



BY APPOINTMENT TO
HER MAJESTY THE QUEEN
PURVEYORS OF RARE BOOKS
& MANUSCRIPTS
MAGGS BROS. LTD, LONDON

MAGGS BROS. LTD.

50 BERKELEY SQUARE, LONDON W1J 5BA

Tel: 020 7493 7160 Fax: 020 7499 2007

WWW.MAGGS.COM

Acquired by the Princeton University Library in Fall 2012 / Contact rbsc@princeton.edu

A SELECTION OF COOKERY BOOKS

[1] **ANON. The Indian Cookery Book:** a Practical Handbook to the Kitchen in India, Adapted to the Three Presidencies; containing Original and Approved Recipes in Every Department of Indian Cookery; Recipes for Summer Beverages and Home Mae Liqueurs; Medicinal and other Recipes; Together with a Variety of Things Worth Knowing. By a Thirty-Five Years' Resident.

Second edition. 8vo. [4], 123, xxxii [publisher's advertisements dated 1887], pp. Some pencil annotations throughout, otherwise a very clean copy. Original blue, blocked front cover with elaborate frame and illustration showing a native at work in the kitchen, back cover with simple frame and printer's device (covers slightly grubby).

Calcutta: Thacker, Spink and Co., 1880

Detailed late 19th century work on Indian cookery designed to establish culinary practice and dining customs amongst a colonial readership.

First published in Calcutta in 1869 and frequently reprinted.

The work offers advice on producing food year-round in India, providing readers with information on the availability of foods, both native to India and those more familiar to the English palate, with suggestions on how to use them. The recipes range from the quintessentially English "Bubble and Squeak" (p.49) to the more exotic. Particularly interesting is the dialogue that the work portrays between English and Indian cooking, with techniques and ingredients adapted to make the most appealing use of Indian ingredients for English tastes. The author aims to allow the reader to set up a successful and well-run kitchen,

with particular emphasis on cleanliness, especially important in a hot climate. A high level of engagement from the owners of the house is encouraged; they must ensure that high standards are maintained: "The very best recipes ... for ensuring a perfectly clean kitchen, well-tinned utensils, and fresh water, are the frequent visits of the lord and lady of the mansion to the cook." (Introduction) The work also provides the necessary terminology and conversion tables to understand Indian measurements, and for basic communication with staff. The author describes an unsuccessful visit to the market: "The order is frequently misunderstood by the servant who procures an article widely different from that ordered, or he returns empty-handed, with the declaration of the truth, "Piah neigh," or "Millah neigh," which means "Could not get," or "Could not find." (p.5) As such, the work provides a fascinating culinary and wider cultural record of the English presence in late 19th century India.

While it shows little concern with promoting authenticity, and aims to appeal to peculiarly colonial tastes it does, however, often does explain the traditional methods of preparation before going on to provide an anglicised version of the dish. For example, in the case of "kurma or quorema curry" (p.22), the author states that: "This, without exception, is one of the richest of Hidoostanee curries, but it is quite unsuited to European taste, if made according to the original recipe." The author attempts to educate his reader in the practices of the colonial family and to strengthen this Westernized version of Indian culture. He describes how: "Rice is consumed by most European families at breakfast, tiffin and dinner." (p.9). This dissemination of colonial culture reaches as far as England itself, with several recipes recommended as gifts for friends

“at home”, such as the pickled vindaloo and a curry paste (p.26).

The author was a “thirty-five years’ resident” in India, suggesting a greater degree of authenticity than the anglicised versions of “curry” that were popular at the time. Curry was commercially available in London as early as 1784 (Zlotnick, 59) and featured widely in the most popular culinary works of the day, including Eliza Acton’s 1845 *Modern Cookery in all its Branches* and Mrs Beeton’s *Book of Household Management* (1859).

Provenance: Inscription, dated December 1889 to “Dr Horsfall” from Knight Commander and Order of the Star of India Major General Sir Frederick Richard Pollock (1827-1889) indicates a great deal of fondness for the style of cookery contained within as well as for the addressee: “with kindest wishes for results-”.

Zlotnick, Susan., “Domesticaing Imperialism: Curry and Cookbooks in Victorian England”, in *Frontiers: A Journal of Women Studies*, vol. 16, no.2/3 (1996).

[2] **ANON. London at Dinner; or, Where to Dine.**

8vo. [1], 63, 24, [1]pp. Slight browning to edges, lower corner of leaf A8 removed (no loss of text). Original decorated boards, front cover illustrating humorous vignette of a “corporate club” bordered with carnivalesque scenes of animals eating humans, back cover showing the Argyll Rooms Grand Casino (a few small spots to front cover, front and back covers slightly rubbed, spine loose).

London: printed for the Proprietor of the Argyll Rooms, 1858

A light-hearted guide to eating out, and eating well, in Victorian London.

First published in 1851 as *London at Table* and now revised.

London at Dinner provides a guide to finding good quality food in the capital. The preface claims that, following the 1851 Great Exhibition, a need emerged for a guide for both visitors and locals alike to the best eating establishments in London, and to the dining customs and the best recipes of fashionable England. The tone of the work is frank and wry. The amusing front cover shows a dining club initiation test, in which a prospective member of a dining club must pass through one side of a pair of folding doors: “If a candidate for this corporate club could make his entrance through the first, he was looked upon as

unqualified; but if he stuck in the passage, and could not force his way through it, the folding doors were immediately thrown open for his reception, and he was saluted as a brother.” (p.14). The work describes the best public eating establishments, such as the Blue Posts, Cork Street: “You have the joints artistically carved in the room by the waiter, and not jagged about “dog’s meat fashion” by the guests...” (p.9). Recommendations for clubs, such as Boodles, the Conservative Club, the Garrick, the Reform and the Beefsteak are also included.

It also provides practical instruction for serving a fashionable dinner at home, with service à la Russe, in which dishes are served course by course. For suggestions on what to serve, readers are pointed towards useful, popular cookbooks of the day: “Cookery books, from the celebrated “Ude”, the brilliant and accomplished “Soyer” down to the humble “Meg Dodds” abound in every bookseller’s shop, in all of which ample instructions will be found for the guidance and study of those anxious to excel in the profound science of Gastronomy” (p.49).

London at Dinner was printed for the proprietor of the Argyll Rooms, Great Windmill Street, Haymarket, today the site of the Trocadero centre. The Argyll Rooms are illustrated on the back cover showing a demure crowd listening to an orchestra. Despite the sedate illustration, the Argyll rooms had an extremely poor reputation. *The Saturday Review* of October 16th 1853 describes the Rooms as a useful holding bay for undesirables. Having been closed in the previous year, 1852, “this year we open them, because, on the whole, it is better that the vicious population should be brought together than it should be let loose on society.” Due to its notoriety, the Argyll Rooms’ licence was not renewed and they were eventually closed in 1878.

The reviewer in *The Sporting Magazine* for July 1858 noted that *London at Dinner* “is one of the smartest gastronomical works of the day, replete with anecdote and fun. No wonder, then, that ten thousand copies have been struck off; for, in addition to amusement, it contains some excellent practical advice on where to dine. The recipes for cool summer beverages are worth five times the price of the book [one shilling]; and we strongly recommend our friends to possess themselves of a copy.”

The work also contains 24pp. of advertisements promoting a variety of products and businesses; of particular note are the advertisements for “the New and Complete Library Edition of the Works of Mr.

Charles Dickens" (p.16), "Lea and Perrins' Celebrated Worcestershire Sauce" (p.20), Mappin Brothers' Electro-Silver cutlery (p.24), and F. Lillywhite and Wisden Cricketing Outfitters (final leaf).

Provenance: Rev. Richard Grosvenor Bartelot, FSA, antiquary and vicar of Fordington St George, Dorset, with signature and address "Corfe Castle" on the front flyleaf.

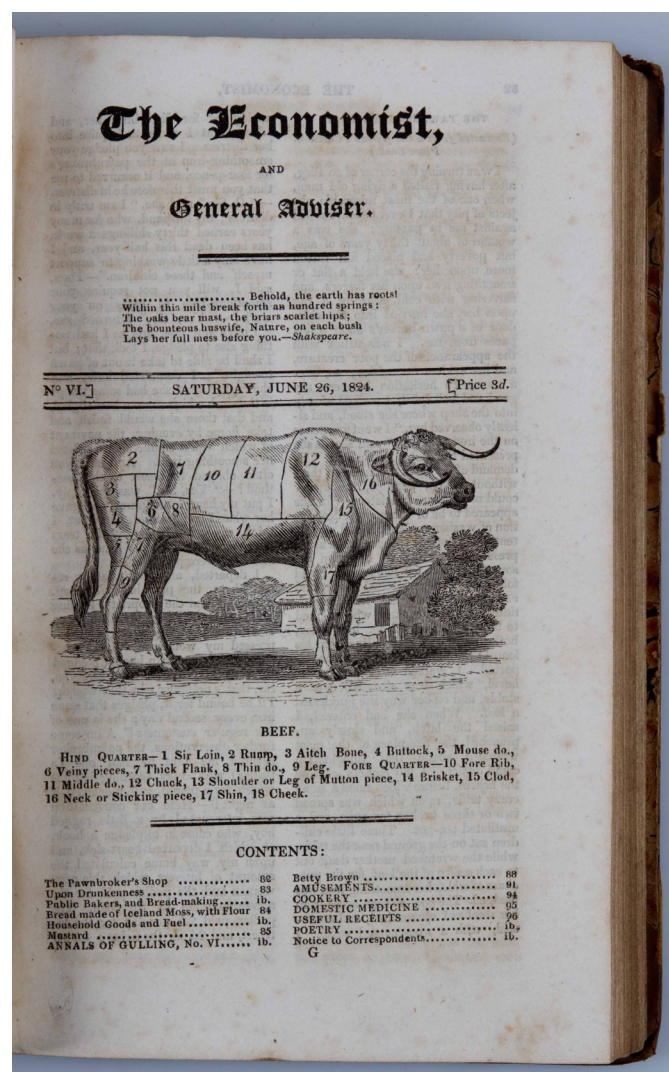
[3] ANON. *The Economist and General Adviser*. No. I. Saturday, May 22, 1824 [- No. XXXII. Saturday, December 25, 1824].

8vo. 512, 64, pp. Each of the 32 issues of the *Economist and General Adviser* with an engraving on the first leaf depicting cuts of meat, or scenes after contemporary artists, and the 4 issues of *The Chemist* with a scientific engraving on the first leaf; both titles with further small engraved illustrations. Gathering K foxed, very small hole to S5 (not affecting the text), gathering T browned, very small hole to 2H8 with mark affecting verso of 2H7 and recto of 2I, light pencil marks to 2K7 (not affecting the text). Contemporary half calf with marbled boards, spine divided into seven compartments with red morocco label (covers rubbed, slight surface crack up the spine).

London: Published by John Knight and Henry Lacey, 1824

32 issues to the end of the first year of publication of a 19th century weekly periodical containing articles on household management, unscrupulous traders and the misfortunes of the late-Georgian consumer. Continued in 1826 as *The Housekeeper's Magazine* and *Family Economist*. Bound with 4 issues of *The Chemist*, a periodical from the same publisher, providing information on chemical experiments and scientific discoveries.

In the Address of the first issue (May 22, 1824) the editors set out their aim to lay down rules for economy, not only concerning "the interests of the pocket, but also those of our mind, from which emanate either happiness or misery." The concept of economy treated in the work extends beyond the simple art of budgeting to "the art of being comfortable and happy." In order to achieve this economy, each issue provides a series of articles on carefully-budgeted cookery, money-saving ideas, popular wisdom, and lively accounts of frauds, or incidents that have befallen unfortunate consumers. One particular example is the article "Cheap Dining" (pp.61-62), in which "a person of very respectable exterior" is brought to court after a



fight at an eating-house. Upon arriving at the eating-house, the gentleman is presented with an enormous portion of roast beef, and informed that the cook will not offer half-portions. The gentleman attempts to leave, refusing to pay; the waiter blocks his passage: "please to pay me for the beef, sir; it was cut by your orders, and you musn't go till you've paid for it. It only comes to nine-pence, Sir, wedgibles and all." A fight ensues between the gentleman and the waiter: "'down the stairs they trundled closely embraced, slap-bang on to a table just-covered with smoaking hot dishes of roast and boiled (sic)".

Similarly farcical accounts are given in the regular column *Annals of Gulling*, "a series of articles upon the various frauds practised by cheating tradesmen" (p.11).

[4] ANON. *Hints for the Table: or, the Economy of Good Living*.

First Edition. 12mo in 6s. xii, 167, pp. Title-page with image of Riepenhausen's engraving of Hogarth's invitation to Mr King "to eta beta py". Small fox mark to foot of gathering G (not affecting the text), H to H5 very slightly foxed at foot of page (slightly affecting a

small section of text), gathering P very slightly foxed. Original brown cloth, covers with embossed triple frame and decoration, spine with gilt lettering and elaborate double-ruled frame, binder's ticket of W. Pswrke, Wolverhampton to lower corner of endpaper, front cover faded and scuffed, back cover faded and spotted.

London, Simpkin, Marshall, and Co., 1838

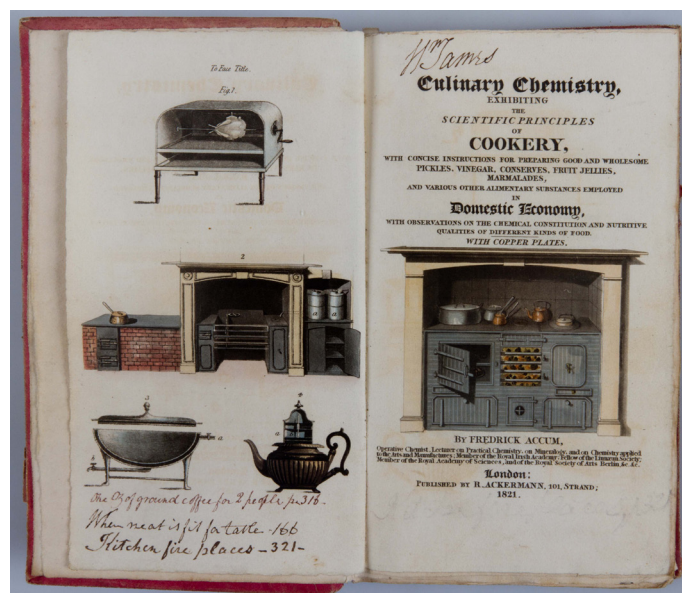
A practical and humorous culinary commonplace book, filled with advice on cooking, serving and dining.

This delightful little dining manual consists of a selection of "very nearly 1000 hints" to guide the 19th century diner. The hints, selected from literature, periodicals and popular culinary works, are frequently humorous as well as useful.

The material ranges from the advice of French chef Louis Eustache Ude (1769-1846) to verses on food by Byron and Milton. Ude's distinction between French and English soldiers, and French and English cookery, is particularly amusing: "The English soldier lays his piece, or ration, of beef, at once on the coals, by which means the one and the better half is lost, and the other burnt to a cinder; whereas six French troopers fling their messes into the same pot, and extract a delicious soup, ten times more nutritious than the simple rôti ever could be." (p.12) The work also provides an engaging insight into dining custom during this period, with a short section on smoking and snuff (pp.116-118), and on the physical practicalities of the dining room in the section "The Dining Table" (pp.22-27). This section notes: "Circular Dining and Supper Tables are gradually coming into fashion, so as, in imagination, to revive the chivalric glory of the Round Table."

Hints for the Table demonstrates the increasingly refined customs of the English table. With the rise in the popularity of the London club, as well as the growth of restaurant culture, diners of this period were faced with an ever-expanding selection of places to dine. The English diner could afford both to be discerning in where he chose to eat, and to distinguish his own table by offering good food in style.

[5] **ACCUM** (Friedrich Christian [Frederick]). **Culinary Chemistry, exhibiting the scientific principles of Cookery**, with concise instructions for preparing good and wholesome pickles, vinegar, preserves, fruit jellies, marmalades, and various other alimentary substances employed in Domestic Economy,



with observations of the chemical constitution and nutritive qualities of different kinds of food. With Copper Plates.

First Edition. 8vo. [4], xxii, [2], 356pp. hand-coloured aquatint frontispiece depicting a rotisserie oven, a horizontal iron hearth, a steam preserving pan and a compression tea pot; hand-coloured aquatint vignette of a kitchen-range on the title. Small piece torn from the lower blank margin of p.13; some very light spotting throughout. Original pink publisher's boards with original paper label to spine (joints and edges rubbed, spine faded, but in very good condition).

London, published by R. Ackermann, 1821

A fine copy of the first edition of the final work by the Westphalian chemist Friedrich Christian Accum, expert on food adulteration and poison.

Part social history of cooking, part practical cookery manual, Accum's *Culinary Chemistry* gives an intriguing insight into Regency thought on global culinary practices and scientific understanding. Accum considers all aspects of food production and preparation, activities vital to the process of civilization, separating man from beast (p.21). Accompanying his practical instructions on food preparation and advice, *Culinary Chemistry* provides salient anecdotes and descriptive accounts of major foodstuffs, including tea and coffee. One particularly interesting note is offered under tea making, presumably referring to Japanese matcha - "The people of Japan reduce their tea to a fine powder, which they dilute with warm water until it has acquired the consistence of a thin soup." (301) Often, Accum includes practical methods and recipes, such as instructions for pineapple marmalade (p.267), "tomata catsup" (p.243) and potted ham (p.220)

The first edition of *Culinary Chemistry* includes an

introduction by the publisher Rudolph Ackerman, a friend of Accum's, making an oblique reference to a "disturbing event, in which its very ingenious, useful and elaborate author happened to be involved." Ackerman goes on to describe how this event left Accum depressed, and it was only with Ackerman's diligent persuasion that he finished *Culinary Chemistry*. This event was the discovery of thirty leaves from books in the library of the Royal Institution at Accum's home. Suspicions were raised after the assistant librarian John Start observed Accum tearing leaves from a book, and Accum was eventually charged with the mutilation of library books. The incident caused Accum such distress that he returned to Germany, where he lived until his death.

