

# New York Antiquarian Book Fair

2024

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# DISSERTATION SUR L'ERGOT OU BLE D CORNU.

I.

IL y a cette année, en Bourgogne, beaucoup de *Seigle ergoté* ou *Bled cornu*, qu'on appelle improprement *Ebrun* dans cette Province. Comme le *Seigle* est la principale nourriture des Pauvres, il est intéressant de rechercher les causes des maladies particulières à cette *Plante céréale*, sur-tout si ces maladies du Grain peuvent être dangereuses pour ceux qui en font usage après qu'il est converti en pain.

II.

C'est quand on voit *les Poisons mêlés aux alimens*, que l'on peut douter avec Pline, si la Nature n'est pas plutôt une marâtre cruelle, qu'une tendre mère pour les hommes, auxquels elle fait payer si cher ses bienfaits. On peut assurer que *le Pain*, cette nourriture si essentielle à l'homme, est, après l'air, la cause la plus commune des maladies épidémiques, lorsqu'il est d'une

A 2

*A Study of Ergot-Infected Rye  
and its Deleterious Effect  
on Humans*

**I. BEGUILLET, Edme. Dissertation sur l'ergot ou bled cornu. Dijon: Frantin, 1771.**

4to. Fine woodcut vignette on title page and one typographic headpiece. 31, [1 - blank] pp. Mottled half calf over marbled boards in the style of the period, light spotting to title page and final page. \$1750.00

The extremely rare FIRST EDITION of this in-depth study on how rye contracts the fungal disease called ergot. In this work, the author hopes to prove that food made with ergot is poisonous both to humans and animals. Edme Béguillet (d. 1786), was a prolific writer on bread and wine.

Béguillet writes that the most common causes of poisoned bread are that it was either made with poor quality rye flour or with bad water. He follows this up by sharing his hypotheses on why rye tends to be infected with ergot. Béguillet notes that rye grows best in cold dry environments such as Sweden, Prussia and the Italian Alps. Humidity and shade are the perfect environments in which ergot can spread in rye as well as other grains such as wheat (although it is less common in wheat). He goes on to describe what infected rye plants look like so that they can be weeded out from the good plants. Béguillet also bemoans the "greed" of farmers who try to avoid ergot by harvesting too early and then store their rye in humid piles in the barn where they then become infected with ergot.

On pages 17 to 21 the author writes on the symptoms of ergotism in humans. The main symptoms are gangrene, malignant fever, convulsion, dizziness, and sometimes death. Interestingly, some have argued that ergotism was the medical cause of the Salem Witch trials.<sup>1</sup>

Beguillet concludes that based on his studies he hopes that he has been able to prove that these symptoms are a result of eating bread that is contaminated with ergot. He also hopes that the police will be more vigilant at the markets in Burgundy where poor quality and diseased grains are ubiquitous.

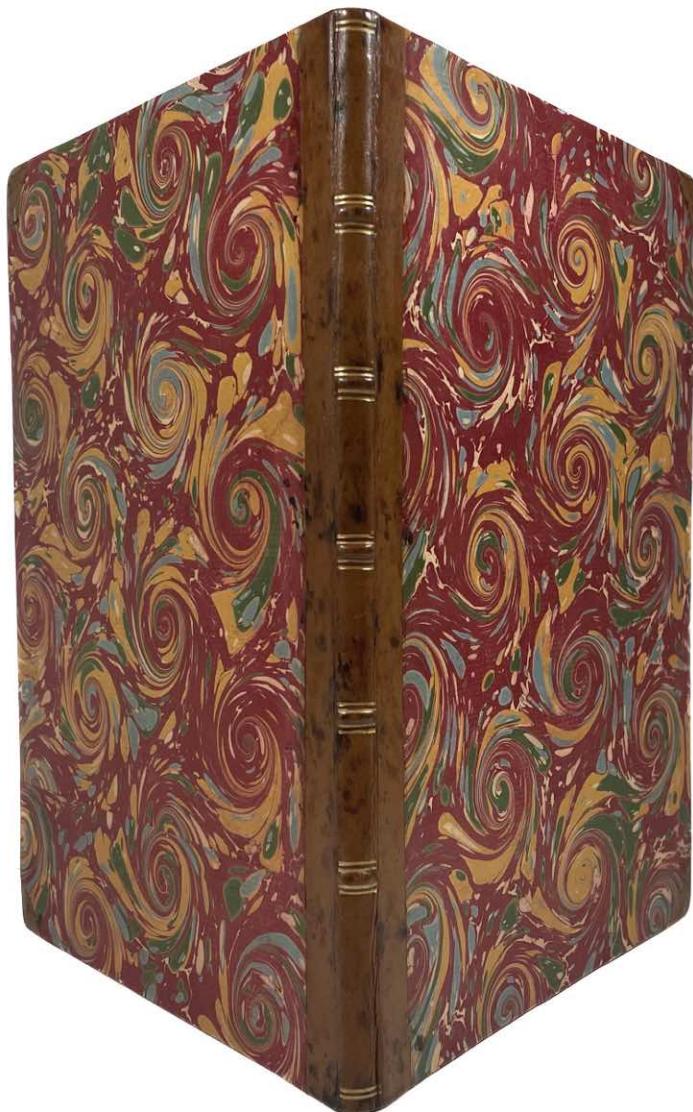
For more on Beguillet and his contributions to flour and bread production, see Kaplan's *The Bakers of Paris and the Bread Question, 1700-1775*, 1996.

In good condition.

¶ OCLC: four locations outside of the United States.

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<sup>1</sup> Caporael, Linnda R (April 1976). "Ergotism: The Satan Loose in Salem." *Science*, No. 192: pp. 21-6.





*"This Satire Against Drunkenness, Whoring, and Gambling"*  
— André Simon

**2. BEROALDO, Filippo. *Declamatio lepidissima ebriosi scortatoris*. [Bologna: Benedicto Hectoris, 1499].**

4to. One large woodcut printer's mark on colophon page. [39], [1-blank] pp. Panneled calf, blind and gilt fillets, central gilt medallion, gilt rosettes, raised bands, gilt fillet in compartments, a few small ink marks on two pages. \$8000.00

THE FIRST EDITION (SEE BELOW) OF FILIPPO BEROALDO'S WORK ON HUMAN VICES, told through a series of arguments between three brothers, one who represents drunkenness, another whoring, and the third an addict of gambling. The worst of them will inherit nothing of their family's estate. As a result, each brother makes a case for his way of life and argues that the other vices are more depraved. It is the drunkard who opens the discussion and who has the most to say. But by the end, the other two gang up against him to make the argument that drunkenness is the worst of the three.

Beroaldo (1453-1505) was from Bologna where he studied with Francesco dal Pozzo. By age nineteen he was a professor of rhetoric and poetry and in 1476 he left Bologna for Paris. Despite the brevity of his stay in France, Beroaldo's lectures on classical texts attracted large audiences and he had a strong and lasting influence on French humanism. He returned to Bologna in 1479 where he continued to teach until his death in 1505. For more on Beroaldo, see Anthony Grafton's contribution in *Contemporaries of Erasmus*, vol. I, p. 135.

## DE EBRIOSO

Fama &  
Opes.

scendum. Duo ante oīa sunt: quæ mortales magni  
pendunt fama & opes: Quid enim per deos imor  
tales mortalibus cōtingere potest? illiūtius q̄ nomi  
næ tot sudores, tot uigilæ, ultro subeuntur ac tole  
rantur: ut nō immerito Cecinerit Valerius Flaccus:  
Tu sola animos mentemque peruris gloria: Vt ue  
nū q̄ diuitiæ multæ; præterea quid utilius; quid dul  
cius: quid beatius q̄ opulentum patrimonium q̄ di  
uiciæ luculentæ: Quarum causa impiger extreos  
currit mercator ad indos: propter quas uita morta  
lium facta est laboriosa. Et irrequieta, sunt pleriq  
ui mortem potiorem q̄ egestatem putent: quibus  
intollerabilis uideat nuda illa uita & omnibus qui  
buscunque antea habundauerit destituta. Apud na  
batheos: qui opes iminuit publice mulctatur: q̄ au  
get honore afficit: Quas tam graci q̄ barbari cum  
tertium locum bonorum tenere debeant: primo ta  
men in loco collocant: ut auctor est Plato. Atqui  
utriusq; huiusc boni iacturam facit meretricarius:  
Namque amationes meretriciæ grande ferunt una  
cum damno dedecus: infamiam afferunt opes au  
ferunt: Male consulit & rei & famæ mulierarius  
amator: Quibus homini detractis nihil planè erit  
illo despectius: nihil notatus. Itaq; amator despec  
tissimus notatissimusq; est habendus, qui scorto ho

Mos na  
batheos.

Plato

## SCORTATORE ALEATORE.

nestum officium postponens qui in gurgustio deli  
tescens assiduis pulsatur infamiis patrimonii decoc  
tor: mendicitatis infamissimæ coagulū: Bonam de  
perdere famā rem patris obliuare malū est ubicūq;  
ut inq; satyraphus: Amator ut plautinus seruus  
festi inter enarrat, bona sua pro stercore habet: foras  
iubet ferri domi quicquid habet perdit: quādo qui  
dem ipse perditus est: Meretrices ut dicūtur ita pro  
fecto sunt procaces: nullus est finis poscēdi nullus  
dandi: ut amatoris libido rediūua resurgit estq; in  
explebilis: sic meretricis est iexaturabilis pacitas.  
Et cū hodie aliquid dederis: hodie quoq; aliud dan  
dum est: Et cum scorti premium unus sit panis si So  
lomonis credimus Argétariam salutem ab Amasio  
quotidianam depositit: Exenteratque quotidianis  
ictibus marsupium: Meretrix tātis per blanditur dū  
illud qd rapiat uident: Amator quā diu habet quod  
detā diu illi. Arridēt edes meretriciæ & patēt fores:  
Vbi despoliatus inopia argentaria laborat foras ex  
truditur: Non ne commedia humanæ uitæ speculum  
est: aiqui apud Comicos poetas tota est meretrici  
æ amoris infectatio: Adolescentes in Scortis male  
audiunt: patres filios a turpi amore meretricis auo  
care abducere: Auellere omnibus uiribus neruisq;  
contendunt: Vt id nobis documento sit uitandas Suaui  
esse meretricum illecebras. fugitandas suauiationes tiones.

Plautus

panis sicuti fuit

Plautus

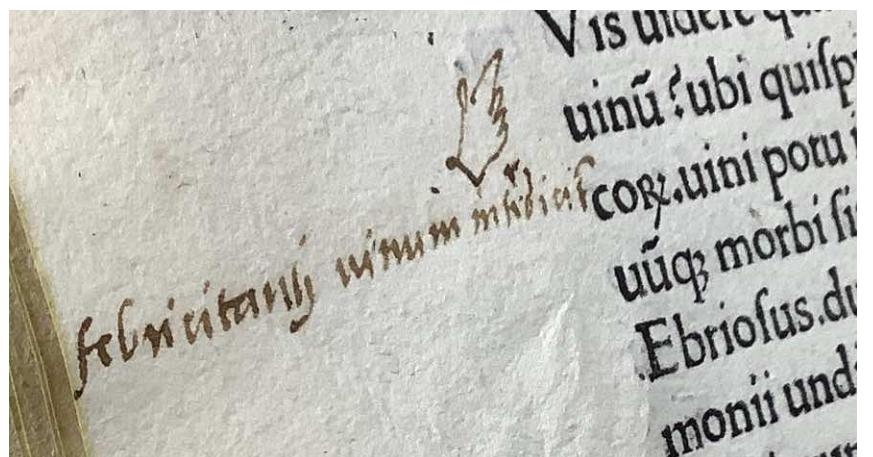
With the marks and notes of an early reader: nearly every page has either some contemporary annotation, a manicule, or underlining in brown ink.

With a beautiful woodcut printer's device of Benedictus Hectoris (Benedetto Faelli di Ettore) on the final leaf.

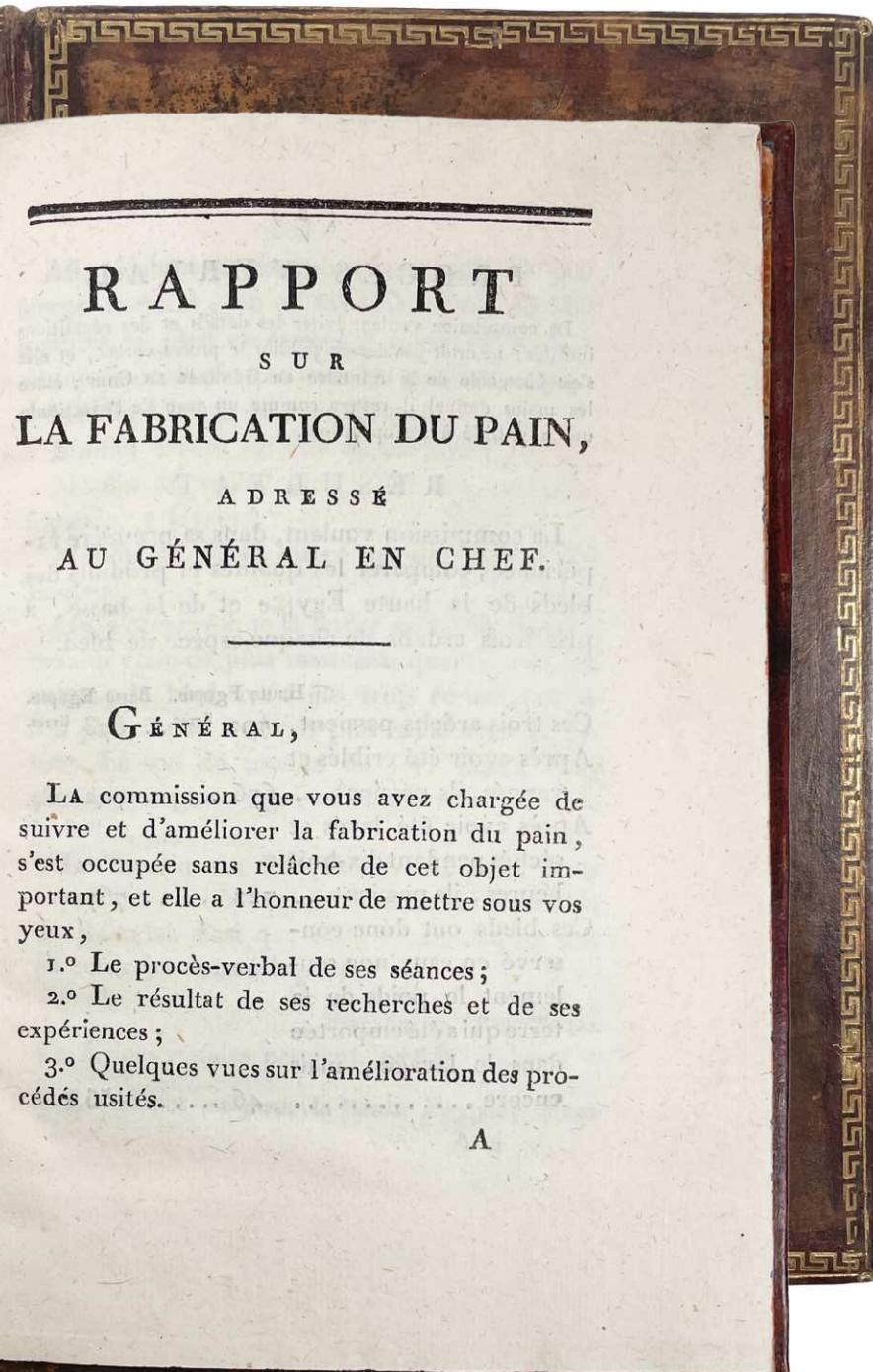
A very good copy.

¶ B.I.N.G. 194; Oberlé 1013; OCLC (*not distinguishing between the two different issues*): Newberry Library, Morgan Library, University of California (San Francisco), Burndy Library, Cornell University, Harvard, Johns Hopkins University, Yale, College of Physicians (PA), University of Illinois, Indiana University, Smithsonian, Huntington, Folger, Library of Congress and nine locations in Europe; Paleari Hessler p. 86; Simon *Gastronomica* 205 - "The first edition of this satire against drunkenness, whoring and gambling," & *Bacchica* 172. Not in Bitting, Cagle, Notaker, or Vicaire.

There were two different issues of this work published in the same year and priority has not been established. The difference is in the capitalization of "ARGVMENTVM" on the third leaf (it is all capitals in our copy). See Goff B-471 and -472 and Oberlé.



... *uocabulo uinum teme T*  
... *diligentiaq; significatissimo uocabulo uinum teme T*  
... *num appellauere: Ex eo quod teneat mentem acten*  
... *ta. Vnde & temulentia ebrietas nominata: Quid Ten*  
... *perdeos sed ius quid turpius eē potest: q̄ qđ homo tia.*  
... *extra hominem extraq; humanum ītellectum pui*  
... *nolentia collocet: semet ipsum ignoret: nec plus sa*  
... *piat q̄ bimus puer aut anniculus: Vini calentis asp/*  
... *gine sanitas mentis expugnatur fitq; rerū omnium*  
... *sin sua potestate mersus uino & ebrietate deuic*  
... *er diffinit Seneca grauissimus uinosorum Seneca*  
... *hū aliud est ebrietas q̄ insania uoluntaria: Ebrietas*  
... *probrum omni probro maius est homi quid, ebrietas insania*  
... *oblectari: Cuius peculiare bo*  
... *re & sanitate mētis perfrui: Adiice ex*  
... *capitis/tecta mobilia: gradum Erra*  
... *it ait scitissime plautus luctator do Luctator*  
... *ed es captat primulum: merito di Vinum. Plautus in*  
... *ientia clarus: sicut uenenum est*  
... *cicute uinum: intelligi uolens*  
... *uine uinum: Quam multi mor Vinū?*  
... *hinc intemperantia proueni- ne-*  
... *re manus, Cum hinc oculorum, ne-*  
... *Cum hinc peda-*



*Printed on Egypt's First Press:  
A Study on Bread Making*

3. (BREAD.) [Drop title:] **Rapport sur la fabrication du pain.** [Cairo: L'Imprimerie national, 1800.]

8vo. Contemporary mottled calf, gilt roll pattern around boards, spine gilt with red morocco label, gilt roll pattern on edges of boards, marbled edges, marbled endpapers. \$15,000.00

ONE OF THE MOST INTERESTING BOOKS WE'VE EVER HAD ON BREAD. The extremely rare FIRST EDITION of this study of bread in Egypt, written for Napoleon Bonaparte during his ill-fated Egyptian campaign (1798-1801). Due to the constant need to keep his troupes well fed, Napoleon put a group of his commanding generals in charge of figuring out how to improve the quality of bread being made in Egypt. Towards that end, the generals sought to identify where the best wheat could be found in Egypt by comparing the various wheats found in upper and lower Egypt. They then made them into loaves to ascertain their bread-making properties.

The research revealed that the wheat of lower Egypt was better, despite the fact that the majority of the bread consumed in Egypt was made from wheat from the upper part of the country. They also exposed a considerable amount of waste in the production and transportation of wheat in Egypt.

The researchers included General Jean Reynier (1771-1814, who had commanded a division at the Battle of the Pyramids one year before), General Joseph LaGrange (1763-1836, who entered Cairo at the head of the vanguard and distinguished himself at the siege of El Arish), and Colonel Sebastian Viala (1763-1849, who fought that year at the Battle of Heliopolis with General LaGrange). The researchers also decided that it was time to invent a machine that could efficiently clean the wheat. Normally, the Egyptians would wash the wheat in the Nile in baskets to allow for dirt and unwanted seeds to drift away. They would then lay out the wheat and walk on it to separate out any undesirable residue. Unfortunately, these methods were not only time consuming, but the people employed in this work were less than enthusiastic. This then necessitated additional time on the part of the researchers to ensure that the work was getting done properly. To address this problem, the authors proposed to have French mills transported to Egypt that could be “established on a boat in the Nile.”

There is also a brief reference to the military importance of their research. The authors write about how hospital bread is lighter and less substantial than *pain munition* (an “ammunition bread” made for armies). They describe how when using sifters to remove the bran from the wheat, they are able to do so with very little wheat loss, and that once the wheat is then milled, the result is a flour that was perfectly suitable for making *pain munition*, which is a very coarse bread. However, they also note that this bread would not be suitable for hospital bread.

A fine example of work being issued by Napoleon’s portable printing press in Cairo. Napoleon’s presses were only in production between 1799 and 1801. Napoleon had brought them from France in order to secure his power and disseminate propaganda, but by the spring of 1801, the second revolt in Cairo occurred and the printer Jean-Joseph was wounded and his assistant beheaded. The British took control of Cairo and although their plunder included the Rosetta Stone, the French commanders were able to retain the presses and they were removed as part of the French retreat. They would eventually become legendary in Paris and form part of a world-renowned press for printing in more than 150 different languages. For more on Napoleon’s interest in printing and on bringing different fonts, equipment, and printers with him to Egypt, see Jonathan North’s article “Egyptian propaganda.”<sup>1</sup>

In very good condition.

¶ OCLC: Yale, University of Michigan, and five locations outside of the United States.

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<sup>1</sup> See: [www.jpnorth.co.uk/historical-research/napoleon-and-egypt/egyptian-propaganda/#:~:text=Napoleon%20would%20therefore%20make%20sure,produced%20a%20volume%20in%201610](http://www.jpnorth.co.uk/historical-research/napoleon-and-egypt/egyptian-propaganda/#:~:text=Napoleon%20would%20therefore%20make%20sure,produced%20a%20volume%20in%201610).

PHYSIOLOGIE  
DU GOUT,  
OU  
MÉDITATIONS DE GASTRONOMIE  
TRANSCENDANTE;

CUVRAGE THÉORIQUE, HISTORIQUE ET A L'ORDRE DU JOUR,

*Dédie' aux Gastronomes parisiens,*

PAR UN PROFESSEUR,  
MEMBRE DE PLUSIEURS SOCIÉTÉS LITTÉRAIRES ET SAVANTES.

*Dit-moi ce que tu manges, je te dirai qui tu es.*  
Aphor. du Prof.

TOME PREMIER.



PARIS,  
CHEZ A. SAUTELET ET C<sup>ie</sup> LIBRAIRES,  
PLACE DE LA BOURSE, PRÈS LA RUE FEYDEAU.

1826.

*"The Most Famous Work On Gastronomy"*  
*In Original Wrappers*

4. [BRILLAT-SAVARIN, Jean Anthelme.] *Physiologie du Gout.* Paris, A. Sautelet et Cie Libraires, Place de la Bourse, près la rue Feydeau, 1826 [1825].

8vo. Woodcut device on title pages. 1 p.l., xiv, [5]-390 pp; 442 pp. Two volumes. Original printed wrappers, wrappers of both volumes expertly restored and reinforced with some loss to original paper spines and the corner of the lower wrapper of volume 1, both volumes with new pastedowns made from old paper, entirely untrimmed, expert marginal paper repair to a few corners of leaves (not affecting text), both volumes bright and fresh internally.

\$7500.00

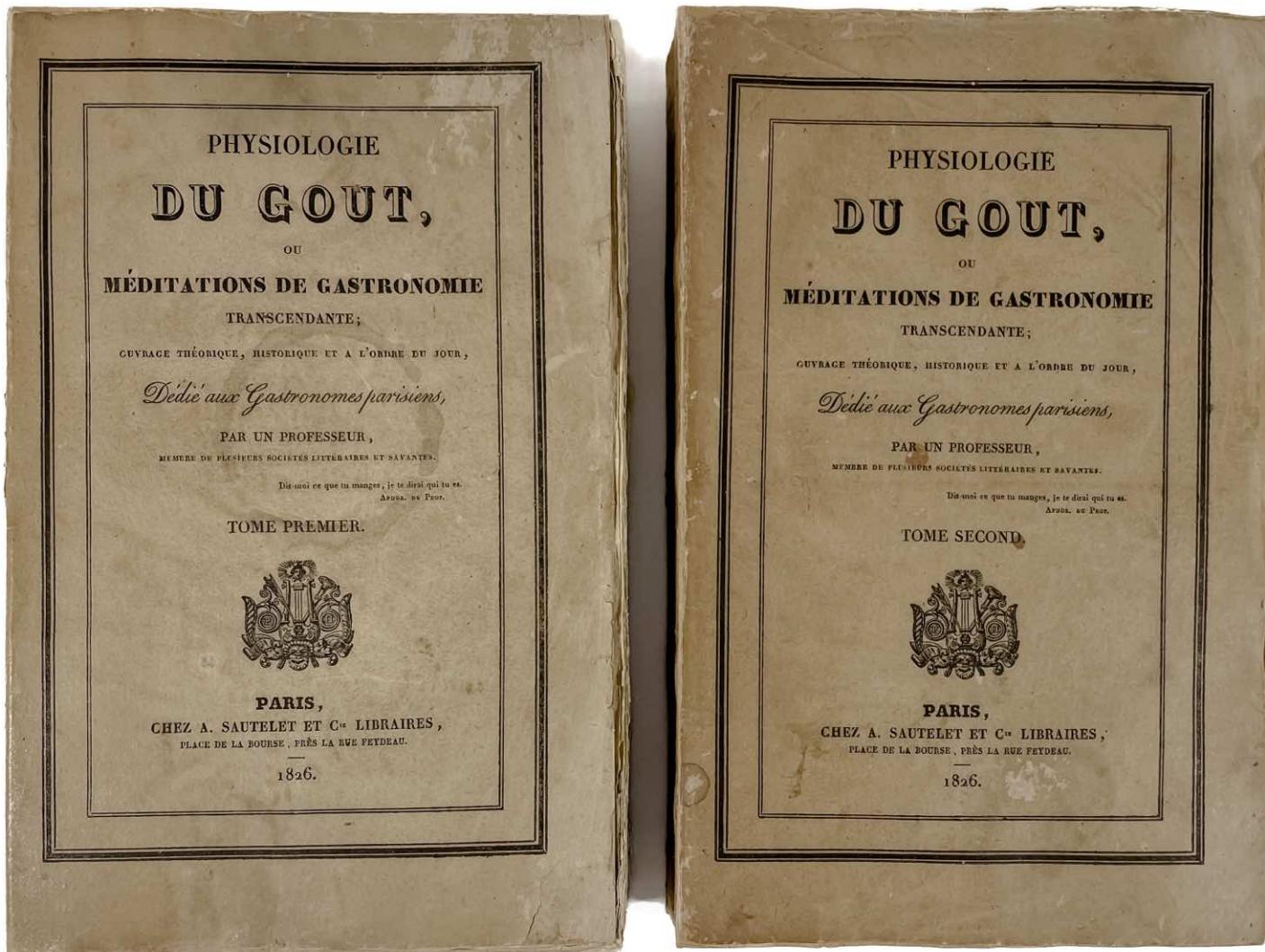
FIRST EDITION. A VERY GOOD COPY OF THE MOST FAMOUS BOOK IN GASTRONOMY. After being involved in the various political vicissitudes of France before and during the revolution, Brillat-Savarin (1755-1826) fled to the United States where he taught French lessons and played violin at the John Street Theater. In 1797 he was allowed to return and was appointed counselor to France's Supreme Court of Appeal, a post he held until his death.

During his adult life, Brillat-Savarin "remained a bachelor and spent his leisure time drafting various treatises on economics and history and an essay on the duel. He was interested in archaeology, astronomy, chemistry, and, of course, gastronomy, appreciating good restaurants....He entertained frequently at home in the Rue de Richelieu in Paris and cooked some specialities himself, including tuna omelette, stuffed pheasant garnished with oranges, and fillet of beef with truffles....On 8 December 1825, two months before his death, the book which was to make him famous had appeared in the bookshops: *Physiologie du gout*" — Larouse. The initial 500 copies sold out immediately and it has been in print ever since.

An absolutely wonderful copy of a very rare book; extremely rare in original wrappers. The compositor's error in the imprint of the first volume (the "E" of "BOURSE") is uncorrected and it is interesting to note that a copy in a normal binding sold in the Patino sale for \$16,100.

Each volume is preserved in a lovely quarter-cloth over marbled board folder within a marbled slipcase.

¶ Gernon Exhibition Catalogue, *Une Affaire de Goût*, Lilly Library, 1983, no. 137 - "the most famous work on gastronomy." Oberlé *Les Fastes de Bacchus et de Comus*, no. 144; Simon *Bibliotheca Vinaria* p. 218; Vicaire col. 116. Heirs of Hippocrates 1128 - "this famous work;" Not in Bitting.



*The Extremely Rare First Edition of an  
Important Baroque Carving Book*

**5. (CARVING & art of the table.) *De cierlycke voorsnyding aller tafel-gerechten.* Amsterdam: Sweerts, 1664.**

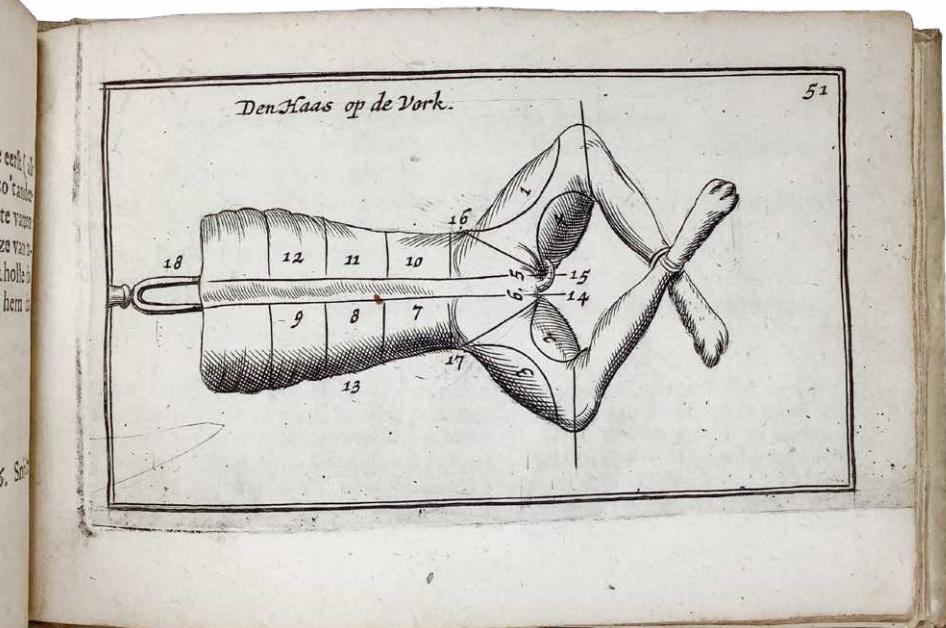
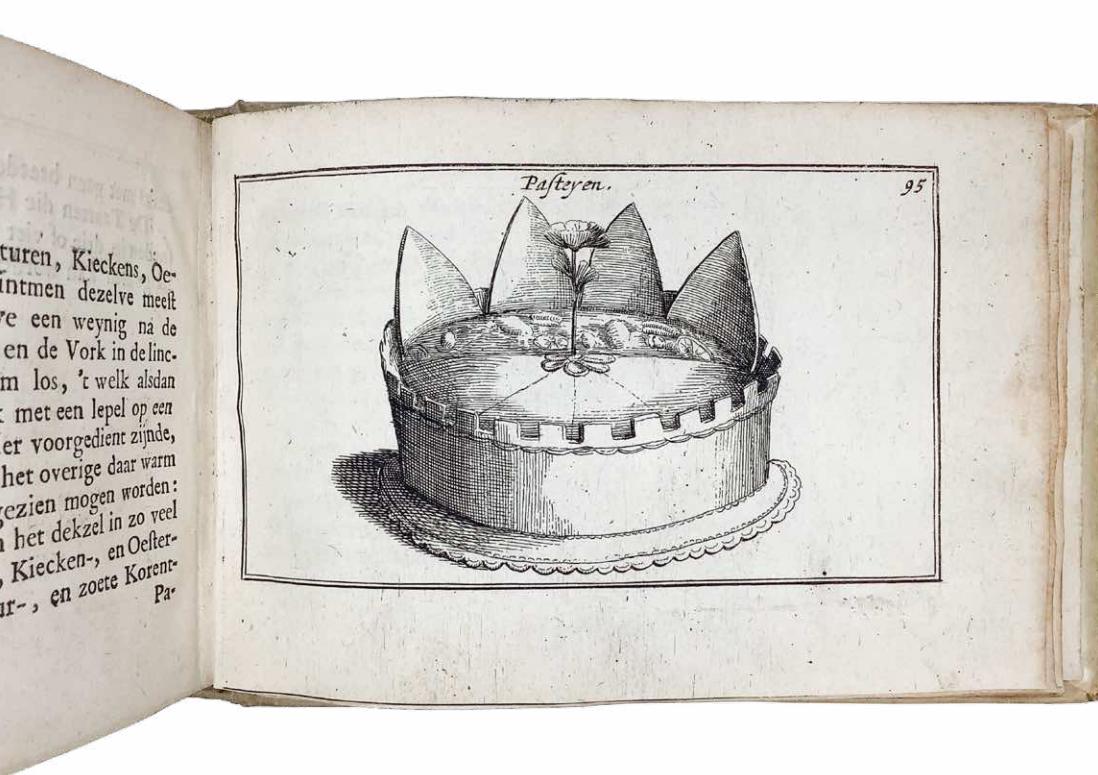
Oblong 8vo. Engraved title page and thirty-two plates, one of which is a large folding plate. 96 pp. Contemporary Dutch vellum, one paper flaw to the margin of the plate facing page 80 (not affecting image). \$17,500.00

THE EXTREMELY RARE FIRST EDITION OF THIS WELL-KNOWN CARVING BOOK, and with a good contemporary provenance (see below). During the Middle Ages and Renaissance, carving was a form of courtly table-side entertainment as well as an exhibition of the host's power: a well-dressed man, bearing very sharp knives and in the employ of the host, slicing various cooked animals, often in mid-air, and laying them out upon the plates of the guests. The carver was an expert with all blades, and one of the most trusted of the host's staff, an *officier de bouche* that was an important part of court culture.

The carver was also the intermediary between the kitchen and the diners. It was up to the carver to slice and serve meats and fish, and in some cases, fruits and vegetables to those at the table, especially in noble households where guests should not be seen extending any effort to cut their own food. In the *De cierlycke voorsnydinge*, instructions are provided for the carving of various birds, beef, pork, veal, crayfish, fish, cakes, pastries, and even artichokes. Each set of instructions is supported by finely engraved plates, almost all of which indicate the various cuts to be made, with each incision numbered.

The engraved title shows a gentleman at the table with a carver standing beside him slicing a bird on a fork in midair, an important skill of the time. The ornate drapery surrounding the scene is actually made up of a cornucopia of the various meats and fish that are described in the book. In the background is the ubiquitous dog chewing on something found on the floor. The large folding plate depicts several knives and forks to be used in carving.

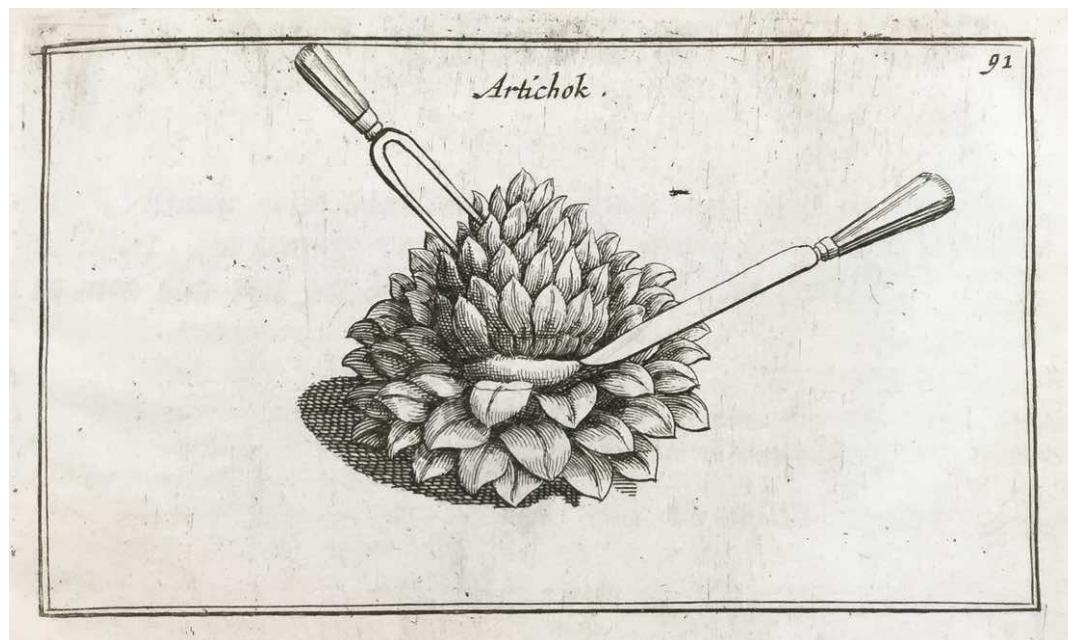
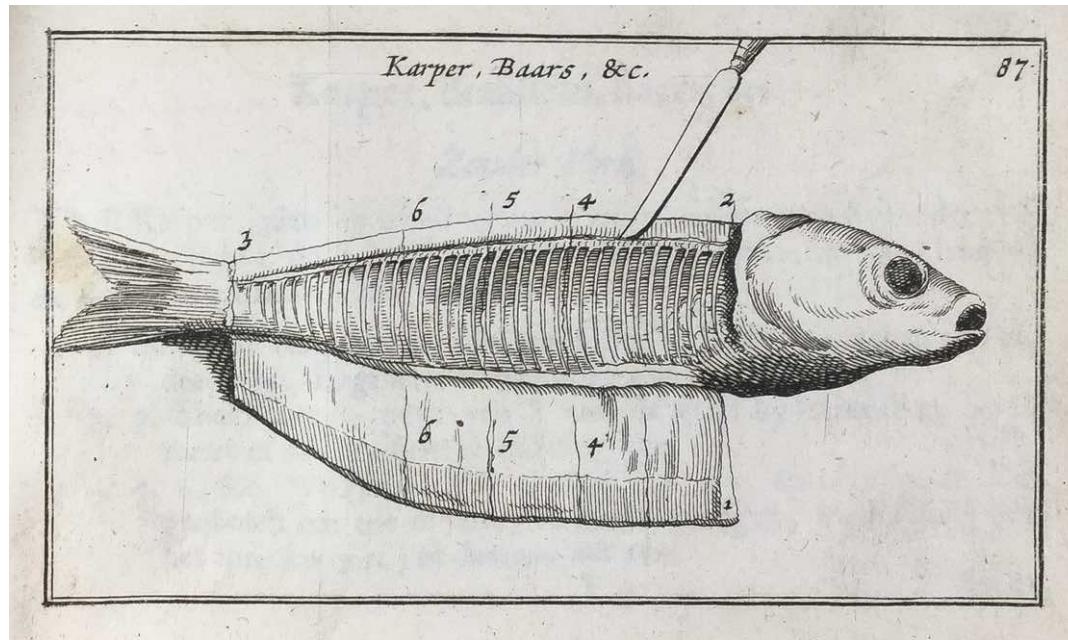




“Somewhat separate from [the kitchen] hierarchy, but absolutely essential to the entire banquet experience, was the *trincante*, or carver. There were usually several, one for each table of four, six, or up to eight guests. These were nobles whose sole duty was to impress their peers with their feats of dexterous knife work. There is an entirely separate literature devoted only to carving, and it is clear that such men were normally not members of the household staff but rather peers who considered it an honor and privilege to carve at the table of one of their superiors.” – Albala, *The Banquet*, p. 153.

“The art of carving had been disseminated in print nearly everywhere by the end of the seventeenth century. It became a central part of the dining ceremony, and as such, professionals armed with their instructional manuals joined the ranks of courtly officers. It is a good example of how nobles gained access to patronage networks and earned gainful professional occupation. It is also interesting that table-side carving is one of the last and vanishing remnants of fine dining in expensive restaurants, being replaced by plated food that has been prearranged in the kitchen. Ironically, it is also one of the few ceremonial acts still performed by the male head of the household in celebrations like Thanksgiving, a rudiment of this once noble art.” – *ibid.*, p. 158.

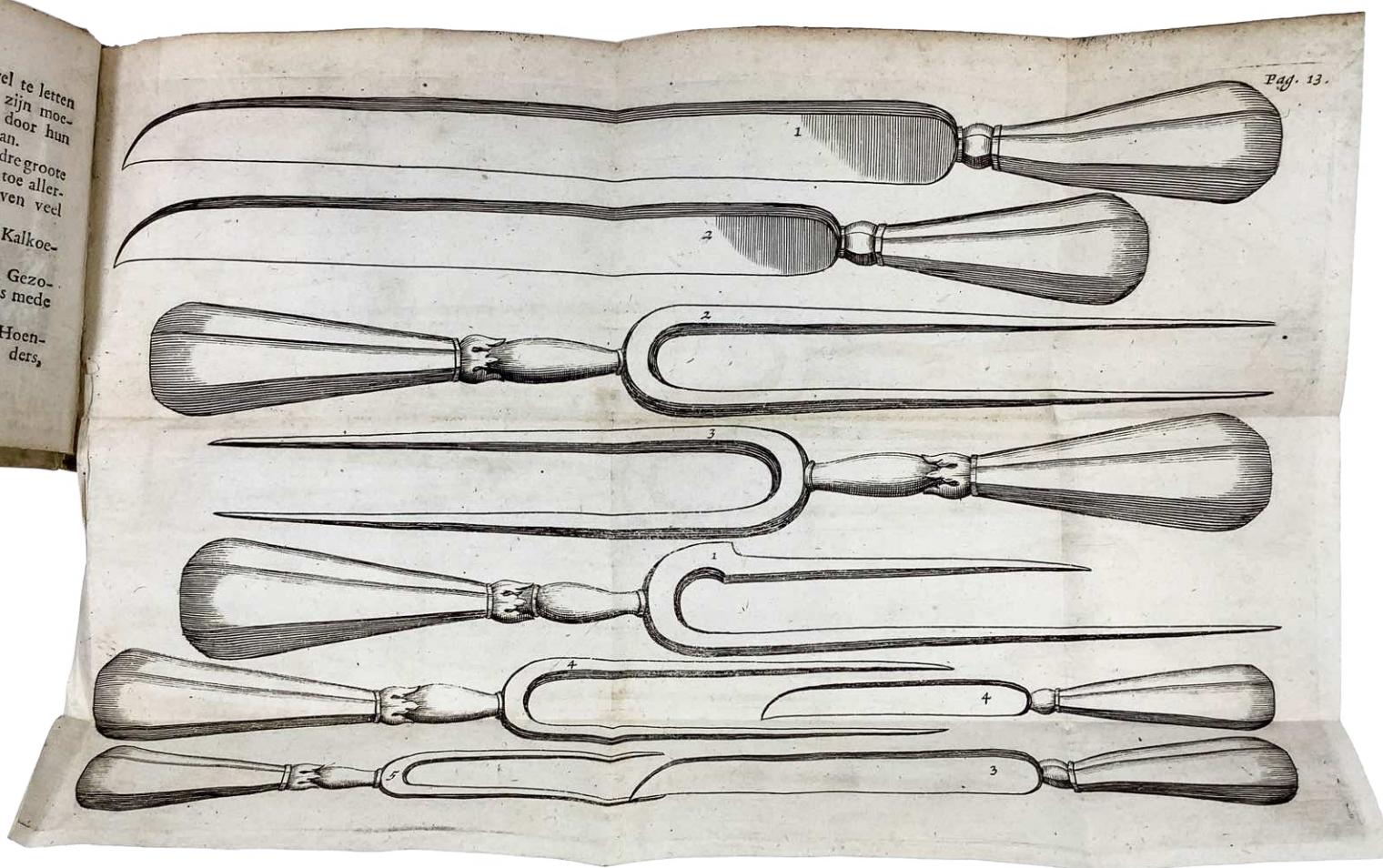
One of the most compelling aspects of this copy is the contemporary inscription on the upper free endpaper: “Steven Tracij, kost [??]: [??]: May 7 1665.” I have been unable to decipher the cost; it may be written in code. Steven Tracij was a physicist and instrument maker (including globes, watches and optics). He was born in Yarmouth, England, in approximately 1642, and died in Rotterdam in 1703.



Tracij (or "Tracy") was a "Scientific instrument maker of English origin. He was born in Yarmouth or Arnemuiden, and died in Rotterdam, where he had a house at the Noordblaak near the 'Beurs'. Tracy made watches, clocks, mathematical instruments, celestial globes and spheres, of which the Leidsche Sphaera is the most famous. Under the authority of Adriaen Vroesen (Rotterdam regent) and after the instructions and calculations of Nicolaas Stampioen, Tracy designed and built the 'Leidsche Sphaera' (Museum Boerhaave Leiden). His daughter Elisabeth married the horologist Adriaen Hoogendijk (d.1702), probably Tracy's apprentice. Their son Steven Hoogendijk was the founder of the 'Bataafsche Genootschap der Proefondervindelijke Wijsbegeerte'. After his death Tracy was (possibly) succeeded by the horologist Jan van Wijngaarden." — from [www.dwc.knaw.nl](http://www.dwc.knaw.nl), a website devoted to the history of Dutch instrument makers.

A fine copy.

¶ OCLC: British Library and five locations in the Netherlands. The copies listed in OCLC as "1660" are mis-attributions to the undated, second edition which was printed c.1668. Vicaire cols. 870-71.



*The Most Interesting and Mysterious of All Carving Books*

6. (CARVING & art of the table.) [Vontet, Jacques.] *La Methode de trancher aloüetes Bequefis, et ortolans avec toute sorte d'autres petits oyseaux.* [Lyon or Paris, c.1647-1650.]

26.3cm x 18.2cm. Forty-eight engravings and twenty-four pages of manuscript on [45] ll. Contemporary speckled calf, spine richly gilt in six compartments, edges of boards with a gilt roll pattern, edges speckled in orange and green, corner of first leaf torn off at an early date (not affecting image), unimportant occasional faint spotting, five leaves with light marginal dampstaining not affecting text or image.

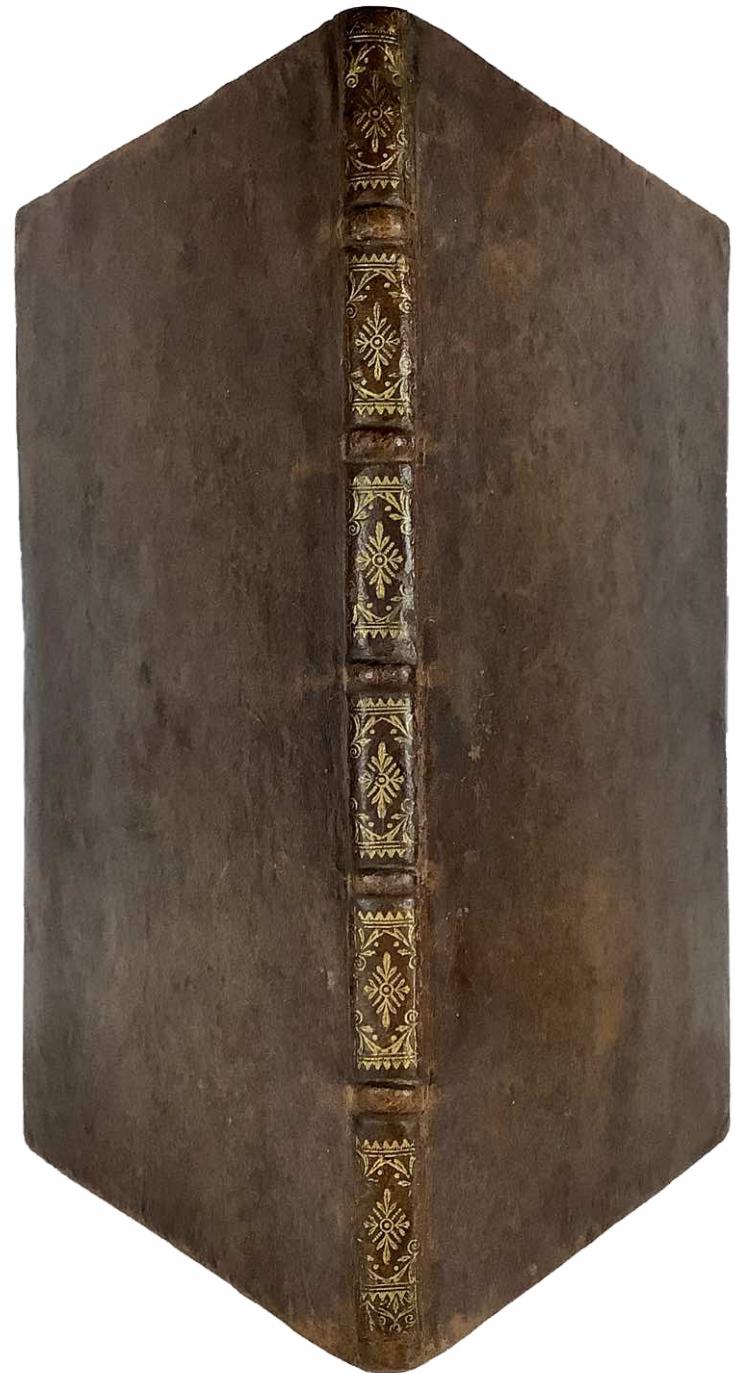
\$45,000.00

NO CARVING BOOK HAS EXCITED AS MUCH INTEREST or fascination as that of Jacques Vontet. Jacques Vontet was a 17<sup>th</sup>-century Swiss *Escuyer tranchant* (carving squire) from Fribourg who traveled through Europe to important households to teach his carving methods. To aid him in his pedagogic mission, he brought along suites of engravings to illustrate the steps that would be taken by his students. His instructions were written out in manuscript, usually on the verso of the engravings themselves, and it is assumed that this writing occurred during Vontet's instruction, though it has never been proven, nor is it known if these instructions were written by Vontet himself, or by his students.

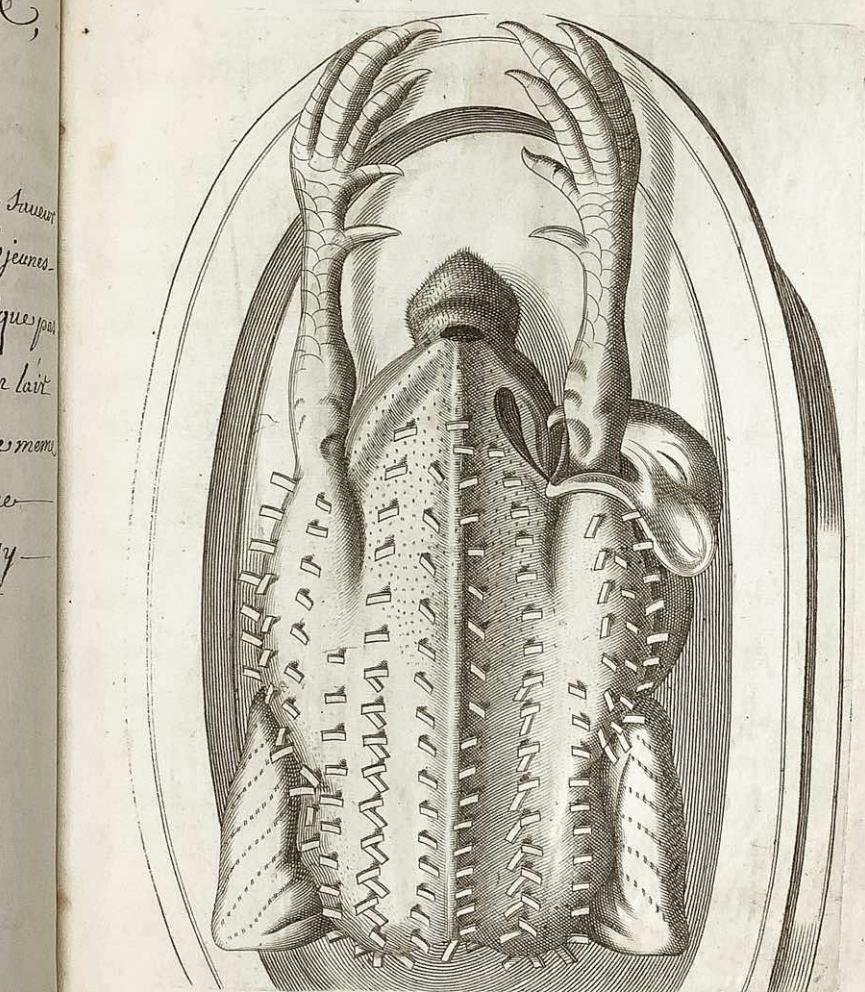
The peripatetic nature of Vontet's teaching method resulted in every copy of his carving book being different, or, we could also argue, it resulted in every copy being unique, and yet each was representative of the household it was made for. In the copies I have had studied,<sup>1</sup> we see a variation in the engravings included,

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<sup>1</sup> I have been able to examine five different copies to date: one I had several years ago; the two copies offered here; the copy at the National Library of Medicine; the one at the Biblioteka Jagiellonska (via the web); and that belonging to the École nationale supérieure de Beaux-Arts de Paris (reproduced in its entirety in photographic reproduction).







in their placement in the book, and even on the page. The spelling, syntax, and even in some cases, the content of the instructions varies, and, I would argue, so does the hand writing the manuscript. Such variation can be seen in the two copies presented here.

During Vontet's time, the role of the *écuyer-tranchant* was a noble one, dating back to the Middle Ages. *L'écuyer*, or squire, was responsible for the lord's horses, armor, and swords, and was himself well-versed in blade use. He accompanied his lord everywhere, including to war, and as an *écuyer-tranchant*, was responsible for the meat service at the table, including knowing who should get what cuts of meat and how the meat should be sliced. In this sense, his role was not so unlike that of the *Maitre d'Hôtel*, and at times he even had his own *brigade*, or staff, to help him.

At the end of his life Vontet retired to Lyon but his work continued to greatly influence French identity as it pertains to the art of the table. This can be seen by the continued use of Vontet's engravings in the 18<sup>th</sup> century by Pierre Petit, and then later in the 19<sup>th</sup> century, when Grimod de la Reynière used them as his source for the carving methods and plates included in his *Manuel des Amphitryons* (1808).

A very good copy in a handsome contemporary binding.

¶ OCLC records copies at the Lilly Library, National Library of Medicine, and three locations in Europe.

## De lauraut et du comit

La saison de ces deux Gibiers bien qu'ils  
soient bons en toutes saisons, elle est principalement  
au mois de may et de Juin.

L'ordre de les servir (1) la cuisse droite, (2) la  
cuisse gauche (3) une piece du cropion (4) la autre  
piece du cropion (5) une partie de l'abdomen, (6) l'autre  
partie du l'abdomen, et Enfin les deux épaules  
Separement offertes, apres de la carcasse,  
l'escuyer peut servir. Selon la conduite de son  
Jugement.

La facon de trancher le lievre dans le plat.



*Cinnamon in Brazil*

7. (CINNAMON.) Gama, Manoel Jacinto Nogueira da, marquês de Baependy. *Memoria sobre o loureiro cinnamomo vulgo caneleira de Ceylao*. Lisbon: Officina Patriarcal, 1797.

Small 8vo. One hand-colored engraved frontispiece. 38, [2] pp. Original marbled wrappers bound in light green morocco preserved in a light green calf slipcase, light sunning to spine and edges of slipcase, title stamped in gilt on spine, all edges gilt. \$2000.00

The rare FIRST & ONLY EDITION of this study of the cinnamon tree and its introduction to Brazil. Sections discuss the history of the spice trade; exploration and trade in the Americas; cinnamon's cultivation; its comparison to other crops (e.g. coffee and chocolate); propagation; its various components (bark, flower, oil, etc.); preparation; its various qualities; and the economic implications of it as a crop in Brazil.

Manoel Jacinto Nogueira da Gama, marquês de Baependy (1765-1847) was a Brazilian military officer, politician, translator, and professor who received his doctorate in mathematics and philosophy from the University of Coimbra. He was one of the signatories of the Brazilian Constitution of 1824 and held numerous political and military positions, including Minister of Finance under Pedro I, the founder and first ruler of the Empire of Brazil.

The finely colored engraved frontispiece depicts the cinnamon plant, its leaves, flowers, and bud.

A fine copy.

¶ OCLC: Stanford, Library of Congress, Newberry Library, University of Kansas, Brandeis University, University of Minnesota, Huntington, and three locations outside of the United States.



BEVANDA  
ASIATICA,  
BRINDATA

all'Eminentissimo

BONVISO,

*Nunzio Apostolico appresso la Maestà  
dell'Imperatore, &c.*

Da LUIGI FERDINANDO  
CO. MARSIGLI,

*Che narra l'Historia Medica del Cava.*



VIENNA d'AVSTRIA,  
Appresso GIO: VAN GHELEN, 1685.

*One of the First European  
Works on Coffee*

8. (COFFEE.) Marsigli [a.k.a. Marsili], Luigi Ferdinando.  
*Bevanda asiatica.* Vienna: Van Ghelen, 1685.

12mo. Engraving on title page and one woodcut headpiece. 47 [1 - blank] pp.  
Contemporary mottled calf, expertly rebacked to match, edges stained mottled red,  
occasional faint foxing and light spotting.  
\$15,000.00

THE EXTREMELY RARE FIRST EDITION OF THIS 17TH-CENTURY STUDY OF COFFEE by Luigi Ferdinando Marsigli (1658-1730). Written in both Italian and Ottoman Turkish, it discusses coffee's cultivation, preparation, service, and health properties. It is also one of the earliest European studies of Ottoman culture (and was so noted by Voltaire).<sup>1</sup>

The life of Marsigli is nothing short of remarkable. As a noble, Marsigli was privately educated and spent his youth in naturalist pursuits until 1683 when he was wounded in battle and taken prisoner by the Tartars. "While I was mechanically serving in [Ahmed Pasha's] court, I had to practice for many days the art of coffee making in a smoky tent.... This duty trained me in the art of coffee making and in observing its various effects, and it was the activity that gave me back my life, since while serving coffee I had met those Bosnians who bought me just in time when I was about to die under the Ottoman saber as a punishment for my attempt to escape" (pp. 9-10).<sup>2</sup> Marsigli was freed in 1684 and then wrote this treatise based on his experiences in the Ottoman Empire.

<sup>1</sup> Voltaire, *Commentaire sur l'esprit des loix de Montesquieu* (Paris: 1778), para. 13, 25.

<sup>2</sup> The name of the court where Marsigli was a slave is given in the following dissertation: Yıldırım, Duygu. *Bevanda asiatica: scholarly exchange between the Ottomans and Europeans on coffee.* p.217. This dissertation can be found at: [https://stacks.stanford.edu/file/druid:rg789xp1344/yildirim\\_full\\_dissertation\\_no\\_pics-augmented.pdf](https://stacks.stanford.edu/file/druid:rg789xp1344/yildirim_full_dissertation_no_pics-augmented.pdf)

Dedicated to Cardinal Francesco Buonvisi (1626-1700), *Bevanda asiatica* is among the first European books on coffee, and it is the first Italian treatise on coffee written in the vernacular.<sup>3</sup> It holds a unique place among early modern books on coffee since it includes a contemporary Ottoman text on coffee. These two narrations, Marsigli's own text in Italian and Hezarfenn Hüseyin's (d. 1692) encyclopedic entry on coffee in Ottoman Turkish, were published together in *Bevanda asiatica*. Marsigli acquired this Ottoman text himself from Hezarfenn in Istanbul, where they first met in 1679.<sup>4</sup>

When *Bevanda asiatica* was published, coffee-drinking was mainly confined to the Ottoman Empire. Europeans were highly suspicious of the beverage, but upon his return to Italy, Marsigli wrote his work in order to enlighten those who craved more information on coffee. He writes that he hopes that although he is not an accredited doctor, people will read the *Bevanda asiatica* and come to understand coffee's medicinal qualities (which he describes). He also references "Muhammadan law" when talking about the forbidding of wine and the popularity of coffee in the Ottoman empire.

Marsigli goes into great detail about the brewing of coffee, writing that he was encouraged to get it right from fear of being whipped by his captors. Included is information on how to choose the right coffee grains; how to roast them; how to boil the coffee powder; what spices to add and what to serve coffee in: *majolica* (tin-glazed earthenware), *martabani* (white ceramics with a thin green glaze), or porcelain. Marsigli also describes how he was taught to enhance coffee with a few drops of sugar julep that is flavored with amber, cedar, or jasmine.<sup>5</sup>

The Ottoman Turkish text is from Hezarfenn Hüseyin's *Tuhfetü'l-Eribi'n- Nâfia li'r-Rûhâni ve't-Tabîb* ("The skillful, beneficial gift for the spiritual elect and the physician") and its focus is on the cultivation and the features of the coffee plant as well as its medicinal uses. This text is based on Hüseyin's time in Yemen where he saw coffee trees in production.

In his massive ground-breaking bibliography and "guide to the literature on coffee," Hünersdorff describes Marsigli's work and capture by the Turks:

<sup>3</sup> Rava, Luigi. *Il Conte Marsigli e il caffè, in memorie intorno a L. F. Marsili pubblicate nel secondo centenario dalla morte per cura del comitato marsiliano*. Bologna: Zanichelli, 1930, 381-357.

<sup>4</sup> Yıldırım, pp. 214-15.

<sup>5</sup> Marsigli's coffee roasting and brewing process may be found on pages 39-45.



A learned treatise on coffee based on a translation of a Turkish text on the subject in the author's possession supplemented with his own detailed instructions on the preparation of the drink....Marsigli...chose a military career in the Austrian army, was captured by the Turks in Hungary, sold into slavery and forced to work as a "Kahweci" or coffee cook in an army tent during the siege of Vienna. In this way he learnt the Turkish method of preparing and serving coffee. Upon regaining his freedom he composed the present treatise which includes precise instructions on coffee preparation – volume II, p. 957.

Hünersdorff goes on to note that Marsigli's seminal work was published in the same year as the opening of the first Viennese coffee house.

A fascinating work not only for its early dissemination of coffee-knowledge in Europe, but also as a story of cross-cultural gastronomic learning in a situation of extreme duress.

With a beautiful copper-plate engraving of a coffee plant on the title page. A branch of the plant is depicted along with the coffee berries, a few dried beans sitting on the ground, with mountains and trees in the background. Around the image is an ornamental border. The engraving is signed "M.G.S."

The early initials of "J B" are on the upper pastedown; an illegible signature and "No 200" are written in early hands on the recto of the upper free endpaper; and an inscription appears on the verso of the upper free endpaper: "Robin Roatta from Fanny Crump. Xmas 1923." On the upper board in a contemporary hand is written "N.9."

In very good condition.

¶ Hünersdorff, *Coffee a bibliography*, vol. II, p. 957 (with considerably more information provided beyond what is quoted above); Mueller p. 140; OCLC (which lists it under "Marsili") records one location only and it is outside of the United States; Westbury p. 144.



*Trout Fishing in France*

9. **DÉCLARATION du roi, portant règlement pour la pêche de la truite, dans les petites rivières d'Eaune, Bethune ou Neuf-Châtel, Arques, Scie & Saune.**  
[Paris: Simon, 1773.]

4to. Woodcut tailpiece and decorative initial. 4 pp. Mottled half calf over marbled boards in the style of the period, triple gilt fillet on spine.  
\$750.00

The extremely rare FIRST & ONLY EDITION of this document stating the regulations for trout fishing in France. This was written in order to rectify a previous document from 1669 which stated that fishermen would not be allowed to fish during spawning time. Since that time, it has come to the lawmakers' attention that this ruling was causing problems.

Because trout spawn at different times on different rivers, it was impossible to impose a single date on all rivers. Yes, the trout population needs to be protected during spawning season, but the micro-climates and specificities of each river, and the variance from place to place of when the trout begin to run, makes it impossible to impose a single period of when fishing season is closed.

The regulation also reveals that the trout rivers at the time were controlled by a series of gates and it is probable, that these valves also assisted the commercial fisherman. Not only is the use of these gates addressed in the regulation, but also the timing and use of water mills along the rivers when the trout are running. There is also reference to different trout fishing techniques such as "grilles, ratelliens, filets et autres engins" (grids, racks, nets and other devices).

This is a rare glimpse into fresh-water fishing in 18<sup>th</sup>-century France. In excellent condition.

¶ OCLC: Yale and one location outside of the United States only.



# DÉCLARATION DU ROI,

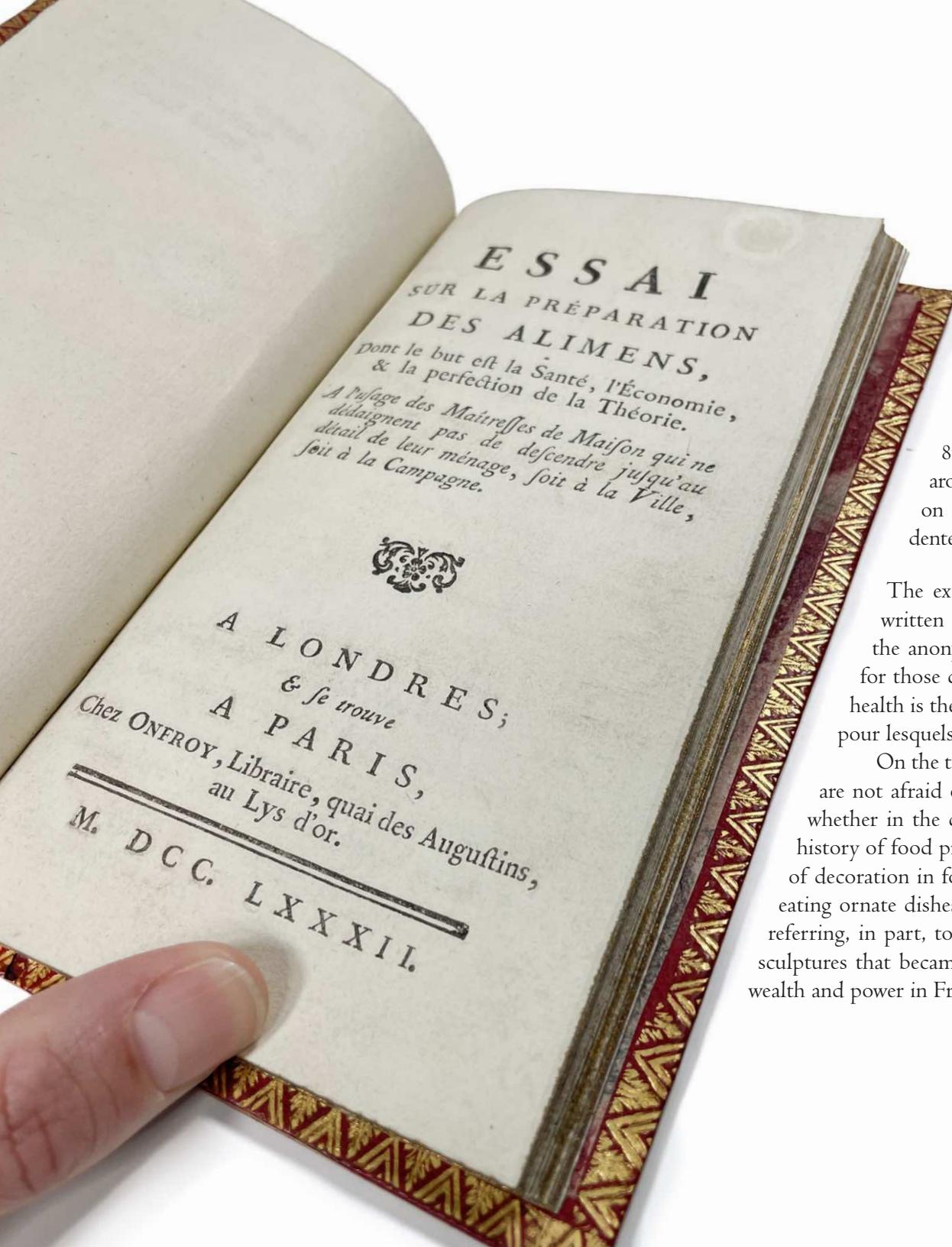
*PORTANT Règlement pour la Pêche de la Truite,  
dans les petites rivières d'Eaune, Bethune ou Neuf-  
Châtel, Arques, Scie & Saune.*

Donnée à Compiègne le 24 Août 1773.

