

# LIST FOR RBMS

Costa Mesa, 2024

from

*BEN KINMONT, BOOKSELLER*

concerning

*GASTRONOMY BOOKS & MANUSCRIPTS*

*1631-1969*

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*A Banquet Offered by Matias Romero*

I BANQUETE dado en obsequio del señor don Matias Romero.  
Mexico: Imprenta del Gobierno, en Palacio, a cargo de Jose Maria  
Sandoval, 1868.

8vo. 80 pp. Original printed blue wrappers, two small pieces missing from spine, bright  
and crisp internally. \$950.00

The FIRST & ONLY EDITION of this work commemorating Matias Romero's departure from New York City after eight years of diplomatic service between Mexico and the United States. In the introduction, it is noted that the letters of support that were read at the banquet (reprinted here), show that the people of the United States are sympathetic to a republican and independent Mexico and that this sympathy, can be relied upon to help Mexico in the future.

The dinner invitation, seating arrangement, and menu are all reprinted. Among the dinner guests was Theodore Roosevelt, senior, the father of the future president.

Matias Romero (1837-1898) was an important diplomat in relations between the United States and Mexico. He was born in Oaxaca, served as the Mexican ambassador to the United States, and three terms as the Mexican Secretary of Finance. Part of his diplomatic role in the United States was to keep up relations with Abraham Lincoln just before Lincoln assumed office and afterwards. Later, Romero worked on treatises between the United States and Mexico, one issue of which was that of citizenship for Mexicans living in the United States.

Other than the two small pieces of the wrapper missing on the spine, in fine condition.

¶ OCLC: New York Public Library, University of Rochester, Yale, University of Michigan, University of Minnesota, Indiana University, University of Wisconsin (Madison), and eleven locations in Mexico.

*The Price of Wheat in Avignon*

2 (BREAD.) Nouveau tarif pour trouver le prix des trois qualités de pain. Avignon: Blery, 1780.

4to. Woodcut border on title page and page 7, woodcut vignette on title page, large woodcut head and tailpieces, woodcut decorative initial. 7, [1 - blank] pp. Blue paste paper wrappers, printed on thick paper. \$1500.00

An UNRECORDED official statement regarding a new tax on three different types of bread (white, red, and brown). All prices are determined against the highest price which is that for *pain blanc de Gonesse* (a popular white bread). The new tax is taking into consideration many practical factors regarding the livelihoods of bakers such as firewood, labor, and rent. When this work was published, Avignon was still under rule of the Papacy and did not officially become part of France until 1791.

The rules for observing these new tax laws were rigorous and strict.

*When it is necessary to make an increase or decrease in the price of a pound of bread, a police assembly will be convened, at which the registrar and the two master bakers will attend; and in their presence, the price reports of the domestic flour will be checked on the register, taking care that it is only on this quality of wheat that the tariff has been made....At all increases or decreases in the price of bread, the four police valets will display the rate at the two butcher's shops, as well as at the market places, and will inform all the master bakers of the increase or decrease....this rate will always remain exposed, punishable by fine.*

Another new ruling is that foreign wheat (such as that brought in to Avignon from Burgundy and Toulouse) will sell for considerably less and is meant to be used to make lesser quality bread. Cabaret and tavern owners are specifically forbidden to overcharge for bread under pain of incurring a fine.

With a chart comparing the price of *pain blanc de Gonesse* versus *bled de pays* (a less processed wheat from the countryside) by weight.

At the foot of the title page is written "Gerardin fecit" in a contemporary hand.

In very good condition and printed on unusually thick paper.

¶ Not in OCLC.

*"In Each Drop, a Ray of Sun"*

3 CADET DE VAUX, Antoine Alexis François. Dissertation sur le café; son historique, ses propriétés, et le procédé pour en obtenir la boisson la plus agréable, la plus salutaire et la plus économique. Paris: Mad<sup>me</sup> Huzard, 1806.

8vo. 2 p.l., 120 pp. Contemporary pink pastepaper wrappers, contemporary paper label on spine with title in manuscript, wear to head and tail of spine, corners dog-eared, untrimmed throughout, dampstaining to the lower corner of the final few leaves. \$1200.00

The FIRST EDITION of Antoine Alexis François Cadet de Vaux's famous dissertation on coffee and its various properties. One of the main goals in writing this book was to make the consumption of coffee more economical and, at the same time, better tasting.

Much experimentation was done in the writing of this book and the results are shared openly. The book includes a large section devoted to the history of coffee as well as more than twenty-five methods of preparation. There are also notes on the equipment needed to brew the beverage.

In the section on the properties of coffee, Cadet de Vaux describes coffee as a "preservative remedy" and an aid in blood circulation. He claims that most constitutions would benefit from coffee and that though people have drunk cider, beer, and other liqueurs in place of wine, there is no substitution for coffee. The author theorizes that coffee will greatly aid digestion, thus benefitting those with a weak constitution. He writes about how coffee can be more effective than opium in curing headaches. He also expounds upon what a great asset coffee is for students who need to stay awake and alert for long hours of study.

Interestingly, Cadet de Vaux also writes regarding coffee as it is consumed in America. He notes that it is recognized as an excellent stimulant for youths going through puberty as it helps to relieve them of "disgust, languor, [and] melancholy." Cadet de Vaux observes that coffee has become the preferred breakfast for "common people" and that although it is not "strictly speaking, nutritious...it becomes nourishing, by the addition of sugar and above all of milk."

Also included is a chapter by Charles Louis Cadet de Gassicourt with a chemical analyses of coffee in various stages of preparation. He studies coffee when the bean is roasted and when it is raw, and then describes the differences in flavor depending on how the beverage was prepared. For example he discusses the different results of a hot brew versus a cold infusion.

Included in the over twenty-five methods of coffee brewing and serving are recipes for "bachelor coffee" (which is an overnight cold brew); "traveler's coffee" (which includes the description of a ceramic brewer devised specifically for traveling); and an intensely condensed coffee syrup (that could also be used for travel). There is also a recipe designed for women who cannot abide coffee with milk. It consists of a fresh egg yolk, a cup of coffee, a cup of water, and sugar. If a person is feeling poorly one may add a pinch of praline and powdered orange flowers, orange flower water, and vanilla sugar.

Antoine Alexis François Cadet de Vaux (1743-1828) was a prolific author who wrote several works on various gastronomic subjects including wine, food adulteration, the potato, food preservation, sugar, gelatine, fruit, and tobacco.

Charles Louis Cadet de Gassicourt (1769-1821) was a gourmand and enjoyed addressing gastronomy with a scientific approach. He "was noted for his versatile talents, having been a pharmacist, lawyer, and author. He planned and inaugurated a new board of health in 1806, serving as secretary for many years; he accompanied Napoleon in the 1809 campaign as apothecary. He published many valuable and successful books, and was a member of many scientific societies." — Bitting, p. 71.

Also referenced in this work and quoted on the title page is a poem by Jacques Delille called *Le café*. Cadet de Vaux uses this poem as demonstration of the metamorphoses that comes from drinking a cup of coffee upon waking. Below is the portion quoted in this book:

*A peine j'ai goûté ta liqueur odorante, Soudain, de ton climat la chaleur pénétrante Agite tous mes sens; sans trouble, sans cabots, Mes pensers, plus nombreux, accourent à grands flots: Mon idée était triste, aride, dépouillée ; Elle rit, elle sort richement habillée, Et je crois, du génie éprouvant le réveil, Boire, dans chaque goutte, un rayon du soleil.*

Roughly translated to:

*I had barely tasted your fragrant liquor, when suddenly, the penetrating heat of your ambiance agitates all my senses; Without trouble or jolting, my thinking, more numerous, rides with big waves: my inspiration was sad, arid, stripped; now She laughs, she comes out richly dressed, and I believe, genius is trying to wake up, drink, in each drop, a ray of sun.*

In good condition.