Provenance: Henry James, with contemporary ink signature on the title "Hny James", three cross-references on the title and four additions in the index.

[6] **AUDOT (Louis-Eustache). *La Cuisinière de la Campagne et de la Ville, ou nouvelle cuisine économique*, contenant Indication des Jours maigres. Tables des mets selon l'ordre du service. [...] Cuisines Française, Anglaise, Allemande, Flamande, Polonaise, Russe, Espagnole, Provençale, Languedocienne, Italienne et Gothique, au nombre de 1,500 recettes, d'une exécution simple et facile. [...] Moyen Facile de Faire les Glaces, des Caves, des Vins et des soins qu'ils exigent. [...] Quarante-neuvième édition mise au courant du progrès annuel. 300 figures.**

49th edition. 12mo. 666, 13, [4], pp. Hand-coloured frontispiece depicting two salads, "300" illustrations in the text. Slightly foxed, first gathering loose and browned, blank corner of p.71 torn away, small tear to side of p.567 (not affecting the text), minor spotting in places. Original yellow printed boards, front cover with an elaborate frame depicting dishes being prepared and served and a contemporary sticker for "P.Rolandi Foreign Bookseller ... London"; back cover with simple frame and short description of the work (covers rubbed and back cover slightly marked, spine rubbed and chipped).

Paris: Audot, 1870

A comprehensive manual of French cookery and dining custom. First published in 1818 and reprinted many times.

The culinary style of *La Cuisinière de la Campagne et de la Ville* is rooted in French tradition: the work predominantly contains dishes such as sautéed artichokes (p.322), mussels (p.288), and pigeon with peas (p.243)

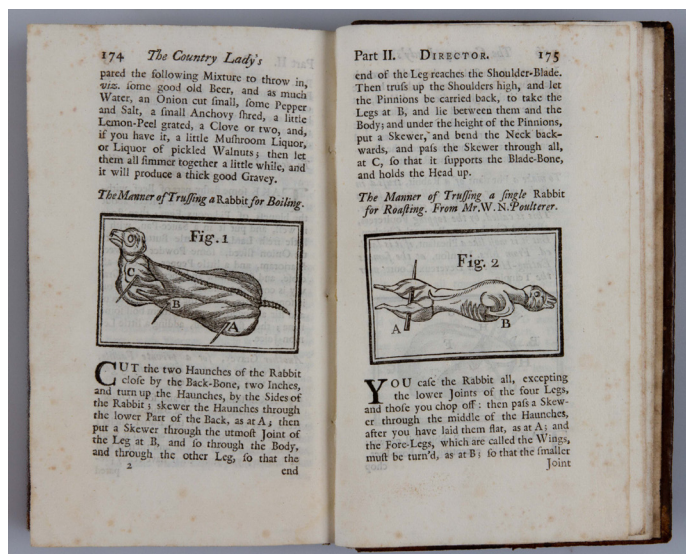


Audot instructs the reader in choosing cooking utensils and apparatus, including grills, ovens, chestnut pans and egg poachers, frequently illustrated with attractive, detailed engravings. Information is also provided on storing and serving wine. The work covers the theatrical aspects of serving food, instructing the reader in proper carving, and advising: "without a good knife it is impossible to present anything that looks good and satisfies the eyes at table." (p.73) Presentation methods are discussed, too, with suggestions for table settings and advice on choosing a harmonious and visually appealing menu (p.84).

The work also displays the influence of a society increasingly interested in the food cultures of other countries, with sections on Polish, Italian, German, Belgian, "Gothic", or "old French", and English cookery. Audot provides the French cook with what he sees as the quintessential recipes from these countries; in the case of England, this constitutes a description of roast beef, and detailed instruction on producing "Sandwichs" (p.516).

[7] **BRADLEY (Richard). *The Country Housewife and Lady's Director in the Management of a House, and the Delights and Profits of a Farm*, containing Instructions for managing the Brew-House,**

and Malt-Liquors in the Cellar; the making of Wines of all Sorts [...] with particular remarks relating to the Drying or Kilning of Saffron. [- Part II. Including a great Variety of the most curious Receipts for Dressing all the Sorts of Flesh, Fish, Fowl, Fruit and Herbs, which are the Productions of a Farm, or from any Foreign Parts.



"The Sixth Edition" [with the First edition of Part II. 8vo., xi, [1], 187, [1]; vii, [i], 188 pp; engraved frontispiece by Sturt of a bucolic scene; a few woodcut illustrations of trussed animals prepped for cooking in Part II. Some light occasional spotting to the first few leaves, light spotting to the upper corner of D3-E8 occasionally touching the text, small tear to the lower blank margin of F1 (not affecting the text), a few leaves shorter along the lower edge. Contemporary calf, ruled in gilt, morocco spine label (front cover chipped and rubbed, upper and lower portion of rear joint cracking, some insect damage to foot of spine and surface of the front cover).

London: for D. Browne, 1736

Maclean, *STC of Household and Cookery Books* p. 13. A reissue of the 5th edition of 1728 which was also re-issued in 1732 as the "Sixth Edition". ESTC records copies at the British Library & Brotherton Library only in UK; and the Garden Center of Greater Cleveland, Library of Congress and the University of California only in USA. ESTC records another issue with T. Woodman's name added to the imprint (Canterbury Cathedral & Boston Public only). Part II is listed separately by ESTC (6 copies in USA).

A household manual aiming to "improve the ignorant, and remind the Learned how and when to make the best of every thing".

The Country Housewife and Lady's Director aims to guide the eighteenth-century housewife in successfully producing meals throughout the year. In his introduction, Bradley mentions that he has encountered a number of culinary disasters on his travels, where meals were "murder'd in the dressing". He claims: "I could mention many influences as bad as the common story of Bacon and Eggs strewed with Brown Sugar" (x). Bradley seeks to gently correct such faults, and to provide suitable suggestions for cooking seasonal foods. Bradley also considers in his introduction the gendered division of labour, suggesting why women should take care of household work. Attributing this division to Xenophon, Bradley claims that such matters have altered little since the classical period and represent the natural order of things.

Bradley accompanies his recipes with a lively selection of anecdotes, including a particularly engaging account of a gentleman cured of his aversion to cheese. (p.86). He also includes two recipes for imitation mango pickles, made from cucumbers (p.117) and green Melons (p.162). The mango's exoticism defined the fruit as an eighteenth century status symbol. The recipes included in the work offer an engaging insight into attempts to emulate the fruit's flavour and texture. Also offered are detailed instructions on drying and preserving a crop of saffron into a "cake" for year-round use (p.161)

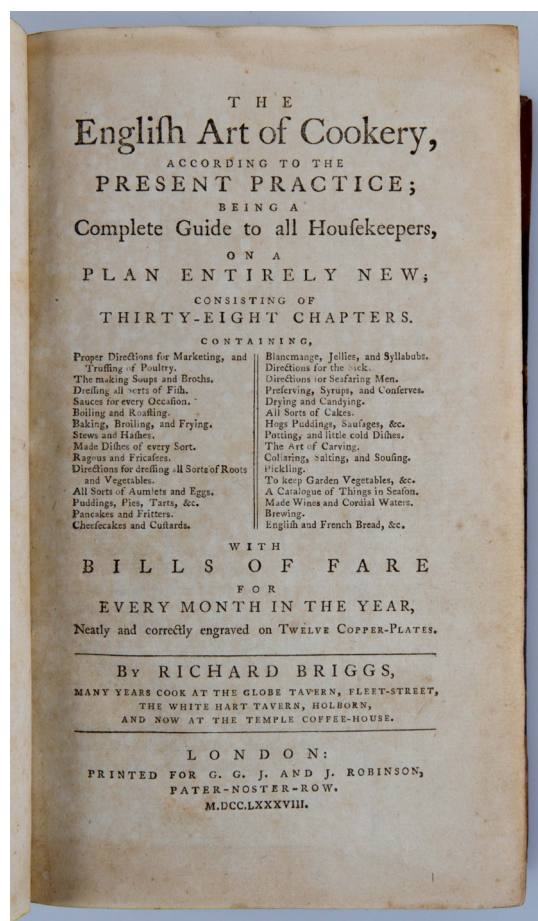
The second part, *The Country Lady's Director*, features an eclectic selection of recipes, including two formulations for snuff (pp.34-35), "a Turtle or Tortoise-pye", and a "gammon of a Badger roasted". Bradley states that the badger is "one of the cleanest Creatures, in its Food, of any in the World..." and has a flavour "like finest pork, except sweeter." For his badger, Bradley recommends a garnish of bacon cutlets and lemon slices. Another unusual suggestion is viper soup, for which we are instructed to "take vipers alive, and skin them, and cut off their heads." (p.165) Bradley also gives ambitious instructions for "an Hog barbecued" - this "should be done in a Yard, or Garden, with a Covering like a Tent over it." (p.165).

[8] **BRIGGS** (Richard). **The English Art of Cookery, According to the Present Practice;** being a Complete Guide to all Housekeepers, on a Plan entirely New; consisting of thirty-eight chapters. [...] With bills of fare for every month of the year, neatly and correctly engraved on Twelve Copper-Plates.

First Edition. 8vo. [4], xx, 656, pp. With 12 engraved

plates illustrating table settings of bills of fare for each month of the year. Intermittent foxing throughout, marks at foot of leaves C2-C8 (not affecting the text), foot of D2 torn (not affecting the text), very small tear to bottom corner and small ink spot to head of E (obscuring one letter of the running headline), small ink stain to the lower blank margin of the verso of L6 (not affecting the text), small stain to foot of M3 (not affecting the text), very small piece torn from the lower blank margin of leaf L11 (not affecting the text). Contemporary tree calf (functionally rebaked, new endleaves, corners repaired).

London: for G.G.J. and J. Robinson, 1788



Maclean, *STC of Household and Cookery Books* p. 15.

ESTC records copies at the British Library, Bodley, National Library of Wales & Brotherton Library in UK; Cornell, Michigan State, Radcliffe College, Library of Congress and Delaware in North America.

First edition of a complete practical guide to 18th century English cookery by an employee of two well-known London taverns and a coffee house and which was much reprinted in America.

Briggs's *The English Art of Cookery* offers its readers an eminently practical approach to food production. He draws on his practical experience at the Globe

Tavern, Fleet Street, the White Hart, Holborn and the Temple Coffee House to provide clear instruction on preparing a wide range of dishes. In his Preface, Briggs claims that to "waste Language and high Terms on such Subjects appears to me to render the Art of Cookery embarrassing". The work covers all aspects of cookery, selecting some material from John Farley's *The London Art of Cookery* (1783), as well as offering original recipes for fish ("a curious article in the art of Cookery", p.63) and vegetables. Briggs also claims to address the lack of existing instructions on trussing poultry: "I have endeavoured to give particular and useful Directions, because no Book of this Kind has contained such, that Subject having been universally overlooked by them".

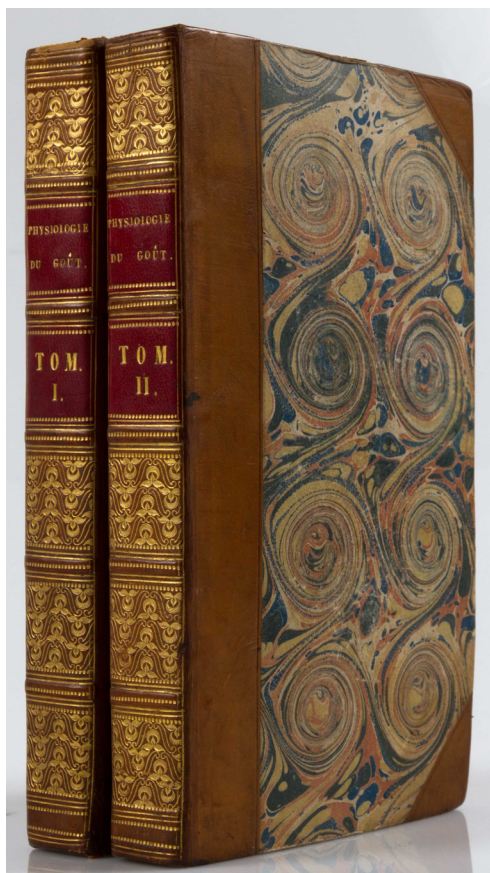
The selection of dishes provided by *The English Art of Cookery* provides an engaging insight into the development of British cuisine during this period. Interestingly, theatrical dishes involving moulding, shaping and elaborate decoration are included, despite the fact that such dishes would have been considered outmoded by French cooks, former masters of this art, by the time this work was produced. A particularly interesting example of this theatricality is provided by the instructions for making "an egg as big as twenty" (p.352). In order to create giant egg whites and yolks for slicing into salads, the reader is instructed to separate twenty eggs, sieve them and place the yolks and whites into two cleaned bladders, before boiling until they are hard, then allowing them to cool. An exotic method for dressing a turtle is also offered, with rather gory instructions for slaughter: "Tie it by its hind fins with a cord sufficient to hold it, then cut off the head and allow it to bleed all night..." ("To dress a Turtle the West-India way", p.64).

Briggs ensures that the practical details of kitchen work are addressed, with especial emphasis on cleanliness. At the beginning of each section on meat cookery, Briggs reminds his readers that any trace of dirt or grease on the pots and pans will mar the meat's flavour. In his "Proper Rules to be Observed in Boiling", Briggs states that "neatness and cleanliness is requisite in a kitchen, as well in a cook's person as the utensils." (p.137)

[9] **BRILLAT-SAVARIN** (Jean Anthelme). **Physiologie du Gout, ou méditations de gastronomie transcendante**; ouvrage théorique, historique et à l'ordre du jour. Dédié aux Gastronomes parisiens. Par un Professeur, membre de plusieurs sociétés savantes. Deuxième Edition.

Second edition. 2 vols. 8vo. [1], 412, [1]; [1], 440, [2] pp. A few small spots, but a good, fresh copy. Contemporary half calf with marbled boards, gilt spines

Paris: A. Sautet et Cie. [Imprimerie de David], 1828



A seminal work that establishes a method for discussing food and eating that also provides an insight into scientific thought and social custom of early 19th century France and navigates philosophy, history, literature and chemistry.

Physiologie du Goût revolutionised the way that we think about food. Brillat-Savarin focuses not only on the practical science of cookery, but also on the science in play as we appreciate food, attempting accurate descriptions of how we understand flavour, taste and the experience of eating. The scientific content of the work is delivered alongside personal anecdotes, cultural observations and social history, as Brillat-Savarin considers dishes such as pot-au-feu, fondue and garum. The influence of the work on the modern understanding of eating cannot be underestimated: “No longer would people be content to eat for nourishment alone - they would now also expect satisfaction from a meal. In other words, taste was tantamount to appreciation” (Roudot, p.42). The perspicacity and astuteness of Brillat-Savarin’s observations have allowed the work a

lasting relevance for professional and amateur cooks, indeed, for anyone interested in understanding food.

Brillat-Savarin describes his work on food in his preface as “an amusing occupation that I had reserved for my old age.” It was first published in December 1825, two months before his death. Trained as a lawyer, Brillat-Savarin escaped France during the French revolution, spending three years in America teaching languages and playing the violin in a theatre orchestra. In the second volume Brillat-Savarin recalls eating turtle soup and welsh rarebit at Mr Little’s New York “café-taverne” (p.263).

Provenance: John Bagwell (1811-83), of Marlfield, Clonmel, Co. Tipperary, Ireland, M.P. for Clonmel 1857-74, with mid-19th-century armorial bookplates. The house survives divided into flats but the library was destroyed in an arson attack in 1923.

Roudot, Claude, “Food Science and Consumer Taste,” *Gastronomica*, Vol. 4, no.1 (Winter 2004), pp.41-46.

[10] **BROOKS** (Catharine). **The Experienced English Housekeeper for the Use and Ease of Ladies, Housekeepers and Cooks, &c. Written purely from practice;**

being an entire New Collection of the most Genteel yet least Expensive Reveipts in every branch of Cookery [...] Together with the Art of Marketing [...] with General Directions for the Courses or Removes. The Whole Made Easy to the Meanest Capacity. [...] To which is added The Physical Directory. Being near two hundred safe and certain receipts for the cure of most disorders incident to the human body. With a variety of Made Dishes.

8vo in 4s. 92, 83-85 (corrected in MS to 93-95) pp. Title and last blank page dusty and with a stain on the title, somewhat browned throughout, especially at the foot of the leaves; title page browned and stained with a very small hole (not affecting the text), leaves A2 and A3 spotted, small mark to margin of recto D2, ink spot to verso H4, gathering K browned, pp.93-95 mispaginated as “83-85”; final leaf stained. Unbound, uncut, stitched as issued.

[?Manchester:] Printed for J. Sadler, J. Eves, and M. Clements [c. 1800 - 1806]

“With care peruse this useful Book / Twill make you soon a perfect Cook”. A short work on 18th century cookery, with medical advice attributed to the distinguished physician and book collector Dr. Richard Mead.

A single leaf flyer for the 3rd edition of Frederic Nutt's *The Complete Confectioner* (1806) is loosely inserted and may be a guide to the date of this edition.

