.

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 saisons, & commence-
 rai par le Printems, qui
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 May. Si cette partie de l'année est
 A

M

"The Great French Bestseller;"
 Incredibly Important

36. **MENON. La cuisiniere bourgeoise. Paris: Guillyn, 1746.**

12mo. in 8s & 4s. Woodcut device on title page, woodcut head and tailpieces, woodcut decorative initial. vii, [1], 384, 389-400, [4] pp. Contemporary cats-paw calf, spine gilt in six compartments, red morocco lettering piece on spine, edges of boards with a gilt roll pattern (partially worn away), edges stained red, marbled endpapers, light wear overall, corners slightly bumped. \$7500.00

The VERY RARE FIRST EDITION (see below) of the best-selling cookbook of 18th-century France. With more than twenty 18th-century editions alone, *La cuisiniere bourgeoise* contributed greatly to the accessibility and simplification of grande cuisine. It was also the first French cookbook written for a female chef. (For a Russian edition, see item 41.)

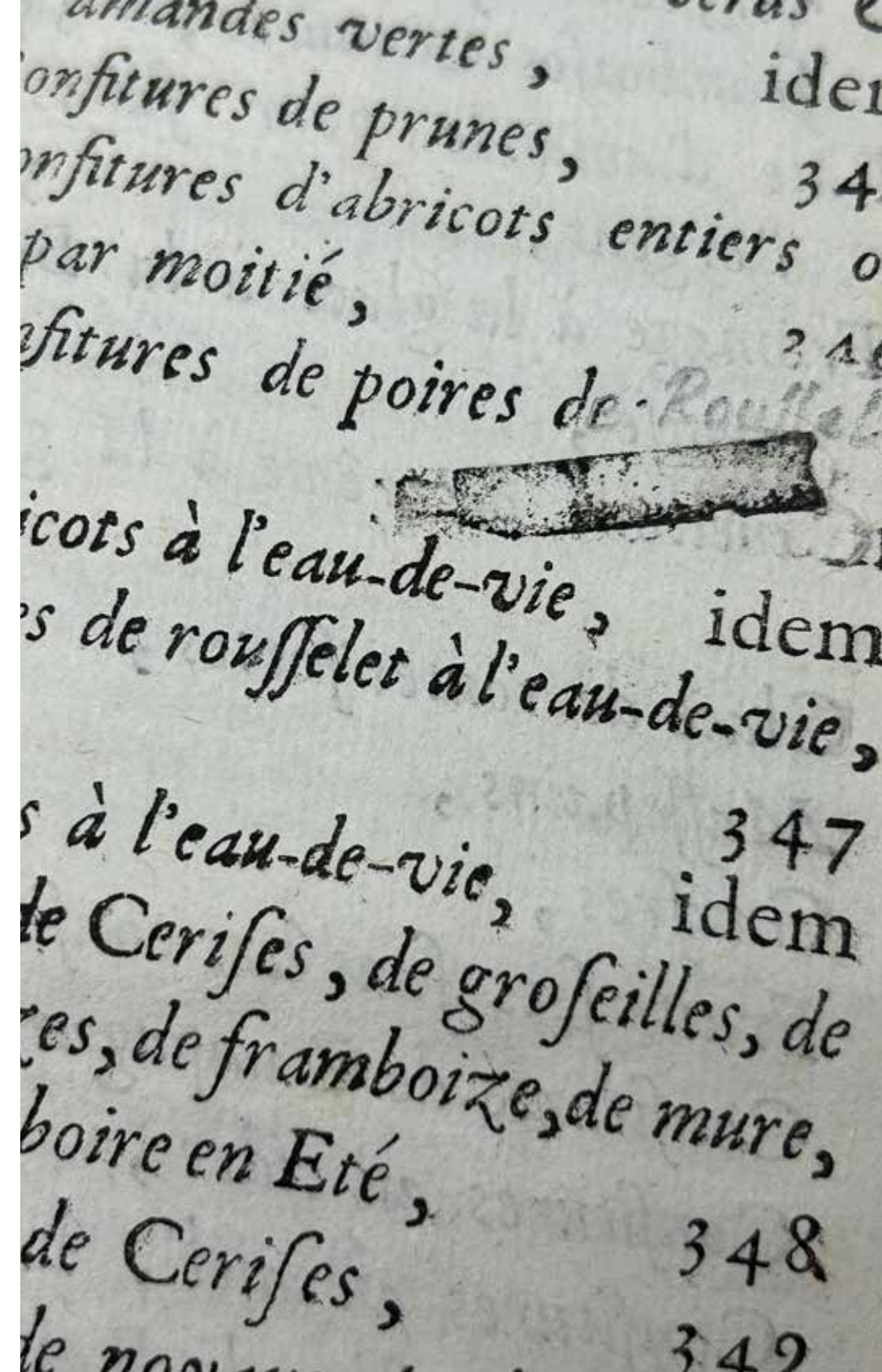
The approximately 350 recipes are broken into chapters covering "sur les richesses que la Nature produit," how to cook seasonally, and various menus; recipes for soups; beef; mutton; veal; pork and suckling pig; lamb; fowl; game; saltwater and freshwater fish; vegetables; eggs; recipes with dairy products and a section on spices; pastry; sauces; and of the pantry (e.g. recipes for fruit, jams, syrups, fruit juices, ratafias, waffles, ice creams, and marzipan).

As noted by Stephen Mennell in his culinary history *All manners of food, eating and taste in England and France from the Middle Ages to the present*:

Menon undertook more wholeheartedly the task of enabling the bourgeoisie to participate in the culinary grande monde. The word bourgeoise in the title has the sense of "domestic" as well as "middle-class" and "town dweller." Menon claims that many great lords, especially those concerned for their health, had asked him to produce a book of simpler and plainer cookery. Nevertheless, the gender to the word cuisinière gives it a quite unambiguous social meaning; only the less well-to-do members of the middle class would, by that date, make do with a woman cook in charge of their kitchen.

Menon's book then follows the familiar layout, with chapters on foods in season, soups, the various kinds of meat, poultry, game, fish, vegetables, dairy-produce and pastries. The repertoire of recipes is very much scaled-down in comparison with Menon's earlier Nouveau traité de cuisine...And the recipes themselves are often simplified...Menon even mentions the availability of "portable boullion" from a shop in the Boulevard St Germain, intended for use by soldiers in the field but, for the bourgeois kitchen, no doubt as useful a short cut as the modern stock cube. Even so, though they are simplifications, Menon's simplifications are quite clearly simplifications from courtly models — pp. 82-3.

The great bibliographer and culinary historian Henry Notaker writes in his *History of cookbooks*, "Starting in the eighteenth century, many cookbooks were intended for middle-class households with fewer servants, where the kitchen was managed by a female cook with cook-maids to assist her. The transition from male to female cooks is documented in the



37. NEWINGTON, P. C. B. “Good Food.” Ipoh: Grenier, [1947].

title of the great French bestseller *La cuisinière bourgeoise* (1746)” – p. 192. It is interesting to note that the first cookbook with a woman’s name on the title page appeared in Germany in 1597 (Anna Wecker’s *Ein köstlich neu Kochbuch*). The first cookbook in Italy with a woman’s name on the title page didn’t appear until 1900. It was Giulia Ferraris Tamburini’s *Come posso mangiar bene? Libro di cucina con oltre 1000 ricette di viande*.

With Menon’s manuscript cipher at the foot of page [1].

Another edition, equally rare, appeared in 1746 with a slightly different title and very different pagination: *La nouvelle cuisiniere bourgeoise* (also Paris: Guillyn, pagination [2 - blank], v, [1], 322, [18] pp.). Although both *La cuisiniere* and *La nouvelle cuisiniere* have the same *approbation* date of 29 April 1745, *La nouvelle cuisiniere* does not have the errata page present in *La cuisiniere*. From a study of the errata page in *La cuisiniere* and the recipes of *La nouvelle cuisiniere bourgeoise*, the errata corrections have been made to *La nouvelle cuisiniere bourgeoise* and, therefore, I think one can argue that *La nouvelle* is, in fact, a later edition published in the same year.

With some early pencil annotation for recipes in the index.

In very good condition.

¶ Bitting p. 320; Cagle no. 336; OCLC: Lilly Library, Williams College, Schlesinger Library, Library of Congress, and the Bibliothèque nationale de France; Vicaire col. 589.

8vo. Numerous illustrations in the text. 2 p.l., ii, [2], 4, [2], 5-7, [3], “8,” [3], 9-12, [2], 13-29, [3], 30-34, [3], “35,” [3], 36-37, [2], 38-41, [2], 42-43, [2], 44-48, [3], 49-52, [2], 53-58, [2], 59-74, [2], 75-81, [3], 82-108, [3], 109-118, [2], 119-121, [3], 122-125, [2], 126-129, [2], 130-133, [2], 134-135, [2], 136-138, [3], 139-146, [2], 147-160 pp. Original illustrated publisher’s boards, green cloth spine, some wear and soiling to upper board. \$1750.00

The FIRST & ONLY EDITION of this remarkable Malaysian cookbook. The story of its genesis deserves repeating. From the Preface: “‘Good Food’ came into being during the period I was interned (sic) in Changi Criminal Prison and Sime Road Camp, Singapore, by the Japanese from February 1942 up to date of our release in August 1945.

“It is an extraordinary thing how one’s thoughts turn to food when one is starving. Our food had steadily been decreased until our staple dish in May 1945 was 4 ozs. of Rice a day.