¶ OCLC: University of California (San Diego), Indiana University, Harvard, National Library of Medicine, University of Minnesota, Vanderbilt University, University of Wisconsin (Madison), and eighteen locations outside of the United States.

*Green Tea & Chocolate  
to Combat Gout*

4 CHESHIRE, John. *Gouty Man's Companion*. Nottingham: G. Ayscough, 1747.

8vo. Woodcut initials and ornamental headpieces. xvi, [2], 97, [1 - blank], 4, 13, [1 - blank] pp. Contemporary speckled calf, covers ruled in gilt, spine ruled in gilt, red morocco label, red sprinkled edges, expert restoration to upper joint, corners bumped, light shadowing from leather onto pastedowns and upper and lower endpapers, a few small early pencil marks in the margins.

\$3500.00

The FIRST EDITION of this provincially printed guide to relieving gout through a controlled diet that includes green tea, chocolate, and boiled white meat. The recommendations are given "in a licentious and degenerate Age" (p. [viii]) and are based upon the author's own experience.

Cheshire was educated at both Oxford and Cambridge and by 1721 was practicing medicine in Buckinghamshire and later Leicestershire. The present book is dedicated to James Winstanley, high sheriff of Leicestershire who may well have been one of Cheshire's patients. Cheshire admits in the preface to this book that he has suffered from gout himself and at times "I have so far exhausted it, as for many Years being unable to walk by any Assistance, and being always lifted upon, and from, my Horse" (p. xiv). He notes that by following his own cure he is now able to ride "thirty, forty or more Miles a Day" (ibid.).

The book begins by outlining the history of gout and describing some of the symptoms. Cheshire also outlines an ideal diet for controlling symptoms of gout including green tea for breakfast alongside boiled milk, chocolate and bread and butter. For the "great Meal or dinner," Cheshire recommends, "some one kind of the White Animal Foods" which should be boiled rather than roasted. At the end is a useful and highly detailed index.

From the collection of William Allen Potter with his armorial bookplate on the front pastedown. Maggs' cost code on the lower pastedown, bought at Hodgson's November 1948, is £4.

A very good copy in a handsome contemporary binding.

¶ ESTC: Countway Library of Medicine (MA), Houston Academy of Medicine (imperfect), New York Academy of Medicine, and the National Library of Medicine and five locations outside of the United States.

*On Cheese and Butter*

5 CLERC, M. [Louis]. *Manuel de l'amateur de fromages et de beurre*. Paris: Librairie Française et Étrangère, 1828.

12mo in 6s. Hand-colored folding engraved frontispiece. 108 pp. Quarter black cloth over red and black marbled boards by Laurenchet, title in gilt on spine, marbled edges, lightly foxed (heavier on the first few leaves). \$1000.00

The very rare FIRST EDITION of this instructional manual on how to make cheese and butter affordably. Although there is little known about Louis Clerc, from the title page, we learn that he was a doctor.

The first chapter centers around cheeses made from cow's milk such as Gruyère, Auvergne, Bresse, Parmesan, Gerardmer, Mersem, Brie, cream cheese, and Stilton. Chapter two covers cheeses made from sheep and goat's milk such as Roquefort, Montpellier, and cheeses from Mont-d'or and Bordeaux. Also included are the names of shops and their locations in Paris where the cheeses can be found.

In the section which covers the general concept of cheesemaking, the author discusses both plant-derived rennet and rennet that comes from the stomach lining of young ruminants such as calves, lambs, and kids. Rennet is an enzyme that helps to curdle milk which is the first part in the cheesemaking process.

The third chapter covers various aspects of making butter. The sections go from fresh butter, to methods for preserving butter, and then the medicinal and healthful properties of butter. There are two basic methods listed for preserving butter: either by cooking it and saving the solids (also known as clarifying), or by salting the butter.

*C'est donc à la séparation de la matière caseuse du beurre frais que sont dus les changements qu'il éprouve dans l'opération qui le convertit en beurre fondu; il se garde comme le beurre salé et peut remplacer l'huile dans les salades, l'axonge dans les fritures et le beurre frais dans les sauces blanches.*

Roughly translated to:

*It is therefore to the separation of the caseous matter from the fresh butter that are due the changes which it undergoes in the operation which converts it into melted butter; it keeps like salted butter and can replace oil in salads, axongia [a soft animal fat usually taken from the kidneys of geese or pigs] in fried foods and fresh butter in white sauces – p.95.*

Clerc adds that during the cooking process, there is a by-product which he calls “gratin” that “children love with a passion.”

With a scene from a cheese shop on the hand-colored folding engraved frontispiece. Entitled “L'amateur de fromages,” it depicts a man pointing to his nose as he buys a wheel of cheese from a woman behind the counter.

In good condition and in a handsome binding in the style of the period.

¶ OCLC: New York Academy of Medicine and four locations outside of the United States.

*A Cookery Guide for Good Health  
for the English in West Africa*

6 COCKBURN, Sister Adelaide M. A practical guide to cookery in West Africa and the tropics. London: The Scientific Press Limited, [1905].

8vo. 1 p.l., xi, [1 - blank], 160, [6] pp. (including printed upper and lower free endpapers). Publisher's embossed orange cloth. \$900.00

The FIRST EDITION of this cookery book from the days of the British Empire. In the introduction we find that the author, Sister Adelaide Cockburn, was the director of a nursing home in Sierra Leone. While there she came to realize the extent to which local people were limited in their knowledge of English food, how to cook it, and in the proper tools with which to cook English food. She also feels that the best cure for an invalid in a "trying climate" lies in a proper diet.

Cockburn writes that her primary goal in writing this book is to "provide a handy, practical, useful book, which may be easily referred to, the recipes being easily prepared, and likely to be acceptable as providing a little pleasant change in the rather limited menu of the ordinary West African cuisine, particularly in the case of invalids or convalescents."

The work contains a mix of English, Indian, and African-inspired dishes. Included are "Ashanti Fowl;" "Mauritius Chicken;" "Lagos Pudding;" "Mulligatawny Soup;" "Burdwan à la Bovril;" "Kedgeree;" "Gambia Soup;" "Pilau;" and "Teneriffe Pudding." Most of the ingredients are recognizably Western European, although curry makes an appearance and two recipes are specifically labeled "Indian:" "Pancakes (Indian)" (that call for cinnamon, preserved ginger and cherries) and "Pooloot" (recipe below):

*Ingredients (for dish for 6 persons). — One fowl, 1 lb. rice, 1 quart stock, a few thinly cut rashers of bacon, 6 hard-boiled eggs, a tablespoonful of ground ginger, 6 onions, 1 lime, peppercorns, and butter for frying.*

*Recipe. — Truss the fowl as for boiling, boil the rice for five minutes, drain it, and put it with the fowl and the stock in a stewpan over a slow fire. Pound four of the onions and squeeze out the juice, which add with that of the lime and the ginger tied in a bag. When the fowl is sufficiently done, take it out and keep it hot while the rice dries before the fire, during which time slice and fry the other two onions. Afterwards cut up the fowl, and fry it in the same butter as the onions. Pile the rice on a dish, lay over it the joints of fowl, and over these the onions; strew over some peppercorns, and garnish with the hard-boiled eggs and the bacon rolled and fried.*

This work concludes with a section on invalid drinks and a chapter on nursing. There are also a number of preliminary and final leaves that contain gastronomic and medical advertisements.