Registrée en Parlement le 27 Novembre 1773.



OUIS, par la grace de Dieu, Roi de France & de Navarre : A tous ceux qui ces présentes Lettres verront, SALUT. L'Ordonnance donnée au mois d'Août 1669, sur le fait des Eaux & Forêts, contenant un règlement général de Police pour la Pêche ; il n'a pas été possible d'y insérer des dispositions particulières & propres à chaque pays & à chaque rivière ; mais il est de notre justice d'en étendre, changer ou modifier, suivant l'exigence des cas, les dispositions dont l'exécution littérale seroit contraire aux vues mêmes du bien public qui les ont dictées ; l'article 6 du titre de la Pêche de cette Ordonnance, porte que les Pêcheurs ne pourront pêcher pendant le temps de fraye ;



*“Opuscule très curieux et très rare” — Vicaire;  
A Critique of Ornate Cooking  
During the Ancien Régime*

10. (FOOD & health.) *Essai sur la préparation des alimens, dont le but est la Santé, l’Économie, & la perfection de la Théorie.* London & Paris: Onfroy, 1782.

8vo. 2 p.l., 33, [1 - blank] pp. Red morocco, triple gilt fillet around sides, spine richly gilt, brown morocco lettering piece on spine, single gilt fillet on edges of boards, edges gilt, gilt dentelles, marbled endpapers. \$4500.00

The extremely rare FIRST & ONLY EDITION of this book written about FOOD AND HEALTH. In the opening “Avertissement,” the anonymous author declares that the book is written not only for those convalescing, but also for “all other individuals for whom health is the most precious of treasures” (“de tous les autres individus pour lesquels la santé est le plus précieux des trésors”).

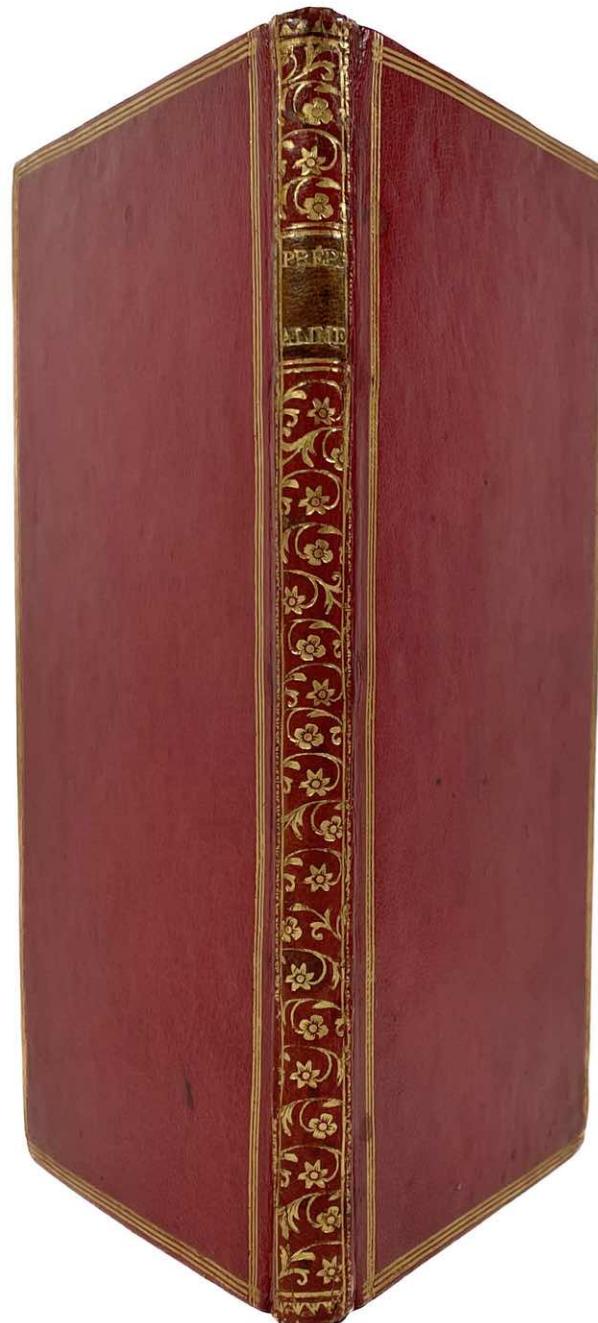
On the title page we read that his essay is addressed to women who are not afraid of “descending” into the details of running a household, whether in the city or in the countryside. The work then begins with a history of food preparation starting with a debate in the 1730s over the role of decoration in food. Is it a good idea or is it actually unhealthy for those eating ornate dishes? What is interesting here is that the author is probably referring, in part, to the emergence of *pièces montées* in the 18<sup>th</sup> century, edible sculptures that became notorious for taking weeks to make and were signs of wealth and power in French cuisine.

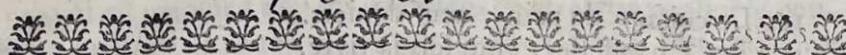
According to the author, lengthy food preparation is detrimental to one's health. In the essay, the author elaborates on the recipe for chicken fricassee with chicory in order to explain how complicated dishes that take a considerable time to prepare are actually unhealthy. (In the case of the chicken fricassee, the author notes that this is especially ironic as the dish is often prescribed by doctors to their convalescing patients.) The author also criticizes cooking vegetables in water but does recommend his own recipe for a vegetable broth. His concern for "tous les autres" comes through in his closing comments where he notes how servants in noble households are usually undernourished.

This is a particularly handsome copy.

From the Starhemberg Family Library with their inked stamp and the bookplate of "OB" on one of the upper free endpapers.

¶ *Livres en bouche* no. 190; OCLC: University of Michigan and one location outside of the United States; Vicaire cols. 341-42.





## DE PAR NOS DEVX SEIGNEURS.

## Reglement de Police pour l'année 1699.

LE Taux des viandes de Carême pour cette présente année, sans  
consequence & jusques à ce qu'autrement soit ordonné, sera

1. Scavoir, la Carpe quatre sols la livre.
2. Le Brochet, la Perche, le Lavaret & la Tanche, à sept sols  
4 d. la livre.
3. La Truite, Lomble & la Lotte, douze sols la livre.
4. Le Ton mariné, à vingt sols la livre.
5. La Morue & la Merluche, à quatre sols la livre.
6. Le Saumon, sept sols la livre.
7. Les Harans blancs & Harans sols, un sol trois deniers.
8. Le gros Beurre depuis le premier Decembre jusqu'à Pâques,  
quatre sols six deniers ; depuis Pâques jusqu'au premier Decembre, trois sols la livre.
9. Le Beurre en pelotes de deux à trois livres pièce, cinq sols  
avant Pâques, & quatre sols la livre après Pâques jusques au premier Decembre.
10. Le Beurre frais avant Pâques, six sols ; depuis Pâques jusques au premier Decembre, à quatre sols la livre.
11. Oeufs frais dès le premier Novembre jusques à Pâques, six deniers pièce ; après Pâques jusques au premier Novembre & autres, à trois deniers.
12. Les Oeufs ordinaires depuis le premier Novembre jusques à Pâques, à trente-six sols le cent ; & après Pâques, à vingt sols.
13. Le Fromage de Gruyère vieux, six sols ; le Nouveau, cinq sols la livre.
14. Le Fromage façon de Gruyère nouveau, trois sols ; le vieux quatre sols la livre.
15. Le Vin de País, quatre sols le pot ; le Vin d'Embas, sept sols le pot, tant hors que dans les Cabarets, à la charge qu'il sera pur & sans mélange, & qu'ils ne le débiteront en bouteilles d'ozier.

A

Rules to Keep Tavern Keepers  
& Cabaret Owners Honest  
During Lent

II. (FOOD regulations: France.) [Drop title:] De par nos deux seigneurs. Reglement de police pour l'année 1699. [Grenoble: Giroud, 1699.]

8vo. Typographical ornament headpiece. 4 pp. Half sheep over marbled boards in the style of the period. \$1500.00

The unrecorded FIRST & ONLY EDITION of this ordinance concerning the cost of food and wine during the 40 days of Lent in 1699. During this period of fasting – no meat or sex – people were expected to repent and pray, but merchants were also often guilty of profiting from the increased demand for specific foods.

The document begins with a list of specific pricing for permissible foodstuffs during Lent. Fish merchants and tavern keepers, cabaret owners and other vendors of wine are especially under orders to not exceed the prices listed in this writ. Butchers are warned to refuse meat even to the sick and others who have exemptions. Included in the list of lenten foods are carp, pike, perch, tench, trout, monkfish, cod, salmon (and other fish), butter, eggs, Gruyere cheese, and bread. *Vin de pays* (wine that is a step up from “table wine” in that it must come from a specific region as opposed to any area in France) is to be sold for no more than 4 sols per pot.

It is further mandated that tavern keepers and cabaret owners are not allowed to 1. display foodstuffs in their shop windows or doorways during sundays and other religious days; 2. to serve food or drink during high mass; nor 3. serve meat during Lent and other days of abstinence. If these businesses break any of these rules they will be fined and their foodstuffs will be confiscated. Both the fine and the food will then be divided between the police and the poor.

Other regulations also concern bakeries, flour mills, snow removal, maintenance of public spaces (such as bathrooms), and garbage removal.

In very good condition, with a contemporary notation on the first page of “N 283.”

¶ Not in OCLC.

*Promoting Yerba Maté as a Stimulant  
For French Troops*

**12. FRANCFORT, Maurice. Étude sur le maté. N.p.: Par  
la mission Brésilienne de propagande, 1908.**

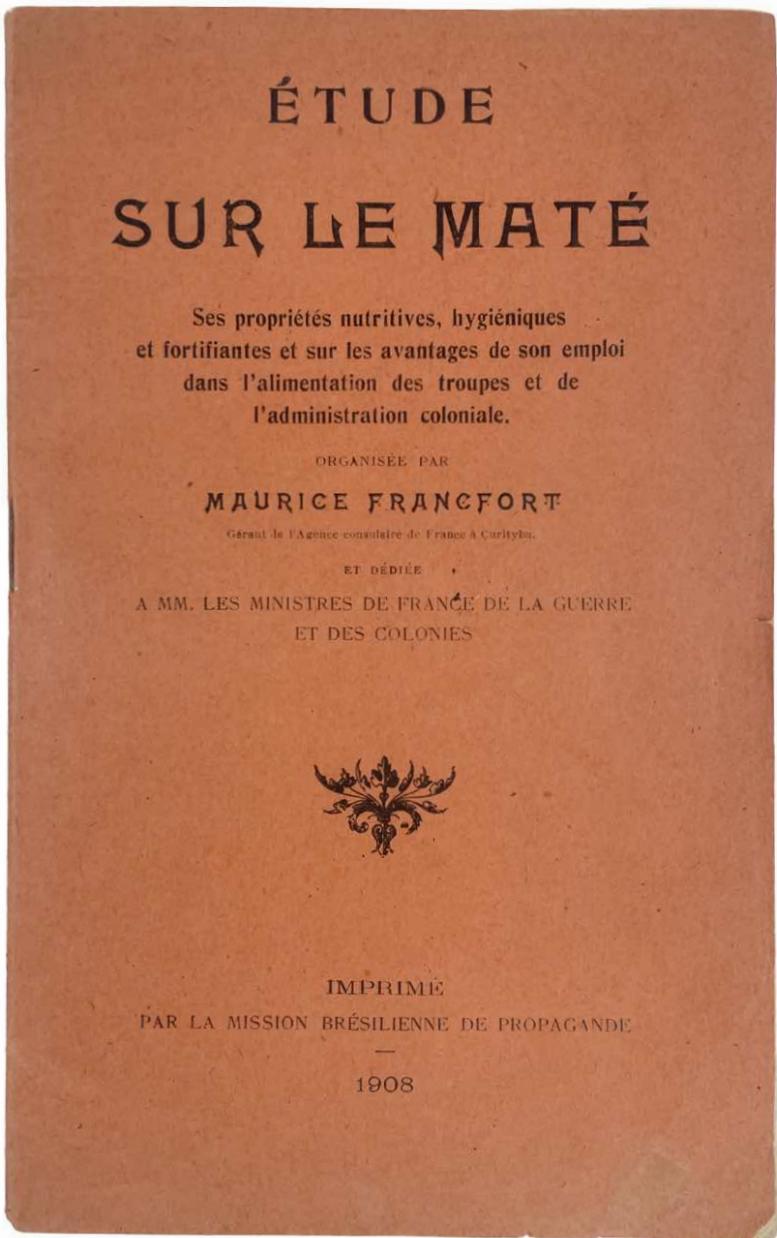
8vo. Two photographs in the text. 30, [1], [1 - blank] pp. Original printed  
orange wrappers, saddle stitched. \$1500.00

The very rare FIRST EDITION of this work written to encourage the French Ministers of War and the Colonies to invest in *yerba maté* tea as a nutritional, fortifying, and hygienic source for soldiers and civil servants stationed in the French colonies. The author, Maurice Francfort (manager of the French consular agency in Curytyba, Brazil) illustrates the many beneficial qualities of *maté* as well as its prospective use as source of commerce for France. The work contains many professional opinions regarding the uses of *yerba maté*.

The first quality of *maté* that Francfort highlights is its use as a stimulant and appetite suppressant that comes in very handy for soldiers on long marches. He cites its use in the Paraguayan War (1865-1870) and military expeditions in Brazil along with others. Next, Francfort writes of *maté*'s great benefit as a *boisson alimentaire* (food drink) for the sick and as an excellent substitute for alcoholic beverages.

Francfort quotes Dr. Victor Do Amaral as saying that "le prix du maté est de beaucoup inférieur à celui du thé et du café qui sont des produits relativement chers, d'où le maté peut être considéré comme étant le thé des pauvres et des classes laborieuses." (The price of *maté* is much lower than that of tea and coffee which are relatively expensive products, hence *maté* can be considered as the tea of the poor and working classes.)<sup>1</sup>

<sup>1</sup> Do Amaral, Dr. Victor. *Herva matte ou chà do Parandá*. Curytyba, 1903.



*Yerba maté* was first cultivated by the Guaraní people of Paraguay. For them it was both a dietary and medicinal staple. Its use spread quickly once Europe colonized Paraguay. Jesuit missionaries particularly liked to use it as a method to cure the indigenous people of their love for an alcoholic beverage that they enjoyed called *chicha*. Interestingly, Francfort sums up this work with a similar suggestion for the use of *maté*, as a cure for French soldiers and civil servants living away from home who are prone to alcoholism.

Included are two photographs which illustrate a *maté* factory in Curytiba, Brazil, as well as *maté* being harvested in the state of Paraná, in Brazil. On the recto of the final leaf is a chart showing the quantity of *maté* exported from Brazil in 1905 and listing the names of the major exporters of *maté* in Brazil.

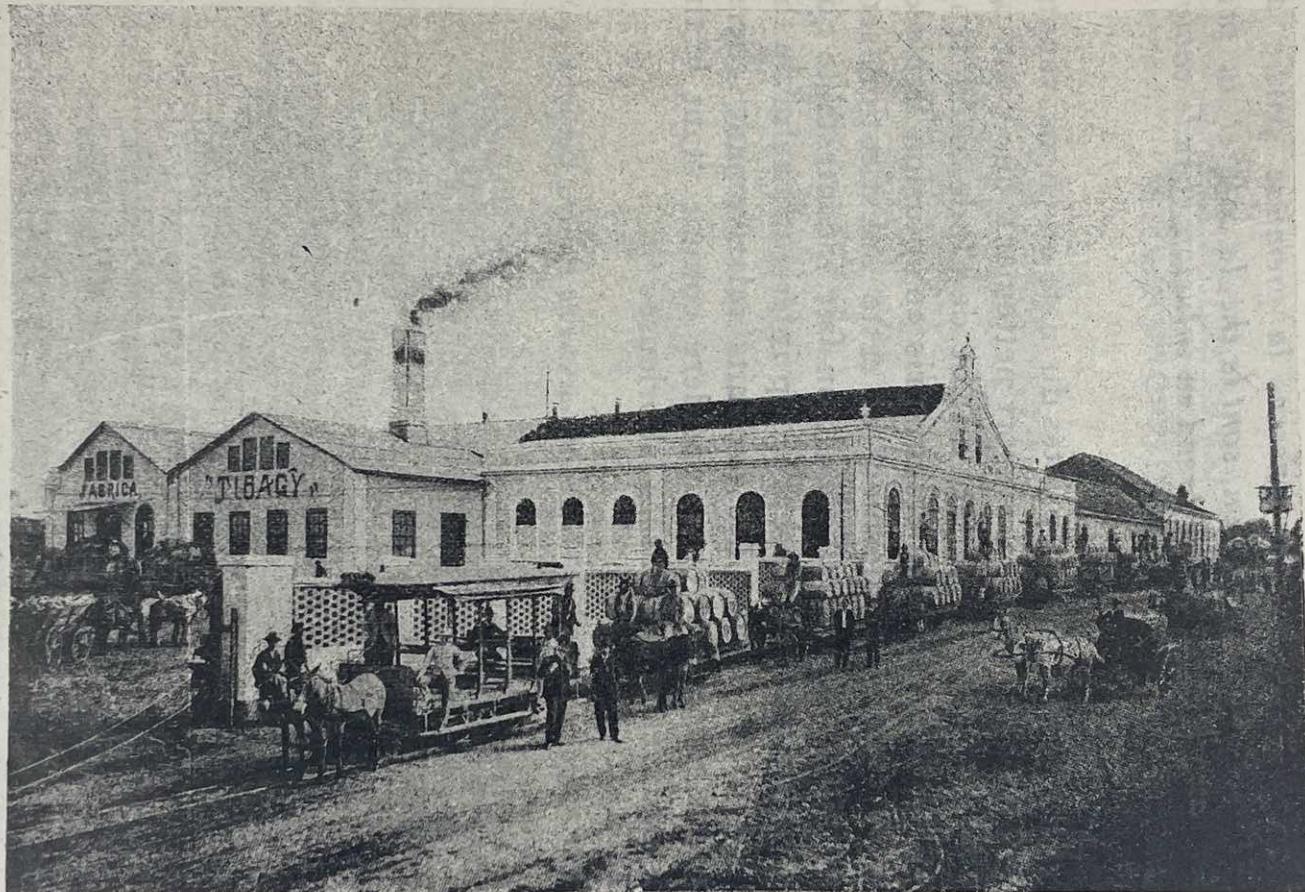
With a purple address stamp on the title page from 12-14 Rue Leys, Anvers, which is located in Belgium.

In good condition.

¶ OCLC: Harvard, Catholic University of America, and two locations outside of the United States.

— 11 —

nous référer, le Dr Caminhoá, attribue au maté certaines propriétés médicales, et le considère, quand il est pris sans sucre, comme un tonique amer, astringent,



USINE POUR LA PRÉPARATION DU MATÉ A CURYTIBA

stomacal et fébrifuge, capable pour le moins de prévenir les accès intermittents. Dans tous les cas, c'est une excellente boisson pour apaiser la soif des fiévreux.

*Free Breakfast Program in Sacramento  
Shut Down by the Police*

**13. (GASTRONOMY & economic precarity.) The Black Panther Black Community News Service. Vol. III No. 9, Saturday, June 21, 1969.**

Newspaper: 44.5cm x 29cm. 23, [1] pp. Printed in green and black ink, lightly sunned. \$300.00

FIRST EDITION. An issue of the newspaper of the Black Panther Party (BPP), published by its Ministry of Information in San Francisco. The issue's primary article is concerned with the Father's Day raid on the Sacramento Chapter of the BPP by Sacramento law enforcement (including both the police department and the county sheriff's office). On pages 14-15 there are several articles concerning the Free Breakfast Program in various parts of the United States.

On the upper wrapper are two photographs of the raid in Sacramento, one of which shows the devastation of the Free Breakfast Program's supplies. A man is holding a crumpled BPP banner and leaning over to pick up a container of oats. According to the article, the police had "completely ransacked [the] office, stole [the] Breakfast Program money and two tape recorders. They ruined a lot of supplies and food that had been raised and donated to us by the community." This raid resulted in the closing of the Sacramento BPP chapter.

There are also articles on a call to arms to boycott a Safeway in Oakland that had refused to donate \$100 in food to the Breakfast Program; an exposé on a reverend in Vallejo, California, who refused to host the Breakfast Program; and the work being done in Baltimore to feed hungry children there.

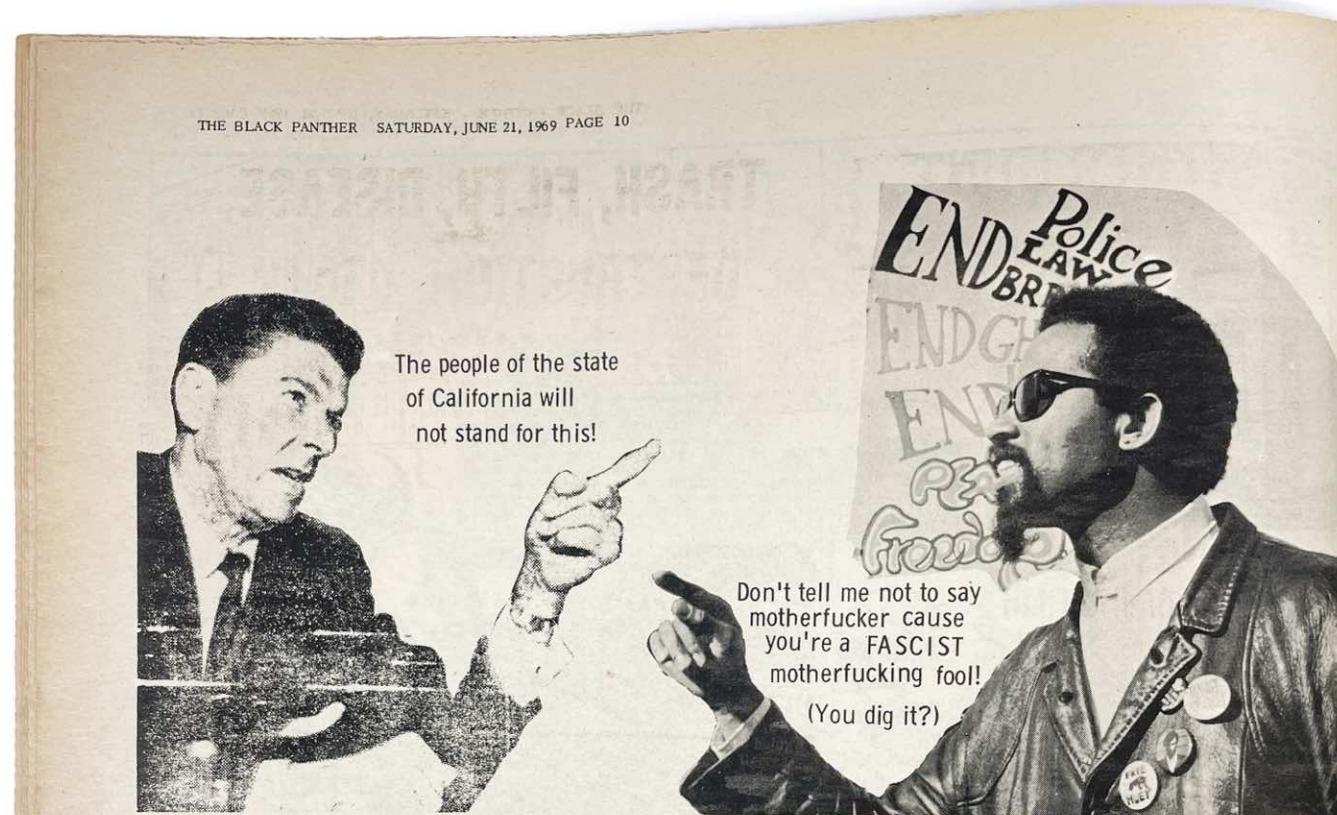


The Black Panther Party Free Breakfast Program was begun in Oakland, California, in January of 1969. It then rapidly spread to Black Panther chapters in thirty different cities around the United States. It was the Panther's first and most successful community program.

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

Other articles in this issue focus on the case of Wesley Robert Wells; other BPP political prisoners such as the "Panther 21;" harassment by law enforcement of Illinois BPP members; and the relationship between fascism, city government and the police.

In good condition.



## AN ASIDE TO RONALD REAGAN

I have never liked Ronald Reagan. Even back in the days of his bad movies - bullshit flicks that never turned me on to any glow - I felt about him the way I felt about such nonviolent cowboys as Roy Rogers and Gene Autry; that they were never going to cause any action or allow anything to happen. They were just there, occupying space and wasting my time, my money and my sanity. There was a sort of unreality in their style. One knew that movies were into a make-believe bag, but the unreality espoused on the screen by the flat souls of such Pabulum-fed actors as Reagan reflected to me - black ghetto nigger me - a sickening mixed bag of humorless laughter and perfect Colgate teeth, with

crop soil. He was in the best of states to get into his thing; California had demonstrated its ability to relate to the politics of the absurd by electing to office such blobs of political putty as Richard Nixon and Max Rafferty. And having picked the proper place, he could not have chosen a better style. Ronnie used a pat formula that said: pick the toughest problems confronting the people and launch blistering attacks upon all sincere efforts to come to grips with these problems; offer as an alternative a conglomeration of simple-minded cliches and catch phrases that go back to the Mayflower; sing the "Star-Spangled Banner" and smile broadly, effusively, as you wave

not believe, however, that America has the rulers it deserves. The State of California, emphatically, could not deserve the rulers it has. Yet we have them, and this is an election year. And what an election year: this is the nightmare election year of the American Dream.

Everything is out in the open this year. Nobody is trying very hard to conceal anything. As usual, the key issue in the election is what to do about the niggers - only this time, the question is being rewritten to read, what to do with the niggers. From the point of view of the niggers themselves, the question has also been rewritten and now reads, what are we going to do about this shit?

A surprising development - one fertility, Big Mama Unruh, and that admitted member of the racist John Birch Society who introduced that resolution into the legislature to censure those responsible for inviting me to lecture in the first place - all and each of you can kiss my black nigger ass, because I recognize you for what you are, racist demagogues who have their eye on the ballot box come November. The students and the faculty members at Berkeley are trying to salvage the American people from the brink of chaos that you pigs have brought on. Your thirst and greed for power is so great that you don't care whether or not in your lust you destroy the vital processes of a barbaric society that is in its

*The Staff of Life*



**14. (GASTRONOMY & economic precarity: bread.) Arrêté relatif à l'exercice de la profession de boulanger dans la ville de Nîmes. Nîmes [Nîmes]: Blachier-Belle, [1814-15].**

Broadside: 83cm x 54.5cm. One woodcut at the top, ornamental borders between the columns of text, printed on two large sheets glued together, all deckles remaining. \$1200.00

The extremely rare, and very large, FIRST & ONLY EDITION of this broadside regarding bread being made in "Nîmes." This is an early spelling for Nîmes, France, and it is not Nîmes, Belgium.<sup>1</sup>

The announcement declares that anyone wanting to be a *boulanger* (baker) in the city of Nîmes, must first present themselves to the City Hall to be approved, and then they must follow the city regulations. It also specifies, that the police will monitor the making and selling of bread in Nîmes to make sure that these regulations are being followed.

The rules start out by declaring that, in the city of Nîmes, all loaves of bread are to be round. The three types of bread that can be made are *le pain blanc* (made from white flour), *le pain rousset* (made from wheat and rye flour), and *le pain bis* (a brown bread that still has its bran and germ). "Long" breads can be made if specially requested, but only with the first two types of bread. (It is noted that the round loaves are really more economical.) Other rules specify weights required; how those weights are determined; where the bakers can work and sell their breads; how they must follow the authorized prices; the size of rolls and type of flour that can be used to make them; and so on.

The regulations are signed (in print) by the Chief of Police Le Baron Rolland, approved by Minister of the Interior, L'Abbé de Montesquiou, and copies of the broadside can be obtained from the Mayor of the City of Nîmes, the Baron de Daunant.<sup>2</sup>

The fine woodcut at the top is of the city coat of arms.

On the verso is written a few calculations in manuscript as well as "Règlement de la Boulangerie / 7 Xbre [December] 1814."

In fine condition, and rather remarkable, especially considering its size.

¶ Not in OCLC.

<sup>1</sup> See the Bibliothèque nationale de France catalogue, which lists the printer, Pierre Blachier-Belle (b. 1772) as being from Nîmes: [https://data.bnf.fr/fr/17153746/pierre\\_blachier-belle/](https://data.bnf.fr/fr/17153746/pierre_blachier-belle/).

<sup>2</sup> A colleague, Pierre-Yves Guillemet, kindly pointed out that there was a manuscript (also dated 1814) at auction that was from Le Baron de Daunant, the mayor of "Nîmes." The Baron's printed stationary notes that "Nîmes" is in the Département du Gard. The Gard is located in the south of France, further supporting that the broadside is from Nîmes, France, rather than Belgium.

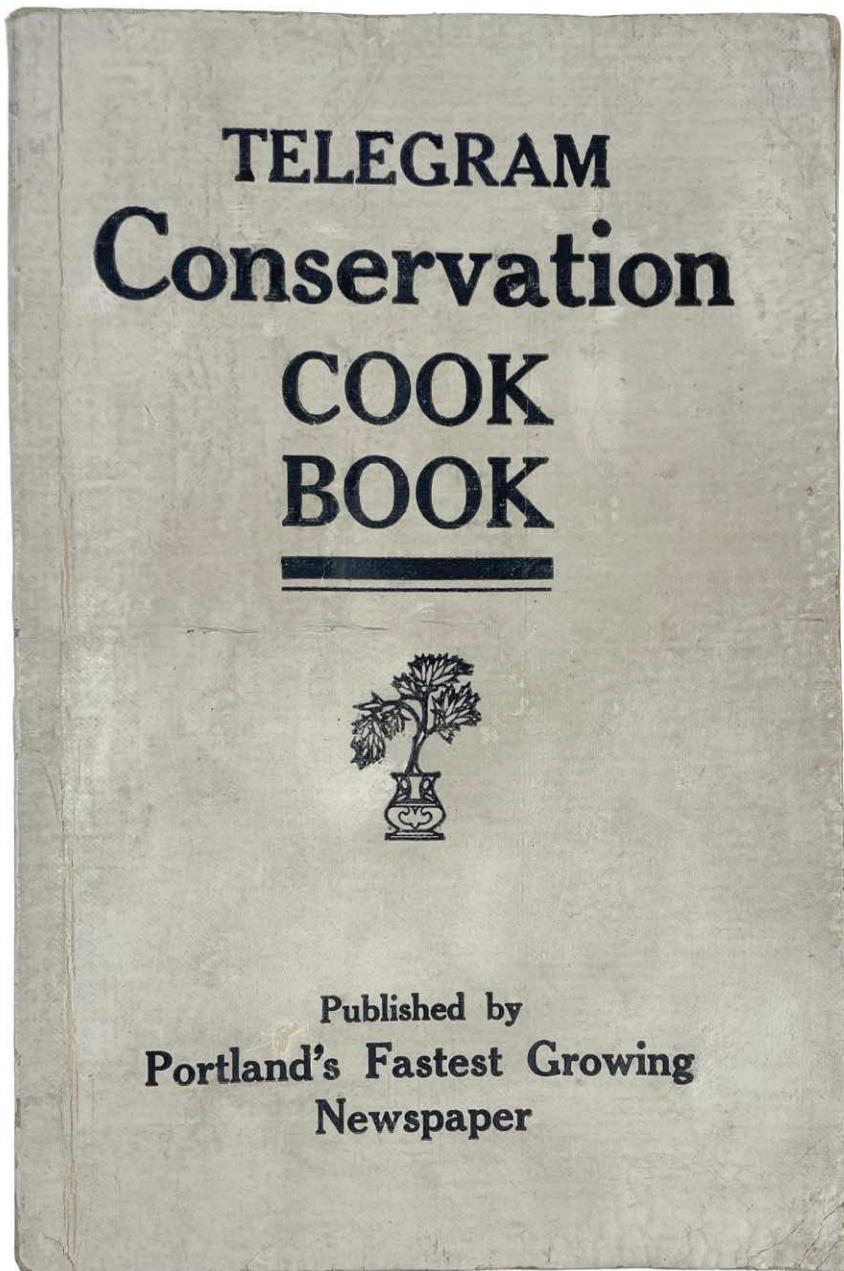
*Facts & Figures for Economical Cooking  
During World War I*

15. (GASTRONOMY & economic precarity.) Chapel, Inie Gage ("Aunt Prudence"). An all western conservation cook book. [Portland, Oregon: Modern Printing & Publishing Company,] 1917.

23.2cm x 15.4cm. 1 p.l., 317 [3] pp. Original printed oil cloth wrappers, wrappers lightly rubbed and creased, clean tear to one leaf (pp. 21 and 22) and one marginal tear (not affecting text), faint dampstain at lower corner of pages [257] through to the final leaf, occasional spotting, one small recipe clipping laid in and one yellow-gold advertisement leaf bound in. \$300.00

The rare FIRST EDITION (?) – see below) of a community cookbook designed to produce food affordably and without waste in order to help with the war effort during World War I. Included are hundreds of attributed recipes; household hints; and an article on fuel cost. Each recipe comes with a breakdown of the cost of each ingredient (down to the fourth place – e.g. in the recipe for rabbit stew, the cost of salt is .0008\$ or 8% of a penny); the fuel cost to cook the dish (e.g. for the rabbit, the 2 hours of firewood comes to 2.86 cents); and then the sum, or overall cost of the recipe (the rabbit stew totaled 3.19 cents).

Methods and recipes are provided for conserving produce, bread, meats, fats & sugars. In addition, lunch menus are included for school children, office workers, and outdoor laborers. Not to forget celebrations during war times, they author has also included menus for parties, picnics, evening entertainments, and holiday dinners. This work was compiled from articles taken from "The Telegram," "A newspaper of the people, for the people, by the people" (p. [308]) as well as from recipes contributed by the newspaper's readers.



Take 2 cups water, 1 pound red ribs and 1 quart cranberries; boil until soft enough to stir easily; pass it through a sieve, add 2 cups sugar and boil 15 minutes. Turn into mold. Some can be set aside to cool and not put through sieve.—Mrs. W. W. Williams, 222 Rodney Street.

#### Cranberry Sauce.

Take 2 cups water, 1 pound red ribs and 1 quart cranberries; boil until soft enough to stir easily; pass it through a sieve, add 2 cups sugar and boil 15 minutes. Turn into mold. Some can be set aside to cool and not put through sieve.—Mrs. Williams,

**Cranberry and Sage Jelly.**  
Select nine Western grown cranberries and wash thoroughly; put them in a saucepan, cover with cold

water until trans-parent, drain, but leave enough water to keep from burning. Add 3 cups of sugar for a large melon, 2 lemons sliced thin, Cook until it forms a nice syrup, and seal.—Mrs. E. Bergstrom, 1899 Burrage street.

#### Preserves, Jellies, Etc.

##### Watermelon Preserves.

After boiling the rind until transparent, drain, but leave enough water to keep from burning. Add 3 cups of sugar for a large melon, 2 lemons sliced thin. Cook until it forms a nice syrup, and seal.—Mrs. E. Berg-

##### Watermelon Preserves.

Cut rind in square pieces after removing the hard shell, then weigh. Boil with cold water and cook slowly until tender. Let remain in the water until cold. To every pound of the rind add 2-3 pounds of sugar with enough to make a syrup. Dip rind of lemon to taste. Cook slowly until clear. Add rind of lemon to taste. On that yellow may be cut so thinly that yellow may be on the sides of the slice.—Mrs. Ainsworth.

##### Apple Preserve.

Use small crabapples with the stems. Weigh, the weight of sugar. Add enough water to cover over the Boil, add the

Boil until the cooking syrup must

be. When with the this slow range of a Ains-

To 5 pounds sugar add 1 pound currants and 6 pounds strawberries. Mash the currants in preserving pan with 1 cup of water; put it on the stove and boil; then add the strawberries, press and rub them into an earthenware pan through a fine sieve. Let the sugar boil to the consistency

##### Imitation Apricot Pres-

Take young carrots, scrape them clean, cut into pieces and put into a kettle with enough water to cover them. Simmer until perfectly soft, then strain the pulp, and to every pound allow a pound of sugar, the grated rind of lemon and the strained juice of six lemons and six chopped bitter almonds. Put the pulp into the serving kettle with the sugar and lemon rind and juice and this boil for five minutes, stirring skimming all the time. When add the lemon rind and juice and almonds; mix well with the jam and put into pots.—Mrs. Nat Smythe, 4 East Thirty-eighth street.

##### Rhubarb Jam.

Six pounds rhubarb, 2 lemons, 5 pounds sugar, 1 pound figs. Cut rhubarb in several pieces, with skin on; mix with sugar and let stand over night. In the morning cut figs and lemons in small pieces, add to rhubarb and sugar and cook very slowly over a low flame four hours.—Bertha Blowers, Hood River, Or.

##### Strawberry Marmalade or Jam.

To 5 pounds sugar add 1 pound currants and 6 pounds strawberries. Mash the currants in preserving pan with 1 cup of water; put it on the stove and boil; then add the strawberries, press and rub them into an earthenware pan through a fine sieve. Let the sugar boil to the consistency

In the introduction signed by "Aunt Prudence" (i.e. Mrs. Inie Gage Chapel, 1863-1955) she writes that the purpose of this work is to share recipes and kitchen knowledge with those housewives who need to be able to cook economically but who don't know how to do so. "We want to present not the new science, but the old art, to gather and publish the old tried recipes of things that mother used to make — the essential, nourishing things."

The final three leaves are blank with the exception of the heading of "Additional Recipes." In our copy, these pages have been used and are filled with 12 more recipes (one of which goes onto the lower pastedown). Some of these manuscript recipes include directions for making mayonnaise; a generic sauce; lemon pie; fowl dressing; icing; blushing apples; biscuit; dessert; strawberry preserves; baked pears; and meat loaf. Written next to the recipe for "Dandy Sweet Pickles" is the comment "very good."

With advertisements for food products and other goods on the preliminary leaf; an advertisement for a "combination steam cooker, baker, and canner" on the page facing the section on "The conservation of fruits and vegetables;" and bound in, between pages 160 and 161, is an advertisement for "Vim" flour of Portland, Oregon, printed on bright yellow-gold paper. Laid in is a recipe for pineapple cheese salad.

An incredibly detailed cookbook for economical cuisine.

In good condition.

¶ OCLC: Kansas State University, Oregon Historical Society, and University of Oregon. There is another edition printed in the same year that is 29 pages shorter that is more common, but priority hasn't been established.

*With an Illustration Depicting a Female Chef  
during the French Revolution*

16. (GASTRONOMY & economic precarity.) *La Cuisinière Isabeau. Le manuel de la friandise ou les talents de ma cuisiniere Isabeau.* Paris: Janet, L'An V. 1796 et 1797.



12mo. Engraved frontispiece. xxxviii, [2 - blank], 264 pp. 19<sup>th</sup>-century half calf over marbled boards, spine with raised bands in six compartments, single gilt fillet on spine, red morocco lettering piece, marbled endpapers, restoration to the joints. \$4000.00

THE RARE FIRST & ONLY EDITION OF THIS FRENCH REVOLUTION COOKBOOK, intended for those who are interested in “eating good food without spending too much” (“de manger de bons morceaux sans faire trop de dépense”). Although pocket-sized – 11.8cm x 8cm – the cookbook covers numerous subjects and contains 211 numbered recipes. This is also one of the earliest French cookbooks written by a woman (see below).

In the introduction, the publisher notes the success of Isabeau's anonymous *Petit cuisinier économe* ("the little thrifty cook") published earlier in the same year. The publisher goes on to note that there is a continued need for recipes for those who have either had to stay in the countryside or, "by their way of life and their faculties," are limited in their ability to acquire "provisions or other objects of subsistence" and consequently have "to put more research and preparation into their food." Later, the cost of food is directly addressed: "If, as we must, we look at our expenses, we will be able to put fewer dishes on our table; but on the other hand, we will eat them finer and more delicate, which is still not a small advantage, at a time when food is so expensive."

The cookbooks of Isabeau appeared towards the end of the French Revolution. The public had been suffering from food shortages since before the Revolution and, consequently, there was considerable effort to respond to the hunger and limited availability of food for French citizens. This is also the period when modestly-sized cookbooks first begin to appear. These new cookbooks were more affordably produced and were being written for those living with a limited budget. They were also the precursor to an explosion of new cookery titles for middle-class incomes that would sweep the cookbook market during the 19<sup>th</sup> century.<sup>1</sup>

Another example of an important cookbook from the French Revolution was that written by Madame Merigot, *La cuisinière républicaine* published "An III" (1794-95), two years earlier. Its format was comparable and, interestingly, like *Le manuel de la friandise*, it was also written by a woman. Merigot's cookbook was devoted to the potato and contained the first ever recipe for french fries. (Parmentier's efforts towards getting the French to eat potatoes was beginning to pay off.) Merigot's *La cuisinière républicaine* is also the first cookbook authored by a French woman.<sup>2</sup> It is very likely that the two works of Isabeau are the second and third cookbooks by a French woman.

*Le manuel de la friandise* includes recipes for different types of *pâtés*; pastries; egg dishes prepared with sugar and cream; brandies made with various fruits; fine jams, dried fruits, and fruit syrups; *fromage glacés* (ice cream made with cream and eggs and usually prepared in a mold); and coffee and chocolate. Some of the recipes include *Carpe de Seine au suprême* (a large carp from the Seine stuffed with veal sweetbreads); *Confiture des abricots*; *Jambon à la mayençaise*; *Langues de Mouton au citron*; *Pigeons en ragout friand*; *Sardines fraîches grillées aux capres fines*; and *Rognon de Veau en rôties*. One of my favorite recipes perhaps refers to the horrors of the Revolution. Entitled *Omelette à la victime* it is made with eggs, blood, cream, dry basil, coriander, salt, and pepper. The glass of blood called for in the recipe can come from a variety of types of chickens or a lamb.

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<sup>1</sup> For example, those published by Audot, some of which (such as *La Cuisinière de la campagne et de la ville, ou la nouvelle cuisine économique*, first ed.: 1818), would go into more than 75 editions in the 19<sup>th</sup> century alone.

<sup>2</sup> See Beatrice Fine's entry on Madame Mérigot in *Culinary biographies*, pp. 264-65. The first book written for a female chef (but by a man) was Menon's *La cuisinière bourgeoise*, 1746.

The engraved frontispiece depicts Isabeau in the kitchen with a dog mounting a cat as the cat tries to reach for the meat on the *tournebroche*; the *broche*'s clockwork mechanism and weight are mounted on the wall to the right of the fireplace. On a small table sits a large cabbage and some turnips. At the foot of the engraving is written:

*Vous la voyez cette Isabeau:  
Teint de Rose, piquante mine!  
C'est bien le plus friand morceau  
De toute sa Cuisine!*

Roughly translated to:

*You see this Isabeau:  
Rose complexion, spicy appearance!  
She's definitely the most delicious piece  
Of everything in her Kitchen!*

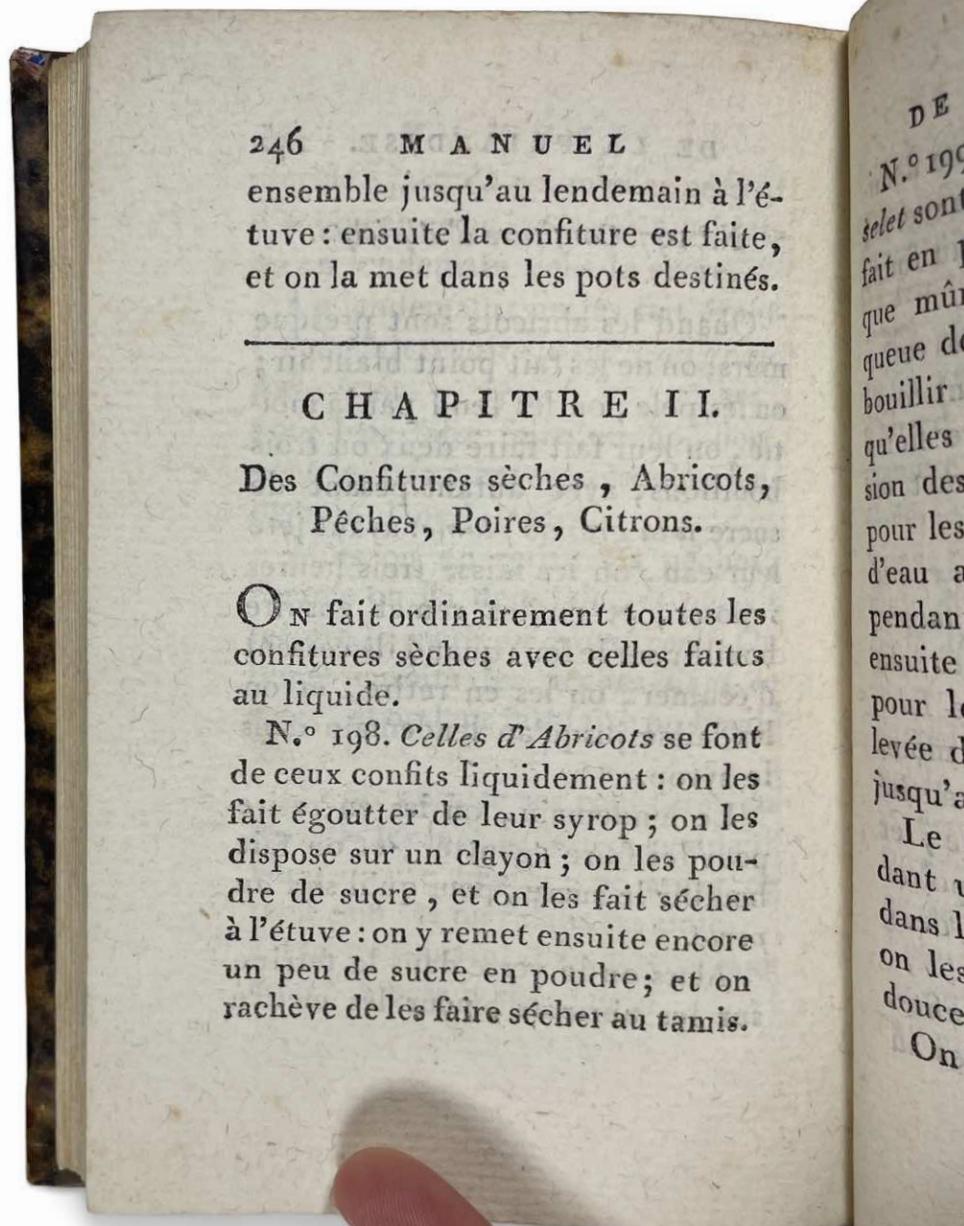
This engraved frontispiece is the earliest illustration of a French female cookbook author that we are aware of.

At the beginning of the cookbook is a lengthy and useful index to the recipes giving the recipe number, chapter, and page number for each.

With the 19<sup>th</sup>-century engraved bookplate of "Jacob Bibliophile" on the upper pastedown.

In very good condition.

¶OCLC: New York Academy of Medicine, University of California (Berkeley), Library of Congress, and one location outside of the United States; Vicaire col. 562.



allement utile  
de maisons,  
périmentées.

LE PETIT CUISINIER  
ÉCONOME,  
OU L'ART DE FAIRE LA CUISINE  
AU MEILLEUR MARCHÉ;

Mis à la portée de chacun, & contenant l'indication des alimens les plus rapprochés des facultés de tous les Citoyens; avec la manière de faire le Pain, & des instructions claires & faciles sur le traitement & l'apprêt des Pommes de Terre, dans les temps difficiles, &c.

On y a joint la manière de conserver les Légumes, les Herbes potagères, les Fruits, &c., & de faire économiquement de bons Ratafias, de bon Vinaigre, le Raisinet, & de bonnes Confitures de Campagne, &c. &c.

L'art de vaincre est perdu, sans l'art de subsister.

FRÉDÉRIC II, *Art de la Guerre.*

A PARIS,  
Chez JANET, rue Jacques, vis-à-vis  
les Mathurins, N°. 31.

*An Exceptionally Rare French Revolution Cookbook  
Written by a Female Chef*

17. (GASTRONOMY & economic precarity.) [La Cuisinière Isabeau.] *Le Petit cuisinier économe, ou l'art de faire la cuisine au meilleur marché.* Paris: Janet, [An IV<sup>e</sup> de la République, i.e. 1795-96]. [Bound with:] *Suite du petit cuisinier économe, ou de l'art de faire la cuisine au meilleur marché.* Paris: Janet, [An IV<sup>e</sup> de la République, i.e. 1795-96].

12mo. [iii]-xxxvi (including the half title page), 105, [1 - blank] pp.; xxiv, 120 pp. 19<sup>th</sup>-century half calf over marbled boards, spine with raised bands in six compartments, single gilt fillet on spine, red morocco lettering piece, marbled endpapers, very faint foxing to the first and final several leaves, paper repair in upper margin of B<sup>6</sup> in the *Suite* not affecting text. \$4500.00

The extremely rare FIRST EDITION of this anonymous French cookbook, clearly written within the context of the French Revolution, with a total of 238 numbered recipes (between the first and second part). IT IS ALSO PROBABLY THE SECOND COOKBOOK WRITTEN BY A FRENCH WOMAN (see below).

On the verso of the half-title page it is written "CET Ouvrage est principalement utile à tous maîtres & maîtresses de maisons, pour guider les cuisinières inexpérimentées." The extended title goes on to explain that the recipes will be within the means of all citizens, with explanations on how to make bread and a clear and easy treatment of potatoes during difficult times. At the bottom of the title page is a quote from Frédéric II from *Art de la Guerre*: "L'art de vaincre est perdu, sans l'art de subsister" (the art of conquering is nothing without the art of subsisting).

Recipes include a potato cake; lamb tongue; salted cod; peas cooked with butter, parsley, onions, and quartered lettuce cooked in its juices over a small fire; eggs cooked for two minutes in boiling water, taken out, and covered for one more minute, then eaten; a *compote de poires*; and an *eau d'anis*. In the introduction to the second part, the author declares that it has come out due to a need to provide recipes for citizens of more modest means, in “le même esprit d'économie” as the first volume, especially as all other cookbooks are “à des prix exorbitans.” Each part is preceded by a useful index to the recipes.

Although this work is not listed in OCLC, the database does note that in 1795-96, Janet also published *Le Manuel de la friandise, ou les talents de ma cuisinière Isabeau. Par l'auteur du Petit Cuisiner économe*. We have had *Le Manuel de la friandise* and can confirm that Isabeau is the author of both.

Another example of an important cookbook from the French Revolution was that written by Madame Merigot, *La cuisinière républicaine* published “An III” (1794-95), one year earlier. Its format was comparable and, interestingly, like *Le manuel de la friandise*, it was also written by a woman. Merigot’s cookbook was devoted to the potato and contained the first ever recipe for french fries. (Parmentier’s efforts towards getting the French to eat potatoes was beginning to pay off.) Merigot’s *La cuisinière républicaine* is also the first cookbook authored by a French woman.<sup>1</sup> It is very likely that two the works of Isabeau are the second and third cookbooks by a French woman.

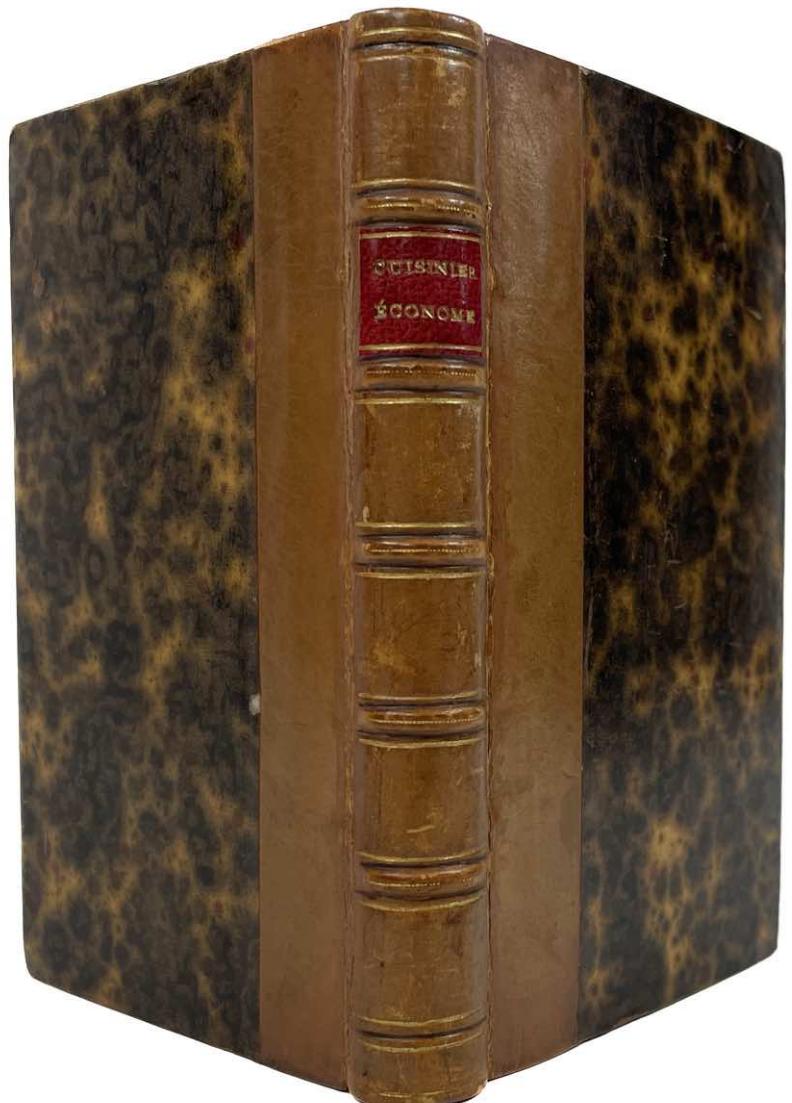
On the verso of the final leaf (of both parts) is printed the date “An IV<sup>e</sup> de la République.” The Republican calendar begins on September 22<sup>nd</sup> of the given year, so the date of our work is sometime between September 22<sup>nd</sup>, 1795, and September 21<sup>st</sup>, 1796.

With the 19<sup>th</sup>-century engraved bookplate of “Jacob Bibliophile” on the upper pastedown.

In very good condition.

¶ Vicaire cols. 232-233. Not in OCLC or the Bibliothèque nationale de France.

<sup>1</sup> See Beatrice Fine’s entry on Madame Mérigot in *Culinary biographies*, pp. 264-65. The first book written for a female chef (but by a man) was Menon’s *La cuisiniere bourgeoise*, 1746.



*"All Love to Our Children"*

# John Huggins Memorial Free Breakfast for Children Program



HUEY P. NEWTON



FOR TOO LONG OUR CHILDREN  
HAVE GONE HUNGRY

John Huggins (Feb. 11, 1945-Jan. 17, 1969) was a New Haven born member of the Black Panther Party. He was killed in Calif. by fools because he believed in feeding hungry children free breakfast. The free breakfast for children program's purpose is to feed hungry children each school morning. A free hot breakfast is served to each child before he goes to school. It is a socialistic program designed to help all people not just a "chosen few". This like the world belongs to the people to use and develop to serve their needs and desires. To make "all power to the people" a reality.

BLACK PANTHER PARTY  
NEW HAVEN BRANCH  
35 SYLVAN AVE.  
TEL. 562-7463

All Love to Our Children

Site: NEWHALLVILLE TEEN LOUNGE  
179 SHELTON AVE.

Time: 7:00-8:30 A.M.  
MONDAY-FRIDAY

FOR TRANSPORTATION CONTACT  
NEWHALLVILLE TEEN LOUNGE  
TEL. 777-5341  
BETWEEN 6:30-8:00 A.M.  
MON-FRI

DONATIONS OF FOOD, UTENSILS,  
TIME, AND FINANCES ARE NEEDED

## 18. (GASTRONOMY & economic precarity.) John Huggins Memorial Free Breakfast for Children Program. [New Haven, Connecticut, 1969.]

Flyer: 28cm x 22cm. Lightly sunned around edges.

\$700.00

The extremely rare FIRST & ONLY EDITION of this announcement for the Black Panther Party (BPP) Free Breakfast Program in New Haven, Connecticut. The Program was named for John Huggins (1945-1969) who had recently been killed on the UC Los Angeles campus.

The original intention had been for Huggins and his wife Ericka Huggins (1948-present) to move to Bridgeport, Connecticut to start a Black Panther Chapter there. At Huggins' funeral in his hometown of New Haven, Ericka met Waren Kimbrow (1934-2009). Shortly after, a new BPP chapter was begun in New Haven, mostly run out of Kimbrow's home.

"Some of [the BPP's] early advocacy included public speeches, educational political classes, and advocacy about New Haven's atrocious housing policy, which they deemed 'murderous.' They also had a health clinic running. On October 8, the New Haven Black Panthers launched the John Huggins Free Breakfast for Children Program at the Newhallville Teen Lounge on Shelton Avenue. They teamed up with a welfare rights organization called Welfare Moms of New Haven to promote the breakfast program and build support for the Black Panther Party. Soon, they were feeding seventy to eighty kids each morning."<sup>1</sup>

With the iconic image of Huey P. Newton in his beret printed on the upper right margin and a photograph of a young child eating free breakfast. Below the BPP Branch address it reads "All Love to Our Children."

In good condition.

¶ Not in OCLC.

<sup>1</sup> For more information on the Connecticut chapter of the BPP go to: <https://wp.nyu.edu/gallatin-bpparchive2021/east-coast-chapters/new-haven-connecticut/>.

*An Archive of Handwritten Recipes  
from Death Row*

**19. (GASTRONOMY & economic precarity.) Jones, Albert “Ru-Al.” Archive of materials from the making of San Quentin death row cook book. Our last meals? San Quentin, 2014-2024.**

Archive: \$20,000.00

THIS IS THE ARCHIVE OF A REMARKABLE COOKBOOK written by Albert “Ru-Al” Jones, an incarcerated person at San Quentin prison. Although Jones has been on death row since 1996, he maintains his innocence and his case is currently in the appeal process.

The original idea to make the cookbook came from a conversation in San Quentin that Jones – a former member of the Bloods in Compton – had with Stanley Tookie Williams III, the co-founder of the Crips. Tookie encouraged Jones to start writing and tell his story. The result was Jones’ *Our last meals?*, the first and only community cookbook written by someone living on death row.

After speaking with Tookie, Jones invited his fellow inmates on death row to contribute recipes to his cookbook. As word spread, those that wanted to participate would reach through their cell bars and hand their folded recipes to Jones as he walked by, himself handcuffed. At other times, inmates would hand him their recipes when they were out on the yard together (which only happens three times a week).

Jones transcribed the other inmates’ recipes in his cell using his Brother typewriter, adding them to his own that he had accumulated. He then wrote the cookbook’s introduction and sectional explanatory texts and got the typescript to someone on the outside who helped him to get it published.

This archive includes Jones’ own recipes as well as the original recipes handwritten by fifty-two different inmates. In addition, two typescripts of the book are part of the archive (which contains all of Jones’ own recipes and commentary) as well as an artwork by Jones, a photograph of him holding the published book, a “FREE RU-AL” necklace, and an hour-long interview with Jones detailing the process of making the cookbook.

“There are over 750 men and women on California’s Death Row in San Quentin and Chowchilla State Prisons.<sup>1</sup> The State is tasked to feed each condemned inmate two hot meals and one bag lunch each day. There is no other death row in this country, or the world, that feeds so many people who are sentenced to die.

“In this book you will read about many amazing meals that are being prepared behind these walls. You will laugh at some, and others you will have to taste yourself. The condemned inmates put a lot of joy and love into cooking because it could be our last meals.” – Albert “Ru-Al” Jones.

This archive is especially poignant right now. San Quentin opened as a prison 170 years ago. Governor Gavin Newsom recently announced that San Quentin’s death row is about to be closed and that the inmates will be dispersed and relocated to other prisons in California. This archive provides one of the last views into how death row inmates survived in one of California’s oldest and most notorious prisons.

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<sup>1</sup> Jones was writing in 2014. Today that number is 402.



I found out about *Our last meals?* several years ago when Jones wrote to me directly: "This cook book is a unique read with food recipes made by real death row inmates. This cook book will give you and your readers an insight on how we eat and cook our meals on the row. This cook book will be something new in your book store." Jones was right. *Our last meals?* is the most popular cookbook we have ever sold.

On offer here are all of the surviving documents behind the making of Jones' astonishing cookbook, including numerous notes and dishes that never made it into the printed cookbook. Among the handwritten recipes are those for "Put You To Sleep Dinner;" "Ghetto Chicken Tacos;" "Sea Food Delight;" "Specy Curry Pasta;" "County Jail Burrito;" "Prison Paella;" "Smash Up;" "S. Q. Tater tot Soup;" "Arroz con Mariscos" (the recipe is in Spanish); "Vee's Pour Boys Burrito Supreme;" "Hobo Meal;" "Poor Man Mix;" and "Pruno."<sup>2</sup> The archive also includes one manuscript leaf entitled "Judaism" that discusses a "Kasher/Kosher" diet and how one can maintain it in prison.

What is especially revealing about the archive is that each of the handwritten recipes reflects the individual who wrote the recipe. Some are very brief and just a short list of ingredients written in a barely legible hand. Others are in a neat, tidy hand, supplemented with typed ingredients and lengthy cooking directions. Many authors are identified by their gang names whereas others are identified by their last name and inmate number. Many are written on small pieces of recycled paper that have then been folded even smaller before being handed off to Jones. Some make suggestions to Jones about his plan to make a cookbook. Others warn that the recipe is so good that you'll have to be careful that it doesn't make you fat! Some inmates also suggest what to drink when eating their dish.

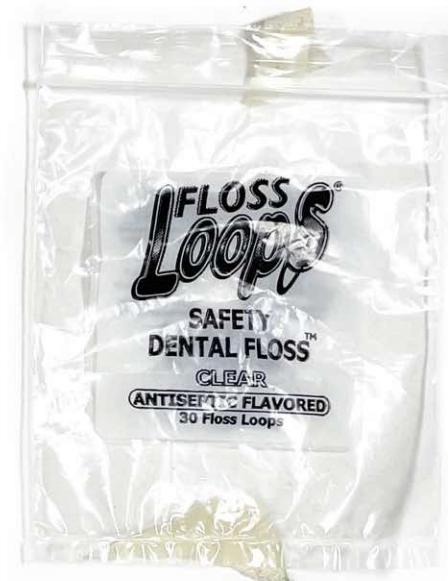
All of these recipes were prepared by people living alone in 4 x 9 foot cells. Each death row inmate has a hotplate and a food box as their pantry; there are no refrigerators. With the exception of a few holidays meals ("spreads") each year, the inmates always eat alone. Yet, I noticed that several of the manuscript recipes are large enough to feed several people. When I asked Jones about this, he explained the way in which inmates have managed to eat "together."

For example, when Jones is preparing food, he will call out to others in his cell block to see if they would like to share a meal. If the answer is "yes," in some cases, the other inmate will contribute their own ingredients to Jones to add to what he is preparing. (Jones made it clear that he never accepts food in packages that have already been opened or from cells that he knows to be unsanitary.)

In some cases, the guards will assist by passing the ingredients and prepared food between the inmates in their cells. At other times, the inmates go "fishing." "Fishing" is using a typewriter ribbon attached to an old battery to cast a "fishing line" between cells. Sometimes the line is used to send a "kite" (a written message). (Some of the recipes were passed to Jones in this manner.) But at meal times, the "fishing line" is used to send ingredients and finished meals (such as a burrito) between inmates. Once the line is cast, the inmate uses a hook made of paper and the inside cartridge of a pen, to grab the line and pull it into his cell. The recipes in *Our last meals?* which have the word "smash" written before them, are for dishes that are passed between cells and then smashed to fit under the bars.

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<sup>2</sup> Pruno is a recipe for making alcohol; Jones did not include it in the cookbook because he thought it would prevent the cookbook from being purchased by other prisons to put into their libraries. Nonetheless, the San Quentin Library has still not added Jones' cookbook to their shelves.



“Break-aways” are another method of sharing meals and it is done with the guard’s partial involvement. The guard opens the cell’s tray slot, the inmate drops the food in a bag through the slot and onto the floor. The bag of food has a piece of string attached to it (that was “broken away” from the inmate’s “fishing line”) and the inmate who will receive the food sends his “fishing line” down to be in front of the cell where the food has been dropped. The person who has made the food then attaches his “break-away” line to the other line and the receiving inmate pulls the meal down to his cell. This even occurs with inmates who are on levels above Jones’ cell (there are five levels in the East Block where Jones lives). The upper inmate dangles his “fishing line” down from above, Jones attaches his “break-away,” and the inmate on the upper floor pulls up his food.

Although there have been several cookbooks written about prison food (either by ex-inmates or by authors and organizations seeking to help prisoners with their diet), there has never been a cookbook that comes from the prison community itself, let alone from those living on death row. Jones' work to coordinate the recipes and represent the voices of his fellow inmates is unprecedented.

This archive is a testimony to the lengths people will go to find comfort, happiness, and togetherness through food, even when faced with their own loss of liberty and pending death.

The archive's contents are as follows:

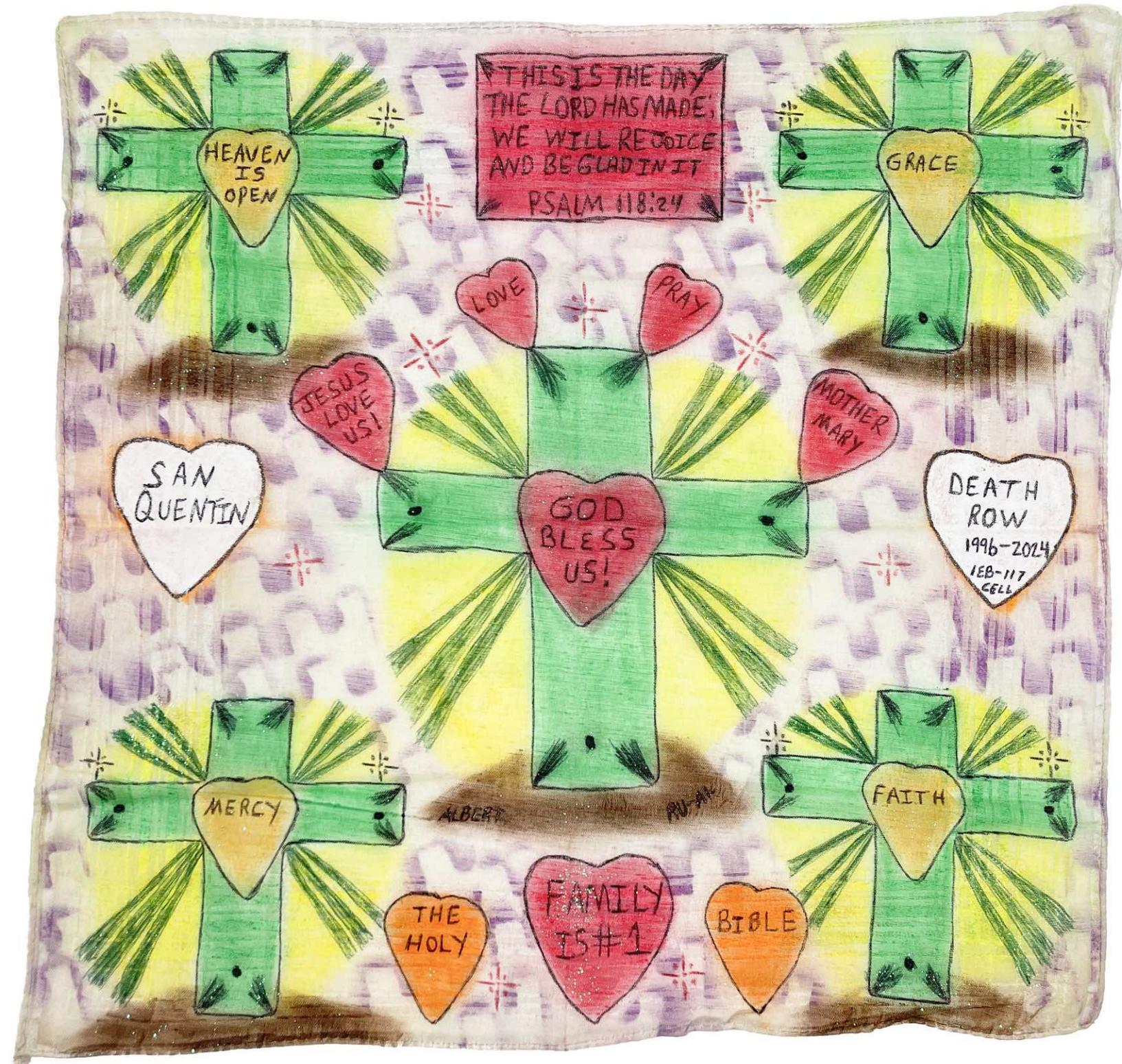
I. Sixty-eight manuscript recipes written by inmates on death row, each written in their own hand.