“I started in the Changi days by writing down in a note book all the recipes that I could remember and when I was transferred to Sime Road Camp I started a Gourmets Club which was called ‘Good Food.’ The Club would meet on the embankment outside my hut, once a week and for an hour food was discussed as follows: –

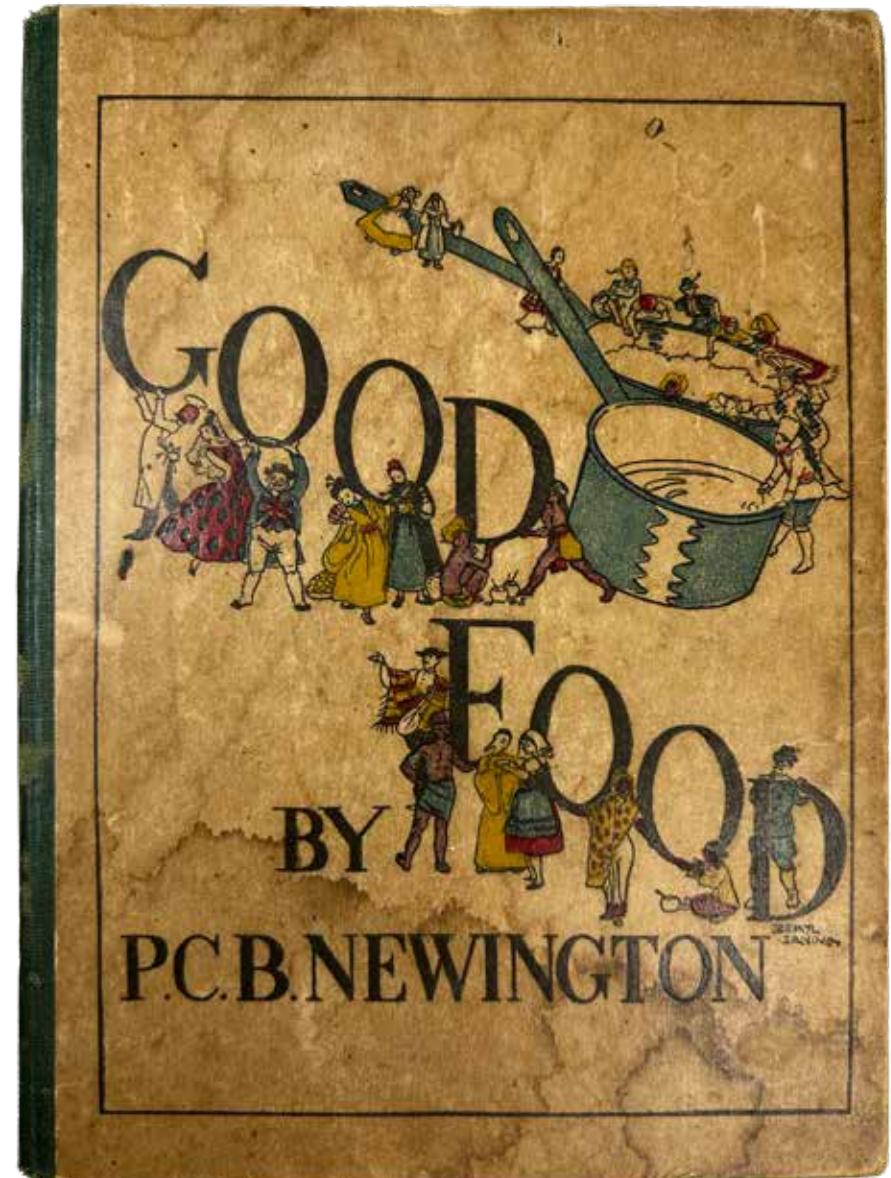
“‘The table (a broken sheet of Asbestos balanced on a box) was ‘laid’ and the guests sat around on stools or boxes. A menu was produced and each course from Cocktails to Savouries was discussed in detail,

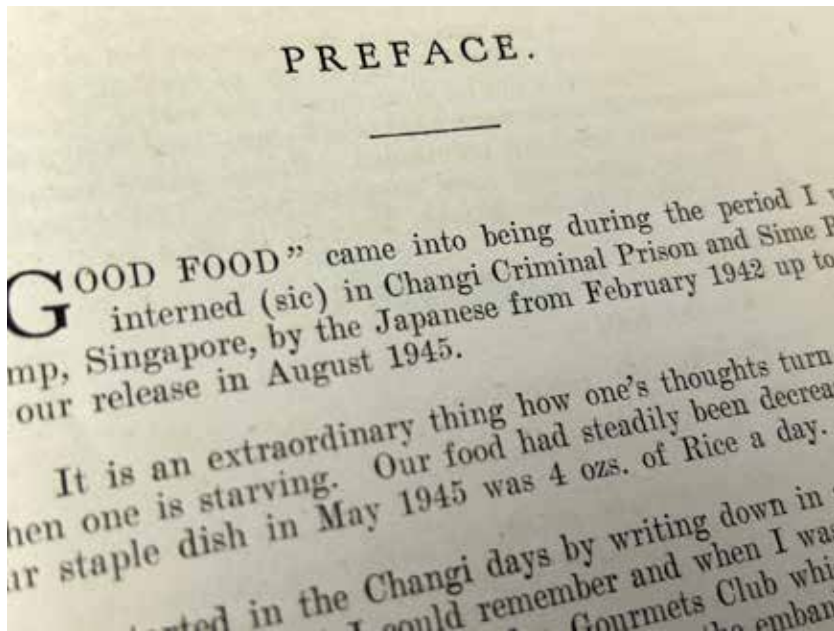
ingredients, method of cooking, serving, etc. Notes were taken by those interested and after everyone had dined sumptuously in imagination, a Speaker was appointed for the next meeting.'

Newington goes on to note that some of the recipes also came from women prisoners from other camps. "Another and important source of gathering information was through our local inter-camp Postal Service. Through this medium I corresponded with ladies over in the Women's Camp and exchanged recipés for either flower and vegetable seeds or most important, new recipés. To those ladies who so kindly sent me copies of their most tried cookery recipés, my sincere thanks are herewith proffered."

The dishes are organized into 23 different categories such as Breakfast Dishes; Chutnies; Cocktails; Curries; Lamb & Mutton; Offal; Puddings; Sandwiches; Savouries & Supper Dishes; Sweets; and Veal. Amongst the more than 600 recipes are both Malaysian and international dishes, including "Prawn Curry – Malay;" "Mother's Curry;" "Satay;" "Mexican eggs;" "Masak Asam;" "Mashed Brinjal;" Russian salad; "Fdrickkadebs (Ceylon);" "Tsukemono;" "Salt Fish Sambal;" and Australian short bread.

Newington (1888-1964) was educated at Bedford Modern School before joining the Sarawak service as a cadet, rising to become district officer among the Melanau people in Mukah. This would have been an administrative job during the British colonial or Brooke Raj era on the island of Borneo. *Good food* was Newington's only full-length book publication, however his interest in the local peoples and their customs





led to a number of pieces published in regional journals. He remained in Malaysia until his death. The cover design and illustrations are by Beryl Irving (1896-1965) an artist-illustrator best known for illustrating the children's fantasy novel *The Dawnchild* (1926); Beryl was Newington's sister.

The book was printed in Ipoh, a city in the state of Perak in Malaysia, about 200 km north of Kuala Lumpur.

In good condition.

¶ OCLC: Cornell University, Harvard, Michigan State University, University of Michigan, Ohio State University, University of California (San Diego), and two locations outside of the United States.

She Introduced America to Tofu

38. (PHOTOGRAPH.) A black and white press photograph of Dr. Yamei Kin, January 26, 1911.

17.5cm x 12.5cm with a tipped-on mimeograph description measuring 21.5 x 8cm. Lightly worn, with a very small embossed stamp on the photograph. \$250.00

An extremely rare photograph of Dr. Yamei Kin, the Chinese doctor who introduced tofu to the west. In addition to being an important nutritionist, Kin was one of the first female students in China to study overseas and earn a medical degree in the United States where she graduated at the top of her class.

On the mimeograph tipped onto the back of the it is noted that "Dr. Kin is the head of the modern medical movement in China. She graduated in 1885 from the Women's Medical Infirmary which is now a part of Cornell University." It goes on to mention her work in re-organizing hospitals, training nurses, and touring America giving lectures to raise money for a friend's education. In 2016, an article appeared on her in the New York Times by Mike Ives.

*In 1917 Yamei Kin visited her homeland to study a crop that was virtually unknown to Americans: the soybean. By that point she had become something of a celebrity dietitian. For years before the mission to China she had been telling women's clubs that tofu and other soy products were nutritious alternatives to meat, and that they required fewer resources to produce. She liked to say that they tasted "a little like brains and a little like sweetbreads."*¹²

Her reputation was established enough to attract the attention of the United States Department of Agriculture. Due to the need for protein to feed soldiers during the First World War, the department approached Dr. Kin about going to China to further research the cultivation and use of soybeans. In a New York Times Magazine article entitled "Woman off to China as a government agent to study soy bean," the Times Magazine noted that this was the first time the United States had "given so much authority to a Chinese."

In good condition.

¹² "Overlooked no more: Yamei Kin, the Chinese Doctor who introduced tofu to the West." *New York Times*, 17 October 2018.



Dr. Yamei Kin
= =
KIN

**39. REGLAMENTO para el abasto de carnes.
Queretaro: Luciano Frias y Soto. 1868.**

12mo. in 6s. Woodcut vignette on title page and woodcut headpiece in the text. 11, [1 - blank] pp. Contemporary pink wrappers, stitched as issued, lightly browned due to paper quality. \$500.00

The extremely rare FIRST & ONLY EDITION of this pamphlet explaining the handling of beef, lamb, goat, and pork from the point of the slaughter of the animal to the sale of the meats to the public. Queretaro is located in north-central Mexico, in a region known as Bajío

Firstly, the work explains where the animals can be slaughtered and how each slaughterhouse must have a license granted by the mayor. Next it explains the hours that the butcher is allowed to be open (from 5am to 8pm); how in the summer meat can only be sold for two days before it is disposed of and how in the winter the butchers have three days; how the scales for selling meats must be maintained to assure fair pricing; how records must be maintained showing where the meat originates; and how goat meat and offal will be sold in the Plaza del Carmen. Interestingly, the pamphlet also points out that "Fried foods, cured meat, beef jerky and giblets are subject to the control of the same authorities" (i.e. the vendors need to also be licensed by the same government officials).

On the upper wrapper is the ink stamp of the Secretaria del Ayuntamiento, Queretaro (Secretary of the City Council in Queretaro) with an eagle in the center. The same organization has a blind stamp on the second leaf (not affecting text).

In very good condition for something so fragile.

¶ Not in OCLC.

**REGLAMENTO
PARA
EL ABASTO
DE
CARNES.**



QUERETARO:

IMPRESA DE LUCIANO FRIAS Y SOTO.

Calle de Mal-fójas núm. 9.

1868.