The date of 1905 comes from OCLC.

In very good condition.

¶ OCLC: Teachers College (Columbia University), New York University, National Agricultural Library, Michigan State University, and four locations outside of the United States.

*How to Keep an English  
Kitchen Garden*

7 COOLING, Edwin. A new edition of the domestic gardener's assistant, in the modern practice of English gardening. Derby: Wilkins, [1837].

8vo. Wood engraved frontispiece and wood engraved vignette on page 51. vii (including frontispiece), [8] - 60 pp. Contemporary quarter cloth over marbled boards, corners worn, light rubbing overall, printed green title label mounted onto upper board, light foxing on the first few leaves, moderate dampstaining and overall wear, manuscript notation on lower pastedown. \$200.00

The extremely rare Second Edition of Edwin Cooling's book "for those who manage their own Gardens; Containing Monthly Directions for the Kitchen, Fruit, and Flower Gardens." Also included is information on how to manage hothouse and greenhouse gardens as well as advice on budding and grafting. With an additional section on beekeeping and pest control that begins with a lovely vignette of a beehive.

There is a list of recommended fruit trees, fruits, nuts, vines (including "Miller's Burgundy,") herbs, and vegetables. Also included is a list of decorative trees and flowers for the garden and plants that grow well in a greenhouse.

The bee section begins with a recommendation that the well-to-do landowner encourage "cottagers" to keep bees by gifting them with their first hive. "Thus at a small expense, they might excite a spirit of virtuous emulation, and at the same time afford a healthful and profitable amusement to this useful and laborious class of men" (p. 51).

Although browned and slightly worn, a good copy of a rare manual on English kitchen gardening and beekeeping.

¶ OCLC: Four locations outside of the United States.

*An American Argument  
for Simple Food*

8 COWAN, John, M.D. What to eat & how to cook it. New York: Cowan & Company, 1870.

8vo. Woodcuts in the text. 124, [4] pp. (first two pages are blank). Original blind-stamped brown cloth with title stamped in gilt on upper board, sunning to lower board, wear to head and tail of spine, yellow endpapers, early cipher embossed on the first three leaves. \$600.00

The FIRST EDITION of this "hygienic cookbook," written as a guide for those who wish to have a nutritious diet that will promote "pure blood, firm tissue, clear brain, perfect health, and enjoyable life." The author, Dr. John Cowan, warns against fancy cookbooks. He writes that "to live a sweet, healthy life implies the use of simple, nutritious food, cooked in a plain, simple manner, and as nearly in its natural relations as possible." In addition to the 252 numbered recipes and the nutritional information on grains and vegetables, there is a discussion of drinking water and how to preserve ice; "Rules for Eating;" "Objectionable Articles of Diet;" "Poisons in Daily Use;" and "Preserving, Canning and Drying Fruits and Vegetables."

The author had strong views on diet as is evidenced by the section called "Objectionable Articles of Diet." He deplores the use of salt; the spices pepper, clove, mustard, nutmeg, and cinnamon; sugar; vinegar; soda; self-rising flour; milk; tea; coffee; hot drinks; pork; the fat of all meats; salted meats and fish; sausages; pickles; mince pies; and fish. His objections to these items are lengthy and condemnatory. For example, spices are said to "clog the excretory organs," lead to gluttony, and detract from a healthy sex life. He calls vinegar an abomination that causes "paleness and wasting away of the muscles." Milk is "an abnormal production" and fish is apparently worthless.

Although the author is against sugar and milk, both are included in small quantities in some of the recipes. For example, in writing about the tomato (which he calls a "love apple"), he states that when a tomato is ripe, the best way to eat it is raw without salt or pepper, or peeling it. However, the first tomato recipe calls for slicing the tomato and then adding sugar and cream to it. "This," he writes, "to an unperverted taste...is a very palatable mode of eating them."

On the subject of wheat, the doctor writes that "in some of its preparations, [it] is pre-eminently the best, cheapest, and most nutritious. A grain of plump, sound wheat contains within it *every element* demanded by the body for its renewal and growth." Interestingly, there is a recipe for "snow bread" that calls only for flour and snow. Cowan praised corn as well: "Next to Wheat comes Indian Corn, or Maize, in importance, as furnishing nourishing and healthy food....The Esquimaux will live upon it, and the hot Sea Islanders, and all intermediate populations." In extolling the virtues of the potato, the author brings up several interesting points: it is native to South America, it is almost as nutritive "pound for pound" as meat, and "the ground nut, which is found in all the wilderness part of North America, is supposed by many to be the original from whence all our fine varieties of potatoes are derived by cultivation." Cowan provides fifteen recipes for the potato alone.

The last three pages contain information on three other books published by Cowan & Company. There is a book on the evils of intemperance and two other books by John Cowan. One is on the evils of tobacco and the other is on marriage, pregnancy, nursing, foeticide, women's diseases, masturbation, sterility, impotence, and finally, "a happy married life, how secured."

With a woodcut bookplate mounted on upper pastedown for Paul Gerley Merrow. The final page has an advertisement for "farm and hand grinding mills" made to grind various grains, spices, and coffee.

In very good condition.

¶OCLC: Harvard, American Antiquarian Society, University of California (San Diego), University of Denver, New York University, Loma Linda University, Mills College, New York Public Library, Library of Congress, Iowa State University, Abraham Lincoln Presidential Library, Kansas State University, University of Minnesota, and Duke University.

### *Encouraging Growth in Cuba*

9 (CUBA & MEXICO: agriculture.) El Baylio Frey D. Antonio Maria Bucareli Y Ursua....modo de pagarse el derecho de alcavala en las ventas de solares, y otras fincas. Mexico City: N.p., 1779.

Broadside: 42.7cm x 31cm. Signs of having been folded twice, bottom left margin excised. \$900.00

An interesting UNRECORDED Mexican broadside encouraging agricultural growth and the expansion of farms in Cuba. This broadside was to be posted in "all the Cities, Towns, and Places of this Kingdom, addressing the necessary copies to the respective Justices, and also those that correspond to the General Director of Taxes."

Along the left edge are two contemporary ink government stamps (*quartillos*) good for 1778-1779. The broadside is dated 14 January, 1779. Signed in print by Don Antonio Bucareli Y Ursua who was the governor of Cuba and the viceroy of New Spain (Mexico) from 1771 until April of 1779 when he died in office of pleurisy.

This announcement by the King of Spain states that it is illegal to dodge taxes when selling agricultural estates and various properties in Cuba. Details are discussed as to how this property tax has been avoided and how, in the future, the regulations will prevent such fraud. It also mentions that in certain regions, the tax will be cut in half in order to increase the population and prosperity in certain regions.

Although a small portion of the left edge is excised, the remainder of the broadside is in very good condition.

¶ Not in OCLC.