Sizes vary: 5.2cm x 14.2cm to 35.5cm x 21.5cm. [55] loose leaves of varying sizes, 45 of which are in manuscript in pencil and ink, 10 of which are typed and include names and annotations in manuscript, including two pages of pencil illustrations, most have signs of having been folded, many are on recycled paper, all include contributor's name either in their own hand or attributed by Jones, many leaves contain multiple recipes. All documents 2014.

## II. Miscellaneous leaves.

Sizes vary: 21.5cm x 14.5cm to 28cm x 21.5cm. [8] loose leaves. Three of which are in manuscript (two in Jones' hand, one in an unknown hand), one is with a color photocopy of a draft of the cover of the book on recto and a typed letter on the verso (signed in red ink by Albert Ru-Al Jones), the other four are photocopies of illustrations used in the book. All documents 2014.





III. Two typescripts.

28cm x 21.5cm. Two leaves printed in color and illustrating care package foods and three leaves printed on colored paper that are subject section dividers. [127] loose leaves; [120] loose leaves. Both 2014.

IV. Photograph.

10cm x 15cm. Color photograph of Jones holding San Quentin death row cook book, dated 01/12/2017 on the bottom right of the photograph, signature of Jones on verso that is dated 3-3-24, with Jones' address and inmate number in manuscript. 2017, 2024.

V. Artwork with manuscript note.

Painting: 33.5cm x 35cm. Painted cloth handkerchief made by Jones while on death row, painted in red, orange, yellow, green, brown, and purple with black and red ink and glitter, colors are made with chalk pastels.

Note: 14cm x 10.5cm. Message written by Jones in black ink on ruled yellow paper, dated "3-2-24" and describing how it feels to make such art work. Both 2024.

VI. "Free RU-AL" Necklace

Bead necklace, 28", green, white, and dark silver beads, small piece of leather backing supporting "FREE RU-AL" written in beads. This is a necklace that Jones made in his cell to bring his case to people's attention. The note is in Jones' hand and is addressed to Kinmont and explains the necklace. "So when you write on why I made these 'necklaces' you can say that I still have my freedoms that they 'State' can't take away from me." The necklace is stored in a recycled plastic bag for "Floss Loops. Safety Dental Floss."

VII. An hour-long interview.

Saved digitally and accompanied by a printout, the interview with Jones was conducted by Ben Kinmont. It discusses how Kinmont found out about Jones' cookbook; how Jones arrived at the idea to make the cookbook; the living and eating conditions in San Quentin; the steps that Jones took to write, publish and distribute the cookbook; the material that did not make it into the cookbook; and the purpose of his writing and the archive.

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In good to very good condition.

All contents preserved in archive boxes and folders.

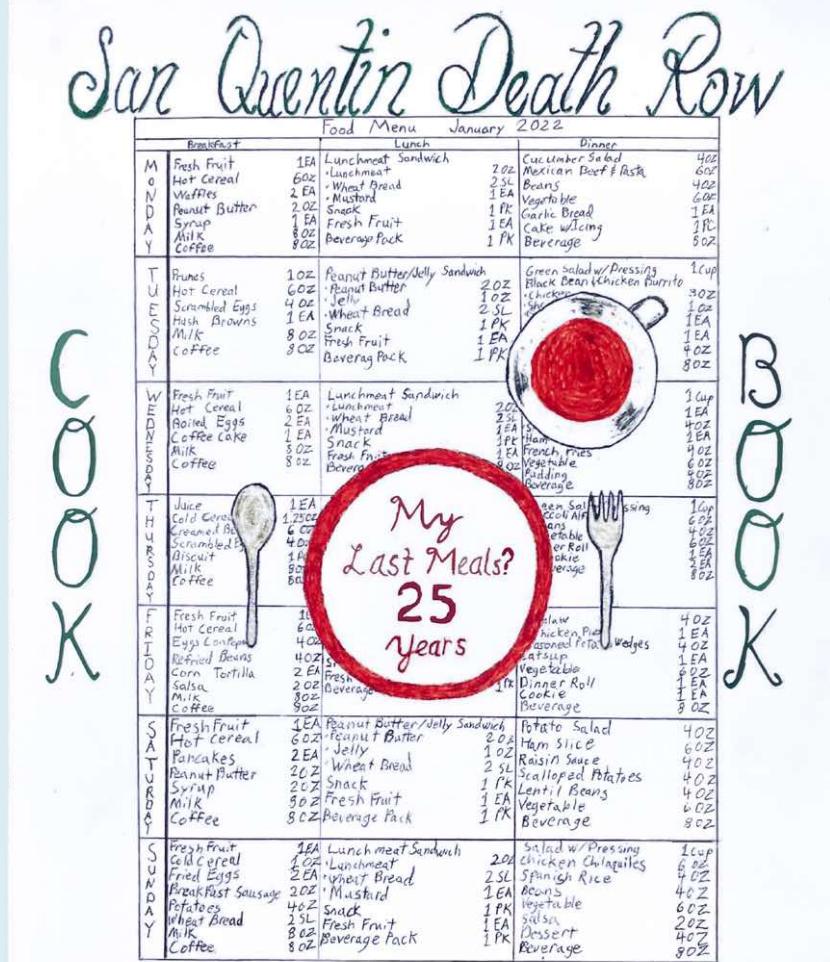
*"It Smell and Taste Good  
in this Cell 1 EB 117"*

20. (GASTRONOMY & economic precarity.) Jones, Albert "Ru-Al" San Quentin death row cook book (2). My last meals? [Orlando, 2024.]

24.9cm x 19.2cm. 2 p.l., vi, [1], 190, [2 - blank], [1] pp. Publisher's illustrated binding, perfect bound. \$40.00

JUST RELEASED! The follow-up to the remarkable San Quentin *Death row cook book*. Albert "Ru-Al" Jones has been incarcerated at San Quentin prison since 1996 and has been perfecting the craft of cell-cooked meals for all of those years. He published his first cookbook in 2015 and now that he has reached the 25-year mark of imprisonment on death row, he has released his second cookbook, a compilation of more than 500 recipes that Jones has prepared on death row.

In the introduction, Jones writes that although he is not complaining about his three solid meals a day that are provided to him in prison, the fact that over the last 25 years the menu has only changed five or six times can make eating tedious. For this reason he has augmented what is served by the prison with items from the prison canteen and food care packages that he is allowed to receive four times a year. He also discusses the buying and selling of food between prisoners; how one can opt for a kosher diet for better vegetables; how prisons no longer allow raw sugar due to prisoners making prison alcohol ("pruno") from it; and struggles with diabetes due to the diet of prisoner food.



By: Albert "Ru-Al" Jones



For 25 years on San Quentin Death Row, I have been cooking some restaurant type meals in my cell; therefore, I like to consider myself a prison chef.

I take the prison meals and mix them with the food that I get from my food care packages and canteen. I cook meals that don't just taste good, but also make one's stomach very happy. I have been cooking like this for the past 25 years, as if these were my "Last Meals."

ISBN 9798880136858  
  
9 0000  
9 798880 136858

After a page of lengthy acknowledgments, Jones gives an overview of the three meals of the day and his schedule. This is followed by a few drink recipes such as various "suicide drinks" made with kool-aid and "Fancy Tea Time" made with a number of differently flavored teas bags brewed together. Then comes the main bulk of the book which is comprised of recipes for 60 "S.Q. Breakfasts;" 84 "S.Q. Lunches;" 91 S.Q. Dinners;" 187 "Soups, Ramen, Noodles Meals;" 109 "Burritos;" and 11 salads. (S.Q. = San Quentin.)

Jones notes that he has "made hundreds of meals with soups. They are fast to make....Every Prison or County Jail sell Top Ramen(s). It's a cheap meal but we know how to turn that soup into a full meal." His "Pink Salmon & Spicy Vegetable Ramen" is made with "1 spicy veg. ramen w/season packet; 1 3oz pink salmon pouch; 1oz slice green onions; 1 grape kool-aid; 1oz lemon juice; 1 oz diced carrots; 8 saltine crackers; 1tbs yellow mustard."

The recipes are followed by a closing statement in which Jones writes: "When I'm cooking for others (spreads), I like to hear them words that every black cook like to say when they ate a good meal, 'Wow, you put your foot in this meal' that's when you know that you put out a good meal." Finally the book ends with his meal prayer.

The binding illustration is by Travis "F.R" Lewis.

A moving cookbook coming from a community about which we normally hear very little that shows great ingenuity and creativity under extremely constrained circumstances.

New.

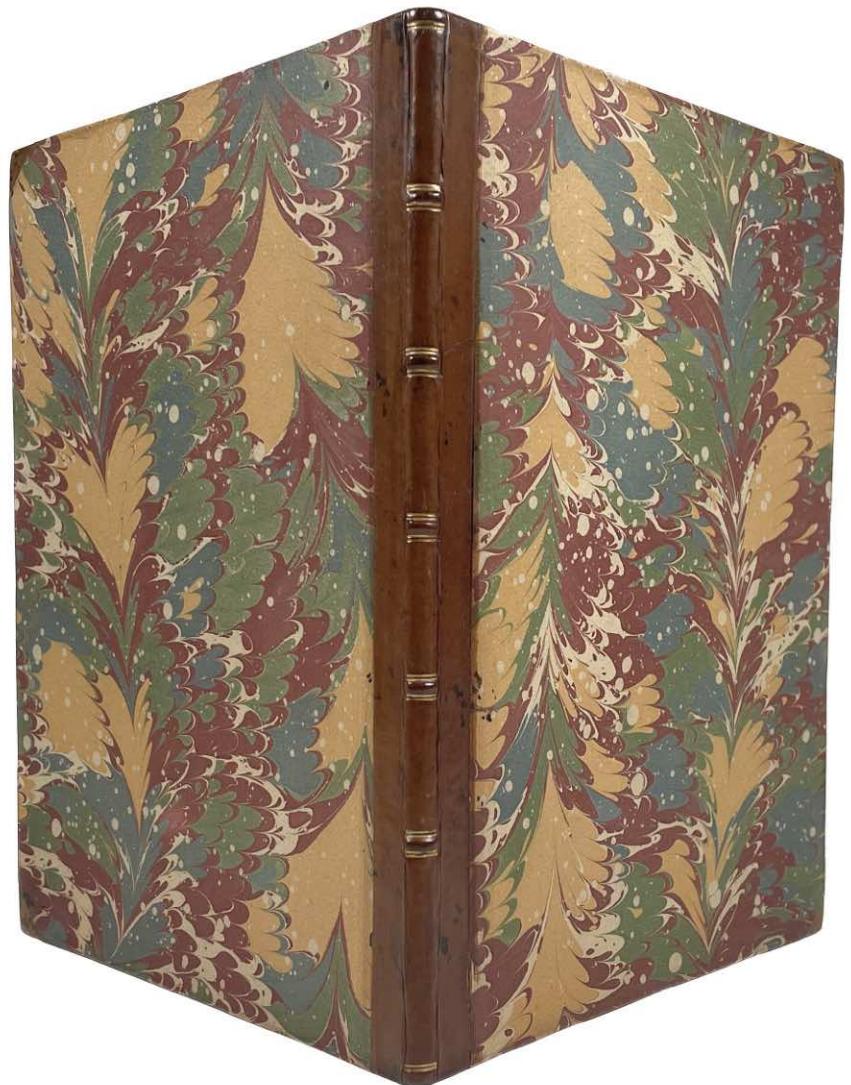
*The Cost of Feeding the Navy During the  
French and Indian War*

**21. (GASTRONOMY & economic precarity.)** *Ordonnance du roi, portant règlement sur ce qui doit être payé aux officiers généraux, capitaines & autres commandans des vasseaux de Sa Majesté, pour la dépense de leur table à la mer. [Brest: Malassis, 1759.]* [Bound with:] *Ordonnance du roi, concernant le nouveau traitement accordé par Sa Majesté, pour les tables tenues à la mer par les commandans de ses vaisseaux. [Brest: Malassis, 1759.]*

4to. I. One woodcut headpiece and one woodcut decorative initial. 12 pp. II. One woodcut headpiece and one woodcut decorative initial. 4 pp. Mottled half calf over marbled boards in the style of the period, slight sunning to p. [1] of first title and p. 4 of second title. \$1500.00

The FIRST & ONLY EDITION of these two extremely rare 18<sup>th</sup>-century French Navy documents concerning the rate of pay that should be administered to various officers in order to feed and pay a wage to the people who sit at their table. The rate of pay for the crew and regular sailors is also included although its disbursal is not determined by the officers.

I. The main bulk of information is contained in the first document. Interestingly, one of the directives is for the commanding officers of vessels that are bound for the war in America. This would be the “French and Indian War” and the year 1759 – when this document was written – was the turning point in this battle over Canada (the French eventually ceded the territory to the British). The first pamphlet calls for the following provisions as the navy departs for America.



DANS les campagnes aux îles de l'Amérique, le Commandant du Vaisseau, ou autre Bâtiment, aura au désarmement quatre livres par jour pour chacun des Officiers & autres personnes qu'il aura nourris à sa table, & ce à compter du quatre-vingt-onzième jour de campagne, & la campagne à cet égard ne sera censée être commencée que du jour du départ des Vaisseaux pour leur route directe à l'Amérique.

Roughly translated to:

IN the campaigns in the American Islands, the Commander of the Ship, or other Vessel, will have at disarmament four pounds per day for each of the Officers and other people that he has fed at his table, and this from the ninety-first day of the campaign, & the campaign in this respect will not be deemed to have begun until the day of departure of the Vessels for their direct route to America.

Another entry states that the highest ranking officer (vice admiral) shall receive 150 pounds per day which he may parse out according to his preference to the personnel who sit at his table as well as his valet. The document explains that the pay decreases as the rank lowers until one reads that, like the rest of the crew, the bakers and butchers are allowed 21 pounds per month, plus one and a half food rations per day.

ra à propos d'accorder pour les tables des Commandans des Vaisseaux actuels  
dits Vaisseaux.

MANDE & ordonne Sa Majesté à Mons. le Duc de Penthievre, Amiral de France, aux Officiers Généraux, Capitaines & autres Officiers commandans ses Vaisseaux & autres Bâtiments, Intendans, Commissaires généraux ou ordinaires à la suite des Armées navales ou Escadres; comme aussi aux Commandans & Intendans ou Ordonnateurs de la Marine, Commissaires & Controlleurs dans les Ports, de se conformer aux dispositions de la présente Ordonnance, & de tenir la main, chacun en droit soi, à son exécution. FAIT à Versailles le dix-huit juin mil sept cent cinquante-neuf. Signé LOUIS. Et plus bas, BERRYER.

LE DUC DE PENTHIEVRE,  
Amiral de France.

VU l'Ordonnance du Roi ci-dessus, à nous adressée, avec ordre de tenir la main à son exécution. MANDONS aux Officiers Généraux, Capitaines & autres Officiers commandans ses Vaisseaux & autres Bâtiments, Intendans, Commissaires généraux & autres Bâtiments, Ordonnateurs de la Marine, et autres personnes qui servent les tables des Commandans des Vaisseaux actuels dits Vaisseaux.

du fret des  
enthièvre,  
es & autres  
ns, Inten-  
es Armées  
& Inten-  
& Control-  
donnateurs  
, & de te-  
AIT à Ver-  
af. Signé

RE,

e, avec or-  
aux Offi-  
mandans  
ordinaires  
aussi aux  
ne, Com-  
& Inten-  
ain, cha-  
vingt juin  
URBON.  
DBOURG.  
er Secrétaire  
ces.



# ORDONNANCE DU ROI,

*Concernant le nouveau traitement accordé par Sa Ma-  
jesté, pour les Tables tenues à la mer par les Com-  
mandans de ses Vaisseaux.*

Du 18 Juin 1759.

## DE PAR LE ROI.

**S**A MAJESTÉ ayant par son Ordonnance d'au-  
jourd'hui réglé le traitement qu'Elle veut accorder  
à l'avenir aux Officiers Généraux, Capitaines &  
autres Officiers commandans ses Vaisseaux, Frégates  
& autres Bâtiments, pour les dépenses de leurs tables,  
Elle juge à propos de fixer par celle-ci de quel tems commen-  
cera ledit traitement à l'égard des Escadres qui sont au dehors,

It is also noted that officers are forbidden to sell any food provisions from their ship. However, once the ships are getting ready to sail back to France, the officers are encouraged to "load as freight, for the benefit of His Majesty, some goods and foodstuffs of the country, as circumstances may require it for the good of commerce."

This document was signed 18 June 1759.

In good condition.

¶ OCLC: one location outside of the United States only.

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II. The second document enforces the dates upon which the above rulings shall begin. It is also states that all ships currently in the East Indies will be up for further review upon their return before their food budget can be fully renewed.

Signed in print by Louis Jean Marie de Bourbon, the Duke of Penthièvre (1725 – 1793).

In very good condition.

¶ OCLC: one location outside of the United States only.

*On Improving the Quality of the  
English Soldier's Ration*

**22. (GASTRONOMY & economic precarity.) Report of the  
committee appointed to enquire into the question of sol-  
diers' dietary. London: Harrison, 1889.**

4to. 5, [1 - blank], [1], [1 - blank], [1], 6-39, [1 - blank] pp. Original printed  
upper wrapper bound in half sheep over marbled boards in the style of the  
period, upper wrapper browned, sunning to upper margin and gutter on first  
three leaves.

\$1000.00

The extremely rare and absolutely fascinating FIRST & ONLY EDITION of  
this study of the British soldier's diet. The report questions whether soldiers  
are adequately paid for the food they need to supplement their rations and  
whether they are spending their "messing allowance" on a "sufficient diet."  
The report also studies whether the rations being served are of a good enough  
quality and if their dining hours are adequate.

In order to substantiate the findings of the report, the compilers inter-  
viewed the manager of "Pearce's Dining Company, a prosperous business for  
providing cheap dinners to the working classes" and George Augustus Sala  
"who has had wide experience of the systems existing in foreign armies." Sala  
(1828-1895) was a popular newspaper columnist who traveled extensively in the  
United States and wrote a book published in 1865 titled *My diary in America in  
the midst of war*.

The first chart compares English and American troop rations in gar-  
rison: English soldiers are fed beef or mutton and bread and are expect-  
ed to pay for "vegetables, groceries, &c." out of their "messing allowance."  
Meanwhile, American troops are fed a range of meats (including beef, bacon,  
and fish); bread; vegetables; and fruit. They are also provided with coffee, tea,  
soap, and candles.



The second chart compares field rations during times of conflict. Here we find that the common English soldier is fed much the same as the American and that, in both cases, the meat and vegetables are preserved (instead of being fresh). Interestingly, while Americans are also given soap and candles, the English are provided with rum. The study also discovered that regimental officers didn't know how to determine whether the meat provided was up to "the contract standard."

Bread has always been an important part of a soldier's diet. The study found that of the two types of bread being made, hospital bread was of a higher standard than the daily bread being made for soldiers. Made from "London Seconds" flour, the daily bread was so awful that most soldiers simply threw it away. In order to alleviate this waste, an experiment was conducted wherein the soldier's bread was made with patent yeast instead of the standard brewers' yeast. As a test, the compilers also baked smaller-sized loaves in order to ensure that they would be baked all the way through and thereby last longer. This experiment was met with a resounding success.

There is a long appendix which includes a memorandum from Colonel Burnett of the Royal Irish Rifles to the Quarter-Master-General regarding the various improvements he made in the rations for his soldiers. This is followed by a glowing report from the Surgeon-Major regarding Colonel Burnett's improvements. This includes documentation of the soldier's rations and their cost from 6-12 January 1889 and a suggestion to up the fat in the soldiers' diet. Each of the above dietary reports is extremely detailed and quite fascinating to read.

With a partially obscured purple stamp on the upper wrapper dated 22 June [18]89 and the purple library stamp of the RUSI Library [of Military History] on page [1] dated 8 March 1902. Also on the upper wrapper is "339" written in orange pencil.

In good condition.

¶ OCLC records digital copies only.

	Quantity.	Rate.
	lb.	oz.
0 0 6	2 0	
0 8	0 10	
3 0	0 2	
	0 1 $\frac{1}{4}$	
6 0	0 3 $\frac{1}{2}$	
0 2	1 2	
3 0	0 0	9
	0 0	1 $\frac{1}{2}$
6 2	0 0	
1 0	0 1 $\frac{1}{2}$	
	0 0	1 $\frac{1}{2}$
0 5 $\frac{1}{2}$	0 0	3

"E" COMPANY. DAILY MESSING ACCOUNT. 35		
	Quantity.	R
	lb.	oz.
Balance Cr. brought forward		
48 Men in Mess at 3d.		
Add any money from Refuse Fund		
Total ..		
Deduct Balance Debt brought forward		
To be expended		
Tea		
Coffee		
Sugar		
Currrants		
Raisins		
Lemon Peel		
Pepper		
Salt		
Mustard		
Butter		
Barley		
Bread		
Flour for pi		

*An Early Cookbook Providing Recipes for the Poor  
& Support for Women's Education*

23. (GASTRONOMY & economic precarity.) Rückerschöld (a.k.a. Rückersköld), Anna Maria. *Fattig mans wisthus och kök*. Stockholm: Tryckt hos Anders Jac. Nordström, 1796.

8vo. Woodcut device on title page. 72 pp. Recent sprinkled boards in the style of the period, gilt-stamped paper label on spine, small piece of the upper corner of the title page missing (not affecting text), woodcut head and tailpieces.

\$2000.00

The extremely rare FIRST EDITION of *The poor man's storehouse and kitchen* by the noted Swedish gastronomic writer and social campaigner Anna Maria Rückerschöld (1725-1805). This book is a good example of what was then a new genre in publishing: cookbooks modestly (and affordably) produced with recipes for those living at a low income level.

Rückerschöld's previous cookbooks works were *En Liten Hushålls-Bok* (*A little household book*, 1785) and *Den Nya och Fullständiga Kok-boken* (*The new and complete cookbook*, 1796) and they were intended for middle-class and wealthy households (respectively). In the current work, however, she provides simple and straightforward advice to those living with a modest income (including metropolitan women and those living in rural farming communities). Rückerschöld gives general advice on how to run an efficient and economical household; how to survive with minimal food supplies; and how to make the best with what one has available. The dishes are simple and several include potatoes. Interestingly, there is also a section on child-rearing.

*Pannfakor af löpnad  
mjölk*  
itt goda och liñas i smullen  
mjölkens hwipas til des den  
ad grädda, och sedan så min  
ertil, wäl inarbetat at det ha  
då det slås i en wäl smör  
at gräddas. Om gumman om  
altar och tärkar swin-istret wäl  
et intet hårsknar, blir det den war  
och båsta smörjan til pannfakor.

### Dåpp

är en Smålånske smårått, och består  
i los gröt kokad med mjölk och mjölk  
en stekpanna hwarest litet fett el  
är upsmålt. — Uti denna dåpp  
ut brödet och åtes med god aptit

### Pannfakor af Potatis

Som ristwes på refiern sed  
r affkokad och legat öfwer natt  
väl skalad i från skinnet, deru  
litet stört smör eller gådt sm  
vöres så länge at en led, at

# Fattig Mans Hushålls och Kök.

Författad  
af  
Anna Maria Rückerschöld,  
Bisallit och Beldne  
af  
Kongl. Patriotiska Sällskapet  
med den sörre Skädepenningen,  
i Silfver.



Stockholm,  
Tryckt hos Anders Jac. Nordström, 1796.  
På eget Förlag.

1646

ABC

As the title-page and preface reveal, in recognition of her work, Rückerschöld had been awarded a silver Patriotic Society medal. In spite of being raised in a wealthy family, she was a reformer with a strong social conscience. She also believed that people should grow their own food and challenged the traditional roles for women.

Rückerschöld was the granddaughter of the Swedish scientist, inventor and industrialist Christopher Polhem (1661-1751). Though she married Jonas Dahl in 1750, she kept her maiden name. Her final work, *Försök Til en liten Hushålls-Cateches* (*An attempt at a little household catechism*), was published in 1800 when Rückerschöld was 75 and a widow. The work advocated the importance of domestic and food preparation skills for women and the need for their education to enable the proper running of a household.

It is interesting to note that the first cookbook with affordable recipes published in France came out around the same time. Entitled *La cuisinière républicaine*, it was by Madame Merigot and was published "An III" (1794-5). It was also the first cookbook by a French woman.

Cookbook writing by women began earlier in Sweden. In 1751, Margareta (Maria) Elzberg published her *Försök Til en Pälitelig Matrednings-Bok* (*An attempt at a reliable food preparation book*), considered to be one of the earliest cookbooks in Swedish with Swedish recipes (there are earlier Swedish cookbooks, and at least one by a woman, but they contained recipes in translation from other countries).

By 1755, Anna Christina Warg (a.k.a. Cajsa Warg, 1703-1769) published *Hjälpreda I Hushållningen För Unga Fruentimber* (*Guide to housekeeping for young women*). Although it was very popular, Rückerschöld was critical of the cookbook due to Warg's lack of consideration of budget and the practicalities of domestic science. For Rückerschöld, Warg's lavishness in cooking and domestic advice risked a household's welfare.

A very good copy.

¶ OCLC: two locations in Denmark only. For more on Rückerschöld see <https://skbl.se/en/article/AnnaMariaRuckerschold>.

*Post-war Equality for the  
Food Workers of France;  
Unrecorded*

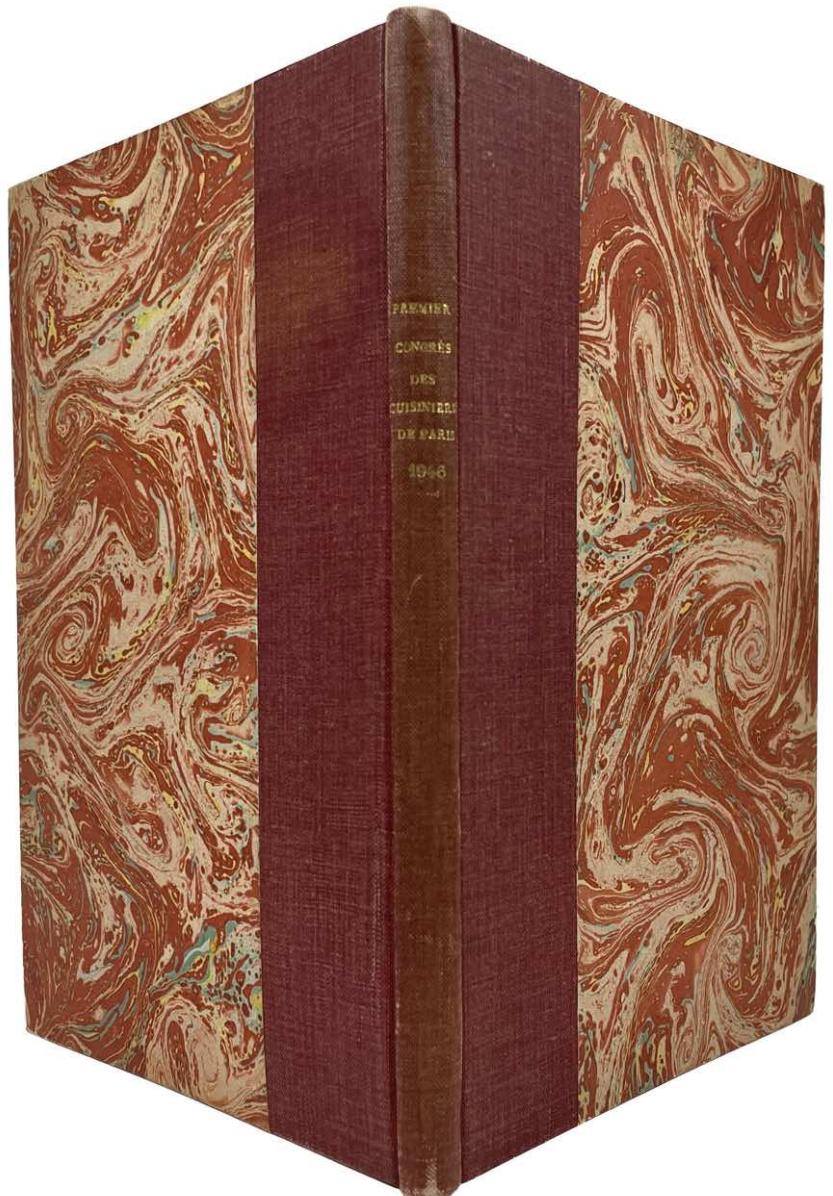
**24. (GASTRONOMY & labor rights.) Premier congrès  
des cuisiniers de Paris. [Paris: October, 1946.]**

20.7cm x 15cm. Frontispiece with reproductions of photographs on recto and verso. 79, [1- blank] pp. Quarter cloth over marbled boards, gilt title on spine, small tear to outer margin of frontispiece (not affecting image), paper lightly browned due to paper quality. \$1000.00

The extremely rare FIRST & ONLY EDITION of these reports on the rights of all levels of restaurant workers immediately after the Second World War. The workers' demands and concerns are especially remarkable as they cope with the horrible after effects of the Nazi occupation of Paris. These reports come out of the first meetings that were convened by the Union of Cooks in Paris only one year after the end of the war.

At the time of printing, the union was closely aligned with the left-leaning CGT (Confédération Générale du Travail). The discussions held at the meetings include how to deal with collaborators (who made huge fortunes off of the black market during the war); the influence of the Resistance in re-building the food industry; labor and operating situations in restaurants; instituting the practice of free meals for kitchen staff; and sourcing restaurant supplies.

There is a particularly interesting discussion of salaries, pay, and vacations which includes a refreshingly forward-thinking decree on women's salaries: "le salaire féminin est à parité avec les salaries masculins à classification identique" ("the female salary is on par with male employees with the same classification").



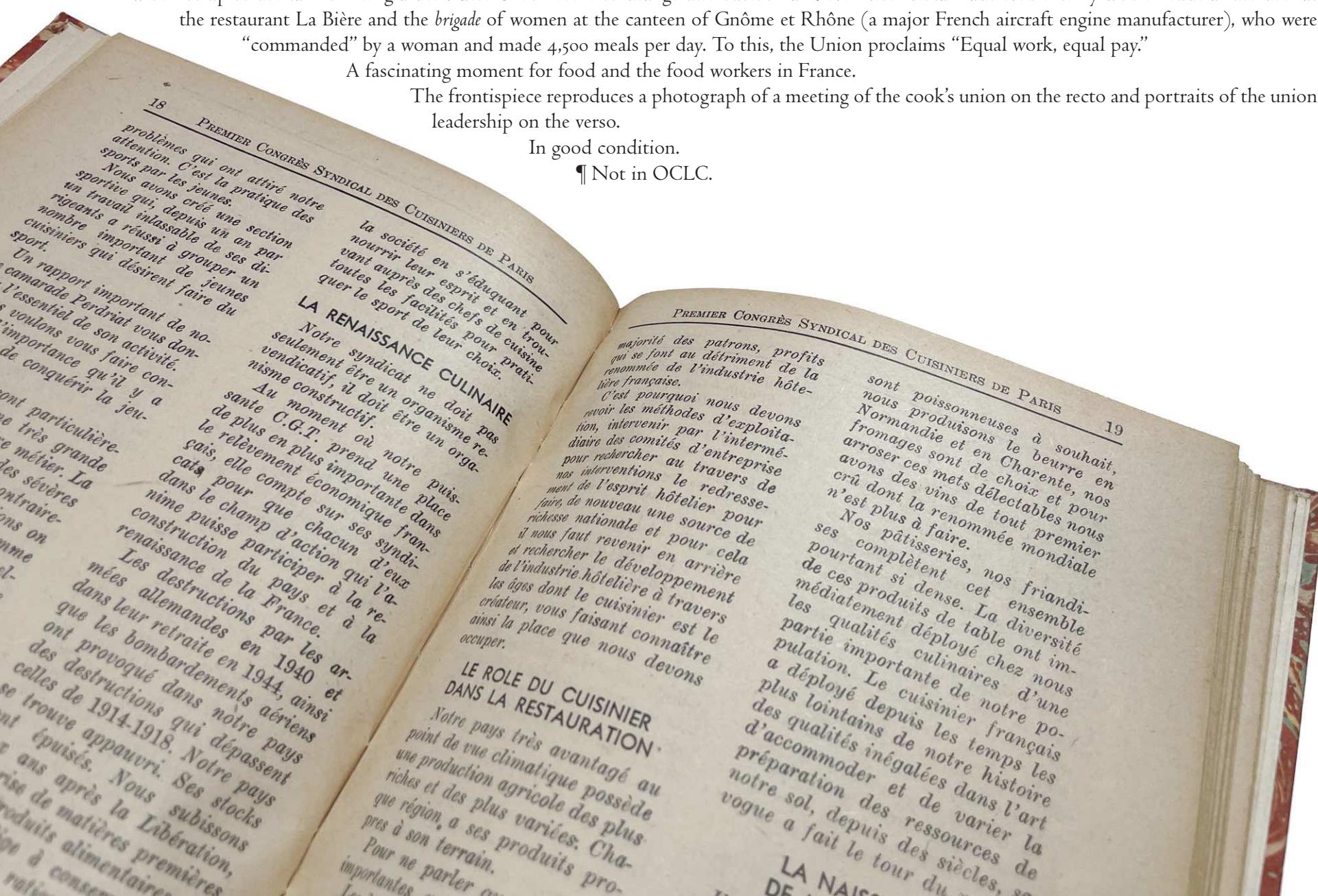
There is also a section devoted to the existing female workforce in the cooking profession and how women have largely taken over the cooking profession "in recent years" (during the war). Overall, their findings are rather grim. It was found that women were often being asked to cook as well as clean and were considered "cheap labor." Additionally, it was found that employers usually assumed that women could only be simple cooks and were not up to the task of being a chef. The Union seeks to change this outlook and even cites certain achievements by women such as the chef at the restaurant La Bière and the *brigade* of women at the canteen of Gnôme et Rhône (a major French aircraft engine manufacturer), who were "commanded" by a woman and made 4,500 meals per day. To this, the Union proclaims "Equal work, equal pay."

A fascinating moment for food and the food workers in France.

The frontispiece reproduces a photograph of a meeting of the cook's union on the recto and portraits of the union leadership on the verso.

In good condition.

¶ Not in OCLC.



A  
SHORT INQUIRY  
INTO THE  
POLICY, HUMANITY AND PAST EFFECTS  
OF THE  
POOR LAWS;  
AND INTO THE  
PRINCIPLES UPON WHICH ANY MEASURES FOR THEIR  
IMPROVEMENT SHOULD BE CONDUCTED;  
IN WHICH ARE INCLUDED  
A FEW CONSIDERATIONS  
ON THE  
QUESTIONS OF POLITICAL ECONOMY,  
MOST INTIMATELY CONNECTED WITH THE SUBJECT;  
PARTICULARLY ON THE  
SUPPLY OF FOOD  
IN  
England,  
BY ONE OF HIS MAJESTY'S JUSTICES OF THE PEACE FOR  
THREE INLAND COUNTIES.  
"Aequè et pauperibus prodest, locupletibus aequè,"

LONDON;  
FOR J. HATCHARD, BOOKSELLER TO HER MAJESTY,  
O, PICCADILLY; MESS. F. C. AND J. RIVINGTON,  
UL'S CHURCHYARD; AND J. ASPERNE, CORNHILL.  
1807.

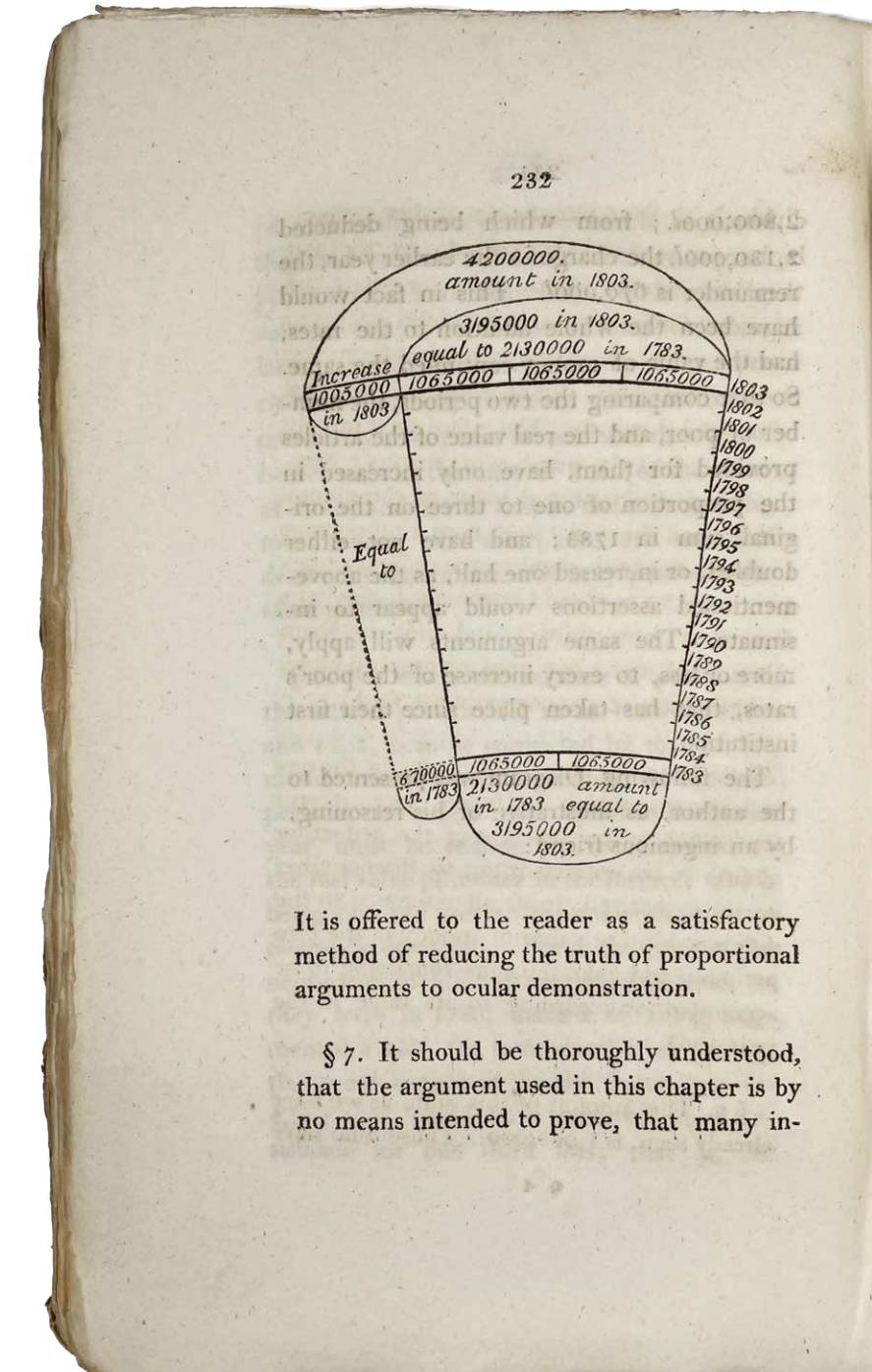
On Food, Population, and the Poor Laws

25. (GASTRONOMY & economic precarity.) [Weyland, John.] *A Short inquiry into the policy, humanity and past effect of the poor laws*. London: S. Gosnell, 1807.

8vo. One illustration and one table in the text. xlii, [1 - blank], [1], 382, [2 - blank] pp. Quarter cloth over marbled boards, black morocco lettering piece on spine, pink marbled endpapers, pages entirely uncut, early corner paper repair on title page not affecting text. \$1500.00

The FIRST EDITION of this substantial treatise on the poor laws of England, written largely from a rural perspective and with much on food systems. The author, John Weyland (1774-1854), suggests that this book complements Colquhoun's *Treatise on Indigence* which largely examined the state of the urban poor. Weyland was a Justice of the Peace for four southern counties, a member of the Board of Agriculture, and a Fellow of the Royal Society. He was a great proponent for the existing system of poor relief and for maintaining the status quo of the then extant social order in the English countryside.

In Weyland's "Statement of the Subject," he notes that the poor laws have been coming under much negative review of late, as the taxes being levied in order to continue to support the poor laws were becoming exorbitant. He then goes on to explain that this book has been written for the purpose of defending the poor laws, and for making some recommendations for some slight improvements that could be made to them



It is offered to the reader as a satisfactory method of reducing the truth of proportional arguments to ocular demonstration.

§ 7. It should be thoroughly understood, that the argument used in this chapter is by no means intended to prove, that many in-

in order to ensure their success. He also attacks the Malthusian population theory which states that in order to be able to ensure that the poor could be ably fed, housed, and employed, there must be a regulation on fecundity. Thomas Malthus (1766-1834), a celebrated economist and great traveler, had witnessed the decline of other nations due to their not being able to produce enough food to feed the massively overpopulated lower classes.

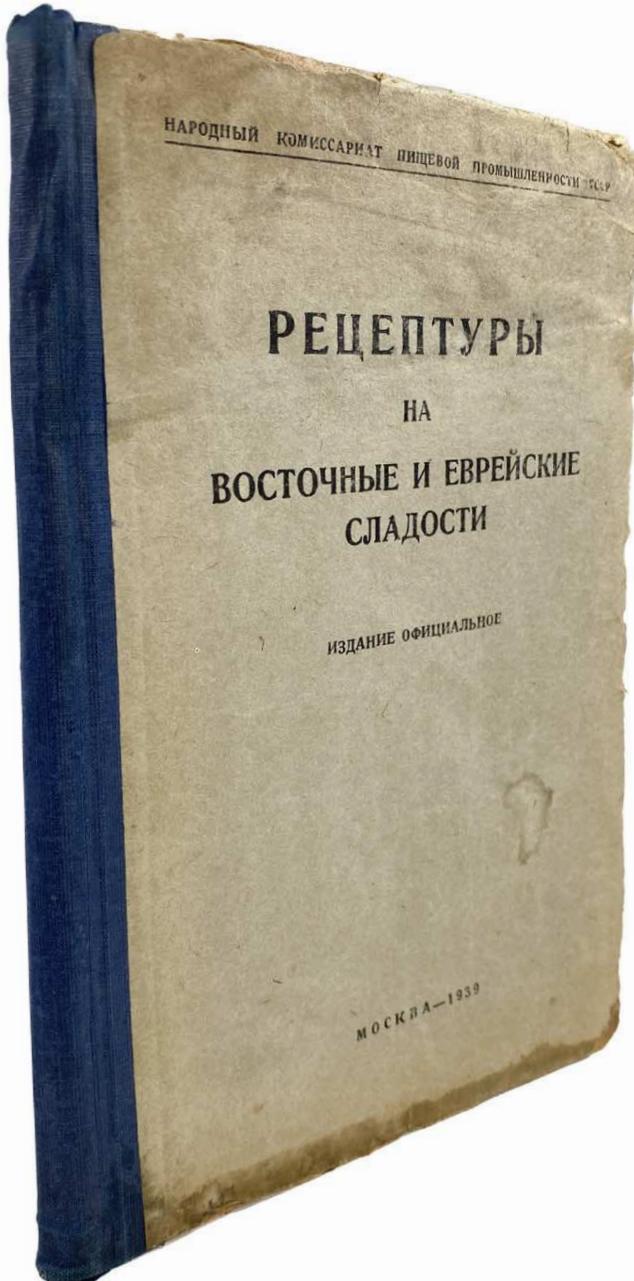
Chapter VII is "On the supply of food in England, and the inconveniences of its present state, particularly as it affects the poor." Within other sections there is a discussion of the relationship between food and poverty; on labor and food supplies; on what occurs when there is a surplus of food; and the relationship between national territories and food supply.

Other chapters cover his defense of the poor laws; the general policy of the laws; "An historical deduction of the effects of the poor laws in England" (which begins at the Reformation at the dissolution of the monasteries in 1536); and "On the humanity of the poor laws."

With the manuscript signature "J. Weyland Esq" on the title page.

In very good condition.

¶ OCLC: Boston Athenaeum, Harvard, Johns Hopkins, Columbia University, University of Minnesota, and eight locations outside of the United States.



*Soviet Candy Factory Recipes with  
Jewish, Turkish, & Greek  
Inspiration*

26. KANTOR, Ia. A. *Retseptury na vostochnye i evreiskie sladosti* [Oriental and Jewish Sweets Recipes.] Moscow: Narodnyi komissariat pishchevoi promyshlennosti SSSR [People's Commissariat of Food Industry of the USSR], 1939.

22.5cm x 14.5cm. 143, [1] pp. Contemporary blue cloth over original printed boards, dampstaining to boards, edges of boards and lower board rubbed, occasional dampstaining to some pages, lightly browned due to paper quality. \$1500.00

The extremely rare FIRST EDITION of this Russian dessert recipe book containing 216 recipes. In addition to the directions on how to make the sweets, each recipe describes the dish; explains how much can be produced per kilogram of batter or dough; and if the dessert should be sold by the piece or by weight.

The cookbook is organized into three sections: 146 Eastern Sweets (i.e. from Turkey, Greece, and Iran); 24 Ashkenazi Jewish recipes; and 46 assorted recipes from a cooperative for people who have disabilities.

Before 1917, these types of sweets were produced mainly by craftsmen at their small workshops in corresponding regions. After the Revolution, the Soviet Union replaced small artisanal workshops with large state factories. The state started compiling and printing official collections of recipes in 1937-1939.

Included in the Eastern sweets are "Badam-abi-nabad" (caramel filled with whole peeled almonds); "Kozinak from Sunjut" (Sunjut is in Turkey and the treat is peeled sesame seeds brewed with strong sugar-treacle syrup and molded into flat squares or diamonds); "Sesame Halva" (toasted sesame seeds cooked in a sugar-butter syrup); "Persian fruit sausage" (a candy made from raisins, sugar, and nuts, shaped like a sausage and sprinkled with powdered sugar); and "Greek Baklava" (layers of "tender" dough with crushed walnuts, honey, molasses, and vodka).

Jewish sweets include cinnamon sponge cake; "Geribenner-floden" (grated shortbread dough with layers of fruit filling); "Zemelakh" (shortbread cookies sprinkled with cinnamon); "Kamish-broit" (cake made with premium flour with cinnamon and walnuts and sprinkled with a mixture of sugar, cinnamon, and cocoa powder); cinnamon pretzel; and strudel with raisins or apples.

The section providing recipes from the cooperative for disabled people includes recipes for caramels, soft candy, and soya cakes. In the Soviet Union there was a tendency to replace precious ingredients with more affordable ones such as with the use of walnuts instead of pistachios in the baklava as well as the use of molasses in the same, in order to stretch the honey.

With marginalia and notes on the recto of the lower free endpaper written in pencil in a legible hand. Also with a signature signed in blue ink on the title page.

At the end is a useful index.

Although slightly worn, an interesting look at Soviet candy manufacturing.

¶ Not in OCLC.

Наименование сырья	% сухих веществ	Расход сырья на загрузку		Расход сырья на 1 тонну готовой прод.
		В натуре	В сухих веществ.	
Кекс из муки высшего сорта с корицей и грецкими орехами. Сверху «Камиш-Брой» посыпается смесью сахара, корицы и порошка какао.	85,	10,0	8,5	381,2
	27,0	2,0	0,54	76,2
	84,5	5,0	4,2	190,5
	99,85	5,0	4,99	190,5
	99,85	0,125	0,12	4,7
		0,125	0,125	4
		0,125	0,125	4

*From the Library of Edouard Nignon*

**27. [KETTILBY, Mary.] A Collection of above three hundred receipts in cookery, physick and surgery. London: Wilkin, 1714.**

8vo. 8 pl., 218, [13], [1 blank] pp. Contemporary Cambridge paneled-calf, expertly rebacked in the style of the period, gilt roll pattern to the edges of the boards, edges sprinkled red.

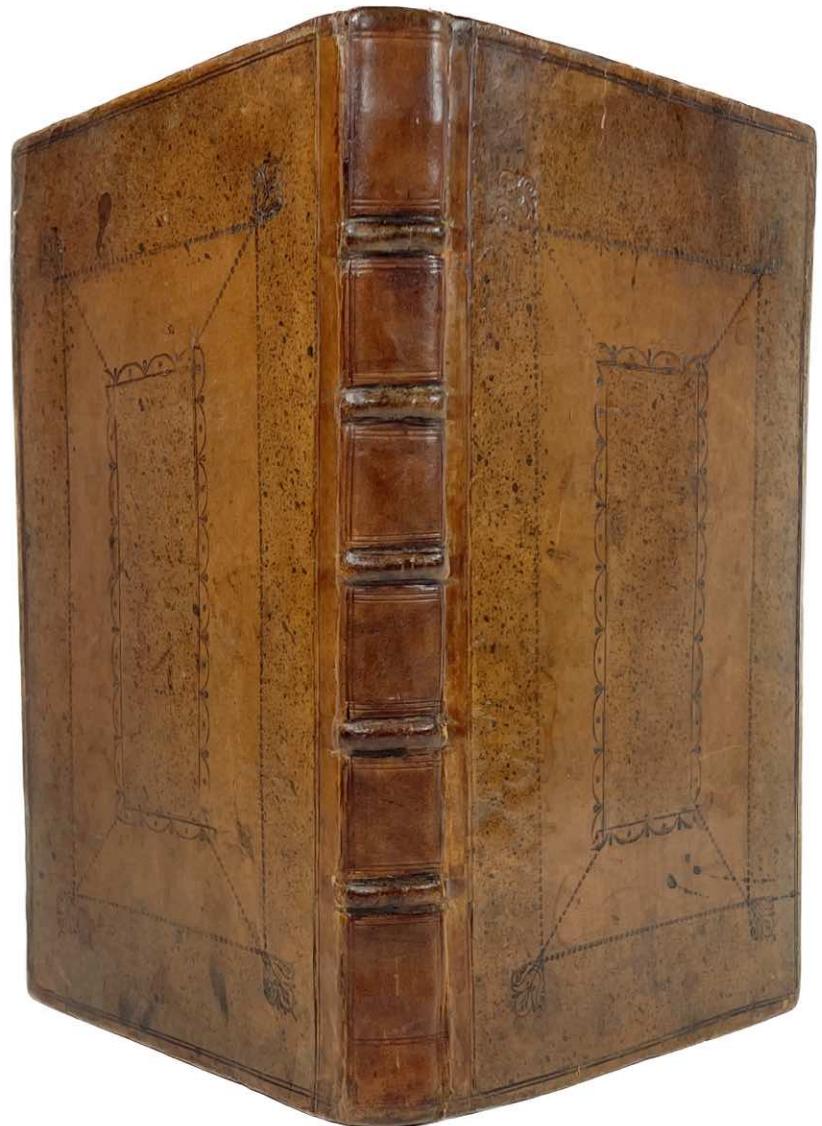
\$4000.00

A VERY GOOD COPY OF THE FIRST EDITION OF THIS POPULAR EARLY 18TH-CENTURY ENGLISH COOKBOOK, intended both for middle-class households with budgetary concerns, as well as for “cookmaids” at inns.

*I can assure you, that a Number of very Curious and Delicate House-wives Clubb'd to furnish out this Collection, for the Service of Young and Unexperienc'd Dames, who may from hence be Instructed in the Polite Management of their Kitchens, and the Art of Adorning their Tables with a Splendid Frugality. Nor do I despair but the Use of it may descend into a Lower Form, and teach Cookmaids at Country Inns to serve us up a very agreeable Meal.... — from the Preface.*

It was unusual to write a cookbook at this period that was intended for such a broad audience. Some of the recipes included which would have been affordable to cook in an inn or home kitchen are “Green-Pease Soop, without Meat;” “To Dress Hogs-Feet and Ears, the best Way;” “A Sagoe-Pudding;” “To make a very good Barley-Gruel;” “Thin Cream Pan-cakes, call'd a Quire of Paper;” “To Pickle Mackaral, call'd Caveach;” and “Scotch-Collops, a very good way.”

The medicinal recipes occupy pages 123-218 and include “A very good Snail-Water, for a Consumption;” a poultice of saffron, rosemary, and egg yolk for a headache; and a recipe for walnut water to reduce a fever.



A  
COLLECTION  
Of above Three Hundred  
RECEIPTS  
IN  
Cookery,  
Phyfick and Surgery;

For the Use of all  
Good Wives, Tender Mothers,  
and Careful Nurses.

By several Hands.

London,  
Printed for RICHARD WILKIN, at the  
King's Head in St. Paul's Church-yard.  
MDCCXIV.

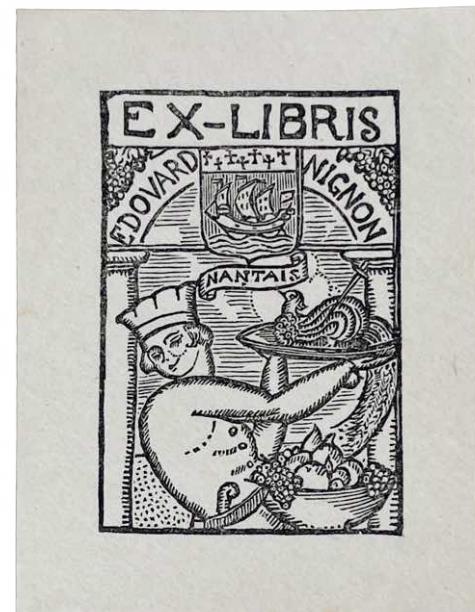
Susanna Smith  
1729

This particular copy has two interesting points of provenance. On the recto of the upper free endpaper is the inscription of "Susanna Smith 1729." Early cookery book ownership information for women collectors is uncommon.

On the upper pastedown is the woodcut bookplate of Edouard Nignon (1865-1934), the famous French cookbook author who was chef to Nicholas II of Russia and Franz Joseph I of Austria, chef at Claridges in London, and chef and owner of Larue Restaurant in Paris. Nignon is considered one of the fathers of modern cuisine and has been called "the Flaubert of the ovens." He was also incredibly influential to later 20<sup>th</sup> century French chefs. All three of his cookbooks are celebrated and highly collected: *L'Heptaméron des gourmets* (1919); *Les Plaisirs de la table* (1926); and *Éloges de la cuisine française* (1933).

In a handsome contemporary binding  
and in very good condition.

¶ ESTC: British Library, Dr. Williams Library, Edinburgh University, National Library of Scotland, Oxford, John Rylands University Library (Manchester), Leeds, Duke University, Huntington Library, University of North Carolina, University of Pennsylvania, University of Texas, State Library of South Australia to which OCLC adds the following locations: University of Aberdeen, Detroit Public Library, Indiana University, Auburn University (Alabama), and the Wellcome Library; Maclean p. 79, Oxford p. 54 ("admirably fitted for domestic use"); Pennell pp. 45-46, 58, 146 ("few books in my entire library do I prize more").



*Mexican Mushrooms*

**28. KICKX, Jean. Notice sur quelques champignons du mexique. Brussels: Hayez, 1841.**

8vo. Two color lithograph plates. 12 pp. Contemporary pink wrappers stitched as issued, faint shadowing on the lower wrapper.

\$800.00

The rare FIRST & ONLY EDITION of this study of Mexican mushrooms by the Belgian botanist, Jean Kickx (1803-1864). The work stems from a collection of mushrooms that were brought from Mexico to Belgium for study by botanist Henri Guillaume Galeotti (1814-1858).

The first mushroom they identified is a variety of *Lenzites*. *Lenzites* are a fan-shaped, widespread genus of wood-decay mushrooms. This one is labeled *Lenzites verrucosa* kx. Kickx was able to discern that the tar-like odor coming off of the mushroom was not a result of it's being transported by ship, as none of the other specimens that came with it smelled that way. Once incised, the *Lenzites* smelled more like cloves and nutmeg. It was originally collected in Xalapa, Mexico, off of old oak trees.

The other mushrooms are labeled as *Trametes Fibrosa* Fr., *Polyporus Gilvus* Fr., *Hypoxylum (Zylaria) Tabacinum* kx., and *Hypoxylum (Poronia) Galeotianum*.

Each description includes where the mushrooms were found in Mexico and gives an in-depth description of their physical appearance, odor, and details of experiments conducted on them.

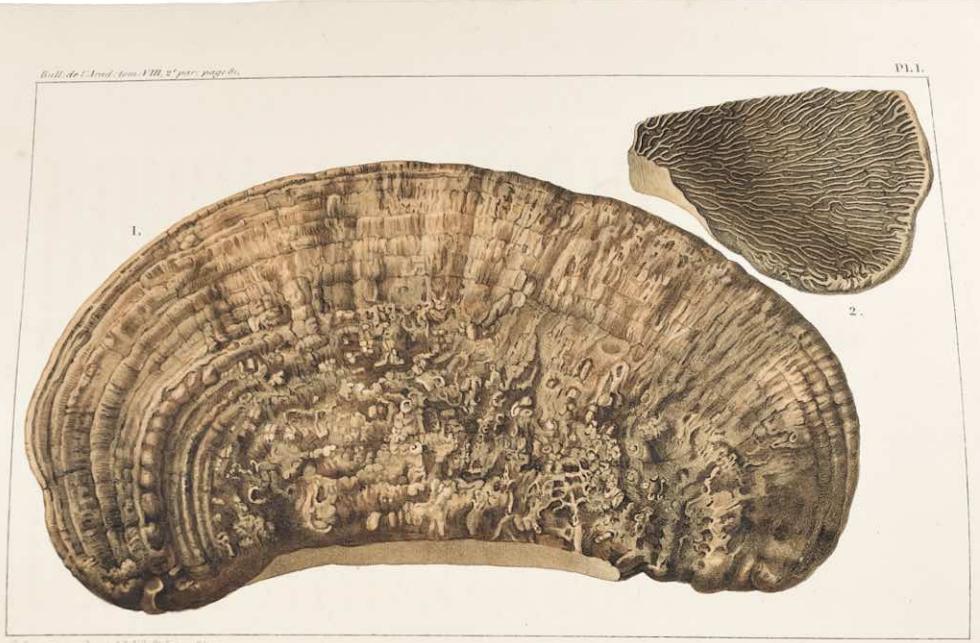
The two beautiful chromo-lithograph plates depict *Lenzites verrucosa* kx. and *Hypoxylum Tabacinum* kx.

Jean Kickx came from a Belgian family of botanists. He was the co-founder of the Société royale de botanique de Belgique and also wrote on malacology (the study of Mollusca).

From the library of Dr. Louis Planchon (1858-1915) a pharmacologist and specialist in herbal medicine. With his purple library stamp on the title page. On the upper wrapper in a contemporary hand is written "Kickx / Champ. Mexic."

In good condition

¶ OCLC: New York Botanical Garden, Harvard, Carnegie Mellon University, Huntington Library, and six locations outside of the United States.



*Lenzites verrucosa* kx.

fin le subicule de la planule  
'puisque les angiocarpes es-  
t'lyriococcum et Thellobolus,  
et que les Cyathus en leur  
trace; à moins qu'on ne  
aologue du subicule de notre  
pogée, qui a valu au Cyathus

ons survi les phases suc-  
t au nombre de cinq, n'ont  
ridium. Leurs spores cep-  
me degré de maturité, et se  
ans les mêmes conditions.  
nge n'a-t-il pas donné na-  
eul-être devra-t-on en re-  
endus sporangés comme des grains am-  
hui comme des grains am-  
ugo Mohl a observé dans les  
plusieurs autres cryptogames.  
parut spontanément en 1839.  
ique, sur la terre qui en-  
m subulatum Link et  
moller, par M.M.

*With a Beautiful Folding Plate  
Depicting Pruning Methods in  
Burgundy and Champagne*

**29. LAMBRY. Exposé d'un moyen mis en pratique pour empêcher la  
vigne de couler en hater la maturité du raisin. Paris: Huzard, 1817.**

8vo. Printers device on title page and one folding engraved plate. 32 pp. Quarter sheep over marbled boards in the style of the period, blue speckled edges, occasional faint foxing, small dark spot on the fourth leaf affecting text but legible. \$2000.00

The extremely rare FIRST EDITION of Lambry's treatise on his pruning methods to prevent *coulér* (vine run-off). *Coulér* is when in the spring, if the weather conditions are unfavorable during flowering, the flowers perish without having produced seeds.

Lambry had first trained in horticulture at the botanical garden of Dijon in 1772. Following this, he was a gardener and florist for King Louis XVIII at his garden in Brunoy, Paris, until the French Revolution. Eventually, Lambry established his own vineyard and nursery in Mandres, just to the southeast of Paris. There he cultivated a small vineyard and tried to understand the causes of *coulér*, conducting systematic experiments to find a remedy to the problem. Finally he discovered a pruning method that worked consistently to prevent *coulér* from occurring.

Included is Lambry's tried and true pruning method to prevent vine run-off. There are also letters of testimony in support of his work and endorsing the need to use Lambry's pruning method to improve the harvest.

In this work, we are told that the cultivation practice in Burgundy and Champagne varies from vineyard to vineyard according to local methodology. The handsome folding plate depicts a few of these cultivation methods in order to demonstrate how easily Lambry's technique can be integrated into pruning and trellising methods in Champagne and Burgundy.

With a contemporary ink stamp (tax stamp?) on the title page.

¶ OCLC: one location outside of the United States only.



La Société, adoptant les conclusions du rapport, a arrêté qu'il serait décerné à M. Lambry une médaille d'or dans la séance publique du 13 avril 1817.

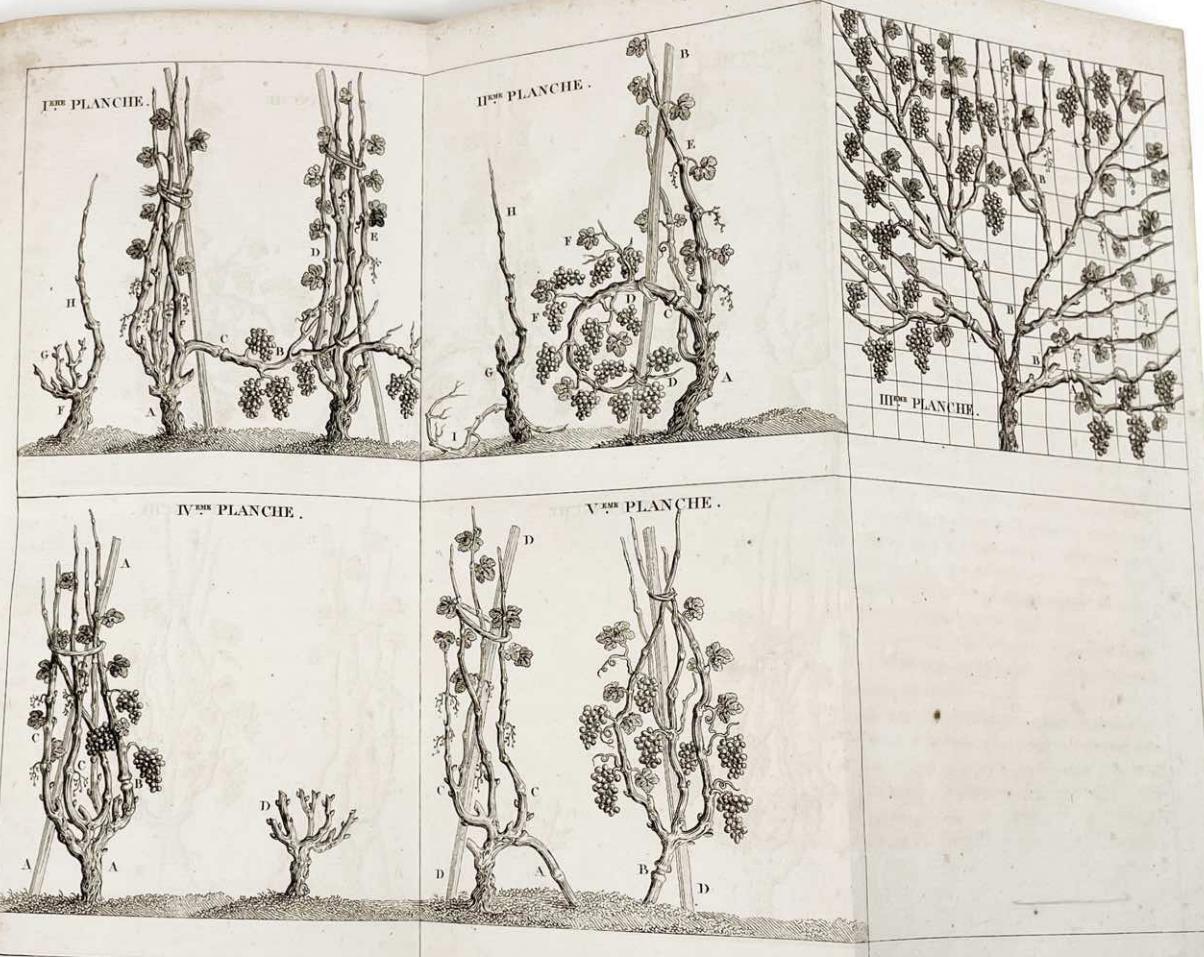
Le président, M. le comte François-de-Neufchâteau, en remettant à M. Lambry cette médaille, lui a adressé le discours suivant :

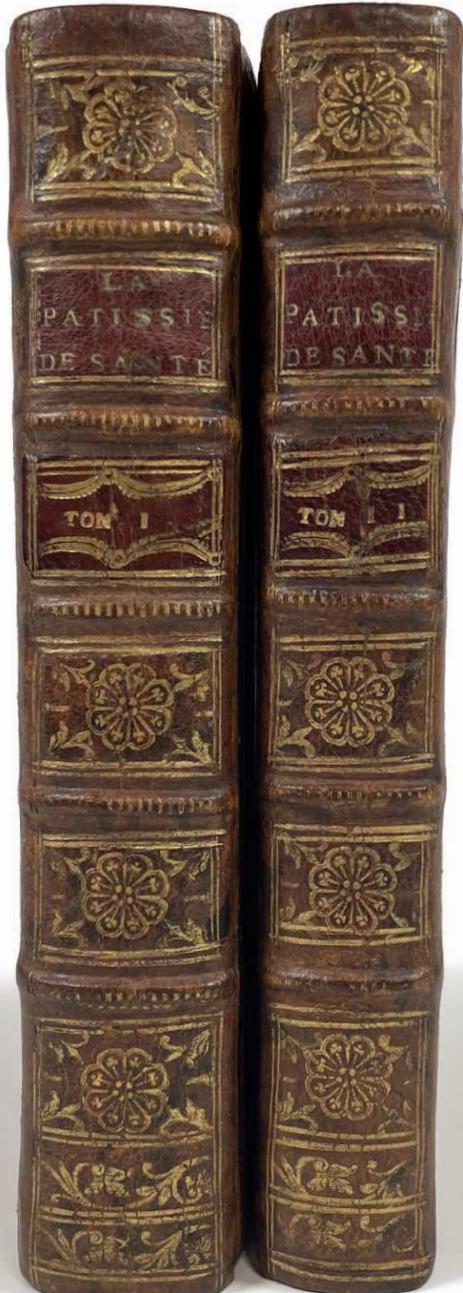
Monsieur, la vigne est une des richesses de notre agriculture, et un des priviléges attribués par la nature au climat heureux de la France. Mais cette plante précieuse est sujette à bien des fléaux. Hélas ! depuis plusieurs années elle trahit l'espoir des laborieux vignerons. Des savans avaient bien parlé de l'incision annulaire ; mais cette opération n'avait paru qu'une curiosité d'amateur du jardinage, quoiqu'elle fut depuis long-temps employée avec succès dans une vallée du Dauphiné, pour assurer, en certains cas, la fructification des oliviers (1). Vous avez eu l'heureuse idée d'appliquer ce procédé à la vigne ; et sur-tout, au milieu des désastres et de l'intempérie de 1816, vous avez suivi en grand cette méthode, qui a prévenu la coulure et accéléré dans vos vignes la maturité des raisins. C'est servir son pays que de donner un tel exemple ; c'est justifier ce qu'a dit un grand écrivain (2), que les bonnes expériences de physique sont celles de la culture des terres. La Société royale a cru devoir consacrer votre succès, afin d'encourager ceux qui peuvent imiter des essais si utiles, et d'appeler plus que jamais la science de la physique au secours de l'agriculture.