Apparently first published in 1762 as *The Complete English Cook; or Prudent Housewife*, ESTC records no edition before the 2nd of ?1767 and lists only two editions with the present title (which trades on the popularity of Elizabeth Raffald's work with the same title): a "Tenth Edition" with imprint "London: for W. Clements, J. Sadler, and J. Eves, 1792" (120pp; Columbia, Folger and Trinity College Hartford only; no copy in UK) and another with imprint "Manchester: for T. Thomas and J. Sadler [c. 1800]" (96pp; Wellcome Library only).

The Experienced English Housekeeper aims to provide comprehensive instruction to the housewife, with reliable recipes "such as will not only save a deal of experience, but much time also", rendering the reader "a complete english (sic) cook and prudent housewife" (Dedicatory epistle). The work includes marketing instructions for choosing the best fresh meat and fish, as well as a list of poultry, meat, fish, fruits, and roots. Brooks claims that her recipes have met with success whilst the work was being compiled: "I have had the opinion of several profest cooks and the receipts have met with the approbation of them all." Particularly interesting are the instructions on candying - recipes for cherries, barberries, grapes, lemon and orange-peels and apricots are offered (p.58-59) Another interesting inclusion is the recipe for a "young rook pye" (p.39). Notoriously an acquired taste, with the potential to become dry, Brooks recommends "a great deal of butter" to line the rook pie crust, followed by forcemeat balls. If the pie appears dry when cooked, she advises the addition of parboiled rook liquor through the crust.

The work also contains a selection of medical advice for treating common concerns of the day, with cures that are "safe and cheap". (dedicatory epistle) These receipts are attributed to a "Dr Mead", i.e. the eminent physician Richard Mead, M.D. (1673-1754).

Provenance: Manuscript recipe for elder wine on the last blank page.

[11] **CHACON** (Pedro). **De Triclinio sive de modo convivandi apud priscos Romanos, & de conviviorum apparatu.** Accedit Fulvi Ursini Appendix, & Hier. Mercurialis. De accubitus in cena antiquorum origine dissertatio in his Scriptores veteres quamplurimi explicantur, & emendantur, nec non res

ipsae adjectis aenis figuris illustrantur.

12mo. [12], 445, [22], pp; additional engraved title, 5 folding engraved plates; engraved illustrations in the text (mostly full-page). Contemporary vellum (spine slightly soiled; covers rather splayed).

Amsterdam: Apud Andream Frisium, 1664

This beautifully illustrated book offers a detailed account of Roman dining custom, drawing on a wide range of Latin and Greek works, ranging from philosophy and legal writing to drama and poetry. The authors of these works include Pliny, Cicero, Catullus, Martial, Horace and Plautus. Chacon details entertainment during dinner, which might typically include music, the acting of tragedies, comedies or mimes, or performances from jugglers or harpists (p.74). He also describes the typical format of the dinner table, giving an account of the *mensa citrea* made from cypress wood, with a description from Martial. Further consideration of the layout of the dining room is offered by his description of the vessels that might be used to serve diners, typically made of bronze or silver, perhaps from Corinth or Delos, two important sites for the god Apollo (p.37). At the end he gives an account of the Last Supper, accompanied by a folding engraved illustration which envisages Jesus and the disciples as Roman diners, lying rather than sitting at table, and arranged in the typical horseshoe shape; a small devil hides under the seating in the lower left hand corner. Biblical content also appears in the lengthy appendix by Fulvio Orsini which gives an account of Mary Magdalene's encounter with Jesus and describes her anointing his feet. This too is accompanied by a folding illustration.

[12] **COLE** (Mary). **The Lady's Complete Guide; or, Cookery in all its Branches.** Containing the most Approved Receipts, confirmed by Observation and Practice, in every Reputable English Book of Cookery now Extant. [...] also several translated from the productions of Cooks of eminence who have Published in France, particularly the Duke de Nivernois's, M. Commo's Histoire de Cuisine, M. Disang's Maitre d'Hotel, M. Valois and M. Delatour, with their respective names to each Receipt[...]also the Complete Brewer [...] likewise the Family Physician; [...].

Third edition "very much improved". 8vo. lvi, 460p. Occasional spots / small stains, M8-N1 browned (affecting a few letters of text). Contemporary sheep, ruled in gilt, spine divided into six compartments with red morocco label (joints split, worn, large areas on

covers stripped by insect damage, spine rubbed, front cover slightly loose).

London: for G. Kearsley, 1791

Maclean, *STC of Household and Cookery Books*, p. 29.

First published in 1788 and reprinted in 1789. ESTC records copies of this edition in the USA at Columbia, Kansas, Michigan, Minnesota and New York Academy of Medicine. Maclean adds a copy at NYPL.

A late 18th century household commonplace book offering culinary and medical advice from the foremost cooks and doctors of this period.

The Lady's Complete Guide offers its reader "a library of cookery" from which they can cook economically for their household, including bills of fare and marketing tables. Like nearly all household manuals of the day, the work makes use of recipes from other authors. However, what is unusual about this work is that Cole readily admits her methods of compilation. In the Preface, she describes the work as a "commonplace book" selected from the best authors. These authors include Hannah Glasse, Charlotte Mason, George Dalrymple, William Verral, Elizabeth Raffald, and John Farley, as well as a selection of French cookery writers. Each non-original recipe is attributed to its author: "I have quoted my author, where the receipt is not original; so that the cook, like the barrister, may know upon what authority he acts." (Preface) Cole goes so far as to claim that: "if all writers upon Cookery had acknowledged from whence they took their receipts, as I do, they would have acted with more candour by the public. Their vanity to pass for Authors, instead of Compilers, has not added to their reputation."

Cole, described as Cook to the Earl of Drogheda, claims that "all extravagant, and almost impracticable receipts, I have purposely rejected..." Her choice of authors represents the foremost cookery writers of the period, and offers us a cross-section of their different culinary standpoints. Amongst the most interesting are William Verrall and Elizabeth Raffald.

Also included in the work is a selection of medical advice, compiled under the same method. Cole describes how she has studied the work of doctors including Richard Mead, Thomas Sydenham, John Fothergill, and William Buchan. Cole notes the empowering effects of medical study, enabling her "sometimes to relieve those whose circumstances would not permit them to call in the aid of a physician." (vi) The work also offers directions from the Humane Society "for the recovery of the apparently dead":

Provenance: Signature on the pastedown "Anna Huntley Sept 26th, 1811".

[13] **DAVIES (John). *The Innkeeper and Butler's Guide; or A Directory in the Making and Managing of British Wines***; together with Directions for the Managing, Colouring, and Flavoursing, of Foreign Wines and Spirits, and for Making British Compounds, Peppermint, Aniseed, Shrub &c. &c.

First Edition. 8vo. 120pp. Lightly browned and spotted throughout.. Original boards (joints split, spine defective, covers stained and worn).

Liverpool: by J. Nuttall, 1805

First edition of a widely reprinted guide to producing alcoholic beverages, with instructions on rescuing spoiled wines and spirits.

COPAC records the British Library copy only. A 17th edition was printed in 1826.

This interesting work provides comprehensive instructions on brewing and on storing wine successfully. In his preface, John Davies warns that: "Whole pipes of wine have turned sour for want of a proper method in managing them, and great losses have been suffered in spirits likewise on the same account." Risk of spoilage was high, and the guide therefore contains a number of methods for remedying the most common faults found in alcoholic drinks, e.g. "To take away the ill Scent of Wines" (p.37) This approach is very different from the modern concept of wine connoisseurship. Davies claims that his work is written from his personal experience, looking after "some of the first Wine and Spirit vaults in the Kingdom." He also describes his experience abroad: "I have spent some years in the South of France, where I had the advantage of learning some of the most approved methods in use in some of the largest Vineyards and Stores."

Davies provides formulations for a wide range of alcohols, from fruit wines to cider, brandies and malt liquors. Also included are instructions for vinegars and an "English Geneva" or gin, flavoured with almond oil, turpentine, juniper, lime water, and sugar added to "three gills of spirit of wine". (p.94) The work provides a number of interesting ideas for flavouring spirits, using dried Seville orange peel and cardamom (p.105: "Spirituos Bitters") or this recipe for "A Very Good Bitter", combining "gentian root, half an ounce of Virginian snake-root, half a dram of cochineal, and one quart of brandy." The selection of cordials offered is very varied and includes recipes for cinnamon, ratafia,

clove and coriander cordials amongst others. Surprisingly, there are instructions for “English champagne”, though this involves water, a “gallon of currants”, “half a pint of new barm” and a small lump of sugar to set off the fermentation process, which suggests that the finished product may not be the refined drink that the modern palate expects. (p.6).

[14] **DURANTE** (Castore). **CHAMBERLAYNE** (John), translator. **A Treasure of Health.** By Castor Durante da Gualdo, Physician and Citizen of Rome. Wherein is shewn how to Preserve Health and Prolong Life. Also the Nature of all Sorts of Meats and Drinks, with the Way to Prevent all Hurt that Attends the Use of them. Also the Nature of all sorts of Meats and Drinks, with the way to prevent all hurt that attends the use of them.

First Edition in English. 12mo., [8], 232 pp. With the initial blank leaf. Lightly browned throughout, small mark to E9, small mark to F2 (not affecting the text), small tear to foot of G6 (not affecting the text), small tear to foot of G11 (not affecting the text), small tear to side of K9 (not affecting the text), large portion of rear binder's blank cut away leaving a small strip. Contemporary mottled calf, spine divided into five gilt-embellished compartments (joints split, most of the rear flyleaf has been cut-away top remove an old inscription).

London: for William Crook, 1686

Wing D2682B. ESTC records copies at Cambridge University Library, St. John's College Cambridge, Guildhall, Lincoln's Inn, Magdalen College Oxford University in UK; W. A. Clark, Duke, Folger, Huntington, Kansas, US Academy of Medicine in USA. Reissued in 1689 as *A Family-Herbal, or, the Treasury of Health*.

The first English translation of a manual providing Classical wisdom on lifestyle and diet compiled by the Italian physician, botanist and poet Castor Durante.

A Treasure of Health offers a comprehensive guide to the ideal conditions for health, from recommendations on daily activity, rest and bathing, to the advantages and disadvantages of eating garlic (“it causes a noysom and stinking Breath”) (p.100). The first part of the work includes advice in Latin from authors Ovid and Horace, and wisdom from the Medieval medical poem *Regimen sanitatis Aalernitatum*, also known as the *flos medicinae*, from where the title of our work derives.

A Treasure of Health covers a diverse selection of advice on health and nutrition, including thoughts on exfoliation to purge excessive humours (“On Rubbing”, p.37), mealtimes: “Which ought to be biggest, Dinner or Supper?” (p.55) and what should be done after meals - our author suggests eating “some astringent thing” to seal the stomach and prevent excessive vapours reaching the head, and a short walk. The second part of the work contains a dynamic consideration of typical ingredients of this period including peacocks - “they spoyle Gardens” (p.189) - tortoises: they “make men dull and sleepy” - and sparrows, which “are of a difficult digestion, inflame and beget naughty nourishment, that is Cholerick and Melancholick, and excites Lust.” (p.188)

A Treasure of Health was published in Italy in 1586 as *Il Tesoro della Sanita* and was Durante's second work after *Herbario Novo* (1585).

Provenance: Contemporary signatures on the title “T Harcourt” and on the flyleaf “Mrs Combs Book”; early 19th-century armorial bookplate of John Gordon.

[15] [GLASSE (Hannah)]. **The Art of Cookery made Plain and Easy; which far exceeds any thing of the kind yet published.** Containing. I. How to Roast and Boil to Perfection every Thing necessary to be sent up to Table. [...] XXIII. A Receipt to keep clear from Buggs. To wick is added, by way of appendix, one hundred and fifty new and Useful receipts. And a Copious Index. By a Lady. A New Edition.

8vo. [2], vi, [24], 384, [24], pp., **lacks the folding letterpress table “the Order of a Modern Bill of Fare for Each Month”**. Book-block split at p. 194; occasional spotting in the first half tending towards light browning / fixing in the second half; small section removed below the heading of the last recipe on from foot of leaf Bb7 (no loss of text), mark at head of leaves C3-C5 affecting one letter of the running headline. Contemporary calf with marbled endpapers (joints split, lower cover partly detached at the head, edges and corners worn. covers rubbed, front flyleaf loose).

London: for W. Strahan, J. and F. Rivington, [etc.], 1770

Maclean, *STC of Household and Cookery Books*, pp. 59-61. ESTC records four copies in the UK, one in France, and Columbia, Iowa, Library of Congress, Memphis, NYPL, US National Library of Medicine and Virginia in USA. Maclean adds copies at Kansas State University and University of Michigan.

An important work on food preparation by “probably the best-known English cookery writer of the 18th century” whose approach to marketing revolutionised the sale of cookbooks. (*Oxford Companion to Food*)

In her preface to *The Art of Cookery Made Plain and Easy*, Hannah Glasse states her aim to “improve the servants, and save the ladies a great deal of trouble.” She accomplishes this by providing straightforward recipes written in a lucid style. She explains: “I have not wrote in the high polite style, I hope I shall be forgiven; for my intention is to instruct the lower sort, and therefore must treat them in their own way. For example: when I bid them lard a fowl, if I should bid them lard with large lardoons (sic), they would not know what I meant, but when I say they must lard with little pieces of bacon, they know what I mean.” The manual offers typically wide-ranging instruction, including a section on recipes suitable for taking on a sea voyage. Interestingly, Glasse chooses not to offer the medical advice typically included in household manuals of this period. She explains: “I shall not take it upon me to meddle in the physical way farther than two receipts, which will be of use to the public in general...” Her medical section in fact contains six pieces of advice, offering two ways to cure the bite of a mad dog, to prevent the plague, to keep the house free from bugs and to clean the bedstead of them, and a brief set of instructions for a maid.

In keeping with the work’s direct, accessible style, Glasse aims to teach her readers to use humble ingredients to create dishes that are satisfying and have a degree of elegance. Glasse keeps practicality in mind, too, in her chapter of recipes for sea voyages (XI, pp.240-248) the products of which are designed to be successfully stored away for months, or even years. Of particular note are her instructions “to make catchup to keep twenty years” - “you may carry it to the Indies”. (p.240). There is also a set of instructions for creating a “sea venison” from lamb, cooking the various cuts in the fashion of venison, and ensuring that every part is used.

Glasse’s work marks an interesting point in the history of the household manual but, despite the work’s appeal, Glasse provides little original material; 263 recipes of the 972 in the work are taken virtually word for word from a single earlier source, *The Whole Duty of a Woman* (OCF). Though Davidson claims that the culinary innovations of Glasse’s works are “mostly illusory”, the work has a great deal of significance: it demonstrates how the potential of the household manual

had begun to be exploited even before a mass-market for food had developed.

Provenance: Ink name “Hoblyn” written in ink vertically up the fore-edge; 19th ink inscription up the inner margin of p. 89 “Hoblyn. The Fir Hill”, century ink signature on the flyleaf and head of the contents leaf “Mrs W Paget Hoblyn / The Fir Hill” and 19th century ink stamp “Paget Hoblyn” on the title, p. 258, and rear pastedown. Jane, née Schultz, was the wife of William Paget Hoblyn (1817-1899), life-tenant of the 3000 acre Hoblyn estate at Colan in Cornwall.

[16] [GLASSE (Hannah)]. **The Art of Cookery made Plain and Easy**; which far exceeds any thing of the kind yet published. Containing. I. How to Roast and Boil to Perfection every Thing necessary to be sent up to Table. [...] XXIII. A Receipt to keep clear from Buggs. To wich is added, by way of appendix, one hundred and fifty new and Useful receipts. And a Copious Index. By a Lady. A New Edition. With the order of a modern bill of fare, for each month.

8vo. [20 (of 32), 384, [24], pp. **Lacks leaves A2-7 (To the reader and Contents of Chapters I-III); folding letterpress table “the Order of a Modern Bill of Fare for Each Month” (torn near the spine and browned at the edges)**. Occasional spotting / small stains. Contemporary calf (front cover slightly damaged at the foot and lower edge).

London, Printed for W. Strahan, J. and F. Rivington, [etc.], 1774

Maclean, STC of Household & Cookery Books, pp. 59-61. ESTC records seven copies in the UK, one in Germany, two in Australia, and eight in USA.

Inscribed on the flyleaf: “1813 Tuesday April 20/ Hannah March on her Death bed gave Mrs Ann Guy this Book. April 23 Hannah March died aged 67 / 26 she was buried.” Manuscript recipes for Green Gooseberry Wine and Raspberry Vinegar. July 31 1832” on a sheet of paper loosely inserted.

[17] **HARRISON (Sarah). The House-Keeper’s Pocket-Book, and compleat Family Cook:** containing about twelve-hundred curious and uncommon Receipts in Cookery, Preserving, Candying, Pastry, Pickling, Collaring, &c. [...] also Every One their own Physician: a Collection of the most approved Receipts for the Cure of the Disorders incident to Human Bodies.

“Ninth Edition”. 12mo. [4], 208, [32] pp. Small stain

to bottom of E7, G8 and verso of G10 (not affecting the text); some staining at H8-10 (not affecting the text), foxing at lower half of I9-10 (not affecting the text), staining on lower half of K6-7 (not affecting the text), 3 narrower unnumbered pages in the index - "Tables of Interest". Contemporary sheep; spine divided into six gold-ruled compartments; insect damage to joints and foot of spine).

London: Printed for J. Rivington and Sons, B. Law, [etc.], 1777

Maclean, *STC of Household and Cookery Books*, p. 66. First published in 1733. ESTC records a copy of this edition at the British Library in UK only, and at Kansas State University and Stanford in USA [both lacking a preliminary leaf].