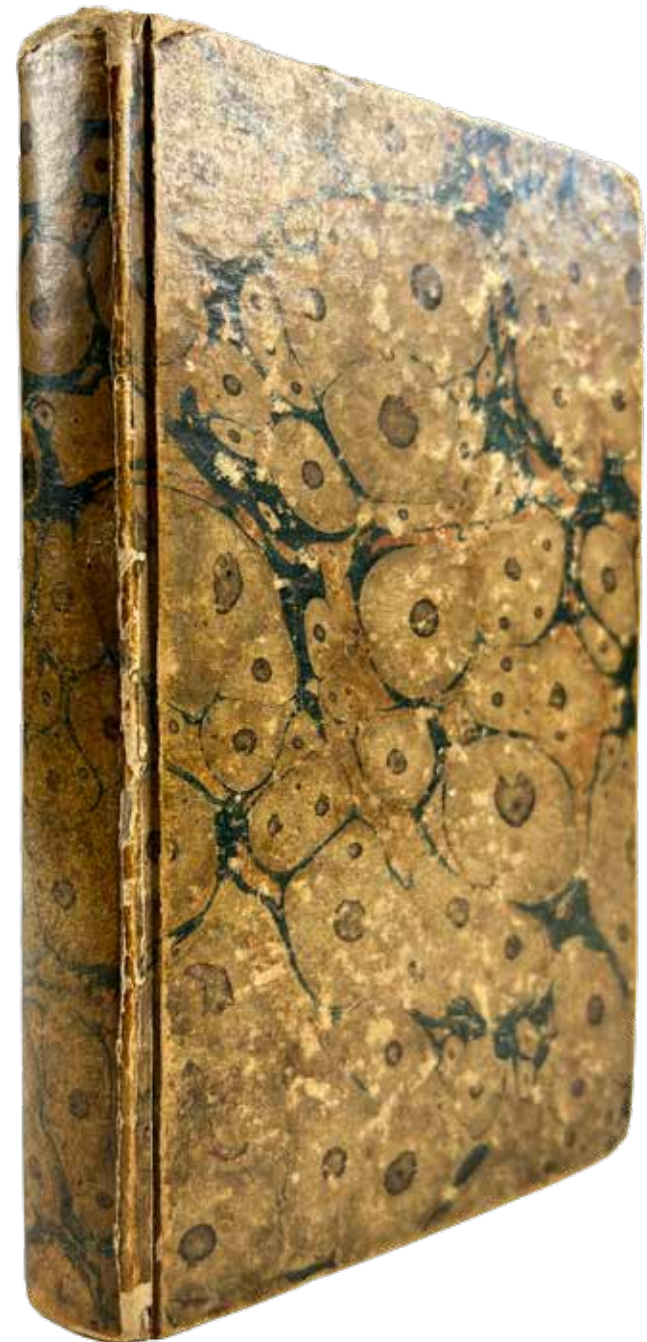
The New Pocket Book of Cookery

40. ROSENFELD, Margaretha Johanna. Neues
Taschenbuch der Kochkunst durch erfahrung erprobt
und herausgegeben. Nürnberg: Eichorn, 1821.

8vo. iv, 332 pp. Contemporary marbled boards, lightly rubbed, corners
bumped. \$1500.00

The very rare FIRST EDITION of this collection of approximately 480 recipes by Margaretha Johanna Rosenfeld. In the introduction, Rosenfeld declares that all of the dishes are “based on my own experience.”

The work begins with several pages of menus (beginning with a wedding feast) and then moves on to a list of the foods that are available during specific months of the year. Each month is broken down into the categories of meat, poultry and game, fish, vegetables, and fruit. This is especially interesting when one considers current interest in eating seasonally and locally. At the time of this cookbook, it was less of a political and economic statement than simply Rosenfeld’s effort to educate her reader as to what was possible in the kitchen during different times of the year.



Next, Rosenfeld provides her recipes organized into the following categories: ragout powders and sauces (a ragout powder was a powder of prepared ground spices to be used when making a ragout); soup; vegetables; fish; meat and poultry dishes in a sauce; roasted meat and white poultry (this includes turkey, goose, cockerel, chicken, and suckling pig); black and red game meats and poultry (this includes rabbit, partridge, snipe, pheasant, and plover); dumplings, noodles, and savory puddings; compotes; different types of pie crusts and savory pies; baked goods that use yeast (including a tea bread); other baked goods (including waffles, apple cakes, and chocolate tortes); to pickle and smoke different types of meat; of various sausages (including bratwurst, crab sausage, and a bread and herbs sausage); how to preserve vegetables and salad recipes; preserved fruits and aspics; dried fruit; different types of tea, punch, and other things (including several recipes for chocolate drinks, and mulled wine); a “frozen” section which is flavored ices; icings for cakes (the first recipes are for different colors, followed by different flavors); and creams.

At the end is a useful index for the recipes.

In very good condition.

¶ OCLC: Kansas State University and two locations outside of the United States.

*A Remarkably Good Copy of an Exceptionally Rare
Russian Cookbook*

**41. (RUSSIAN cookery.) Yatsenkov, Nikolai Maksimovich.
Новейшая и полная поваренная книга [The
newest and complete cookbook]. Moscow: Vasilii
Okorokov, 1791.**

8vo. 1 p.l., vi, 263, [1 - blank] pp. ; 3 pl., 194 pp. Contemporary calf, two dark green labels on spine, blind double-fillet and blind vase stamp in the compartments on the spine, corners bumped, light overall wear.

\$8000.00

This is the extremely rare Second Edition of Nikolai Yatsenkov's translation of a portion of the writings of Menon into Russian, with the exclusion of dishes not suited to Russia and the addition of a second part which contains Russian recipes from “famous persons” in Russia.

The first part was first published on its own in 1790 (no copies recorded in OCLC) and it contains translations of sections from Menon's *La cuisiniere bourgeoise* (first ed.: 1746). (See item 36.) The current copy is the second edition of the portion published in 1790 but the FIRST EDITION of part two, which has a separate title page and is a collection of new recipes of Russian origin.

The 18th century was a period of considerable interest in French culture in Russia. When Yatsenkov's cookbook was published, Catherine the Great was in power and French was the language used in court. In this context, it's not surprising that Yatsenkov would consider it worthwhile to bring the writings of Menon to a Russian audience. It

should also be remembered that Menon's *La cuisiniere bourgeoise* (first ed.: 1746) was the most popular cookbook of 18th century France.

Part one – the portion taken from Menon – includes chapters devoted to the preparation of soups; beef and salted beef; pork; lamb; chicken; ducks and geese; pigeon; pheasant; grouse; game in general; quail; rabbit and hare; different types of stews; sauces; a section on millet; vinegars; saltwater fish; mushrooms; different types of mustard; cured cucumbers; egg dishes; butter, milk, and cream; and then cakes and pies. Again, it should be remembered that Yatsenkov went through Menon's *La cuisiniere bourgeoise* and reprinted only those sections he thought would be of interest and possible for a Russian audience.

After publishing the first part in 1790, Yatsenkov received numerous recipes from his readers. Part two, appearing here for the first time, is a collection of these recipes and is comprised of dishes from what Yatsenkov in his introduction refers to as “Little Russia.” This new second section is also intended for those with more modest incomes.

Now the second part of this book is being published to the delight of lovers of economics.

I have tried, as far as possible, to make it more complete and perfect, including all the notes communicated to me by various individuals, which belong to this part....

НОВѢЙШАЯ и ПОЛНАЯ
ПОВАРЕННАЯ КНИГА.

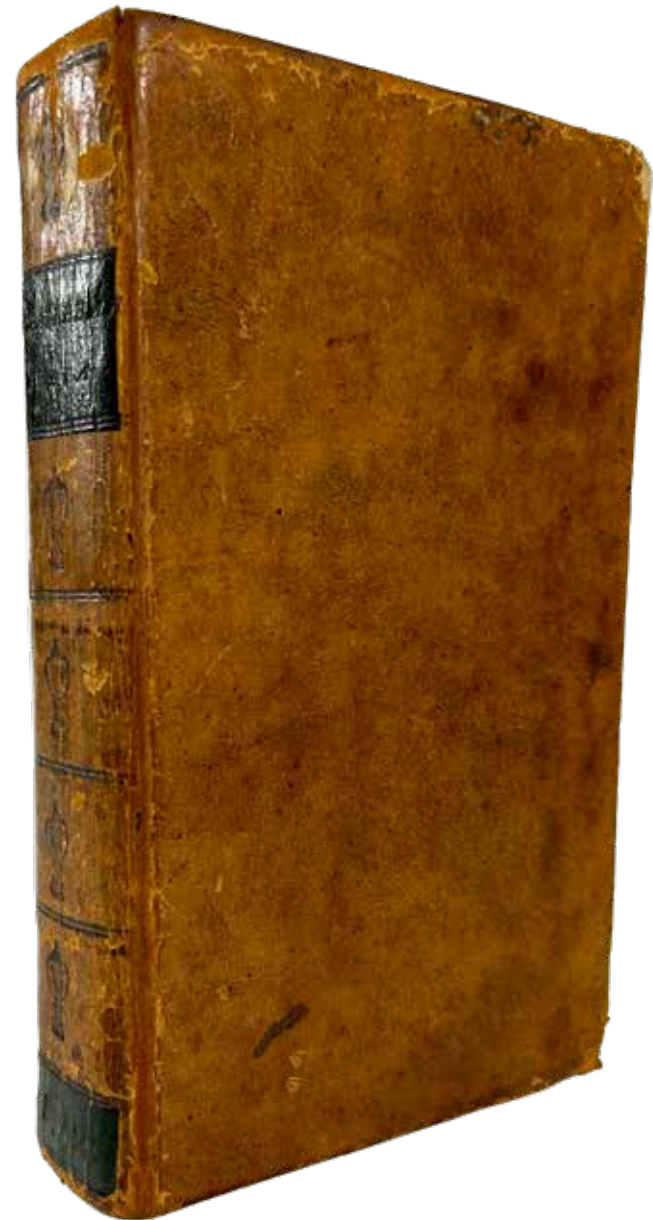
ЧАСТЬ ВТОРАЯ,

Содержащая въ себѣ все кондиторскія на-
стои, лечія , и во первыхъ : когда должно
срывать всякіе дикіиіе плоды, собирать
ихъ свѣжими на зиму и сушить; по томъ
сладкуюто различно варенія , компоты ,
ледники, мармеладъ, ратафян, сырники,
ликеры, бисквиты, десертыиіе кремни, раз-
ноіа всякаго состава водки , наилучшіе
напитки, есдои изъ всякихъ ледоѡ, раз-
ноіа наливки, вино, мороженое и желе ;
напослѣдокъ заключена, какъ дѣлать по-
стлаи, Французскіе конфекты, торты,
лигдалевые пирожки, каврижки и вкусныіе
пряники.

Собрана изъ достоверныхъ и опы-
тами испытанныхъ домашнихъ записокъ
въ пользу и употребленіе Особамъ, любя-
щимъ Экономію.

Изданіе второе

МОСКВА,
1791.



*"The Vine bears Three Fruits: the First, Pleasure;
the Second, Drunkenness;
& the Third, Sorrow"*

**42. SEIDEL, Bruno. De ebrietate libri III. Hanau:
Antonius for Fischer, 1594.**

He then describes how the second part contains

*all the confectionery instructions, and firstly: when to pick various wild fruits,
keep them fresh for the winter and dry them...different jams, compotes, berry
jams, marmalades, ratafia, syrups, liqueurs, biscuits, dessert creams, various
vodka of all kinds, better drinks, waters from all kinds of berries, various
liqueurs, wines, ice cream and jellies....*

It also includes recipes for desserts and various types of gingerbread.

With a contemporary ink inscription on the recto of the upper free endpaper of Fyodor Alabiev, a Russian nobleman whose gentry family dates back to the XVIth century when the first Aliabiev was serving in court of tsar Vassily III. Fyodor Aliabiev was also known as one of the biggest owners of serfs in the Vologda region of central Russia. The number in ink on the title page is most likely a shelf number from the same period.

In very good condition, especially for a Russian cookbook from this period.

¶ OCLC: Library of Congress and the University of Madison to which should be added one copy in the Russian National Library. Madison also has Yatsenkov's later volumes that include the translation of Menon's *La science du maître-d'hôtel cuisinier* (first ed.: 1749).