(1) M. le comte François de Neufchâteau a fait connaître à la Société, dans une de ses séances particulières, ce fait curieux et intéressant.

(2) Voltaire.

FIN.





*Mental Health Through  
Making Pastries*

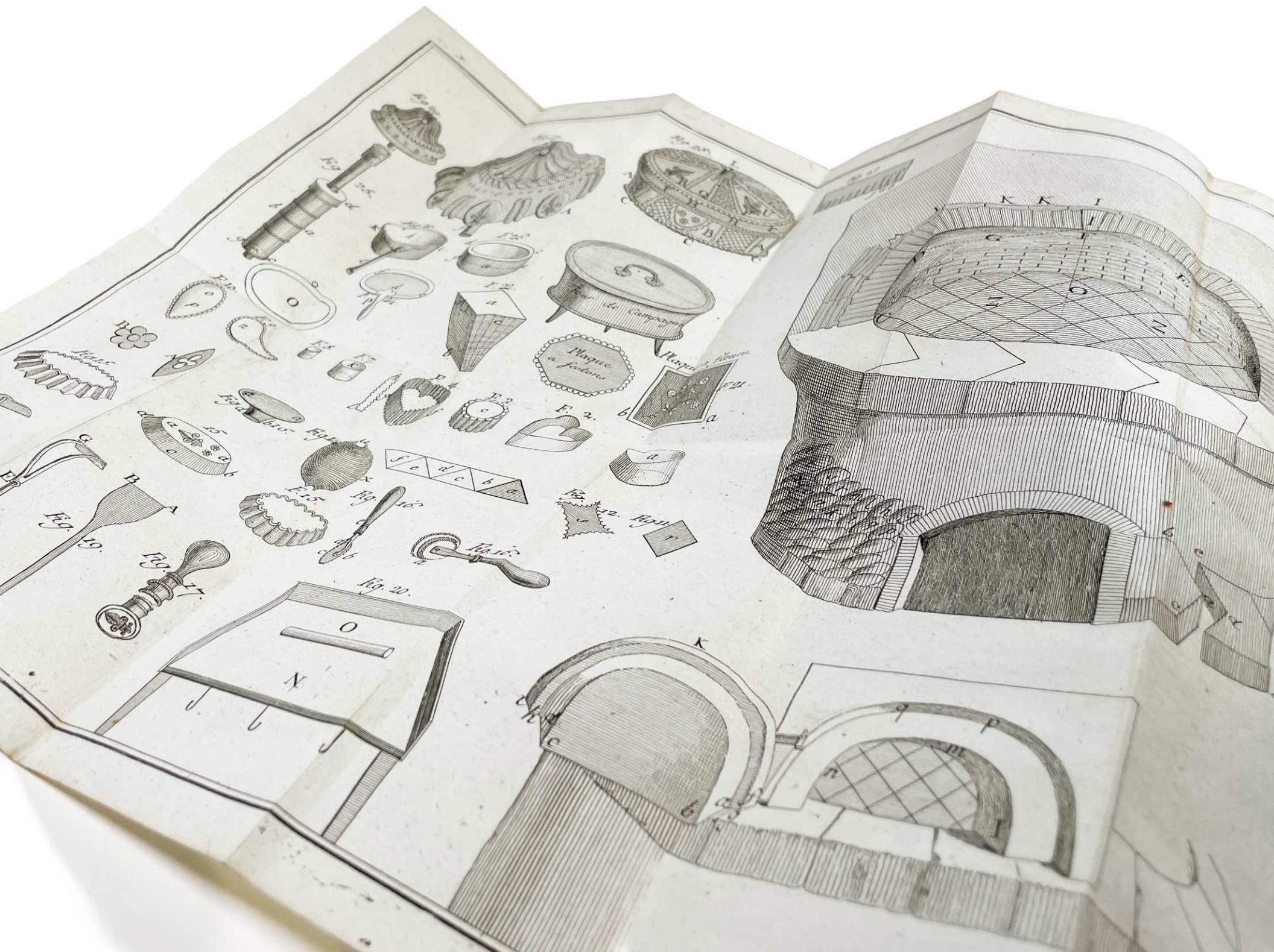
**30. LE COINTE, Jourdan. *La pâtisserie de santé*. Paris:  
Briand, 1792.**

12mo. One large folding plate (with expert repair), woodcut head and tail-pieces. 550 pp.; 2 pl., 416 pp. Contemporary mottled calf, single gilt filet around sides, small gilt floral device in corners, spine richly gilt in six compartments with red morocco label, edges of binding with single gilt filet, marbled edges, marbled endpapers, one spot on leaves v<sup>9-10</sup> in volume I.

\$5000.00

THE RARE FIRST EDITION OF THE DOCTOR JOURDAN LE COINTE'S BOOK ON HEALTHY AND ECONOMICAL PASTRY, along with detailed descriptions of the tools needed for the pastry chef. In addition to 137 savory recipes for different types of pastry doughs, meat pies, and *pâtés*, there are numerous receipts for syrups; sweets; cakes; compotes, conserves, and preserves of various fruits, coffee, and chocolate; *eau-de-vie*; *ratafias*; ice creams and *fro-mages à la glace*; cookies; waffles; dried fruit; and marzipan. There is also a section on how to make coffee and tea and a recipe for rheumatism pills.

In the introduction, the author describes a time when he suffered a breakdown and was only able to restore his mental and physical well-being through exploring the fine arts through pastry making. Many years later Antonin Câreme would become famous for maintaining "The fine arts are five in number: painting, music, poetry, sculpture, and architecture — whereof the principal branch is confectionery." Perhaps he got the idea from reading Le Cointe. Le Cointe also recommends that those who have too much time on their hands (such as the well-to-do *gens du monde* — people of the world) would be healthier if they spent less time indulging in sloth and instead applied themselves to the fine art of pastry-making.



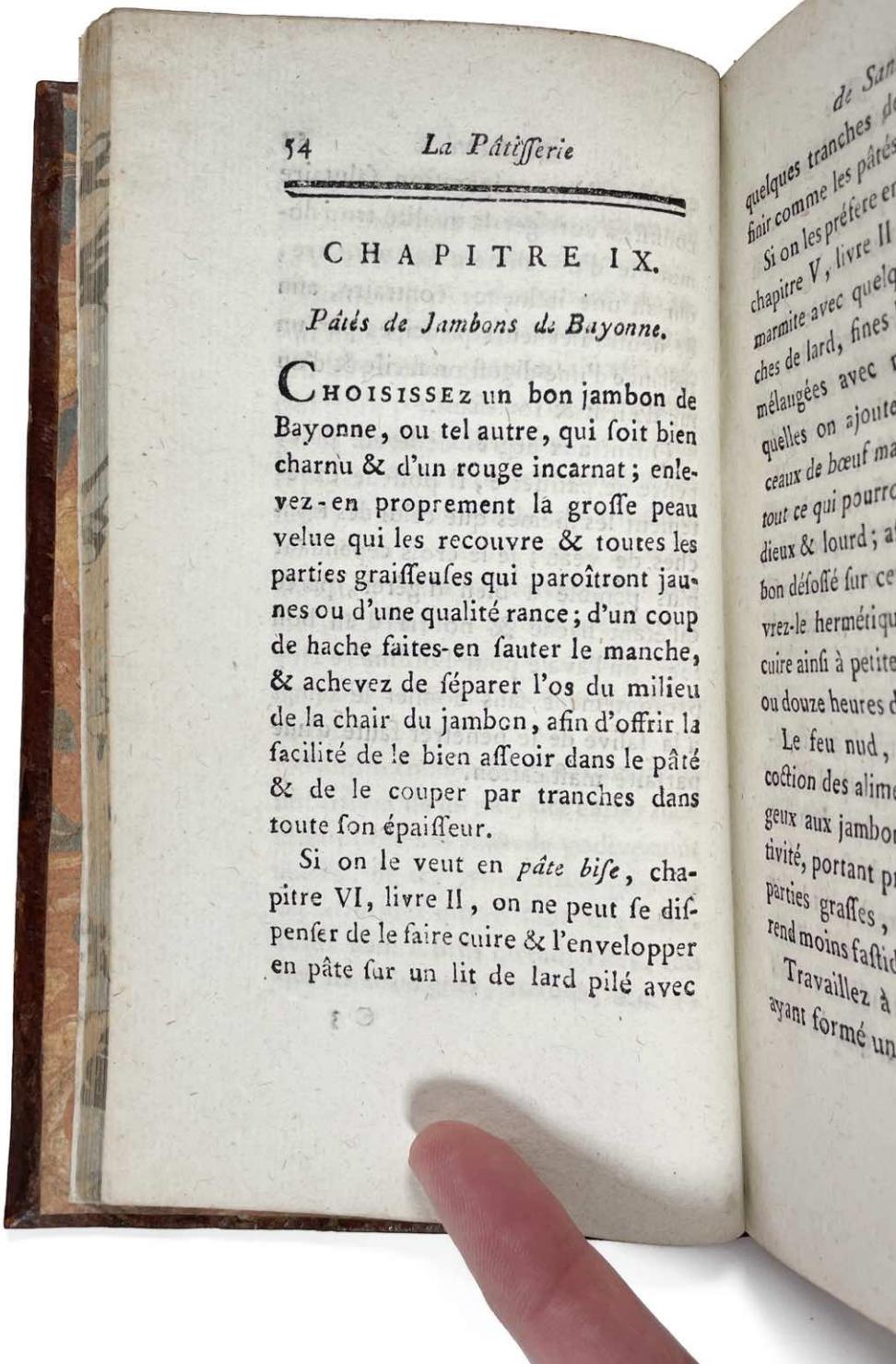
The introduction is followed by a description of how to make a healthy oven (*un Four de Santé*) for baking pastries based on Le Cointe's own design. Unlike the smokey, hot infernos of the time, Le Cointe's oven would "heat up quickly...consume little wood...retain the heat for a very long time...[and] be able to increase or decrease the strength of the fire at the will of the artist" (p.33). This new oven is beautifully illustrated on the large folding plate; alongside the oven are depictions of twenty-seven different baking instruments.

The rest of the work consists of directions and recipes for the pastry chef and *chef d'office*, a cook whose responsibilities were for items served cold. The French term *office* would later change to *garde manger* (pantry). Le Cointe states that the key to healthful baking is to use good ingredients. He also recommends having a firm knowledge of how to stock the pantry with foods such as conserves so that the baking is made easier by always having plenty of options available for filling the pastries.

The cookbooks of Jourdan Lecointe were extremely well received during his lifetime and even captured the attention of Grimod de la Reynière, the first food critic in history. As he declared in the second year of his *Almanach des Gourmands* (1804, p. 153), the works of Lecointe were "les meilleurs ouvrages qui existent sur l'art alimentaire" (the best works that exist on the art of food). This is high praise, especially when you consider that Lecointe was a doctor practicing medicine in Montpellier.

In very good condition.

¶ OCLC: New York Society Library, Indiana University, and five locations outside of the United States; Vicaire col.s 506-7. Vicaire mistakenly calls for an earlier 1790 edition. There is no evidence of an earlier edition and he is probably confusing the work with Le Cointe's 1790 3 volume work *La cuisine de santé*, the content of which is different.



On Salad & Eating Raw Vegetables

31. LINNAEUS, *praeses. De acetariis. Uppsala: L. M. Höjer, 1756.*

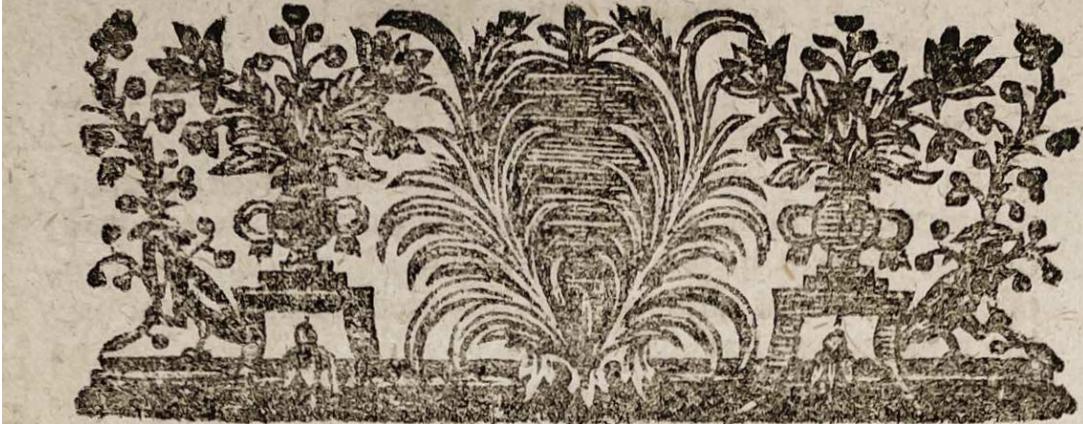
8vo. One large woodcut initial and one elaborate headpiece. 2 p.l., 16 pp. Early speckled boards, light dampstain in the lower corner gutter. \$2000.00

THE FIRST EDITION OF THIS EARLY WORK ON SALADS written by Hieronymous von der Berg (respondant) under the direction of Linnaeus. Linnaeus had been the first person to describe the species three years earlier in the second volume of his *Species plantarum*. This is his first monograph on the subject. "This medico-botanical thesis presents Linnaeus' views on the dietary and medical importance of salad greens, with special reference to those from plants native to or readily available in Sweden." — Hunt Institute Collection.

In addition to salads, *De acetariis* contains a general discussion on eating raw vegetables. Some of the plants discussed include wild tarragon, beet, sweet basil, red cabbage, olive, field mustard, purslane, parsley, primrose, chervil, dandelion, endive, nasturtium, mâche, wormwood, cucumber, and globe artichoke. There is also mention of citrus, which was common in salads during the 17<sup>th</sup> century.

A very good copy.

¶ OCLC: Yale University, West Chester University (PA), National Library of Medicine, University of Wisconsin, Stanford University, Kansas State University, University of Kansas, Harvard, National Agricultural Library, and two locations in Europe; Soulsby 1925.



*I. N. J.*

*S. I.*



achina corporis humani, fibrosis staminibus contexta, Sacris in Literis vestimento congruenter satis assimilatur. Ut enim hoc sensim teritur ac veterascit; sic, affiduo suo labore ac motu, cor, sanguinem ceterosque in corpore humores circumvehens, sensim obrigescit: indies quoque, & magna saepe cum vehementia, motu muscularum voluntario, vitae consumuntur stamina. Hæc itaque constanter sustineri, quotidie oblini, solliciteque curari debent, si corpori fano & vegeto firmitatem & robur addant. Inter primaria itaque vitae feliciter sustentandæ fundamenta, nil potius, præstantius nihil, quam quod ad victum pertinet. Eluescit etiam in eo Summi Numinis clementia, quod in Globo hocce terraquo, locupletissimum nobis concederet penum, ex quo omnia sui inservientia deponi possint. Maximo tamen hocce quamquam fruimur beneficio, saluti nostræ minus sufficeret, nisi debito accurationis modo, selectionem faceremus, secundum propriam cujusvis vivendi rationem, optimæ

LE  
CVISINIER  
OV IL EST TRAITTE  
DE LA VERITABLE METHODE  
pour apprester toutes sortes de Viandes,  
Gibbier, Volatiles, Poissons, tant de  
Mer que d'eau douce:

*Suiuant les quatre Saisons de l'Année.*

Ensemble la maniere de faire toutes sortes de Patisser-  
ries, tant froides que chaudes, en perfection.

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



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

M. DC. LVI  
AVEC PRIVILEGE DU RÔY

*"The new cuisine of the seventeenth century"*  
— Notaker

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

8vo. Two Woodcut headpieces and two woodcut decorative initials. 4 pl., 364, [35], [1 - blank] pp. Late 18<sup>th</sup> century vellum, expert restorations to the spine, early manuscript title on spine, "Cuisinier" written on the upper edge of the text block. \$30,000.00

THE EXTREMELY RARE FIRST EDITION OF PIERRE DE LUNE'S IMPORTANT CONTRIBUTION TO 17<sup>TH</sup>-CENTURY FRENCH GASTRONOMY. *Le cuisinier* is distinguished by its organization of recipes into various months and seasons; its scope and detail; and its evidence of the emergence of the professional chef. Included are more than 900 recipes, over 170 of which are vegetarian or sometimes fish-based and to be used on *jours maigres* (fasting days, which amounted to approximately 1/3 of the calendar in the 17<sup>th</sup> century). The index is divided into two sections: one for fasting days and the other for the rest of the year.

The book begins with *bouillons*, then follow recipes for *potages* (soups) specific to the months of January, February, and March, then come *entremets* (small dishes served between courses), both heavy and lean; meat dishes; soups; and fish dishes that can be served throughout the year. After this, the seasonality of the book comes back into play with soup and *entrée* recipes specific to April, May, and June, and then October, November and December. Finally, we have the patisserie recipes that are suitable for any time of year and can be served hot or cold.

The next three sections are devoted to vegetarian (and sometimes fish-based) egg dishes, soups, and *entrées*. Included in the egg dishes are recipes that hail from Germany, Spain, Italy, Portugal, and England. The soups and *entrées* feature the

A MONSIEIGNEVR  
MESSIRE  
**JACQUES AMELOT**  
CHEVALIER MARQVIS  
DE MAVREGARD AMELOT,  
Seigneur du Mesnil Madame-  
Ranc, Carnetin, Nanteuil, Con-  
seiller du Roy en ses Conseils, &  
Premier President en sa Cour des  
Aydes à Paris.

MONSIEIGNEVR,

Les hommes n'ont rien de si beau  
qu'une juste reconnaissance, &  
quand on les voit porter au ressen-  
ā ij

following fruits and vegetables: peas; various varieties of mushrooms; asparagus; turnips; broccoli; artichokes; spinach; carrots; Jerusalem artichokes; prunes from Brignol; various citrus and berries; apples; capers; and a mix of herbs.<sup>1</sup> Included among the *entrées* are custards; *tourtes*; cakes; *rissoles*; *pastes* (nut or fruit *pâtées*); *fricassees*; *omelets*; *jellies*; *beignets*; *casseroles*; *ragouts*; and salads. This is the recipe for "Troufles en ragoust:"

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

Roughly translated to:

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

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

*Innovations are prominent in both books. De Lune begins with a preface describing ingredients one should have on hand; they include a number of the new subunits cooks were learning to work with. His basic seasoning packet is a bundle of bacon, scallion, thyme, cloves, chervil, and parsley, all tied up with a string. On fast*

<sup>1</sup> Note the lack of potatoes: potatoes were not used in French cuisine until popularized by Antoine Augustin Parmentier in the late 18<sup>th</sup> century.

days the bacon is replaced by a peeled lemon. The garnishes his cook is expected to have ready include peeled, chopped pistachios, sliced lemons, waiting in cold water, cut-up oranges, pomegranate seeds, olives, capers, fried parsley, bread in an egg batter (our french toast), and a roux of bacon fat and flour – Savoring the past, p. 127.

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

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

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

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

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

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

23. Autres tranches de jambon cuit en vin.  
Coupez jambon cuit par tranches & les  
moulez en vinaigre, mettez mie de pain,  
persil coupé menu, poivre, les mettez  
sur le gril ou dans vne courtiere, & les fai-  
tes risoler; seruez à sec.

24. Oeufs à l'eau de fleur d'orange.  
Mettez sucre & fleur d'orange dans vn  
plat, ou poëlon, & vn pot ou deux de  
cresine naturelle, rapé escorce de citron  
confite, vn peu de sel, puis mettez huit  
ou dix jaunes d'œufs crus & remuez com-  
me œufs brouilliez, seruez avec pou-  
pelains de Flandres au tour.

25. Omelette d'escorce de citron confite,  
Faites bouillir escorce de citron avec vn  
verre de vin blanc, quand elle sera cuite  
passez par l'estamine avec le mesme vin où  
elle aura cuit, pillez deux macarons, &  
nettés ensemble vne douzaine de iau-  
ns d'œufs crus, faites vostre omelette  
ez avec fleur d'orange & sucre mus-

26. Souffrée de porc.  
ndspieds & oreilles de porc, deux  
spieds de veau, oste les os apres  
fait cuire, puis les mets dans vn  
D iij

LE MAISTRE  
D'HOSTEL  
QVI APPREND L'ORDRE  
DE BIEN SERVIR SVR TABLE  
& d'y ranger les seruices.

ENSEMBLE  
LE SOMMELIER  
QVI ENSEIGNE LA MANIERE  
de bien plier le linge en plusieurs figures.  
Et à faire toutes sortes de Confitures, tant seches  
que liquides.

Comme aussi toutes sortes de Dragées, & autres  
gentillesse fort vtilles à tout le monde.

Avec vne Table Alphabetique des matieres qui  
sont traitées dans ce Liure.



A PARIS,  
Chez PIERRE DAVID, sur le Quay & proche  
la porte des Augustins du Grand Conuent,  
au Roy Dauid.

M. D C. L I X.  
Avec Privilege du Roy.

*A Remarkable Copy of One of the Rarest  
17<sup>th</sup>-century French Cookbooks*

33. **LE MAISTRE d'hostel qvi apprend l'ordre de bien servir svr table & d'y ranger les services. Ensemble le sommelier qui enseigne la maniere de bien plier le linge en plusieurs figures.** Paris: Pierre David, 1659.

8vo. Woodcut head and tailpieces, woodcut initials. 8 p.l., 145, [1-blank], [13], [1-blank] pp. Contemporary *carta rustica* binding, title in manuscript on spine in an early hand, small 19<sup>th</sup>-century blue and white paper label on upper board with "140" written in manuscript (perhaps a shelf label), small ink spot on C<sup>2</sup> burned through at the edge of one leaf not affecting text, natural paper flaw to lower margin of C<sup>4</sup> not affecting text, faint wormholes on the outer margin of signature D not affecting text, two small ink spots on E<sup>7</sup>, signature G slightly browned, several leaves unopened, all leaves untrimmed.

\$20,000.00

THE RARE FIRST & ONLY EDITION of THIS IMPORTANT COOKBOOK AND GUIDE to the duties of the *Maitre d'Hostel*, or house steward, during the reign of Louis XIV. This is a particularly fresh copy, large and with several leaves unopened, leaves untrimmed, and still in its original interim binding. It is also the earliest French cookbook concerning the preservation and candying of fruit and one of the largest collections of French recipes for salads to date.

After a brief section describing the role of the *sommelier* (in this case including responsibilities for the art of the table as well as the selection and service of wine), the author provides directions for folding napkins in twenty-six different forms, including one for a turkey. The third and largest section is entitled "Le confiturer de la cour." Better known under its later title *Le Confiturier françois* and often mistakenly

attributed to La Varenne, it is printed here for the first time (see *Livres en bouche* no. 121) and contains numerous recipes for salads, syrups, cookies, marzipan, candies, and conserves, including one recipe entitled *Conserve en forme de trances de iambon* for a dish made of dyed sugar and lemon in imitation of a slice of ham.

Some of the recipes are for making biscuits (e.g. with jasmine, pistachio, and almonds); conserves made of flowers (e.g. violets, roses and orange flowers), pomegranate, pistachio, and cherries; creams (e.g. with almond milk); flavored waters (e.g. with anise, lemon, orange, strawberry, apricots, and coriander); several different types of marzipan; and fruit pastes (including raspberry, apricot, peach, apple, violet, and red currant – these would be like *membrillo*, the quince paste still made today and served with Manchego cheese).

One of the most surprising sections is that for salads. Thirty-five different recipes are provided including those for chicory salad; salad made of Macedonian parsley; olive salad; cucumbers in a vinaigrette; anchovy salad; a salad of tiny lettuce leaves; a healthy salad; broccoli salad; salad with romaine lettuce; and a purslane salad.

The work is sometimes mistakenly attributed to Pierre de Lune due to the dedication being addressed to de Lune (see Simon's *Gastronomica*, the exhibition catalogue *Livres en bouche*, and Notaker's *Printed cookbooks in Europe* for a full explanation).

It should be noted that there were surprisingly few 17<sup>th</sup>-century French cookbooks published; of those recorded, *Le Maitre d'Hostel* is the sixth. This was in stark contrast to cookbook publishing in England where nearly three times as

## INSTRUCTION familieres pour bien apprendre à plier toutes sortes de linge de Table, & en toutes sortes de figures.

D'abord il est nécessaire de sçauoir  
bien bastonner & friser, parce que  
ce sont les deux connoissances principa-  
les de cette curiosité.

Or pour bastonner, il faut prendre vne  
seruiette, la plier de trauers, & la plisser  
avec les doigts par petits plis, le plus bas  
& le plus delié qu'il se peut. Cette façon  
peut servir à faire grand nombre de cou-  
verts, & servir ordinairement à presenter  
apresque l'on a laué les mains, & à mettre  
moüiller entre deux assiettes, comme il  
a été dit au Traité du Seruice de Ta-  
ble.

Vous la pouuez mettre tout à  
long, ou la plier en de-  
cœur; & po-

range : Meslez bien tout ensemble, & continuez d'y mettre du sucre en poudre iusques à ce qu'il se soit fait comme vne paste, que vous dresserez ou seringueriez sur du papier en telle forme qu'il vous plaira : Estant dressée, vous les ferez cuire dans vn four de cuire rouge à petit feu dessus & dessous. Estans cuits & refroidis, leuez les adroictement.

### *Massepains.*

#### *Massepain commun.*

Prenez vne liure d'amendes douces, pelez les dans de l'eau chaude, & les remettez à mesure dans de la froide. Tirez les & les mettez esgoutter dans vne serviette : apres vous les pilerez dans vn mortier de marbre avec vn pilon de bouis ou d'autre bois, mais souuenez-vous de les arroser souuent avec de l'eau de fleur d'orange, ou de quelque autre senteur, iusques à ce qu'elles soient aussi menuës que de la farine. Faites cuire ensuite à la cuisson de souffle trois quartiers du plus beau sucre que vous pour-

E. iiiij

*Le Confitier de la cour et maistre d'Hostel.*

many new titles were printed during the same period. (The paucity of French 17<sup>th</sup>-century cookbooks was possibly due to the numerous wars France was engaged in during the 17<sup>th</sup> century.<sup>1</sup>) The extreme rarity of *Le Maitre d'Hostel* is further explained by the fact that, unlike other 17<sup>th</sup> century French cookbooks, *Le Maitre d'Hostel* was published in one edition only.

A note about the binding: this *carta rustica* binding is an unusually early example. The binding historian Nicolas Pickwoad has explained how the *carta rustica* binding style began in the 1520s, and perhaps earlier. He also writes that “the earliest of all are likely to be sewn on double, white, split-strap alum-tawed sewing supports.”<sup>2</sup> This is exactly what our binding has and the binding is very well preserved. Pickwoad goes on to describe how later examples use “rolled or twisted supports” and that “cord supports were apparently not used until the eighteenth century.”

<sup>1</sup> Thirty Years War (1618-48), Franco-Spanish War (1635-59), War of Devolution (1667-68), Franco-Dutch War (1672-78), War of the Reunions (1683-84), and the Nine Years War (1688-97).

<sup>2</sup> See Pickwoad's letter to Exlibris reprinted on Jeremy Norman's *History of information and media* website at <https://historyofinformation.com/detail.php?id=3757>.



A MONSIEVR  
DE LVNE  
ESCVYER DE CVISINE  
de feu Monseigneur le Duc  
DE ROHAN.



MONSIEVR,  
*Voicy un Liure que  
i ay cru ne deuoir of-  
fir qu'à vous, puis qu'il traite  
d'un Art que vous entendez si  
parfaictement, & que vous præ-  
à y*

From the library of Jean-Louis Vaudoyer with his inscription on the lower pastedown: "Vaudoyer acheté à Venise chez Cassini, Octobre 1912." Jean-Louis Vaudoyer (1883-1963) was a writer and art critic who was also one of the most faithful friends of Marcel Proust (as evidenced by their regular correspondence). He was in love with Italy, wrote about it, and stayed regularly in Venice. He was also a gastronome and the author of the *Éloge de la gourmandise*, published in 1926. The publisher, Pierre David, was the father-in-law of Jean Ribou (sometimes called "the bookseller of Molière"). Ribou would later include a portion of *Le Maitre d'Hostel* in his collection of recipes entitled *L'Ecole parfaite des officiers de bouche* in 1662.

A fine copy. Collation: a<sup>8</sup>, A-K<sup>8</sup>. The following leaves are unopened: C<sup>7</sup>/<sup>8</sup>, D<sup>5</sup>/<sup>6</sup>, D<sup>7</sup>/<sup>8</sup>, and H<sup>7</sup>/<sup>8</sup>. Page 50 misprinted as "34."

¶ Notaker 621; OCLC: Lilly Library, Cornell University (incomplete), Getty Library, Library of Congress, and five locations in Europe; Vicaire col. 553; Willan and Cherniavsky, *The cookbook library*, p. 166: "One of the earliest French books devoted to confectionery....[It] parades fashionable new fruit jellies, fruits in syrup, dragées of fennel, and sugared almonds side by side with liqueurs." Not in Bitting or Oberlé.

à lait, ou poivre  
ou le feu.  
si vous  
devez le faire  
faire blanchir à l'eau Béninante, de l'estragon, de la primulaire  
de Bécamme, ou persil, se du vert de céleri, une poivrade de Mayenne. Mettre  
le tout dans de l'eau fraîche. garder dans les retièrres, dans les paniers  
de chêne ou de bois. le tout dans une bouteille avec une recouvre bouteille  
fermée, un peu de cithare <sup>de</sup> ou lait, ou jus de citron, ou lait, ou poivre  
bien mûr, un an dans le feu. et ce sera une huile. Mettre le tout en bouteille

*Delicate and Lovely*

**34. (MANUSCRIPT: French cookery.) Recettes. [18<sup>th</sup> century.]**

23cm x 19cm. One bifolium (as a loose wrapper), 32, [3], [13 - blank] pp. Three contemporary gatherings neatly stitched together by pink string with tassels, "Recettes" written in a contemporary hand on the bifolium that is not attached but functions as the wrappers, each of the gatherings sitting loose in the bifolium.

\$3000.00

*Recettes*

Ratafia de Citron

Prenez la peau de quatre citrons, et une gousse de pignolet ou petite  
abîme en velours. Dans un bocal fin. Mettre le tout dans deux pintes  
d'eau-de-vie de Cognac. Brûler bien les cruches, et laisser infuser  
pendant deux fois vingt-quatre heures. Faire bouillir la crème en plomb  
en une émince de bon sucre. Ayez une tasse toute prête, et verser dans une  
petite tasse, et de l'autre émince, et laver y la crème et la poudre  
remise le tout dans la terrine avec une cuillère. Laisser en faire refroidir  
et mettre en bouteilles, sur cette liqueur en ville meilleur il est.

Ratafia de Cognac

cinquante Bécaux beignets. Prenez deux lieux pintes de jus  
jus de bon beignets que vous jeter, après en avoir ôté les grappins, de  
la peau, jeter le tout dans un torchon blanc. Mettre le jus que vous  
avez tenu. Mettre deux pintes d'eau-de-vie que vous avez  
que vous tenu de faire pour pintes, de la canette, boîte ou poudre, gingembre  
ou Maras, le tout mouvement, un peu faire infuser le tout ensemble  
pendant que vous ferez. Brûler bien les cruches, que l'huile ne prenne pas  
de vent. Il faut empêcher le jus pour le charme, et le mettre à la casse, plus  
il est plus meilleur il est.

Ratafia excellente pour la Colique ventrue, et Mal des Dardins

Prenez fenouil vert, feuilles de graine, une pivoine, un demi-livre  
de grain de genièvre Russac, huit miels, et huit blancs Russac, pour  
deux lots de la graine, pour deux lots de graine. D'un vent, et une petite  
bouteille d'angélique fraîche. jeter le tout, et le réserver au fond d'un  
Mettre de Muscadet, et de lait, et mettre à infuser avec le fenouil,  
pendant deux ou trois jours, dans une bouteille de verre, et dans quelques  
vinaigres de terre vierges, et bien brûlé, et va auquel que  
bouteille d'eau-de-vie. lorsque vous pourrez la liqueur par un bocal herqué  
en fer, avec lequel empêcher, il y a un petit épaule en cuivre un quartier

A LOVELY FRENCH COOKERY MANUSCRIPT, in surprisingly fine condition for something so delicate. Written in a single hand, each of the pages has letters for its alphabetization (e.g. "aBr" for the first page, which begins with "Marmelade D'abricots...," "aN.g" for the second page, which begins with "angelique," and so on). From a study of the recipes, it is likely that this manuscript was written by a *chef d'office*, a cook whose responsibilities were for those items that are served cold. The French term *office* would later change to *garde manger* (pantry).

Among the approximately 100 recipes are those for *Beignets* (donuts); *Biscotins* (biscuits); *Biscuits* (cookies); *Blanc manger* (a soft white dessert made in a mold); *Crème à frire* (a type of fritter); *Boeuf fumé* (smoked beef); *Brioche*; six different ways to cook sugar; *Crème fouettée* (whipped cream); *Crème de Mr Gervais de Blois*; three different forms of *guimauve* (marshmallow); *Gelées et pâtes de fruits diverse*; *Onguent de la Mere*; *Pain d'épice* (gingerbread); *pudding à l'anglaise*; *pudding de pain* (bread pudding); *pudding au Ris* (rice pudding); *Vinaigre de sureau* (elderberry vinegar); *Vinaigre des quatre couleurs* (vinegar of four colors); *Manière de faire les macrons* (how to make macaroons); and *Manières de conserver des truffes* (how to preserve truffles).

There are also fourteen different ratafia recipes, including those made with orange flowers, apricots, quince, pits from fruit, currants, lemon, and cherries. As noted by *Larousse gastronomique*,

Ratafia [is] a home-made liqueur produced by macerating plants or fruit in sweetened spirit.... The word is of Creole French origin; it formerly referred to the alcoholic drink which clinched an agreement or a business transaction and is said to be derived from the Latin phrase *rata fiat* (let the deal be settled).

Written on laid paper with the watermark of C. & I. Honig and a crowned shield with a postal horn in the center.

With the bookplate of Jacques and Hélène Bon on the verso of the upper wrapper. The bookplate includes an illustration of a bibbed gastronome with a morel mushroom for a head, getting ready to eat.

In fine condition.

From a Chadron Pye to a Pudding for the  
Belly of a Pike

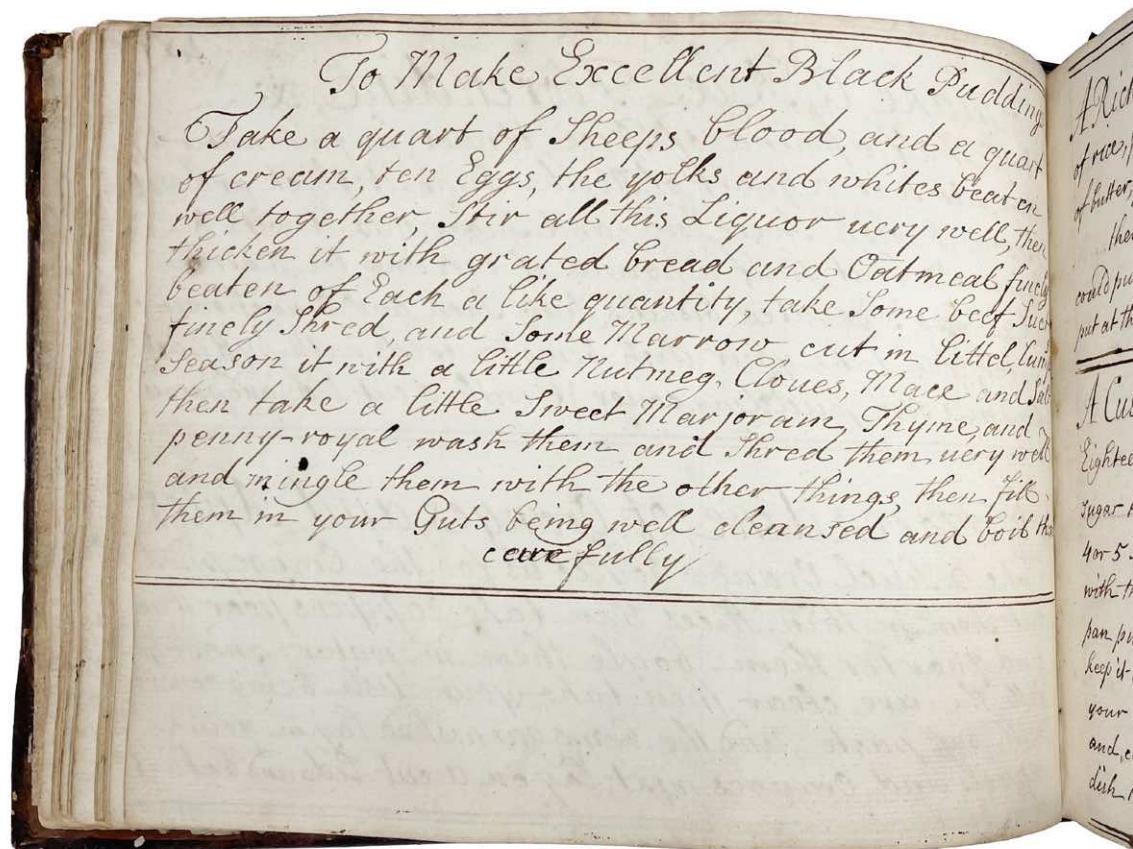
35. (MANUSCRIPT: English cookery.) [From spine label:] Choice receipts in cookery. [Early 18<sup>th</sup> century - early 19<sup>th</sup>-century.]

Oblong: 15.5cm x 19.5cm. 128, [43] ll. (of which 6 are blank). Early 18<sup>th</sup>-century calf, expertly rebacked with the original spine laid down, double gilt fillet around sides, morocco title piece on spine, blind roll pattern on edges of boards, edges of boards lightly rubbed, early recipes mounted onto final seven leaves, portions of the final three leaves torn away (not affecting text). \$7,000.00

A HANDSOME & EXTENSIVE ENGLISH COOKERY MANUSCRIPT written primarily in one legible hand and including roughly 378 culinary recipes plus a few household remedies. Although the majority of the hand appears to be 18<sup>th</sup>-century, the recipe for Chadron Pye (l. 4v) is extremely similar to that which appears in *The young cooks monitor* from 1683 (p.77).

The recipes written in the earliest (and most beautiful) hand comprise approximately 90% of the manuscript and are almost exclusively written on rectos only. They are divided into the following sections: "Pastes of al Sortes;" "Severall Sorts of Pyes;" "Fine Pudding;" "Severall Sorts, of Fine Cakes;" "Fine Gellys;" "Fine Sauces, for Mead Dishes and Pyes;" "To make Severall Sorts of Gravy;" "Potting;" "Collaring;" To Dress Fish;" "Fine Soops;" "Fricasseys;" "Ragooes;" "Fine Hasshis;" "Severall Stewed Dishes;" "Several ways to broil;" "Several ways of boiling;" "The Best way to Pickle;" "Candying;" "Preserving;" and "Some, Few, General, Rules &c."

Within the above sections, there are a few random recipes that don't actually conform to the subject in which they're included. These include a recipe for savory and sweet balls; catchup; "petty (petite) cochons" (hog's ears); "Herjuice" (verjus made with crab apples); diet bread; and "An admirable Potatoe Pudding."



To make a Carp, Ryce, &c After you haue gutted your Carp and Sealed them cleyn, Lard them with Lardons of Eels, sease on them with Savory Spice, a bay leaf, then Raisse your pie long wayes the length of your Carp, when done put in your Carp and Pewter butter over them then lid your pie put it into an oven not to hot, and when it is baked cut it open take of the fat, pour in a Ragoo of Oystars, N.B. that we sometimes farce the belly of the Carp with a farce made of the Milkes of carps, oystars, Mushrooms and artichokes bottoms

To make a Eel Ryce &c Having Scoured your Eels in salt and washead them cleyn, strip ther skinnes of cut them in pieces 3 or 4 inches long make a farce with some of the flesh of Eels, Mushrooms, Cives, parsly, and fresh Butter Season it with Savory Spice and Herbs, Raisse your pie off fine paste and of amoderate height garnish the bottom with the farce, Lay on your Bits of Eels Seasoned in the same manner as your farce eidle, a bunch of Treacle herb and cover y<sup>e</sup> hole with Butter lid your pie rub it over with Egg Set it into y<sup>e</sup> oven when Baked pour in a Ragoo of the Milks of fish, truffels and Mushrooms, first taken y<sup>e</sup> fat cleyn of the pie

halfpeny you lay on the bottom then put in your Lobstars, Cover your patty with its cover bake it 3 Quarters of an hower, When, it is baked cut up the cover and draw up the Other half of your Sauce above with a little butter to the thickness of Cream pour it over your patty, Squeeze in a little lemon Cut your cover in two & lay it on the top 4 inches distance, yu may bake...cray fish the same way - leaf 16.

Even within a single hand, the spelling and names of ingredients vary. For example, in the recipe for "A Pettelo pie" the author writes "sparrow grass" for asparagus, but in other recipes the same hand use the word "asparagus." There is also evidence of a French influence on the dishes. For example in the soup section there is "To make Soop de Sante the French Way;" "To make Soop au Bourgeois;" "To Make a Soop de Sante for fish days;" and "A Bisque of Pidgeons Soop with a Ragoo."

Although the manuscript includes recipes for many dishes prepared with meat, there is also an unusually large number of fish dishes (and many of the fishes have multiple recipes). Include are recipes for turbot; lamprey; salmon; anchovies; trout; crayfish; carp; eel; oyster; lobster; mackerel; thornback (a type of ray); barbel (like a carp); chub; shrimp; smelt; tench (lives in fresh and brackish waters); roach (a freshwater fish that looks similar to perch); flounder; plaice; pike; mussels; crab; herring; and skate. This is the recipe "To Make, A Lobstar Patty."

Boil your Lobstars when they are boiled, take out the meat of the body, and the Clase cut the Meat in little pieces, then take the Small clase and the Span, and pound them in a Mortar, then, put to them a ladle full of gravy, or broth, with a little of the upper Crust of a French roll, put al into a Sauce pan, boil these a little when boild strain it thro a Sive or Strainer, to the thicknes of Cream, then put half of it to your Lobsters, and save the other half to Save your Lobsters when Baked, then put to your lobstars the bignes of an Egg of butter, or a little pepper and Salt, Squeeze in a limon and half an Anchovie, and Warme this over the fire Just to melt the butter then Set it by to cook, Then Make a good paste and cover your dish, or tart pan, let your Shet of paste be as thick as a

One of the more unusual elements of the manuscript is a one-page section to help guide a person in the kitchen. Entitled "Some, Few, General, Rules &c." it is as follows:

*When you boil any greens, first souk them near two hours in water and salt, or else boil them in it in a copper, or pot, by themselves, with a great quantity of water, for if you boil them with meat that discolours them.*

*—*  
*Use no Iron pans, &c for they are not proper, let them be Silver, brass or copper.*

*—*  
*When you fry any fish first dip them in Yoks of Eggs, and fry them in a Stew pan over a Stove and that will make them of a light gold colour.*

*—*  
*White Sauces are now more generally, used then brown, which is done chiefly, with cream, and add a little white wine, and butter kneaded in flower.*

*—*  
*Parboil all your meat, that you use for your fricasseys, or else stewing long will make them hard.*

*—*  
*When you beat almonds, always put in orange-flower water, or rose water, to prevent their turning to oil, which they are very subject to.*

*—*  
*When you dress Mutton, pigeons, &c in blood, Squeeze in the Juice of a lemon to keep it from changing.*

*—*  
*When you Grill any thing, lett it be over a Stove of Charcoal, it is Sweeter.*

*—*  
*Always take out your pickles with a Spoon, for your hands makes them muther.*

## *Fire Gellys*

*34*

*Hartes Horn Jelley &c Take half a pound of hartes  
in drawings, put it into an Earthen pan put to it two  
parts of Spring Water, cover it close with part or with a  
long paper, set it in the oven all night then strain it into  
a clean pishen, put to it half a pint of Rennish wine, half  
a pound of duble refined Sugar, the Juice of 4 or 5  
lids of Mace, and the whites of 4 or 5  
eggs, let it curdle*

245

To Make a Rice Florendine, &c ~  
Boyle half a pound of Rice, tender, in fair water  
then put to it a quart of Milke boyle it thick and  
season it with sweet Spice and Sugar mix it with 3 ~  
eggs well beat, half a pound of currants the Marrow  
of 2 bones, 5 greateed Bisketts, Senn Sack, and Orangeflower  
water, then take your dish being covered, with puff paste  
lay in your pudding, cover it with a cut lid and garnis

A Florendine of Oranges and Apples  
Take 2 Lb of Oranges boyled as for the Orange prud  
cut them in thin slices then take 10 pipens pear them  
and quarter them boyle them in water and Sugar  
till the are clear then take your dish being covered  
with puff paste, and the Oranges garnished lay in your  
apples and Oranges mixt, lay on a cut lid and bake it

The single hand  
that comprises the majority of the  
manuscript changes after this section and is replaced by  
several later hands, most of which are late 18<sup>th</sup>-century. Many of these recipes  
are attributed to either Mrs. Snell, Sally Whitby, "Mrs. Bunn Red Barn," Mr. Byles, or Mrs.  
Clarges. A few in the last hand are dated 1829 to 1831 and are taken from *Moore's Almanach Improved*. At the bottom of Mrs. Snell's  
recipe "To make flee Cake" it is noted that it was "for Breakfast at Canterbury School."

There are two different watermarks in the manuscript: one is a Pro Patria and the other for the arms of Amsterdam.

A comprehensive and highly legible English cookery in very good condition.

*With a Recipe for Death  
& a Recipe for Sorrow*

36. (MANUSCRIPT: Mexican cookery.) [Benítez.] *Recetas del año de 1765.* [1765 - c.1800.]

20.5cm x 14.6cm. 25, [1] ll. Hand-stitched with red and yellow thread, occasional spotting, a few letters just touched by the binder's knife along several edges (but sense still clear), loss of the final line of text at the foot of leaves 4v and 6<sup>r</sup>, some pages with light wear along edges, one loose leaf laid in.

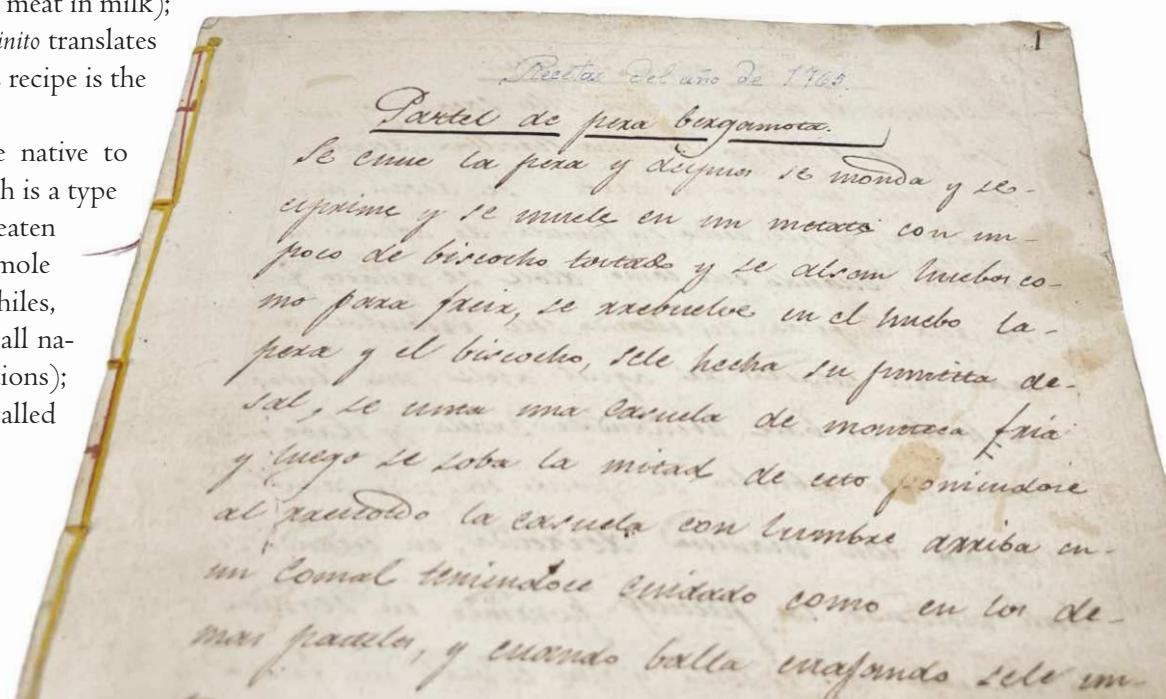
\$14,500.00

A VERY EARLY MEXICAN COOKERY MANUSCRIPT written in two legible hands and including 105 culinary recipes both savory and sweet. The dishes are primarily Mexican with a few from South America and Spain. Following the recipe for *Torta de Natillas* (custard torte on l. 25) is the inscription "Su Servidor de V. Benítez" (your servant, V. Benítez). On the first page is written "Recetas del año de 1765" in blue ink in a different early hand.

There are very few surviving examples of recipe books relating to Mexican cuisine that pre-date the publication of Mexico's first cookbooks, *El Cocinero Mexicano* and the *Novísimo Arte de Cocina* (both published in 1831); yet our manuscript is one such recipe book. Those that have survived are an invaluable source for understanding Mexican food and culture. They document the manner in which Mexico's various local indigenous traditions merged with European influences to create what we think of as Mexican cuisine today. To put the rarity of this manuscript in context, the earliest manuscript at the University of Texas San Antonio – which is thought to have the largest collection of Mexican cookbooks – dates from 1789. *Recetas del año 1765* was begun 24 years earlier than San Antonio's manuscript and 66 years earlier than the first printed Mexican cookbook.

*Recetas del año 1765* includes traditional Mexican dishes such as *Giricalla* (or *jericalla*, a custard dessert from Guadalajara); *Gasnates* (cylindrical stuffed treats from Oaxaca); *Escabeche de Veracruz* (fish in an acidic marinade and sauce); *Pezcado [pescado] en Nogada* (fish covered in a white sauce made from almonds and topped with chiles and olives); *Gigote en Leche* (minced meat in milk); *Adobo de Cochinito* (*Adobo* is a traditional Mexican sauce and *cochinito* translates to little pigs); and *Entomatado* (a simple stew – at the end of this recipe is the note that it can be served to the sick).

Many of the recipes also contain ingredients that are native to Mexico. For example there is a torte made with *tamalayota* which is a type of pumpkin cultivated by the Q'eqchi people of Chiapas and eaten extensively in Puebla; *Pescado en aguacate* (fish topped with guacamole made with mashed avocado mixed with fried tomatoes, green chiles, and fresh chopped onion – avocados, tomatoes and chiles are all native to Mexico and were cultivated by Mesoamerican civilizations); *Torta de Mamey* (a sweet tart made with *mamey* fruit); a dish called



de choco, todo machacado, una Choricitas 4  
de ajonjolí agujonjolí, medio de callos de  
cordero, medio de atún, un Choricitas de  
atún, un poco de laurel, medianos limones  
negros, se tapa la olla y se cubre hasta  
el pescuezo con una botella, y se tiene  
quince días en reposo.

### Choricitas a la Española

Se pone a cocer una atadura con trozos  
de chorizo, vinagre, sal, y una botella de  
ajo. Tratada. Luego se lava cocida, se  
pone en pedazos, se pone a freír en  
manteca, se pica jitomate, y ajo mucha  
cada, se coloca sobre la atadura, en estan-  
do medianas fritas se le echa una poquita  
de aceite, se le echa el ricardo, se me-  
nea y se le sueltan comino, pimienta  
ajonjolí, y una cebolla, pedazos de chorizo  
vinagre, sal y una poza de agua fría.  
Se cocinan y se le echa  
vino blanco.

### Pititas de huevos en breñalito

Se fijan en huevo con lebaya picado  
jitomate, ajo, atún, pan <sup>remojado</sup> ~~hervido~~, con  
sus limones sin corteza. Clavo, oregano

“Saramullo” that includes potatoes, chorizo, tornachiles, and ancho chiles (saramuyo is a Mayan fruit, potatoes are from Peru, and although chorizo is Spanish in origin, Mexico has its own distinctly different heavily seasoned version made with raw pork; tornachiles are small pale green chiles from Mexico; and ancho chiles are dried poblano chiles from Puebla); and Cajetas de Chilacallote (a caramelized milk dessert flavored with the chilacayote squash). Interestingly, there is a recipe called Atole que busan las Carmelitas (atole that the Carmelites use). Atole is a traditional masa-based beverage and the Carmelitas are Carmelite nuns. There are two known historic Carmelite nun monasteries in Mexico: one in Puebla and another in Guadalajara.

The predominantly Hispanic origins of Mexican desserts and sweets is evident throughout. Examples include Buñuelos (traditional Spanish fritters); Biscochos (sponge cakes); Torta de Requeson (a type of cheese cake); and the abundant use of ingredients such as dairy, sugar, and flour. There is one biscocho made with cacahuazintle which is an heirloom variety of corn that comes from Toluca, Mexico. Also of Spanish origin are estofados (a type of stew) and Barias Guisos de viernes (dishes for Friday – fasting days). These include fish and vegetarian dishes such as a carrot tart, an egg salad, and a salad made with tornachiles (small pale green chiles). There is also a gazpacho, but it is unlike any gazpacho we know of. It is made of toasted almonds and pine nuts that are mixed with egg yolks and fried with lard, to which is added chicken, a little broth, “all of the spices,” a little bit of white wine and vinegar, and a little bit of dulce (sweet).

South-American dishes include Lampreadas (a fritter from Paraguay made of diced meat and nuts mixed with egg that is then fried); Arequipa de frigol (a bean dish made with canary beans which are native to Arequipa, Peru); and Leche Nevada (similar to a floating island dessert and from Chile).

There are a few curiously-named dishes such as *El Muerto*, *Chapín de Reyna*, and *Pesadumbre*. The recipe for Death (*El Muerto*) is an expansive dish that seems to include just about anything: for example, lots of garlic and tomatoes, a long list of fruits, chicken, ham, chorizo, parsley, olives, etc. The recipe for “The Queen’s Marriage Service” (*Chapín de Reyna*) is a sweet rice pudding.<sup>1</sup> The recipe for Sorrow (*Pesadumbre*) is as follows:

<sup>1</sup> The Chapín de Reyna was a bygone tax that was occasionally collected from the commoners of Castile, Spain, in order to pay for royal weddings.

Se cocen chicharros, ejotes, coliflor, papa, calabacitas, zanahoria, betabel, se pica y se le hace chile ancho molido con ajo, cocinos, jitomates cocido y molido, bastante aseite y vinagre, chilitos y tornachiles alcaparras, cebolla picada cruda despues de incorporado se hace en un platon y se rocia con aseite en oregano, rebanadas de cebolla y aguacate y su pescado frito

Roughly translated to:

Cook Peas, green beans, cauliflower, potatoes, zucchini, carrots, and beets, add cooked chopped and ground ancho chili and garlic, and cooked ground tomatoes, plenty of oil and vinegar, chilitos and tornachiles, capers, raw chopped onion. After everything is incorporated, put it on a platter and sprinkle with oregano oil, slices of onion, avocado and fried fish.<sup>2</sup>

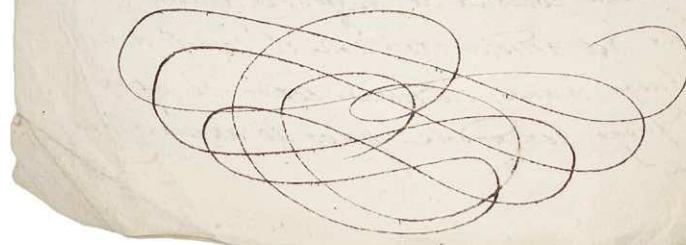
In the earliest hand, there is an interesting dish called *Piez de puerco en Leche* (pig's feet in milk). One can imagine that it must be a savory custard version of the creamy cinnamon hot Mexican drink known as *atole*:

Despues de cocidos los pies, se les racan los huesos y se enjuagan con una servilleta, despues se muele un poco de arroz y se dejan en la leche, y se le hace su puntita de azucar no mucho, cuando este como atole se aparta y se deja enfriar en estondo se le revuelve a cada tasa caldera de aquel atole una llena de huevo, se bate hechandole canela y clavo en polvo todo revuelvo se pone en una casuela untada con manteca derretida, en cuando se van metiendo los piezitos poniendo en seguida la casuela al...y un comal con fuego...arriba, con cuidad de que no se quemé, y para saber cuando esta, se mete un cuchillo, si sale limpio es prueba de que esta, entonces se clabetea de almendras tostadas por encima, es de advertir que no se le hace ala leche mucho arroz ade mas muy poca cosa que quede el atole aguadito.

<sup>2</sup> The Chilitos are another word for the sauce called *chamoy*, a traditional Mexican paste made from pickled or dried fruits and spiced with chilies. The flavor is typically salty, sweet, and sour.

### Piez de puerco en Leche.

Despues de cocidos los pies, se les racan los huesos y se enjuagan con una servilleta, despues se muele un poco de arroz y se dejan en la leche, y se le hace su puntita de azucar no mucho, cuando este como atole se aparta y se deja enfriar en estondo se le revuelve a cada taza caldera de aquel atole una llena de huevo, se bate hechandole canela y clavo en polvo todo revuelvo se pone en una casuela untada con manteca derretida, en cuando se van metiendo los piezitos poniendo en seguida la casuela al...y un comal con fuego...arriba, con cuidad de que no se quemé, y para saber cuando esta, se mete un cuchillo, si sale limpio es prueba de que esta, entonces se clabetea de almendras tostadas por encima, es de advertir que no se le hace ala leche mucho arroz ade mas muy poca cosa que quede el atole aguadito.



Roughly translated to:

After the feet have been cooked, the bones are scraped and wiped with a napkin, then a little rice is ground and left in the milk, and a little bit of sugar is added, not much, when it is like atole, it is set aside and let it cool, stir an egg mixture into each bowl of that atole, beat it with cinnamon and clove powder, put the whole mixture in a saucepan greased with melted butter, as soon as the little pigs are put in, immediately put it in the casuela...and a comal with fire...on top, be careful that it does not burn, and to know when it is done, insert a knife, if it comes out clean it is proof that it is done, then it is filled with toasted almonds Above all, it should be noted that not much rice is added to the milk unless the atole remains watery.<sup>3</sup>

There is one recipe written on a leaf of woven paper that is laid-in. It is in a later hand and is for a dessert called *Bigotes* (mustaches). At the end, the recipe is dated "23 Mzo de 42" (23 March and probably 1842).

An absolutely fascinating Mexican cookery manuscript.

<sup>3</sup> A *casuela* is a wide, flat casserole dish that is deeply embedded in Mexican culture. It is made of low-fired clay and glazed on the inside so that liquids won't escape through the porous clay. The *comal* is of Aztec origin, and the name comes from the Nahuatl word *comalli*. Although today most *comales* are made of cast iron, traditionally they were made of thin ceramic. Either way, the *comal* was designed as a smooth flat griddle that was used to cook cacao beans and tortillas over an open flame. The *metate* is another Mesoamerican cooking tool used in this manuscript, (see the recipe for *Pastel de pera bergamota* on the first leaf) as is the method of cooking *a dos fuegos* (in two fires) whereby heat was applied under and over a cooking pot. The *metate* is a slightly sloped stone slab on which one grinds cornmeal into flour, or seeds, dry chilies, or spices with a cylindrical stone.

### Postado en *Vogada*.

Monadas las nubes y molidas con almendras ó  
grano entero, y con pan rallado y con azucar des-  
pues de bien mololidas se hace poca agua y  
se bate con azucar de cana y sal, y corri-  
ja con chiles y achiote  
y



*The Manuscript Cookbook Belonging to Le Marquis de Sesmaisons  
While Residing at his Hôtel Particulier  
on the Rue du Bac, Paris*

**37. (MANUSCRIPT: French cookery.) Paris, c.1767.**

21cm x 17cm. [2 - blank], [1], [1 - blank], 91, [7], [40 - blank], [38 - of tabulated index], [4 - blank] pp. Contemporary mottled calf, triple gilt fillet arounds sides, rosettes in the corners, spine richly gilt, lightly rubbed and corners slightly bumped, slight darkened stain on the lower board, edges stained red, one leaf is loose, first 35 pages are slightly faded (but still absolutely legible), some wear to the paper tabs on the index leaves.

\$8000.00

A HANDSOME FRENCH MANUSCRIPT RECIPE BOOK of 180 different recipes followed by a tabulated index at the end. The first 172 recipes are in a single hand; the last eight are in a second hand. This manuscript is unusual because its owner and his address is known. On the first leaf is inscribed (in the first recipe hand):

*A Monsieur Le Marquis De Sesmaison Lieutenant général  
Des Armées du Roi a Son chateau de St. Saire par Neufchâtel  
Païs de Braye a Neufchâtel.*

*Où. En son hôtel rue du Bacq Fauxbourg St. Germain près les jacobins  
A Paris. \_\_\_\_\_*

Claude-François de Sesmaisons (1709-1779) came from a military family based in Nantes and was named Lieutenant General of the King's army in 1767. He was married to Marie-Louise-Gabrielle de la Fontaine Solare de La Boissière (1722-c.1794) in Dieppe on the 10<sup>th</sup> of March, 1743. The marriage contract was signed in Paris the day before in the presence and by permission of "Sa Majesté tre Chrestienne, La Reyne, Monseigneur le Dauphine, Mesdames de France, les Princes et Princesses de leur sang...soussignes."<sup>1</sup>

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<sup>1</sup> *Dictionnaire of pastellists before 1800*, p. 27. See [pastellists.com/Articles/LaTour5.pdf](http://pastellists.com/Articles/LaTour5.pdf).

Epine Vincette

eau de vie 7. f. 18.

Pain d'epice f. 25.

Escubae d'angleterre f. 25.

Escubae du mare f. 25.

Essence de toutes sortes de fleurs f. 25.

Essence d'huile de violettes f. 12.

E.

F.

G.

H.

I.

R.

I.

31.

Essence d'huile de roses f. 16.

d'oranges distillées

D'angelique f. 16.

Eau ou pate d'origat f. 51.

Essence de fleur d'orange 57.

Eau de genueviere distillée 58.

de roses 58.

de fleur d'orange 59.

Esprit d'aini distillée 62.

Eau divine 10. 26.

d'ange 16.

genve 11.

ine d'

During the 18<sup>th</sup> century, it was common for noble families to have a *hôtel particulier*, or townhouse, in Paris. It is possible that this manuscript was used by the Marquis' officier de l'office at his *hôtel* on rue du Bac in the 7<sup>th</sup> arrondissement.

Although it is not declared as such, a read through the recipes reveals that this was probably intended for use in *l'office*, the "cool kitchen" where speciality drinks were prepared alongside desserts, candies, preserves, syrups, dried fruit, essences, and perfumed waters. The drinks included wine, liquors, and distillations. The current manuscript has recipes for a *pain d'épice de fleur d'orange*; *gateau de fleur d'orange praline*; *almandes à la praline*; *café à la crème*; macaroons; *gateau à la fleur d'orange* (and another recipe with the flowers grilled); *massepins de fleur d'orange* (marzipan); *dragés d'avelines* (hazelnut dragees); caramel; creams (chocolate and coffee); cookies (chocolate and almond); waffles and doughnuts (with cream, apples and peaches, and strawberries); compotes; dried fruit; extracts (e.g. juniper); lemonades; spirits (e.g. cherry and melissa – a lemony plant related to mint); escubacs (an herbaceous liquor); sorbets; rossolio; almond water, milk and syrup; ratafias (from apricot kernels, or "apricot almonds" and lemon); essences (lavender and orange flower); syrups (lemon, apricot, cherry, jasmine, quince, currants, marshmallow, pear, and blackberry); ices (made of carnations, rose, vanilla, peach, raspberries, strawberries, daffodil, lemon, chocolate, coffee, anise, coriander, and violets); and mousses (e.g. chocolate, coffee, and cream).

There is also a recipe for a *Populo*, a popular drink from mid-18th century Paris. In our manuscript the drink is made up of white wine, wine spirits, a pound of sugar, two apples cut into pieces, three spoons of orange flower water, the whole mixture infused for one day and then passed through a sieve. There is also a recipe to *faire l'essence d'hipocras* (a kind of mulled wine) and for some perfumes, including *L'eau d'ange*, *Parfums D'Espagne*, and *L'Eau de la reine d'hongrie*.

With a small modern bookplate on the upper pastedown and one additional recipe laid in (19<sup>th</sup> century & on woven paper).

In very good condition.