An 18th Century household manual aiming to promote "an Elegance in Eating no ways inconsistent with Frugality and good Conduct" and offering carefully selected recipes both grand and modest for the family cook, as well as a section on medical remedies.

In *The House Keeper's Pocket-Book*, Sarah Harrison aims to provide a source of what she deems the most valuable commodity, practical household knowledge, which is "of much more intrinsick Value than some admired Branches of Literature." (Dedication) "What," asks Harrison, "can really be of greater Use, than by Prudence and good Management to supply a Family with all Things that are convenient, from a Fortune which, without such Care, would scarce afford common Necessaries?" Attuned to the practical requirements of the provincial housewife, Harrison offers recipes whose ingredients can easily be sourced around the country. She mentions in her preface the impropriety of "printing a List of Courses, which are generally calculated for the Meridian of London though the Book is sold to be useful at Coventry, where the Doree and many other fish cannot be procured." In order to equip the housewife for effective cooking, Harrison also gives a useful list of store-cupboard essentials, advising her readers to have a selection of spices stored in paper bags, ready to be added to their meals.

The work contains a large selection of recipes for robust country cooking, covering in its savoury section meat, poultry, game and fish, and pies and puddings. Accompaniments are also included, such as a bacon froise (p.88), an old English dish consisting of a batter-like mixture probably originally cooked in the hot fat that dripped from a spit-roasted joint (British Food Trust). Harrison gives an intriguing pie recipe

using skirret, a sweet white root vegetable, and bone marrow. Also provided are a selection of sweet recipes, including a ribbon jelly of several layers set in stripes, (p.133) and a method for a visually appealing display of "pyramid creams" - "pour it into Beer Glasses which are narrow at the Bottom, and when they're cold turn them out, five on a plate, like pyramids" (p.145).

The work also contains a section providing guidance on medical problems, *Everyone their own Physician*. Particularly interesting is a recipe for a brewed drink to treat "the Evil, or any Humour tending thereto". After boiling a selection of purging herbs, the recipe instructs that "work it with yeast as you do Beer. Take Half a Pint in a Morning, and if you don't find that purge enough, take a little more." (p.205).

[18] **HENDERSON** (William Augustus). **The Housekeeper's Instructor; or, Universal Family Cook.** Being an Ample and Clear Display of the Art of Cookery in all its Various Branches. [...] The Seventh Edition. By William Augustus Henderson, who has made the Culinary Art his study for upwards of Forty Years.

"Seventh Edition". 8vo in 4s. 440, [20 (index and list of subscribers)]pp. Engraved frontispiece showing a lady presenting her servant with the book, a young man taking instruction in carving from a reference book, and cooking equipment (detached from the book-block and damaged along the inner margin); five further engraved plates depicting: 1. carving pheasant, hare and goose, 2. a quarter of lamb, haunch of venison and a pig, 3. half a calf's head, a leg of mutton and ham, 4. cuts of beef, 5. suggested courses for a small company and for a family entertainment. A poor copy: Foxing to gathering E, small piece at foot of E2 torn away (no loss of text), gathering L foxed, Ff2- Hh1 spotted, Ii1 spotted (affecting a few letters of text), verso 3a2 and leaf 3A3 stained (affecting a few letters of text). Contemporary boards (spine missing, covers rubbed, front cover and attached engraved frontispiece loose).

London; printed and sold by W. and J. Stratford, 1800

Maclean, *STC of Household and Cookery Books*, p. 68-69.

Lively guide to late 18th century cookery and kitchen gardening, including an unusual range of elaborate and ambitiously presented sweet and savoury dishes.

First published in parts in 1790. This “seventh” edition is not listed by ESTC but COPAC records a copy at the British Library and describes it as a reissue of the “sixth” edition which was issued in parts in ?1800. NSTC records editions as late as the twentieth of ?1840.

Henderson’s *The Housekeeper’s Instructor* claims that its collection of recipes is “the most complete in its nature ever formed, the whole being the produce of time, study and experience”. The essentials of cookery are presented with additional information on raising livestock and running a kitchen garden. The work’s learned, lively style, particularly evident in the supplementary section at its close, distinguishes Henderson from other kitchen manual writers of this period. Though Henderson makes use of conventional wisdom on culinary matters, the manner in which he guides his reader through the tending of a kitchen garden and the keeping of livestock indicates an unusual degree of literary engagement for a work of this kind.

Henderson’s selection of recipes is wide-ranging. In his preface, he claims that: “The receipts for each article are formed on so easy and cheap a Plan, as to be within the Purchase of all ranks of People.” He does, however, include a turtle recipe, though he admits that “These animals not only furnish the most delicious repast to the epicure, but to all those who can obtain so luxurious a gratification.” (p.41) In a similarly extravagant vein is the recipe for ice cream, which assumes access to a good supply of ice, presumably from the country home’s ice house. (p.227) There is a particular focus on complex and elaborately decorated sweet and savoury dishes, such as the popular dessert “Solomon’s Temple in Flummery” (p.236) and a desert island centrepiece, complete with natives, constructed from sweets. (p.256) Dramatic savoury dishes include “Mutton chops in disguise” (p.137) and “Rabbits Surprised” (p.155).

The work also includes instruction on looking after livestock, and creating a successful kitchen garden. Henderson demonstrates a genuine engagement with animals, crediting them with often “more sagacity than could be expected” (p.396).

[19] **HOLLAND (Mary).** *The Complete Economical Cook, and Frugal Housewife; an Entire New System of Domestic Cookery*; containing approved directions for Purchasing, Preserving, and Cooking [...] with Directions for Pastry and Confectionary, likewise the Art of Making British Wines [...].



Fourth Edition. 12mo in 6s. [4], xxxiii, 288, [1] pp. With an unsigned leaf of advertisements paginated “4” bound after the general title-page. Engraved frontispiece showing a cook in his kitchen with a rib of beef, assorted produce and game. Additional engraved title-page showing farm scene with milkmaid, barrel and bees. Four engraved plates showing: 1. arrangement of first course and second course dishes, 2. Carving, 3. Trussing, 4. Carving large cuts of meat and fish. Some minor stains and spotting. Original boards, covers and spine printed with the title and advertisements (joints slightly cracked, covers somewhat rubbed).

London. Printed for Thomas Tegg, [etc.], 1830

A popular manual offering instruction to the housewife on running an economical household, including managing a kitchen garden.

The Complete Economical Cook sets out to instruct a housewife in providing good food for her family throughout the year. Holland aims “not so much to enable the cook to pamper the appetite of the epicure, as to give such instructions as will enable her to send to table a good, wholesome and nutritious meal, cooked after the most approved method.” (Advertisement). Holland attempts to address the faults of other manuals by providing instructions that are of genuine use to her readers, eschewing fancy, stylish methods to focus on developing the skills needed in the country kitchen. In her introduction to meat cookery. She also includes a number of methods for rescuing spoiled food and drink, such as the instructions to “cure ropy wine” (p.193) Holland suggests that the wine is filtered through a piece of coarse linen cloth and mixed with powdered alum.

Holland aims to teach her readers how to make the best of simple ingredients by cooking them well. In her section on vegetables, she gives a surprisingly

modern-sounding piece of advice: “Most people spoil garden things by overboiling them. All things that are green should have a little crispness for if they are overboiled they neither have any sweetness or beauty.” (p.51) In the spirit of domestic economy, Holland also gives instructions for growing produce and looking after poultry in a kitchen garden. Holland claims its produce is “so essential in a family” providing a “great addition to cookery” (p.247)

Wall, Wendy, “Literacy and the Dometic Arts”, *Huntington Library Quarterly*, vol. 73/3 (September 2010).

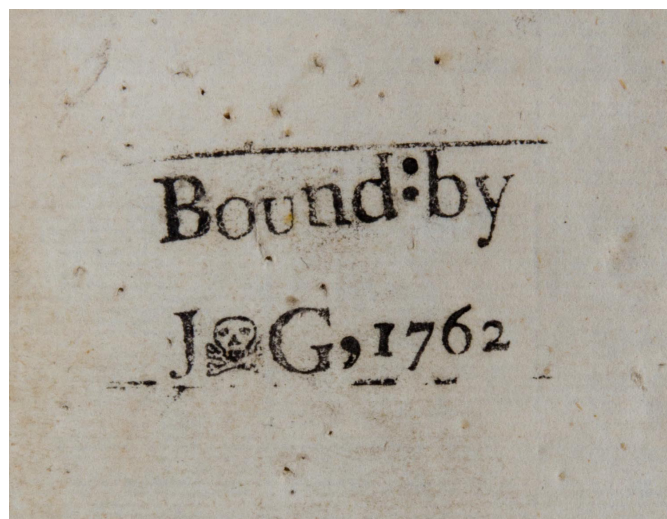
UNIQUE SIGNED BINDING “BOUND BY J*G, 1762”

[20] **HONEYWOOD** (Lydia). **The Cook's Pocket Companion. And Compleat Family-guide:** being a collection of the very best receipts, under the following heads, viz. Roasting, boiling, frying, broiling, baking, [...] with several other things, too numerous to be mentioned in a title-page, which are not to be found in any other collection. [...] To which is added the Universal Physician, being Choice Receipts for the Cure of most Disorders the Human Body is Liable to be Afflicted with. Collected by an eminent physician, employed by the author. The whole being freed from those useless obsolete receipts, which abound in other books of this kind, and contains as much useful matter in the above particulars as any other book of this kind that is five times the price.

12mo in 6s. [4], 142 [of 144]. pp. **Lacking the last leaf of text N6.** 11 woodcuts; 8 indicating trussing methods and 3 indicating table settings for the arrangement of first course dishes. Slightly foxed throughout, stain to foot of C6 and leaf D1 (not affecting the text), small tear to E3 (not affecting the text), small tears to E5

and E6 (not affecting the text), tear to K3 (not affecting the text), tear to L3, small hole to L5 (not affecting the text), small tear to top corner of M5 (not affecting the text), N5 stained and torn. Contemporary sheep, **SIGNED BY THE BINDER ON THE REAR FLY-LEAF IN INK “BOUND BY J.*G, 1762”** [the * being a small skull] spine with five raised bands, covers ruled in blind; no pastedowns (front joint broken and cover almost detached).

London: printed for J. Staples, 1758



Maclean, *STC of Household and Cookery Books*, p. 71

Neither we nor Philippa Marks, the bookbinding expert at the British Library, have come across a n English binding signed in this manner.

Extremely rare cook's manual and guide to treating common illnesses. ESTC records the U.S. National Library of Medicine copy only.

A unique copy of an undated edition (for C. Henderson, ?1756) was sold by the bookseller James Burmester circa 2001 and resold at Bloomsbury Auctions in September 2001 for £3500 plus premium. COPAC records a unique copy of a 1760 edition (for Thomas Caslon) at the Brotherton Library, Leeds. It is possible that all three are variant issues of the same edition.

The Cook's Pocket Companion and Compleat Family Guide offers a selection of practical instructions “to all good Housewives, and those who are desirous of being such.”

In her introduction, dated Queen-Square, May 1757, Honeywood describes how she compiled her manual, rejecting the useless recipes included in inferior texts, along with “old-fashioned obsolete Receipts, that any person who knows any Thing of genteel Management would laugh at...”. Honeywood set out to “pick the corn from the tares”, leaving her reader with essential



Honeywood's instructions on food preparation are extremely comprehensive, and include practical methods to test meat and fish for freshness and quality. For example, "in choosing a Lamb's Head, observe the Eyes; if they are wrinkled, or sunk in, it is stale; if lively and plump, it is new and sweet" (p.1) These methods are followed with instructions for meat cookery, and recipes for both sweet and savoury puddings, including a potato pudding flavoured with rose-water, sack, currants and candied peel. Instructions are offered for cakes, jams, jellies, pickles and brewing, as well as a useful recipe for making a gravy "for most things" from mutton, beef and veal in case "you live in the Country, where you can't always have Gravy Meat..." (p.87)

Provenance: Contemporary signature on the front flyleaf “Anne Hemings Book 1762” (repeated inside the rear board); manuscript recipe in her hand for Westphalia hams on the rear endpaper and inside the back cover.

of Several Sorts. Likewise, Additions of Beautifying Waters, and other Curiosities. As also above Fifty new receipts are added which render the Work compleat. The Fifth Edition.

Fifth Edition. 8vo. [24], 224pp. Four engraved plates depicting the arrangement of first and second courses and two folding plates showing 1. first and second courses and 2. "The Several Fashions of Mince Pyes". Somewhat dusty, corners of the first few leaves creased, dampstain at the head to p. 48, scattered small stains / spots, small hole to fourth engraved plate (not affecting the illustration). Contemporary sheep, ruled in gilt (rubbed and worn, patches of insect damage on the covers and head and of spine where the leather has been chewed away; no flyleaves).

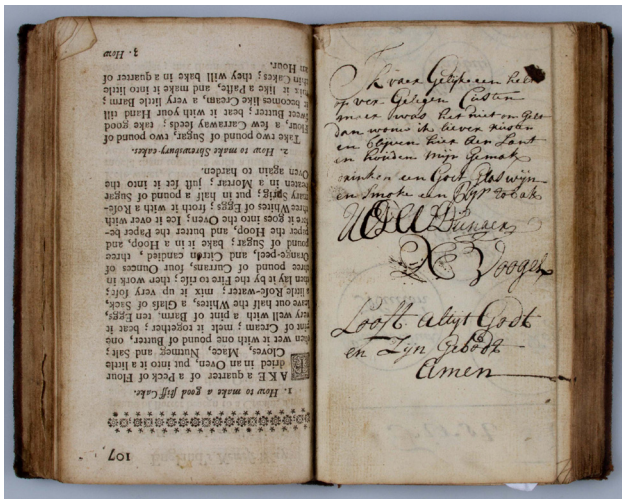
London: for J. Knapton, R. Knaplock, [etc.], 1726

A household manual by one of the most distinguished cooks of the early eighteenth century.

ESTC records only the British Library, Cornell & Folger [imperfect] copies of this edition which was re-issued in 1729 as *The British Cook's Companion* (NYPL only, lacks 2 plates).

This interesting work provides an insight into the changing style of English cookery. Amidst a growing knowledge of French bourgeois cuisine and high cookery, English food attempted to assimilate some of the techniques and ingredients that defined this elegant style (OCF). Howard's work was first published in 1703, just a year after the first English edition of Massialot's *Cuisinier Royal et Bourgeois*, published as *The Court and Country Cook*. Alongside the familiar English dishes of this period - breast of mutton (p.61), a salamongundy (p.64), gingerbread (110) and chicken stew (p.56) - are more sophisticated recipes for pickled lobster (p.32), court fritters (p.71), roast pike (p.31) and a royal pastry spiced with cinnamon and nutmeg





and enriched with butter and cream (p.25 “Paste Royal”). Howard is concerned that he address all aspects of the female householder’s existence, providing advice on cosmetic treatment “that they may be enabled to assist themselves on all necessary Occasions, without having recourse to idle prating Gossips, or other quack Pretenders; who with Mercurial Fucus’s cheat them of their Beauty as well as money” (To the Reader).

Howard secured his reputation as an elegant cook in his role as chef to the Duke of Ormonde, and the Earls of Salisbury and Winchester, although as the title page notes he was by then a “Free Cook”, presumably with his own premises. Working for upper class families was an extremely successful way for a cook to make his name, and would often result in a highly marketable cookbook such as this one.

Provenance: Two contemporary ink inscriptions in Dutch on the verso of one of the folding plates, the first a drinking and smoking toast “... gemak drinken een Gout Glas wijn en smoke een Pyp tabak” signed “[–] Dunaer, N. Voogel” and the second (in translation) “This book of all sorts of edible things that are market ready [i.e. fresh] belongs to Malij Voogel which is my hand”. Inscription erased on the verso of the other folding plate making a small hole; inscription on the last page “Suckey Childs her book gift of [name erased]”; name “ffrancis House” on the rear pastedown. A Sukey Childs was born on 16 December 1776 at Aldenham, Hertfordshire, daughter of Issac Childs (1744-95) and Hannah Byway (1744-99).

[22] **KENT** (Elizabeth Grey, Countess of). **A Choice Manual of Rare and Select Secrets in Physick and Chyrurgery**; Collected, and Practised by the Right Honorable the Countesse of Kent, late deceased as also most Exquisite Ways of Preserving, Conserving, Candyng, &c. Published by W.I. Gent. [- A True Gentlewomans Delight. Wherein is contained all

manner of Cookery: Together with Preserving, Conserving, Drying and Candyng, Very Necessary for all Ladies and Gentlewomen. Published by W.I. Gent.].

2 parts. 8vo, [16], 176, [16], 128pp. [**Lacking leaf B1 in part 2 (pp. 1-2)**]. Slightly browned and grubby throughout, an occasional short tear or blank corner torn away. Contemporary sheep (rebacked, new end-leaves, covers affected by damp and with severe insect damage at the foot).

London: by G[artrude]. D[awson]. and are to be sold by William Shears, 1653

First published in 1653 when three editions appeared: Wing K310A (BL & Brotherton only) with imprint “printed by R. Norton” and 102 & 96pp. of text; the present - Wing K310B (BL & Wellcome Library [lacking the title-page]; and Yale University only); Wing K311 “The Second Edition” (more common) with a portrait and continuous pagination (206pp.).

A good copy of a rare early edition of a popular and much-reprinted collection of recipes and medical advice attributed to the former court favourite Elizabeth Grey, the Countess of Kent. Panich calls Grey’s work “the hot copy of...[its] time”.