Woodcut vignette on title page, woodcut initials, woodcut head and tailpieces. 4 p.l., 312, [24] pp. 17th century Dutch vellum, title stamped in gilt on spine, edges stained red, leaves lightly browned due to paper quality. \$3000.00

The rare FIRST EDITION of Bruno Seidel's (1530-91) study of drunkenness and the evils of alcohol. During the late 16th century in Europe there were many elements that led to a greater availability of alcohol. One was the advances in the techniques of distillation which led to an increase in the alcohol levels of what was available to drink. Additionally, the wine trade was expanding with new and improved trade routes. This greater consumption of alcoholic drinks resulted in a growing concern for some, especially within the medical establishment, that alcohol was detrimental not only to one's health but to the future of society. Seidel was one such doctor.

Although the bulk of Seidel's work concerns the history of alcoholic consumption and its effect on health and society in general,





within his discussion, there are a number of sections pertaining to wine. There is a description of the efforts in history to control the cultivation of wine grapes; the effects of wine being served at gatherings; the health properties of cold wine; how one finds warmth in wine; how wine can cause violence; concerns about the blending and mixing of wines; how wines not fully pressed will cause a headache; on wines from Germany; on diluted wine; and how “the vine bears three fruits: the first, pleasure; the second, drunkenness; and the third, sorrow.”

Seidel studied at the University of Wittenberg where he was a student of Johannes Marcellus and Philipp Melanchthon. He received his doctorate in medicine under Gabriele Falloppio in Padua after which Seidel became a physician in Arnstadt. He was an opponent of Paracelsus, wrote about the urinary tract system, and in addition to drunkenness, wrote about incurable diseases.

On the upper pastedown is the large engraved bookplate of Christian Ernst Graf zu Stolberg and the bookplate of Dr. Friedrich von Bassermann-Jordan. Bassermann-Jordan (1872-1957) was a well-known wine historian and winemaker from Germany and his family's activity in wine dates back to 1718 when they bought their first vineyard in Pfalz.

In very good condition bound in a lovely binding.

¶ OCLC: Yale, University of Pennsylvania, National Library of Medicine, and twelve locations outside of the United States.

The Beginning of Seed Packets in America

43. (SHAKERS: seed packets.) Winningstadt Cabbage & Musk Melon, United Society, Shirley, Massachusetts, c.1870.

9.2cm x 5cm each. I. Printed in black ink on orange-pink paper. [With:] II. Printed in black ink on light beige paper, lightly browned around edges. Price for the two together: \$500.00

These are two examples Shaker seed packets (empty), both intended for use in the kitchen garden. Printed and hand-made by the Shakers, examples have become quite rare, especially in such good condition.

These are for Winningstadt Cabbage and Musk Melon and each seed packet is printed with the directions on how to plant its seeds. For the Winningstadt Cabbage it is noted that "This is a new and Superior Early Variety – cone-shaped, very solid, of the best quality.... As a winter cabbage it is unsurpassed." The Musk-Melon should be "planted from the last of April till the first of June, separate from other vines, to prevent mixture."

The seed business was central to the economic and cultural identity of the Shakers in the

19th century. From a combination of their agricultural experience, careful organization, and honesty, the Shakers developed one of the earliest and most successful seed companies in the United States. They also pioneered the selling of seeds in small paper packets (what we are offering now) which made garden seeds available to home gardeners throughout the United States. Through their wide-spread distribution system, the Shakers influenced America's taste in fruit and vegetables by marketing certain varieties as well as introducing new foodstuffs to the kitchen garden market. For a description on how the seed packets were made and the tools used, see the Shaker Museum in Chatham's website.¹³

These packets are from the Shaker community at Shirley, Massachusetts. Founded in 1793 it was one of the smaller but enduring Shaker villages in New England. In addition to selling seed packets, the Shirley Shakers sold applesauce, brooms, and cotton. By the early 20th century, declining membership led to its consolidation with other nearby Shaker societies.

Both are in very good condition.

¶ Not in OCLC.



¹³ <https://www.shakermuseum.us/making-all-those-seed-packets?nocache=1>

Food during the Siege of Paris

44. (SIEGE OF PARIS: a collection of five contemporary broadsides.) Paris, 1871.

Price for the collection: \$9500.00

ALL FIRST & ONLY EDITIONS AND EXTREMELY RARE. This is a collection of five broadsides published during the Paris commune, one of the most famous moments in wartime gastronomy. Written to inform the public as to how poorly the French government had handled the Siege of Paris, the broadsides describe the gastronomic life of Parisians during this demoralizing moment in French history. Emperor Napoleon III had surrendered to the Germans at the Battle of Sedan, but the French were not ready to accept the peace terms and so the Germans encircled Paris from 19 September 1870 to 28 January 1871.

As the Germans settled down to starving the Parisians into submission, the poorest citizens remaining within the city suffered the most. This was primarily due to two factors: 1. the government had not set aside enough food to feed the people of Paris during such an emergency, and 2. the authorities did nothing to limit the food speculation that was resulting in hugely inflated prices. As stated in the first broadside (item I below):

Le Gouvernement de la Défense nationale, animé de sentiments anti-républicains et de plus, doué d'une coupable incapacité administrative, a encouragé la SPECULATION en négligeant de réquisitionner et de taxer, dès le début du siège, toutes les denrées nécessaires à l'alimentation de la population de Paris.

Il s'en est suivi des excès déplorables; les spéculateurs ligués ont caché leurs marchandises pour les vendre, en moment opportun, dans des proportions vraiment scandaleuses, comme on peut s'en convaincre par les chiffres éloquentes qui suivent...

Roughly translated to:

The Government of National Defense, animated by anti-republican sentiments and, moreover, endowed with culpable administrative incapacity, encouraged SPECULATION by neglecting to requisition and tax, from the beginning of the siege, all the commodities necessary for the feeding of the population of Paris.

Deplorable excesses followed; the leagued speculators hid their goods in order to sell them, at the opportune moment, in truly scandalous proportions, as one can convince oneself of by the eloquent figures which follow...

It is possible to understand the incredible gap between those who could eat and those who went hungry when considering the price of food. Among the 60 different foodstuffs in the first broadside (item I) is a suckling pig for 580 francs; elephant meat for 20 francs per pound; for the New Year, bear was sold for 15 francs per pound; crow for 55 francs each; ½ kilo of horse for 8 francs; 1 hare for 75 francs; 1 sparrow for 1.5 francs; potatoes for 50 francs per bushel; mule and donkey for 10 francs per pound; dog for 3.50 francs per ½ kilo; a bushel of onions for 65 francs; one head of cabbage for 12 francs; one carrot, for 2 francs; and, if you were wealthy, you could buy a turkey with black truffles for 200 francs. To put people's income in perspective, the publisher gives us the pay of a National Guardsman: 1.5 francs per day; this means that he wasn't even able to afford to eat one rat per day (which cost 2 francs).

FRANÇAISE
SPÉCULATEURS CONJURÉS
 POUR
RUINER LE PEUPLE DE PARIS
LIÉS AU PILORI
DU SIÈGE DE 1870 & 1871

Sans doute que le Gouvernement de la Défense Nationale a taxé sur toutes les denrées dès le début du siège, a été équité, sur la conscience et sur le patriotisme des citoyens. Les chiffres suivants prouvent combien il s'est élevé de certains industriels a pu s'élever!

REPUBLIQUE
SPÉCULATEURS DE PARIS
 POUR
RUINER LA POPULATION
LIÉS AU PILORI
DU SIÈGE DE 1870 & 1871



FRANÇAISE
 Liberté — Egalité — Fraternité
SPÉCIMEN AUTHENTIQUE
 DES INFAMES
SPÉCULATIONS
 AUXQUELLES A DONNÉ LIEU
LE SIÈGE DE PARIS
 1870 — 1871

La Défense nationale, dès le commencement du siège, a été obligée de taxer toutes les denrées, avait une bonne foi et le patriotisme des citoyens ont souvent combien ils se trompaient de déloyauté a pu s'élever.

TABLEAU
 PREMIÈRE PÉRIODE DU SIÈGE.

FRANÇAISE
SPÉCULATION
 LE SIÈGE DE PARIS
 1870 — 1871

SPÉCULATION
 LE SIÈGE DE PARIS
 1870 — 1871

The price of food had escalated to such an extent that the citizens of Paris were slaughtering the animals in the Paris zoo. But the zoo meat didn't go to the poor who were starving; it went to the kitchens of the wealthy and the restaurants for the rich. By the end of the siege, nearly all of the animals in the zoo had been consumed.¹⁴ Considering the disparity in the level of suffering between those with and without money during the siege, it is not surprising that less than a month later, the Paris Commune would begin.

On offer here are FIVE DIFFERENT BROADSIDES listing the prices of various foods and the wide-ranging complaints and pleas of the public to the government to help them. What is exceptional is that these broadsides are so rare that there has never been an opportunity to compare the prices and content of these statements of public discontent. Only one of the five is located in the United States (item I, in two copies); the other four are either unrecorded or are in the Bibliothèque nationale de France and Bibliothèque Geneve only.

In general, in good to very good condition.

The items and their locations are as follows:

I. Specimen authentique des infames spéculations auxquelles a donné le Siège de Paris 1870-1871. Paris: Edouard Blot, 1871. 50.7cm x 32cm. Text printed within a broad woodcut decorative border, portion of the text in two columns, woodcut vignette at top of broadside, signs of having been folded once, light chipping along edges, the slightest marginal water stain on one edge. At the bottom of the broadside it states that the author is "Un cordon bleu, L.G." and that it can be bought at M. Pigeol.

¹⁴ For a lengthy description of "siege cuisine" and the political impact of the starvation of Parisians, see Carolyn J. Eichner's *The Paris Commune, a brief history*.

¶ OCLC: Williams College and possibly Northwestern University and Bibliothèque nationale de France (these last two locations could be for the next item "II;" the OCLC entry doesn't distinguish between the two different versions).

II. Specimen authentique des infames spéculations auxquelles a donné le Siège de Paris 1870-1871. Paris: Edouard Blot, 1871. 49.7cm x 32.7cm. Text printed within a double fillet decorative border with decoration in the corners and at the centers of the two vertical lines, portion of the text in three columns, signs of having been folded once and strengthened at an early date on the verso at the fold, faintest chipping along left edge. At the bottom of the broadside it states that the author is "Un cordon bleu L.G." (note no comma) and that it can be bought at M. Pigeol.

¶ OCLC: either unrecorded or Northwestern University and Bibliothèque nationale de France (see note on "I").

III. Souvenir du rationnement auquel a été soumise la population courageuse pendant le mémorable Siège de Paris 1870-1871. Paris: Blot, 1871. 50cm x 32.2cm. Text printed within a double fillet decorative border with decoration in the corners and at the centers of the two vertical lines (same as in item "II"), portion of the text in a printed table of three columns, woodcut vignette at top of broadside, signs of having been folded once, light chipping along the two vertical edges. At the bottom of the broadside it states that the author is "Un Assiégé L.G." and that it can be bought at M. Pigeol.