Gateau à la fleur d'orange  
une denue livre de fleur d'orange, fait cuire à la  
de plume deux livres de sucre mettre y la fleur d'orange  
la faire bouillir et jettez son eau continue de faire -  
liv le sucre avec la fleur d'orange jusqu'à ce qu'il soit  
u à la grande plume, alors il faut travailler promptem  
re avec l'espatule en frottant au milieu et tout au tour  
le poile jusqu'à ce qu'il commence à monter; mettre y tout  
ite un peu de blanc d'oeufs, délayé avec du sucre fin,  
être trop liquide, que vous avez tout prêt il faut le mélanger  
pllement dans le sucre et verser dans le moment le  
u dans le moule de papier, tenez le cut de la poile chaud  
certaine distances du gatteau ce qui contribue à le faire  
u, et de le glacez ainsi que le blanc d'oeuf que vous  
z dedans.

autre id. grilées

dans une poile une petite poignée de sucre en poudre que  
etter sur le feu pour le faire griller ensuite vous mettrez  
te même poile une livre de sucre avec de beau que  
er cuire à la grande plume, mettre y  $\frac{1}{4}$  de fleur d'orange  
; faire cuire sur le feu en le travaillant toujours -

*A Fantastic Example of a Manuscript Written  
Tête à Bech*

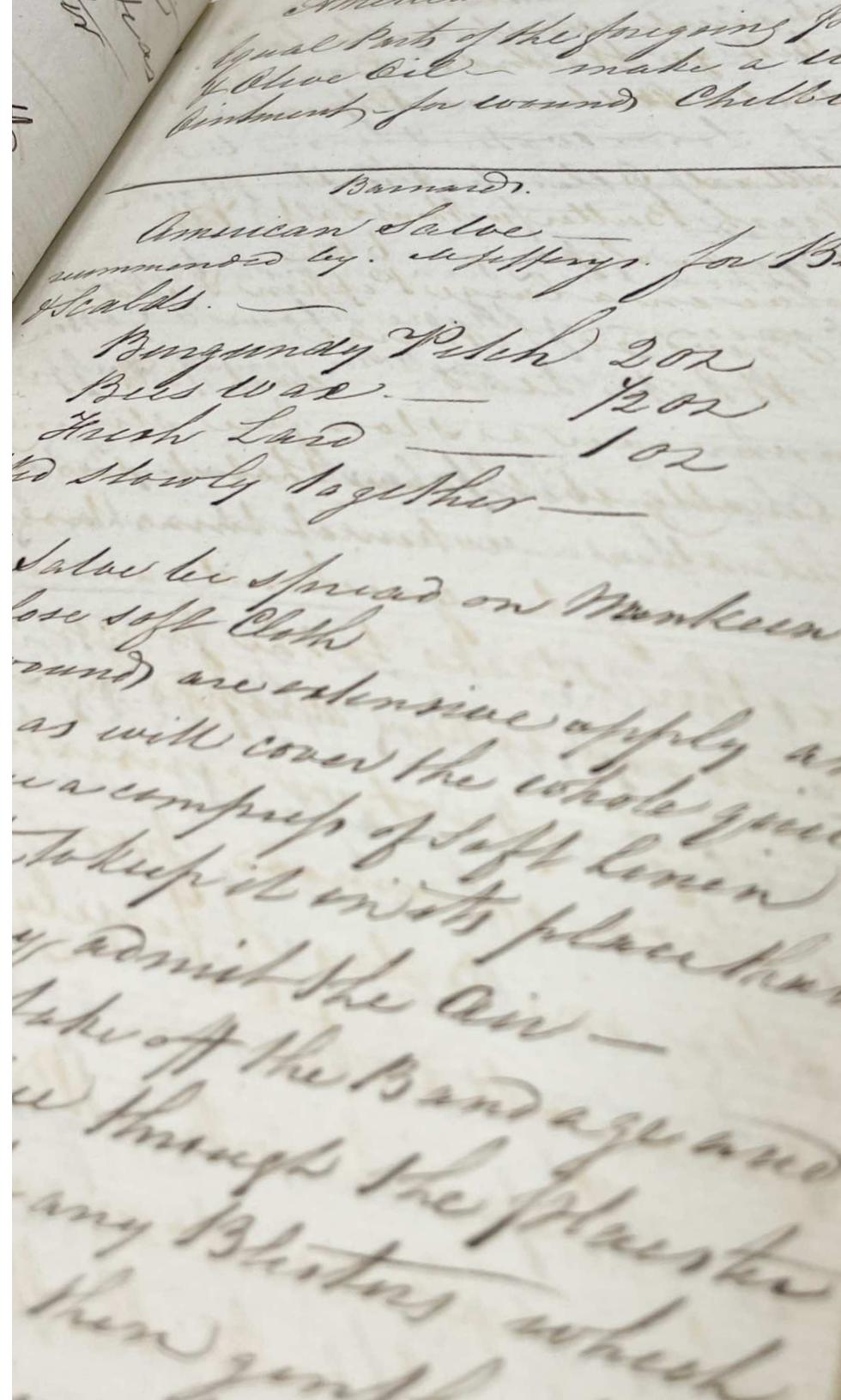
**38. (MANUSCRIPT: American & English medical remedies.)  
Domestic Medicines/External Applications. c. 1805.**

19cm x 12cm. [1 - blank], 29, [35 - blank], 63-80, [1 - blank] pp. Contemporary vellum laced with green vellum strips, double blind fillet around sides, contemporary paper labels mounted onto upper and lower boards, portions of vellum surface rubbed away at spine and joint, contemporary manuscript shelf mark on spine ("U" & "12"), hinges cracked but holding, corners bent, red-speckled edges.

\$3500.00

A FASCINATING EARLY 19TH-CENTURY ENGLISH MANUSCRIPT OF REMEDIES that includes several from America. Written in a single legible hand, the manuscript is made up of 113 different recipes organized into two different categories: "Domestic Medicines" and "External Applications."

The manuscript is written *tête à bech* and is one of the best examples we have ever seen. Manuscripts that are written *tête à bech* can be read from one direction and then flipped over and read from the other direction. Typically, this was done for a manuscript that contains two different subjects. In this case, the two subjects are identified in contemporary manuscript labels on the upper boards (which is unusual). On the upper board it reads "Domestic Medicines;" when you flip the binding over, on the lower board is a label for "External Applications." What is also unusual is that the person who wrote the manuscript also figured out a solution for the pagination. Starting from the direction of "Domestic Medicines," the pagination begins at "1" and continues to "29." When you flip the manuscript over and read from the "External Applications" direction, the pagination begins at "80" and descends down to "63." The first two pages of "External Applications" contains an index with spaces left free for later additions.



*External Applications.*

*Domestic Medicines.*

From the "Domestic Medicine" direction, beginning with page 1, one finds a great number of remedies for upper respiratory afflictions (especially for coughing). Included are a malt extract; teas; syrups; cough drops; emulsions made with spermaceti; emetics (to cause vomiting); embrocations(salves); elixirs; mixtures for curing fever, diarrhea, nervous afflictions, coughs, and as a tonic; pills (as a laxative, for a cough, cathartic, for indigestion, as an expectorant, and a restorative); draughts and drafts (i.e. liquid medicine)for a "stomach derangement," spasms, fever, and to induce sweat; powders for malaria and rheumatic fever; electuaries – a medical paste that has treacle added to make it more palatable – for piles, scurvy, and "a costive habit" (i.e. constipation); gargles; waters for fever, sore throat, and scurvy; and a pectoral decoction.

Amongst the above is the enduringly popular "Imperial water" made from cream of tartar, sugar, and rinds and juice of two lemons, as well as various named medicines, such as the famous "Daffy's elixir," a tincture which became common in the 18<sup>th</sup> century and was later patented by several enterprising pharmacists on both sides of the Atlantic. The recipe for "Daffy's" here calls for magnesia, milk of white poppies, peppermint water, oil of aniseed, and oil of caraway. Also included are several preparations for disinfecting a room; a recipe for raspberry vinegar; and a recipe for almond milk (that is to be used for bilious complaints). Remedies for bites and stings, ear ache, and lumbago are also to be found. Below is the receipt for "Malt Extract for a Cough:"

*Pour a quantity of boiling water a few degrees below boiling on a Peck of Ground Malt stir it well & cover it close for 24 hours then drain all the Liquor that can be got out into a preserving Pan – let it simmer over a slow fire stirring it well till it thickens like a Rob – it should be skimmed whilst boiling & when sufficiently thick put into Gallipots & covered with Bladder. – A tea Spoonful Night & Morning or oftener if the Cough is troublesome.*

Syrup for a Cough

Fine loaf Sugar 1/2 lb  
Water 1 1/2 pints

boil gently for 2 hours when  
cold add 1/4 pint of Rum &  
2 or 3 drachms of Sclu –  
keep it covered to prevent

## Almond Milk

10

Sweet Almonds blanched 1 Oz

Lump Sugar  $\frac{1}{2}$  Oz

Rub together in a marble mortar

Hold gradually 1 pt. Hot water

immovable in Bilious Complaint Strangury  
or may be made the Vehicle of  
Mineral Salts Manna &c in Flowers  
agreed with equal parts of the following

## Camphor Mixture

Gr Camphor 1 dram sub to  
4 Senn 1/2 dram with half a tea Spoonful of

2 Oz Cpt. Sp. Wine

Lump Sugar  $\frac{1}{2}$  Oz

Boiling Water 1 pint

1 a lamp 3 Table Spoonfuls with a tea Spoon  
full of Spt of Lavender is cordial

diaphoretic in low nervous Fevers

Chalk of purple Salt & Sal. Spt. Wine  
Paregoric or Tinct of Opium

Read from the other direction, after the index, the "External Applications" section begins on page 76 and includes a number of American recipes: "Lord Nevills American Plaster;" an "American Salve" for wounds and chilblains; "Barnards American Salve" (for burns and scalds); and an "American recipe for a Wen" (a wen in an abnormal growth). Also included in this section are remedies for chapped hands; filmy eyes; contusions & cuts; rheumatism; to prevent abortion; "nervous head ache;" deafness; and cancer.

There is an astonishing amount of candy and sugar that occurs in these recipes. Some of the more archaic ingredients of note are turpentine, cochineal, hartshorn, amber, columbo root, volatile spirits, quicksilver (or mercury), and "Goulard's Extract" which was made of lead acetate and lead oxide. Also included are some folk medicine applications such as in the advice for deafness, which tells the sufferer to insert a piece of hot bacon into the ear and the treatment for cancer which involves applying a poultice made from boiled turkey legs and milk. The method recommended for preventing abortion is to periodically apply an ointment made from egg yolk, brandy, and laudanum.

Some ingredients that are less outlandish include beeswax, chamomile, camphor, rosemary, senna leaves, lavender, squill, aniseed, juniper, rhubarb, peppermint, honey, Epsom salts, ginger, nutmeg, niter (potassium nitrate), orange peel, gentian, root, cardamom, and quinine.

Interestingly, many of the remedies have special notes for dosing children and on pages 4 and 5 there are two recipes for cough drops that are attributed to the Ackworth School. This establishment was founded in 1779 as a co-educational boarding and day school for poor Quaker boys and girls. It is located in Pontefract, West Yorkshire, and is still in operation.

Laid in is an index leaf from another manuscript.

The paper's watermark includes the date 1804.

Although somewhat fragile, still intact and an extremely informative medical manuscript.

*From Scrooby*  
A 19th-Century Manuscript of Knitting &  
Crochet Patterns

39. (MANUSCRIPT: English needlework.) Lucy Skinner. Westmill Rectory. 1848-1875. [Knitting and crochet journal with fine crochet sample work, a photograph, and loose manuscript leaves preserved in clamshell box.]

I. Bound manuscript: 17.9cm x 11.2cm. [82] pp. (plus one page of manuscript on the verso of the upper free endpaper and one page of manuscript on the recto of the lower free endpaper). Contemporary green sheep wrappers, blind-stamped to resemble morocco, wear to head and tail of spine, marbled edges, decorative endpapers, upper joint slightly loose, small tear to lower free endpaper, remains of one excised leaf, paper ruled in blue. II. 40 loose leaves measuring from 5.2cm x 8.6cm (oblong) to 25.7cm x 63.4cm (oblong and unfolded), including a stitched gathering of 6 leaves III. Six needlework samples including one attached to its pattern description with a pin. IV. One photograph. \$1200.00



A LOVELY TIME CAPSULE OF 19TH-CENTURY FASHIONS including over 60 manuscript knitting and crochet patterns for clothing and household items. Also included is an albumen photograph and six contemporary samples of knitted lace.

*From Scrooby*  
a pretty border cast on 15 stl  
1<sup>st</sup> p3. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
2<sup>nd</sup> 0. p12. 0. 1. p.  
3<sup>rd</sup> p3. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
4<sup>th</sup> 0. p13. 0. 1. p.  
5<sup>th</sup> p2. 0. 1. p2. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
6<sup>th</sup> 0. p14. 0. 1. p.  
7<sup>th</sup> p3. 0. 1. p3. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
8<sup>th</sup> 0. p15. 0. 1. p.  
9<sup>th</sup> p3. 0. 1. p4. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
10<sup>th</sup> 0. p16. 0. 1. p.  
11<sup>th</sup> p3. 0. 1. p5. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
12<sup>th</sup> 0. p17. 0. 1. p.  
13<sup>th</sup> p3. 0. 1. p6. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
14<sup>th</sup> 0. p18. 0. 1. p.  
15<sup>th</sup> p3. 0. 1. p7. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
16<sup>th</sup> 0. p19. 0. 1. p.  
17<sup>th</sup> p3. 0. 1. p8. 0. 1. 0. 1. 0. 1. 0. 1. p2.  
18<sup>th</sup> 0. p20. 0. 1. p.  
19<sup>th</sup> p3. 0. 1. p8. draw 8 over 1. p3.  
20<sup>th</sup> 1. p11. 0. 1. p.



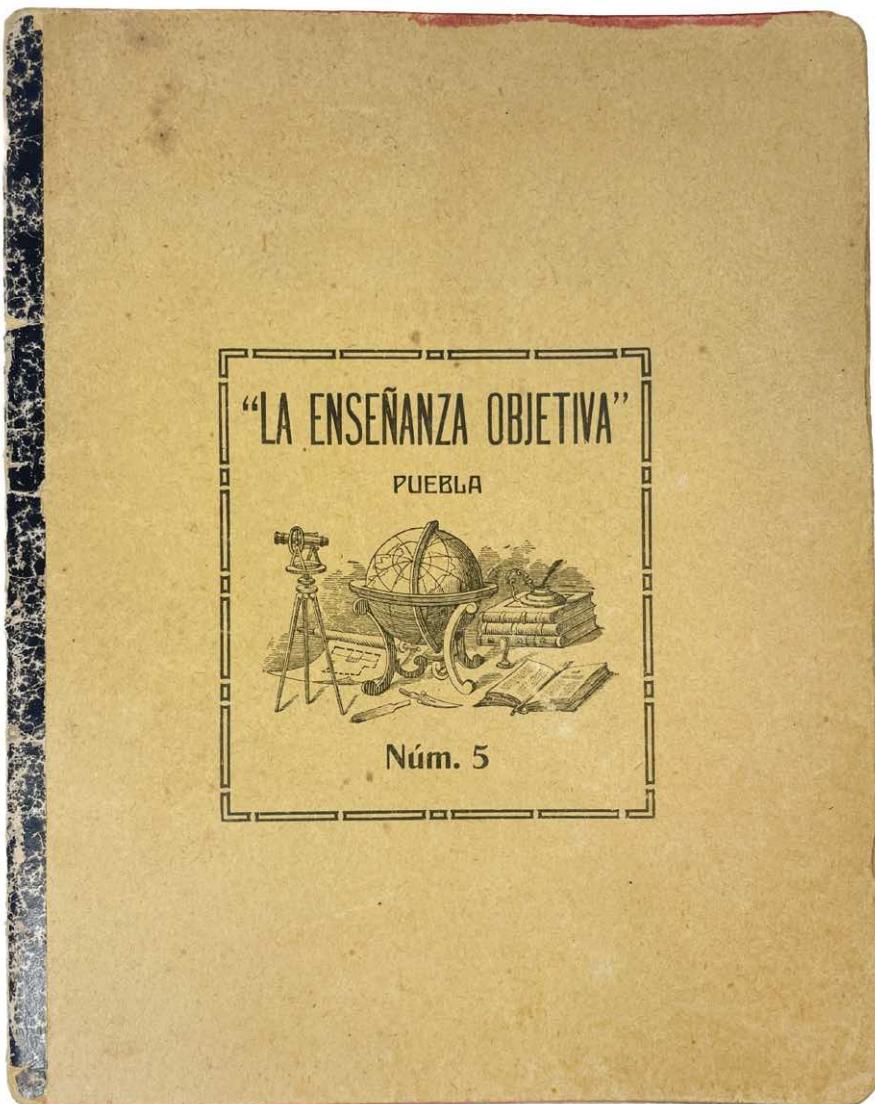
El 10 remain  
the other  
thread  
together  
cash on 9)  
over  
4 holes  
knitting  
the 10  
ing off 4  
9 on  
the  
- for  
- -

Double rose leaf pattern  
for a tidy, 19 stitches for each  
pattern & four over for the whole  
for a tidy 6 patterns, & the 4 over  
my tidy 130 stitches, 6 plain stitches  
each edge - -  
1<sup>1/2</sup> Row P. B2, P. 0 P. Is. B. I. P.  
B. P. Is. B. I. P. O. - (back row)  
2<sup>1/2</sup> Row B3. P. B2. P. B2. P. B4.  
P. 2. B.  
3<sup>1/2</sup> row. P. B2. P. 0 P. 0 Is. B. I. B  
I. B. I. O. P. O. - (back row)  
4<sup>th</sup> row B4, P. B. P. B. P. B5  
P. 2. B.  
5<sup>th</sup> P. B2. P. 0 P3, 0 I, B, I,  
0 P3, 0, - (back row)  
6<sup>th</sup> row B6, P. B4. P2, B  
7<sup>th</sup> row P. B2. P. 0 P5, 0 I,  
0 P5, 0.  
8<sup>th</sup> row B16, P2, B.  
at the end of 1<sup>1/2</sup> 3<sup>1/2</sup> 5<sup>th</sup> 7<sup>th</sup> all the  
uneven rows P. B2, P. at the beginning  
of 2, 4, 6, 8, rows B. P2. B.

A few of the patterns are attributed and there are occasional annotations as to how pretty the end result is. For example, in the case for a pattern for a "triangular," the author notes that it is a "very useful triangular under shawl. This half shawl is very useful for those [who] require one in doors; it is very rich looking, warm, & easily worked, being all done in garter stitch." Some of the other stitches mentioned in the manuscript are "double rose leaf;" "spider net;" "dahlia star;" "cable;" "tulip pattern;" "garter;" and "brioche."

There are patterns for a number of 19<sup>th</sup>-century fashion items. There is the "cloud," which apparently first came onto the scene around 1872 and is "A light, loosely knitted scarf. Both ends could be fringed, or only one end fringed and the other finished in a tassel. One end of the cloud was often worn over the head, the other slung over a shoulder."<sup>1</sup> The "Van Dyke" appears twice. This was a garment that was made to go over the top of a dress and was supposed to be reminiscent of the styles the women wore in Van Dyke's paintings. There is a pattern for a "spencer" for a baby which was a short cardigan sweater without buttons. There are also at least five patterns for antimacassars, which must have come in very handy in the days of viscous hair oil for men. (An antimacassar was a decorative square or rectangle that was made to protect the headrest and arms of a chair.) There are quite a lot of patterns for "tidy's," or ornamental borders, edging and lace. Also, there are patterns for an afghan blanket, a "carriage wrapper," baby shoes, chair covers, shawls, socks (including night socks), hair nets, purses, and there is one pattern for making a curtain. There is a pencil drawing after one of the antimacassar patterns showing how to add the fringe.

<sup>1</sup> Tessa Lorant, *Knitted Shawls and Wraps*. Thorn Press, 1984.



From Frijoles Poblanos  
to Freckle Cream

40. (MANUSCRIPT: Mexican cookery and pedagogy.)  
[From the upper wrapper:] "La enseñanza objetiva."  
Puebla. Núm. 5. [Early 20<sup>th</sup> century.]

21.3cm x 17.7cm. One drawing in the text. [36] ll. (20 of which are blank).  
Quarter black cloth over printed yellow wrappers, saddle stitched, spine  
rubbed, edges stained red, red and blue-ruled paper, final two leaves coming  
loose. \$900.00

A Mexican manuscript from a cookery class in Puebla, a city renowned for its great cuisine. All 37 entries are written in one legible hand. Occasionally the recipes are attributed and it may be that these attributions are the names of the instructors. On the final leaf is a long list of mostly traditional Mexican dishes.

The following are some of the recipes included in the manuscript which are typical to Mexico and that use native ingredients: *tamales canarios* (a recipe from Michoacán for sweet *tamales* made with rice flour instead of *masa*);<sup>1</sup> *frijoles poblanos* (refried beans); *buñuelos rodilla* (desserts of fried dough flavored with sugar, anise, cinnamon, orange, tomato peel, and *quesquite* – a natural mineral salt used in Mexico since pre-Hispanic times); *carne fría* (ham cooked in garlic, carrots, oregano, bay leaf, salt and thyme, then left to cool for a few days and served cold with vinegar, oil, olives, capers, radishes, chilies, avocado, and lettuce); *coleas guisados* (a hearty

<sup>1</sup> *Masa* is a dough made from ground nixtamalized corn. (Nixtamalisation is a Mesoamerican treatment of corn kernels in which the corn is dried on the stalk and then boiled in water that is mixed with ash. This makes for a highly nutritious foodstuff.)

cabbage stew); *albondigas en especie*; *camarones* (shrimp cocktail); *lomo de cerdo a la española* (Spanish recipe for pork loin); and *dulce de camote y leche* (a *camote* is a sweet potato which was originally cultivated by the Mesoamerican civilizations). Below is the recipe for *Albondigas en especie* (Meatballs in a spice sauce):

*Se compra de las tres carnes, res, cerdo, y carnero, ya bien molida se revuelve muy bien con pan remojado, ajo, cominos y yerba buena, y se hacen las albóndigas rellenandolas con huevo cocido para la especie se refrie jitomate en crudo con cebolla y ajos picados sus chilitos verdes y su rama de perejil o sean de serrano y jitomate o chipotle quemado y tomates.*

Roughly translated to:

*Purchase the three ground meats: beef, pork, and mutton, stirred very well with soaked bread, garlic, cumin and mint, and make the meatballs filled with boiled egg. For the spice sauce, raw tomato is fried with chopped onion and garlic. To this you can add either green chili and a branch of parsley or serrano chili and tomato or browned chipotle pepper and tomatoes.*

Other recipes include those for *Galletas Surtido* (assorted cookies and attributed to Señorita Rosario Acevo); *Gelatina de sabores para vaso* (flavored jellies for a cup and attributed to Madre Gertrudis); and directions for making a cream of asparagus soup, a tuna salad, and a freckle ointment (all of which are attributed to Señora Capitana). Also included are recipes for *Cocktail Bronx* and *Huevos Chinos* (Chinese eggs). The *Huevos Chinos* recipe comes with a little pencil drawing.

On the upper wrapper is an illustration of a globe on a table surrounded by books; an inkwell; a letter opener; a partially unrolled diagram; and a theodolite (a survey instrument).

In good condition.

una puntita para el sombrero y el resto se pinta en el centro del huevo. Tanto se habrá pintado las caras de los chinos en la aceituna con un poquito de color vegetal café con los otros 50 gramos. de manteca se bate hasta que quede compacta ó sea dura se pinta ligeramente de rosa y con eso se le hace la boca la escarola de arriba a abajo y los pómulos formandole las orejas. Se le prende el sombrero se toma una poca de manteca se pinta una poquitita de café y otra poca de verde; con el café se le forma la coleta del chino encima de la aceituna y debajo del sombrero cayendo la coleta hasta la mitad del huevo y el verde es para hacer unas jijas en los extremos del pan y una florita rosa en medio.



Recipe Notes from a  
Diligent Student

41. (MANUSCRIPT: Mexican cookery & pedagogy.) [From the upper wrapper:] Material escolar. El Escritorio.  
Libros de texto....Puebla. [Early 20<sup>th</sup> century.]

Oblong: 16.7cm x 22.8cm. [20] ll. Original printed green wrappers, small tear to upper edge (not affecting text), saddle stitched, lightly sunned at edges, blue-ruled paper. \$1000.00



A lovely little Mexican cookery class manuscript from Puebla, a city renowned for its great cuisine. The notebook is filled with 63 manuscript recipes, all in one young, legible hand. Many of the dishes are Mexican and throughout are ingredients native to Mexico.

Included are recipes for *ostiones á la marinera* (fresh oysters with a sauce of salt, pepper, onion, garlic, and lime); *torta castellana* (a cake made with flour, sugar, goat's milk, eggs, and *aguardiente*); *puchero á la española* (a hearty stew); *carne con caldo de aceitunas* (meat cooked in olive broth flavored with *ajonjoli* – sesame seed); *huevos Cuahtemoc* (re-fried black beans with a tomato garlic sauce – Cuatémoc was the last Aztec emperor); *huevos revueltos con chipotle* (scrambled eggs flavored with chipotle pepper); *bacalao a la vizcaina* (dried salted cod cooked in the Basque manner); and *guisado de liebre en salsa café* (a hearty hare stew in a brown sauce flavored with red wine). Below is the recipe for *torta castellana* (Castilian torte):

Cantidades. Harina  $\frac{1}{2}$  klo – azúcar 1.4 de klo – Leche de cabra 1/4 de litro. – Huevos 3 – Aguardiente anisado 1 copita – Mantequilla 50 gms. Manera de prepararla. Se cierne la harina y el azúcar en polvo y se mezclan con la leche, el aguardiente, los huevos y la mantequilla, haciendo con todo una pasta homogenea y no muy espesa, se untan un molde con mantequilla, se llena con la pasta y se mete en el horno para que se cueza, al sacarlo se espolvorea con azúcar.<sup>1</sup>

Roughly translated to:

Quantities. Flour  $\frac{1}{2}$  klo – sugar 1.4 klo – Goat milk 1/4 liter. – Eggs 3 – anise Aguardiente 1 glass – Butter 50 gms. Way to prepare it. The flour and powdered sugar are sifted and mixed with the milk, aguardiente, eggs and butter, making a homogeneous and not very thick paste. Grease a mold with butter, fill it with the paste put it in the oven to cook, when you take it out, sprinkle it with sugar.

On the upper wrapper is an illustration of a young girl at a desk. Around her is printed Material escolar libros de texto (school materials, textbooks) and Libreria y papeleria "El Escritorio" 5 de mayo numero 207. Puebla Pue. La casa preferida por los estudiantes (Book store and stationer "The Desk" 5<sup>th</sup> of May number 207. Puebla, Puebla. The preferred house for the students). Also on the cover, written in pencil on the blank line that follows "perteneciente a" (belongs to), is Cocina, Louz. Casas. On the verso of the lower wrapper written in pencil is 8805 Rosa Maria and 2516 Rosa Maria.

In very good condition and absolutely packed with recipes – practically no space is left blank.

<sup>1</sup> Aguardiente is an alcoholic drink made from sugar cane that is fermented and then distilled. It is still produced throughout Mexico, often supplemented with different flavors and with regional variation.

almendra  
vino  
- jitomate  
perejil  
la carne  
almendra  
genuo de  
ardiente  
tapando la  
que se dora  
- de jitomate  
lata y se

ramita de perejil, para ornarla este plato á la mesa, se pone el lomo en el lomo en el centro de un plato, alrededor los jitomates y el puer se manda a la mesa en un plato aparte.

Jitomates rellenos.

Cantidades.

Jitomates  $\frac{1}{2}$  kilo. – apio 1 taza – queso 100 gms. – Mayonnaise  $\frac{1}{2}$  de litro. leche  
ga 1. Manera de hacerlo. Se orinan los jitomates, poniendolos en  
agua hirviendo y despues en agua fria, se les quita la pulpa procurando  
que queden enteros y se llenan con apio y queso picados en partes igua-  
les. Se colocan en un plato sobre hojas de lechuga, se baian con la  
mayonnaise y se mandan á la mesa.

Torta castellana

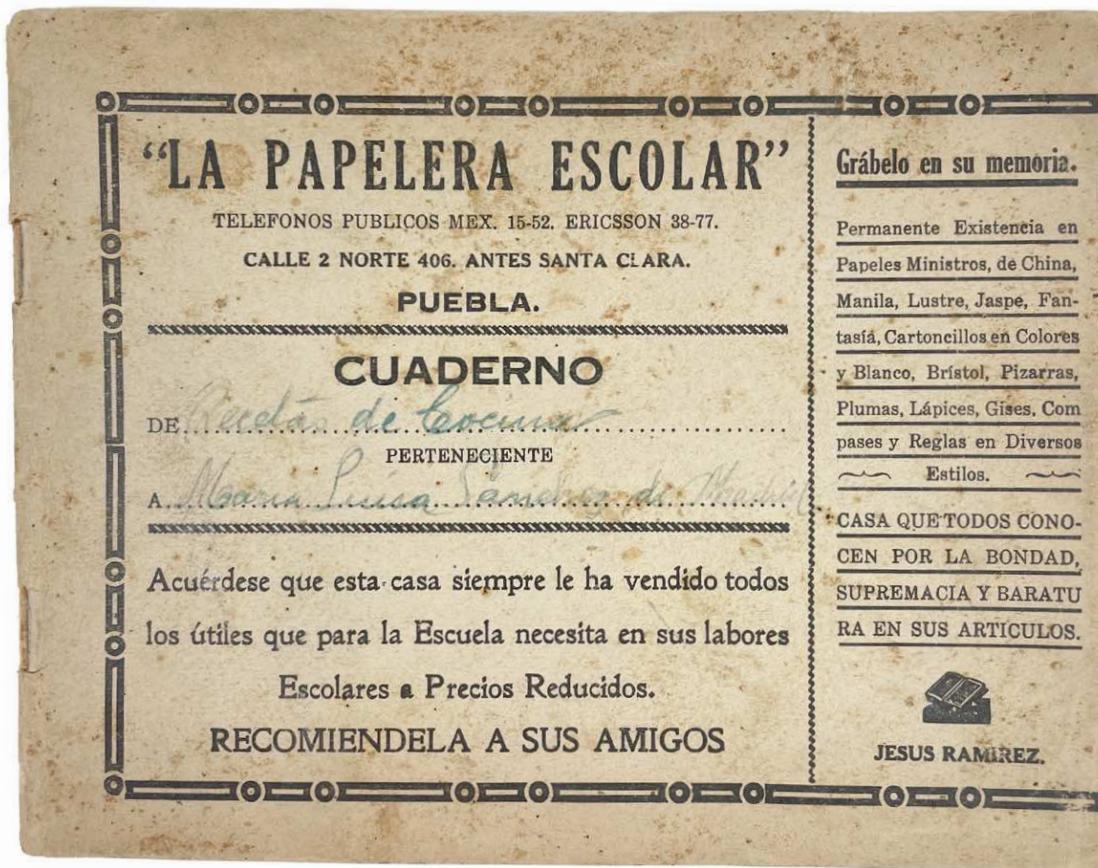
Cantidades.

Harina  $\frac{1}{2}$  klo – azúcar  $\frac{1}{4}$  de klo. – Leche de cabra  $\frac{1}{4}$  de litro. – Huevos 3.

*With Two Menus for  
Economical Meals*

42. (MANUSCRIPT: Mexican cookery & pedagogy.) [From the upper wrapper:] "La papelera escolar"....Puebla.  
[Early 20<sup>th</sup> century.]

Oblong: 16.5cm x 21.5cm. Original printed wrappers, foxed, small tear on upper edge of upper wrapper (not affecting text), small square excised from lower wrapper, saddle-stitched, blue-ruled paper, occasional spotting, one loose bifolium laid in and folded at bottom. \$900.00



A Mexican cookery class manuscript from Puebla, a city renowned for its great cuisine. The 43 recipes are written in two legible hands in black and purple pencil and green ink. Written in green ink on the upper wrapper is *Recetas de Cocina* (kitchen recipes) and Maria Luisa Sanchez de Madrid.

Interestingly, there are two menus for a *comida economica* (an economical meal). The first menu is made up of *Caldo concentrado para buenas sopas*, *sopa de Verduras*, *Guisado de ternera*, *Dulce de perón y ciruela pasa* (concentrated broth for good soups, vegetable soup, beef stew, sweet of golden delicious apple and prune).

The second *Menu para la Comida Economica* consists of *Sopa de pure de chicharo*, *Milanesa con ensalada*, *jardineras de Verduras y pastel Beso de Duque* (pureed pea soup, *Milanesa* with salad, vegetable platter – served with a bechamel sauce – and “kiss of the duke” cake).

There is one last menu included (though not designated as economical). It is compiled of *macarrones a la Suiza* (Swiss noodle soup), *aguacates Rellenos* (stuffed avocados), *papas al Vapor* (steamed potatoes), y *Gelatina de vino* (wine jelly). Below is the recipe for *aguacates rellenos*:

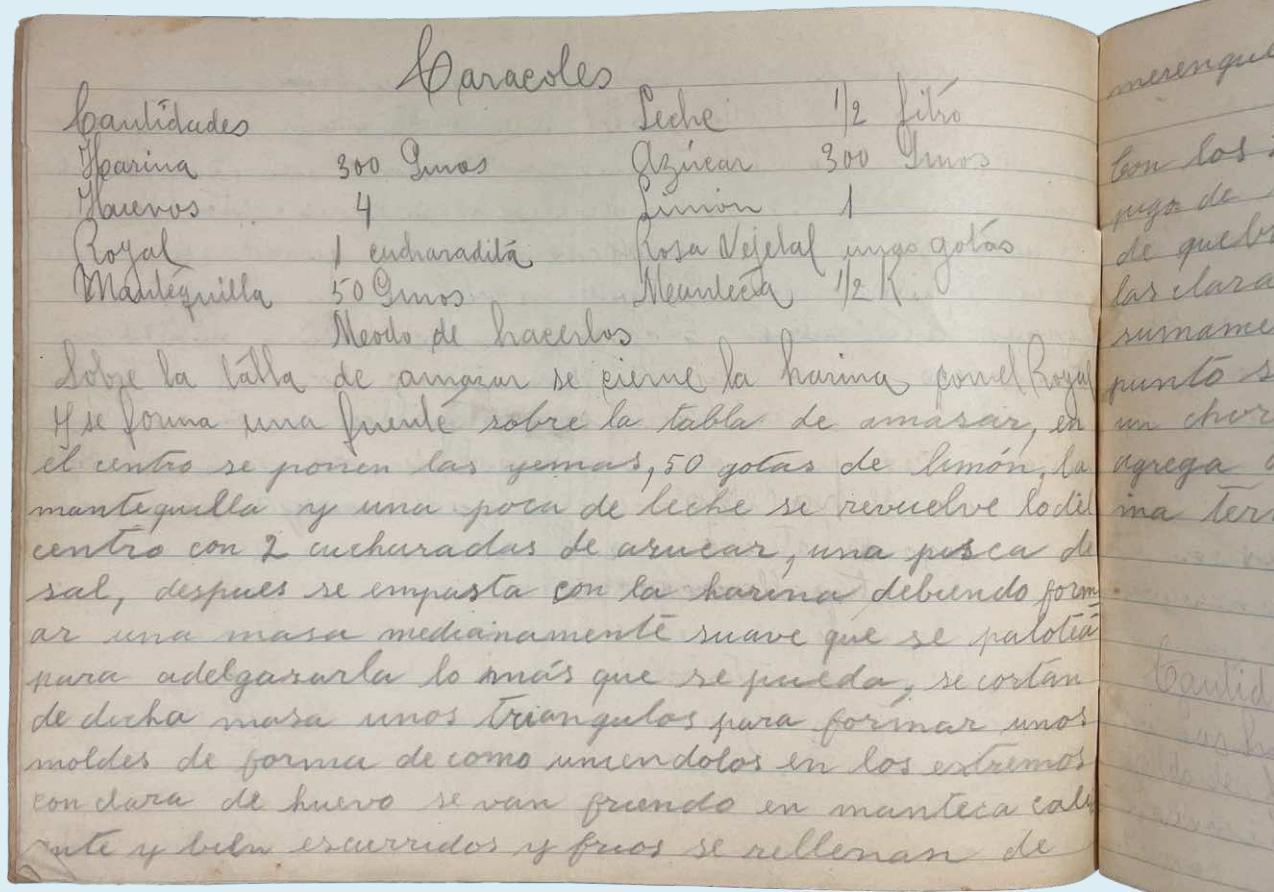
Se limpian los aguacates y se cortan por la mitad a lo largo se sumerjen en una solución hecha de agua sal y vinagre se sacan y se llenan con un picadillo al gusto hecho con salmon, sardinas, jamón, o cualquiera otro pescado.

Roughly translated to:

The avocados are cleaned and cut in half lengthwise, immersed in a solution made of salt water and vinegar, taken out and filled with a minced meat of your choice made with salmon, sardines, ham, or any other fish.

It is interesting to note that avocados are native to Mexico and Central America, were first cultivated by Mesoamerican civilizations, and the word "aguacate" comes from the Nahuatl *āhuacatl*.

The following are some of the recipes that are of Mexican or Spanish origin and use native ingredients: *Sopa seca de harina y Jamón* (a Mexican noodle dish that is known as "dry soup" made with rice and



wheat flour noodles, tomatoes, parley, onion, garlic broth, cheese, eggs, butter, and ham); *Robalo Huachinango Escabeche Blanco* (common snook and Mexican northern red snapper in an acidic marinade and white sauce); and *Lomo adobado* (pork loin cooked in a chili and garlic sauce). Below is the recipe for *Jaibas a la Veracruzana* (fresh water blue crabs done Veracruz style):

*Cosidas las jaibas durante hora y media en agua con media cabeza de ajo y una cebolla un rato. Se escurren y deshuesan sacado las conchas enteras se laven estás muy bien para servirlas en las mismas preparandose del modo siguiente. En aceite se frien jitomate cebolla perejil pimientos y aceitunas picadas se sasona con pimienta y sal agregando cuando está esto bien refrito la carne de las jaibas, al retirarse del fuego unas gotas de limon con la lechuga las papas el resto de los pimientos y la cebolla desflemada se hace una ensalada con aceite y vinagre y pimienta blanca se extiende sobre el platón que ha de llevarse a la mesa colocando sobre la ensalada las conchas de las jaibas, en una encharadita de aceite se tuesta el pan molido y cuando está doradito se pone una cucharada de esto en cada concha sobre el pan las frituras de las jaibas adornando todo con aceitunas, decoradas y cuadritos de pimientos.*

Roughly translated to:

*Cook the crabs for an hour and a half in water with half a head of garlic and an onion for a while. They are drained and the meat is taken out, the whole shells are removed and they are washed. They are very good to serve them in. Preparation as follows. Fry tomato, onion, parsley, peppers and chopped olives in oil, season with pepper and salt, adding when this is well fried the meat of the crabs, when removed from the heat add a few drops of lemon with the lettuce, the potatoes, the rest of the peppers and onion. After it has been drained, a salad is made with oil and vinegar and white pepper. It is spread on the plate that is to be brought to the table, placing the crab shells on top of the salad. In a pan of oil, the ground bread is toasted and when it is golden brown, add a spoonful of this in each shell with the fried crabs garnishing everything with olives, and cubed peppers.*

Printed on the upper wrappers is the name and location of the stationery shop where this notebook was purchased. On the lower wrapper is an advertisement for a gift shop that has just moved to two doors down from the stationers.

On the loose leaf laid in is a recipe for flowers made out of flour (*flores de harina*).

Although the wrappers are foxed, internally in good condition.

From Pollo Saratoga  
to Pastel Cecilia

43. (MANUSCRIPT: Mexican cookery & pedagogy.) [From the upper wrapper:] Rompe cabezas para calar en madera, cortese por los puntos. [Mexico, early 20<sup>th</sup> century.]

Oblong: 16.5cm x 23cm. [40] ll. (including half of one leaf torn away and the stubs of two leaves remaining). Original printed red wrappers, saddle-stitched, some leaves detached (including the second of two signatures), occasional spotting, blue-ruled paper, five additional loose leaves laid in. \$800.00

A curious little Mexican cookery class manuscript written in several hands in pink and black pencil, and green ink. Included are roughly 34 recipes. The majority are written in pencil in a single younger person's hand, perhaps someone in middle school.

What is interesting, and unusual, is that in some instances the recipes are duplicated on the same page. Recipes written in pencil by a younger hand are sometimes followed by the same recipe written in another more mature hand in green ink. It seems likely that the hand in green ink is that of the instructor and that the younger hand (in pencil) was learning the recipe by copying it. This sign of pedagogy, along with the educational game on the upper wrapper (see below) and the handwriting practice section (also mentioned below), supports the argument that this notebook was used in school.

Among the Mexican cookery recipes are those for *huachinango de escabeche* (Mexican northern red snapper in an acidic marinade and sauce); *huevos a la pastora* (eggs over easy with a chili and tomato sauce topped with cheese); *refresco de mamey* (a refreshing beverage made with *mamey*, a fruit that is native to Mexico); *dulce de camote y piña* (a *camote* is a sweet potato which was originally cultivated by the Mesoamerican civilizations); and *adobo* (of chicken). *Adobo* is a traditional Mexican sauce. In this manuscript it is made with *chiles mulatos* (dried poblano chilies), *ancho chiles*, tortillas (fried and ground up), chocolate, oregano, garlic, *canela* (cinnamon), onion, lime, and vinegar. There are also recipes for German sausages, Vienna cake, and sandwiches.

*Modo de hacerlo*  
En dos recipientes de cobre o barro se baten dos 9 llamas  
y 3 huevos enteros y en otro 9 claras cuando las primeras co-  
mienzan a espesar se les agrega 200 gramos de azúcar se  
siguen batiendo hasta que estan muy espesas lo mismo  
que las claras asta que alcanga punto de merengue,  
en este grado otras cosas se agregan la ~~carne~~ servida  
al bollido de los llamas 100 gramos de mantequilla  
fundida y fria cuando se incorpora bien se le pone una  
cucharada de corteza de naranja o una cucharadita de  
vainilla y al batir la claras batidas se rebueve  
suavemente para que estos no se apaguen y se batiyan  
todo en 3 moldes siliconados de 9" x

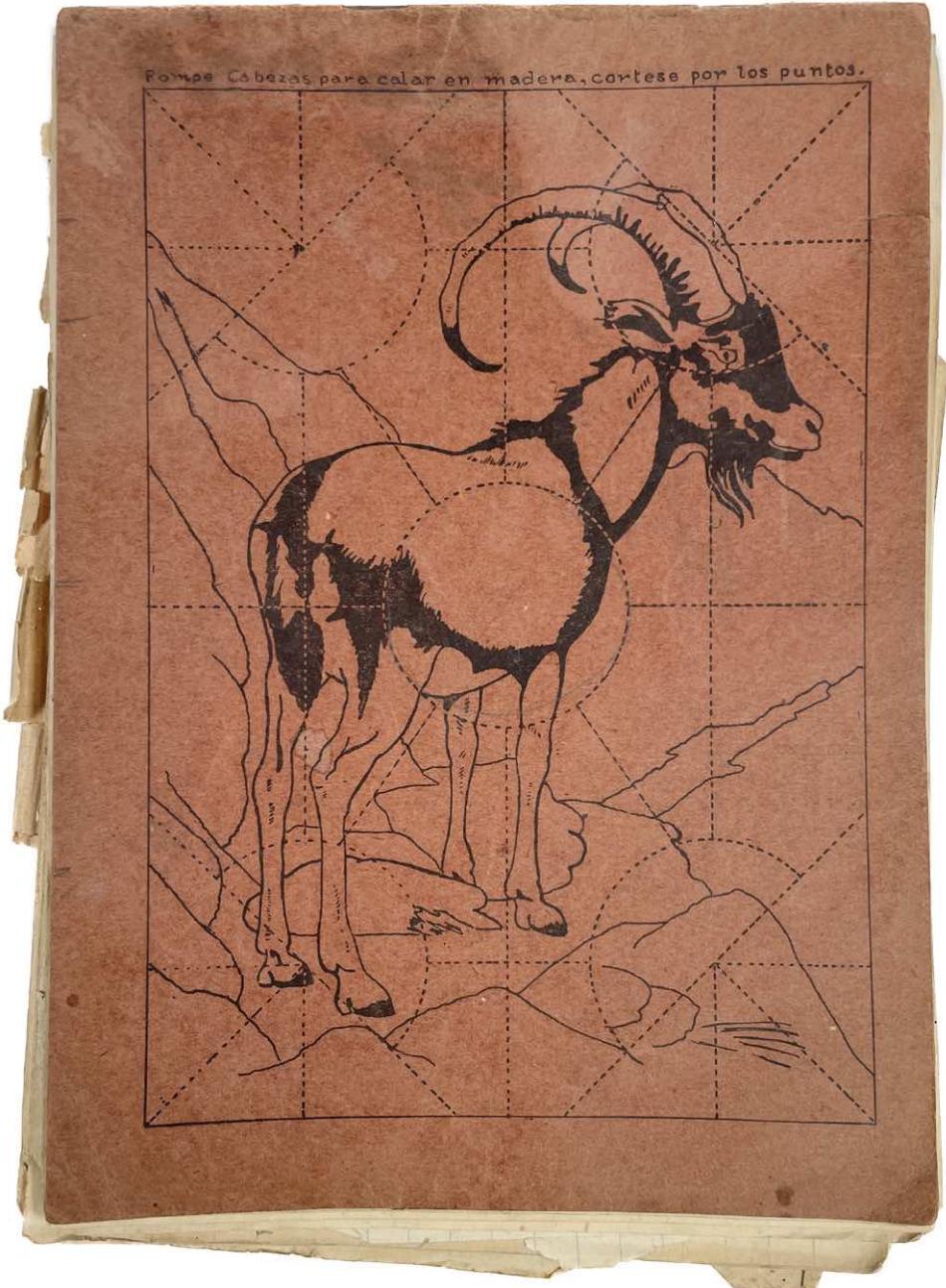
The additional loose leaves contain recipes for chocolate bonbons and *grenetina plata especial amapolas* (poppy-shaped milk gelatin). There is also a dinner menu for eight people that is comprised of potato soup; *asado casero* (meat stew in which meat and potatoes are cooked in tomatoes, garlic, oregano, pepper, bay laurel and thyme); cauliflower gratin; and a garbanzo tort. There is also a leaf written recto and verso containing information on the medicinal qualities of cinnamon and paprika as well as recommendations for healthy eating. This leaf ends with the statement that "El organismo humano es una maquina maravillosa creadora de bellas energias" (The human organism is a wonderful machine that creates beautiful energies).

In the manuscript there are also entries regarding table service (including coursing out beverages); kitchen hygiene; a soup for invalids; and an economical menu. Many of the recipes are written for up to ten people or *cubiertas* (covers).

On the upper wrapper is a *rompe cabezas* (puzzle) that is a drawing of a desert bighorn sheep (native to southwestern United States and northern Mexico). Instructions along the edge of the illustration are to cut out the pieces as indicated by the dotted lines.

On the lower wrapper is printed "Libreta Pegaso" with an illustration of Pegasus and a naked man standing next to a stack of books. There are two spaces where one is meant to write one's name and perhaps the teacher or class. The first seven leaves of ruled paper have rows of interconnected loops covering two lines and with a space between each row – a technique used for teaching cursive.

Although slightly worn, a good 20<sup>th</sup>-century Mexican cookery manuscript.



Making Catchup  
Take  
Root ginger  
Cinnamon Bark  
ground pepper  
Cloves  
Allspice

To Make a Com Clean  
Take  
oz of Fenny Grub  
" Camberbeck  
" long pepper  
" Grains of Paradise  
" Bay Berries  
" madder  
" diaper  
boiled oil  
handfull fether few

From Mill Picks to Cucumbers,  
19th-century Canadian  
Life on the Farm

44. (MANUSCRIPT: Canadian remedies & domestic economy.) Blain,  
Stewart and Lizzie. [York, Ontario, Canada.] 1868-early 20<sup>th</sup> century.

16.1cm x 10.5cm. [26] ll. Contemporary homemade linen wrappers over original blue linen  
wrappers, hand stitched, wrappers heavily stained, blue and red-ruled paper, occasional spotting  
throughout, one leaf torn away. \$1000.00

AN INTERESTING CANADIAN MANUSCRIPT of veterinary and medical remedies as well as a few  
directions for domestic economy. Written in at least three different legible hands, the  
manuscript includes 55 recipes written *tête à bech* (the manuscript can be read from one direction  
and then flipped over and read from the other direction).

Several aspects of this manuscript point to it coming from York, Ontario, in the 1860s. On the verso of the upper wrapper is written "Mr. Blain" and the date 1868. On the first leaf, written from the same direction (which contains 51 recipes), appears "J W Gamble & C°." There was a J W Gamble & C° in York, Ontario, Canada, that purchased William Allan's (1770-1853) general store in 1822.<sup>1</sup> On the same page are the names Lizzie Blain and Stewart Blain and we were able to find a record of a Stewart Blain (1826-1901) in York, Ontario.<sup>2</sup> Also of note is the recipe for Burdock Blood Bitters which appears twice. This was a Canadian remedy invented c.1866.<sup>3</sup> It was advertised as a blood purifier and a cure-all for anything from stomach-related ailments to complications with menstruation.

<sup>1</sup> Firth, Edith. *The Town of York 1793-1815: A Collection of Documents of Early Toronto*. University of Toronto Press, 1962.

<sup>2</sup> <https://www.ancestry.ca/genealogy/death-records/stewart-blain.html>.

<sup>3</sup> Many digital archives exists with images of early advertisement for Burdock Blood Bitters. This article places the first publication date of a Canadian periodical called *Burdock Blood Bitters Almanac and Key to Health* at 1866: <https://whatscookinvt.wordpress.com/2016/02/04/burdock-blood-bitters-1888/>



68  
69  
70  
71

Included are remedies for horses, cows, and humans, as well as multiple directions for tempering “mill picks.” Mill picks are one of many tools used to maintain (“to dress”) a millstone to keep the grooves sharp and even when milling the grain. Quite possibly, this family had a horse-driven mill, or perhaps someone in the family was a millwright and had the job of maintaining millstones.<sup>4</sup> The presence of information on millstones supports the argument that this manuscript is from York, Ontario, as the town has an important mill history.<sup>5</sup>

The veterinary remedies include directions “for a wounded horse” (using lead, wine, sulphuric acid, and water); “Cure for Coughs on horses;” “Loss of Cud in Cow;” a remedy “for swollen legs” (to be fed to the animal in a bran mash); “To put a horse in [good] Condition” (using sulphur, talc, saltpeter); “Cure for Heaves of Horses” (with ginger, rosin, sulphur, alum and antimony); “Black Ointment for Corks in Horses Feet” (“corks” are studs that are added to a horse’s hoofs); how to treat a discharge coming from cows after giving birth; sprains; bruising; and a remedy for spavined bones (a form of osteoarthritis that affects the lower hock joint).

Medical remedies for humans include a cure for rheumatism; a remedy for “Bile & Fever” (that calls for “Asaefitidy” which is made from asaefetida, bitter aloe, saltpeter, ginger, cloves, sugar, and “Old Tom” – gin, or whiskey); a cure for a sore throat (that includes oregano and camphor); a remedy for erysipelas (a skin infection); scarlet fever (with sage, beech bark, gold thread, honey, borax, and saltpeter); and several different remedies for dyspepsia that call for ingredients such as senna leaves, golden seal, peppermint water, baking soda, orange peel, gentian root, “columbia root,” turkey rhubarb root, magnesia, and cream of tarter.

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<sup>4</sup> For an in-depth description of how millstones work and how labor-intensive it is to keep a millstone in good condition so that the grain can be properly ground go to: <http://www.whitemill.org.uk/z0008.htm>.

<sup>5</sup> <https://sahratoronto.com/sahra2017/wp-content/uploads/2017/12/2011JanesWalk-NYHS.pdf>



There are also receipts for cement, ink, and catchup. Here is the lengthy recipe for a large quantity of cucumber pickles:

Select say 600 small cucumbers  $1\frac{1}{2}$  to 2 inches long, wash clean rub off the prickles. Make a brine of salt and cold water strong enough to bear an egg. Bring it to a boil and pour hot over the cucumbers. Cover and let stand 24 hours. Drain and wipe dry which can be quickly done by placing a large handful in a towel at a time rubbing them then place in stone jars. Scald enough weak vinegar to cover them pour it on hot and leave a day or two after which drain it off and put the pickles in a jar in which they are to be kept. For one gal. of best cider vinegar add one quart brown sugar two or three green peppers, one tea-cup full white mustard seed an ounce each of ginger root, whole cloves cinnamon, and allspice one table spoonful celery seed, Alum the size of a butternut and a root or two of horseradish cut up in small pieces, scald all these in the vinegar and pour it hot on the pickles cucumbers. They will be ready in a day or two for use and will require no further care provided the vinegar is of prime quality. For conveniences sake it is well to put them in wide-necked bottles and close them like sweet meats put jars with a plate or saucer over the pickles to keep them under the vinegar and a close fitting cover will answer the purpose as well.

On the leaf opposite the second page of this cucumber recipe is written "Business American / Business College" in an early hand.

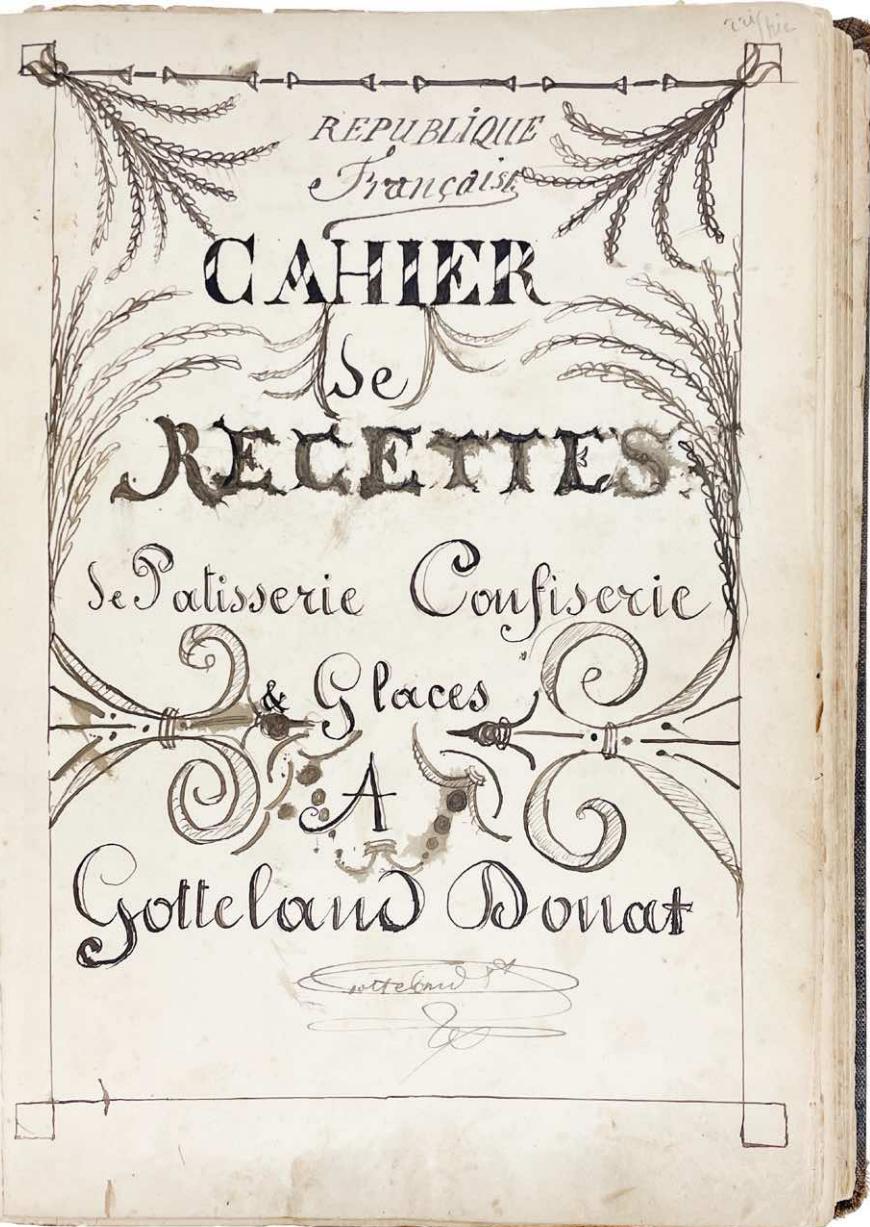
Written from the opposite direction are entries dated from April 22 to June 10 documenting various farm expenses such as a new bolt plate for a plough beam; adding links to log chains; adding a ring to a neck yoke; and a mended nosepiece for the wagon.

Although the wrappers are quite worn, a lovely little slice of Canadian farm life.

Receipt for Appetite  
2 oz of Gentian  
1 do of Pimento  
1 do of Carbonite  
of Ammonia

Receipt  
for Cow if a ~~discharge~~ follows  
the after birth  
inject daily one half dracham  
Chloride of Zinc dissolved  
in a pint of clear water and  
five ounces of glycerine added  
Repeat till discharge ceases

Tonic for same  
Gentian  $\frac{1}{2}$  oz daily  
sulphate of iron 2 drachams  
peper  $\frac{1}{2}$  oz  
Ginger  $\frac{1}{2}$  oz  
Gentian  $\frac{1}{2}$  oz  
daily



*Recipes for an Early 20th-century  
Catering Business*

45. (MANUSCRIPT: French cookery.) [Gotteland & Déchelette.] République Française. CAHIER de RECETTES de Le Patisserie Confiseri & Glaces A Gotteland Donat. [Tarare, Rhône department, c.1900-15.]

30.1cm x 21cm. 1 p.l., 18, 21-71, "70bis," "71bis," 72-260, 265-269, 260-272, [2 - blank] pp. (77 of which have page numbers only and are otherwise blank). Contemporary linen over boards, boards lightly rubbed, head and tail of spine worn, corners bumped with cloth rubbed away, marbled endpapers, upper hinge partially split, first three leaves partially detached, red and blue-ruled woven paper, occasional spotting and foxing, several additional leaves laid in, portions of a few leaves torn away on blank pages, small hole on title page affecting one letter but sense still clear, final two leaves chipped around edges.

\$1000.00

AN UNUSUAL AND EXTENSIVE French cookery manuscript of 647 recipes, written primarily in one legible hand. From the pages laid in as well as the ornately illustrated title page, we can determine that this is a book of recipes from a catering business in the town of Tarare, in the Rhône department of France.

At the bottom of the calligraphic title page is the signature of Gotteland; this signature appears again at the bottom of each of the twenty menus that begin on page 250. One of the catering order forms ("Cuisine & diners sur commande") that is laid into the manuscript indicates that "D. Gotteland" is the successor to "Anc.<sup>ne</sup> M.<sup>on</sup> Déchelette." From a comparison of the signed menus to the body of the manuscript, it appears that the primary hand in the manuscript is that of Gotteland. It is possible that one of the other hands in the manuscript is that of Déchelette.

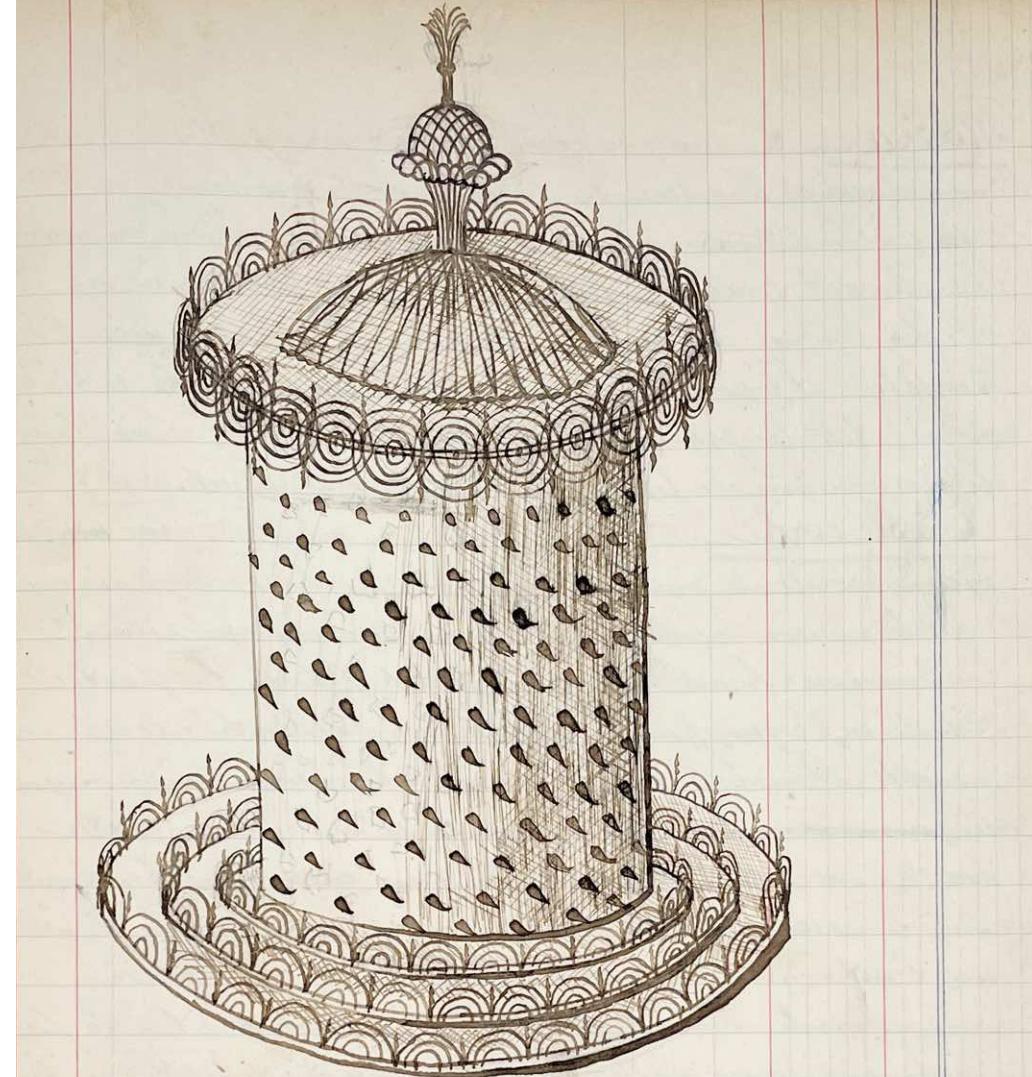
The manuscript is divided into twelve sections followed by a table of contents at the end. Sweet recipe sections include *Entremets* (desserts); *Entremets Divers* (various desserts); *Entremets chauds* (hot desserts); *Entremets Gelés et froids* (jellied and cold desserts); *Glaces* (ice cream); *Petits fours secs* (dry small bite-sized cakes); *Fruits et Petit fours Glacés et divers* (fruits & small cakes iced and otherwise); *Petits gateaux a la main* (small cakes made by hand); *Recettes diverses* (a few divers recipes); *Fruits confits et sirops* (fruits cooked very slowly in syrup and syrups); and *confiserie* (confectionery). There are also nineteen *pièce montée* recipes and two illustrations of *pièce montées*. One is of a *Mille feuilles à la Parisienne* (drawn in ink) and another unfinished pencil drawing of a heptagonal stepped pyramid *pièce montée*.

In France, during the 19<sup>th</sup> century, *pièce montées* were the pinnacle of achievement in pastry making, most famously exemplified by the recipes and work of Marie-Antoin Carême (1783-1833), who was sometimes called “the Palladio of French cuisine” due to his edible architectural creations.<sup>1</sup> *Pièce montées* date back to the 17<sup>th</sup> century and were usually made from sugar and *pastillage* to look like fanciful architectural creations; sometimes, they represented actual gardens and buildings, and on even rarer occasions, they were savory.<sup>2</sup>

Savory recipe sections include *Cuisine* (consisting of various *consommées*, a clear soup made from a rich stock that has been clarified); *Potages liés* (cream-based soups); *Hors-d'œuvres chauds* (hot small savory dishes); *Sauces*; *Relevés de Poissons* (fancy fish platters); *Relevés de Boucherie et gibier* (fancy meat and game platters); *Timbales et Entrées diverses* (timbales are a hearty filling enclosed within a crust); *Entreés froides et seconds rotis froids* (cold appetizers and cold roasts); *Légumes* (vegetables); and *Salades de légumes* (vegetable salads).

<sup>1</sup> Arndt, Alice, ed., *Culinary biographies*, p. 90.

<sup>2</sup> Larousse: “*Pastillage*. A paste, used in confectionery, made from a mixture of icing (confectioner's) sugar and water with the addition of gelatine or gum tragacanth and powdered starch.”



### • Mille-feuilles à la Parisienne. •

glaçure) avec une branche de roses ou autre fleur  
chayne roté dans le sens de la longueur. L'ense  
est facultative en tous cas une pice avec anse  
fere plus d'effet sion a soin d'y poser un fl  
de rubans qui devra toujours étre très léger.  
Coupe ronde - La coupe ronde se fait en nougat  
avec 3 anses comme support. Elles se garnir  
en fruits soit en quartiers d'orange. Elle se  
veut fleuris et feuilles en sucre.

Laid in are order forms for Gotteland, manuscript menus, recipe notes, and receipts. On these forms the business is advertised as for "CUISINE & DINERS SUR COMMANDE, SPÉCIALITÉ DE FOIES GRAS EN TERRINES & AU DÉTAIL" (food and dinners to order with a specialty in *foies gras*, priced by item). An award is listed for the year 1902 and the printed portion of the form is for "le \_\_\_\_\_ 190."

At the top left of one of the forms it is announced that Gotteland can provide "glaces, sorbets, desserts, bonbons, and dragées pour Mariages & Baptêmes" (ice cream, sorbet, bonbons, and candied nuts or fruit for marriages and baptisms). At the top right, they advertise that they can also provide cold *patés*, truffled *quenelles* (a light fish or meat meatball, made light by the use of egg whites), *petit fours* (a mini cake), sweets, and edible sculptures (*pièce montées*) to be served at evening events.

We have had numerous French cookery manuscripts, but this is the first manuscript cookbook we've ever had that comes from a catering company.

Although worn, an interesting manuscript with a charming title page.



Tapes



Warp Way



Buttonhole      Weft Way



*A Highly Skilled Student of  
Needlework*

**46. (MANUSCRIPT: Sewing sampler.) Wilson, Audrey L. Needlework Specimens. c.1930.**

24.5cm x 21cm. Twenty-nine actual sewing examples tipped in (two of which are embroidery samples, one of which is partially knitted), manuscript on upper board and throughout. 24 ll. Original blue quarter cloth over grey boards held together with metal eyelets and braided embroidery thread, sewing samples in excellent condition, some creased, all clearly labeled in a neat hand, upper and lower boards slightly bumped and scratched.

\$750.00

A UNIQUE AND WELL PRESERVED NEEDLEWORK SAMPLE BOOK representing the work of Audrey L. Wilson. The hand is in a very neat Chancery script. With the exception of one sample which is labeled "Machined Seam," it appears as though all of the needlework was done by hand and with great precision. Each sample is neatly attached to its leaf with a stitched "x" on each of the two upper corners of the fabric.

All of the work is expertly done. There are stitch samples on various types of cloth such as cotton, linen, rayon, silk, and flannel. There are six examples of stitches to attach lace to fabric. There is one leaf with samples of buttonholes and taping which shows lovely workmanship, and one exceptional "Print Patch" which perfectly matches the pattern of the patch swatch to the original red and white gingham cloth piece.

Mounted on the inside of the upper board is a printed card that reads "Audrey L. Wilson. Diploma II."

In very good condition.



*A Homemade Sewing Sampler*

**47. (MANUSCRIPT: Sewing sampler.) B.L. Sewing.  
c.1935.**

Oblong: 22cm x 28.2cm. Eleven sewing samples tipped in, upper card decorated with paper cutouts of dolls, manuscript throughout. [9] ll. + two leaves which function as wrappers. Held together with brass brads which are blind-stamped with the image of an acorn, light overall wear, 1" tear to edge of upper wrapper at spine, lightly sunned.

\$500.00



A UNIQUE AND CHARMING OBJECT. This sewing sample book is so lovingly and simply put together, it's possible that it was a homemade project. The paper fasteners used to bind the pages are "Acorn Highest Quality

Brass Paper Fasteners." The fabrics used are cotton, rayon, and linen. Based on the style of buttons used in the "sewing on buttons" leaf, as well as the fabric, and the cutouts pasted onto the upper "wrapper," this book might have been compiled in the 1930s.

The first leaf has a large cross stitch sampler attached to it, with the alphabet and numbers one through zero stitched in as well as the initials "B.L." which were also penned in black ink on the upper wrapper. This sampler also includes hemstitching, darning, hemming, basting, buttons, button holes, and a square patch.

With cutouts of ladies in Victorian ball gowns decorating the upper wrapper, as well as the word "SEWING" and "B.L." in black ink. There is no information to indicate who "B.L." was.

In good condition.