This little work is a commonplace book that collects the medical remedies of Elizabeth Grey (1581-1651), and a selection of recipes, perhaps by her household cook, the well-known chef Robert May. The medical advice provided in the work is notable for its tone; unlike many works of this period, the reader gets a sense of the personality of its author, who writes in a “soothing yet authoritative voice” (Panich). In the recipe for “Broath for a Consumption” (pp.19-20), the author advises that the patient take the curative mixture of veal knuckle broth with raisins, dates and almonds “early in the morning, and at three a (sic) clock in the afternoon, and so continue a good while together or else it will doe you no good.” This caring voice suggests a little of the medical role of the woman of the house in the seventeenth century; it was her duty to minister to the sick, since doctors were both scarce and costly. The remedies provided display the typical idiosyncrasies of Interregnum medical care: “For them that cannot hear”, “Put into their ears good dried Suet.” (43) A multi-purpose salve is also suggested: “Take the Jelly of Frogs in March, and still it in a glasse Still, it is a good Medicine to stop bloud, and for the heat and rednesse of the face, and to cure green Wounds.” (167)

The recipes offered in the second part of the work, *A True Gentleman’s Delight*, are typically English, with simple suggestions for meat cookery, and a focus on

preserving fruits and hedgerow produce such as broom buds (p.32) It may be that these recipes were provided by well-known cook Robert May, who had entered service with Elizabeth Grey by the outbreak of civil war in 1642. Following the Restoration, May would publish his own work, *The Accomplisht Cook*, which proved extremely popular, going into five editions by 1685 (ODNB).

Panich (Paula), "The Countess", *Gastronomica*, Vol.1/3 (Summer 2001), pp.60-66.

[23] [KITCHINER (William)]. **Apicius Redivivus. The Cook's Oracle:** containing practical receipts for roasting, boiling, frying, broiling, vegetables, fish, hashes, made dishes, &c. &c. On the most Economical Plan for Private Families; also the art of composing the most simple, and most highly finished broths, gravies, soups, sauces, and flavouring essences: The Quantity of each Article being Accurately Stated by Weight or Measure; the humblest novice may work with the same certain as the experienced cook. The result of actual experiments made in the kitchen of a physician, for the purpose of composing a Culinary Code for the Rational Epicure, and augmenting the alimentary enjoyments of private families; combining Economy wit Elegance; and saving expense to housekeepers, and trouble to servants. The Second Edition, carefully revised.

Second Edition. Small 8vo., [40], xxxviii-lvii, [58]-592pp, 8pp. of engraved music "Anacreontick Song"; a couple of pressed flowers between the leaves. Original blue publisher's boards and paper spine, printed paper label, uncut (head and foot of spine torn).

London: for John Hatchard; [etc.], 1818

A good copy of the most famous of Kitchiner's numerous cookery books. It first appeared in 1817 and went through many editions. It is written in a down-to-earth style, and demonstrated Kitchiner's familiarity with the entire process, from shopping, through preparing and serving the dishes, to cleaning up. It was an acknowledged source of inspiration for Mrs Beeton, and was mined by the writers of other household guides (see ODNB).

Provenance: Major J. Allen, with contemporary armorial bookplate; possibly Hon. John William Allen (c.1781-1845), an officer in the Guards under Wellington during the Peninsular War, succeed as 6th (& last) Viscount Allen in 1816.

[24] KITCHINER (William). **The Housekeeper's Oracle; or Art of Domestic Management:** containing a Complete System of Carving with accuracy and elegance; hints relative to dinner parties; the art of managing servants, and the Economist and Epicure's Calendar, shewing the seasons when all kinds of meat, fish, poultry, game, vegetables and fruits, [...].

12mo. [4], 344, [1] pp. Engraved frontispiece portrait of Kitchiner, 21 illustrations in the text of carving methods, and a diagram of a jelly refiner. Some light spotting, tear to lower corner of B6 (not affecting the text), text-block split at H12 and I12, very small hole to N2 (not affecting the text).

Original drab boards (spine and joints cracked, piece torn away from spine with part of the label and loose, some staining to back cover).

London, printed for Whittaker, Treacher and Co., 1829

A spirited household management manual by the epicure and writer William Kitchiner, addressing the diverse problems facing the 19th century housewife. The work is a wry philosophical consideration of food production, budgeting, and housework.

The Housekeeper's Oracle offers wisdom on many aspects of running a successful nineteenth century household, including careful shopping and economical use of ingredients, managing servants, and cleaning the house. Kitchiner's effusive style combines practical advice with humorous commentary on the disciplines involved in household management. Beginning with a short history of cooking from Athenaeus onwards, Kitchiner provides instructions and diagrams on carving, an art he describes as "the philosophy of the banquet", price lists for meat, poultry, fish and fresh produce, and a philosophical discourse on puddings.

Intended as a companion piece to the *Cook's Oracle* of 1817, this edition of *The Housekeeper's Oracle* was issued two years after William Kitchiner's death from a heart attack in 1827. Kitchiner, an epicure and writer, claimed falsely but convincingly that he had attended Eton and received a medical degree from Glasgow, and was held as an authority on both cooking and medical matters. The journalist William Jerdan described him thus: "His medical and gastronomical practices were wonderfully combined, insomuch that his guests could not tell whether what was set before them was a meal or a prescription." (paraphrase from ODNB).

Provenance: Ink inscription on the pastedown "M.H. to J.H. 1864".

[25] **KNIGHT (Charles). Vegetable Substances used for the Food of Man.**

12mo in 6s. viii, 396pp. With 67 engraved illustrations in the text showing the plants described, and some methods of harvesting and processing. Very small piece of I3 removed (no loss of text), very slight browning to recto of R1, small mark to verso of R2 (not affecting the text), lower corners of gathering 2I just folded under. Contemporary half red morocco and marbled boards, marbled endpapers, spine with gilt lettering and decoration (covers slightly rubbed).

London: Charles Knight; Longman, Rees, Orme, Brown, & Green; [etc.], 1832

An illustrated work on vegetables and grains by the “popular educator”, publisher and philanthropist Charles Knight.

Vegetable Substances used for the Food of Man provides its reader with a cultural history of commonly cultivated vegetables, grains and edible plants alongside attractive illustrations and considers the potential impact of agriculture on human existence. Knight claims that cultivation of the land is the basis upon which society has been formed; “through...which man has been enabled to localize himself, to reap and to store up harvests; and by this becoming freed from an incessant call upon his physical energies for the supply of his necessities, to acquire the motives and the means for something higher and better in the scale of being.” Knight also views the trade in edible commodities as vital to maintaining peaceful dialogue between countries: “The true way to keep mankind in peace is to let them prove how dependent every nation is upon the other for the profitable employment of its people, and for the general comforts of its people, resulting from that profitable employment.” (p.396)

This work formed part of the *Library of Entertaining Knowledge*, a series created for the Society for the Diffusion of Useful Knowledge between 1829 and 1837, and designed to stand alongside its *Library of Useful Knowledge*.

[26] **LONDON GENUINE TEA COMPANY. The History of the Tea Plant;** from the Sowing of the Seed, to its Package for the European Market, including every Interesting Particular of this Admired Exotic. To which are added, Remarks on Imitation Tea, Extent of the Fraud, Legal Enactments against it and the Best Means of Detection.

First & only edition. 8vo. viii, [9]-60 pp. Disbound.

Wood-engraved folding plate showing the 12 stages of tea production with an image an English Factor bargaining with a Chinese merchant in the centre. Slightly foxed throughout, slight mark to head of verso B4, marks to the spine between verso C7 and recto C8, stain to foot of E1 affecting a small section of text. Disbound.

London: Lackington, Hughes, Harding, Mavor and Jones. 1819

A short 19th century work on tea, addressing its origins, its production, and its benefits. The work was distributed by the London Genuine Tea Company with the aim of promoting quality tea.

The History of the Tea Plant claims that tea, whilst “a subject generally interesting” is “comparatively unknown.” The work therefore sets out to correct this knowledge gap by providing information that will not only inform the consumer on tea’s cultural history, but will also allow them to make informed choices when purchasing tea. It aims to enable “every consumer of tea to be a judge of quality, and thereby prevent those impositions which recent events have proved to be so frequent.” (v) The popularity of tea, combined with the high taxes levied on legitimately imported tea, meant that fake teas were commonplace. In many cases these were simply leaves of other plants; however, some merchants treated leaves with chemicals that rendered their product poisonous, and in some cases, fatal. The London Genuine Tea Company acknowledges the causes of these frauds, whilst condemning the irresponsible, profiteering attitude of tea merchants: “The heavy duties payable to Government upon these articles hold out a strong temptation to those who scruple not to enrich themselves by fraud, although at the expense of the health, and even the lives of the community.” (p.45)

The work also provides a great deal of information on the cultural history of tea.

[27] **M. (W.). The Queens Closet Opened.** Incomparable Secrets in Physick, Chirurgery, Preserving, Candyng and Cookery; as they were Presented to the Queen [...] Never before published. [- A Queens Delight, or the Art of Preserving, Conserving, and Candyng; as also a right knowledge of making Perfumes, and distilling the most Excellent Waters. Never before published.].

First Edition. 12mo. [8 (of 12)], 1-24 [lacking 25-48], 49-296, [24 (inc. final advertisement leaf)] pp. **Lacking leaves A1 (the engaved portrait), A6-8, and**

D1-8; lower part of O3 and O7 torn away with loss of about 8 lines on recto and verso; title and p. 107 shaved at the fore-edge, soiled and grubby throughout, a few short tears (some into the text).

Contemporary sheep, covers panelled in blind; no pastedowns (spine rubbed and lower two compartments chipped; covers rubbed).

[London:] for Nathaniel Brook, 1655

Wing M96. ESTC records six copies in UK, and seven in USA, several of which are imperfect.

First edition of a work claiming to offer a definitive collection of remedies compiled by Queen Henrietta Maria (d.1669), including advice from a number of contemporary court figures. The work suggests treatments for an ambitious range of ailments, as well as instructions for cosmetic treatments, perfume production, and the preservation of fruit.

The Queens Closet Opened comprises *The Pearl of Practise*, offering “accurate, physical and chirurgical receipts” (p.1) and *A Queens Delight*, containing recipes for jams, sweets and perfumes. The remedies deal with ailments ranging from coughs, colds and bruises to the treatment of small pox scars (pp.135-140). Further advice is offered on more serious complaints such as hernias (145) and consumption, as well as a selection of preventative and remedial measures for the plague, and a tincture to cure a dog suffering with mange (120).

Included in the work are a number of remedies attributed to noblewomen including Lady Grace Mildmay’s drink for a cough or cold (p.164). Mildmay was one of the few respected female medical practitioners of the period. Only Mildmay was exempted from a denunciation of women doctors by the oculist Richard Banister, who referred to her as a “right religious and virtuous lady”. Also included is a remedy from Lady Arundel (p.168), thought to be the author of *Natura exenterata*, a sophisticated book on domestic science. (paraphrase from ODNB) A recipe for a “Cordial Water of Sir Walter Raleigh features (p.274), using strawberries, sugar and aqua vitae. Also offered is a translation of a recipe for a multi-purpose “Emplaister” to cover and heal wounds, sores and rashes attributed to the medieval physician Paracelsus (p.150).

The epistle is signed “W.M.”, who may be the Catholic-convert son the Earl of Manchester Walter Montague (1604/5-77), a member of the queen’s household. Included in the work is a recipe for “Aqua Mirabilis Sir Kenelm Digby’s way” (290). Digby may also have contributed to the entry on snail water (p.288), having

introduced edible snails to the grounds of his house for his wife, believing that they would preserve her youth and beauty (ODNB paraphrase).

Provenance: Early signature Mr Wm. Kessell” on the title and on the verso of the title; some ink scribbles on the verso of the title; ink note “the old Lady Oxford’s oyl” on p. 156 and “certain plaisters and their use” on p. 188, “a short receite for a cow that hath” on p. 191. Early signiture “William Dawon” on the final page. A loosely inserted slip dated 1927 with a manuscript recipe for a snail poultice to be applied to a child’s joints (“in use 77 years ago & ye child quite cured”) is a testimony to the longevity of this type of folk remedy.

Archer, Jayne, “The Queens’ Arcanum”, *Renaissance Journal* 6 (2002).

[28] M. (W.). **The Compleat Cook. Expertly prescribing the most ready Wayes, whether, Italian, Spanish or French, for dressing of Flesh, and Fish, ordering of Sauces, or making of Pastry.**

12mo. 123, [21 (inc. 14pp. of advertisements)] pp. **Lacking text leaves A8-9, C6-7, E12.** Title-page creased, some ruled borders shaved at the head, lower inner corner of A4-5 damaged (touching the border), staining to foot of gathering F (just touching a few letters of text), corner of F12 torn away (no loss of text). Disbound.

London: by E.B. for Nath. Brook, 1658

Wing M90. ESTC records copies at the British Library, Bodleian, and Sheffield University only in the UK; Harvard and New York Public Library only in North America. Including a 14 page catalogue of books printed for Nathaniel Brook not called for by ESTC, although the issue of the same year without the printer’s initials in the imprint (Wing M91) does call for them.

First published in 1655. Sometimes also issued as part of “The Queens closet opened” (ESTC).

A practical guide to 17th century cookery that offers recipes from a range of British and Continental contemporary sources.

This collection of recipes attributed to W.M (ESTC), author of *The Queens Closet Opened* (1655) includes many contributions attributed to contemporary public figures. The recipes include posset “the Earle of Arundels way” (p.3), Lady Albergavere’s Cheese (p.42) and Lord Conway’s amber puddings. A particularly interesting inclusion is the Countess of Rutland’s recipe

for a “much praised” Banbury fruit cake served at the wedding of her eighteen year old daughter, Lady Grace Manners, to Patricius, 3rd Viscount of Chaworth in 1653. (p.109)

The Compleat Cook provides a range of sweet and savoury recipes as well as instructions on food production from farmyard to larder, with suggestions on how “to make chickens fat in four or five days” (p.76) and on pickling a haunch of venison “to keepe...all the yeare”. (p.100) The ingredients used range from the quotidian to the highly sought-after, including “halfe an ounce of Ambergreece” for Conway’s amber puddings.

This work, often bound in later editions with *The Queens Closet Opened*, has been attributed to W.M, who may be the Catholic-convert son the Earl of Manchester Walter Montagu (1604/5-77), who describes himself as one of the “late servants” of Queen Henrietta Maria in the title page of *The Queens Closet*.

[29] **MACHET (J.- J.). *Le Confiseur Moderne*, ou l’art du confiseur et du distillateur, contenant toutes les opérations du Confiseur et du Distillateur, et, en outre, les procédés généraux de quelques Arts qui s’y rapportent, particulièrement ceux du Parfumeur et du Limonadier. [...]**

Fourth edition. 8vo. xvi, 462 pp. Light spotting throughout, slightly affected by damp at the end. Original pink paper wrappers, printed paper label on spine, uncut (covers faded and slightly frayed at the edges, joints rubbed, some loss at the foot of the spine).

Paris: chez Maradan, 1821

Hand-written recipe for creme de pistaches between pages 304-5.

A good copy in original condition of an early 19th century guide to the art of confiserie that elucidates practical methods of producing sophisticated and elegant sweets, preserves, perfumes, cosmetics and herbal medicines.

First published in 1803 and in an “8th” [i.e. 9th.] edition in 1846. COPAC records no copies of this edition in the UK and OCLC records copies in the USA at California State Library - Fresno, Columbia, Harvard, Indiana, Kansas State, National Library of Medicine and in Canada at the University of Waterloo.

In his introduction to the *Confiseur Moderne*, Machet states his aim to reveal the most useful and effective ways of producing attractive sweets. He criticises those who diligently hide the methods of numerous useful

processes, those confectioners who are guilty of issuing recipe books lacking vital information on executing the processes of sweet making and distillation. He suggests they wish to keep all the profit of their industry just for themselves, aiming to completely veil their methods. In stark contrast to such instructors, Machet provides a clear and comprehensive guide to creating a vast range of sweet foods and perfumed products. Machet himself acknowledges that he has produced a lengthy work, but that “it is difficult indeed to be laconic.” (xij) The book acts also as a companion piece to Massialot’s 1692 work on the same subject, *Nouvelle Instruction pour les Confitures*, attempting to answer its deficiencies. Machet makes an oblique reference to the earlier work, claiming that it was composed to be a guide for the officier du bouche rather than for the confectioner. Machet’s *Confiseur Moderne* builds on Massialot’s work, offering an unrivalled selection of sweet recipes.

The *Confiseur Moderne* makes evocative use of language to describe ingredients and processes, differentiating the text from earlier works on the subject which are far more factual. For example, in the author’s front advertisement preserving is described as “the key to the art, or rather, the light which must light the artist in all his workings. (viiij) The book also attempts particularly ambitious culinary productions, such as instructions for marbled dragees and blown sugar bottles for filling with homemade liqueurs. Also of interest are the instructions for artificial sugar flowers (p.81), and the section on dragees or comfits (p.168-172), using the famous method developed at Verdun.

Another distinguishing factor of this work is the format of the recipes, listed in the modern fashion with ingredients and their quantities at the head of each recipe. Earlier recipe collections integrate the ingredients and their quantities with the body of the recipe.

In addition to the recipes Machet offers instructions for a number of perfumed products, such as a lip pomade (p.342), soaps (p.348), and sachets (p.353) and scented pastilles for burning (p.357). A number of recipes for herbal tablets treating minor ailments such as stomach complaints are also included, as well as a formula for tablets that Machet ambitiously claims can stave off epilepsy (p.365).

We know little of Machet’s life; however, he writes in the preface that he is keen to share his twenty years’ practical experience of producing confectionary with his readers. Machet’s passion for the art of making confectionary is evident both from the manner in which he describes his ingredients, and from his desire

that his book may serve to further the art to which he has devoted his career.