¶ OCLC: Bibliothèque nationale de France only.

IV. Les spéculateurs de Paris pour ruiner la population liés au pilori. Souvenir du Siège de 1870 & 1871. Paris: Assoc. Generale typogr., Faub.-St-Denis 19, Berthelemy et Cie., 1871. 48.5cm x 31cm. Text printed

¶ OCLC: University of London, Bibliothèque nationale de France, and Bibliothèque Geneve.

*A Large & Beautifully Engraved Menu
Satirizing the Siege of Paris*

45. (SIEGE OF PARIS: menu.) Blocquel, Charles. Gd Diner Parisien. Paris: Jules Claye, 1871.

50cm x 35cm. Engraved and printed letterpress in red, blue, and black ink. Lightly worn, one small hole (not affecting image or text), a few early and well-done paper repairs, a bit dusty, a few very small spots.
\$5000.00

The extremely rare FIRST & ONLY EDITION of this extravagant Siege of Paris dinner menu drawn by the celebrated illustrator Charles Blocquel and engraved by Jean Gauchard. At the top of the engraving is a hot air balloon. During the Siege of Paris hot air balloon's were used to carry letters and even the minister Léon Gambetta out of the Siege. To avoid cannon fire, they were often sent at night.

This is a beautifully drawn and engraved menu satirizing the food disparity during the Siege of Paris and what was eaten. At the top (below the balloon) is an allegory of the city of Paris within an oak and laurel wreath, depicting an armed woman wearing a mural crown (a crown made of the city walls) and leaning on a cannon. Surrounding the menu are various plants and animals: camel, rat, hippopotamus,



elephant, cat, dog, horse, walrus, donkey, squirrel, and giraffe as well as an assortment of exotic birds. Around each animal's neck hangs a price tag for the animal's meat. There are also other foodstuffs represented and with prices: eggs, cheese, butter, salt, potatoes, sugar, horse lard, horse sausage, coal for heating and cooking, and the famous *pain de siege* (bread from the siege). Below, a grinning bat carries a banner reading "4 to 5,000 dead per week."

The letterpress-printed menu at the center is printed in blue and red ink and is comprised of thirty different dishes, most of which poke fun at the situation: *Bisque-Bismarck*; *Rats à la Crapaudine*; *Phoque savnt*; *Gigot d'Antilope*; *Pois, conserves de 1814* (in 1814 there was another siege of Paris); and so on. The menu is signed "Ch[arles] Blocquel."

This is a tremendously beautiful menu, poking fun at one of the most tragic moments in French history.

¶ OCLC: Northwestern University and Staatsbibliothek zu Berlin.



**46. (SIEGE OF PARIS & Paris Commune.) Souvenir
historique. Paris: Lithographie Fabre, [1871].**

18.3cm x 21.3cm. Lithograph on paper board, hand-colored, silver metal tape stamped in a diamond roll-pattern, two medals and a piece of bread mounted to the board, lightly browned, edges of board cut unevenly, worn on the right side with a piece torn away from the board but not affecting the text, on verso signs of having been mounted and possibly framed before.

\$3500.00

A TRULY REMARKABLE SURVIVAL! A souvenir of both the Siege of 1870-71 and the Paris Commune. The two medals (made of light-weight metal) represent Emperor William I and Napoleon III, the leaders on each side of the Franco-Prussian War that led to the siege.

At the center of the bottom of the lithograph is a sample of the siege bread. Below it is a caption explaining the conditions of its daily distribution during the winter of the siege: “300 Grammes de ce Pain apres 5. h^{es} d’attente par 12 degres de froid” (“300 grams of this bread after 5 hours of waiting in -12 degrees [Celsius]” – i.e. 10 degrees Fahrenheit). As foodstuffs were running out, a variety of alternative ingredients were being added to the bread recipe in an effort to keep people fed. It would be interesting to analyze this sample to find out what’s actually in it!

The *Souvenir* is a quick snapshot of this incredibly difficult period in French history. It provides the dates and names of the important battles related to the siege as well as those of the Paris Commune. At the center is a hand-painted garland of leaves inside of which is printed “Aux Martyrs de la France, Chataudun, Bedford, Bitsch, Honneur & Gloire” (To the Martyrs of France...Honor and Glory). Chataudun, Bedford, and Bitsch where notable points of French resistance during the Franco-Prussian War.

On the bottom left, printed on an image of an open book, is a list of the important dates and battles that occurred around the city of Paris. On the right is another open book with a list of the different foods available (and their prices) during the siege (including horse, dog, cat, and rat).

Interestingly, at the bottom of this list is the mortality rate for different periods of the siege. These are printed under a heading of “Const.” médicale.” The *Constitution médicale* was the medical report compiled by the *Commission sanitaire* (health authorities) during the siege. For example, the list notes that during the six-day period from January 28th to February 3rd, 1871, 4871 people died. Ironically, this is actually the period when the armistice went into effect; the Prussians had stopped their activities against the city and the French provisional government was trying to meet the armistice’s conditions.

In total, during the 130-day siege, due to starvation, disease, and bombardment, roughly 30,000 people died. The commune, which started less than a month later, lasted approximately 70 days. Due to combat and the subsequent executions, roughly 15,000 people died during the commune.

At the foot of the print is written “Lith Fabre” as well as the address of “189 Faubourg du Temple [Paris].”

¶ Not in OCLC: the only other copy that I have found of this *Souvenir* is at the Musée de la Poste in Paris. There are a few other similar examples, but they vary widely (and all are extremely rare). There is a version at the Musée des Beaux-Arts de La Rochelle (see *Souvenirs historiques*, call no. MAH.1939.77.457, but it has one medal only and is a different lithograph (though with very similar layout and content). There is also an alternate example at the Bibliothèque nationale de France, but it is without the medals or bread.

(See item 13 for another work on the Siege of 1870-71.)

1870

SOUVENIR HISTORIQUE

DÉCLARATION DE GUERRE

18 Juillet 70

BOMBARDEMENT DE PARIS
Par les PRUSSIENS le 9 Janvier 71

INVESTISSEMENT DE PARIS
le 18 Septembre 70

COMMUNE DE PARIS le 18 Mars 71

ENTRÉE DE L'ARMÉE
DE VERSAILLES dans PARIS le 21 Mars 71
INCENDIE DE PARIS le 23 Mars 71
FIN DE L'INSURRECTION LE 28 MAI 1871

PROCLAMATION DE LA RÉPUBLIQUE
le 4 Septembre 70
CAPITULATION DE SEDAN
le 2 Septembre 70
DE STRASBOURG le 28 Septembre 70
DE METZ le 28 Oct. 70.
DE PARIS le 28 Janvier 71



300 Grammes de ce Pain après 5 h.
d'aération par 12 degrés de froid.

COMBATS & BATAILLES DÉPARTEMENTS

SAARBRÜCK	2 Août	CHATILLON	19 Sept
WISSENBURG	4 Août	VILLEJUIF	23 Sept
REISCHOFFEN	6 Août	PIERREFITTE	20 Sept
FRIESVILLER	10 Août	CHEVILLY	30 Sept 70
WERTH	12 Août	RUEIL	22 Oct 70
FORBACH	14 Août	BOURGET	29 Oct 70
GRAVELOTTE	18 Août	VILLIERS	30 Oct 70
ORLÉANS	9 Oct 70	BUZENVAL	19 Janv 71

PRIX DES DENRÉES ALIMENTAIRES	
CHEVAL 18 1/2 k° 72	IGIGNONS le Boisseau 80
CHIEN 12 id 40	POMMES de TERRE 4
JAMBON 15 id 40	10 HOU
1 CHAT 15	1 POIREAU
1 LIÈVRE 25	1 PIED CELERI
1 DINDON 150	UNE ÉCHALETTE
1 ŒUF 5	CHAUFFAGE
1 RAT 1	
1 PIGEON 1	
BEURRE le 1/2 k° 80	Doit au 24
HARICOTS le litre 8	Dul au 2
CAROTTES le Boisseau 75	Doit au 24

CONSTANT

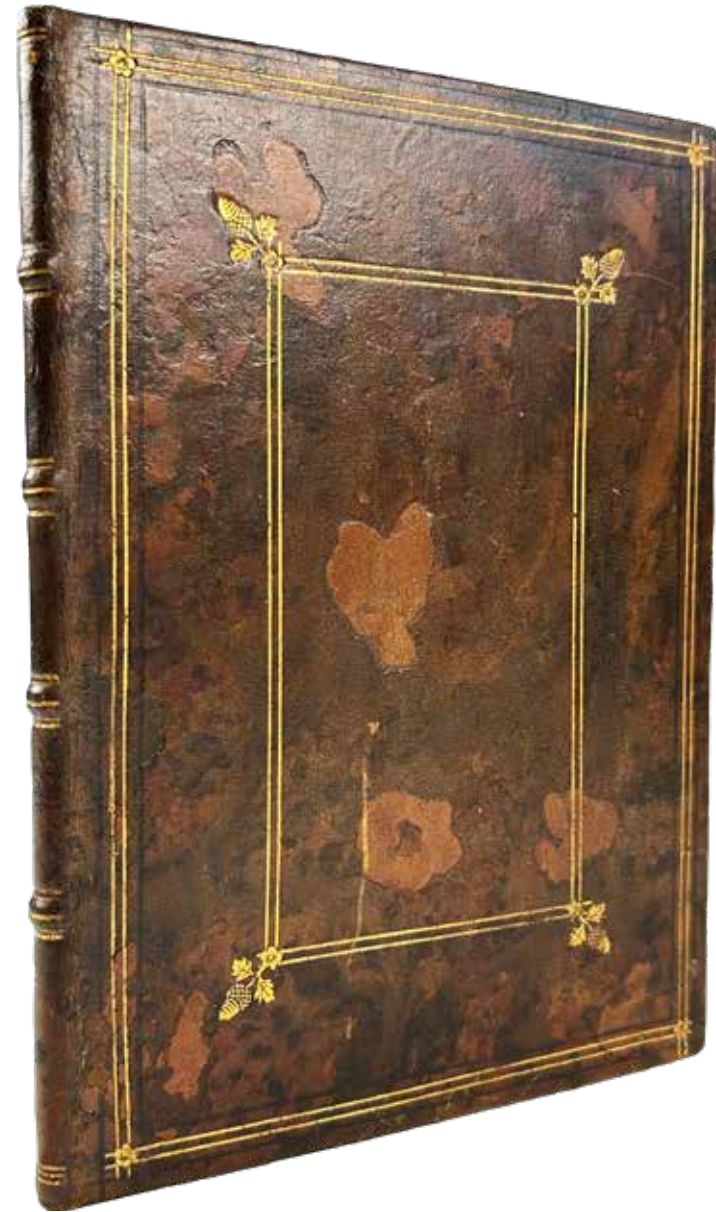
47. STROMER, Heinrich. Ein gewtrewe, vleissige und erhliche Verwarung, Widder das hesliche laster Trunckeheit. Wittenberg: Rhau, 1531.