*On the Cultivation of  
Rice in France*

10 DEBONNAIRE. [Drop-title:] *Instruction pour la culture du riz sec de la Chine.* [Versailles]: Allois, c.1830.

8vo. 3, [1-blank] pp. Black and green marbled wrappers. \$1750.00

An UNRECORDED work on the cultivation of Chinese rice in France. *Instruction pour la culture du riz sec de la Chine* was originally delivered to the Society of Agriculture and Arts of Seine-et-Oise by Monsieur Débonnaire, one of its members. The work encourages farmers to consider planting rice in France, a food crop that was popular in Italy at this time, but wasn't especially popular in France. It is interesting to note that Débonnaire differentiates between aquatic rice and dry rice cultivation and is arguing for the latter. At this time, rice was being experimented with as an affordable foodstuff throughout France; it was also a common ingredient in the food being served at soup kitchens during the early 19<sup>th</sup> century.

For those wishing to plant rice and economize in their farming practices, the author recommends the use of the same rake that one would use to plant garlic and other bulbous plants. One may use the rake to make evenly spaced holes in which to drop two grains of rice at a time. He also refers to a farmer by the name of Clement Rosa who had successfully cultivated dry rice and supplies all of Rosa's methods. Rosa planted his rice in closely packed furrows and used a plow that was so light that two twelve-year-old children could easily pull it. (The only difficulty in plowing such narrow rows was keeping them straight.) Rosa also found that it is vital to weed rice rigorously.

Debonnaire invites those who would like to conduct their own cultivation experiments to go the Hôtel de la Mairie de Versailles where they will find copies of this publication as well as rice to plant.

François Nicolas Allois was active as a printer at Versailles between 1828 and 1831.

In very good condition.

¶ Not in OCLC.

*French Liqueurs*

I I (ENGRAVED copper plate.) Dormet, rue de l'Horloge, no. 5 a  
Rennes. c.1850.

Plate: 27.4cm x 25.8cm; print: 50cm x 40cm. \$4000.00

AN AMAZING SURVIVAL! This is an engraved copper plate that was used to print advertisements or labels for liqueurs produced by Dormet at no.5 rue de l'Horloge in Rennes. Six labels are included on the copper sheet: *anisette* (anise-flavored liqueur); *cassis* (a blackcurrant liqueur); *parfait amour* (a lilac-colored liqueur made with curaçao, rose petals, vanilla, and almonds); *vespetro* (a liqueur flavored with anise, fennel, coriander, and angelica); *huile de rose* (rose oil); and *crème de noyau* (a liqueur made with apricot, peach, or cherry stones).

Each label depicts the same scene of two men working in the *atelier* of Dormet. One man is next to an alembic and the other is using a very large mortar and pestle to grind the ingredients to make the liqueurs. In the background are shelves and tables filled with various products. The type of each liqueur is noted at base of each label.

The plate comes with a recent print made from the original plate.

On the verso is stamped "JUERY / JACOUES N.o 43 / A PARIS."

In very good condition.

*Chocolate mixed with Whale Oil  
as an Aphrodisiac*

I 2 ETMÜLLER, Michael, *praeses*; Sigismund-Scholtz, Adam,  
*respondent*. *Cerebrum orcae vulgari supposititiâ spermatis ceti larvâ  
develatum indultu inclutissimi Colleg. Medic. Sub Praesidiô.*  
Leipzig: Nicolaum Scipionem, 1678.

4to. [24] pp. Drab stiff wrappers, light browning and foxing. \$2500.00

The rare Second Edition of this early dissertation on the sperm whale and in particular on spermaceti (sperm oil) found in the head cavity and from which the whale derives its name (first ed.: 1678). The second half of this work (*usus spermatis ceti medicus*) deals with the pharmaceutical uses of the spermaceti, including how it can be used as an aphrodisiac to "help people conduct themselves more vigorously in the service of Venus" (*ut strenui  
magis in veneris se gerant militâ*). Among the ingredients that are recommended to be mixed with spermaceti is chocolate, which, when eaten, will produce "that titillating stimulus as if to induce genital itching" (*eidem stimulum titillantem ad genitalium pruritum quasi  
inducendum addunt*).

The first half of this work deals with the natural history of the sperm whale and the regions where they can be found, including Mozambique, Cape Verde Africa, the East Indies, Norway, Greenland, Iceland, Bermuda, New England, and the West Indies. Also discussed are the origins of ambergris (correctly described in this book as being produced in the digestive system of the whale); what coasts ambergris can be found on; and its characteristics and uses. Ambergris is still highly valued as a scent and fixative in perfumes.

This dissertation was delivered with Adam Sigismund-Scholtz as *respondant* under the direction of the eminent physician and chemist, Michael Ettmüller (1644-1683). Ettmüller was an author and professor of botany and medicine in Leipzig.

In very good condition.

¶ OCLC: Cornell, University of Chicago, National Library of Medicine, University of Minnesota, and seven locations outside of the United States.

## *Promoting Yerba Maté as a Stimulant For French Troops*

I 3 FRANCFOR<sup>T</sup>, 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. \$150.00

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 Curityba, 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>

*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 Parana, 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.

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

*"When Taste and Fancy are United"*  
*in Scotland*

I4 FRAZER, Mrs. The Practice of cookery, pastry, pickling, preserving. Edinburgh: Peter Hill; London: T. Cadell, 1791.

12mo. in 6s. Two engraved plates bound at the beginning (upside down), xiii, [1 blank], 254 pp. Contemporary calf, red morocco lettering piece on spine, spine with single gilt fillet in six compartments, faint spotting on the first few leaves. \$3000.00

The FIRST EDITION of Mrs. Frazer's Scottish cookbook. Organized into general categories, chapters cover "Of Soups;" "Of Fish;" "Of Flesh;" "Pies, Pasties, &c.;" "Of Puddings, Cheese-Cakes, Custards, &c.;" "Of Creams, Jellies, Syllabubs, &c.;" "Sauces for Meat;" "Sauces for Poultry;" "Sauces for Fish;" "General directions for trussing Poultry &c.;" "Preserves, Pickles, &c.;" and "Vinegar, Ketchup, Shrue, Wines, &c." At the end of the table of contents is noted: "The liquid measure is here given in *Scotch*; but it can in a minute be reduced into *English*." Recipes include "Scotch soup, or hotch potch;" "To dress codlings with an ale sauce;" "To pickle mussels, or cockles;" "Brain cakes;" "A pigeon dumpling;" "Marrow pasty;" "Fairy butter;" and "An elegant floating island."

*The arts of which we are about to treat are, like every other art, gradually advancing towards perfection; and the more rapid must the progress be when taste and fancy are united. These indeed are so particularly requisite in the arts of cookery and confectionary, that much depend upon them. It is therefore with a view to the improvement of both that the present work is humbly offered to the public* (from the preface).

With an engraved plate of various trussed animals prepared for roasting and one engraved plate showing a table with nineteen dishes. There are five pages devoted to bills of fare for dinners of five to seventeen dishes. Also featured is a seasonal guide to meat, poultry, fish, and "fruits and kitchen stuffs."

In very good condition and in a handsome contemporary binding.

¶ ESTC: British Library, National Library of Scotland, University of Leeds Brotherton Library, University of Western Ontario Library, Lilly Library, and Michigan State University; Maclean p. 55; Oxford p. 120; Vicaire col. 375. An edition was published in Dublin later in the same year. Not in Bitting.

*A Study Collection*

I5 (GASTRONOMY & activism.) Various locations, 1807-2004.