[30] **MARKHAM** (Gervase). **The English Housewife, Containing the Inward and Outward Vertues which ought to be in a Compleat Woman.** As her Skill in Physick, Surgery, Cookery, Extracation of Oyles, Banquetting Stuffe, Ordering of Great Feasts, [...] A work generally approved, and now the fifth time much augmented, purged, and made most profitable and necessary for all men, and the general good of the nation. By G. M.

8vo. [10], 66 [lacking 67-68, 61-70], 71-88, 98, 98-99, 92-188, pp. Corner removed at head of B7, small ink spots to verso of C2, ink spots to head of recto D7, gathering E spotted, lower corner of E4 miscut, **gathering F lacking 6 leaves [F2-7]**, contemporary annotations to G4 “a foole” and “2 fooles”, small closed tear to H5 to H7 (not affecting the text), section of I2 removed (not affecting the text), green stain to verso of I2 and recto I3, and again at verso I6 and recto I7. Text is continuous despite pagination. Early 20th-century tree calf, red morocco label and gilt lettering, spine divided into six compartments and gilt ruled, front joint cracked and chewed by insects in several places, back cover very slightly chewed).

London: by W. Wilson, for E. Brewster, and George Sawbridge, 1653

The quintessential Renaissance household manual instructing the housewife in her duties. “For the social historian...Gervase Markham’s numerous works are indispensable guides to the practicalities of Renaissance life.” (ODNB)

First published as the second part of *Country Contentments* (1615) and regularly reprinted separately.

The English Housewife provides all the training required to foster “the inward and outward Vertues which ought to be in a compleat Woman” (Titlepage). Dedicated to Francis, Countess Dowager of Exeter (1580-1663), the work includes information on medical matters, cookery, dyeing, preparing wool and brewing. The importance of such tasks to the role of women should not be underestimated; in his introduction to the section on cookery, Markham claims that if a wife does not know how to cook for her husband, “indeed she may love and obey, but she cannot serve, and keep him with that true duty which is ever expected.” (p.56) With this in mind, Markham offers recipes alongside advice on the serving of food and drink, and on planting herbs. Markham gives instructions for elaborate

“royall” feasts, alongside advice on serving “a more humble feast” for one’s close friends. A great deal of importance is placed on the manner in which food is served; Markham claims that if a woman is ignorant of how to present the dishes that she has learned to cook, it “is like to a fencer leading a band of men in a rout, who knows the use of the weapon, but not how to put men in order.” (p.98)

Keen to provide a comprehensive guide for the housewife, Markham also addresses brewing and yeast cookery. This section includes a selection of bread recipes, with a fine white manchet loaf for the household, and a coarse brown bread “for your hinde-servants” (pp.186-187). Markham also provides a section on distilling, with recipes for “Six most precious waters which Hippocrates made and sent to a queen sometime living in England”, (p.105).

Provenance: Ink inscription on the flyleaf: “Lydia Leslie 4th August 1914 from her father G.D.L.”.

[31] **MASSIALOT** (Francois). **Nouvelle Instruction pour les Confitures, les Liqueurs, et les Fruits;** ou l’on apprend a confire toutes sortes de Fruits, tant secs que liquides; et divers Ouvrages de Sucre qui sont du fait des Officiers et Confiseurs; avec la maniere de bien ordonner un ou l’on apprend a confire toutes sortes de Fruits, tant secs que liquides; et divers Ouvrages de Sucre qui sont du fait des Officiers et Confiseurs; avec la maniere de bien ordonner un Fruit.

12mo. [16], 518, [42], pp. 3 engraved folding plates illustrating: 1. table decorations for a dessert course, 2. a suggested display of seasonal fruit, 3. a selection of sweets and desserts. Small rust-hole to blank lower part of title page; dampstain emanating from the inner margin in places throughout. Contemporary mottled calf, gilt spine, marbled endleaves (rubbed, edges and corners worn, some insect damage to the surface of the leather on the covers

Paris: Chez Didot, 1740

A comprehensive instruction manual on the uses of fruit and flowers in the production of sweets, jams, compotes, biscuits and drinks by one of the foremost figures of French cookery.

Nouvelle Instruction pour les Confitures offers recipes on every aspect of fruit preservation and confectionery, from making flower and fruit compotes to enjoy all year round, to biscuits, dragees and liqueurs. The work also includes a detailed guide allowing the cook to choose equipment to approach its complex set of

recipes, as well as information on the best time to collect seasonal fruit. *Instructions pour les Confitures* claims in its preface to offer a new method of making fruit preserves, and Massialot is keen to indicate that there are several points of difference between this and the many other texts available at this time on the subject of jam making.

First published in 1692 this is Massialot's second work. In the light of a growing suspicion of the artifice employed in French cookery, previously held to be the height of sophistication, *Nouvelle Instruction pour les Confitures* recommends a simpler, honest approach to the display of fresh fruit and its preservation. In the introduction to the section "Nouvelle Instruction pour les Fruits", Massialot urges his reader to present fruits to show off their natural appeal - "one must...think on the products of nature in the forms that she gives them to us." (p.450) A detailed set of instructions follows, privileging fresh fruit with pride of place over its dried or preserved equivalents in table displays. (p.514) This new brand of refinement, that sees fresh produce as more than simply a raw ingredient that must be processed and transformed, is a significant move away from the stuffed and sculpted creations of the first half of the 17th century.

Francois Massialot (d.1733) worked as an "officier de bouche", cooking for two Dukes of Orleans, the Duke of Aumont and the Cardinal of Estrées.

Davis, Jennifer J., "Masters of disguise: French Cooks between Art and Nature, 1651-1793", *Gastronomica* (Winter 2009), pp.36-49.

[32] **MENON (-). *La Cuisinière Bourgeoise, suivie de l'Office, à l'Usage de tous ceux qui se mêlent de la dépense des maisons***; contenant la maniere de disséquer, connoître et servir toutes sortes de viandes. Dernière Édition, augmentée de plusieurs ragoûts des plus nouveaux, et de différentes recettes pour les liqueurs, avec une explication par ordre alphabétique, des termes en usage pour Cuisine et l'Office.

12mo. vi, 384pp. Lower corner of leaf B1 torn away (no loss of text), small tears to E7 and E8 affecting a few letters of text, mark to outer margins of verso H6, leaf H7 and verso of H8 (not affecting the text), leaf I1 soiled (affecting a few letters of text), leaf M6 soiled (affecting a few letters of text), leaf P5 soiled (affecting a few letters of text). Original wrappers with handwritten spine label, pastedowns from a French auction catalogue of engravings, edges uncut.

Lyon: chez Amable Leroy, 1802

An excellent copy of a French work that provides elegant recipes accessible to the bourgeois table.

La Cuisinière Bourgeoise offers a portrait of French bourgeois cookery. First published in 1746 and regularly reprinted, the work proved vastly popular and played a part in transforming the French culinary landscape and establishing a simplified, elegant "nouvelle cuisine". Menon approaches the subject of bourgeois food assuming no prior knowledge of this style of cookery from the reader: "If they are novices in this art, they can both learn and practice without pain the precepts that he [the author] has taken care to lay before them, and dismiss that embarrassing superabundance of refined seasonings and industrious disguises, which demand rather less skill in their cooks, than ostentation in their masters" (Preface). Menon states that this work is designed for a wider readership than his 1739 *Nouveau Traité de la Cuisine*. The work omits complicated, expensive recipes "which could only have been of use in grand houses or amongst the wealthy"; now Menon is writing for "people of middle standing or of moderate fortune" (Preface). Menon admits that "the eye and the tastebuds will receive a smaller reward" but "the health and the bank balance will benefit". This definition of bourgeois cookery is engaging: the recipes contained in the work, though simpler than, say, those of the archetypal court cook Massialot, retain a great deal of style and flair. Indeed, Menon claims that the bourgeois household can be ennobled by the arts of the table, and he includes carving instructions to ensure that householders can serve food in style.

As well as instructions on preparing and serving food, the work offers a glossary of terms for the equipment commonly used in the bourgeois kitchen. These terms provide us with a particularly valuable insight into the practical methods as well as the theory of cookery during this period. Kitchen equipment such as the "turbetière" is described, a round and flat copper fish kettle with a pierced sheet of copper at the base to allow the chef to drain a turbot without breaking the delicate flesh. Despite the claim that the book is designed for households of more modest means, the glossary includes a description of a "fruiterie" for storing fruit. Menon explains that this must be a dry place, neither too cold nor too warm, and kept dark with good shutters and curtains. He suggests that the cook visit the fruiterie from time to time to air the fruit and thus preserve it in the best possible condition.

[33] **MENON (-). CLERMONT (B.)**, translator & editor. **The Professed Cook; or, the Modern Art of Cookery, Pastry, & Confectionary, made plain and easy**; consisting of the most Approved Methods in the French, as well as English Cookery. In which the French Names of all the different Dishes are given and explained, whereby every Bill of Fare becomes intelligible and familiar. With the addition of the best receipts, which have ever appeared in the French or English Languages. By B. Clermont. The Tenth Edition, revised and much enlarged.

8vo. xxxix, [i (blank)], 549, [1 (blank)] pp. Some light foxing / spotting, a few ink blots on pp. 254-5 and occasionally elsewhere, dusty in places. Contemporary buff boards, cloth spine, printed paper label (boards rubbed, worn at the edges and corners; book-block split at p. 240).

London: by C. Richards; for T. Simpson, 1812

A translation of Menon's *Les Soupers de la Cour* (1755). First published in English as *The Art of Modern Cookery* (1767) which was reissued in 1769 as *The Professed Cook: or the Modern Art of Cookery* and reprinted in 1776 ("third edition, revised and much enlarged"). NSTC lists only this "tenth edition" which is virtually a direct reprint of the third edition (without the prefatory material) and of which COPAC lists only the British Library copy and Worldcat adds copies at Berlin, Cornell, Detroit, Guelph, and Harvard.

"The Book the Translation of which makes a material part of this Work, is the last Production on French Cookery, printed in Paris, by the King's Privilege, intitled, *Les Soupers de la Cour*. I shall not pretend to make any further Apology for the title of *Supper*, than that the French are, in general, more elegant in their Suppers than their Dinners. I procured it from France for my own Help and Instruction, as a Clerk of the Kitchen; and finding it of great Utility, I thought that a Translation would be both agreeable and useful to many Gentlemen, Ladies, and others, as it contains the greatest Number of the most approved and newest Receipts in Cookery, Pastry, and Confectionary, of the present Time; and as Bills of Fare are mostly in French, I also thought it very necessary, and of particular Use, to retain all the French Names and Apellations, giving at the same Time a literal Translation, or the Meaning from whence derived, by which I hope to be allowed the Expression of reconciling the English *Maitre d'Hotel* to the French Cook." (Preface to the 1776 edition; printed here).

Ink signature on the front pastedown "J. [or S.] McKenzie".

[34] **NEEDHAM, RAWLINS & CO.** **Directions for Brewing with Needham, Rawlins, & Co.'s Patent Family Brewing Machine.** Printed for the Patentees, and Sold by them at their Warehouses, Skinner Street, London; and Narrow Wine Street, Bristol. And by all their Agents.

Sixth Edition. 8vo. 18pp., folding frontispiece with engravings of the machine and letterpress text, a single leaf on different paper with a list of agents for the machine around the country (printed by W. Newman, Widegate-st. Bishopsgate". Stitched as issued in contemporary buff wrappers, uncut (wrappers slightly soiled).

London: by T. H. Coe, 1813

"Malt liquor has ever been considered in this country a Constitutional Beverage, and the advantages of private brewing were at all times sufficiently obvious, by the reducing it effected in the cost, and the pleasure of having Beer of any strength required; but the inconvenience and uncertainty attendant on it, have prevented its general adoption. To avoid these difficulties, by a *Compact, Portable Brewing Apparatus*, which should embrace the more important object of producing superior Malt Liquor, has been the devoted study of the inventors of this Machine, which *removes all uncertainty in Brewing* (an object that has eluded the attentive search of the most scientific Brewers); requires but little labour, and obtains a greater extract from both Malt and Hops, *without the necessity of mashing*, a tedious and inconvenient operation." (Preface).

Beer was a household staple in an age when the water was very likely to be poisonous - even schoolchildren were allowed a ration of "small" or weak beer - and it also had the advantage of keeping the servants out of the public houses. Interestingly, home brewing was closely allied to the temperance movement in Victorian times.

Charles Edward Rawlins left the partnership with James Needham and Joseph Rawlins on 31 December 1813 (*London Gazette*).

[35] **NUTT (Frederic).** **The Imperial and Royal Cook:** consisting of the most sumptuous made dishes, Ragouts, Fricassees, Soups, Gravies, &c. Foreign and English: Including the Latest Improvements in Fashionable Life [...]

12mo. xxiv, 311, [20], pp. Engraved frontispiece portrait Tear to E7 (no loss of text), small mark to G12 (not affecting the text). Original boards, covers with printed title and advertisements (joints worn, some tears in the surface paper, and back cover rubbed).

London: for Matthews and Leigh, 1809

A recipe collection that offers elegant sweet and savoury dishes for affluent households by the confectioner Frederic Nutt.

The Imperial and Royal Cook (of which there was a 2nd editin in 1819) provides us with an engaging picture of early 19th century sophistication. Nutt claims that he does not aim for mass appeal; instead, he offers elaborate recipes using expensive ingredients for “opulent families”, who “wish to give handsome occasional entertainments to their select friends.” (Advertisement). Nutt also states that his manual offers a more sophisticated brand of cookery than other recipe collections of the period, frequently authored by cooks with practical experience of cooking in public houses. Nutt’s focus on sophisticated cookery allows him to omit the conventional sections from contemporary household manuals on basic culinary processes: “I do not profess to give any hackneyed receipts for boiling or roasting, broiling or baking, but have confined my selection chiefly to the higher departments of the art, such as made dishes, ragouts, fricassees, soups &c.” (Advertisement).

The recipes that Nutt offers make extensive use of meat, served with elaborate continental-style sauces, or stuffed. The focus of the work on “made dishes” indicates the time and energy that Nutt expects the cook to put into the preparation of a successful society dinner. Nutt frequently makes use of typically French cooking to evoke an elaborate style, including dishes au gratin, a la Dauphine and a la Reine. Sweet dishes are similarly complex, such as gateau millefleur (p.208). The title evokes Massialot’s seminal 1691 work on sophisticated French cookery, *Le Nouveau Cuisinier Royal et Bourgeois*, demonstrating the influence of Classical French cookery through the prism of its English interpretations in the interceding century; the received ideas of French culinary sophistication presented in the work are very different from the actuality of French high class cookery during this period.

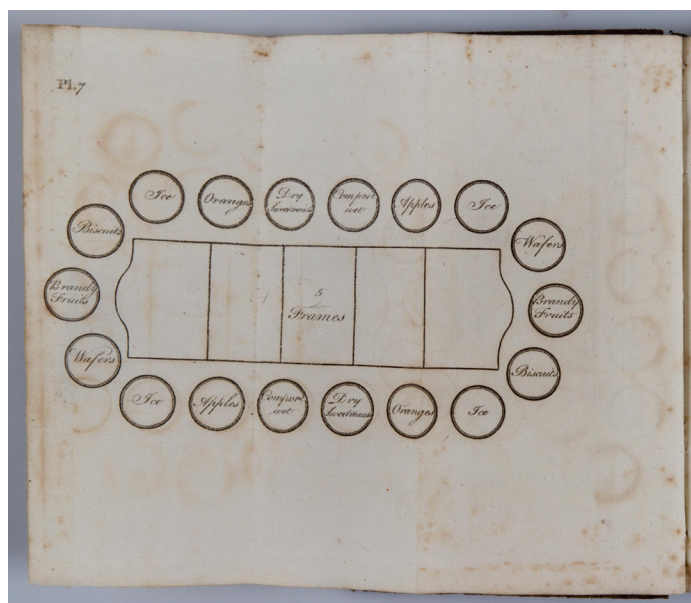
Frederic Nutt was apprenticed to the Italian confectioner Domenico Negri at the Pot and Pineapple confectioner’s shop in Berkeley Square. This apprenticeship would have allowed Nutt to acquire the skills necessary to cook and present complex dishes with

elaborate decorations.

Provenance: Ink signature on the flyleaf “Eliz: Elsley”.

[36] NUTT (Frederic). MACHET (J.-J.), editor. **The Complete Confectioner; or, the Whole Art of Confectionary made easy:** also Receipts for Home-Made Wines, Cordials, French and Italian Liqueurs, &c. By Frederick Nutt. [...] Eighth Edition, corrected and improved by J. J. Machet, distiller and confectioner at Paris.

12mo. xxiv, 261, [1 (blank)], [2 (advertisements)]pp. Engraved frontispiece showing Pomona with a pot and pineapple, 10 engraved plates (of which 3 are folding), suggesting the placement of desserts and sweetmeats at table, the last plate showing a syringe mould. Endpapers foxed, frontispiece and plate 9 foxed, recto C12 slightly browned, other plates and the text lightly spotted, lower corners of sheet K creased. Contemporary sheep (joints split, spinebroken at head and tail, vertical crack up the spine, some insect damage to the leather).



London: for Samuel Leigh; and Baldwin, Cradock, and Joy, 1819

A comprehensive guide to the art of confectionery by Frederic Nutt, a former apprentice at the Pot and Pineapple, in Berkeley Square.