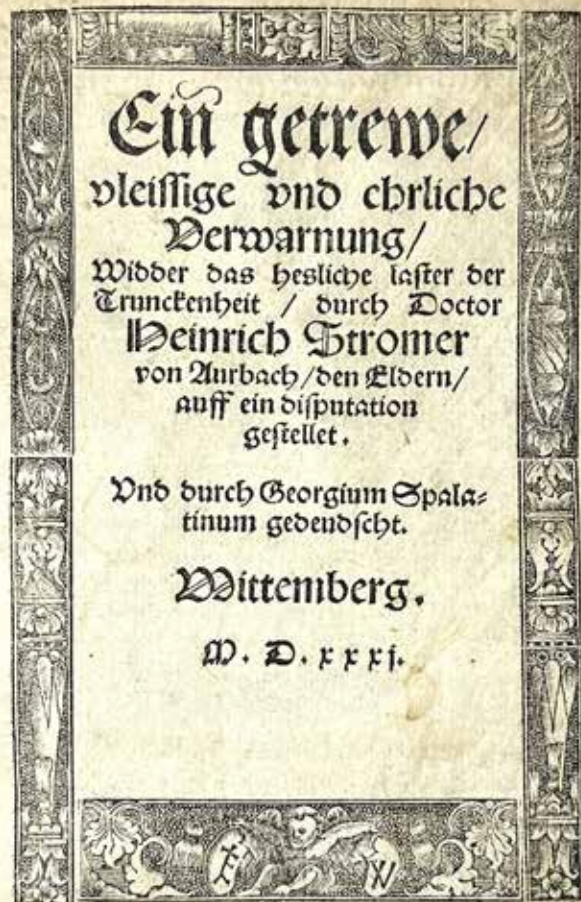
4to. Ornate woodcut border on the title page and four historiated initials in the text. [22], [2 - blank] pp. Period paneled calf made from 18th-century calf, double gilt fillets and double blind fillets with rosettes and acorns stamped in gilt in the corners, gilt fillets on spine, raised bands in five compartments, paper lightly browned, occasional spotting. \$5500.00

The extremely rare FIRST EDITION of this warning against drunkenness. As Stromer states at the beginning of his treatise, “I have taken it upon myself to debate and treat the most hideous and unclean vice of drunkenness” with “the art of medicine.”

For Stromer, no greater vice exists. Drunkenness causes trembling, bad breath, violence, loss of strength, and the death of memory (“des gedechtnis todt” p. [12]). Stromer mentions drinking’s effect on memory loss and brain health repeatedly in this work. It’s interesting to note that recent studies have taken the same position. In 2023 the World Health Organization released a statement in *The Lancet Public Health* that there is no safe amount of alcohol consumption that does not affect health and in 2025 there was a study published in the *BMJ Evidence-Based Medicine* that even light alcoholic consumption increases the risk of dementia.¹⁵

¹⁵ Recent headlines of “No amount of alcohol is safe” have reverberated across the news lately. See for example, Washington Post, 15 October 2025 and CNN 23 September 2025.





The work begins with a description of drunkenness, which Stromer locates in the head and to “the brain and the veins that grow from the brain.” He describes how drunkenness causes “trembling, strokes of the legs, falling sickness, cramps, gout and ache in the legs, ache in the hands, rashes, and in addition old age and death.”

Nearly all of *Ein gewtrewe, vleissige und erbliche Verwarung, Widder das heusliche laster Trunckeheit* is composed of a series of numbered statements in the debate around drinking wine. Included is the position that the brain is injured by wine; that the veins are weakened; that drunkenness disappears in different rates for different people; that wine can replace the important things in one’s life; that some people are made sleepy by wine and others more awake; that due to its hot nature, wine penetrates the brain and veins more quickly but that drunkenness from beer is worse as it lasts longer than wine; that drunkenness harms underage and weak brains; and so on.

Although the work is by Heinrich Stromer and translated into German from Latin by Georg Spalatin (1484-1545), we have been unable to locate Stromer’s original Latin version. It may be that this text may have come from a manuscript written by Stromer that Spalatin translated. In the introduction, Spalatin mentions that Dr. Heinrich Stromer of Aurbach was the “elder” of his dear friend and that he (Spalatin) has known Stromer for seven years.

With occasional manuscript marginalia, some of which has been cut into by the binder’s knife.

The ornamental border on the title page is lovely.

In very good condition.

¶ OCLC: six locations outside of the United States.

**48. LE THRESOR DE SANTÉ, ov, mesnage de la vie
hymaine. Dindes & breuuages, ensemble de leur
qualité & preparation. Oeuure autant curieuse &
recherchee, qu'vtile & necessaire. Faict par vn des
plus celebres & fameux mediciens de ce siecle. Lyon:
Iean Ant. Huguetan, rue Mercier à la Sphere, 1607.**

8vo. Woodcut printer's mark on title page, woodcut head and tailpieces, woodcut initials. 10 p.l., 562, [26] pp. Contemporary calf, spine gilt (some of the gilt is rubbed away), corners bumped, edges sprinkled red, natural paper flaws on the final free endpaper and M₃ and G₇ not affecting text, the edges of a few final leaves with an ink burn along a small spot at the top not affecting text, mild stain to Y₇. \$12,000.00

The extremely rare FIRST EDITION of this cookbook and guide to eating, divided into ten different chapters with recipes provided in each section. This is a very early discussion of French gastronomy and according to Notaker (see below), it is the fourteenth French recipe book ever published. It is also very rare with only one other copy known in the United States.

The first chapter discusses grains and various products made from flour. The second covers wines, ciders, water, and beer (including beer made in Germany, Poland, and Ethiopia). The third discusses *Bestes à quatre pieds*, both wild and domestic (including lamb, beef, rabbit, and venison). The fourth contains descriptions of numerous types of fowl (quail, pigeon, heron, duck, chicken, etc.). The fifth and sixth chapters cover saltwater and freshwater fish. The seventh discusses milk products, vinegar, rose water, olive oil, and sugar. The eighth covers soups, herbs, and the kitchen garden. Lastly, the ninth and tenth chapters discuss fruits, confitures, and flowers.



LE
THRESOR
DE SANTE,

OV,
MESNAGE DE LA VIE
HUMAINE.

Divisé en dix Livres.

Lesquels traittent amplement de toutes sortes de
Viandes & Breuvages, ensemble de leur
qualité & preparation.

*Oeuvre autant curieuse & recerchee, qu'utile
& necessaire.*

Fait par vn des plus celebres & fameux Medecins
de ce liecle.



A L I O N,

Chez Jean Ant. Huguetan, rue Merciere, à la Sphere.

M. D C V I I

Avec Privilege du Roy.

As Jean-Louis Flandrin has noted, "the relationship between dietetics and cooking may never have been as close as it was in the first half of the seventeenth century. One can gain an idea of just how close by noting the number of culinary observations in a treatise on dietetics like *Le thresor de santé* (1607) or by looking at the medical justification given by the author of a culinary treatise like *Le cuisinier français* (1661)." — *Food, a culinary history*, pp. 418-19.

When writing for the seminal exhibition on the history of French food for the Bibliothèque de l'Arsenal in Paris, the culinary historians Mary and Philip Hyman describe how *Le thresor de santé* is as much a health book as it is a cookbook: "*Le thresor de santé*...provides extensive discussions on methods of food preparation. The discourse often takes the form of actual cooking recipes, sometimes even going so far as to provide instructions on proportions to observe, as with the preparation of Milanese or Bologna sausages. Thus, beyond its initial medical purpose, *Le thresor de santé* forms a veritable encyclopedia of dietary habits at the beginning of the seventeenth century: through the importance given to mentioning local specialities, we can see a geography of food production emerging, and, through the details of the recipes, we observe the persistence of old tastes, characterized by the recurrence of sweet and sour flavors and the abundant use of spices such as cloves, cinnamon, ginger, nutmet, and pepper — *Livres en bouche* no. 82.

A very good copy in a contemporary binding.

¶ Bitting p. 607; Notaker 614; OCLC: University of Minnesota and nine locations outside of the United States; Vicaire cols. 834-35 — "*Le Thresor de santé* fournit de très intéressants documents sur l'alimentation sous le règne de Henri IV;" Not in Cagle or Oberlé.

TRAITÉ
DE PLUSIEURS BEAUX
SECRETS.

TRÈS UTILE POUR LES ARTISTES ET
CURIEUX.

& le beau Secret de la Composition sous la Glace
fait en composé, par le

SR. FRANÇOIS TIQUET,

*Maître Peintre de la Communauté & Académie de
St. Luc à Paris, & Peintre en Mignature de
la Reine de France.*



A L A H A T E,
Chez I S A A C B E A U R E G A R D,
Libraire dans le Hoogstraat 1747.

An Artist's Collection Secret Recipes

49. TIQUET, François. *Traite de plusieurs beaux secrets...pour les artistes et curieux.* The Hague: Beauregard, 1747.

4to. Woodcut device on title page. 46 pp. Contemporary blue wrappers, untrimmed, some light foxing to the final leaf, some leaves slightly wrinkles, outer edge of final leaf chipped. \$2000.00

The rare FIRST & ONLY EDITION of this amazing collection of forty-four different secrets for artists and the curious. The recipes describe how to make a wide range of different types of art supplies and the directions create the feeling of being in an artist studio in mid-18th century France.

On the title page François Tiquet is described as a Maître Peintre de la Communauté et Académie de St-Luc à Paris, & Peintre en Mignature de la Reine de France" (Master Painter of the Community & Academy of Saint Luke in Paris, & a Miniature Painter of the Queen of France). On the final leaf ("Avis") we also read that these recipes appear for the first time even though a number of them have been made in both summer and winter in the homes of various "persons of distinction."

*A San Francisco Collective Issues
a Radical Food Magazine*

50. TURNOVER: the newsletter of the People's Food System. San Francisco: Newsletter Collective, 1976-1978.

Sections include how to imitate precious stones in wood, stone, and paper; how to make paper look like marble; how to have wood panels look like stone; how to make the colors red, purple, and yellow; a recipe for a detergent to clean paintings; how to make varnish for paintings; the secret to varnishing iron and copper; the secret of English varnish; how to gild with German copper so it will look like gold but not turn green; a recipe for a varnish to apply to brushed silver; the secret of the famous color Prussian blue; the secret for engraving in intaglio; how to trace your designs; how to make a laquer that imitates the laquer used in Venice; the secret to making a golden yellow; the secret of how to write in gold letters; the secret to making a very good black for intaglio printing and printing for booksellers; how to de-yellow lace and linen; and how to make an excellent paper.

In good condition.