Collection of 28 items, sizes and condition varies. \$3700.00

ALL FIRST EDITIONS AND MOST ARE UNRECORDED. Despite an ever-expanding economy, we live during a time when people work for less than a livable wage and struggle to support themselves and their families.

Like the topic of gastronomy and economic precarity, the subject of activism is not usually included in culinary histories. Yet, since the French Revolution, the connection between social justice and nutrition has been foremost on the minds of anyone concerned with hunger (from the government official implementing policy to the person living in poverty).

The topic of gastronomy and activism ties in to labor rights, especially as the corporatization of food production often results in hardship for workers (both in restaurants as well as in the field where the food is grown). Workers have responded by organizing and action through protests. The collection includes a cross-section of some of these activities and the printed ephemera they generate.

Overall in very good condition.

A full list is available upon request.

*The Suffering of the Baker Boys of Paris*

I6 (GASTRONOMY & economic precarity.) [DUFRÊNE.] *La Misere des garçons boulangers de la Ville et Fauxbourgs de Paris.* Troyes: la Veuve Garnier, [1715].

12mo. 8 pp. Quarter red morocco over marbled boards, marbled endpapers, wear to the head of the spine. \$2000.00

The FIRST EDITION of this well-known poem describing the work conditions of the young bakers working in and around Paris. "A poem of 188 lines in which a baker's boy relates the troubles of his trade and the demands of the customers who, from the morning on, come in quest of their bread." – Bitting pp. 578-79.

In his important history of bread baking in Paris, Steven Kaplan has noted the extreme conditions under which the *garçons* had to work in the bakeries. "One reason why journeymen fled the bakeries was that their work was overwhelmingly hard and often debilitating.... The baker-laborer had to handle sacks of flour weighing 325 pounds and knead 200 kilograms or more of dough with hands and sometimes with feet. The *garçon* in charge of bakerroom labor was called the *geindre*, according to one view because he uttered deep groans, or *gémissements*, while kneading....

"The baker boys also prepared wood for the oven, lit the fire, drew water, weighed and fashioned the loaves, and baked them. Nor were they finished once the breads were ready for distribution. If they were not involved directly in sale or delivery, then they were expected to winnow grain, bolt and/or condition flour, gather charcoal for sale, clean the oven, cut and stack the wood, tend to the leaven for the next baking, and so on. The pace in the bakerroom was often frenetic, which compounded their fatigue. They had to rush to knead, rush to proof, rush to bake, rush to sell in order to meet the demands of customers and parry the ambitions of rival shops." – *The Bakers of Paris and the Bread Question, 1700-1775*, p. 227.

When describing Dufrene's work *La Misere des garçons boulangers*, Kaplan notes "See the bitter complaint of the Paris baker boys, who not only compared themselves unfavorably with the journeymen in other crafts, whose tasks were so easy, but also were envious of the forain bakers, who bake only for the two weekly market days and have time to stroll in the village, stop at the tavern, and play *boules*." – ibid., fn. p. 645. Forain bakers were those from the countryside who purchased ingredients locally, to then sell the bread in Paris at markets.

*La Misere des garçons boulangers* is attributed to Dufrêne (d.1748), foreman at the printing press of Léonard (see Barbier, vol. III, p. 315). Dufrêne wrote other similar works, including one about apprentice printers, which were published together many years later.

A good copy. With the book labels of Robert de Billy and Louis Ferrand on the upper pastedown.

¶ OCLC: Folger, Harvard, Columbia University, Yale, Cornell, Dartmouth, and the Cleveland Public Library, and seven locations outside of the Untied States; Vicaire col. 600.

*Bread and Bread Making  
to Aid the War Effort*

I7 (GASTRONOMY & economic precarity.) Hemenway, Harriet Lawrence. The liberty bread shop. [35 Huntington ave, Boston, MA, 1917.]

Bifolium: 20cm x 12.4cm (folded). [4] pp. \$50.00

The FIRST & ONLY EDITION of this women's war work announcement. Shortly after the United States entered World War I, Harriet Lawrence Hemenway (1858-1960) began an organization that drew many women's associations together in order to conserve surplus from family gardens as an attempt to help with war relief. (She even managed to get the anti-suffragists and the suffragists to work peacefully together.) This effort proved to be successful and the organization was able to can the surplus produce and use all proceeds from the sales of the canned goods to aid the war effort.

Once this venture ended in October of 1917, the same women's organizations banded together to form the "Liberty Bread Shop." The goal of this organization was to provide the "public [with] practical information on legitimate and palatable substitutes for white bread, and daily demonstrations in bread making."

In addition to describing Hemenway's activities, this brochure announces the success of the first Liberty Bread Shop on 35 Huntington Avenue in Boston and the impending opening of a second shop, also in Boston.

In very good condition.

¶ Not in OCLC.

*The Improvement of Society through  
a Well-Managed Trade for Everyone,  
including the Poor*

I8 (GASTRONOMY & economic precarity.) Lindsay, Patrick. The interest of Scotland considered, with regard to its police in employing of the poor, its agriculture, its trade, its manufactures, and fisheries. Edinburgh: Printed by R. Fleming and Company, and sold by Gavin Hamilton at his Shop opposite to the Parliament-Close, 1733.

Small 8vo. Engraved title page vignette, woodcut head and tailpieces. 5 p.l., xxxv, 229, [13] pp. including the blank leaf P4. Contemporary calf, spine richly gilt, red morocco lettering piece on spine, boards with a double blind fillet around sides, edges of boards richly gilt. \$3000.00

The FIRST EDITION of Lindsay's recommendations for a rebuilding of Scottish society through the revival of the Scottish linen industry, farming, and fishing. Many sections cover economic principles of the relationship between the poor and the rich, landlords and farmers, and industry and the workers. While Lindsay is very critical of idleness, he makes suggestions on how a society can care for those living in poverty through laws, food provisions, and the better management of trade in a way that will benefit all members of society.

After having served with Sir Robert Riche in his regiment of foot in Spain, Lindsay settled in Edinburgh as an upholsterer. His business was prosperous and he became dean of his guild and was elected lord provost in 1729 and 1733. From 1734-41 he was a member of Parliament for Edinburgh. He died in 1753 shortly after having been appointed the Governor of the Isle of Man.

Lindsay begins by noting the terrible conditions of the poor in Scotland and the high level of unemployment and begging. He then goes on to discuss various laws in commerce (both domestic and international) which have negatively affected the state of trade in Scotland and to suggest the possibility of cultivating silk manufacture, trade with the West Indies, the linen trade, flax farming, and the fisheries within Scotland as a solution. To do this, however, he calls for government intervention and provides examples of its success in some areas of Scotland and other countries. There is also a large section about the herring trade, including a discussion of the relative merits of herring from different areas, how they taste, and their conservation.

The finely engraved title page vignette depicts workers building barrels and crates for delivery to ships anchored in the distance; a person working at a loom; and two farmers ploughing a field. Surrounding the scenes is an ornamental frame made of a net of fish, a garland of produce, a bee hive, a mound of flax, and a spider's web.

A very good copy.

*"Meatless Days" to Help the War Effort*

19 (GASTRONOMY & economic precarity.) Seager, Henry R., Chaddock, Robert E. Columbia war papers. Series I number 6. Food preparedness. [New York:] New York Division of Intelligence and Publicity of Columbia University, 1917.