Boys were kept away from school quite often once the weather cleared sufficiently in the spring in order to help with driving the plough, setting potatoes, and with haymaking. The girls were needed away from school as well, in order to mind or "nurse" the home while their mothers were out working in the field. Despite a "harvest vacation" which seemed to vary in length between August and October, children were needed for further farming and remained away from school for quite some time after the "vacation" had ended. Consistently in May, children were pulled out of school for the "Stockton hirings." One entry listed only thirteen children in attendance (in a school that on a well-attended day had sixty-eight children).

There were many other circumstances which drew the children away from school. The teachers write in the log book about the lack of heat in the building, the damp, and the seemingly endless illnesses due to the cold. An extremely common reason for poor attendance was "severe weather". On the 24<sup>th</sup> of February, 1876, there was low attendance due to a "hunt in the village". One young woman ceased going to school in May of 1890 as she had "gone away to a situation" (she was most likely employed by a household).

Up until September of 1891, the parents were expected to pay for their children's education, and many of them could not afford it. On the 17<sup>th</sup> of May, 1889, one teacher writes that two of her pupils have been absent for a second week due to "bad payment of school fees." One parent threatened to remove her four children from school in January of 1872, if she were to be required to supply them with so many books. It is clear that the many teachers who passed through the school were exasperated by their circumstances. One wrote on the 14<sup>th</sup> of November, 1870, that "school so thin that teaching is an anomaly." More often than not, the children most likely to attend were the "infants" (children aged four to seven) as they were too small to help with the agricultural work. On September 1<sup>st</sup>, 1891, there is an entry that mentions "Free Education commencing today... Admitted six new children today, one boy and five girls."

There are two entries on the 19<sup>th</sup> of January and the 2<sup>nd</sup> of February, 1872, which very eloquently paint a picture of the privations visited upon these teachers:

*I have not been able to draw up a timetable or fix the Scripture lessons for want of books pictures and a new blackboard. The Bibles are few and in a very bad condition the greater part have Genesis torn out. The needlework is of a very poor description, as there is nothing whatever provided by the managers for teaching the children sewing, and many of the children are frequently without work. —nineteen January 1872.*

*There has been a very thin school during the past week probably on account of the continued wet weather. The schoolroom is extremely damp and cold. The funds of the school being so low that there cannot be two fires allowed and one is not sufficient to keep it warm and dry. —2 February 1872.*

Health was a major concern with frequent epidemics of measles spreading throughout the village and school. Chicken pox, diphtheria and whooping cough kept many children away from school, and an outbreak of ringworm was reported in May of 1886.

The bookseller's label tipped in is for *Jennet and Co, Stockton on Tees*, a store which apparently was dissolved in October of 1876.

A rare glimpse into a child's life in Victorian England and an interesting piece of social history, written in many different legible hands.  
In good condition.

*The Gastronomic Life in a German  
POW Camp*

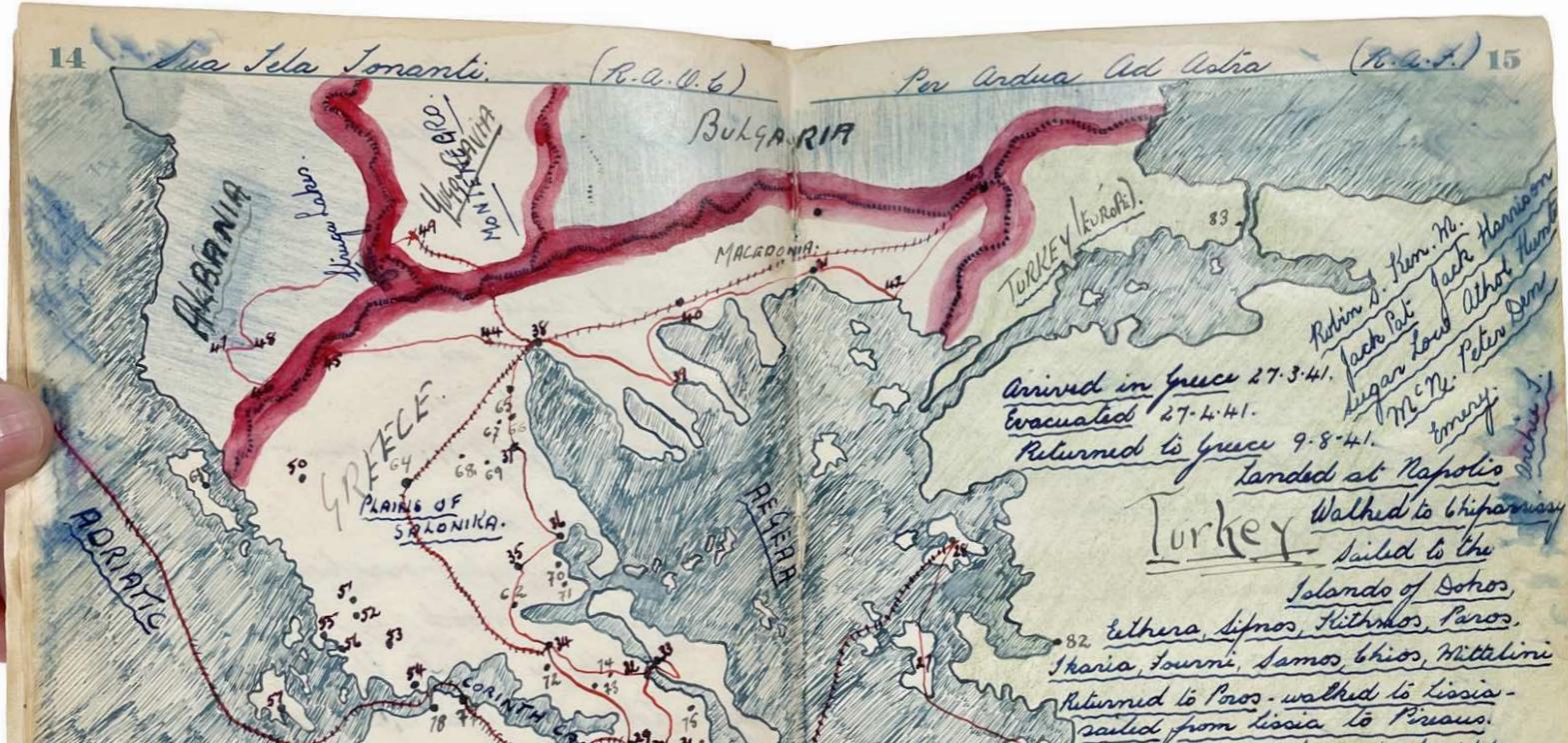
**48. (MANUSCRIPT: POW chef's journal.) Payne, Kenneth Joseph Michel. A wartime log for British prisoners. Geneva: The War Prisoner's Aid of the Y.M.C.A., [1944-45].**

17cm x 12cm. 5 p.l., 54, [22], 55-113, [4], [1 - blank] pp. (including free endpapers). Original printed green linen boards, boards detached from spine, spine rubbed, occasional spotting, shadow of old tape along gutter of many pages, occasional dampstaining, a few leaves towards the end loose. \$4500.00

AN ABSOLUTELY ASTONISHING WORLD WAR II POW MANUSCRIPT written by the cook for the infirmary at Oflag 79, a German prisoner of war camp for Allied officers located near Braunschweig, Germany.<sup>1</sup> Included are 74 culinary recipes as well as many gastronomy-related anecdotes and inscriptions from fellow inmates at Braunschweig.

The prisoners at Oflag 79 were mostly British Commonwealth officers from the Battle of Crete and the North African Campaign and the camp was liberated by the U.S. Army on April 12<sup>th</sup>, 1945. The manuscript was written between 1944 and 1945 during "Mike" Payne's (1911-1988) internment in Braunschweig, when he had time to reflect on his activities since he had landed in Greece in April of 1941.

<sup>1</sup> Oflag is short for *Offizierslager* (officers' camp).



Conception.

Bob Reilly's Page.

63



While in Greece Payne was in combat as a lieutenant of the 2<sup>nd</sup> New Zealand Expeditionary Forces and then captured and imprisoned. He and a few other soldiers escaped into the Greek countryside where they received much support from the locals (including shelter and food). After this first escape, Payne was captured and then he managed to escape again. This happened multiple times between 1941 and 1944.

During his time spent outside of prison in Greece, he joined a Greek commando unit and worked with them to undermine the Germans and Bulgarians. Much of the manuscript consists of Payne's remarkable stories of escape and survival throughout Southeastern Europe, spanning mainland Greece, numerous Greek Islands, Albania, Yugoslavia, and the border of Bulgaria. Also included are two maps illustrated by Payne that show his travels, followed by a key to all of the locations on his routes. Payne was very touched by the generosity of the Greeks who sheltered him and his comrades. He writes:

*I feel very humble even yet when I think of what those good people had prepared for us. A change of clothes — all the necessaries, that is — underwear, a spare shirt each, sox and handkerchiefs. Toothbrush and paste, shaving outfit and spare toilet soap. Six tins bully, [finely minced corned beef packed in gelatin] three loaves bread, four packets biscuits and two tins margarine — tea — sugar matches, cigarettes everything had been thought of. It may not seem very much — but when one realizes just how scarce food was at that time — then some idea as to what sacrifices they must have made to fit us out.*

At some point in 1944, Payne is captured (for the last time) and is sent to Germany's Oflag 79, where he stays until he is liberated by the United States Army. On the entry dated 16 April 1945 Payne writes "The great day has dawned! The Americans have arrived! We are free!" (p. 102).

Peppered throughout the manuscript are inscriptions to Payne as well as drawings and photographs of fellow inmates at Oflag 79. On page 1, Lieutenant Colonel R.V. Webb writes: "written in appreciation of his work as Chef to the patients in the Krankenrevier, Oflag 79, Germany 1944." (Krankenrevier is German for infirmary.) On page 40, one of his pals writes "Come to Canada and I'll do your cooking." On pages 58-59, fellow New Zealander Bob Smith writes an ode to Payne, praising his "epicurean feats of skill."

On pages 22-25 Payne compares and critiques the contents of food parcels from England, Canada, New Zealand, and the United States. He writes about how he augmented the POW's meals with the foodstuffs supplied by these parcels. Below are his notes on the Canadian parcel which consisted of 1 lb. Klim (dehydrated whole milk powder); 1 lb. butter; 1 lb. Bully; 15 oz. wheat roll; 1/2 lb. salmon; 1 tin sardines; 1 pk. Biscuits; 7 oz. Raisins; 4 oz. cheese; 6 oz. prunes; 6 oz. sugar; 5 oz. chocolate; 1 lb. jam; 4 oz. tea or coffee; 1 pk. salt; and 1 cake soap:

*Actually the most popular parcel. The main reasons being, I think, the lb butter, sugar, biscuits and chocolate – plus of course the klim. Some useful dishes can be made up from this parcel too – Porridge from the biscuits. The biscuits also make a very good flour – or soaked over night – fry up deliciously in fat. The food value of this parcel – I think is the highest – four meat meals – good ones – and three fish meals – plus your prunes and raisins – to me the klim was the best thing in the parcel – the only thing was that I never had enough of it to do what I wanted.*

Payne personally liked the English parcels best, mainly for the variety and the occasional surprise ingredient such as the Yorkshire pudding mixture. The parcels from New Zealand were the least popular with the POWs (not surprising considering how far they had to travel), but Payne thought "the honey was grand." Of the American parcels, he writes that they were the best thought out as they were created to cater to different tastes.

These entries are followed by a German ration scale for the week ending on 14 January, 1945, which consists of potatoes, bread, meat, margarine, sugar, cooking fat, flour, English tea, coffee, jam (syrup), sauerkraut, dried peas, fresh vegetables, turnips, barley, cheese, and dried vegetables. Payne cautions that "This scale is not as extensive as it appears. The scale per head per issue is so small that it takes about three issues to get a decent feed. Still, thankful for small mercy's." It would be interesting to know how the rations for enlisted men compared with these meager portions that were served to officers.

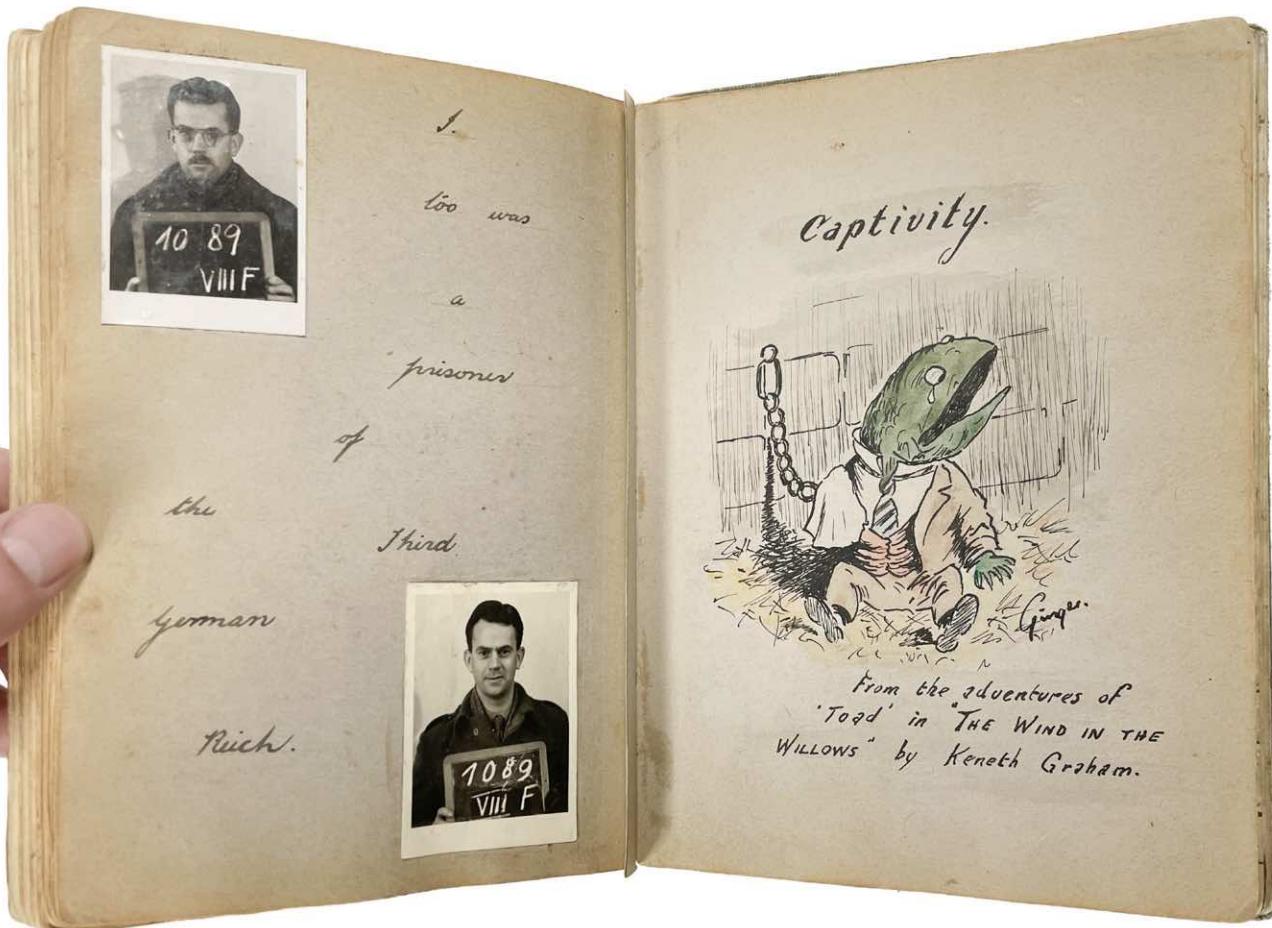
Shortly after, on 20 February, when Payne received his final red cross food parcel, the "rumoured cut in German rations became fact." The new daily rations per person were 400 grams potatoes and 250 grams bread. Spread out over a week, the officers could also look forward to 18 grams flour, 50 grams cheese, 130 grams jam, 175 grams cereals, 1800 grams turnips, and 210 grams meat. As to this, Payne writes that "The potatoes are very poor – either bad or spoiled by the frost: I have learned to like turnips since becoming a P.O.W. Flour is poor – when mixed is a dirty brown colour – still in times like these it is like sunshine flour. Jam varies, sometimes it is quite nice – we have been getting treacle instead lately. Cheese is not worth talking about."

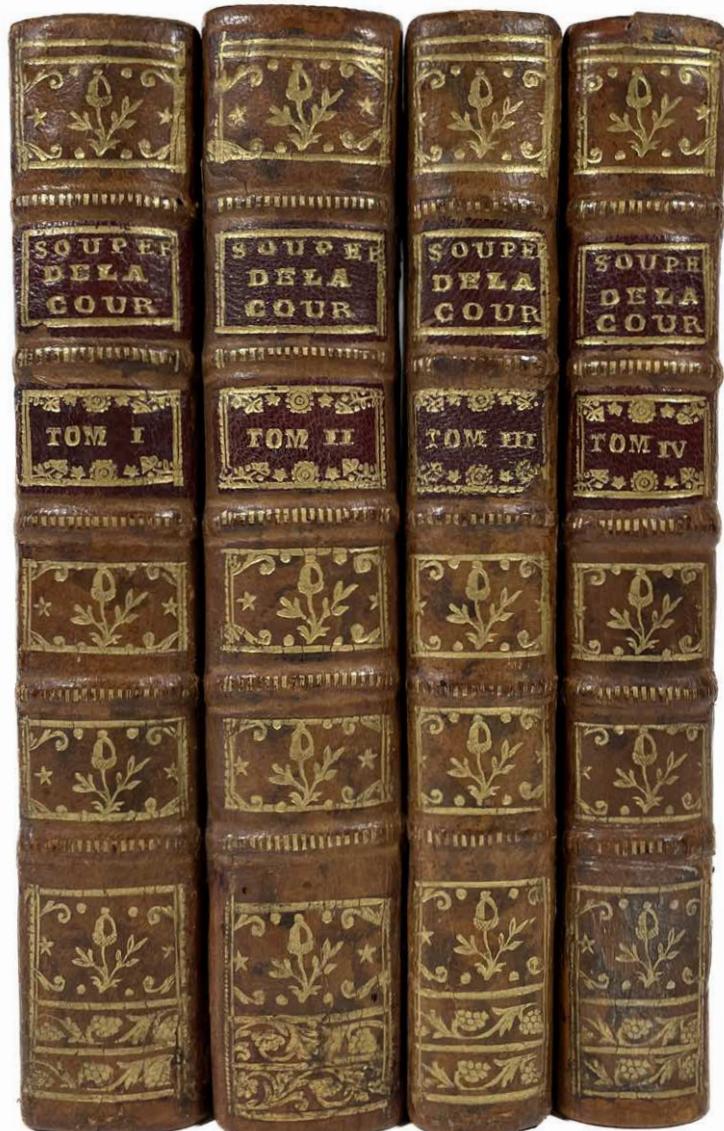
Included in the recipes are "Chicken with Walnuts;" "Stuffed Prunes;" "Chocolate Mould;" "Angel on Horseback" (oysters wrapped in bacon and baked then served on buttered toast); "Chappatties" (unleavened flatbread); "Spanish Rice;" "Savory Sardines;" "Mock Goose;" "Aromatic Egg-cake;" "Chop Suey;" "Salmon Chowder" (a layered dish of flaked salmon, peas, french beans, browned onions, and bacon); "Welsh Rarebit;" "Curry Sauce;" "Spiced Mutton (Southern India);;" "Scotch Eggs;" "Australian Eggs;" "Savoy Omelet;" "Mexican Eggs;" "Baked Honey Pears (U.S.A.);" and from new Zealand, "He kai uka raura enei" (Maori for "these are hardy foods"). Based on the ingredients it looks like most, if not all of the recipes

in this manuscript were inspired by the ingredients available to Payne at Oflag 79 from the care packages and whatever the Germans supplied.

Other gastronomy-related entries include notes on hardship and starvation in POW camps in 1941 (p.21); a detailed list of the provisions given to the escaped prisoners from a Greek family after Payne's first escape (p.32); several mentions of "the inevitable" Greek cheese called *giota* ("an acquired taste"); two pages of cartoon drawings that have to do with canteen life (pp. 62-63); a silly conversation between two cooks arguing the merits of dry versus soggy puddings (pp.76-77); reflections on a very expensive food parcel that Payne purchased immediately after liberation (p. 103); and notes about the size and food contents of "Post-war exchange...parcels" (p. 105).

An intimate and striking manuscript that provides considerable detailed information on the gastronomic life of a prisoner of war in a German camp during the Second World War.





*"The Most Celebrated of Menon's Works"*

49. [MENON.] *Les soupers de la cour, ou l'art de travailler toutes sortes d'alimens, pour servir les meilleures tables, suivant les quatre saisons.* Paris: Guillyn, 1755.

8vo. Four volumes. xii, xxii, [2], 404 pp.; 1 p.l., xxii, 460 pp.; 1 p.l., xxii, 264, 269-302 (misnumbered as "300") pp.; 1 p.l., 367, [1 - blank] pp. Contemporary mottled calf, spines gilt in six compartments, red morocco labels, marbled endpapers, occasional minor spotting.

\$15,000.00

A VERY GOOD COPY OF THE FIRST EDITION AND A FAMOUS RARITY IN THE MARKET, especially with the fourth volume. This is a particularly nice, unsophisticated set of this collection of more than 2000 recipes, "the most celebrated of Menon's works and one of the most important among the culinary works of the 18<sup>th</sup> century...rare and difficult to obtain in complete form." — Bitting, p. 321 (lacking a complete set).

Menon begins in his *Avertissement* by noting that many chefs scorn cookbooks and believe that a knowledge of cuisine can only be found in the kitchen. Menon argues that the development of *la cuisine nouvelle* is best achieved by working in the kitchen and reading theory. "Voit-on un Médecin, un Jurisconsulte, un Architecte, rougir de lire des Ouvrages qui concernent sa Profession?" (Do we see a Doctor, a Lawyer, an Architect, blush to read Works which concern his Profession?) He goes on to note that the art of cooking has its own rules, principles, and practice, and that only the union of practice and theory, can lead to the perfection of cookery.

Later, in the *Avertissement*, Menon notes how some of the recipes have come from others and how it is important to put them to print to more broadly share the art of cookery. He also explains that readers of *Le soupers de la cour* should take the liberty to adapt the recipes as they see fit and that the designs on the table (i.e. *pièces montées*) should be left to the imagination of the artist.

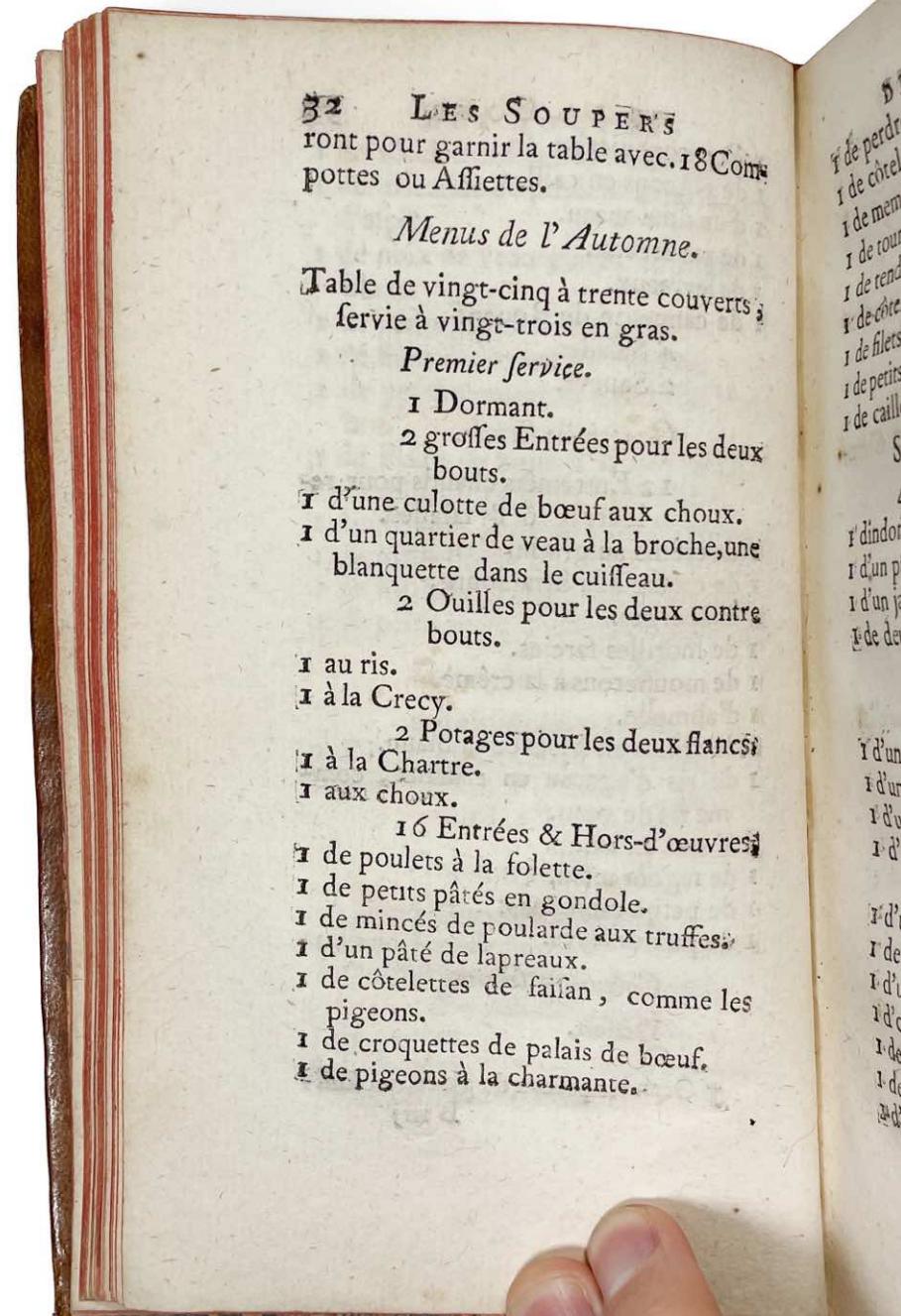
The four volumes are well indexed and organized. Volume one covers menus for the different seasons; broths during fasting days; soups for *jours gras* (non-fasting days); soups for *jour maigres* (fasting days); sauces; and recipes for cooking beef, veal, and lamb.

In volume two, there are recipes for pork; mutton; birds; turkey (including forty-five recipes for domestic pigeon); ducks, ducklings, geese and gosling; *de la venaison ou viande noire*; wild boar; different types of deer including fawn; game in general; wild pigeon; collared dove; woodcock; larks; *des oiseaux de rivere, rouges et sarcelles* (riverside birds, red and teal); and partridges.

The third volume has sections devoted to ragout and rissole; roasts; carp and bream; barb and pike; eel; lamprey; perch; monkfish; *trenches*; trout; barbel, *goujon* and frogs; salmon; sturgeon; brill, turbot and *turbotin*; dabs, *carrelets*, plaice, and *flayes*; sole; shad; *de la vive*; sea bass, tuna, grey mullet, and mullet; whiting; mackerel; herrings and sardines; cod, salted cod and hake; and skate. This is followed by recipes for pastry; pies (cold and hot, with different meats, for small dishes, and for large dishes); cakes; cookies; tarts; and food cooked in ramekins.

The final volume, which is often lacking, includes *entremets* made of creams and vegetables; recipes for truffles; egg dishes (including twenty-four different types of omelets); fruit dishes; conserves; compotes; ice creams; candies; waffles; sweets; gelatine; desserts made from almonds and pistachios; syrups; macaroons; *fromages glacés*; ratafias; chocolate; coffee; and *confitures au liquide*. Also in the fourth volume is a recipe for cooking potatoes in a mustard sauce. This is especially early for a French cookbook (Parmentier wouldn't popularize the root vegetable until about fifty years later). Entitled *Des chervis, salsifix, pommes de terre & taupinambours* (skirrets, salsify, potatoes & Jerusalem artichokes), the recipe translates to:

*The skirrets, you scrub them & cook them with water, a piece of butter mixed with flour, salt; it only takes a quarter of an hour to cook; you drain them & dip them in a wine batter, & fry them to a beautiful color; the salsify, you scrub them, cook them in the same way or simply with water; it takes much longer; drain them & serve in a good white sauce; potatoes & Jerusalem artichokes are cooked in the same way; being drained, you remove the skin & put them in a spicy white sauce, or a mustard sauce – p. 150.*



LES SOUPERS  
DE  
LA COUR,  
OU  
L'ART DE TRAVAILLER  
TOUTES SORTES D'ALIMENS  
Pour servir les meilleures Tables, suivant les  
quatre saisons.  
TOME SECOND.



A. PARIS,

Chez GUILLYN, Libraire, Quai des Augustins,  
au Lys d'Or.

---

M. DCC. LV.

*Avec Apprébation & Privilége du Roi.*

Skirrets and salsify are thin root vegetables that were common in Europe since Roman times. Skirrets taste somewhere between parsnips and potatoes and, for some, salsify tastes like oysters and for others, like artichokes.

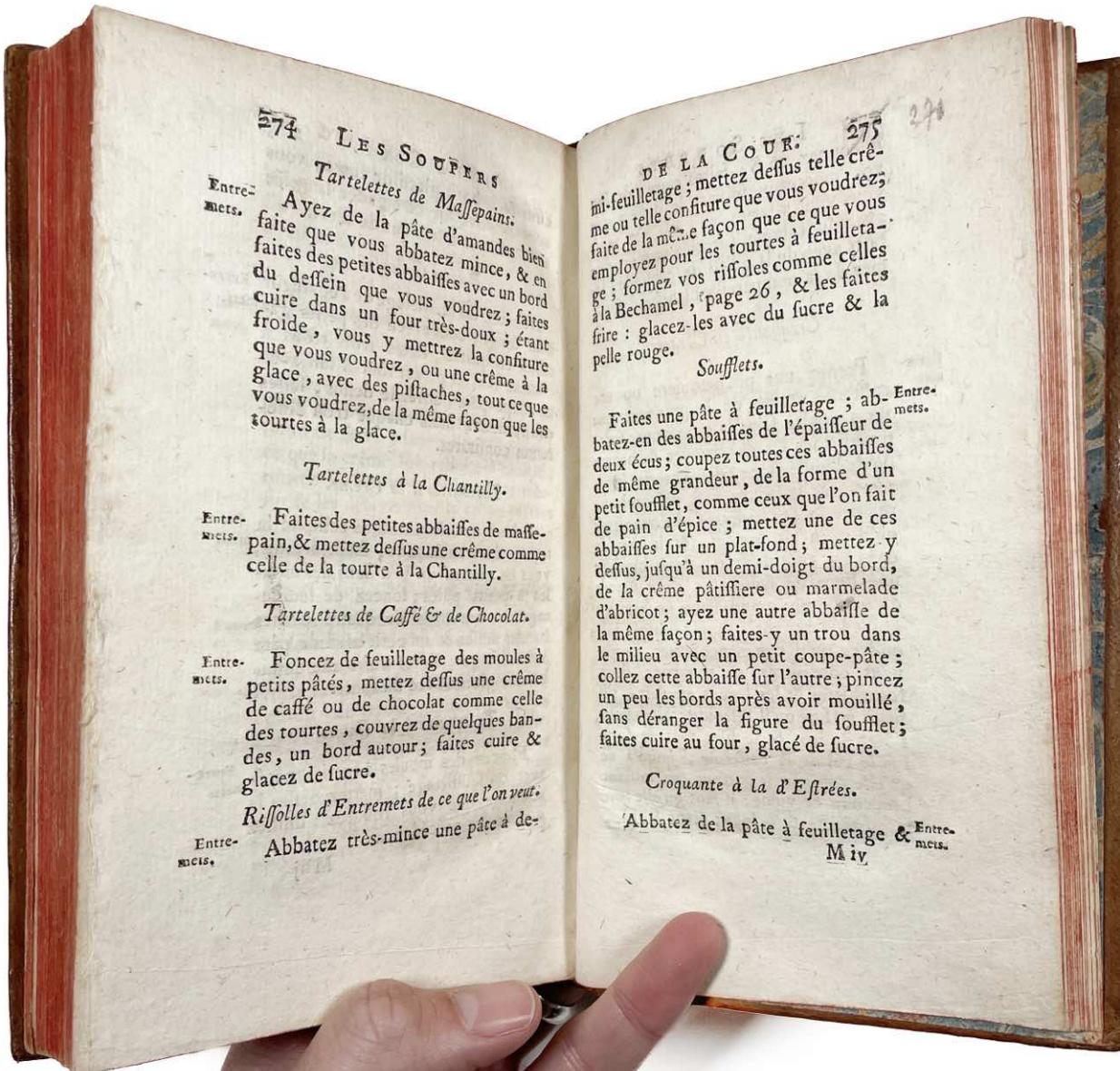
Anne Willan, in her history *Great cooks and their recipes*, compares Menon to another important 18<sup>th</sup> century French cookbook author, Marin, and notes the importance of Menon's contribution to culinary history.

*For some reason Marin's polished work [Dons de Comus] did not enjoy a lasting success and it was a similar three-volume book written by Menon in 1755, Les Soupers de la cour, which held the stage until the French Revolution swept away all demand for such lavish productions. To modern tastes the profusion of dishes Menon describes is overwhelming — a typical menu for thirty lists well over a hundred dishes, served in five courses. After the first and third courses, the whole table was cleared and a completely fresh set of dishes laid out in an established geometric design. The second and fourth courses were smaller, complementing the twenty to thirty dishes already on the table. The appointments of the table were just as elaborate as the food. Centerpieces such as china soup tureens, branched candelabra, and bonbonnières proliferated. Instead of the single glass or goblet and knife and spoon, used a century before, there was an array of cutlery and crystal for each place setting. Plates were changed between each course — even, remarked a bewildered observer, when they were not dirty — p. 87.*

Later, in *The cookbook library* (2012), Willan and her husband Mark Cherniavsky describe *Les soupers de la cour* as “Menon's most elegant and approachable book.” They note that the work is important because “Menon describes himself as a chef rather than a cook, the first to assign the term to the head of the kitchen” (p. 219). They also note that Menon is one of the first cookbook authors to combine the functions of the *maître cuisinier* with that of the *chef d'office*.

Menon's cipher appears in manuscript on the first page of the *Avertissement* (as a form of authorization and to prevent counterfeit editions).  
A very handsome set.

¶ Cagle 344; *Livres en bouche*, p. 211; OCLC: Library of Congress, University of California (San Diego), Newberry Library, University of Chicago, Indiana University, Harvard, and six locations outside of the United States (most entries do not specify if they have the 4<sup>th</sup> volume); Vicaire col. 591. Not in Oberlé, Pennell, or Simon.



*A Food Emporium in the Birthplace  
of the French Revolution*

**50. (MENU.) Au gourmand. On trouvera chez le sieur Corcellet, Palais du Tribunat, N.<sup>o</sup> 104. A Paris, les articles ci-après. [Paris, c.1793-c.1814].**

39.4cm x 25.2cm. Printed in three columns, signs of having been folded three times, lightly browned, light spotting, small early tape repair on verso at lower corner repairing a clean tear (touching two words but sense still clear). \$3500.00

AN EXTREMELY RARE & EARLY MENU of the cooked and prepared foods as well as groceries, wines, liqueurs, and “English Articles” to be found at the Corcellet *magasin* in the Palais du Tribunat. This list provides a glimpse into an incredibly important moment in culinary history: it was during this period that the Palais was the birthplace of the restaurant.

<b>A U G O U R M A N D.</b>	
<i>On trouvera chez le sieur CORCELLET, Palais du Tribunat, N.<sup>o</sup> 104, A PARIS,</i>	
<i>LES ARTICLES CI-APRÈS:</i>	
<i>Porsons du réservoir du Rhin, à Strasbourg.</i>	<i>Épiceries.</i>
<i>Carpes, Brochets, Perches, Écrevisses, Saumoneaux et Truites du lac de Genève.</i>	<i>Huile vierge de Provence.</i>
<i>Comestibles.</i>	<i>Sucre de Bercy et d'Orléans.</i>
<i>Dindes aux truffes du Périgord.</i>	<i>Café Martinique, Bourbon et Moka.</i>
<i>Chapons aux truffes.</i>	<i>Bougies du Mans, première qualité.</i>
<i>Poulardes aux truffes.</i>	<i>Thés Hayssen, Pékao, Saotchou.</i>
<i>Truffes fraîches et cuites au vin de Champagne.</i>	<i>Id. de Russie ou des Caravates.</i>
<i>Pâtés de Foies gras de Strasbourg.</i>	<i>Id. Perlé ou poudre à canon.</i>
<i>Id. de Toutouze, aux truffes.</i>	<i>Chocolat de Santé. A la Vanille.</i>
<i>Id. de Périgueux, aux truffes.</i>	<i>Id. de Bayonne. D'Espagne.</i>
<i>Id. de Canards d'Amiens.</i>	<i>Biscotes pour le Chocolat.</i>
<i>Id. de veau de Rouen, piqué de Jambon.</i>	<i>Savates d'Arras.</i>
<i>Id. de Perdrix rouges, de Chartres.</i>	<i>Cannelle, Girofle et Muscades.</i>
<i>Id. de Dindes aux truffes.</i>	<i>Poivre et Mignonette.</i>
<i>Id. de Poulardes aux truffes.</i>	<i>Miel de Narbonne.</i>
<i>Id. de Jambons de Bayonne.</i>	<i>Pains d'Epices de Reims.</i>
<i>Id. de Bécasses et d'Ortolans.</i>	<i>Farineux.</i>
<i>Charcuteries.</i>	<i>Farine de Pomme de terre et de Maïs.</i>
<i>Bœuf sumé de Hambourg.</i>	<i>Sagou des Moluques.</i>
<i>Gorges de Vierson.</i>	<i>Salep en poudre. Crème de Ris.</i>
<i>Hures de Sangliers, de Troyes.</i>	<i>Gruau de Bretagne.</i>
<i>Pieds de Cochon aux truffes.</i>	<i>Ris du Levant et de la Caroline.</i>
<i>Cervelas aux truffes.</i>	<i>Macaroni de Naples.</i>
<i>Langues fourrées, de Troyes.</i>	<i>Vermicelle de Gênes.</i>
<i>Tambonneaux de Reims.</i>	<i>Semoule d'Italie, en forme d'étoile.</i>
<i>omages de Cochon de Troyes et de Reims.</i>	<i>Graine d'Orge, yeux de Perdrix.</i>
<i>rissons d'Arles, Lyon et Bologne.</i>	<i>Pratiques.</i>
<i>ons de Bayonne et de Mayence.</i>	<i>Pratiques.</i>
<i>illettes de Châlons.</i>	<i>Pratiques.</i>
<i>ntines.</i>	<i>Pratiques.</i>
	<i>Vins.</i>
	<i>Frontignan.</i>
	<i>Calâbre.</i>
	<i>Lunel.</i>
	<i>Muscat rouge.</i>
	<i>Alicante.</i>
	<i>Rota.</i>
	<i>Malaga.</i>
	<i>Rancio.</i>
	<i>Pacaret doux.</i>
	<i>Pacaret sec.</i>
	<i>Xérès doux.</i>
	<i>Xérès sec.</i>
	<i>Madère.</i>
	<i>Malvoisie.</i>
	<i>Corinthe.</i>
	<i>Sirches.</i>
	<i>Ximenès.</i>
	<i>Hermitage, rouge et blanc.</i>
	<i>Cotillon.</i>
	<i>St.-Perrey.</i>
	<i>Roussillon.</i>
	<i>Côte-rôtie.</i>
	<i>Tavelle.</i>
	<i>Vins.</i>

# AU GOURMAND.

On trouvera chez le sieur CORCELLET, Palais du Tribunat, N°. 104, à PARIS,  
LES ARTICLES CI-APRÈS:

Porrosoe du reservoir du Rhin, à Strasbourg.  
Carpes, Broches, Porches, Ecurvisses, Saumoneaux et Truites du lac de Genève.

## Comestibles

Dindes aux truffes du Périgord.  
Cailles aux truffes.  
Poupoises aux truffes.  
Truffes fraîches et cuites au vin de Champagne.  
Pâtés de Foies gras de Strasbourg.  
Id. de Toulouse, aux truffes.  
Id. de Périgueux, aux truffes.  
Id. de Mauviettes de Pithiviers.  
Id. de Veau, à la truffe.  
Id. de veau de Rouen, piquée de Jambon.  
Id. de Perdrix rouges, de Chartres.  
Id. de Dindes aux truffes.  
Id. de Poulaillées aux truffes.  
Id. de Jambon de Bayonne.  
Id. de Béascous et d'Orlans.

## Charcuteries

Bœuf fumé de Hambourg.  
Gorges de Viande.  
Hérens et Saucisses, de Troyes.  
Viande de Cochon aux truffes.  
Cervelles aux truffes.  
Langues fourrées, de Troyes.  
Jambonneaux de Reims.  
Fromages de Cochon de Troyes et de Reims.  
Saucisses de Béarn, de Poitou, de Bologne.  
Jambon de Bayonne et de Mayence.  
Anouillettes de Châlons.

## Gaumettes aux truffes et tons truffes.

Poulardes, Dindes, Leveyeaux, Perdrix.  
Noix de Veau, Léger de Bouf, Langues de Veau et de Mouton.

## Faumes fraîches.

Bécasses et Bécasses de Bologne.  
Périgueaux et Foies de Quenouille.  
Bécasses d'Oiseau, de Foie.  
Mauviettes grasses de Pithiviers.  
Caneton, fins de Rosé.

## Mariées ou Salées.

Thon mariné à l'huile vierge.  
Anchois marinés.  
Sardines marinées.  
Harengs pers, à manger crus.  
Merluches de Mignonet.

## Olives fraîches

Harengs fumés de Hérens.  
Sauvage fumé, idem.  
Harengs de Boulenguer, tous laités.  
Huitres marinées.  
Sauvage marinée.

## Comestibles divers.

Bourre de la Prévalais, en Pots et en Panières.  
Olives d'Espagne, idem.  
Olives de Linguadoc, idem.  
Olives Picholines, idem.  
Olives Maltes, idem.  
Petite Figue et Haricots conservés.

## Petites Fèves

Cols d'Artichauts, idem.  
Choucroute de Strasbourg.  
Marrons de Luc, idem.  
Marrons de Lyon, idem.

## Fraises secas.

Prunes de Tours et d'Angers, idem.  
Brigolles, idem.  
Dindes du Levant, Figues Sultane, idem.

## Fraises à l'anglaise.

Prunes de Mirabelle, de Reine-Claude, idem.  
Poires de Rousset, Abricots, Cerises, idem.  
Fèches, etc.

## Epices

Huile vierge de Provence.  
Sacré de Bercy et d'Orléans.  
Café Martinique, Bourbon et Moka.  
Bougies du Mans, première qualité.  
Thé, Hayssens, Poudre, Sotchou.  
Lard de la Savoie et de Caravane.  
Id. Perdix ou poule à canard.  
Chocolat de Sainte, à la Vanille.  
Id. de Bayonne, D'Espagnol.  
Biscotes pour le Chocolat.  
Savates d'Arras.  
Gousses de Vanille et Muscades.  
Poudre et Mignonette.  
Miel de Narbonne.  
Pains d'Epices de Reims.

## Farineux

Farine de Poissons de Terre et de Mer.  
Sapou des Moluques, idem.  
Sélep en poudre. Crème de Ria.  
Gruin de Bretagne.  
Ris du Levant et de la Caroline.  
Macaroni de Naples.  
Vermicelle de Genes.  
Sennouli d'Italie, en forme d'étoile.  
Graine d'Orge, yeux de Perdrix et Lentilles.

## Drages

Dragees de Vérand, à la rose, à la violette,  
Id. au café, à l'érable-vinette, au citron, à la  
banane, à la pomme, à la poire.  
Grosses Amandes d'Espagne.  
Anis fin.

## Pistaches et Avelines

Bouillies et baguettes pour les Baptismes.  
Sac de récolte, sac pour la poitrine.  
Sac de Poimont, pour la pomme.  
Pâte d'abricots d'Avignon.

## Pâte de Coings Id.

Fleur-d'orange pralinée.  
Pastilles de Cépocat.  
Pâtissier de Guéroult.  
Patisseries assorties, à la rose, vanille, ambrée,  
citron, orange, violette, vinagre, etc.

Bombons pour garnir les assiettes de desserts.  
Conserve de Rose, Pâte de Guimauve.  
Sacré Candy à la rose et à la fleur-d'orange.  
Gâteau d'Amandes de Pithiviers.  
Marrons sucrés, Sucré d'Orge.

Confitures sèches et liquides, de Rouen.

Citrons, Groseilles, Mirabelles d'Abriouza.  
Gelée du Poitou, Gelée de Cognac.  
Ricine-Claudes entières.  
Mirabelles entières.

Abricots et Coings par quartiers.  
Fraise au liquide.

Franboises entières.  
Prunes au sirop.  
Prunes d'hiver, Prunes d'avril.

Alberges de Tours.  
Citrons de l'Amérique.  
Cerises à mi-sure.

Cofrets assortis de fruits de Tours.  
Groseilles de Bar.

Moyeux et Epines-sardinettes de Dijon.

## Fraises superfi

Prunes de Zara et de Trieste.  
Liqueur d'Anis.

Crème de Blum.  
Rosolio de Bologne.  
Eau de Côte Saint-André.

Noyau de Phalsbourg.  
Anisette de Bordeaux et de Périgueux.  
Eau d'Orge.

Anisette de Hollandie, en crème.  
Crème de Meudon.

Éthère de Besy, à Châlon-sur-Saône.  
Eau de Coladon, de Genève.

Crème de Citron de Madère.  
Id. de lait de Malte.

Id. de Genève, de Cachos.  
Id. de Noyau, de Cannelle.

Huile de Kirschenwaser.  
Id. d'Anis, de Rose.

Id. de Vanille, de Noyau.  
Id. de Cannelle, de Malte.

Ratafia de Grenoble, de Cognac, d'Anduze.

Curacao de l'Amérique.  
Brou de Noix, Vespreto.

Souffre de Lorraine.

## Fins

Frontignan.  
Calabre.  
Luned.  
Mentat rouge.  
Alicante.  
Rota.  
Molaga.  
Rancio.  
Pacaret doux.  
Pacaret sec.  
Xérès doux.  
Xérès sec.  
Madère.  
Malvoisie.  
Corinthe.  
Sircles.  
Ximènes.

## Hermitage, rouge et blanc.

Cotillon.  
St-Péerry.  
Roussillon.

## Vins de Champagne

Epernay, Pierry, Sillery.  
At mousseux et non mousseux.

## Vins rouges de Bourgogne

Chambertin.  
Clos de Vougeot.  
Clos St-Georges.  
Vougeot.  
Volnay.

## Vins blancs

Chablis.  
Mursault.

## Vins rouges de Bourgogne

Laflit.  
Château-Margot.  
Hautvion.

## Vins blancs

Barjac.  
Sauternes.

## Liqueurs de la Martinique

Antis.  
Absinthe.  
Baume-Humain.

## Vins rouges de Bordeaux

Bois d'Inde.  
Barbade.  
Cata.  
Cocito.  
Cannelle.

## Vins blancs

Barjac.  
Langon.  
Grave.

## Liqueurs superfi

Marasquier de Zara et de Trieste.  
Liqueur d'Anis.

Crème de Blum.  
Rosolio de Bologne.

Eau de Côte Saint-André.

Noyau de Phalsbourg.

Anisette de Bordeaux et de Périgueux.

Eau d'Orge.

Anisette de Hollandie, en crème.

Crème de Meudon.

Éthère de Besy, à Châlon-sur-Saône.

Eau de Coladon, de Genève.

Crème de Citron de Madère.

Id. de lait de Malte.

Id. de Genève, de Cachos.

Id. de Noyau, de Cannelle.

The Palais Royal was a royal palace built for Cardinal Richelieu in the 1630s. Upon his death, Richelieu left the Palais to Louis XIII who then gave it to the Duke of Orléans. During the French Revolution, the Palais Royal became the Palais de l'Égalité, after the name of Louis Philippe II, Duke of Orléans, who had his name changed to Philippe Égalité to show his support of the French Revolution. Because the Palais was owned by Philippe, the police could not enter the property and at Philippe's encouragement, it became not only a hub of social activity (with numerous restaurants), but a place for illegal activity and revolutionary ideas. Philippe lived there until he was beheaded in 1793 during the Reign of Terror. Upon his death, the Palais-Royal was confiscated by the state and was renamed the Palais du Tribunat. (The Tribunat was the body responsible for approving the executive government's legal projects.) The Palais maintained this name until it was reinstated as the Palais-Royal in 1814.

Not surprisingly, the Corcellet establishment caught the eye of Grimod de la Reynière, the first food critic in history. In the first volume of his *Almanach des gourmands* (1803), Grimod describes Corcellet as follows:

M. Corcellet peut se flatter d'avoir la plus belle boutique de comestibles, qui soit au Palais-Royal, et même dans Paris. Elle termine la galerie des Bons-Enfants, dont la colonnade sert en quelque sorte de péristile à ce temple de Comus. Toutes les faces en sont à jour, et c'est à travers de superbes carreaux de verre de Bohême, qu'on aperçoit rangés avec autant de goût de symétrie, tout ce qui peut emouvoir les désirs de l'homme le plus blasé sur la bonne-chère. Chaque morceau élégamment étiqueté vous apprend son origine, en sorte qu'on peut se donner, à peu de frais, les airs d'un érudit en entrant dans ce magasin; il suffit d'en étudier un moment les montres.

Il faudroit un très-gros volume, pour énumérer seulement les genres de comestibles que renferme ce temple, et une encyclopédie toute entière, s'il en falloit décrire les espèces. Qu'on se contente de savoir, que c'est là que les pâtes de foies d'ois de Strasbourg, de foies de canards de Toulouse, de veau de rivière de Rouen, de mauviettes de Pithiviers, de poulaillées et de guignards de Charres, de perdrix de Périgueux, etc., se rendent de préférence en arrivant à Paris.

NOTA. Le Sieur CORCELLET continue de garantir toutes les Marchandises qu'on prendra dans son Magasin, il se charge des envois pour la Province et l'Étranger.

Roughly translated to:

*Mr. Corcellet can boast of having the most beautiful edible shop in the Palais-Royal, and even in Paris. It ends at the gallery of the Bons-Enfants, whose colonnade serves as a sort of peristyle to this temple of Comus. All displays are up to date, and it is through superb Bohemian glass tiles that we see [food] arranged with considerable taste for symmetry, everything that can move the desires of one who is jaded towards good food. Each elegantly labeled piece tells you its origin, so that you can, at little cost, look like a scholar when entering this store; you just need to study for a moment the labels. [This must be one of the earliest descriptions of what Michael Pollan and others today refer to as “label literacy.”]*

*It would take a very large volume to list just the kinds of edible foods that this temple contains, and an entire encyclopedia if it were necessary to describe the species [different meats]. Let us just know that this is where the pâtés of goose livers from Strasbourg, duck livers from Toulouse, river veal from Rouen, larks from Pithiviers, fattened chickens and plovers from Charres, Périgueux partridges, etc., are preferably surrendered upon arriving in Paris (pp.175-76).*

The list of 288 foods and drinks available at Corcellet's “temple” (Grimod's descriptor) are organized into the following categories: various fish from the Rhine in Strasbourg as well as trout from Lake Geneva; *comestibles* (including dishes with truffles and various *pâtés*); *charcuteries* (cured meats); *galantines aux truffes et sans truffes* (poached meat that has been deboned and stuffed, cooked with and without truffles and served cold in its gelatin); *viandes fraîches* (fresh meats); *marinés ou salinés* (marinated or salted fish); *comestibles divers* (diverse edibles such as olives from Spain, Maltese melons, sauerkraut from Strasbourg, and lemons from Genoa); a few vinegars and mustards from the Maille company (begun in 1723); *fromages* (cheeses); *épicerie* (groceries, including olive oil from Provence, Chinese and Russian teas, coffee from Martinique and Bourbon, sugar from Orléans, Spanish chocolate, honey from Narbonne, gingerbread from Reims, and candles from Mans); *farineux* (flour, rice, and beans); *dragées et bombons* (candies); *confitures sèches et liquides, de Rouen* (jams from Rouen); *fruits secs* (dried fruit); *fruits à l'eau-de-vie* (fruit preserved in brandy); and *sirops* (syrups).

There is also a special area on the menu for *Marchandise d'Angleterre* (English merchandise). This short list includes Porter beer; cheeses from Chester and Gloucester; *fleur de moutarde*; and Jamaican rum.

The final column lists 114 wines and liqueurs. Included are six wines from Hermitage; two from Champagne; ten from Burgundy; six from Bordeaux (including Château Haut-Brion); as well as several wines from other French regions. Interestingly, Chablis is considered a region outside of Burgundy.

In Galignani's *New Paris Guide* for May, 1827. “Corcellet (*au Gourmand*)” is listed as an “Italian Warehouse [that]...has long enjoyed a high and well-merited reputation. Not only may the rarities from all parts of the globe usually found in the Italian warehouses of London be purchased here, but likewise the most exquisite and delicious solid viands. English spoken.” – p. lxxxiii.

A remarkable survival. We have had another menu from Corcellet but it was from the period when the Palais du Tribunat had reverted to the Palais-Royal.

In good condition.

¶ Not in OCLC.

*One of the Greatest and Most-Sought After  
16th-Century Cookbooks*

**51. MESSISBUGO, Christoforo. Banchetti. Ferrara:  
De Buglhat & Hucher, 1549.**

4to. Three full-page woodcut illustrations and two full-page printer's devices in the text. [8], 22, [2], 71, [1 - blank], 7, [1 - blank] ll. Late 19<sup>th</sup>-century plumb morocco, all edges of boards with single gilt fillet, spine simply gilt in five compartments.

\$50,000.00

THE EXTREMELY IMPORTANT AND RARE FIRST EDITION of Cristoforo Messisbugo's groundbreaking contribution to gastronomy during the European Renaissance. The first section of the work reconstructs the feasts organized by Messisbugo for his patron, Hippolyte d'Este, Cardinal of Ferrara, son of Lucrezia Borgia and Alphonse d'Este. A large woodcut depicts one of these meals, with several dogs feasting on leftovers in the foreground, while another woodcut shows the interior of the kitchens during the preparation of the banquet. Both images are famous in gastronomic literature.

The second section is a collection of roughly 345 recipes which document the Italian cuisine of the time. Included are various kinds of pies (*pizze*); pasta; sauces; charcuterie; fritters; broths; fish dishes; *torte*; and cheeses. There are also vegetarian recipes designed for holy days. In addition to recipes, the author discusses logistical considerations, such as kitchen utensils and supplies.



# BANCHETTI

COMPOSITIONI DI  
VIVANDE, ET AP,  
PARECCHIO GE,  
NERALE, DI  
CHRISTOFORO  
DI MESSI  
SBVGO,

ALLO ILLVSTRISSIMO  
ET REVERENDISSIMO  
SIGNOR IL SIGNOR  
DON HIPPOLITO  
DA ESTE,  
CARDINALE DI  
FERRARA.

Con gratia



Et Privilégio.

IN FERRARA PER GIOVANNI  
De Buglhat Et Antonio Hucher Compagni.  
Nell'Anno. M. D. XLIX.

Messisbugo was one of the first great cookbook authors of the modern era. His Banchetti...published posthumously in 1549, not only offers...recipes organized by subject but also detailed descriptions of spectacular meals served at the ducal court of the Este family in Ferrara between 1529 and 1548. It is intended as a practical guide for rulers who hope to imitate such banquets, and even details the equipment required down to every last plate and the entire kitchen and wait staff, a veritable army of servants. It thus offers the first fairly complete picture of what was involved in banquet organization in the early sixteenth century. —Ken Albala in Alice Arndt's *Culinary biographies*, p. 265.<sup>1</sup>

Messisbugo (d. 1548), whose engraved portrait is on the verso of the title page, officiated in the service of the Dukes Alfonso and Hercule d'Este from 1524 to 1548 and was elevated to the rank of Count Palatine by Charles V in 1533.

From the library of Arthur Coke Burnell (1840-1882), specialist and collector of Sanskrit manuscripts, then of Harry Schraemli (1904-1995), one of the 20<sup>th</sup> century's most famous gastronomy book collectors.

With early manuscript notations in Roman and Arabic numerals next to certain recipes.

In very good condition and preserved in a clamshell box of half calf over marbled boards.

¶ Cagle, 1162; Oberlé, 61; OCLC: New York Academy of Medicine, Stanford, Huntington Library, University of Chicago, Indiana University, Harvard, and five locations outside of The United States; Vicaire, 596.

<sup>1</sup> For more on Messisbugo see Anne Willan's *The Cookbook library* (2012) and Ken Albala's *The Banquet* (2007).

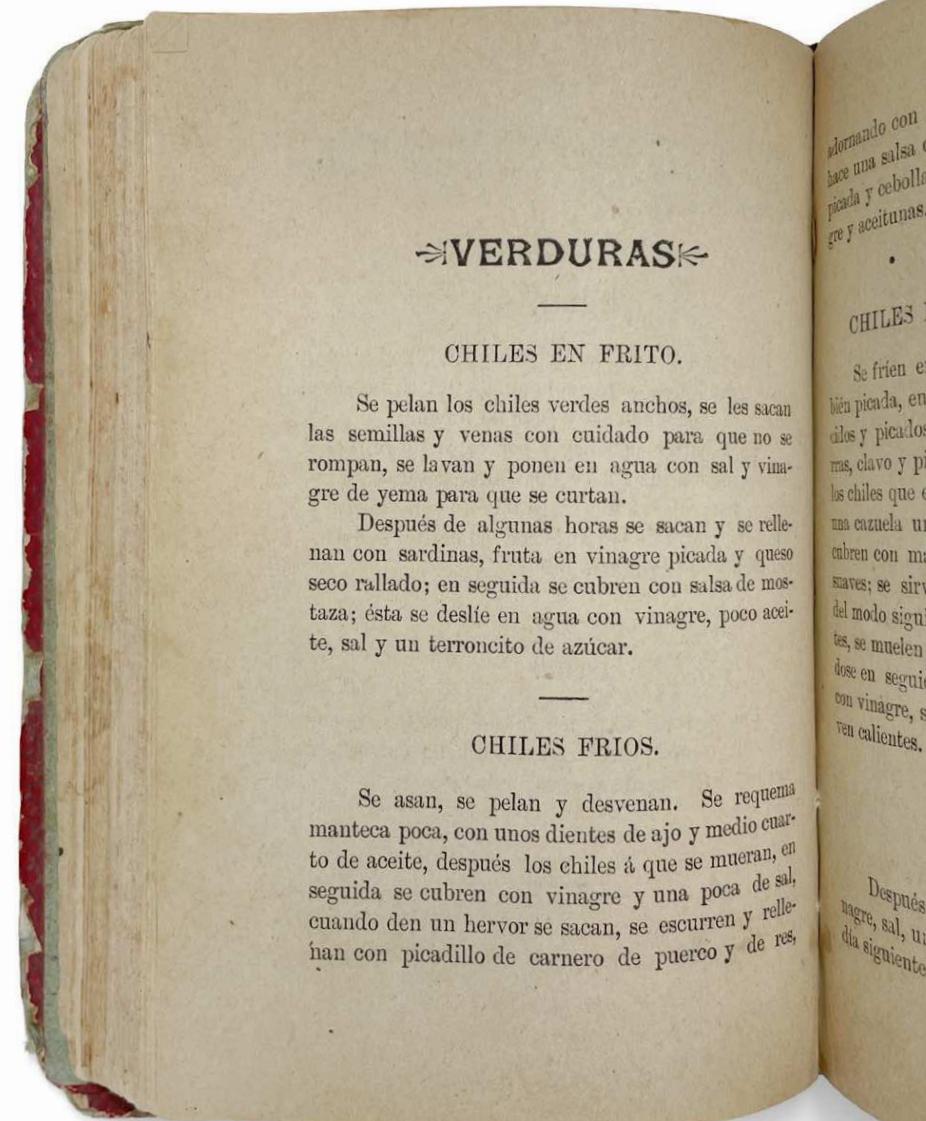
*A Vast Compendium of Mexican Cuisine,  
Printed in an Orphanage*

**52. (MEXICAN cookery.) Recetas practicas para la señora de casa. Guadalajara: Imp. del Orfanatorio del Sagrado Corazón de Jesús, 1892.**

4to. 472 pp. Contemporary black quarter sheep over red diamond-patterned boards, edges of boards heavily rubbed, lower board cracked, spine in four compartments, title gilt-stamped on spine, head of spine rubbed, red-speckled edges, green pastedowns, glue remains on upper pastedown, lower portion of the second leaf excised (with no loss of text), two leaves (pages 133-136) cut short along outer edge (not affecting text), lightly browned throughout due to paper quality, occasional spotting and foxing. \$3000.00

The extremely rare Second Edition of this Mexican cookbook dedicated to home cooking and containing over 600 recipes. (All early editions are extremely rare – see below.) In the foreword we are told that the authors deliberately chose tried and true recipes and wrote them with simplicity and clarity “so that all ladies can understand them and put them into practice.” The recipes were designed to be “exclusivamente para familias” (exclusively for families) rather than for restaurants or public kitchens. Because of this there is a rich tapestry of vernacular Mexican cooking comprised of traditional Mexican and Mesoamerican recipes that use ingredients native to Mexico.

The book is divided into the following sections: soups; meats; poultry; fish; vegetables; sauces; salads; desserts; confectionery; bread, cakes, and stuffed pastries (both sweet and savory); various alcoholic beverages; and vinegars. There is also an entire section devoted to *tamales*. A *tamal* is a Mexican dish dating back to the Aztecs, consisting of *masa* dough with a filling that can either be sweet or savory, then is traditionally steamed and wrapped in corn husks or banana leaves.



Here is a brief sample of the recipes which are typical to Mexico and that use native ingredients: *sopa de jocoqui* (soup made with a dairy product made of fermented milk); *sopa de tortilla al vapor* (soup made with fried *tortillas*); *lomo con pulque* (beef loin boiled in *pulque*); *guajolote en mole poblano* (turkey in a poblano mole sauce);<sup>1</sup> *mole gallego*;<sup>2</sup> *otros (patos) en pipián* (a ground pumpkin seed and *ancho* chili dough that is fried and topped with cooked duck); *chiles rellenos de camaron* (chilies stuffed with garlic and shrimp then coated in breadcrumbs and baked); *chiles en nogada* (chilies stuffed with *picadillo*<sup>3</sup> and topped with a white sauce made with almonds); *enchiladas* (*tortillas* fried in lard until soft then stuffed with *queso fresco*<sup>4</sup> and avocado and topped with a tomato and chili sauce); *ensalada de tuna joconostle* (a salad made with the fruit *joconostle* which is a variety of prickly pear); *leche de chirimoya* (a rice and milk beverage flavored with the fruit *chirimoya* – native to South and Central America and cultivated by Andean and Mesoamerican civilizations); *jericalla con almendra* (a custard that comes from Guadalajara); *torta de jícama* (a torte made with cooked ground jícama, cinnamon sticks, and 20 egg yolks); *jamoncillos blancos* (a traditional Mexican fudge made with milk, brown sugar, sweetened condensed milk and vanilla); *jalea de tejocote y guayaba* (a jelly made of *tejocote* – Mexican hawthorn – and guava); *conserva de chilacayote o de cabellitos de oro* (a conserve of *chilacayote* – a native squash); and *pastel de nixtamal* (cake made with *nixtamal*<sup>5</sup>).

<sup>1</sup> *Mole* poblano is traditionally made with Mexican chocolate, chilies, fruits, nuts, and seeds and comes from Puebla, Mexico. The word *mole* comes from the Nahuatl *mōlē*, meaning, sauce.

<sup>2</sup> *Mole gallego* is made without chocolate.

<sup>3</sup> *Picadillo* is a traditional Mexican stuffing made with ground meat, tomatoes, raisins, and or olives.

<sup>4</sup> *Queso fresco* is a white, mild, slightly tangy fresh cheese that is a staple in Mexican cuisine.

<sup>5</sup> Nixtamalisation is a Mesoamerican treatment of corn kernels in which the corn is dried on the stalk and then boiled in water that is mixed with ash. This makes for a highly nutritious foodstuff.

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humedecen con mantequilla cruda y se cubren con polvo de pan para freirse; después de fritas se sirven con esta salsa: una cucharada de harina, un cuartillo de leche, sal y pimienta. Se hierve la leche menos media taza, para disolver en ella la harina, cuando hierva la leche, se mezclan los demás ingredientes, y después de unos cinco minutos se aparta de la lumbre.

### ENCHILADAS.

Se asan jitomates y chiles verdes gordos, muelen y fríen en manteca; ya frito se leche suficiente, dos cucharadas de harina, se le

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### OTRAS.

A la masa se le muela queso seco bastante para hacer las tortillas muy delgadas y chicas; se rellenan con cebolla desflemada y picada, vinagre fresco molido, fruta en vinagre picada, vinagre dulce y orégano; se freirán antes de relleno, aderezadas con aceitunas, lechuga y rábanos.

### CHAYOTITOS BLANCOS.

Después de cocidos se parten por la mitad, se saca la carne, cuidando de que no se pica y se le mantequilla.

# TERCERA PARTE.

## Pasteleria.

### MASA DE HOJALDRE.

*Torta de masa hecha con harina y manteca, bien sobada y doblada r' petidas veces al amarse con lo que después de cocida queda en rma de hojas delgadas unidas entre sí; pero modo que pueden distinguirse y separarse.*

### HOJALDRE DE MANTEQUILLA.

*en sobre una mesa en montón dos li-  
tros de harina, se les hace en medio un  
char allí media onza de sal, una  
taza de agua y tanto como  
de mantequilla, se revuelve todo a-  
largo de las manos y amasándolo ligeramente  
que no se formen grumos; la masa no quede ni muy du-*

Interestingly, this edition was published in an orphanage. The only orphanage in Guadalajara that we can find mention of is Hospicio Cabañas – now a UNESCO world heritage center due to its long history as well as for the fifty-seven murals painted there by José Clemente Orozco. We believe this may be where our edition was printed. One of the objectives of Hospicio Cabañas was to teach trades to the orphans living there and it contained one of Guadalajara's first printing presses. Throughout the 19<sup>th</sup> century countless texts were published there.<sup>6</sup>

Above the foreword is the signature of “Teresa Rivas de Martel” in pencil and “Precio 1.50€” in ink. Both appear to be contemporary.

Although this work has obviously seen much use, it remains in good condition and is a great source for Mexican cuisine.

¶ OCLC: Lafayette College (Pennsylvania). The first dated edition was published in 1890 (OCLC records two locations). There is an undated edition (at the National Library of Mexico only); editions in 1893-95 and 1895 (both of which are known in only one or two copies).