¶ OCLC: Getty Museum and Library, and eight locations outside of the United States.

Fourteen issues: 22cm x 18cm & one issue which is 24.5cm x 18cm. Each issue containing numerous illustrations in the text, each issue ranging from 31-43 pp. Saddle-stitched in printed colored wrappers, several copies have ownership inscriptions on the upper cover. Price for the group: \$1500.00

FIRST & ONLY EDITION of fourteen issues of the San Francisco-based radical food magazine *Turnover*, published by the Newsletter Collective between 1976 and 1978. The magazine covered topics such as food for the poor; how special interests influence national food policy; how current agricultural guidelines are unsustainable; and the politics of various food choices. This set includes issues 10, the special issue on sugar (2nd edition, updated and corrected), 11, 12, 13, 15, 18, 19, 20, 21, 22, 23, 24, and 26.

Turnover began as *The Storefront Extension* which consisted of issues numbers 1-8, and then was transformed into *Turnover* which continued with the numbering from its previous iteration. It was published by a group of people who were part of the People's Food System in San Francisco. The main goals of this group were to make good local food available to everyone at reasonable prices and to embrace diversity in

their staffing. To begin with, there was a network begun by communes and food radicals called The Food Conspiracy. This provided a single distribution system to homes of otherwise spread-out whole food sources such as bulk grains and organic produce, much like the CSA boxes some of us enjoy today. This led to larger groups organizing and forming grocery co-ops which became known collectively as the People's Food System, a network of stores in the Bay Area that were trying to provide food for people who were interested in making a link between what they ate and radical social change. An essential part of the People's Food System was *Turnover* magazine. Below is an extract from an article written by Pam Pierce, one of the founding members of the People's Food System and *Turnover* magazine:

Turnover was a 'quadruple entendre.' It referred to the turnover of goods in the store, to the filled pastry, to turning the soil to plant crops, and also to the Chinese word Fanshen, which meant turnover in the sense of a revolution. Later we changed the new magazine's name to Turnover: Magazine of Politics and Food. We continued to carry news and information about the Food System, but also articles about specific foods, food history, food economics, and food politics. We also ran information about political issues such as a strike at canneries in the Central Valley and the struggle to save low-income housing in the International Hotel in San Francisco. There were, all told, 19 issues of Turnover....

The Turnover collective consisted of 3-5 regulars and several volunteers per issue, but in fact, unlike members of other Food System collectives, we were all

volunteers. We paid for each issue out of sales of the last one, with nothing left for wages....The magazine was printed on legal-sized paper folded over and stapled in the middle, with a colored paper cover, typed on an IBM Selectric typewriter, pasted up with rubber cement, and run off by collective members and volunteers on a small printing press. We had plenty of line drawings, charts, maps, and black and white photos, and often included cartoons, poems, and recipes.¹⁶

Issue 10 focuses on food prices; vegetables and their storage; profit from hunger; and a directory of stores and collectives. The special issue on sugar (not numerated but dated 1976; it is also noted that this is the second, corrected edition) brings to light how insidious sugar is in prepared foods, and how to read grocery store labels to determine the sugar level in products, with two recipes for sugar-free treats ("Fruit Yogurt Dessert," and "Sesame Bread"). Issue 11 has articles on PVC, tomato paste, canned foods, and the Sonoma County Farmer's Co-operative. Issue 12 covers rice policies, brown rice, China's rice farming, "Nuclear Workers Get it First," and agricultural co-operatives in Angola. Issue 13 is titled "Politics of Food Primer" and prints a glossary of food activism, which defines terms such as "agribusiness;" "commodity foods;" "FDA;" herbicides;" "imperialism;" "organically grown;" and "WIC program." It also contains articles on the politics of organically grown food, world hunger, and the Native American food culture of the southwest (with recipes for Pueblo and Hopi dishes). Issue 15 contains articles on feeding babies; recipes for baby food grinders; "what the food system is up to;" and "The Candyman Invades the Breakfast Table."

¹⁶ Pam Pierce, "A personal history of the San Francisco People's Food System" in *Ten years that shook the system: San Francisco 1968-1978*, Carlsson & Elliott, eds. p. 235.



Issue 18 is titled "Looking at America: A Class Society." It has an article on coffee's effects on the body and its socioeconomics. Issue 19 is a "Special Issue" (and it's slightly larger) is devoted to water with articles on California, "Part of the Navajo Rainmaking Ceremony," a map of California's water system, and an article entitled "Where did Jimmy Carter come from anyway?"

Issues 20-24 are written in Spanish and English. Issue 20 has an article about "food in Cuba" and "facts behind the fiber fad." Issue 21 is about the work of the United Farm Workers and Cesar Chavez to provide living wages to migrant workers in the United States, and fair legal representation. Issue 22 has articles on Apartheid as well as "Genocide by Starvation-Malnutrition in South Africa." Issue 23 covers U.S. imperialism in Puerto Rico. Issue 24 is a "study of power as it affects what we are taught about nutrition." Issue 26 has an article on nitrates; carbohydrates; childcare; and a lesbian mother's struggle.

All issues in good condition.

¶ OCLC: San Francisco Public Library, University of California (Davis), Michigan State University, Texas A & M, and Wisconsin Historical Society Library (it's not clear which nor how many issues these libraries have).

The Wine Tavern in Russian Folk Art

51. (WINE: folk art.) Posvyashcheniye iz prostykh lyudey v chinovnyye chumaki (initiation of ordinary people into official chumaks [tavern owners]). Saint Petersburg, 1881.

36.5cm x 44cm. Lithograph print hand colored and printed in black ink on laid paper, paper lightly browned overall. \$2000.00

The very rare FIRST EDITION of this reprint by Dimitriĭ Aleksandrovich Rovinskii (1824-95) of an early woodcut depicting a scene inside a tavern. On the left someone is serving food and wine behind a counter. To the right people are eating at a table and two barrels of wine sit in front. Out of one of the barrels the cellar master is dispensing wine into a bowl.

Although it is unclear when this woodcut first appeared, Rovinskii's edition of Russian *lubki* prints came out several volumes beginning in 1881 (title: Русская народная картинки). Their popularity was such that the 4700 *lubki* were often broken up to be dispersed and collected as individual plates. Rovinskii was "a high-ranking jurist in 19th century Moscow who devoted his spare time to his greatest passion, Russian folk art."¹⁷ Below the illustration is the *lubki*'s text explaining the scene (the text describes a dream in which a common person becomes a tavern owner; the print is being sold with a translation of this text into English).

The hand-painted colors are in red, blue, green, pink, and yellow and have a rustic naivete consistent with the woodcut. (Not all plates in Rovinskii's collection were colored.)

At the bottom right of the print is the number 118 in manuscript in a contemporary hand.

In very good condition.

¹⁷ For more on Rovinskii, see <https://publicdomainreview.org/collection/d-a-rovinskiis-collection-of-russian-lubki-18th-19th-century/>



Жако мута челоpecy на масленце збошопи перемелья грезилося восне: паша лорядъ брѣдѣяюща изъ простъ дѣионныя тумаша жмстнаго цаложны Волерыхъ - бзнагенная харя вчумаши - зпана биваетъ хуато за жину - дшума липотарамъ - споторымъ бышютъ летожд телеги роспуски, а зилмой дрейе Job шикней - возмилъ его подруци жсажютъ его пасамыя молстѣе роспуски - споторыхъ запряжена бысаетъ полста я сыреха - жеду, лодуи, вобторыхъ - лопиизъб снимаютъ его срслусовъ. 12. чуминовъ - ббелыхъ билахъ алахъ жведутъ ево жайрыхъ, жакоторымъ ловемибъ слоржи столѣтъ лощетъ лѣнныхъ ливоваровъ - жмтрюмъ вливеры, ашай сажо ббелутъ вломи, то вдруго вбсхипну въ до, болши дороно подраебъ лезие. вонтерыхъ - влоши вшотерые вбодялѣ убралибъ жзрдно, посреди пола повилела боши, напоторой стоишъ бахусъ вбодной руке держишъ рѣблѣнъ жисцѣ, а вдругой руке деревянной болшой слѣпанъ, еще насилу стоишъ отблѣяишъ, а вбоброзилибъ баби одна врунахъ деулишъ штофъ срюмпоу, а вдругой жущишъ жношъ, шестнацатѣ отборныхъ работнишъ внодоясничихъ подпоясаны праснѣми, жуща паша подпоясаны саратовския шапки, жвсѣ вломишъ ону сѣхъ жвнизовыхъ жолтихъ. — лотомъ вдруго выхидилѣ, жзнаморошнихъ дверей того дома жохажко, вцеголшомъ платьѣ жнея ждгоховъ вбисонѣ вбеленой жолнѣ вдва жонѣ, жакоторѣ тулово сѣ жущи. жподпоясаны ловишъ праснѣй жподолу рубашке шотло вблѣмъ лоясѣ, оля дѣвѣ жпривезе- жнаго жидѣлѣ жнежу, жтаковими словами, ежели бужешъ верено, то я ходю жадѣлымъ мерничомъ твѣ жпостымишъ, обави- жты мирския работы, жприле пилѣ жвилной жмере, жриукай же лѣнныхъ жподсвою стойцу, жразтворай спущышъ жжарма жв жприу- жленѣй жхъ жсла дѣвѣлѣ жавтаны, жнапоследѣ садитѣ жамерничѣ, жвехитѣ трубишъ ввинныя жливныя жворонни, жношѣ бѣбъ жпредбѣжющия жсаму жхулѣ жкабѣцную лесю жис елѣ, сурьяжъ жтумряшъ, ждале жвсю ждоню жхъ. — жпо бондѣши, жзбтомлюшъ жнѣхъ ждверей того дома жвыхидитѣ жхозяина, жвнотавотой, жате жвжрестрашно ждъ жкопшнике вбпѣжденно жбисерѣмъ, жбна жсѣлномъ жсѣрѣжѣне, жподпоясаны жширокою жпокрѣмпоу, ждержѣ вруне жотмерки жв жвбздѣ: жпривязанной жмѣшѣни, жхозяинъ жтого ждомѣ жвзѣвѣ жсулѣцу жотбѣжтой жводни жналивѣ жрому жна жвѣжѣлѣ жв жзжорѣ ждо жолѣ жбѣжѣ жѣлу жмерничѣ жмеру жбѣжѣ жливѣрѣ, жопу жсѣлѣ жв жбѣжѣ жвѣжѣ жѣлу ждомѣ жсто жажѣ жвѣжѣ жѣла жкабѣнѣ.

With Nine Pages of Manuscript
Notes and Remedies

52. **WOODMAN, Philip. *Medicus novissimus; or, the modern physician*. London: Coningsby, 1712.**

8vo. 8 p.l., 336 pp. plus [9] pages of manuscript bound in. Contemporary calf expertly rebacked, corners and some edges renewed, occasional light spotting, two natural paper flaws not affecting text. \$3000.00

The rare FIRST EDITION of Philip Woodman's (1690-1728) handbook of remedies for a wide range of illnesses. At this time in medicine, Galenic medicine predominated and various foodstuffs were a major component of the *materia medica* used by doctors. This meant that often the boundaries between food and medicine were blurred and evidence of this can be seen in almost all of the remedies described by Woodman.