19.5cm x 13cm. Official seal of Columbia University printed on upper wrapper. 23, [1] pp. Original printed wrappers, "Hoover War Collection" stamped on upper wrapper, saddle stitched, slightly browned due to paper quality. \$50.00

The FIRST & ONLY EDITION of this issue of a fascinating serial publication. The United States entered WWI in April of 1917 and this periodical was issued by Columbia University's Division of Intelligence and Publicity in response. As noted in the introduction, "The most urgent, immediate, common needs are not men and munitions, but food and ships."

In it we find statistics and recent farming history illustrating a downward trend in farm production. According to the authors, this was due to farmers losing their laborers to munitions factories in developed areas. This led to farmers first attempting to do all of the work themselves, then resorting to killing their livestock in order to pay for their farms, and then, ultimately, shutting down. As a result, meat production was high and dairy production at an all time low. At the same time, wheat production had plummeted due to crop failure.

In order to be able to continue feeding U.S. citizens as well as provide aid to allied countries during the war, the authors outline a few suggestions to mitigate the current food shortages. Included in their proposals are meatless days; giving conscripted men the choice to fight or work on farms; encouraging families to grow their own "green vegetables and other crops;" storing up seeds and fertilizers (and to this end temporarily ceasing the consumption of potatoes); making a concerted effort to find ways for U.S. citizens to be less profligate in their food consumption; and devising an economical "war bread" that would utilize either whole wheat or other ingredients such as rye, barley and potatoes.

According to OCLC, this series included seventeen different issues, all of which were printed in 1917.

With "Hoover War Collection" stamped in purple ink on the upper wrapper and page [3]. "Library of Congress Duplicate Exchanged" stamped in blue ink on page [2] and "By Transfer Jun 30 1919" stamped in a different blue ink.

In good condition.

*Communist New York Mayor Candidate  
Campaigns for Peace & Affordable Food*

20 (GASTRONOMY & economic precarity.) War escalates food prices! / La Guerra causa los altos precios de la comida. New York, [1969].

Flyer: 28cm x 26cm. Printed recto/verso in red and brown ink, upper edge and left edge of recto lightly sunned. \$50.00

The FIRST & ONLY EDITION of this promotional broadside for Rasheed Storey's (1936-2016) campaign for New York City mayor along with Jesus Colón, the communist candidate for comptroller. "The first Communist to run for NYC mayor since...1933, Storey asserted that Democratic and Republican Parties were captured by 'racist, ultra-right, fascist candidates.' He received 4,018 votes of the one million votes cast, on a platform calling for increased public assistance, drug addiction decriminalization, community policing, a subway-fare cut, and a \$100-weekly minimum wage."<sup>2</sup>

In this broadside, Rasheed assures the reader that within one month of his gaining the mayorship he would roll food prices back to a 1960 level; tax war profits; and end the war in Vietnam.

The flyer is printed in red and black ink. The recto in red ink is in English; the verso in brown ink is in Spanish.

Pictures of both candidates are included as well as the contact information of the campaign offices. In fine print at the bottom is printed "UNION LABEL 117."

In good condition.

¶ Not in OCLC.

*"Useful and Agreeable, Oeconomical and Elegant"*

21 HASLEHURST, Priscilla. The Family friend, or housekeeper's instructor: containing a very complete collection of original & approved receipts in every branch of cookery, confectionary, &c. Sheffield: J. Montgomery, 1802.

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<sup>2</sup> For more information on Rasheed Storey go to:

<https://www.blackpast.org/african-american-history/people-african-american-history/rasheed-storey-1936-2016/>.

8vo. 2 p.l., 156 pp. Contemporary half-calf over marbled boards, black morocco label on spine, light overall wear, joints cracked but holding, portion of spine label missing, occasional spotting. \$3500.00

The extremely rare FIRST EDITION of Haslehurst's popular provincial English cookbook, intended for middle-class households. "As the information, contained in this little volume, is not carelessly copied from any similar work, but is really the fruit of twelve years of valuable experience, as housekeeper in very respectable families, and twenty years of diligent practice, as a confectioner and instructor of young persons...in Sheffield;—the author humbly hopes, by the accomplishment of her work, to deserve that patronage." — from the preface. It was still unusual at this time to see cookbooks intended for a broad audience. It wasn't until the mid-18th century that English authors began to write cookbooks intended for people working in more moderate households.

Recipes include "To make a Transparent Soup;" "To make mock Turtle" (before the advent of canning, real turtle meat was only affordable to the very wealthy); "To dress a Leg of Mutton to eat like Venison" (venison was a symbol of the highest social status, as it could only be procured from vast estates)<sup>3</sup>; "To make portable Soup for Travelers;" "A Rook pye;" "To make Bullace or Sloe Cheese" (bullace is a type of wild plum and sloe is a fruit also known as blackthorn,); "A Sago pudding," and "A plain Rice Pudding." There is a wonderfully evocative recipe called "To make a Syllabub under the Cow."

*Put a bottle of strong beer and a pint of cyder, into a punch bowl, grate in a small nutmeg, sweeten it to your taste, then milk as much milk from the cow as will make it a strong froth and the ale clear; let it stand an hour, then strew over it a quantity of currants, and send it to the table — p.77.*

Includes a useful index as well as a list of more than 250 subscribers. Interestingly, on the first page of the Preface, there is a contemporary pencilled in note that says "Mrs Pearson 1/n Bd." This may be a note by the binder that he was binding the work for a Mrs Pearson. In the "List of the Subscribers' Names," a Mrs Thomas Pearson is included on page 153.

A second edition was also published in 1802 that is 162 pages.

¶ Bitting pp. 218-19; Cagle 728; OCLC: Staatsbibliothek zu Berlin only; Oxford p. 132. Not in Simon or Vicaire.

*A Fine Copy of an Important and Early Work  
in California Wine History*

22 HUSMANN, George. Grape culture and wine-making in California. San Francisco: Payot, Upham & Co., 1888.

8vo. Thirty-eight illustrations in the text. ix, [10]-380 pp. Original blind-ruled brown publisher's cloth with gilt-stamped spine and grape design on upper board, one natural paper flaw on one corner (not affecting text), one small marginal piece torn away on another leaf (also not affecting text). \$2500.00

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<sup>3</sup> Lane, Maggie. *Jane Austen and Food*. London: The Hambledon Press, 1995. p. 62.

FIRST & ONLY EDITION. Husmann (1827-1902) was born in Germany and immigrated to the United States in 1837, eventually settling in Missouri where he became a much respected scientist, author, and professor of horticulture at the University of Missouri, earning the label, "father of the Missouri grape industry." However, his influence on the industry was not limited to Missouri. Husmann and several other Missouri grape growers were credited with "saving the French wine industry" in the 1870s by sending millions of cuttings from Missouri grape vines to graft with French vines to resist the Phylloxera disease, which was ravaging French vineyards at the time. Two monuments still remain in Montpelier honoring Husmann and the other Missouri grape growers for their critical work.

In 1881, Husmann moved to Napa Valley and became a key figure in the rapidly expanding wine industry in California. As Thomas Pinney states in *A History of wine in America*, "That California claimed him at last is no discredit to the rest of the country. I note it here only as completing his role as symbolic instance of the progress of American winegrowing in the century, a progress in which California was surely the culminating stage."—p. 395.