The Complete Confectioner, first published in 1789, offers a large selection of recipes for elegant sweets, biscuits, jams, liqueurs and preserves. These appealing recipes include compote golden pippins (p.180), pistachio cream (p.145), pineapple ice cream (127), and masapan (sic) biscuits (p.18). Unusual and elaborate

recipes include Parmesan cheese ice cream (p.137) and "Grapes in Bunches, Dried" (p.213). The work aims to provide all that the reader needs to know in order to create professional confectionery, and even to set up their own business. So comprehensive, in fact, is this work that the preface claims: "the author was offered One Thousand Pounds to withdraw it from the public, and he has no hesitation in saying, from his own knowledge and observation, that many persons have commenced trade as confectioners, with no other assistance than this book." The art of making confectionery was extremely marketable; Day notes that if the confectioner was successful "he could command not only impressive financial rewards but a respectable social standing usually denied to other food professionals".

Edited by the Parisian confectioner J.J. Machet, suggesting the interaction between the French and English arts of confectionery in this period. The preface notes this edition is "enriched with several new articles, particularly under the head of "Natural Creams." These additions, with others of Home-made Wines, &c. have necessarily increased the price of the book; but when it is considered, that the receipts are not only select but original, the advance is but trifling to the purchaser. The author is proud to say, the work contains receipts which cannot be obtained from any other source; and notwithstanding several attempts to supersede it, they have all proved fruitless. The eighth edition is a flattering testimony of public approbation."

The new recipes for home-made wines were supplied by Mrs. Smith, author of *The Female Economist* (1810).

Nutt has clearly taken in the importance of elegance, refinement and luxury in producing successful confectionery, qualities classically essential to French sweets and desserts.

Provenance: Bookplate removed. 19th-century pencil signature on the flyleaf: "E. Clark".

[37] **PEGGE (Samuel) *The Forme of Cury A Roll of Ancient English Cookery, Compiled, about A.D.1390, by the Master-Cooks of King Richard II,*** presented afterwards to Queen Elizabeth by Edward Lord Stafford and now in the possession of Gustavus Brander, Esq. Illustrated with notes and a copious index, or glossary. A manuscript of the editor, of the same age and subject, is subjoined. By an Antiquary.

First Edition. 8vo. iv [+ iv], xxxvi, 161, [1 (blank) 161-188, [2 (advertisements)]pp., engraved facsimile of the recipe for Mawmenee at E3. text lightly browned.

Early 19th-century half Russia with marbled boards, gilt spine (endleaves watermarked 1804) (rubbed, upper joint cracked and with about two inches of insect damage near the foot).

London: printed by J. Nichols, 1780

Maclean, *STC of Household and Cookery Books*, p.112.

ESTC identifies three issues - the first ends at p. 161 and has the same imprint as above (ESTC records 4 copies); the second has a supplement at the end (Y2, Z-Bb4) comprising a recipe for ypocrasse (p. 161), addenda (p. 162), rolls of provisions belonging to the Nevile family (pp. 163-88) and has the same imprint as above; the third has a new title with "printer to the Society of Antiquaries" added after Nichols's name in the imprint and the dedication signed with Pegge's name in full rather than "The Editor" and has a leaf of advertisements added at the end. This copy is of the third issue but also has the second issue title and dedication leaves bound at the front. Some copies have a portrait of Pegge dated 1785 as a frontispiece.

Perhaps the most famous English historical culinary text.

The Forme of Cury offers one of the most rounded insights into Medieval cookery, and wider cultural practice, available to the modern scholar. Though the recipes initially appear far removed from those of a modern cook book, both because of their format and their language, their content conveys a striking immediacy. The recipes range from the curious - "Furmente with Porpoys" (a kind of almond porridge dressed with sliced porpoise) (p.39) to the curiously familiar - "Verde Sawse" (p.65), which bears striking resemblance to a salsa verde. Such recipes raise questions of food availability, and of the kinds of cultural exchange occurring in England during this period. Pegge shows an interest in these issues, attempting to define the terms that he has encountered in his study of the manuscript: in his preface he considers the word "Pynes", which he has come across frequently in the manuscript: "There is some difficulty in enucleating the meaning of this word, though it occurs so often" (xxv) He suggests that this may refer to mulberries because of their shape, or could simply refer to pine nuts. Pegge dates the manuscript to around 1390.

The manuscript provides a large selection of recipes which suggest not only the kinds of ingredients that were readily available in this period, but also the ways in which the upper classes ate. For example, two recipes for pies ("Chewet") are presented side-by-side, one for a "Flesshe Day", and the other for a "Fyssh

Day" (p.83), marking out Christian eating practices. The first is a pork pie with ginger, the second, a fish pie with turbot, haddock, cod and hake, boiled and finely minced, with raisins. Another interesting recipe is the "Egurdouce of Fysshe" (p.63), a precursor to the modern sweet and sour flavours that we think of as typically Mediterranean. The author recommends that the cook use loach, tench or sole. We are instructed to "smyte hem on pecys", and dress with a syrup made from vinegar, wine and sugar, spiked with whole spices, powdered spices and salt. Such recipes saw a revival in the 20th century. It is interesting that Pegge should dismiss the dishes in the work as unpalatable, since they have undergone a number of revivals in the intervening centuries. This dish in particular is reminiscent of George Perry Smith's salmon in pastry, spiced with ginger, and baked in pastry with chopped almonds and pastry. More recently, the elaborate aesthetic of Medieval cookery and the combination of sweet and savoury flavours - in particular, meat and fruit - has served as an inspiration to Heston Blumenthal.

The work's dedication to Gustavus Brander (1719/20-1787) sheds some light on the origins of this edition of the medieval work. A merchant and antiquary of Swedish descent, Brander set about forming a collection of manuscripts, spending the fortune he had inherited from his uncle John Spicker. It was from one of these manuscripts that Brander allowed Pegge to produce our work.

Provenance: Ink note at the foot of p. i of the preface where the editor notes that eating animals was not permitted to man before the flood when "it was indulged to us, by an enlargement of our charter" the annotator alters "indulged" to "but that we were condemned to eat this, and cursed with a new appetite that degraded us so far as to make our stomachs the tombs of dead and putrid animal matter as punishment". 19th-century signature on the flyleaf "Mary Cox" and a printed cutting with the menu for a feast held at Norwich in 1561.

[38] **PERCY** (Rev. Thomas), editor. **The Regulations and Establishment of the Household of Henry Algernon Percy, the Fifth Earl of Northumberland**, at his Castles of Wresill and Lekinfield in Yorkshire. Begun anno domini M.D.XII

8vo. xxvi, [1], xi, 464, [2], pp. Slightly foxed, margin of gathering K stained, gathering Bb particularly spotted. Original green cloth (rebacked, original spine with printed label laid-down; new endleaves).

London: William Pickering, 1827

Reprint of a fascinating Tudor manuscript describing the household activities of the Percy family at Wressle and Leconfield castles.

The Regulations and Establishment of the Household of Henry Algernon Percy records every part of the household's consumption, its transactions and its day to day routine throughout the year. The work centres around the two family seats, Wressle and Leconfield, in the East Riding of Yorkshire. First published privately in 1770, the work was edited by Thomas Percy, tutor to the Northumberland children, writer and later Bishop of Dromore. As Percy points out in his introduction this household record also offers a great deal of valuable historical and social information that can allow us to gain a better understanding of this period. Percy claims: "The minute attention paid to even the most inconsiderable article of domestic expence (sic), and the formal stated orders established with regard to many particulars which appear to us extremely trivial, are very remote from our modern ideas and present manners."

The Regulations and Establishment of the Household of Henry Algernon Percy offers a picture of a strictly regulated house, and gives information on the various ranks of the servers, their wages, and their daily lives.

Attempting to account for the existence of such a detailed household record, Thomas Percy writes, "It may be considered...that a nobleman in the dark ages, when retired to his castle, had neither books, nor newspapers, nor literary correspondence, nor visits, nor cards to fill up his leisure," and therefore "the Government of his Household would therefore be likely enough to engage his attention..." (x) The accounts of day to life in Wressle and Leconfield castles are particularly valuable since the structures themselves no longer remain in their original state; in the case of Leconfield, the castle was demolished around 1608. (English Heritage National Monuments Record). The content of this work had a significant effect on the reputation of Henry Algernon Percy (1478-1527) at the time it was first published. Hoyle notes that "the sobriquet of the Magnificent which is sometimes applied to him dates only from the beginning of the nineteenth century and probably arises from the impression created by the publication of his household book..." (ODNB).

Provenance: Pencil note on the flyleaf "This volume excessively scarce / From Dr Laing's Liby".

[39] [PERKINS (John) & BUCHAN (William). **The Ladies' Library: or, Encyclopedia of Female Knowledge, in every branch of Domestic Economy:** comprehending, in alphabetical arrangement distinct Treatises on every practical subject, necessary for Servants and Mistresses of Families. I. A most extensive System of Cookery. II. A complete Body of Domestic Medicine. III. The Preservation of Beauty, and Prevention of Deformity. In which is included a vast fund of miscellaneous information, of the highest importance in Domestic Life.

First Edition. 2 vols. 8vo in 4s. 1, xv, 407, [1]; [2], 512, [1], pp. Engraved portrait (foxed) of John Perkins and 2 plates showing "A system of carving" in vol. 1; engraved portrait (lightly foxed) of William Buchan and 2 folding plates (dusty at the fore-edges) showing first and second courses in vol.2. Title-pages and final leaves lightly browned, some minor spotting. Contemporary sheep (functionally rebaked, corners repaired, new endleaves; covers scuffed).

London: Printed for J. Ridgway, 1790

ESTC records two copies at the British library and a copy at the National Library of Scotland in UK and copies at Case Western Reserve, McMaster, NYPL, Library of Congress and University of Pennsylvania in North America. Reissued in 1796 as *Every Woman her own Housekeeper; or, the Ladies' Library. ... The Fourth Edition, with additions* (Johns Hopkins, Marietta College Ohio, Radcliffe College Schlesinger Mass [= Harvard] & McMaster only). Maclean adds a copy of the reissue at the New York Academy of Medicine.

An anthology of household and medical advice for the use of women, providing an insight into the tasks that defined their role at the end of the 18th century.

Although compiled by unknown editors, for the cookery recipes they made "ample use" of the manuscripts of the late John Perkins, who is described on his portrait as "many years cook in the Families of Earl Gower and Lord Melbourn (sic)" but is otherwise unknown, and the medical advice derives from the distinguished doctor and author of popular works on medicine William Buchan.

The two volumes of *The Ladies' Library* offer a diverse selection of advice on cookery, cleanliness, and bringing up children in good health to young ladies and "to every class of Female Servants ... the house-keeper, the cook, the house-maid, the chamber-maid, and the nursery-maid". It attempts to promote health throughout the family, emphasising the role of the mother in

promoting "content, satisfaction and utility throughout their families" (Preface). Bringing together culinary material from "almost thirty different authors", the style of cookery offered in the work claims to tend towards "frugality and elegance". Also addressed is the subject of a woman's personal appearance and the work aims to define a suitable midpoint between vanity and a complete lack of concern for personal appearance; it condemns the "pernicious practice" (p.173) of painting the face with heavy make-up, instead attempting to promote a clear complexion and attractive appearance through good health. *The Ladies' Library* makes an attempt at providing female readers with a useful general reference point for health problems, noting with concern that women can be too embarrassed to ask for medical advice: "The Ladies, in particular, are often prevented from receiving the benefit of medical advice by an unwillingness, the offspring of delicacy, to apply for it." (viii) The work also includes detailed advice on looking after children from birth, with direction on diet, exercise, and sleeping conditions. (pp.234-257).

Despite its claim to aim for "frugality" in the recipes that it provides, *The Ladies' Library* also includes a selection of interesting and elaborate dishes. These include a selection of "Ornamental Dishes" (pp.174-178) such as a fish pond made of flummery with jelly fish set into it, and "Moonshine", a flummery half-moon and stars surrounded by lemon cream and garnished with flowers. Also offered is an entry on the notorious delicacy ortolans, a small wild bird popular in France. *The Ladies' Library* suggests that, having imported her ortolans, the lady of the house should feed them "till they become a lump of fat", before killing them (p.173). This is a variation on the traditional French method of drowning the bird in strong vinegar or Armagnac. The bird is then plucked, roasted and eaten whole, including the bones, traditionally in France with a napkin over one's head.

The medical content of the work gives the impression of a particularly solid grounding in scientific fact. Vol. 2 has a frontispiece portrait of William Buchan, M.D., author of the extremely successful 1769 work *Domestic Medicine, or, the Family Physician*. The ODNB notes that before the twentieth century, "no simple health guide enjoyed as much popularity" as this work.

[40] RUNDELL (Maria Eliza). **A New System of Domestic Cookery ; formed upon Principles of Economy, and adapted to the use of Private Families.** By a Lady. Second Edition, considerably enlarged and improved; and to which are now added ten

illustrative plates.

Second edition. 8vo, lvii, 32, 32*-33*, 33-486, pp., frontispiece & 9 engraved plates. Foxed. Contemporary marbled boards (rebacked in calf, new endleaves)

London: for John Murray; J. Harding; and Arch. Constable and Co., 1807

An important early 19th century household manual with the first printed recipe for bubble and squeak.

First published in 1806, *The New System of Domestic Cookery* instructs the housewife in providing for her family. The introduction to the work treats household management as a lost art. Rundell states: "There was a time when ladies knew nothing beyond their own family concerns; but in the present day there are many who know nothing about them" (ii). To this end, Rundell provides a large selection of useful recipes as well as advice on marketing, advice for cooking for invalids, for the poor, and instructions for servants. The recipes included in the work are relatively simple, though Rundell shows an awareness of elegant presentation and attempts to make the most of her ingredients. She recommends practising carving to avoid an unsophisticated result, warning that an inexperienced carver can cause the dish to leave the table "with the appearance of having been gnawed by dogs" (xxiii). The work contains the first known printed recipe for bubble and squeak: "Boil, chop and fry it [presumably potato], with a little pepper and salt, and some cabbage; and lay on it slices of underdone beef, lightly fried." (p.61) .

Rundell regards the household as the ideal environment for a young woman, and its skills the ideal complement to the female character. The preface claims: "This little work would have been a treasure to herself when she first set out in life, and she therefore hopes it may prove useful to others."

Rundell's work began as a collection of household advice and recipes for her daughters who had been sent to live with an aunt and uncle in London. She sent her manuscript to the publisher John Murray, who published the work in 1806 under the title *Domestic Cookery*. It proved extremely popular, and in 1841 its 65th edition was published and it was widely reprinted in America. The work proved seminal, as Lee notes: "As the earliest manual of household management with any pretensions to completeness, it called forth many imitations." (ODNB)

[41] **SALMON (William). The Family Dictionary: or Household Companion.**

Containing, I. Cookery in dressing Flesh, Fowl, Fish, Herbs, Roots, Making Sawces, &c. II. Pastry [...]. III. Confects [...]. IV. Potable Liquors [...]. V. Perfuming [...]. VI. Husbandry [...]. VII. Preparations galenick and chymick relating to Physick and Chirurgery, as Cordial Waters, Spirits, Tinctures, Elizirs, [...] fitted for Curing most Diseases incident to Men, Women, and Childen. The Fourth Edition, with above eleven hundred additions, interspersed through the Whole Work.

Fourth Edition. 8vo.[14 (of 16, lacking the half-title)], 560 pp. Lightly browned, dusty in places, some worming in the lower inner margin (occasionally touching the text) at the front. Contemporary calf covers gilt double ruled, spine divided into six compartments and gilt double ruled, with gilt lettering (rebacked, new endleaves; covers worn and with some insect damage)

London: for H. Rhodes, 1710

Maclean, *STC of Household and Cookery Books*, p. 127.

ESTC lists copies at the British Library, Worcester College, Oxford University, The National Trust; and the Brotherton Library in the UK, and twelve copies in USA [but not Princeton].

A household encyclopaedia offering advice on cooking, brewing, cleaning and treating common illnesses, by the prolific scientific author William Salmon.

First published in 1695, *The Family Dictionary* instructs the reader in tackling all the tasks of the early 18th century household, offering an extensive selection of entries on subjects from "Calves Head Pye with Oysters" (p.62) to "Sore Nose" (p.469) Salmon claims that he has extracted "all of the choice Matter out of a great Number of those Ordinary Pamphlets". Salmon also states that the entries are extremely accessible: "The Expressions (sic) are plain, the Language easy, the Directions obvious, and the Method direct, for the Instruction of the Persons to whom it is intended." Salmon claims that not only are other works inaccurate, but even the advice of other doctors is unreliable, to the point of mortal danger.

Salmon's culinary style typifies middle class English cookery during this period. A range of beef, pork, game, poultry and fish recipes are offered, with a selection of pies and made dishes including an "Artichoke Pye" (p.406). Sweet dishes are elaborate and demonstrate flair typical of French-influenced cookery

“Quaking Gelly of Currants” (p.411) and “Snow” (p.465), a sweet-flavoured whipped cream and egg white froth. To serve the froth is draped over a branch of rosemary stuck into a white loaf with the crust cut off, intended to give the impression of a snow scene.

Salmon (1664-1713) wrote on a wide range of medical and scientific subjects, though there is little evidence that Salmon made any original contribution to medical knowledge, he was clearly extremely proficient in presenting medical knowledge in an appealing way to the wider public.

[42] **SMITH (Eliza). *The Compleat Housewife: or, Accomplish'd Gentlewoman's Companion*.** Being A Collection of Upwards of Six Hundred of the most Approved Receipts in Cookery [...] with Copper Plates, Curiously Engraven, for the Regular Disposition or Placing of the Various Dishes and Courses [...] and also Bills of Fare for Every Month in the Year [...] The Fifteenth Edition, with additions.