In preface we learn that Woodman was also seeking to make medicine available to a broader audience and that his "Portable Volume" has become manageable in size by being "void of Vain Quotations [and] Needless Repetitions." Woodman has made *Medicus novissimus* for the "Young Practitioner" of medicine and its accessibility is supported by his language chosen (even if he is not yet open to women doctors):

'Tis Published in English (not to make every old Wife a Doctress) as 'tis render'd thereby of a more Publick Good, than it would have been, had all or any part of it been in Latin; for this last purpose is the Reason why 'tis adapted to the meanest Capacities of Physical Practioners, for whom 'tis chiefly designed....

the Sublimity that he was cured perfectly
of a Rheumatic Complaint by rubbing
spirits of Turpentine upon the
afflicted before a hot Fire just before
going to Bed, and keeping the Part with
the Flannels, a few Days.

A likely Remedy for a Consumption
Recepe two Ounces of expressed
Juice of Horchounds mixed in a Pint of Cow Milk
thinned with Honey.

This Dose is to be taken every Morning
till the Health be reestablished. It
be proper to repeat the Dose every
Spring and Autumn for a Week or two
if it went a Relapse

The expressed Juice of Horchounds
is made by pounding the Leaves in a
Mortar to a Pulp, and then squeezing
the Juice thro' a Rag.

A Person much reduced in a
Consumption recovered by

A Recepe for taking of the disagreeable
Taste of Milk and Butter inhibited from
Cows fed with Turnips &c

Take two Ounces of Salt Peter
and pour upon it a Quart of Boiling Water.
When it is cold, put it into a Bottle
for Use. And as soon as the Cows are
milked, take a common sized Tea Cup full
of the Liqueur, and put it into ten or twelve
Quarts of new warm Milk from the Cows.
And it will take of the Taste of the Turnips
&c in the Milk and the Butter.

—Trape, Esq

The preface is then followed by a two-page publisher's catalogue. It is interesting to note that the catalogue begins with a very rare cookbook entitled *England's newest way in all sorts of cookery...The Third Edition*, by Henry Howard. There is no physical copy of this edition of this cookbook recorded in OCLC (only digital and microform copies). The earliest OCLC record for a physical copy is the 5th edition.

Medicus novissimus is organized into broad medical subjects but begins with a three-page "table" (index) of specific diseases. The more general chapters include epilepsy; apoplexy; "pleursie and peripneumony;" diarrhea; cholic; cough; dysentery; palsy; cholera; jaundice; lethargy; quinsy (strep throat); asthma; dropsy; scurvy; "Of the Disease called Night-Mare;" "Of a Diminution and Suppression of the Menstrual Flux;" different types of fevers; "Of the Whites in Women;" small pox and measles; gonorrhea; and "Of Fits of the Mother." In each case, first the ailment is described; second is a general description on how to care for the person with the sickness; followed by specific recipes and remedies to be administered.

One of the most interesting elements of this particular copy are the nine pages of manuscript notes bound in. In the front of the book, several are in the hand of "Jo. Wilson" and appear to have begun in 1768. Wilson has added his own medical notes and remedies including a tincture of rhubarb; a quote about palsy from a stanza entitled "the Greek on old Age;" and a note that "Chinese Physicians never prescribe Bleeding" (they instead depend on a control of ones diet and the use of herbs as medicine). Other dates in Wilson's notes are from 1786.

Dec 7th 1747 The Advice of the famous
Doctor Morton of Kendall to the Rev^d Mr
Hodgson of Brough for the Use of Mrs Hodgson

The Head ach is a very frequent Com-
plaint wth a good woman and does hardly admit
of more than a temporary Cure. — A little Compound
Spirit of Lavander smelled to, & also taken in-
wardly to 50 70 or more Drops on Loaf Sugar
or diluted in an agreeable Liquor seldom fail:
for in most part the Courser breaking put an
End to it, especially if they be kept freely flowing
wth a little warm penny royal Water drunk at
Fancy — The Elixir called uterinum, or Myrica
composition, will be safest to promote a Courser
& removes all Obstructions. This must be taken
in the Intervals every even 20 Drops in Barley
Water or a Decoction of Parsley Roots. Steel
Wine is also a very proper Vehicle & Medicine
& may be taken about eleven in the Morning as well
as At Night, it is easily made wth 2 of ordinary
Filings (Iron is equally good) put to a Bottle
of White Wine wth 2 or 3 Drams of sliced Gentian
Root & as much dried Orange Peel. A Glaso
ordinary is a Dose after four or five Days that

At the rear of the book are a few additional pages of manuscript that start with a date of December 7th, 1747, and a cure for a headache. Another recipe is "A likely Remedy for a Consumption" which calls for the "expressed Juice of Horehound" obtained by "pounding the Leaves in a Mortar" to which is added "a Pink of Cow's Milk sweetened with Honey." (Interestingly, this recipe is repeated in the abovementioned Wilson's hand on the preliminary leaves.) There is also a note that claims that "A Person much reduced in a galloping Consumption recovered by sucking a healthy woman's Breast" (also repeated by Wilson). Then, on the lower pastedown, is a recipe for "taking off the disagreeable Taste of Milk and Butter imbibed from Cows fed with Turnips." This is signed "Traps, Esq."

There is also some underlining and added manicules and other small marks to the margins of a few pages in the sections on coughs, cholic, lethargy, intermitting fevers, scurvy, and dysentery.

An interesting book made even more interesting by the added manuscript material.

In good condition.

¶ OCLC: Case Western, New York Academy of Medicine, National Library of Medicine, University of Minnesota, and seven locations outside of the United States.

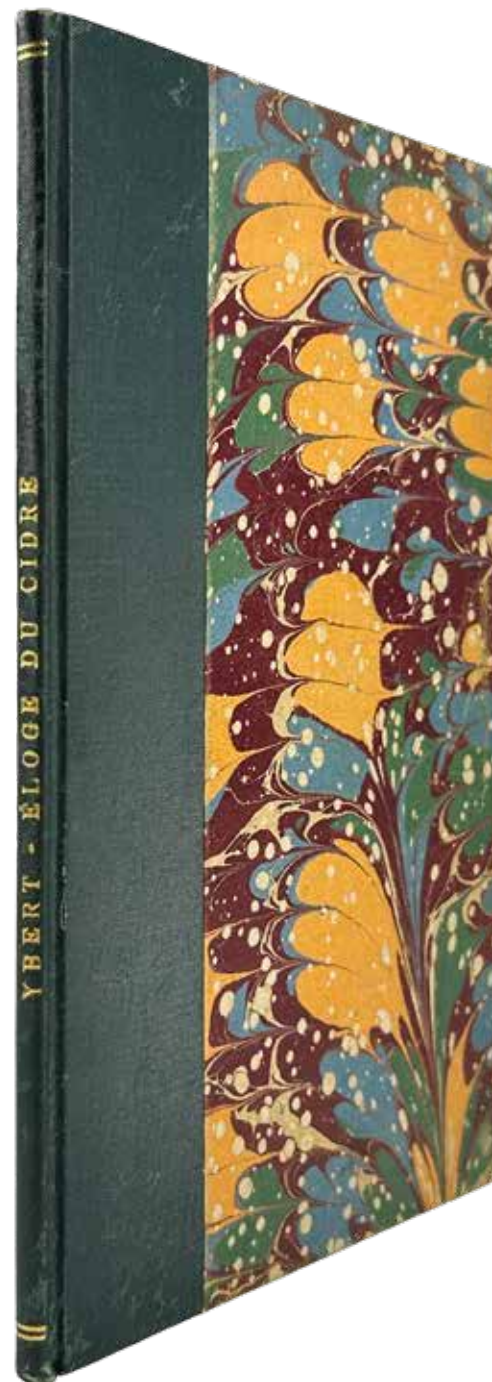
*Burgundy, Champagne, and Cider
Fight for Supremacy*

53. [YBERT, Charles.] *Eloge du cidre: ode Latine. Avec la traduction en vers François. Et un compliment Bourguignon à l'auteur de l'ode Latine.* Dijon: Antoine De Fay, [12 June 1712].

4to. 8pp. Late 19th-century quarter diced cloth over marbled boards, title stamped in gilt on spine, paper lightly browned, marginal dampstaining. \$6000.00

The extremely rare FIRST EDITION of this poetic defense of cider, bilingual with text in Latin with facing pages in French translation. The late 17th century and early 18th century in France saw a spirited debate on the relative merits of Burgundy vs Champagne vs cider both in terms of taste and quality as well as health properties. Important in gastronomic history but often very rare, they are much sought after by collectors of gastronomy and wine.

The current work is presented as the "complaint of a native of Normandy to a poet from Champagne who had spoken ill of cider." After references to Bacchus residing in the woods of Normandy and the goddess Pomona and how little she gave to Burgundy and Champagne, Ybert asks whether such illustrious sons of Normandy as Francois de Malherbe, Pierre Corneille, Jacques Duperron, or Pierre Daniel Huet would have turned out quite so well if they had been raised on Champagne or Burgundy wine. Ybert then attacks the writer from Champagne who dared to compare cider to lemonade and concludes that the author must have been drunk on Champagne at the time.



ELOGE
DU
CIDRE:
Ode Latine.

AVEC LA TRADUCTION
en vers François.

*Et un Compliment Bourguignon à l'Auteur
de l'Ode Latine.*



A DIJON,
Chez ANTOINE DE FAY Imprimeur & Libraire des
Etats, Place du Palais, à la Bonne-Foy.
AVEC PERMISSION.

Forever seeking to have the last word, the final leaf of verse comes from Burgundy and is written in Burgundian dialect by an anonymous poet. If Normandy's savants had drunk only cider, the author claims, they would not even have been able to wipe their own bottoms! Furthermore, in Beaune (Burgundy's wine capital), Normandy's "worthy juice" is only good for washing pigs.

During this period in France, a discussion of regional foods and their merits were just beginning to emerge (regional cookbooks wouldn't appear until the early 19th century). The type of alcohol drunk and produced in an area was a source of great pride and identity. It was also often associated with the specific health properties to be found in those regions and expressed through their beverage of choice. Often humorous while still being critical, these poetic jousts reveal how people understood and consumed precious gastronomic products such as Burgundy, Champagne, and cider in Early Modern France.

With the initials "J.P." stamped in blind on the upper free endpaper.

A good copy of an extremely rare wine and cider book.

¶ Jubert, *Le cidre bibliographie exhaustive*, 906; OCLC: Yale and one location outside of the United States.



The Antinomian Press, November 2025
This catalogue was downloaded
from kinmont.com.

Sometimes a nicer sculpture
is to be able to provide
a living for your
family.