This is Husmann's only work solely devoted to California. The book is divided into two sections. The first section is titled, "Grape Culture," and covers topics such as the history and propagation of grapes and the financial considerations of starting a vineyard in California. It also includes an interesting section on hiring women to work in the vineyards, in which the author states, "they would earn from \$1 to \$1.50 per day, and I would not pay them a cent less than men, because they are women, and generally work cheaper; but think them entitled to full pay." No doubt a radical statement at the time.

The second section, "Wine-Making in California," covers steps and tips for making, bottling, and storing wine as well as the future of the industry. At the end is a fun collection of wine songs.

This is a particularly fine copy.

¶ Cagle 395; Gabler 24700; Strehl 82. Not in Bitting or Brown.

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

23 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.

### *Mexican Mushrooms*

24 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.

*Energy Efficiency in early 19<sup>th</sup>-century England:  
Cooking by Steam*

25 (KITCHENS.) Slater, John. Spring & patent steam kitchen manufacturer, Birmingham. c.1819.

Oblong folio: 28cm x 38cm. 28 full-page engravings on [30] ll. (the first leaf has text on the verso only and the final is blank). Contemporary quarter calf over blue marbled boards, some spotting and soiling on the first leaf, light spotting on a few others, vertical crease to the boards. \$5500.00

The extremely rare FIRST & ONLY EDITION of this magnificent catalogue of new kitchen stove designs. The large, full-page engravings are carefully drawn and depict a wide range of different types of stoves. Nearly all also come with mounted or tipped in textual descriptions that describe the parts and function of each of the stoves. Additional contemporary notes are added in manuscript, including prices. It is clear that this stove was considered suitable for home cooking as well as cooking in congregate settings (the patent – see below – mentions preparing meals for 3-300 people).

What is incredible about this particular catalogue is that it describes a new type of stove that cooks by steam. Early experimentation in steam power was an effort to increase efficiency and save money on fuel. The beginning of the 19<sup>th</sup> century saw the first steam locomotive and the beginning of steam being used in manufacturing. In this context, it isn't surprising that inventors were experimenting with cooking by steam. This is also the period when soup kitchens were trying to cook with steam; it was very hard using conventional kitchen equipment to cook soup for hundreds of people without burning the soup, or overcooking the contents. On the upper pastedown of our publication is a mounted engraved advertisement for the stove:

*The best Cooking Apparatus in the Kingdom for Economy & the most clean & delicate mode of Steaming, Boiling, Roasting, Baking, Stewing & Broil<sup>l</sup> all being performed with one small Fire.*

The current collection of engravings is for a newly patented steam stove by the Birmingham manufacturer John Slater (d. 1848). During the Industrial Revolution, Birmingham became a hub of technological development and invention. Manufacturers there were particularly adept at manipulating steel and iron, leading Birmingham to be dubbed "the seat of the mechanic arts" by Samuel Johnson.<sup>4</sup> Slater's patent, mounted to the verso of the second leaf, was mentioned in the December 1821 issue of *The*

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<sup>4</sup> *Boswell's Life of Johnson*, ed. G. B. Hill (1934 edn.), ii. 464n.

*Gentleman's Magazine*. While the patent likely dates from the first two decades of the 19<sup>th</sup> century, it is interesting that it includes England's pre-1800 coat of arms with the French *fleur-de-lis*. On plate 6 is a printed sheet dated August, 1819.

Slater's steam oven promised to remedy a variety of cooking problems. For example, it saved money by being cheaper and cleaner than a wood or coal burning oven. It even notes a savings of food prepared on the stove: "there is a Saving of one Pound of Meat in ten, and a Superabundance of rich Gravy produced." The patent goes on to explain that less labor is needed at the stove and that it is gentler on pans which have been badly tinned (tinning is a necessary process with copper pots and pans).

Interestingly, Slater's stoves were popular enough to make it to the United States and the East and West Indies. As he notes on the first full-page engraving:

*The APPARATUS is now in use in every Country in England, in most Counties in Scotland & Wales, in every Country in Ireland, in British America & the United States, in the steam Boats on the Lakes, the East & West Indies, & their Trading Ships. Also in France, Spain, Portugal, Rusia, Germany & Sweden.*

Interestingly, along with descriptions of the types of pots, pans, and kettles that can be used, and the types of food to be prepared, there are also notes on the use of sea water for the steam. Between this and the advertisement indicating that the stoves were being used on board trading ships and boats on lakes, it is easy to imagine that the reduced need for fire would have been appealing to maritime cooking.

In good condition and preserved in a cloth clamshell box with a gilt red morocco label on the top.

¶ Not in OCLC, although they do record a photocopy of a Slater catalogue at Winterthur.

### *How to be a Proper Limonadier*

26 LEBLOND, F. *L'art du limonadier*. Paris: Servière, [1803].

12mo in 6s. x, 192 pp. Contemporary quarter speckled sheep over speckled boards, spine gilt, faint yellow edges, four leaves coming loose from the binding, a few tiny wormholes in the upper margin of several leaves. \$2000.00

The extremely rare FIRST & ONLY EDITION of this lovely little work by Leblond on the art of the *limonadier* (lemonade-maker). Sections describe how to work with sugar; provide recipes for syrup, ice cream, *eau-de-vie* (a clear brandy made from fruit), and *ratafias*; and various ways to prepare fruit juices, coffee and chocolate. Also included is helpful advice on how to find and purchase the best ingredients for the sophisticated café of a *limonadier*.

Leblond goes into great detail on where the best coffee beans come from (Yemen and Senam); on the cultivation of coffee; and what defines a good coffee bean. He provides information on how to roast coffee beans and prepare the beverage. He also writes in detail on cacao, citing Mexico as the best place to get cacao from. He says that good quality chocolate should only contain "cacao, sugar, vanilla, and a few beneficial spices," as opposed to lesser chocolate which is mostly composed of inferior cacao, crushed and roasted sweet almonds, brown sugar, and storax instead of vanilla. (Storax is a resin derived from the bark of the liquidambar tree.)

Leblond writes that tea comes from provinces in China, Japan, and "la Tartarie" (a region that encompassed parts of India and Persia). He does not describe how to brew tea as he says that this method is already known well enough. He also takes a dig at the

people of Holland and England for their excessive tea drinking; “où l'on fait usage de cette boisson pendant tout le jour et une bonne partie de la nuit sans discontinuer” (where this drink is used throughout the day and a good part of the night without stopping). He then goes on to describe cinnamon, cloves and mace, including their medicinal properties and the best places to get them from. He also recommends purchasing cider from the town of Isigny in Normandy and explains how to preserve fruit in *eau-de-vie*.

In the forward, Leblond despairs that there are too many *limonadier* establishments in France. In his opinion, such businesses must be shining examples of cleanliness, have a refined menu, and serve with gracious hospitality. Unfortunately, he feels that many of the people who call themselves *limonadiers* are not worthy of the name as their beverages, food, and accommodations are not up to par. Those *limonadiers* who find themselves unable to sell coffee, chocolate, or fresh liqueurs are called “rogomistes” by Leblond. “Rogomistes” are basically merchants of spirits. For these people, Leblond has provided profitable ratafia recipes.

With a contemporary inscription on the title page of “Du Dresnay” as well as the Du Dresnay library stamp. The speckled binding is an excellent example of scratting.<sup>5</sup>

In good condition.

¶ Vicaire: col. 506. Not in OCLC.

### *On Salad & Eating Raw Vegetables*

27 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.