“Fifteenth Edition”. 8vo. [16], 396, xii, pp. Slightly foxed. Engraved frontispiece showing a country kitchen with servants preparing food and their masters dining in the background, and with a further four folding engraved plates showing suggested dishes for: 1. Winter first course and second course, 2. Summer first course and second course, 3. First course and second course, 4. A supper first course. Third and fourth plates browned at upper edges and with a stain at the margin, small contemporary ink annotations to B4 and B6 (not affecting the text), small closed tear to B8, small mark to E5 to F2 (affecting a few letters of text), small stain to H, gathering H especially foxed, I4 marked (affecting some text), mark to margin of K8, margin of M7 spotted (affecting a few letters of text), R5-R7 (affecting some text). Modern half calf.

London: Printed for R. Ware, S. Birt, T. Longman, [etc.], 1753

Maclean, *STC of Household and Cookery Books* p. 134. ESTC records copies at the British Library, Bodley & Brotherton Library in UK; W. A. Clark, Cornell & Michigan State in USA.

An “outstanding example of the [household manual] genre, rivalling Hannah Glasse and Elizabeth Raffald in content and contemporary popularity.” (ODNB)

The Compleat Housewife: or, Accomplish'd Gentlewoman's Companion provides a complete guide to cookery of this period, drawn from Eliza Smith's practical experience, perhaps learned at Beaulieu (ODNB), alongside

basic medical advice. In her preface, Smith describes her work as the product of “30 years of diligent Application”. The work contains the conventional selection of bills of fare for each month, and marketing advice, alongside its culinary content. Smith herself admits that the genre of cookery writing has become saturated in this period in her preface, claiming that there is no need for any introduction to the universal practices of cooking and eating. Cookery, “being so necessary for the Gratification of the Appetite, stands in need of no Encomiums to allure persons to the practice of it, since there are but few now-a-days who love not good eating and drinking.” Interestingly, she chooses instead to devote her introduction to a history of cookery, providing an engaging insight into the understanding of cookery as cultural practice in the 18th century. She believes that cookery has reached its zenith with the style of cooking contained in her work, and claims that any further embellishments are overcomplicating matters: “Whatsoever new, upstart, out of the way Messes some Humourists (sic) have invented, such as stuffing a roasted Leg of Mutton with pickled Herring, and the like, are only the Sallies of a capricious Appetite, and debauching rather than improving the Art itself.”

First published four or five years before Smith's death in 1732, it was the first cookery book to be published in America, in 1742.

Provenance: 18th-century armorial bookplate of Christopher Ridout (d. 1790), an army surgeon (with an ecorché figure standing beside the coat-of-arms). A woodcut of the British royal arms has been pasted inside the back cover.

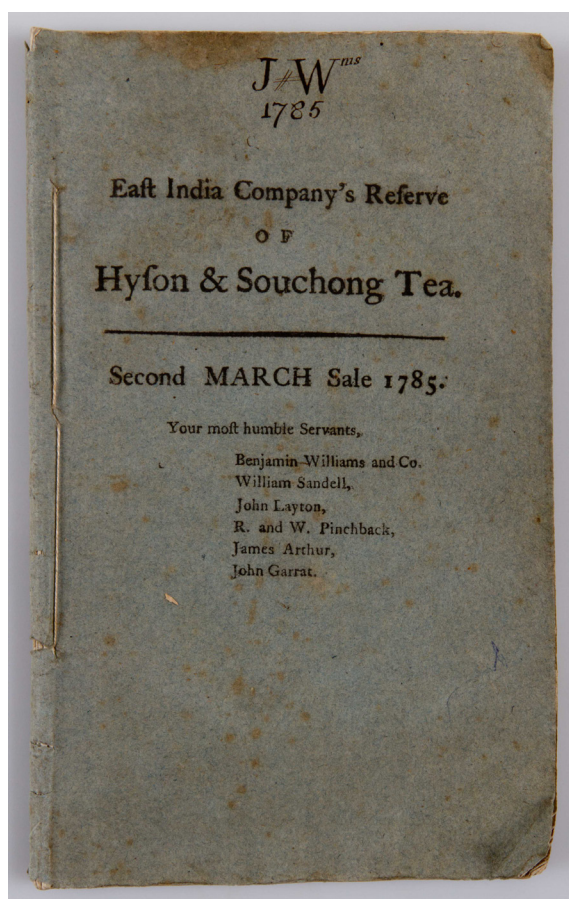
[43] **TEA AUCTION. East India Company's reserve of Hyson & Souchong Tea. Second March Sale 1785.** Your most humble Servants, Benjamin Williams and Co. William Sandell, John Layton, R. and W. Pincback, James Arthur, John Garrat. [Sub-title: Tea for sale, at the East-India House, Chests, &c. with all Faults, by several Ships in Time, in Lots, to adv. 1d. To be seen in the Warehouses Frenchchurch street.

8vo. 821-870pp. Original blue paper wrappers, the front printed with the title as above.

[London: 1785]

Apparently unrecorded in any issue. The lots are sold by ship - 4 cargoes of Hyson tea in 406 chests and 18 cargoes of Souchong tea in 3254 chests.

Priced and named with buyers in manuscript. The

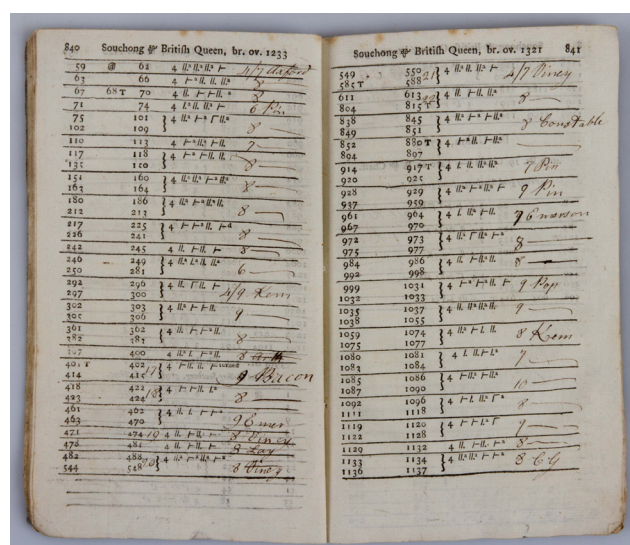


pagination of the sales was presumably continuous for a year so that bound volumes could be completed.

1785 was a year of great importance for the British tea trade. This catalogue describes the East India Company's stocks of hyson and souchong tea offered for sale at the second of four yearly sales. The 1785 sales were the first to follow the Commutation Act of 1784, issued to disincentivise smuggling and to regulate the quality of tea. The tea tax was raised several times during the preceding decade in order to finance the Anglo-American War of Independence. The tax on tea reached 119% at its peak in 1784; such high rates meant that tea smuggling was rife. The trade was also subject to problems with tea quality, ranging from the supply of chests packed with good quality tea leaves at the top but covering a body of inferior leaves beneath, to the supply of composite productions including leaves from other plants. It has been estimated that, during the 1770s, more than 7 million lb of tea were smuggled into England every year, compared with some 5 million 5lb of declared tea. Following Pitt the Younger's election as Prime Minister, in 1784 the tax on tea was reduced from 119% to 12.5%. (Mair and Hoh, p.185)

During this period, hyson and souchong were considered the premier green and black teas respectively. (Mui & Hoh-Cheung) The catalogue provides a glossary of terms conventionally used for tea description

by brokers, who would sample and analyse the tea before its sale. The terms carry symbols which are printed next to each lot, describing their quality. The terms range from "musty and mouldy" to "superfine", an indication of the significant variation in quality of tea during this period. The catalogue also lists the names of the ships carrying each variety of tea, an important detail, since supercargoes were individually responsible for the tea that they carried, and oversaw the packing of their cargo. Each ship would be held financially responsible for their cargo, and damages would be deducted from the commission of supercargoes unless costs could be reclaimed from their Chinese suppliers. (Mui & Hoh-Cheung).



Provenance: Ink initials "J//Wms 1785" on the front wrapper and signature "J. Williams" on the back. Pencil note by James Stevens Cox identifying "Joseph Williams 12 George St. Minorities London".

Literature: Mui (Lorna & Hoh-Cheung), "The Commutation Act and the Tea Trade in Britain 1784-1793", *Economic History Review*, 16/2 (1963), pp. 234-253; Mair (Victor H.) & Hoh (Erling), *The True History of Tea* (2009).

[44] **TEGETMEIER** (William Bernhardt). **The Scholar's Handbook of Household Management and Cookery.** Compiled at the Request of the School Board for London with an Appendix or Recipes used by the Teachers of the National School of Cookery. By W.B. Tegetmeier, Author of "A Manual of Domestic Economy".

8vo. 132pp; seven engraved illustrations. Endpapers and title page faded; pp. 79-84 creased, otherwise a good clean copy. Green boards with embossed frame

and title to cover, title to spine and frame and advertisement on back cover (covers just slightly scuffed and with a very small ink stain to the spine).

London: Macmillan and Co., 1876

Educational manual on basic cookery and its science by the distinguished naturalist and journalist William Bernhardt Tegetmeier.

This engaging work seeks to standardise the provision of culinary education in schools and to provide simple, clear instruction in both the science and the practical skills of cookery. Tegetmeier's preface displays a genuine care for, and empathy with, the lot of girls in this period. He has a clear appreciation of the value of an education in securing the resources needed to generate a consistent income. The preface notes that a report by Her Majesty's commissioners found that: "On going to service after such a course, a girl would probably get 1l. more wages for the first half-year's service." *The Schola's Handbook of Household Management* seeks to set down the content of the course clearly, providing a reference work "which can be advantageously placed in the hands of the pupils in ordinary schools." The work begins in a fashion strikingly reminiscent of McGee's *On Food and Cooking*, with the topic "Milk". "Seeds grow," writes Tegetmeier, "plants and animals live; but milk is expressly formed for food, and for food alone." (p.11)

This book represents the shift from the teaching of household knowledge from the domestic realm. What had been taught as a matter of course amongst families was gradually being assimilated into the tasks of state education, and its value as a tool for generating income was being recognized.

WITH UNRECORDED BOOK-LABELS FOR MARGARET HARRINGTON 1694

[45] **WOOLLEY** (Hannah) **The Queen-like Closet, or Rich Cabinet: Stored with all Manner of Rare Receipts for Preserving, Candyng and Cookery.** Very Pleasant and Beneficial to all Ingenious Persons of the Female Sex. To which is added a Supplement, presented to all Ingenious Persons of the Female Sex. To which is added, A Supplement, presented to all Ingenious Ladies, and Gentlewomen. By Hannah Wolley. The Third Edition. [- A Supplement to the Queen-like Closet; or a little of every thing. Presented to all Ingenious Ladies, and Gentlewomen. By Hanna Woolley.]

Third edition. 12mo. **Imperfect: Lacking** leaves A1

(License leaf), A2 (engraved frontispiece), A5-6 (address "To all Ladies"), B9 (pp. 17-18), C4-5 (pp. 30-34), E4-5 (pp. 79-82), G2 (pp. 123-124), G10 (pp. 139-140), H1 (pp. 145-146), H10 (pp. 163-165), Q2-11 (pp. 339-344; index to part 1 [12pp], 1st leaf of index to part 2 [2pp]); [2]B10-11, 9pp. 19-22); C5-8, E6-8, G5-8, [2]C4-9 slightly shorter and perhaps inserted from another copy but at an early date (C8 loose and frayed at the edges). With the postscript and advertisement leaf at the end of part 1. Generally grubby and stained; the book-block broken in several places and leaves and sections coming loose; section of C4 burned away affecting 12 lines.

London: for Richard Lowndes, 1675

Wing W3284 (W3287 - the Supplement). ESTC lists copies at the British Library, Edinburgh University Library, Glasgow University Library, Brotherton Library in UK; W. A. Clark, Folger, Michigan State University [2 copies].

An important 17th century work by Hannah Wolley, "one of the first English women to make a living as an author." The work contains exceptional autobiographical detail, describing Woolley's medical experience (ODNB). With a pair of unique printed book-labels dated 1694 for a female owner.

This interesting and attractively presented work offers a remarkably complete picture of 17th century food culture from kitchen to table, as well as content on etiquette. Woolley offers recipes, bills of fare for different seasons, and advice to cooks and servers on how to present themselves. The style of cookery offered by the work is relatively complex; meats are frequently stuffed and recipes often suggest pickling or preserving. For example, Wolley offers a recipe for stuffed veal "to eat like sturgeon" (p.169), and instructions "to rost a whole Pig without the skin, with a Pudding in his Belly" (p.281). Unusual recipes include a sweet and sour "lettuce pie" using "cabbage lettuce", with butter, marrow, raisins, dates, mace, nutmeg, verjuice and sugar. Wolley demonstrates a nuanced understanding of her raw ingredients, offering separate recipes for boiling wild and tame ducks (p.259).

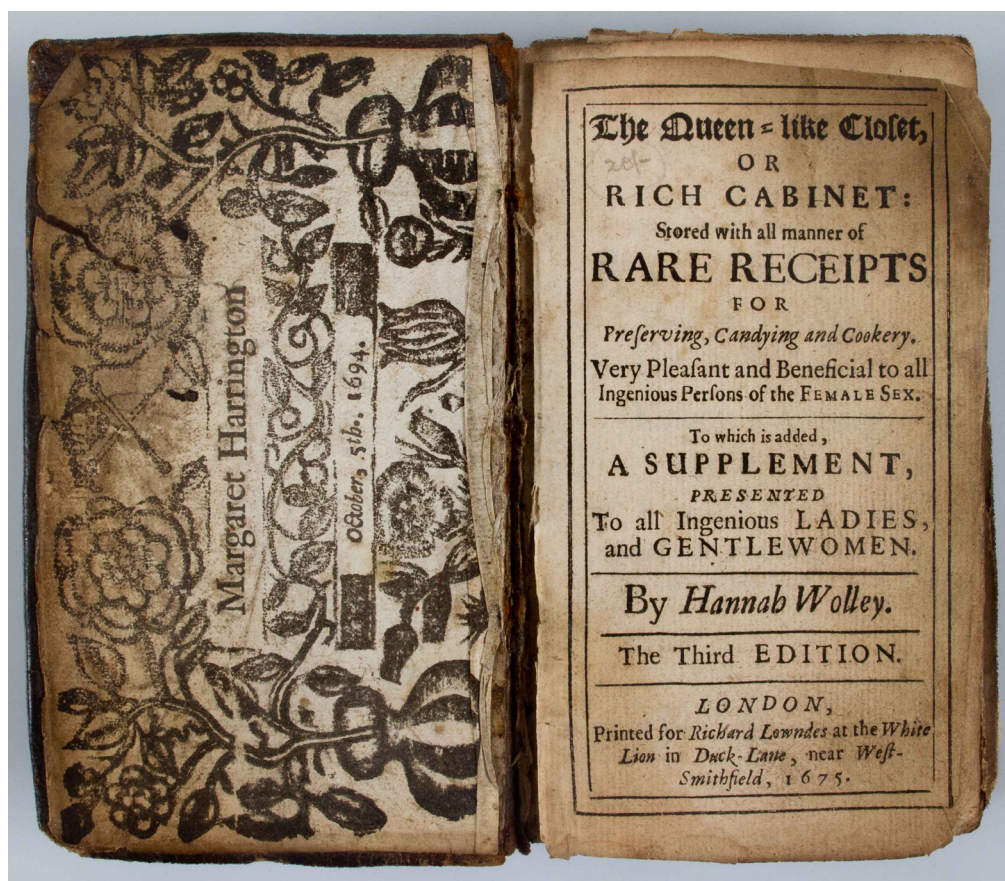
This work is particularly notable for its detailed instructions on the technicalities of the kitchen, offering advice to cooks and servers on presentation and comportment. (p.332-338) Wolley provides guidance on what makes a good server to "all ... Men-Servants, or Maid-Servants who commonly attend such tables". She suggests: "They must be neat and cleanly in their Habit, and keep their heads clean kemberd..." (p.337)

As for cooks, Wolley advises that they ought to be “obliging to all persons, kind to those under them, and willing to inform them, quiet in their office, nor swearing nor cursing...” (p.333) This is an unusual inclusion for household manual from this period.

Further remarkable content is provided in the second section of the work, a supplement to “The Queen-Like Closet”. In this section, Wolley gives a detailed account of her experience in treating medical disorders. She began learning about treating medical conditions at home: “Take notice that my Mother and my Elder Sisters were very well skilled in Physick and Chirurgery” (p.10). She was then put into the service of a noble woman. Wolley describes how she was sent to a woman who was suffering in a difficult labour and subject to convulsive fits, and managed to effect a safe delivery. She then gives many further examples of her success in medical work. She finally recommends such knowledge to the reader with the claim that: “It is

altogether as necessary that you should know how to keep your Bodies in health, to preserve your Eye-Sight and your Limbs, as it is to Feed or Cloath yourself” This section also provides advice on the correct tone for letters, offering examples of both well and poorly executed letters to a selection of addressees.

Provenance: With a pair of printed book-labels [80 x 145 mm] filling the inside of both the front and back covers printed with the name “Margaret Harrington” and the date “October, 5th. 1694” printed in letterpress within a frame of woodcut flowers emerging from two vases with a crown and crossed sceptres at the centre top. Not recorded in Brian North Lee’s *Early Printed Book Labels* (1976). Many of these were printed more as keepsakes than as bookplates - sometimes, as at the Oxford University Press, a visitor would set the type of their own name within the block and print a few impressions themselves - and a good percentage of surviving examples were produced for women.



50 Berkeley Square
London
W1J 5BA

020 7493 7160
www.maggs.com