<sup>6</sup> For more information on Hospicio Cabañas go to: <https://whc.unesco.org/en/list/815/#:~:text=The%20Hospicio%20Caba%C3%93s%20was%20built,the%20handicapped%20and%20chronic%20invalids>

*Death likes Tequila & Posole*

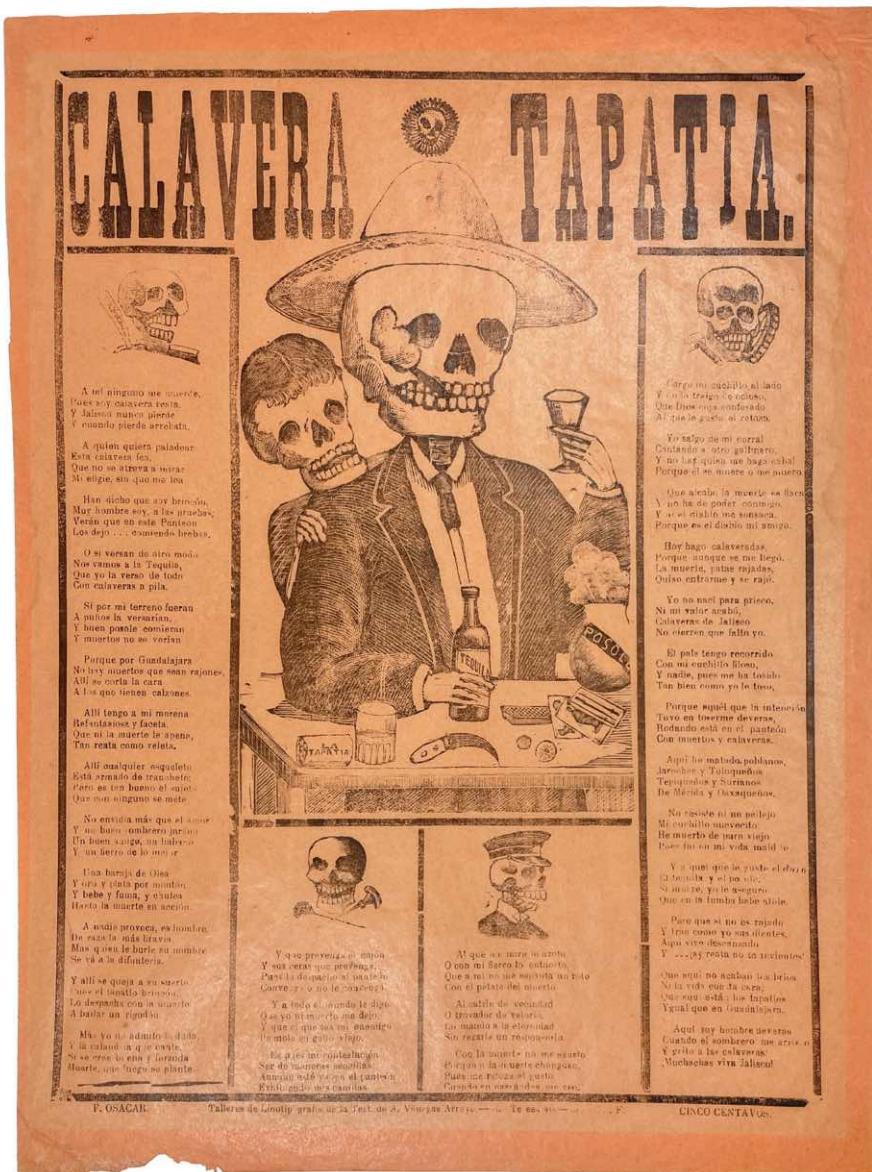
53. (MEXICO: calavera literaria.) [Posada, José Guadalupe & Manilla, Manuel.] *Calaveria tapatia*. Mexico City: Vanegas Arroyo, c.1910-1915.

Broadside: 40.1cm x 30cm. Printed in four columns, multiple zinc etchings, small chip to lower margin (not affecting text), light sunning from an earlier frame, remains of four small fabric hinges on verso (from having once been framed). \$2000.00

The extremely rare FIRST EDITION of this *Calavera* broadside printed in Mexico City by Antonio Vanegas Arroyo (1852-1917). Printed on beautiful orange paper, Death is depicted smoking a cigar and holding a bottle of *tequila* in one hand while raising a glass in his other hand. In front of him is a bowl labeled "posole." *Posole* is a much-loved Mexican soup made with hominy corn. *Calaveras* are closely associated with the Day of the Dead celebrations in Mexico.

The illustration could be by José Guadalupe Posada (1852-1913) or his mentor Manuel Manilla (1830-1899). When writing about the *Calaveria tapatia* broadside, Ron Tyler has this to say about Posada's artwork:





Posada's style, once he arrived in Mexico City, was greatly influenced by Vanegas Arroyo [1852-1917] and Manuel Manilla, the artist who had been engraving popular prints for the unlettered peasants and poor city dwellers for years. Posada first copied Manilla's style, then, with his mastery of engraving and zinc etching, a highly unusual form of printing, exceeded it — (the Library of Congress exhibition catalogue, *Posada's Mexico*, no. 234).

Although *calavera* technically means skull, the word has come to mean much more than that. *Calavera* can represent the entire skeleton, a dissolute person, or the personification of Death. The image of the *calavera* became part of popular culture in Mexico in the late 18<sup>th</sup> and early 19<sup>th</sup> century, especially due to the artwork of Posada, and is now immediately recognized due to the iconography of the Day of the Dead. For artists such as Posada, the image of the *calavera* was a leveling tool.

Posada...would create cartoonish lithographs and engravings to satirically illustrate political and societal issues; his work was frequently published in the Mexican press....What drew these illustrations together and made Posada's fame particularly distinctive was the sketches' central motif: Posada's figures, regardless of occupation, class or status, were represented with skulls for faces. These skull caricatures, or calaveras, would depict anything from national tragedies, to current events and figures, to historical incidents and literary characters....The reduction of every person to bones, no matter of time, place, class or deed gave Posada's images a homogenizing quality, the apparent message being 'underneath, we are all the same'.<sup>1</sup>

This particular work was written for the people of Guadalajara. A *tapatia* is a colloquial term for a person from that city. It comes from the Nahatl word *tlapatiol* which is a reference to trading. In the open air market of Guadalajara, locals would make their purchases by bartering. As time passed, people from other cities believed that *tlapatiol* was the name for these people. Since then, the word *tlapatiol* became *tapatia*.

<sup>1</sup> From National Geographic article "La Catrina: The dark history of Day of the Dead's immortal icon" by Simon Ingram, 18 October, 2019. <https://www.nationalgeographic.co.uk/history-and-civilisation/2019/10/la-catrina-dark-history-day-deads-immortal-icon>

The poem is 32-stanzas long. After mentioning that “The things he envies most are love, / A good party hat, / A good tequila, a cigar,” Cavalera Tapatia tells us more about himself:

Roughly translated to:

*Aqui he matado poblanos,  
Jarochos y Toluqueños,  
Tepiqueños y Surianos  
De Mérida y Oaxaqueños.*

*No resiste ni un pellejo  
Mi cuchillo nuevecito;  
He muerto de puro viejo  
Pues fui en mi vida maldito*

*Y á aquel que le guste el duro  
El tequila y el posole,  
Si muere, yo le aseguro  
Que en la tumba bebe atole.*

*Here I have killed people from Puebla,  
Veracruz & Toluca,  
Tepic & Southerners from Mérida  
& people from Oaxaca*

*I don't resist a skin  
My brand new knife;  
I died of pure old age  
After all, I have been cursed in my life*

*And whoever likes his  
Tequila and posole hard,  
When he dies, I assure you  
He will drink atole in the grave.<sup>2</sup>*

In good condition and a remarkable survival.

¶ OCLC: one location outside of the United States (and printed on beige paper).

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<sup>2</sup> *Atole* is a traditional Mexican hot beverage made by steeping brown sugar cane and cinnamon in water, then thickening with *masa harina* (corn flour) and adding milk until it is creamy.

*The Gastronomic Riches of Nature  
for the Year 1782*

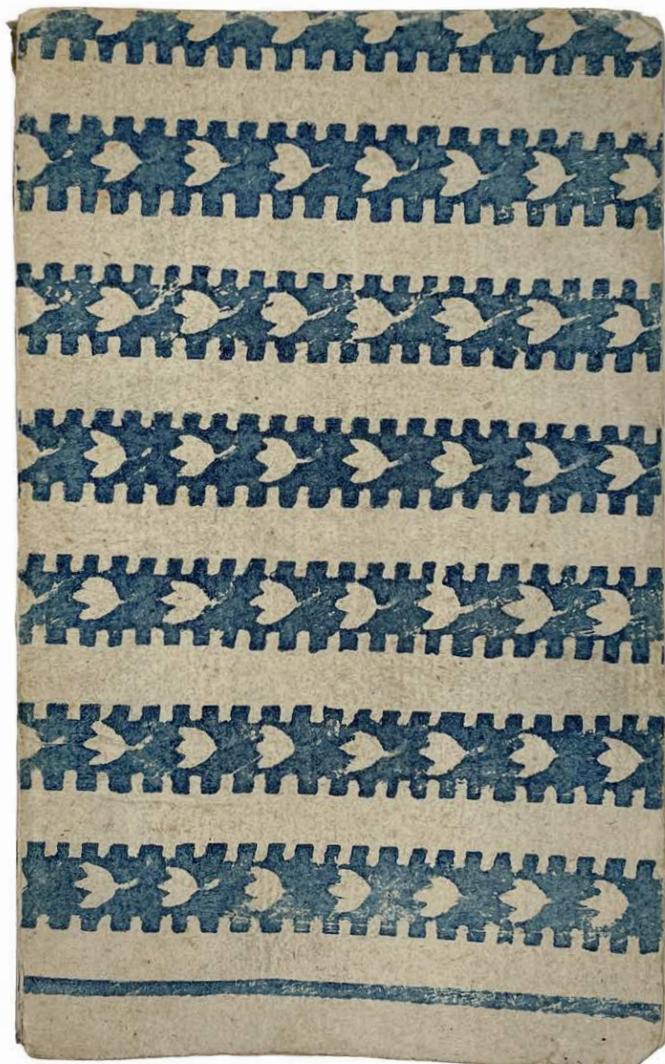
**54. NOUVEL ALMANACH DE CUISINE, ou la cuisiniere  
moderne. Ghent: Gimblet, c.1781.**

16mo. 7 p.l., 176 pp. Contemporary block-printed (*papier dominoté*) wrappers, lightly browned, small lower corner of leaf E<sup>1</sup> missing due to paper flaw (not affecting text).  
\$1500.00

The extremely rare FIRST & ONLY EDITION of this Belgian cookery almanac for the year 1782. Although diminutive in size, this almanac to “modern cuisine” is quite extensive and includes nearly 300 different recipes and directions on how to prepare a wide range of dishes. As an object, it is also quite a lovely little volume preserved in its original block-printed wrappers and in very good condition.

Following a calendar depicting the phases of the moon, the anonymous author provides twelve different gastronomic sections: 1. “Instruction on the riches that Nature produces for our prosperity throughout the year” that is arranged by the seasons; 2. recipes for *potages* (usually a thick vegetable soup) and soups (usually more based on a broth); 3. carving methods; 4. how to prepare and cook all kinds of butcher’s meats; 5. directions and recipes for poultry; 6. how to prepare small and large game dishes; 7. various dressings for fresh and salt-water fish; 8. how to prepare and season all sorts of roots, vegetables, greens, and fruits of the garden; 9. on dairy, eggs, and all sorts of *beignets*; 10. on cakes, tarts, pastries, and *tourtes*; 11. on liquid and dry jams, jellies, conserves & marzipan, and compotes of all sorts; and finally 12. menus for both *gras* (meat) and *maigre* (fasting) days.

Each section contains numbered recipes or instructions on how to prepare different foods. For example, in the potage and soup section there are 23 recipes; in the poultry section there are 51 recipes; and in the fruit and vegetable section there are 33 recipes. This is the entry for cauliflower in the vegetable section:

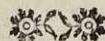


ofie  
Wel onderfcheyd men de voorwepen niet genoeg, die  
dan te min doorfcheynen: 't is eenen groeten flag defe  
werking behendig genoeg uyt te voeren. Eydendinge  
blaerft. mei 2. 1781.

NOUVEL ALMANACH  
DE CUISINE,  
OU  
LA CUISINIERE  
MODERNE,  
Pour la présente Année.

Contenant les XII. Articles suivans :

I. Instruction sur les Richesses que la Nature produit pour notre subsistance pendant toute l'année II. La façon de faire toutes sortes de Potages & Soupes. III. De la Désfection des Viandes. IV. La maniere de préparer & déguiser toutes sortes de Viandes de Boucherie. V. L'art de bien apprêter la Volaille. VI. La maniere d'apprêter toutes sortes de menu & gros Gibier. VII. Des divers apprêts convenables au Poisson d'eau douce & de mer. VIII. La maniere d'apprêter toutes sortes de Racines, Légumes, Herbages & Fruits de Jardin, & comment il faut les assaisonner. IX. Du Lairage, des Oeufs & Bignets. X. Des Gateaux, Tartes, Pâtes & Tourtes. XI. Des Confitures liquides & séches, Gélées, Conserves, Massepains & Compotes de plusieurs sortes. XII. Instruction pour ordonner des Repas réglés, tant en gras qu'en maigre.



A GAND, chez les FRERES GIMBLET.

Ayez des choux-fleurs, épandez-les bien de toutes leurs feuilles & coupez-les à l'ordinaire, puis vous les mettrez bouillir dans l'eau avec sel & poivre; étant cuits & bien amollis, faites les égouter, mettez-les dans une casserole avec de bon beurre frais, sel, poivre, muscade & une pointe de vinaigre; laissez-les un peu mitonner à petit feu, puis vous les tirerez pour être servis chaudement.

D'autres, au lieu de beurre, sont cuire leurs choux-fleurs dans du lard fondu avec bon assaisonnement, puis lorsqu'ils sont prêts à être servis sur table, ils y mettent un jus de mouton & une pointe de vinaigre.

Il y en a qui les mangent en falade avec dé bonne huile d'olive, sel & vinaigre.

Roughly translated to:

Have some cauliflowers, peel them well of all their leaves & cut them as usual, then put them to boil in water with salt & pepper; being cooked & well softened, drain them, put them in a saucepan with good fresh butter, salt, pepper, nutmeg & a touch of vinegar; let them simmer a little over low heat, then pull them out to be served hot.

An other way, instead of butter, cook the cauliflowers in melted bacon with good seasoning, then when they are ready to be served on the table, then add mutton juice and a touch of vinegar.

There are some who eat them as a salad with good olive oil, salt & vinegar.

The wrappers are mounted to recycled paper to give them greater rigidity (as was typical). Although the text on the recycled paper is in Flemish, the stub of one of these sheets reads "Journal des arts" and is dated 1781.

Mounted onto the verso of the upper wrapper is the bookplate of "Deuzel" depicting a man reading in his library. This is the bookplate of Baron Léon Lambert (1928-1987) a highly successful Belgian banker, art collector, and gastronomy collector whose books were auctioned off by Sotheby's on February 14<sup>th</sup>, 1966.

A delightful almanac in very good condition.

¶ Cagle: no. 20; OCLC: Indiana University. Not in Vicaire.

*Adjusting to Life in  
Nyasaland*

**55. NYASALAND cookery book and household guide. Nyasaland  
[Malawi]: The Nyasaland Council of Women, 1947.**

8vo. 4 p.l., 9, [2], 118, 103-162 pp. (one signature of eight leaves repeated – pp. 103-118). Half faux leather over printed boards, upper board lightly rubbed, edges lightly browned due to paper quality, small area of upper corner of half title excised.

\$250.00

The rare FIRST EDITION of this community cookbook written by English settlers in what is now Malawi, in southeastern Africa. Included are 518 culinary recipes and many additional household and gardening hints. Despite the unflattering assumptions that are made regarding the local people in the “hints to settlers” section at the beginning of this book, the writing provides a useful example of post World War II English colonial food and the need for adaptability in a foreign environment.

There are some recipes that give a nod to local cuisine, including “Spinach Watendera” and “Ntedza and tomato.” In the local tongue of Chichewa, *Watendera* means “he has agreed” and *ntedza* (or *mtedza*) means peanut. Below are both of these recipes:

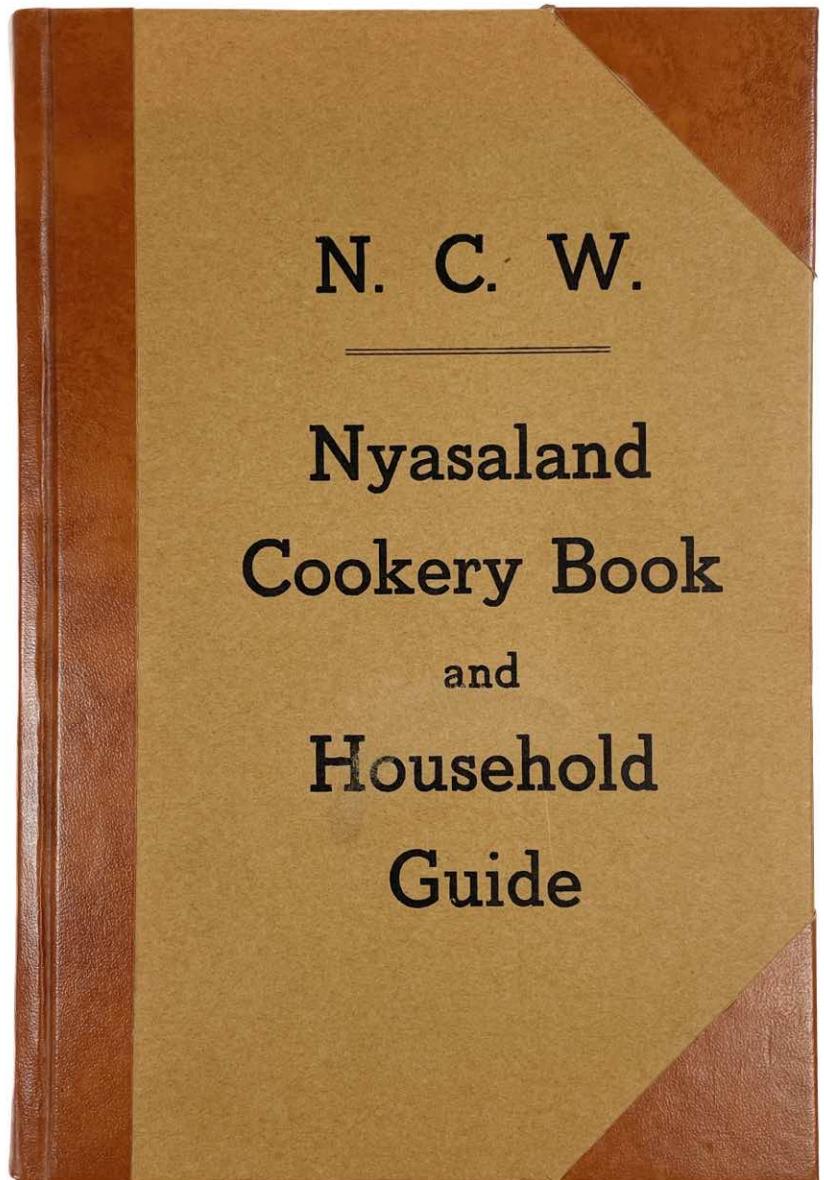
*Spinach Watendera*

*The native way of doing spinach with ground peanuts is much nicer, and the flavour is milder. Cook the spinach in the usual way, sieve, and mix in the nuts, ground into flour.*

*Ntedza and Tomato*

*1 teaspoonful sugar / 4 large tomatoes / 1 medium onion / 4 tablespoons monkey nut flour.  
Salt*

*Fry onions in dripping. Add this to chopped up tomatoes and cook for 1½ hours. Add monkey nut [peanut] flour to above and cook for at least another ½ hour. Serve with rice.*



205. *Stuffed Pawpaw*

1 small ripe pawpaw  
Bananas  
Lemon Juice

Eggs  
Milk  
Cocoanut

Sugar

Cut off both ends of pawpaw. Peel off the skin and scrape out and place shell on dish. Then beat up bananas, lemon juice and fill the pawpaw shell. Make custard of eggs and milk and allow cool. Just before serving pour over pawpaw, sprinkle with cocoanut and serve.

206. *Pineapple Bavarian Cream*

1 pt. grated pineapple cooked  
8 oz. gelatine (level teaspoon)

$\frac{3}{4}$  cup thick cream  
Juice of  $\frac{1}{4}$  lemon

$\frac{1}{4}$  cup sugar

Add the gelatine by soaking it in hot water. Add the sugar to the add the lemon to the cream and whip it, not too stiff, then pineapple into the whipped cream. Strain gelatine into the texture and pour at once into sherbet glasses. Decorate the slices of pineapple slices with a cherry in the centre.

207. *Summer Pudding*

Rather less stewed rosellas  
Custard

s of bread  
d guavas  
with slices of bread and put a round of bread at  
stewed fruit, place a round of bread on the top,  
a weight on it. Be sure that there is sufficient  
Leave overnight. Turn out and pour custard  
Any other stewed fruit may be used.

strawberry Whip

1 pint of straw  
A few

The bulk of the recipes, however, reflect the colonists' efforts to maintain culinary ties to the cooking of Britain.

These ties also extend into issues around health, safety, and child rearing. Included are instructions on how to make a food "safe" when a refrigerator is not available (using either charcoal and wood or empty gas tins); how to make water potable; "Practical Rules for the Conservation of Vitamins and valuable Salts in the *Preparation and Cooking of Green Vegetables*"; special diets for fever and acidosis; an anti-fly dog-ear lotion; how to deal with insects; and how to care for children when living in Africa (e.g. sleep in beds perched on top of small tins of water so they aren't attacked by soldier ants).

On the verso of the title page, the following aphorism is printed: "The fate of nations depends upon how they are fed." Nyasaland was a British Protectorate from 1907 to 1964. During this period there was a massive loss of lands and forced labor for the Africans living in Nyasaland. Riots and protests grew until independence was achieved in 1964 and the country was renamed Malawi.

With local advertisements peppered throughout and a purple bookseller's stamp on the half title page from "The Central Bookshop Ltd. Blantyre." Blantyre is the second largest city in Malawi.

In very good condition

¶ OCLC: University of Arizona, University of California (Los Angeles), Harvard, Michigan State University, Lincoln University (Pennsylvania), and one location outside of the United States.

*The First Ottoman Book on Tea*

56. (OTTOMAN TEA-MAKING.) (Çayci İzzet Efendi Matbaasi). (Çay risalesi – A treatise on tea). Istanbul: İzzet Efendi Matbaasi, 1295 [1878].

8vo. Decorative chapter headings. 82 pp. Later marbled wrappers over original printed light yellow wrappers, faint dampstaining to the corners of a few leaves (not touching text).

\$2000.00

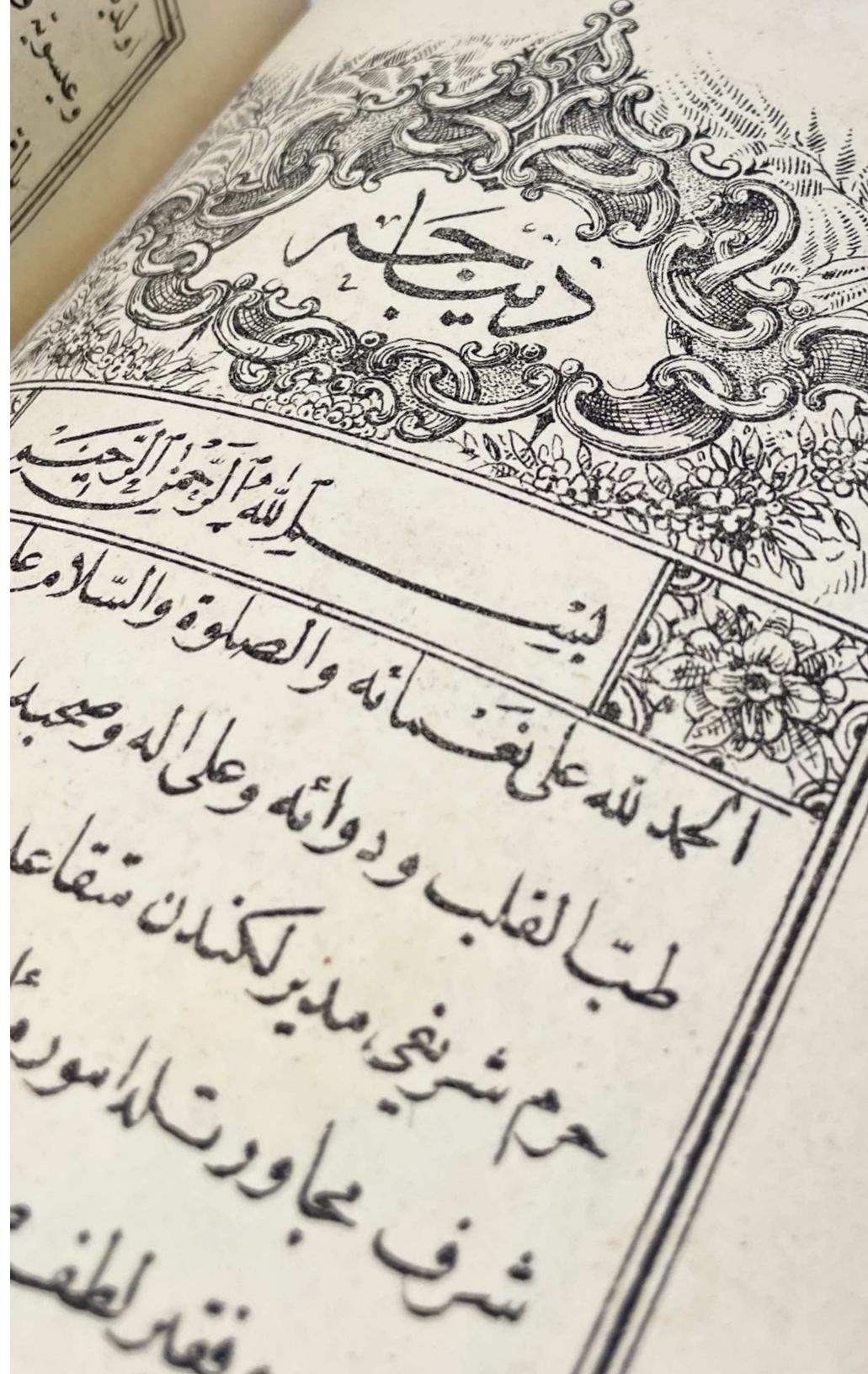
The extremely rare FIRST & ONLY EDITION of this important, comprehensive study on tea written in the Ottoman Empire by “Master Tea Maker” İzzet Efendi. The work was so influential, that after its publication tea prices in the Ottoman Empire soon reached the same price as coffee and the beverage became popular among all social classes.<sup>1</sup> Included is information on the history of tea; where it grows; its health benefits; different tea varieties; drinking etiquette; and various brewing methods.

Our İzzet Efendi should not be confused with Mehmed İzzet Efendi (1841-1903). Although a contemporary of the “Master Tea Maker,” Mehmed was a famous calligrapher.

In very good condition.

¶ OCLC: one location outside of the United States only.

<sup>1</sup> Chris Fitch, *Globalography: Our Interconnected World Revealed in 50 Maps*, 2018, p. 28.



*The Only Copy Known*

LE PETIT  
CUISINIER  
FAMILIER,  
POUR APPRESTER  
en ménage, Chair & Poisson;  
comme aussi à faire des  
Tourtes, & plusieurs sortes  
de Confitures.

Par le Sieur D\*\*\*. Cuisinier  
du Roy.



A LYON,  
Chez ANDRE' MOLIN, rue Belle-Cordiere,  
prés belle-Cour.

M. D. CCVII.  
AVEC PERMISS.

57. LE PETIT CUISINIER familier, pour apprester en ménage, chair & poisson; comme aussi à faire des tourtes, & plusieurs sortes de confitures. Par le Sieur D\*\*\*. Cuisinier du Roy. Lyon: André Molin, rue Belle-Cordier, près belle-Cour. 1707.

12mo. Ornate woodcut device, woodcut head and tailpieces. 24 pp. Expert red morocco binding in the style of the period and made with early 18<sup>th</sup>-century French red morocco, triple gilt fillet around sides with small gilt rose stamp in the corners, spine in six compartments with raised bands, double gilt fillet on spine, early 18<sup>th</sup>-century pastedowns and free endpapers, expert paper restoration to the upper edges (not affecting text). \$45,000.00

THE EXCEPTIONALLY RARE FIRST & ONLY EDITION OF THE "FAMILIAR LITTLE COOK," a modest pocketbook-sized recipe book containing directions for making forty-two different dishes. This *unicum* is unrecorded in OCLC, the Bibliothèque nationale de France, and all gastronomic bibliographies.

The first section of the cookbook is devoted to meats and it contains twelve different recipes. Included is a *Fricassée de Veau* that includes a finely chopped veal cooked in a butter *roux*, salt, pepper, bay laurel, onions, and when served hot, mixed in a sauce made from egg yolks thinned with *verjus* and parsley. Other recipes are for lamb and beef.

The second section is for fish and it also contains twelve recipes. The recipe for fried carp describes how you must scale the fish first, split it along the back, get the frying pan very hot, then flour the carp, fry it, and serve with a *verjus* flavored with orange. There are two salmon recipes, one of which is for a roast salmon that is served with a sauce made from butter, vinegar, capers, salt, pepper, and breadcrumbs that is poured over the fish as you plate it. The other fish are eels, pike, bullhead, and tench.

rez de votre appareil, n'y mettés point 8  
de persil, les couvrés ayant mis un peu  
de beurre par dessus, mettés un petit  
chaperon dorés & mettez au four, pre-  
nés garde de ne les faire secher ou trop  
cuite, vous les ferés de pâte fine.

Pâte de Godiveau.

Vous prendrez le même appareil que  
dessus & affaisonnerez de même, ajout-  
rés persil, verjus de grain si en avez, &  
dresserés vos pâtes en ovale & empli-  
rés à moitié & dans le milieu vous y  
pourrez mettre botte d'asperges, cus-  
d'artichauds, les asperges affaisonées,  
les artichauds cuits, champignons, en-  
fin ce que l'on a comme ris de veau,  
& l'acheverés d'emplir & étant accom-  
modé de cette sorte, vous mettés lard  
& persil haché bien menu par dessus,  
ne les couvrirés point, seulement une  
bande par dessus tout à l'entour une pe-  
tite andouillette dans le milieu & quand  
vous ferés prest à servir, vous mettés la  
sausse, comme à la tourte de veau cy-  
dessus, servé le chaud.

Tourte de Viande cuite.

Vous prendrez vos restes de trois &

les hacherez bien menu & les affaison-<sup>9</sup>  
nez votre viande soit grasse, prendrez garde  
que l'étoit pas il y faudroit, car si elle  
beurre, faites votre abbesse de pâte fine,  
& emplissés vos tourtes de pâte fine, apa-  
reil à moitié, & mettés dans le milieu  
cus d'artichauds, bottes d'asperges com-  
me dessus & l'achevés d'emplir & la  
couvrirés de pâte feuilleté, faites y tail-  
lades par dessus, vous pourrez mettre  
junes d'œufs comme cy-devant, ser-  
vés chaud.

Fin de la Viande.



3



LE PETIT  
CUISINIER  
FAMILIER,  
POUR APRESTER  
en ménage Chair & Poisson.

*Estuvée de Veau.*

**V**ous couperez vos morceaux & les laverez bien, puis tremperez-les dans un peu de beurre roux, & rangez-les dans une bassine, mettez du bouillon ou d'eau faute de bouillon, & sel & ne l'écumez point parce que vous perdriez votre beurre, & si vous la vouliez écumer il ne faudroit point le passer en la poêle auparavant, ensuite aprés être écumée mettez-y votre beurre, laurier, lard haché & un paquet que vous composerez de cette sorte, à sc̄ivoir persil, siboulles, thin & la faite cuire à petit feu & quand vous serez

A 7j

10



MANIERE  
D'APRESTER  
LE POISSON.

*Estuvée de Carpes.*

**V**ous écaillerez vos Carpes & ôterez l'ainer & les oüis, prenez garde de ne point arracher la langue, & couperés vos pitances & les arrangerés dans votre bassine avec beurre, sel, poivre, gerofle, laurier, écorce de citron vert, vin rouge, pruneaux & petites crouûte de pain, la ferés cuire à petit feu, & quand elle sera cuite vous la servirés à courte sausse, prenés garde qu'il faut que le Poisson soit bien cuit.

*Carpes frites.*

Vous écaillerés vos Carpes & les fendrés par le dos, & poudrerés, sel, poivre, par dessus & quand votre friture sera bien chaude vous farinerés vos Carpes & les ferés frire, servés-les sortant de la poêle avec verjus, l'orange y est très-bonne.

The third section has nine recipes for egg dishes and pies (both savory and sweet). There is an apple pie recipe that calls for sugar, cinnamon, and lemon rind jam; at the end of cooking, you brown the pie and then sprinkle sugar on top. (It is noted that this recipe can be used for pears and apricots also.) There are also recipes for a spinach pie, a cream pie, a fish pie, an herb pie, and an eel *pâté* made with carp, eel, asparagus, and artichokes and served hot. The last recipe is for cookies that can also be altered and made into *macarons* by adding mixed crushed almonds and sugar.

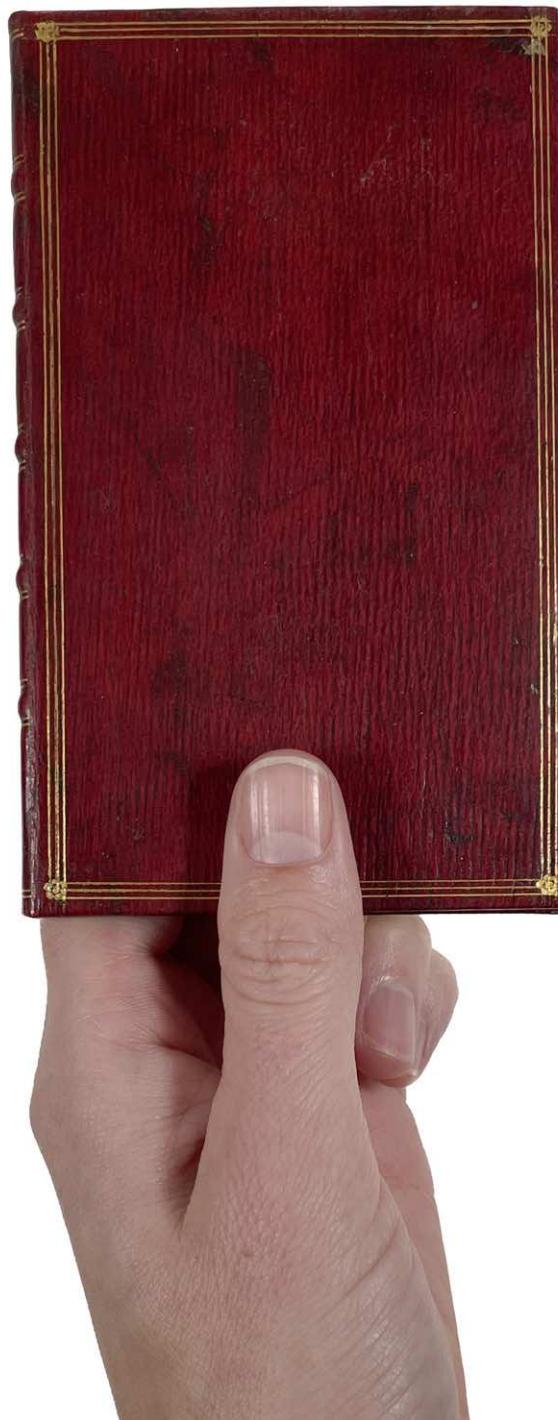
The final section is for *confiture* and it also includes nine dishes. It begins with directions on how to clarify white and brown sugar and is followed by recipes for quince, pear, apple, and nuts.

It is interesting to note that when *Le petit cuisinier familier* was published, it was the most modest cookbook that had yet been printed in France. In the 15<sup>th</sup> century, that title was held by the Lyon edition of Taillevent edition printed in 1489-91: 4to., [24] ll. (Notaker 601.6, surviving in one incomplete copy only). In the 16<sup>th</sup> century, it was the *Petit traité* printed in Paris c.1536-38?: 8vo., [40] ll. (Notaker 603, surviving in only one copy). In the 17<sup>th</sup> century it was *Le confituriere françois* printed in Paris in 1660: also 8vo., 3 p.l., 94 pp. (Notaker 623, surviving in three copies).<sup>1</sup>

But *Le petit cuisinier familier* was smaller and shorter than all three and, as such, it represented a new chapter in cookbook publishing in France that is worthy of additional research. For example, was the cookbook part of the emerging *Bibliothèque bleue* genre of popular printing and distribution that was occurring in early modern France? Did it represent the first effort to bring cookbook publishing to a broader and less affluent public?

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<sup>1</sup> From a survey of cookbooks recorded in OCLC and the catalogue of the Bibliothèque nationale de France, there are no shorter works printed during the beginning of the 18<sup>th</sup> century either.



une terrine  
er leur mé-  
une heure  
it feu, fai-  
fausse tele.  
re, quelle

uilles par  
e comme  
onner de  
sant pour  
tre faus-

ns.  
non par  
tre bas-  
ne il en  
tre bas-  
sus, &  
e met-  
us que  
vôtre  
chet,  
n, ou  
avec  
onge.

15  
vous le pouvés servir à la poivrade, il est  
tres-bon.

### Saumon frais routis.

Vous le couperez comme dessus & le  
froterez avec beurre fondu, puis le ferez  
rôter à petit feu, & quand il sera bien  
cuit vous y ferés une fausse avec beurre,  
vinaigre, capres, sel, poivre & chapelure,  
de pain par dessus vos plats en servant.

## POUR APPRESTER des Oeufs, & faite des Tourtes de plusieurs façons.

### Oeufs, au lait.

Pour chaque personne vous mettrez  
un œuf & demi que vous battrés bien  
étant battus par 12. personnes, il faut  
trois chopines de lait mesure de Paris,  
ou pour le plus commode trois de nos  
écuelles, battre le tout ensemble, & fai-  
re roussir du beurre dans une poêle & le  
versés dans vôtre tourtiere, versez vos  
œufs dedans, faites y bon feu dessus, &  
peu par dessous, quand ils commen-

A little is known about the printer André Molin (1658-1722). He took over the printing business started by his father Jean Molin and at times he worked in association with his mother “veuve de Jean Molin.” He wrote and printed *L'amour amant* in 1696, and in 1711 he was fined for printing a counterfeit edition of *Recueil de pièces concernant les religieuses de Port-Royal des Champs* and 395 copies were seized.<sup>2</sup> Jean Goy took over the printing firm in 1709.

On the title page, the authorship of the recipes is attributed to “le Sieur D\*\*\*. Cuisinier du Roy.” It is not clear if this is a fictitious person or someone who wanted their name to remain secret. At this time, King Louis XIV ruled France and the most famous royal chef was François Massialot, but we have been unable to find these recipes in Massialot’s cookbooks (*La cuisinier royal et bourgeois*, 1691, and *Nouvelle instruction pour les confitures*, 1692). It appears that these recipes are printed here for the first time.

The ornate title page woodcut device has “dulce et amarum” (sweetness and bitter) on a banderole intertwined in a flowering herb plant.

In very good condition and bound in a lovely binding in the style of the period.

¶ Not in Bitting, Cagle, Drexel, Georg, Horn Arndt, Oberlé, OCLC, Simon, or Vicaire.

<sup>2</sup> *L'amour amant* is a love story in prose and poetry with allusions to the Duke of Lauzun’s love for Mademoiselle de Montpensier, the granddaughter of Henry IV.

Eating Bananas Will Help with Ejaculation;  
Unrecorded

58. PRANANDU, Sadoris. *Pramēhaushadha Manjariya* [A collection of drugs for prediabetes & diabetes mellitus]. Colombo: Grantha Prakasha Yantralaya, 1897.

8vo. 2 p.l., 34, [1], [1 - blank] pp. Original printed wrappers, stitched as issued, lower edge of some pages chipped, expert paper repair to wrappers. \$3500.00

THE FIRST & ONLY EDITION OF THIS EXTREMELY RARE SRI LANKAN BOOK ON HEALTH AND DIET written by Sadoris Pranandu, a physician who describes himself as a “native doctor” (in English) in his introduction. Although Ayurvedic medicine originated in India and Sri Lankan medical texts utilize basic Ayurveda principles (in causes, types, and clinical features), there are differences in the recipes, ingredients, and specific procedures utilized in Sri Lankan medicine. This work is primarily in poetic form, as is customary for Ayurvedic texts. Ayurvedic medicine came to Sri Lanka during King Ashoka’s time (c.304-232 BCE).

This is an important and comprehensive study of *Pramēha*. The word *Pramēha* in Asian traditional medicine refers to a complex of clinical conditions involving prediabetes, diabetes mellitus, and metabolic syndrome, which occur due to the vitiation of three body humors. This work describes the condition and its management.

The first four verses are dedicated to venerating Lord Buddha. In verse no. 11 the author describes the main reasons for diseases: the sins of previous lives, misbehavior in one’s current life, and the influence of the seasons and time. Pranandu then describes twenty different types of *Pramēha*, their symptoms, clinical features, prognosis, and management in the form of herbal powders (*Chūrṇa*), decoctions (*Kashāya*), and medicines prepared using Ghee (*Basna*).

5			
35	ස සිලියා කුමුදී දියමේන් වලහ ය	ස	
	ස ලෙස සිදු ප්‍රත්‍යාගාර් නැඟ සෙම්මෙහි තිස	ස	
	අ ස මොද කොමොම් අභ්‍යන්තර හල් යන මෙසිය	අ	
	දෙශ ස බැං සෙම්මෙහි ප්‍රත්‍යලුණ් නොලි කුසු	දෙශ	
36	ව තු වැලි තීලක්සල දුව හල් යනසන	ව	
	ල තු කර තිබෙන් අවෝ කට ම්‍යුලු දෙව	ල	
	වැනු අදු ඇංගු දුරු සෙම්මෙහි නොබ	වැනු	
	ද තු සකි තියෙන්ම ඉත්‍යෙවෙයි ඉක් එව	ද	
37	අ ර ල කළුදර අද්‍යමදමද එක්වරන් නැඟන් එක්කායෙය නි	අ	
	අ ර ප්‍රකළුදර කුමුදී නොලි බුලු ඉන්නා ට වෙනිවැලුකායෙයෙනි	අ	
	ත රඩු අභ්‍යන්තොතු නොලිදරයක්ද මෙ සිවිවෙනෙන් එක්කායෙය	ත	
	ම ර බු තියෙන ඇයි සෙම්මෙහිව දෙනු ම්‍යුලු මෙනුව් යොශය යොශය	ම	
38	සැ වැ ත් දර නිල්මානේල ලොක්සුම් එදු කුමුදී පොතු	සැ	
	ස ද ත් තුන්නි ඇව්‍යම්මින් පළමුන් කිරුලා අරු	ස	
	අ ත් ත් ත් කට සිදුවාලු යන මිශ්‍රකර ද්‍රානෙනා	අ	
	ව ප් ත් පිනින් සෙම්මෙහි උපන් මෙනු නැශෙන් බොතු නැතු	ව	
39	ඉ ත් ත් අවද කිරීසුම් දුම්මිල්ලෙන් ඇපිලුමේ	ඉ	
	ං ත් ත් වැලුද වැලුමදවන් එලුදවැන්න නියා යො	ං	
	අභේ ත් අවෙන්මද දියෙන්තද අර්ථන් නොවනාලි	අභේ	
	දෙසි ත් මෙසින් කළුබැඳෙන් අදුලුප්කලද කිරු	දෙසි	
40	ච දේ ලෙසට පොරණ්දරන් අවනේ කමිද පෙරමේ	ච දේ	
	ං දේ සටම ත්වුනුකාලට දෙකලද මි යොදම්	ං දේ	
	නොදේ සින්න් දුනහොත්සන් ඇත්තිඳන්මෙන් දුනහ	නොදේ	
	කොදේ සින්න් තියිමෙහිව දුරුවෙශිශාන නොසින්	කොදේ	
41	අ ප ප පොතුන් අර්ථද ක්‍රියාවමද අරු	අ ප	
	න් ම ල දුනින් කියා එමාදම් පොතු සම්ඩි	න් ම	
	පෙනෙල මුදන් වෙනිවැලුම මින්පළම්ක ග	පෙනෙල	
	ඉ න ල ලෙසින් අවෝ කට මිදුලා දෙවම්	ඉ න	
42	මෙ සේ සුව දුනන් පිටප දිප	මෙ සේ	
	නො සේ ව්‍යන බොනත්සන් දුනන	නො සේ	
	ස සේ පොරණ්දර වදනන් තුබ්ප	ස සේ	
	දෙශ සේ කිය නොන්න මෙමන් බැනාප	දෙශ සේ	

The rest of the work consists of details on how to manage spermatorrhoea (the involuntary loss of semen), masses in the anorectal region, leukorrhea (vaginal discharge that may be due to an infection), joint swelling, and impotency. These directions are presented in a paragraph format. In the introduction, Pranandu also explains that although the book is modest in size, the advice it gives in disease management is not lacking and he gives thanks to his teacher (Beruwala Amaramopli, a buddhist monk) at the end of the introduction.

Here is an example of one recipe for diabetes when it occurs due to vitiated *Vātha Dosha* (the humor that relates to air and space and has connections to change, mobility, and movement):

Transliterated from Sinhala:

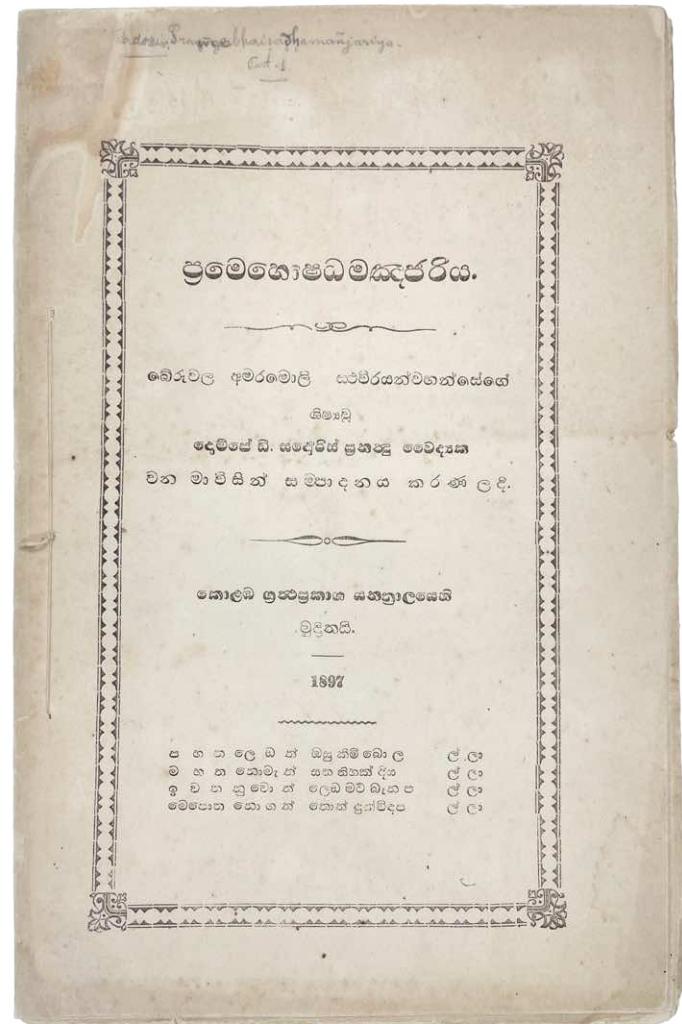
*Thripal thrikulu sulupas mulda devduru  
Siyal samawa gena atinekata sinda peru  
Nimal pana thikulu sunu la duna devaru  
Siyal va meha nathiwe we niboru*

Literal translation:

*Fruits of Chebulic Myrobalan, Beleric myrobalan and Indian gooseberry, pepper seed, ginger, Long Pepper, Alyce Clover plant, mountain knotgrass, Aubergine Brinjal Egg Plant, Thai striped eggplant, Devil's Thorn plant, Deodar  
It should be taken in same quantities and reduce 8 part of water in to one part  
Powder of pepper seed, ginger, Long Pepper should be added to the drink  
Prediabetes and diabetes born from the vitiation of *Vātha Dosha* is cured.*

Semantic translation:

*It requires equal quantity of fruits of Chebulic Myrobalan, Beleric myrobalan and Indian gooseberry, pepper seed, ginger, Long Pepper, Alyce Clover plant, mountain knotgrass, Aubergine Brinjal Egg Plant, Thai striped eggplant, Devil's Thorn plant, Deodar and 8 cups of water are added and boiled until reduced to one cup. Then, powder of the mixture of pepper seed, ginger, Long Pepper should be mixed in. This remedy is effective in curing Prameha [prediabetes and diabetes] born from the vitiation of *Vātha Dosha*.*



Other sections attribute diabetes to sleeping during the day; eating food (both vegetables and meat) that was raised in marshy lands; excessive consumption of water, sugarcane, juice, and fresh milk; a lack of exercise; and eating newly harvested rice. There are also recommendations to eat bananas to help with sperm production and ejaculation control.

Sri Lanka was a part of the British Empire from 1796-1948. Pranandu probably refers to himself as a “native doctor” to distinguish himself from the allopathic doctors that came to Sri Lanka after Sri Lanka became a colony.

Special thanks to Dr. Peshala Kariyawasam for her work on this description. Dr. Kariyawasam is on the Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.

¶ Not in OCLC.

ଶ୍ରୀମଦ୍ଭଗବତ ରହ୍ୟ ବିଜ୍ଞାନ.

## *The Curative Powers of Ghee, Unrecorded*

59. PRANANDU, Sadoris. *Pramēhaushadha Manjariya* [A collection of drugs for prediabetes & diabetes mellitus.]. Colombo: Grantha Prakasha Yantralaya, 1898.

8vo. 1 p.l., 23, [1], [1 - blank], [1] pp. Original printed wrappers, stitched as issued, expert paper repair to upper wrapper, some discoloration to upper margin of several pages (affecting text but sense still clear). \$3500.00

THE FIRST & ONLY EDITION OF THIS EXTREMELY RARE TEXT ON AYURVEDIC MEDICINE coming from Sri Lanka. Although Sri Lankan medical texts utilize basic Ayurveda principles such as causes, types, clinical features, there are differences in the recipes, their ingredients, and specific procedures. This volume is Pranandu's follow up to his well-received *Pramēhaushadha Manjariya* which had been published one year earlier. As is customary for Ayurvedic texts, the work is presented in poetic form. Ayurvedic medicine came to Sri Lanka during King Ashoka's time (c.304-232 BCE).

The focus of the work is on the complications of *Pramēha* named *Pramēha Pidaka* (carbuncles of diabetes) and the importance of one's diet in treatment. There are approximately sixty different remedies described (including decoctions, powders, and external applications). Apart from the medicines (which are made up of various foodstuffs), in verses 42 and 47, Pranandu advises people to refrain from consuming sour, bitter, and sweet dishes, as well as foods such as potatoes, jackfruit, and meat when trying to eradicate carbuncles.

Here is an example of one recipe for the type of carbuncle known as *Masurika* (from p. 4, no. 27):

Transliterated from Sinhala:

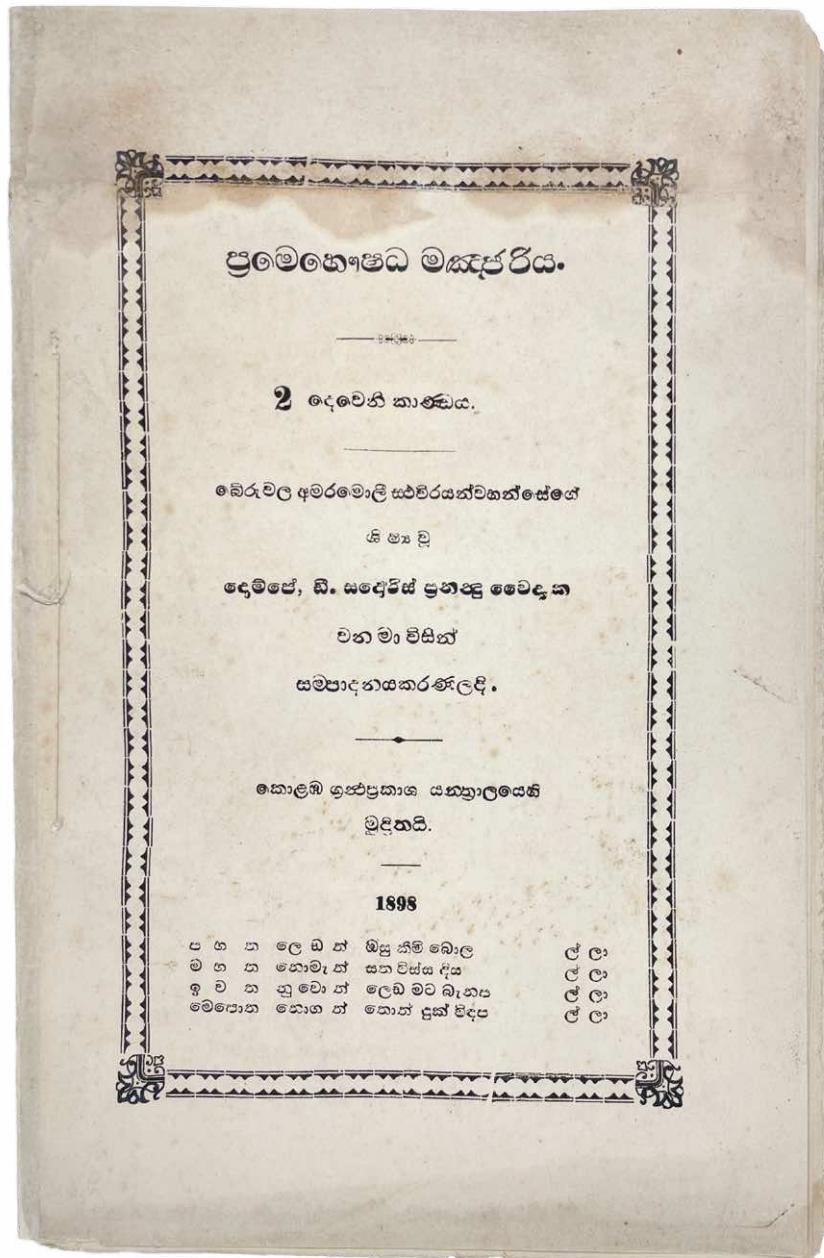
*Deduru Nelli Asamodagan Thippili sadikka saha suduloonuth  
Sonduru Aralu vasavasi Karambuth doloskalanda gena vidhi lesama  
Suduru venta ema masurika gadu diya atineka sinda maduladeth  
Aduru ithin biya nowi sitin meya dunnoth me lesa thagi labeth*

Literal translation:

*Cumin seeds, Fennel seed, seeds of Golden eye-grass, Indian long pepper, seed of Nutmeg, Garlic  
Fruits of Ink Nut tree, Pericarp of Nutmeg, Clove, total 60 gms in equal quantity should be taken.  
Reduce 8 part of water in to one part and add bee honey in to it is good to cure Masurika  
The doctor will definitely get rewarded and should not be afraid if he gives this*

Semantic translation:

*It requires a mixture of 60 grams total of Cumin seeds, Fennel seed, seeds of Golden eye-grass, Indian long pepper, seed of Nutmeg, Garlic, Fruits of Ink Nut tree, Pericarp of Nutmeg, and Clove. After combining these ingredients, 8 cups of water are added and boiled until reduced to one cup. Then, bee honey should be mixed in. This remedy is effective in curing Masurika, and the doctor will be rewarded after administering it to the patient.*



In the current work, the types of diabetes carbuncles and their clinical features are similar to those described in the main Ayurvedic texts and some of the treatments mentioned for their management are also similar; however, Pranandu includes drug preparations that are unique to the Sri Lankan traditional medical system as well. Ayurvedic medicine dates back to 1000 B.C. and – like Galenic medicine – it bases one's health on the balance of the humors. The word “Pramēha” in traditional Asian medicine refers to a complex of clinical conditions involving prediabetes, diabetes mellitus, and metabolic syndrome, due to the vitiation of three body humors.

The book begins with the worship of Lord Buddha. The author then proceeds to describe 10 types of *Pramēha Pidaka* (carbuncles caused by diabetes) with their clinical features, causative factors, prognosis, and treatment methods. Management includes herbal powders (*Chūrṇa*), decoctions (*Kashāya*), medicines prepared using Ghee (*Basna* – clarified butter), and external applications such as pastes, oils and fomentations.

The rest of the work describes the symptoms of leprosy and syphilis along with various treatments and management. While describing leprosy and syphilis, the author deviates from the customary poetic form and shifts into a normal paragraph writing style.

In the introduction the author states that he learned of the first volume's usefulness to those who utilized it through the letters he received, and he is willing to provide further consultation upon request. At the end of the work he gives his name and address in English as "D.D. Sadoris Fernando. / Native Doctor / Kollupitiya. / No. 106." Sri Lanka was a part of the British Empire from 1796-1948. Pranandu probably refers to himself as a "native doctor" to distinguish himself from the allopathic doctors that came to Sri Lanka after Sri Lanka became a colony.

Special thanks to Dr. Peshala Kariyawasam for her work on this description. Dr. Kariyawasam is on the Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.

An exceptionally rare work on a rare subject, stitched as issued.



*The First Persian Cookbook*  
*Published in English*

**60. (PERSIAN cookery.) The Khwan Niamut; or, Nawab's domestic cookery. Calcutta: Columbian Press, 1839.**

12mo. Original painting tipped in on an upper free endpaper; title within an ornamental border. 97, [1 - blank] pp. Contemporary pomegranate-red wrappers bound in later brown morocco wrappers, double blind fillet around sides. \$15,000.00

THE EXTREMELY RARE FIRST EDITION OF THIS EARLY 19TH-CENTURY PERSIAN COOKERY BOOK. In the preface we find that these recipes were originally written in Farsi (on title page: "Original Persian") based on approved recipes cooked in the household of the *Nawab* (sovereign ruler) Qasim Uli Khan. The original was translated to English in the hopes of sharing "Hindoostnee Dishes to the European Community."

The first leaf provides a "Table of Weights" to understand Persian measurements. For example, 8 Ruttees equals 1 Masha; 3 1/2 Misqual equals 1 Quearat; and "1 Seer is equal to 2 pounds." This is followed by a table of contents.

The *Kwan Niamut* includes traditional dishes such as *poolao* (fresh-killed baby goat and beef cooked with rice and spices); *kidree* (a dish made with dal, rice, spices, ghee, milk, cream, and onions that is traditionally eaten to heal the body after excessive eating); curry; *kubab* (minced mutton mixed with spices, buttermilk, almonds, pressed into a ball, wrapped in cheese, and then cooked); the breakfast dish *khaginah* (eggs mixed with spices, cheese, and onions and cooked in a pan in ghee); mango chutney; *baqur-khanee*, *sheermal*, and *nan thaftan* (all three, variations of flat leavened cakes); *pooree* (pastries stuffed with mutton, onion, garlic, coriander, and mango and fried in ghee); *khujoor khaseh* (hard cookies); and *gooloola* (doughnuts). These are followed by a recipe for Persian coffee.

The next section within *The Kwan Niamut* mostly has to do with preserving fish, meat, eggs, fruit, biscuits, and cream. Other directions include how “to make the celebrated Eastern Beverage called Sherbet;” a simple method for cultivating mushrooms; how to make sachets of rose petals, cloves and mace to perfume linen; “Lozenges, of carrots and sweet Pumkins;” and a recipe for a “Syrup from Indian Corn” (a surprising Americanum).

Among the Asian ingredients included in the recipes is *zeerah* (caraway); cardamom; cinnamon; cloves; coriander; ginger; pepper; saffron (native to Iran); turmeric; garlic; almonds (native to Iran); *duhee* (curdled milk); *puneer* (cheese); *neshasta* (fermented wheat grains); *ghee* (clarified butter); mango; lemon; lime; rose water (native to Iran); and rice.

Culinary historians attribute the rich diversity of Persian cuisine to its geographic location. “The ancient Silk Route from China to Syria went through N. Iran, while the Afro-Arab-Indian trade routes crossed its southern regions” (Margaret Shaida, “Iran” in *The Oxford companion to food*, ed. by Alan Davidson, pp. 402). A wide range of foods, spices, and produce were cultivated in Persia and during the 2500-year period of its empire, it brought ingredients such as spinach, rose water, saffron, and pomegranates with them. “The ancient cuisine of Persia has had an influence, the full extent of which has still to be measured, on Ottoman cuisine, Arab cuisine, the cuisines of Western Europe, and those of Russia, Central Asia, and the Indian subcontinent” – *ibid.*, p. 403.

the Ghee and warm it when it is well heated, balls, and keep them fir they become properly bro bring the vessel down, add balls Lemon-Juice.

*Kubab Pursund.*  
Take of Mutton, 1 seer,  
Ginger, half ditto,  
Salt, 1 chuttack,  
Pepper, half ditto,  
Coriander, 1 ditto,  
Onions, 2 ditto,  
Saffron, 4 mashas,  
Duhee, (Tyre) half seer,  
Ghee, 4 chuttacks,  
Am, 4 ditto,  
Onions, 4 ditto,

G. A. Gala.

THE 1894

KHWAN NIAMUT;  
OR,

*Nawab's Domestic Cookery:*

BEING A SELECTION  
OF THE BEST APPROVED  
RECIPES,

Of the most Flavoured and Savoury

DISHES,

FROM THE KITCHEN OF  
NAWAB QASIM ULI KHAN,  
Buhadur Qâum Jung.

FROM THE ORIGINAL PERSIAN.

Calcutta:

Printed at the Columbian Press, No. 5,  
Doomtollah.

1839.

Following the Persian dishes is an appendix of British recipes for homesick colonists. Included in this section are directions for making sausages; hashed mutton; oatmeal pudding; mushroom ketchup; pound cake; and spruce beer.

The English didn't have regular contact with the Persians until the British had established themselves in India. Although there was some trade between the two countries in the 17<sup>th</sup> and 18<sup>th</sup> centuries, it wasn't until 1807 that the British Government appointed a resident envoy to Tehran (there was fear at the time that the French would attack India through Persia).

In 1838, the year before this cookbook was published, the First Anglo-Afghan War began and it greatly affected Britain's relations with Persia. In 1837 Persia invaded Herat in Afghanistan with help from the Russians and, in response, in 1838, Britain cut off diplomatic relations with Persia and withdrew its Mission from Tehran. At the time, Britain and Russia were enmeshed in a battle to control Central Asia (a.k.a. The Great Game) and the invasion prompted Britain to go to war with a military campaign lead by the British East India Company. The war in Afghanistan wouldn't end until 1842 and it is within this context that the *The Khwan Niamut* was published. It may also explain why the book was printed in Calcutta instead of Tehran.

Mounted on the recto of the second upper free endpaper is a bright little Persian or Indian painting of a man hunting on horseback. He is dressed in bright orange robes, decorated with pearls and is hunting a wild pig with a long spear. The painting appears to be in gouache and from the late 18<sup>th</sup> or early 19<sup>th</sup> century.

On the recto of the third upper free endpaper is the bookplate for Arnold Whitaker Oxford (1854-1948), the author of the seminal bibliography *All English cookery books from 1500 to 1850* (first edition 1913). Tipped in and written on Reform Club stationary is a letter from Oxford dated 1928 and giving thanks for this book. Oxford was an avid collector of not only cookery books, but of games, old silver, knitting needle sheaths, and crime ephemera. His bibliography of English cookery was the first extensive work on the subject.

On the title page is written "G.A. Gala 1894" and what may be the initials "ML" in an early hand.

In fine condition and preserving the original pomegranate-red wrappers.

¶ OCLC: University of Iowa and Indiana University.

# DISCOURS DE LA VIGNE

PAR FRANÇOIS ROALDÈS

PUBLIÉ, AVEC DIVERS AUTRES DOCUMENTS INÉDITS,

PAR

PHILIPPE TAMIZEY DE LARROQUE

---

BORDEAUX

IMPRIMERIE G. GOUNOUILHOU  
11, RUE GUIRAUDE, 11

1886

*A 16<sup>th</sup>-Century Work on Viticulture;  
Printed in 120 Copies Only*

**61. ROALDÈS, François. *Discours de la vigne*. Bordeaux:  
G. Gounouilhou, 1886.**

8vo. 107 pp. Original printed wrappers bound in quarter-calf with cloth corners over marbled boards, wrappers worn in places along the edges, entirely untrimmed, printed on extra-thick paper. \$1000.00

The First Separate Edition (see below) of François Roaldès' (1519-1589) rare viticultural work, with additional documents added by Philippe Tamizey de Larroque (1828-1898). Roaldès was a jurist and professor at the University of Cahors. In addition to this work on viticulture, he also published several works on law.

The *Discours de la vigne* is important as it is one of the few works from the 16<sup>th</sup> century concerning grape cultivation that has survived. In the introduction, Tamizey de Larroque provides a biography of Roaldès and throughout the *Discours de la vigne*, he adds numerous annotations and commentary. Although written in the 16<sup>th</sup> century, it wasn't published until 1885/86; this is because it wasn't until the 19<sup>th</sup> century that a descendant of Roaldès discovered the manuscript.

On the verso of the half-title page we read that the *Discours de la vigne* was printed in an edition of 120 copies and that it is an extract from the *Actes de l'Académie des Sciences, Belles-Lettres et Arts de Bordeaux* (2e fascicule, 1885).

In good condition.

¶ Chwartz vol. VI, "R," p. 69; OCLC: California State University (Fresno), University of California (Davis), and five locations outside of the U.S. Not in Bitting, Fritsch, Oberlé, Simon, or Vicaire.

# Einnew Kochbuch Das ist ein gründliche beschreibung

wie man recht vnd wol / nicht allein von vierfüßigen / heymischen  
vnd wilden Thieren / sondern auch von mancherley Vögel vnd Federwildpreß / dar  
zu von allem grünen vnd dürren Fischwerk / allerley Speiß / als gesotten / gebraten / gebacken / Preß  
solten / Kartoffeln / mancherley Pasteten vnd Salzkörner / Salat / etc. auf Deutsche / Ungersche / Hispanische / Ita  
liansche vnd französische was / tochen und ubereeten solle. Auch wie alleien Gemüß /  
Obst / Salaten / Saft / Confect vnd Lauerzen /豫備する事。

Auch ist darinnen zu vernemmen / wie man herrliche grosse Vandeleten / sampt  
gemeinen Gastereyen / ordentlich anrichten vnd bestellen soll.

Allen Menschen / hohes vnd niedriges Standts / Weib vnd Manns Personen / zu nut  
zegund zum ersten in Druck gegeben / dergleichen vor nichts aufgegangen /

Durch

M. Marxen Rumpolt / Churf. Meinzischen Mundtloch.

Mit Röm. Kaiserlicher Maiestat h[ab]s[ic]ial Privilegio.



I S

8 L

Sampt einem gründlichen Bericht / wie man alle Wein vor allen zusäßen  
bewaren / die breschaffen widerbringen / Kräuter vnd andere Wein / Bier /  
Essig / und alle andere Getränck machen vnd bereiten soll / daß sie nachte  
lich / vnd allen Menschen vnd hädlich / zu trin  
ken sind.

Gedruckt zu Franckfort am Mayn / In verlegung M.  
Marx Rumpolts / Churf. Meinz. Mundtlochs /  
vnd Sigmundi Feyerabendis.

The Most Spectacular Cookbook of the 16<sup>th</sup> Century;  
"Excessivement rare" — Vicaire

## 62. RUMPOLT, Marx. Ein new Kochbuch. Frankfurt am Main: Feyerabend. 1581.

Large 4to. Title page printed in red and black, large woodcut title page vignette of a cook in the kitchen, and 160 woodcuts in the text (44 of which are repeats according to Notaker — see below). [6], 41, [1 blank], CC, [1] Contemporary blind and gilt-stamped paneled calf (most gilt rubbed away), expertly rebacked in the style of the period, original gold and brown silk ties, edges stained blue, expert paper repairs to the upper edge of the first five leaves not affecting text, lightly browned throughout due to paper quality, occasional spotting.

\$60,000.00

THE VERY RARE FIRST EDITION OF MARX RUMPOLT'S (c.1525-1593) SPECTACULAR COOKBOOK. In her article in the culinary history journal *Petits propos culinaires*, Uta Schumacher-Voelker notes that the Rumpolt "surpasses any other cookery book of its time in Germany — and perhaps even in the whole of Europe."<sup>1</sup> Despite its fame, however, there are only two known copies of the first edition in American research libraries and both are incomplete.

"Little is known about the author of this richly illustrated and beautifully printed cookbook except that on the title page he is reported to be head cook to the court at Mainz. The book was first published in 1581...and reprinted in German in 1587 and 1604. All of these editions are exceptionally rare. The woodcut on the title and several others in the text

<sup>1</sup> For more on the Rumpolt and its context, see Uta Schumacher-Voelker's article "German Cookery Books, 1485-1800" in *Petits Propos Culinaires*, vol. 6, 1980, pp. 34-46

are attributed to Jost Amman, a late sixteenth-century Swiss artist, while the series of small animal cuts...is ascribed both to Amman and his contemporary Virgil Solis." *Une Affaire de Goût*, no. 16. According to Henry Notaker (see below) and others, there are also woodcuts by Hans Weiditz.<sup>2</sup>

In *Ein new kochbuch* Rumpolt tells the reader that he is from Little Wallachia (present-day Oltenia in Romania) where he had worked at various noble households ("an vieler Herren Hoefe") as well as Saxon and Imperial courts. This afforded him the opportunity to learn the cuisine of various regions throughout Europe.

Henry Notaker – the culinary historian and bibliographer of early recipe books – elaborates at length on Rumpolt's contribution to gastronomy:

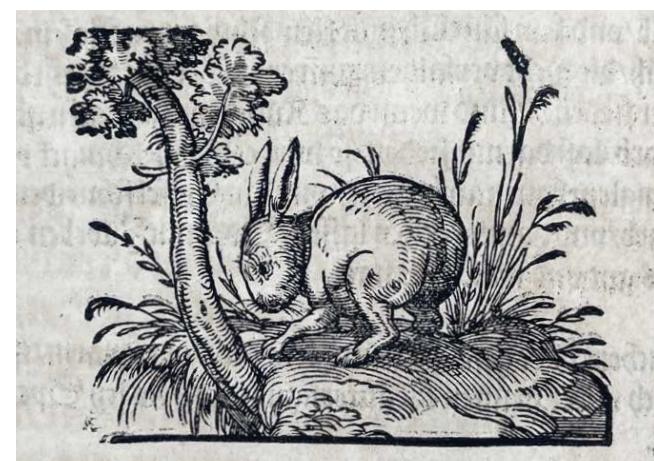
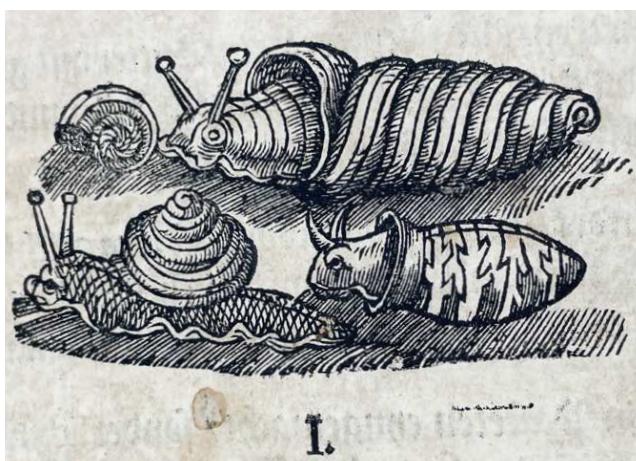
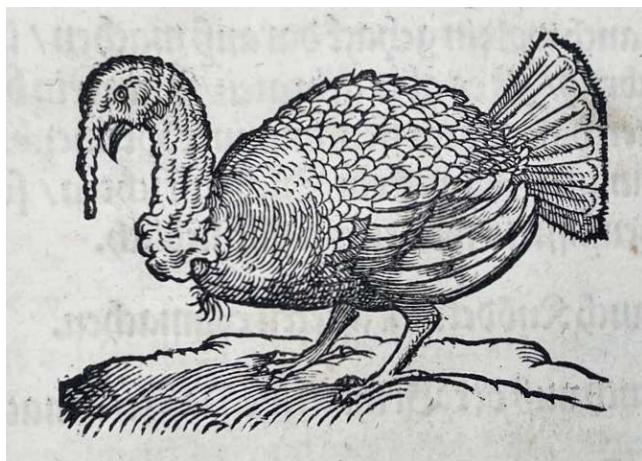
*On the title page he is presented as private cook to the Prince Elect of Mainz (at that time Archbishop Daniel Brendel von Homburg). He also claims to have worked at the court of the Prince Elect of Sachsen, and he directs his dedicatory epistle to the Prince's wife Anna, daughter of the Danish king Christian III. In further remarks about his life he says he is "Hungarian born" with forefathers who were driven out of their native Wallachia by the Turks, and he later traveled and worked as a cook in Italy, the Netherlands, Reussen [present-day Thuringia], Prussia, Poland, Hungary, Bohemia, Austria, and Germany. He explains that this life has created uncertainty in language, and it is reason to believe that his culinary notes from all these countries – or his recollection of the recipes – have been rewritten and edited by a professional writer, maybe on the initiative of the prominent publisher Sigmundt Feyerabendt. The text has, however, kept a lot of personal impressions, commentaries, and critiques of other cooks. According to the title page the recipes are meant for people of "higher and lower estates," and many of them are described as dishes typical for peasants or workers. Rumpolt also underlines that he is writing for the common man and for the young cooks and apprentices. But the book itself – one of the most beautiful cookbooks from the sixteenth century with [its] big format and many illustrations – and the recipes – many of them for game and freshwater fish, accessible to nobility with fishing and hunting privileges – indicate a market of very wealthy people.*

*Ein new Kochbuch* also includes a 26-page section on wine. This is not surprising when you consider that Rumpolt was also the cupbearer in the court of Archduke Ferdinand of Austria-Tyrol. This section, entitled "Kellermeisterey," includes 85 recipes and directions on how to blend, preserve, and improve wines. At this time the cellar master played an important role in winemaking in Germany. The wine section is followed by short chapters on vinegar, beer, and water.

The lovely woodcuts begin with kitchen views and eating scenes ranging from courtly feasts to a poor man eating alone. Then, after providing a history of elegant banquets, Rumpolt categorizes approximately 2000 recipes from Germany, Hungary, Italy, Spain, and France, each accompanied by woodcuts of the animals to be prepared. Amongst the woodcuts one finds peacocks, turkey, geese, ducks, crane, swan, ostrich, boar, mountain goats, beaver, squirrel, porcupine, eels, salmon, lobster (with a human in its claws), conch, oysters, and frogs. At the end is a useful recipe index.

<sup>2</sup> Notaker and others have also attributed some of the woodcuts to the Master of the Petrarca; see Scheidig, *Die Holzschnitte des Petrarca-Meisters*, 1955, pp. 183, 64, & 204.





*Ein new Kochbuch* is also of American interest as it contains the first printed recipe for the potato. As Redcliffe Salaman has noted in his scholarly work *The History and social influence of the potato* (Cambridge University Press, 1989), the potato (*Solanum tuberosum*, not to be confused with the sweet potato, *Ipomoea batatas*, which is from an entirely different genus) was first introduced into Europe in Spain in 1570; its first recorded use as food was at the Sangre Hospital in Seville in 1573. It was not until Gerard's *Herball* of 1597 (where he is pictured in the frontis holding the plant) that the potato was popularized and made widely known. One can find Rumpolt's recipe for the potato on the verso of cxliii, and is roughly translated as follows:

*Potato. Peel and cut into pieces. Soak in water and then press them dry with a rough cloth. Cut again into smaller pieces and roast with small chunks of bacon. Add a little milk and let simmer until they become good and tasty.*





## Der erste Gang zum Frütmahl / am Fleischtag.

**I**n auff geschnitten lauter Rindsfleisch Suppen.  
**I** Rindfleisch gekocht / vnd ein Rapaunen vnd dürr Fleisch / alles in ein

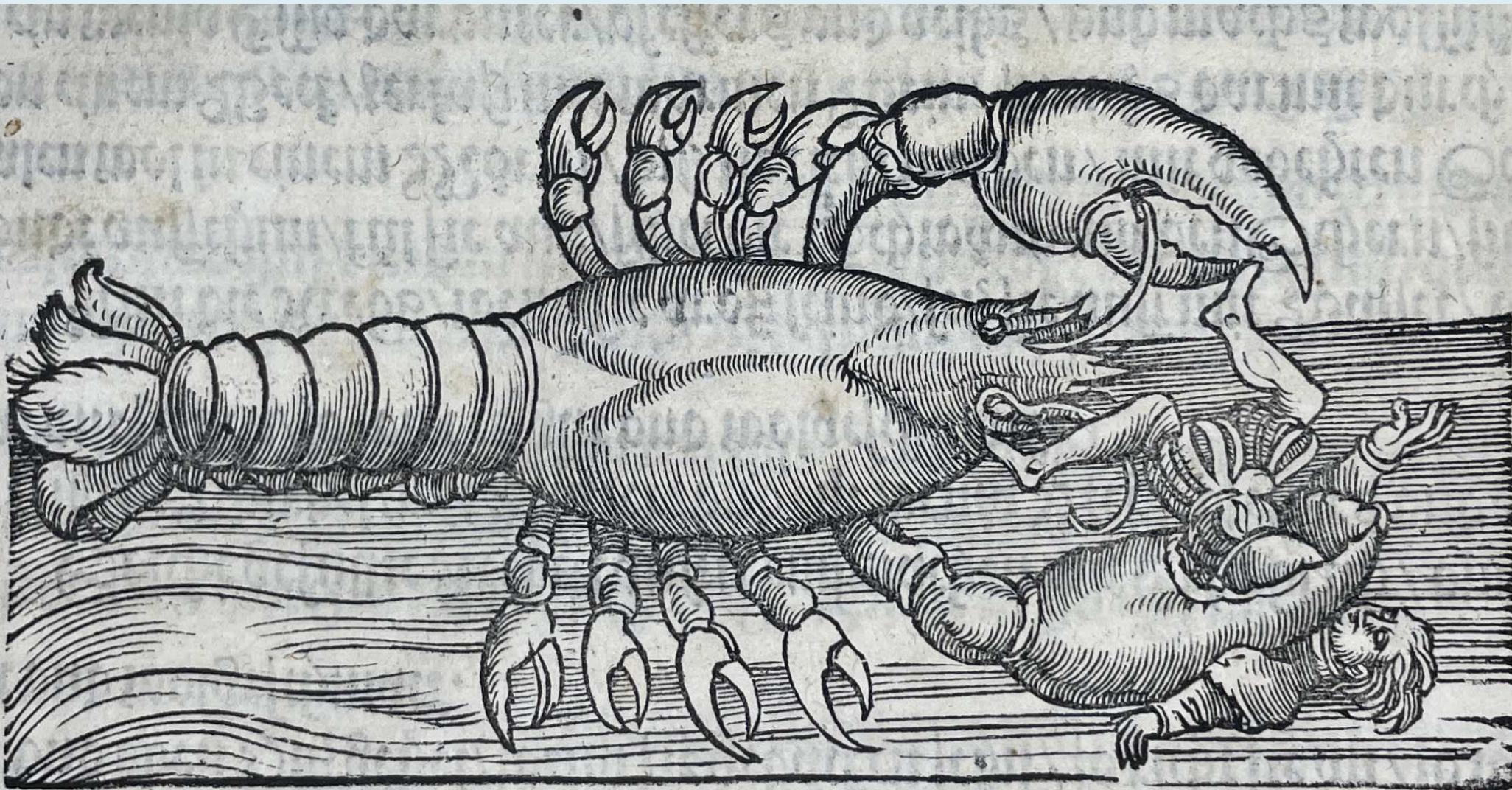
Another culinary Americanum that appears in *Ein new Kochbuch* is the turkey, or “Indianischen Henn” as it is called by Rumpolt. In addition to twenty turkey recipes, on leaf LXVI there is a woodcut depicting the bird.

Although most of the recipe book is devoted to international cuisine for noble households, in the section on foods for farmers, there is a remarkable woodcut of a poor person eating at a round table. His food is in a large ladle that sits at an angle in an unusual stand. He has a spoon in his left hand and what appears to be a piece of bread in his right hand. It is not clear if he is eating indoors or out of doors. Farming tools are on the wall and shelf behind him and he is sitting on a three-legged stool. Vegetables are scattered on the table before him and in the distance is a castle.

As far as we know, this is the earliest image in a cookbook of a poor person eating. It is by Hans Weiditz (according to Notaker) and is reminiscent of paintings of peasants by the 16<sup>th</sup>-century artist Pieter Bruegel the Elder. Such an image in a cookbook from this period is remarkable; it isn’t until the late 18<sup>th</sup> and early 19<sup>th</sup> century that cookbooks take an interest in feeding the poor let alone depicting scenes of them eating.

One of the more interesting elements of this particular copy is that it notes that it was owned by three different early women (two of whom are named). On the lower pastedown are two early manuscript inscriptions. The first is dated 1605 with the name of Anne Marie Dreppine, née Schueffine (the “-ine” is added to the names Drepp and Schueff to indicate the feminine of the name). In the second inscription we read that the book





*illustration has been rotated 180 degrees*

meister eine guten/ trewen/ fleissigen/ vorsichtigen vñ sitzamen Eyndkocher  
hat/ so sol er in auch darnach halten/ mit guter Besoldung vnd Schankun-  
gen/ vnd andern ehlichen Fordeynissen/ dermassen verschen vnd begaben/  
vnd mit jn so freundlich/ sitzam vnd bescheidenlich vmbgehen/ damit er al-  
so nicht allein in seinem trewen/ fleissigen Dienst sein williglich/ trewlich vnd  
beständiglich fortzufahren/ sondern auch von Tag zu Tag denselbigen/ wo  
möglich/ mit mehrerer trew zu verbessern/ genugsame vrsachen vnd anrei-  
zung spüren vnd haben möge.

Bom Mundkoch.  
Das III. Capitel.



**S**ift an einem Mundkoch/ welchem Fürsten vñ Herren sich  
vertrauen müssen/ nicht weniger/ sondern mehr/ dann an  
allen andern Dienern/ sie seyen so hoch vnd geheim als sie  
immer mögen/ gelegen. Darumb sol ein Mundkoch ein fein  
ehlicher/ ansehnlicher/ auffichtiger/ trewer/ gesunder/ sau-  
berer/ fleissiger/ freundlicher/ vnd im kochen ein wolerfahrner/ geschickter  
vnd geübter Mannschein/ vnd dieweil jn ein hohes schweres Amt/ befohlen  
vnd vertrauet ist/ so soler sich vmb so viel desto freundlicher/ gütiger/ wil-  
liger/ bescheidenlicher/ sanftmütiger vnd Gotts förchiger/ in allem seinem  
thun vnd lassen erzeigen/ vnd seines Herrn Herk vnd Gemüt mit seinem  
wohlen/ trewen fleis/ erbarn Gotts förchigen handel/ wandel vnd leben/  
dermassen ehnnemen vnd versichern/ daß er jn daher gnedig vnd günstig  
zu seyn/ vnd alles guts anzuträwen/ billich vnd hoch genugsam gevrsachet  
werde. Es solein Herr nicht leichtlich einen Koch/ so ein Wein vnd Vollsäuf-  
fer/ vnd sich mit Wein auf dermassen zu übersüßen gewehnet ist/ welcher  
viel ehe/ als die Vorspeis/ gekochter sey/ annehmen vnd halten. So auch der  
Ober

also belonged to Dorothea Füchsin Wittib Fuchs (widow Fuchs) who inherited the book from her sister. This second inscription is dated 1622. Documentation recording the ownership of early printed cookery books by women is extremely rare.

From the library of Raymond Oliver with his engraved bookplate on the upper pastedown. Raymond Oliver (1909-90), was the former owner and chef of the restaurant Le Grand Vefour in Paris (founded in 1784). While under his direction the restaurant received its third star from the Michelin Guide. In addition to being a successful chef and restaurateur, Oliver formed one of the greatest 20<sup>th</sup>-century gastronomy collections in France. The 20<sup>th</sup>-century ink library stamp of Franz Steiner appears on the verso of the title page and his address in a small ink stamp on the verso of the final leaf.

Some of the recipes in this copy have notes that they have been tested ("NB" = "nota bene") and a few appear with contemporary manuscript annotations in the margins.

Our copy is not only complete, but it includes the blank k<sup>6</sup>.

A very good copy in a handsome contemporary binding.

¶ Notaker 715.2 (note that 715.1 is a ghost); OCLC: New York Academy of Medicine (incomplete), Cornell University (incomplete), and several copies outside of the United States (mostly in German libraries and not all copies provide their pagination or collation); Vicaire 761-2 — "excessivement rare"; Weiss 3284. Not in Bitting, Horn-Arndt, Maggs, Oberlé, or Simon.

TABLEAU I

Réultats comparatifs, prix et quantités des engrains, dans les expériences de la série A

## *How to Produce the Best Vineyard*

63. SAINTPIERRE, Camille. *Les engrais chimiques appliqués à la culture de la vigne*. Montpellier & Paris: Coulet & Librairie Agricole de la Maison Rustique, 1870.

8vo. 29, [1 - blank], [1], [1 - blank] pp. Original printed yellow upper wrapper bound in quarter sheep over marbled boards in the style of the period. \$1500.00

The extremely rare FIRST & ONLY EDITION of this viticultural study to understand which is the most effective chemical fertilizer for vine cultivation. Based upon practical experience, the work includes charts showing the results of the various experiments conducted by Saintpierre.

The author, Camille Saintpierre, (1834-1881) was a doctor, agronomist, and prolific writer on the subject of viticulture. He came from a wealthy family from Laguedoc who made their living from agriculture. At the family's estate, the Rochet Farm in Castelnau-le-Lez, they produced wine, wool, and olive oil, and owned their own distillery and mill. Saintpierre carried out numerous experiments to solve the problems caused by the phylloxera epidemic in 1868 on the estate. In 1875, Saintpierre was appointed head of the school of agriculture in Montpellier.<sup>1</sup>

With humility and assurances of his intention to be as thorough as possible in his experiments, the author concludes that for Rochet, in the year 1869, potash was the most effective fertilizer for the sake of healthy vines and grapes; that "soluble phosphates and nitrates...are not sufficient to obtain large products;" and that "the true fertilizer of the vine must contain both nitrates, phosphates, and potash or at least the last two substances." Saintpierre avers that "1869 was too dry for a comparison of farm fertilizers and chemical fertilizers to have been made."

At the end of the book is a page listing other works written by Saintpierre that are published at Imprimerie Gras in Montpellier, nearly all of which are concerned with viticulture, winemaking, and chemistry.

In good condition.

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

<sup>1</sup> There is an essay written on Camille Saintpierre available at [www.ac-sciences-lettres-montpellier.fr/academie\\_edition/fichiers\\_conf/Argeles2003.pdf](http://www.ac-sciences-lettres-montpellier.fr/academie_edition/fichiers_conf/Argeles2003.pdf).

ORDRE de l'engrais	NOM de l'engrais	COMPOSITION	PRIX des 100 kilog.	QUANTITÉ employée par hectare	PRIX de la fumure par hectare
1. a.	Sans engrais.....		0 f	0	0 f
2. b.	Résidus de lies (1).....	50			
	Sulfate de chaux (2) ...	50 100	5	4000	200
	Sulfate d'ammoniaque seul..		46	400	103
	uperphosphate de chaux 34				
	rate de potasse ..... 16				
	ate d'ammoniaque... 25				
	te de chaux..... 25	28			
		100	1200	336	96.0
	sphate de chaux 34				
	moniaque... 40				
	chaux..... 26	24			
		100	1000	240	147
	de chaux 45				
	..... 17				
	..... 38	21			
		100	1000	210	79.80
	25				
	30				
	45	39			
		100	800	312	193.20
	34				
		1600		134.40	

*Snail Paste or Snail Syrup?*

**64. SAUVAN, Frédéric. Mémoire sur la pate pectorale d'escargots. Montpellier: Gelly, 1840.**

12mo. 12 pp. Modern decorative wrappers.

\$1000.00

The extremely rare FIRST & ONLY EDITION of this account of making a snail paste to be used in curing ailments of the chest and lungs. Sauvan was a professor of pharmacy at the Royal College and a member of the Cercle Pharmaceutique de Montpellier.

The first section covers the history of using snails as a medicine, citing Hippocrates, Pliny, Bartholin, Linden, and Beckler as well as some contemporary accounts by M. Simon of Paris and M. Zimmermann of Hamburg. This is then followed by directions for the preparation of *la pâte pectorale d'escargots* and some observations on its efficacy. Sauvan also points out how his recipe doesn't call for opium, the use of which (he believes) could cause other problems.

On the recto of the final leaf is Sauvan's description on how to make snails into a medicinal syrup. On the verso of the same leaf is a list of where one can buy Sauvan's snail paste; all are either doctors or pharmacists.

With two contemporary corrections on p. ii.

In very good condition.

¶ Not in OCLC.

**SIROP PECTORAL**

**D'ESCARCOTS.**

*Ce sirop est préparé par le même procédé que la pâte, et contient autant de principe médicamenteux des Escargots : mais n'ayant pas le même point de concentration, il est impossible de le conserver, aussi nous recommandons aux personnes qui préféreraient prendre le sirop, de commander douze heures d'avance et l'auront plus récent.*

*With an Early Reference to Indigenous Americans  
& their Alcoholic Beverages*

**65. SCRIVENER, Matthew. A treatise against drunkennesse.  
London: Brown, 1685.**

12mo. 6 p.l., 175, [1 - blank], [1], [1 - blank], 177-193, [1 - blank], [1], [1 - blank]  
pp. 18th-century calf, double gold fillet around sides, renewed spine in the style of the  
period, spine gilt in six compartments and preserving the early red morocco label, gilt  
roll pattern on edges of boards, edges of boards lightly rubbed, gilt edges, marbled  
endpapers, small paper flaw to lower margin of leaf B<sup>4</sup> not affecting text, expert repair  
to errata page. \$3750.00

THE FIRST EDITION OF THIS FIERCE ATTACK ON THE MORAL AND SOCIAL DANGERS  
OF IMBIBING ALCOHOL to the point of inebriation, written by Matthew Scrivener, a  
vicar from Cambridge.

Scrivener identifies intoxication as a Northern European plague and exhorts  
heads of communities and heads of households to repress the insidious impact of  
daily and excessive alcoholic consumption. The sexism of the time is revealed when  
Scrivener quantifies various degrees of severity in drunkenness and those affected  
by it: "It is as odious for a woman to be drunk once a year, as for a man once a  
week; and for a youth once a quarter as for a man once a day."

In the section entitled "The common Excuses used by Drunkards, consider'd," in order to define what excessive drinking is, Scrivener relates it to gluttony.  
He writes: "He knows very well, to eat too much in quantity, to affect too dainty  
and costly Fare; and to eat unseasonably, is to eat unreasonably; and to eat unreason-  
ably, is to be Intemperate and Gluttonous" (p.12). He goes on to note that although  
a man might appear sober despite an inordinate amount of drinking it is only due  
to the fact that he has hardened his body beyond what is healthy in order to do so:  
"one main evil effect of Drunkard, is, he constantly carries about him a violated  
nature in Habit, and unnaturall dilation of his Capacity" (p.13).



A  
T R E A T I S E  
A G A I N S T  
D r u n k e n n e s s e :  
Described  
In its N A T U R E, K I N D E S  
E F F E C T S and C A U S E S,  
Especially that of  
D r i n k i n g of H E A L T H S.  
To which are added, two short  
S E R M O N S  
Of S. A u g u s t i n e ' s, *D e T e m p o r e*.  
Faithfully Translated,  
By M A T T H E W S C R I V E N E R.

—*Crimen placuisse putavit.*

L O N D O N:

Printed for Charles Brown, Bookseller  
in Cambridge. 1685.

Scrivener delineates different types of drunkenness and illustrates that none of humanity's achievements owe anything to excessive drinking, pointing out that the fervor for honor and glory (and not drunkenness) were the result of the Olympic Games. ("We do not read that any one of the Olympiack Games consisted in trying of Men's strength in Drinking: or that there was any Crown or Reward for him that did drink off his Cups best, or bear most rounds of Healths offered him.") He then praises Plutarch's opinion that "it is not the abundance of Wine and Roast-meat which makes men cheerfull at Feasts, but a fair hope and perswasion that God is propitiously present with them" (pp. 38-39).

Interestingly, Scrivener also makes an observation about the devastation that European settlers have wreaked upon the Indigenous Peoples of the Americas. In the chapter entitled "Of the several evil Enormities and Ominousnesses, and Absurdites of Drunkennesse in any Nation," Scrivener describes the arrival of colonists and the effect of alcoholism on the tribes in the Americas. He writes that "Even the simple *Indians* of the Western World, are instances hereof; who, about the time of the Invasion made by the Europeans, laid aside, as much as they could, their natural Drink of water, and devised artificial Drinks intoxicating them....And in like manner the *Indians*, ripe for ruine and devastations by the Tyrannous Spaniard...had got a custom of brewing and compounding a sort of nasty filthy strong Liquor, wherewith they would tipple themselves with as great jovialnesse, and more innocence, than men pretending greater civility, with the Sack and Clarret" (pp. 73-74).

Scrivener spends some time decrying the dissolute nature of "Drinking of Healths" in which men egg each other on to drink to excess (ironically) in the name of "drinking to one's health." He then concludes his work with two sermons written by Saint Augustine and "faithfully translated" by himself which are "of shunning drunkenness" and "of avoiding drunkenness."

On the recto of the upper free endpaper is inscribed: "To J. Hawkins form M<sup>r</sup> P. Smith Twizel Castle May 15<sup>th</sup> 1873." Twizel castle is located in Northumberland, England. At the time of the inscription it was under construction as a gothic revival mansion but it was originally built in 1415.

In good condition.

¶ OCLC: Columbia University, New York Public Library, University of California (Berkeley and Los Angeles), Newberry College, Case Western University, Brown University, Simon Fraser University, and seven copies outside of the United States. There is one copy in Germany listed as 1680 but it is a ghost.

*With Lovely Folding Plates Printed by Bosqui*

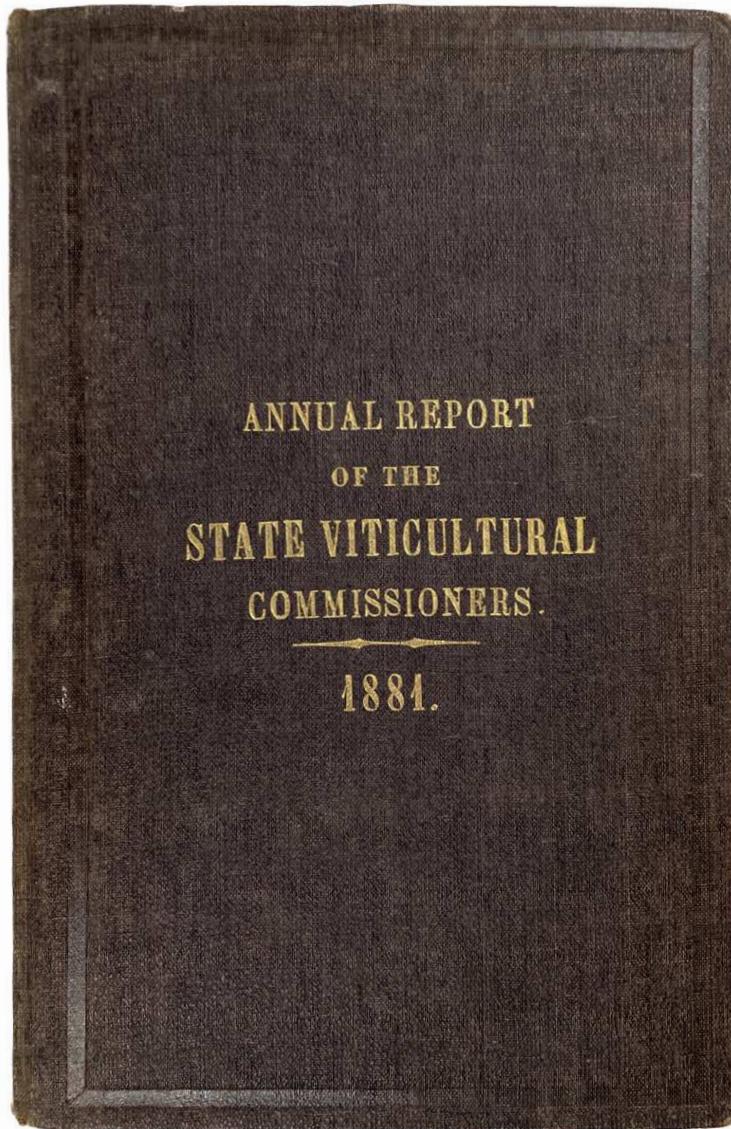
66. (WINE.) Haraszthy, Arpad; Wetmore, Charles; Krug, Charles; et al. *First annual report of the Board of State Viticultural Commissioners. Second Edition – Revised.* [San Francisco: State Viticultural Commission, 1881.]

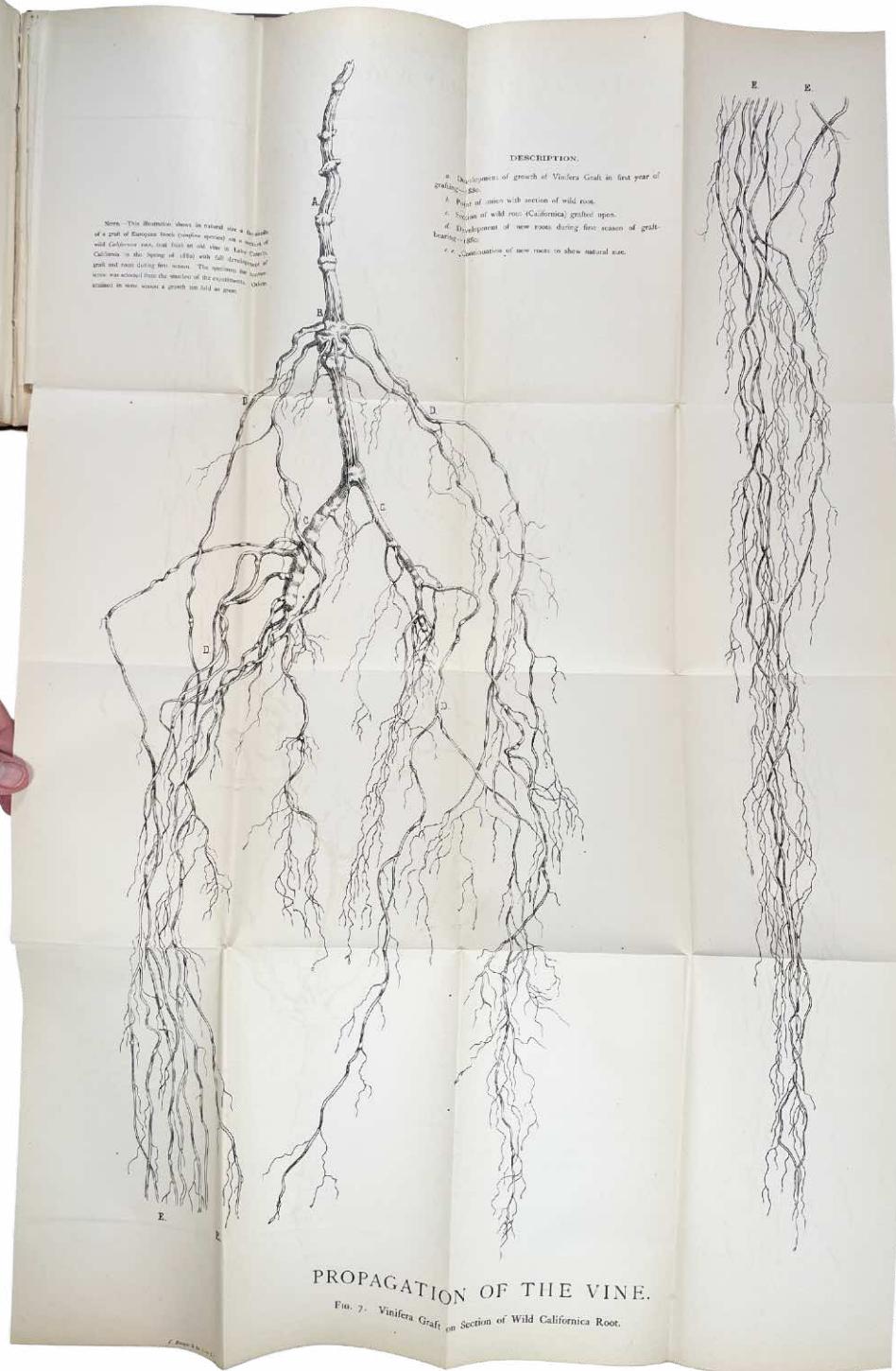
8vo. Four folding lithograph plates (one of which is printed in color). 192 pp. Original blind and gilt-stamped pebbled cloth, short clean tear to the hinge of one plate just touching the border, corners only slightly rubbed.

\$3500.00

A FINE COPY of the Second Expanded Edition of this extremely rare report on the winemaking industry in California in 1881. This edition includes four folding lithograph plates by Bosqui, one of which is a color map of the winemaking regions of California, and two of which are extremely large folding illustrations of vines that do not appear in the first edition.

The book begins with a report by Arpad Haraszthy on the state of the wine industry in California and his proposals for a response by the Viticultural Commissioners to the phylloxera problem (including monies allocated for labor; statistics on the importation of foreign wine into Bordeaux; the amount of wine being produced in California; and the amount of wine exported. This is followed by viticultural reports about different wine regions in California (Sonoma, San Francisco, San Joaquin, El Dorado, Los Angeles, and Sacramento); an essay on raisin making in Spain; a chapter on “The wild wines of California and Arizona” by Charles Wetmore (which includes a section on the “Classification of California Wines” and even a mention of the vineyards in the Senegal and the Sudan); a report on Napa by Charles Krug; and an article on vineyard maintenance.





There then follows a large section entitled the "First report of the committee on the phylloxera, vine pests, and the diseases of the vine" followed by a section on grafting American vines. Several parts of the text are either written by French viticulturists (e.g. Gustav Foex) or mention their research. At the end is a short section on phylloxera in Portugal and Australia followed by the "Sessions of the Board of State Viticultural Commissioners" that detail the activities of the board, which winemakers attended meetings, and the viticultural issues they are facing throughout California.

From this point onwards, 16 pp. of new material appears. There is a section on the propagation of the vine by Charles Wetmore and a catalogue "Of Two Hundred Thousand Cuttings and Vines" that are available from Arpad Haraszthy at his Buena Vista Ranch in Sonoma (most are from Hungary, Germany, or France, but there are also vines from Peru, Florence, Portugal, Corsica, Crimea, Spain, Naples, Turkey, Corinth, Smyrna (Georgia), Palestine, Switzerland, Algeria, Morocco, Malagra, Bohemia, Tyrol, and Piedmont). Lastly, there is a new "supplementary" section on phylloxera.

A brief note about the authors. Arpad Haraszthy is known as "The Father of California Viticulture." He was the president of the Viticultural Commission; was the first person to bring Zinfandel grapes to California; created the first successful California sparkling wine; and was one of the founders of the Bohemian Club. His father established Buena Vista Winery in 1857, one of the oldest wineries in California. Charles Wetmore established the Cresta Blanca Winery in 1882 with cuttings from Chateau d'Yquem and other Bordeaux vineyards. His wine would later be the first California wine to win awards in France (at the Paris Exposition in 1889). Charles Krug was one of the most important early winemakers of Napa Valley. He had apprenticed to Agoston Haraszthy and started his own winery in St. Helena in 1861.

The folding lithograph plates are printed by Edward Bosqui. Bosqui is important in California printing and wine history for having printed the first color book in California, *Grapes and Grape vines of California* (1877), the most expensive book on wine.<sup>1</sup> What is exciting about the *First annual report* is that one of the folding plates is a color map printed by Bosqui. Printed in black, green, and red ink, it measures 43cm x 34cm and shows the viticultural regions of California and where the vineyards have been “attacked” by phylloxera. Another folding plate shows various grafting techniques and measures 22.5cm x 27.3cm. Both of these appeared in the first edition of the *First annual report*.

But this second edition of the *First annual report* contains two extremely large folding plates that do not appear in the first edition. They both measure 71cm x 46cm. The first depicts in six figures the different stages of vine propagation from seed to a one-year old vine. The second folding plate represents a “*Vinifera Graft on Section of Wild Californica Root*.” This is utterly remarkable as it is drawn at actual size! (We have never seen such a vine illustration in a wine book before.) All four prints are printed by Bosqui, only four years after printing his groundbreaking *Grapes and Grape vines of California*.

¶ Although two copies are listed in OCLC, both appear to be incomplete. The first edition is also extremely rare (only two locations in OCLC). Note that this book should not be mistaken with the *First annual report of the chief executive officer of the Board of State Viticultural Commission for the year 1881*.

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<sup>1</sup> The last copy sold for \$478,800.00 at Christies in 2022.



*With an Important Early California  
Winemaking Provenance*

**67. (WINE.) Rixford, E. H. *The wine press and the cellar. A manual for the wine-maker and the cellar-man.* San Francisco: Payot, Upham & Co; New York: Van Nostrand, 1883.**

8vo. One full page wood engraving and fifty-seven wood engravings in the text. xxii, [2], 240 pp. Contemporary blue gilt-stamped publisher's cloth, corners bumped, slight spotting to upper board, pages lightly browned due to paper quality. \$4000.00

THE FIRST EDITION OF THE FIRST BOOK DEVOTED TO WINEMAKING IN CALIFORNIA. What is remarkable about this particular copy is that it comes from Fountaingrove Vineyards library, a very important early winery in California winemaking history.

*The wine press and the cellar* chapters include "Gathering the Grapes;" "Fermentation – its Causes;" "Casks;" chapters on white wine and red wine; "Racking;" "Clarification – Fining;" "Wine in Bottles;" and "Aging. – Effects of Various Influences;" There is also a helpful appendix with tables for sugar and alcohol content and throughout are numerous illustrations. To put this into context, Rixford comments that grapes in California sold for \$7.50 to \$10 per ton in 1876. The price was so low that some farmers "turned their hogs into the vineyard to gather the fruit." *The wine press and the cellar* was written to improve the situation and increase the market for California wines. Today, the statewide average for a ton of grapes is \$1,038.

Rixford was an interesting figure in California winemaking history.

*A native of Vermont, Rixford had studied law at McGill University and in 1869 had become a practicing attorney in San Francisco. While operating his law practice, Rixford gave considerable study to the problems of winemaking and in 1883 published an illustrated manual entitled, The Vine Press and The Cellar.*

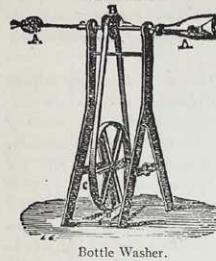
*Rixford's first plantings of Zinfandel fell victim to phylloxera and in 1895 he wisely replaced them with about forty acres, principally Cabernet Sauvignon, all on resistant root stock. [Rixford's vineyard] La Questa produced an excellent red wine and won a gold medal at the 1915 Panama Pacific Exposition. The winery closed with Prohibition, but in 1934 was reopened by the founder's son, Halsey Rixford, and operated until 1945.<sup>1</sup>*

<sup>1</sup> Ernest P. Peninou, *A history of the San Francisco viticultural district*, 2000, p. 40.

156 *WINE IN BOTTLES.*

Bottles should always be carefully washed and drained before using. They are best washed by the use of a machine made for the purpose, which scrubs them inside—and sometimes, also, outside—with a brush (fig. 27).

Fig. 27.



Bottle Washer.

If only a small number of bottles are to be cleaned, it may be done by using the chain made for the purpose, or by putting in coarse sand or gravel and water, and thoroughly shaking them. Shot must not be used, for a portion of the lead will be dissolved by the water, and if any remains in the bottle it will be acted upon by the wine, and lead poisoning may result. In many cases it will be necessary only to rinse them

out with clean water. Whether new or second-hand, they must be scrupulously clean before using. After the bottles are rinsed,

Fig. 28. they should be allowed to drain by leaving them inverted for an hour or two in a dry place; if they are left in a damp cellar, they are liable to contract a musty flavor within. They may be drained by placing the necks downward through holes bored in a plank, by inverting them in boxes or baskets, or by placing them upon pegs or nails driven into a post, and inclining upwards sufficiently to leave the opening of the bottle down, when the neck is slipped over

Fig. 29.

the peg or nail. Figs. 28 and 29 show devices for the purpose. The bottles are sometimes rinsed out with wine, or if intended to contain very poor, weak wine, with a little brandy. This is done by pouring the liquor from one bottle to another.

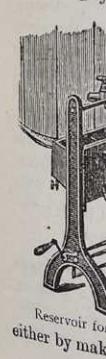
Bottle Drainers.

It is best  
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be employed,  
one would in  
own consump  
Clear and  
those of color  
brownish bot  
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if stored in  
light.

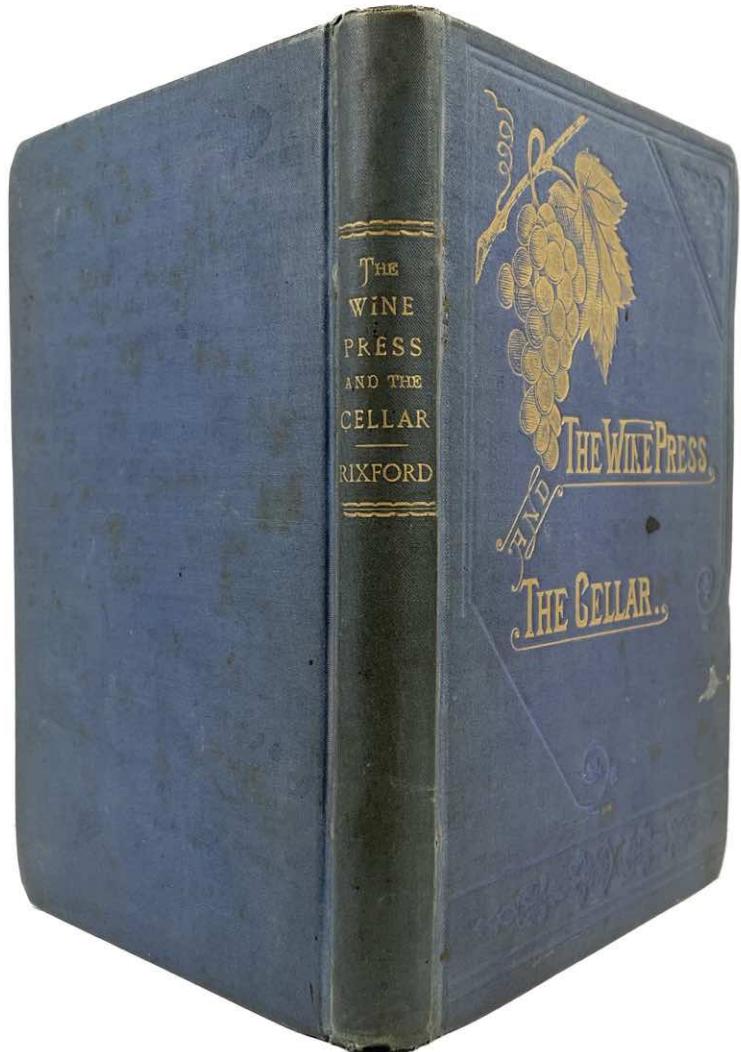
It is impo  
should not co  
combine with  
crude soda, a  
communicate

Filling the  
placed in the

Fig.



Reservoir to  
either by mak



In addition to being an extremely important book in California wine history, this particular copy has an interesting history.

Thomas Lake Harris (1823-1906) was born into poverty in Buckinghamshire, England, and by age 5, had immigrated with his family to Utica, New York. By age 9, after the death of his mother, he had to support his family, and by age 21 he had become a Universalist minister. After encountering the works of Swedenborg, Harris established his first religious community, The Mountain Cove Community of Spiritualists, on a piece of property in Virginia, a site believed to be the actual Garden of Eden. When this community collapsed, Harris returned to England to continue preaching about Swedenborgian ideas and began writing poetry.

In 1861, Harris returned to New York State, first settling in Wassaic and then in the town of Amenia in Dutchess County. With his group of followers, he established a bank, flour mill, and vineyard and this is where Harris first enters into early American wine history. This new community was called the Brotherhood of the New Life and it included about twenty people from the Satsuma Province in Japan.

After five years, the community relocated further west to Brockton, New York, near Lake Erie. In Brockton, Harris preached that by changing one's respiration one could know if one was possessed by Christ and had immortality. The Brotherhood continued making wine and when teetotalers criticized their business, Harris' followers maintained that the wine prepared by Harris was filled with a divine breath. As wine historian Thomas Pinney has noted, "this was not to be just ordinary wine. The community's produce would share in the special virtues of its religious practice: the wine of the New Life was infused with the divine aura and opened the drinker to the creative breath of God Himself."<sup>2</sup> In Brockton Nagasawa Kanaye joined the Brotherhood of the New Life; Nagasawa was from Satsuma Province in Japan and had been attending Cornell University.

---

<sup>2</sup> Pinny, *A history of wine in America*, p. 333.

The group moved to Santa Rosa, California, in 1875, and brought their winemaking activities with them. By 1878, 400 acres (of an eventual 2000) were planted in grapes at Fountaingrove Vineyards and by 1882, a massive stone winery with a capacity of 600,000 gallons was completed. After Dr. John Hyde planted the vineyard, Nagasawa Kanaye became Fountaingrove's winemaker. His success was felt worldwide and he was one of the first people to bring California wine to an international market. By the end of the 19<sup>th</sup> century, Nagasawa's nephew Tomoki Ijichi joined his uncle at Fountaingrove to assist him in running the winery.

While in California, Harris "taught that God is bisexual, and that everyone, man and woman, has a celestial counterpart with whom to seek eternal marriage."<sup>3</sup> Because this "counterpart" can move from one person to another, the Brotherhood's activities were interpreted as promiscuity. After Harris' many claims of renewed life, immortality, and the resuscitation of humanity, the Brotherhood publicly acknowledged Harris' death in 1906. At this time, Hagasawa Kanaye succeeded Harris as the group's leader until his own death in 1934. In addition to being a world famous winemaker, Nagasawa is also important in Japanese-American history as the first Japanese national to live permanently in the United States.

This copy of Rixford's *The wine press and the cellar* has two signatures and a stamp that ties the copy to the Fountaingrove Vineyard. On the verso of the title page is the ink signature of Tomoki Ijichi (Nagasawa's nephew), the date of May 24, 1898, and the ink stamp of "Fountaingrove Vineyard Co., / Santa Rosa, Sonoma Co., / California." On the upper pastedown is the pencil signature of "EC Romano / Fountaingrove Vineyard / Santa Rosa, Cal." The wine historian Thomas Pinney quotes the *Illustrated history of Sonoma County* (1889) as noting that the winery had "perhaps the most extensive library in northern California."<sup>4</sup> It is likely that this copy came from that famous library.

Wine books with an important early California winemaking provenance are extremely rare. On occasion, one will come on the market from Buena Vista Vineyard, but most of the books with this provenance are at the Shields Library at U.C. Davis. To have both a Fountaingrove Vineyards provenance and have it be for the first book devoted to California winemaking is remarkable.

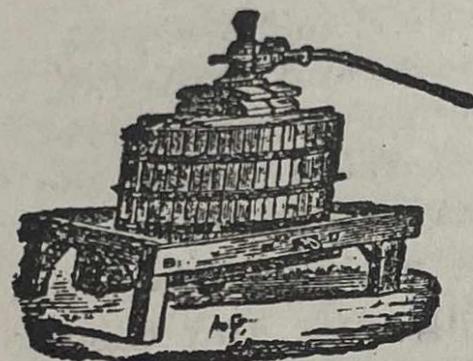
"The earliest California imprint devoted solely to wine making" — Gabler p. 225.

A very good copy.

¶ Cagle 646; Gabler G34300; Simon *Vinaria* p. 14; Strehl 81.

<sup>3</sup> Ibid., p. 334.

<sup>4</sup> Ibid.



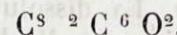
Wine Presses.

constructed of strong two-inch timber, well mortised together, and perforated with small holes through which the wine may ooze out. The height, and consequently the capacity of the box or receptacle will depend upon the number of sections used. A broad board constitutes the bottom of the press and should be larger than the receptacle itself, and be provided with a rim middle of the lower side, and having a shallow spec

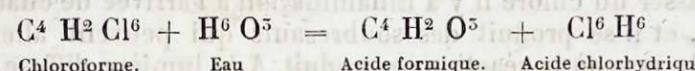
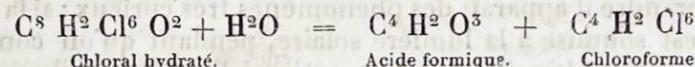
tout été étudié par M. Dumas. Il a une odeur pénétrante et provoque le larmoiement; il ne donne pas directement les réactions de l'acide chlorhydrique par le nitrate d'argent ni les autres réactifs; si on y mêle quelques gouttes d'eau, il se prend en une masse cristalline, qui est du chloral hydraté.

Le chloral, quand il n'est pas pur et qu'il contient un peu d'eau, se trouble après quelque temps, et se transforme en une matière blanche que M. Liebig a appelée chloral insoluble.

Sa composition d'après M. Dumas est représentée par



Quand il est hydraté les alcalis de la première section le transforment en chloroforme, corps que nous verrons plus tard se produire dans d'autres circonstances, et en acide formique; mais, sous l'influence des mêmes agents et en présence de l'eau, le chloroforme lui-même peut se décomposer en acide chlorydrique et en acide formique, d'où il suit que ces deux derniers corps sont dans cette circonstance le résultat final de la décomposition du choral. Ces différentes réactions peuvent se représenter par les formules suivantes:



L'action des métaux sur l'alcool a été peu étudiée; il n'y a guère que celle du potassium qui ait été observée. M. Liebig a vu que ce métal si avide d'oxygène donne lieu à un dégagement d'hydrogène tandis qu'il se forme bientôt dans la liqueur un composé cristallin qui se dépose: ce composé cristallin pour M. Liebig résulterait de la combinaison de la potasse qui se serait formée avec de l'alcool qui aurait perdu une partie de son eau, de manière à être ramené à l'état d'éther. L'opinion de ce savant chimiste sur la nature de ce composé n'est pas purement théorique, elle lui a été suggérée par la raison que ce composé, mis en contact avec de l'eau, se transforme en potasse caustique et en alcool, et aussi par une observation faite longtemps avant lui, que si on distille de l'éther sur de la potasse, de la chaux ou d'autres alcalis caustiques, les dernières portions de ce liquide ne peuvent pas être facilement séparées, retenues qu'elles sont probablement par les oxydes alcalins comme dans une sorte de combinaison. M. Liebig, comme nous le verrons plus tard, a cru trouver dans cette réaction du potassium sur l'alcool une preuve solide en faveur de la théorie qu'il a émise sur la constitution des éthers.

### *With a Recipe for Vodka*

68. VERON, Antoine. *Histoire de l'alcool.* Paris: Poussielgue, 1841.

4to. Woodcut device on title page. 51, [1 - blank] pp. Contemporary blue  
wrappers, wrappers lightly sunned, signatures 4 and 6 spotted due to paper  
quality. \$1000.00

The very rare FIRST & ONLY EDITION of this work on organic chemistry, *eau-de-vie*, and the history of alcohol (beginning with Arnaldus de Villanova, the author of the first book on wine). Within the text, Veron describes how to make "potato wine" (vodka); "molasses wine;" and "wine" made from different types of "cereal seeds" (including rye, oats, wheat, and barley). In fact, all of these are distillations made from fermented foodstuffs. Also included in the section on the history of alcohol is research on how to render distilled wine into 100 percent alcohol.

On page 49, Veron describes how in addition to being used as a liqueur or aged *eau-de-vie*, alcohol is used in the making of fine varnishes; for preserving "plant and animal materials such as fruits, natural history objects, and anatomical preparations;" and in the chemist's laboratory. Veron also warns that quite often fake *eaux-de-vie* is sold made from plain alcohol mixed with coloring, water, and a little bit of caramel.

Written for the Ecole de Pharmacie de Paris and inscribed by the author in manuscript on the upper wrapper.

Other than the spotting and light browning that appears on two signatures due to paper quality, a nice copy in original wrappers.

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

*"How We Eat Is How We Live;"*  
*A Signed Copy*

**69. WATERS, Alice. *We are what we eat. A slow food manifesto.* Penguin, 2022.**

21cm x 14cm. Illustrations in the text. 6 p.l., 191, [5 - blank] pp. Perfect bound paperback. \$50.00

A SIGNED COPY of Alice Waters' most recent book, an impassioned plea for a radical reconsideration of the way each and every one of us cooks and eats. The book's title comes from Brillat-Savarin's famous aphorism "Tell me what you eat and I'll tell you who you are."

In *We are what we eat*, Alice Waters writes "a manifesto about the effect that eating has on our personal lives and on our world, and what we can do to change the course." Organized into two sections, one entitled "Fast Food Culture" and the other "Slow Food Culture," Waters writes chapters about topics such as "cheapness;" "more is better;" "beauty;" "biodiversity;" "stewardship;" and "interconnectedness." She explains that the "book is not academic" but that "Everything I discuss comes from my own experiences. How we eat is how we live. This is the guiding philosophy of my life."

We are selling signed copies of this book as a fund raiser for Water's Edible School Yard Project, "a nonprofit organization dedicated to the transformation of public education by using organic school gardens, kitchens, and cafeterias to teach both academic subjects and the values of nourishment, stewardship, and community."<sup>1</sup>

Signed by Alice Waters on the second leaf.  
New.

<sup>1</sup> For more information on The Edible Schoolyard go to: <https://edibleschoolyard.org/>.

"Waters makes a convincing case that the act of eating is political, with powerful effects on the future of the planet." —Time

**WE ARE  
WHAT  
WE EAT**  
A Slow Food Manifesto



**ALICE WATERS**  
with Bob Carrau and Cristina Mueller

FORTIFIED BY THE GLASS

Available as flights

SHERRY

btg	SPAIN, Palomino, Equipo Navazos, I Think, Manzanilla En Rama, Sanlúcar de Barrameda	\$ 13
btg	SPAIN, Palomino, Gonzalez Byass, Tio Pepe, Fino Muy Seco, Jerez-Xérès-Sherry	\$ 12
btg	SPAIN, Palomino, Bodegas Luis Pérez Caberrubia, Fino en Rama, Saca IV, Jerez-Xérès-Sherry	\$ 16
btg	SPAIN, Palomino, Lustau, Almacenista José Luis González Obregón, Jerez-Xérès-Sherry	\$ 15
btg	SPAIN, Palomino, Bodegas Tradición, Palo Cortado, 30 Years Old VORS, Jerez-Xérès-Sherry	\$ 31
btg	SPAIN, Moscatel, Bodegas Gutiérrez Colosia, Jerez-Xérès-Sherry (sweet)	\$ 12
btg	SPAIN, Pedro Ximénez, Lustau, 30 Years Old VORS, Jerez-Xérès-Sherry (sweet)	\$ 36

The Americans with Disabilities Act (ADA) became law in 1990. The ADA is a civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public.

SPIRITS

VODKA	TEXAS, Texas
	FRANCE, Grey Goose
GIN	NEW YORK, Ca
	PERU, Amaz
	SCOTLAND
	SPAIN
AUS	
TEQUILA	

Wine and Social Justice

70. (WINE and disability rights.) A wine list from the restaurant Contento in East Harlem, New York City. [New York City, 2023.]

21.5cm x 28cm. [8] ll. on bright green cardstock paper. Stapled in the upper left corner, a few wines are crossed out in black ink (to indicate that they are no longer available). \$20.00

A wine list offering approximately 200 wines from the Peruvian restaurant Contento at 88 East 111<sup>th</sup> Street in East Harlem – on the downtown side of the street between Park Avenue and Madison Avenue – in New York City. The list is organized according to the following sections: “Wines of Impact” (wines that have a social impact such as women, BIPOC, and indigenous winemakers); “East Coast Terroir;” “Wines of the Ancient World;” “Heaven on Earth - Latin America;” “The Americas & Gems from the Edges of the World;” Europe; “Fortified by the Glass;” and Spirits.

A noted wine destination, the wine list does something that I’ve never seen before. Interspersed throughout the 16 pp. of wines from different regions are quotes containing statistics regarding living with a disability. For example, on page [2] below the description of a Cabernet Sauvignon from California is the insert:

*About 15% of the world's population, or a billion people, are living with some form of disability. Be that as it may, many people with disabilities lack economic and social opportunities. The reason is the lack of governmental services, proper physical environment, technologies, and assistive devices.*

Then, under a Ploussard wine from Arbois made by Fumey Chatelain, is:

*An 80-year-old law makes it legal to pay people with disabilities less than minimum wage. Under a littleknown regulation called 14(c) of the Fair Labor Standards Act, businesses can apply for permits to pay disabled employees well below the federal minimum wage of \$7.25 an hour.*

Each page has it's own quote.

The restaurant has a short explanation of its program, noting that the Peruvian chef Oscar Lorenzzi is in charge of the kitchen and that the “sommeliers and social advocates Yannick Benjamin and Mara Rudzinski head the hospitality and social outreach programming.” The introduction goes on to note that both have “deep ties” with the “disability community in Harlem and beyond.” Towards this end, the restaurant is restructured to accommodate people who use wheelchairs in ways that go beyond ADA regulations: doors are sliding; table heights can accommodate chair controllers; adaptive flatware is available; passageways between tables are wider; and there is even a bar that is set at wheelchair height. Contento’s slogan is “leave the doors open behind you so you won’t be the last one in.”

In good condition.

819	AUSTRALIA, Pinot Noir, Mac Forbes, Yarra Valley - 2021	Be cautious of using outdated, offensive terms. Words like “handicapped” or “wheelchair bound” are not acceptable terms to use today. Many wheelchair users don’t like the word “bound” because of its negative connotation, meaning they’re tied down to the chair. Wheelchairs allow freedom and mobility. “Wheelchair accessible” is the more appropriate term to use. Handicapped is a broad and general term that many people think implies a helplessness. Disabled is more appropriate.
480	Spain, Zinfandel, 2020	
811	CALIFORNIA, Zinfandel, 2020	
490	CALIFORNIA, Mencia, Phelan Farm, San Luis Obispo County - 2021	
432	CALIFORNIA, Carignan, Amplify Wines, Santa Ynez Valley - 2020 (500ml)	
730	CALIFORNIA, Cinsault/Carignan/Sandlands, Lodi - 2020	
784	CALIFORNIA, Pinot Noir, Santa Besson Vineyard, Santa Barbara - 2020	
868	CALIFORNIA, Cabernet Sauvignon, Lang & Reed, Napa Valley - 2020	

*A Prison Community Cookbook*

71. JONES, Albert Ru-Al. San Quentin death row cook book. Our last meals? 2015 [San Bernardino: 3 April 2020].

22.8cm x 15.2cm. Seven illustrations in the text. [1], 145, [2] pp. Publisher's illustrated binding, perfect bound.

\$40.00

A remarkable cookbook written by Albert Ru-Al Jones, an incarcerated person at San Quentin prison who has been on death row for twenty- one years. "There are over 750 men and women on California's Death Row in San Quentin and Chowchilla State Prisons. The State is tasked to feed each condemned person two hot meals and one bag lunch each day. There is no other death row in this country, or the world, that feeds so many people who are sentenced to die.

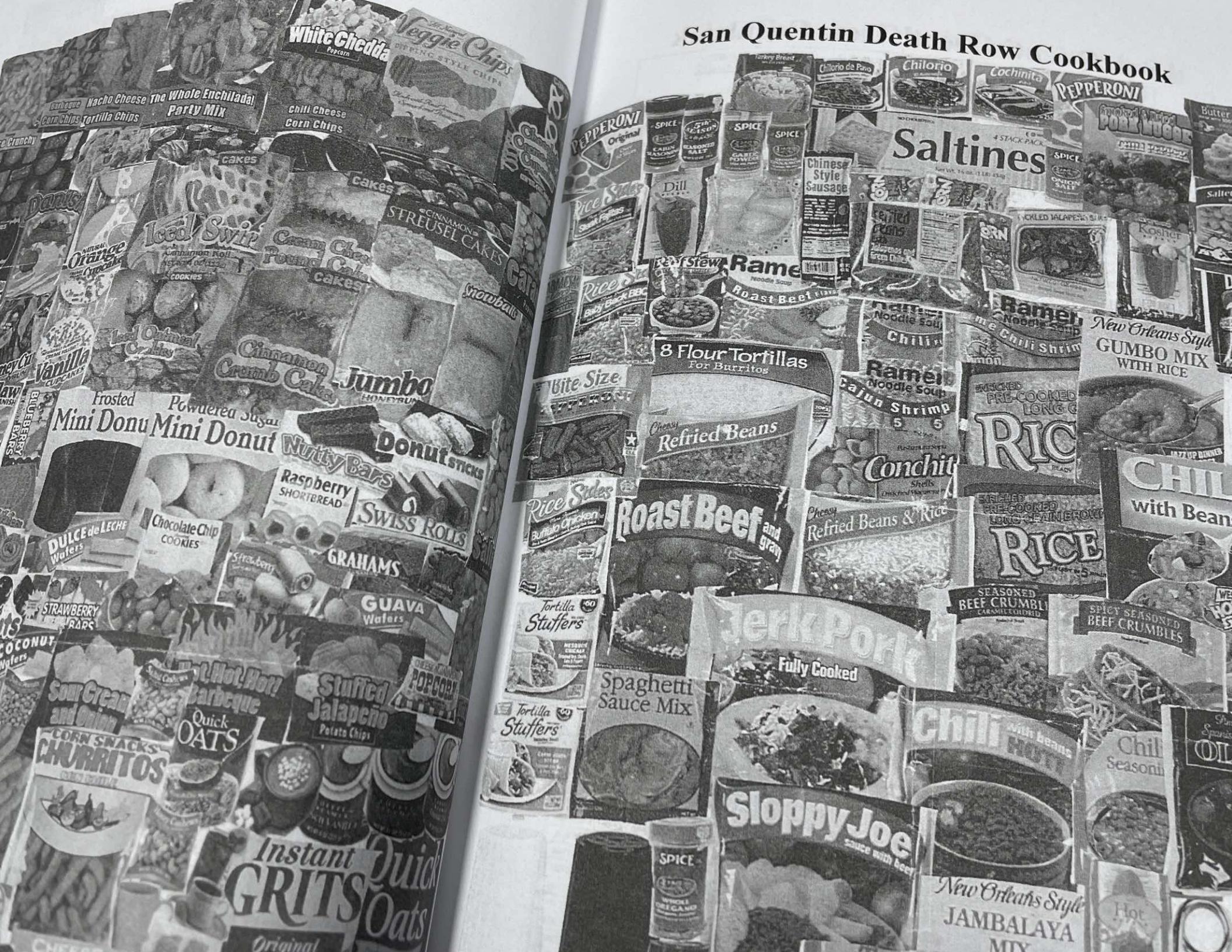
THIS BOOK IS DEDICATED TO  
ALL THE MEN AND WOMEN THAT ARE  
ON DEATH ROW AND IN ALL THESE  
OTHER PRISONS.

HAPPY EATING!

# SAN QUENTIN DEATH ROW

		San Quentin food menu for January, 2015					
		'BREAKFAST' 12-18 "LUNCH"		'DINNER'			
M	10	FRUIT JUICE	1EA	PEANUT BUTTER	20Z	DRESSED GREEN SALAD	34CP
O	11	CORNMEAL MUSH	60Z	JELLY	2PK	TURKEY TETRazzINI	80Z
N	12	PANCAKES	2EA	WHEAT BREAD	4SL	SPINACH	90Z
D	13	PEANUT BUTTER	20Z	ALMONDS	1PK	WHEAT BREAD	2EA
A	14	SYRUP/DIET SYRUP	10Z	FRESH FRUIT	1PK	MARGARINE	10Z
Y	15	MILK / HUL TEA	10Z	BEVERAGE PACK	2PK	COOKIES	2EA
Y	16	DRIED PLUMES	4EA	CAZONE	1EA	BEVERAGE	80Z
Y	17	RICE CEREAL	60Z	CARROT COINS	1EA	DRESSED GREEN SALAD	34CP
E	18	SCRAMBLED EGGS	40Z	COOKIES	1EA	CHICKEN TAMALE	1EA
R	19	BAKED TATER TOTS	40Z	FRESH FRUIT	1EA	SPANISH RICE	40Z
N	20	IN WHEAT BREAD	1EA	BEVERAGE PACK	1PK	CORN (FF)	40Z
S	21	MARGARINE	10Z	CAJUN (FF)	1PK	PINTO BEANS	40Z
S	22	MILK	1EA	FRESH SALISH	1EA	FRESH SALISH	20Z
A	23	COFFEE	80Z				1EA
Y	24						80Z
Y	25	BANANA	1EA	PEANUT BUTTER	20Z		
E	26	HOMINY CERIAL	60Z	JELLY	2PK		
N	27	COFFEE CAKE	1EA	WHEAT BREAD	4SL		
S	28	SCRAMBLED EGGS	40Z	ALMONDS	1PK		
S	29	WHEAT BREAD	2SL	COOKIES	1EA		
A	30	MILK	1EA	FRESH FRUIT	1EA		
Y	31	HOT TEA	80Z	BEVERAGE	2PK		
Y	32						
E	33	FRESH FRUIT	1EA				
R	34	OAT MEAT	1EA				
N	35	CREAM	1EA				
S	36	BISCUIT	1EA				
S	37	HASHED BEEF	1EA				
A	38	MILK	1EA				
Y	39	COFFEE	80Z				
Y	40	SCRAMBLED EGGS	1EA				
E	41	BANANA	1EA				
R	42	RED WHEAT CERIAL	60Z				
N	43	BREAKFAST TACOS	1EA				
S	44	SCRAMBLED EGGS	40Z				
S	45	PING BEEF	1EA				
A	46	Liquid CEREAL	1EA				
Y	47	ONIONS, DICED	1EA				
Y	48						
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# San Quentin Death Row Cookbook





There are over 750 men and women on California's Death Row in San Quentin and Chowchilla State Prisons. The State is tasked to feed each condemned inmate two hot meals and one bag lunch each day. There is no other death row in this country, or the world, that feeds so many people who are sentenced to die.

In this book you will read about many amazing meals that are being prepared behind these walls. You will laugh at some, and others you will have to taste yourself. The condemned inmates put a lot of joy and love into cooking because it could be our last meals.

"In this book you will read about many amazing meals that are being prepared behind these walls. You will laugh at some, and others you will have to taste yourself. The condemned inmates put a lot of joy and love into cooking because it could be our last meals."

— Albert Ru-Al Jones.

I found out about this cookbook when Mr. Jones wrote to me directly: "This cook book is a unique read with food recipes made by real death row inmates. This cook book will give you and your readers an insight on how we eat and cook our meals on the row. This cook book will be something new in your book store." The work is also a testimony to the lengths people will go to find comfort and happiness, and togetherness, through food, even when faced with their own loss of liberty and pending death.

Chapters are organized under the following headings and subjects: San Quentin meals; the weekly menu; "Big Spreads;" "Prison Spreads;" "My Spread Prayer;" "The Care Package;" "Canteen Form;" "Food Sale Form;" utensils; cooks; receipts; drinks; holiday meals; "My Last Meal;" and a thank you to the incarcerated people who contributed to the cookbook.

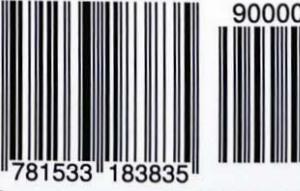
The binding illustration is by Travis "rR" Lewis (who has signed his name on the drawing as "Ramón").

A moving cookbook coming from a community about which we normally hear very little.

¶ OCLC: University of Pennsylvania, McGill University, and Smith College, to which should be added the Schlesinger Library.

RAMÓN 2015

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