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<sup>5</sup> “Scratting is splattering droplets of a pigment (or an acid) over a surface to leave a spotted pattern on the surface....a popular way of finishing off...patterned paper.” – Sidney E. Berger, *The dictionary of the book*, second edition. London: Rowman & Littlefield, 2023, p. 411.

*From Lobster to Druids*

28 (MANUSCRIPT: English commonplace & cookery.) c.1824.

22.5cm x 18.5cm. [166] pp. Contemporary quarter-calf with vellum tips over blue boards, rebacked in the style of the period, red morocco lettering piece on spine.

\$2500.00

A legible and interesting commonplace book, the majority of which is made up of various recipes. Written in a single hand, the dishes include To Stew a Layer of Mutton; Orange Pudding; To Stew Beef; Walnut Catchup; Lobster Soup; To Pot Shrimps; Veal Cake; To preserve Strawberries in Wine; To Preserve Green Apricots; Apricot Cheese; French Bread; Partridge Soup; and An excellent Sauce for Carp.

The random literary jottings include transcriptions of parts of books related to Rome, William the Conqueror, and the history of Druids. At the end there is also a comment on Byron: "Lord Byrons Poems, too much sameness in the characters, the characters may all be said to Portraits of Lord Byron himself." There is also reference to Scotland, but it is not clear if this is a quote from another text, or if the author made these observations him or herself.

The paper is watermarked "H Bath 1817" and in several places there is reference to 1824.

In good condition.

*From Pollo Saratoga  
to Pastel Cecilia*

29 (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.

The additional loose leaves contain recipes for chocolate bonbons and *grentina 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 marabillosa 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.

### *A Cookery Manuscript devoted to Seafood*

30 (MANUSCRIPT: French cookery.) Poissons. c.1920.

14.8cm x 9.2cm. [140] pp. with the final recipe written on the lower pastedown. Contemporary black pebbled paper, chipped at head and tail of spine, 1" split at the upper joint of the upper wrapper, paper label on upper board covered in part by some old clear tape, light overall wear to boards. \$1500.00

A VERY USUAL MANUSCRIPT COOKBOOK: written in a single, legible hand, the manuscript is comprised of 74 different recipes, the majority of them devoted to various types of seafood with the remainder for freshwater fish. Some of the seafood recipes include those for lobster, cod, shrimp, tuna, salmon, scallops, skate, sole, mullet, flounder, sea bass, and rock lobster. The freshwater recipes are for trout and pike.

Some of the recipes are *Filets de soles aux petits pois*; *Soles aux crevettes*; *Sole normande*; *Soles à la bordelaise*; *Truite meunière*; *Truite au bleu*; *Barbue sauce d'Orléans*; *Saumon froid à la russe*; *Bar à la milanaise*; *Turbot à la sauce aurore*; *Turbot à la Bourgignonne*; *Paupiettes de sole Elisabeth*; and a recipe for a *Pain de poisson*.

What is also very interesting is that many of the dishes come with a second recipe for the sauce that should be served with the dish. These include a *mayonnaise de poisson*; how to make a *beurre noisette* (to have with skate); *Sauce blanche au lait* (to have with the *Sole normande*); a *sauce crevette* (to have with *Barbue*); and the famous *Sauce hollandaise*. There is also a special description on how to prepare the mushrooms for the *Sole au gratin* and, for the *Truite au bleu*, there are two extra sections: one on how to prepare its *court-bouillon* and the other for the *Sauce printanière*.

Considering the detail and complexity of this manuscript, it may have been written by a professional chef from the early 20<sup>th</sup> century.

In very good condition.

*“Y se sirve”.... And it is served*

31 (MANUSCRIPT: Mexican cookery.) [From the upper wrapper:]  
Libreta...Cuaderno de Cocina de Isabel Ordaz. [Mexico, c.1930s.]

22cm x 17cm. [56] pp. Original printed red wrappers, saddle stitched, wrappers worn and spotted, first six leaves with small tear to tail of gutter (just touching a few words, sense still clear), grey-ruled paper, moderately browned throughout due to paper quality.

\$900.00

An interesting Mexican cookery manuscript, the majority of which is written in a single legible hand. On the upper wrapper this work is attributed to Isabel Ordaz. Interestingly, all 51 recipes end with instructions on how to serve them. It is possible that the author was a cook in a well-to-do Mexican household. Occasionally Ordaz will also note if she thinks the dish is particularly delicious. For example, regarding the recipe for a marmalade tortilla she writes “Este postre resuelta exquisito si se sirve antes de que se enfrie completamente” (this dessert is exquisite as long as it is served before it gets cold).

Recipes include *Sopa Romana* (egg and ham soup); *Conchas catalanas* (shells stuffed with salmon, clams and anchovies in the Catalan style); *Alcachofas en salza* (artichokes in sauce); *Chuletas de ternera al papel* (veal chops in paper); *Pastel de almendras* (almond cake); *Codorniz en pilau* (quail pilaf); *Sopa de bigado* (liver soup); *Sopa yanki* (truffle soup); *Pisto de calabazas* (scrambled eggs with sauteed squash, tomatoes, and onions – which Ordaz says is “sabroso” – delicious); *Pescado reyeno* (a whole *huachinango* fish stuffed with potatoes, eggs, parsley, olives, tomatoes, and pickles); *Ensalada dominicana* (Dominican salad made with bananas, avocados, potatoes, and romaine lettuce); *Flan de leche*; *Enfrijoladas compuestas* (an emblematic dish of Mexico made with tortillas and beans); *Sopa de tacos* (taco soup); *tacos chiapanecos* (tacos made in the style of Chiapas, Mexico); *Huachinango en adobo* (Mexican red snapper in a traditional spicy marinade); *Guisado de papas y zana [horias]* (potato and carrot stew made with *queso añejo*, a firm aged Mexican goat’s milk cheese); *Sesos con vino* (brains with wine); *Cuete marinado* (marinated *cuete* which is the leanest and firmest cut of beef); and *Arroz a la emperatriz* (rice pudding made with milk, sugar, butter, and vanilla). Below is the recipe for *Enfrijoladas compuestas*:

*Tortillas chicas 18 – queso fresco 100 g. caldo de frijol ½ lt. – chicharrón suave 100 g. – longaniza 100 g. sal y p. Se frien en m. las tortillas sin dejarlas q. doren y se ponen en el caldo de f. para q. se remojen bien. Se sacan y se reyenan con la longaniza frita y el chicharrón caliente cortado en cuadritos. Se doblan en 4, se colocan en un platón de peltre y se les pone encima el caldo de f. y el queso rayado antes de servirse se meten al horno 10 m. y se sirven calientes (Se les puede poner una cucharadita de salza verde a cada enfrijolada.)*

Roughly translated to:

*Small tortillas 18 – fresh cheese 100 g. bean broth ½ lt. – soft pork rinds 100 g. – sausage 100 g. salt and p. Fry the tortillas in lard without leaving them so long that they harden and put them in the bean broth until they are soaked well. Remove the tortillas and fill them with fried sausage and hot pork rinds cut into cubes. Fold them in 4, place them on a pewter plate and pour the bean broth over them and top with grated cheese. Before serving place in the oven for 10 minutes. Served it hot. (You can add a teaspoon of green sauce [usually made with tomatillos] to each enfrijolada.)*

On the upper wrapper is written “Teoria de la música por Alicia Nuñez” and on the recto of the first page is a tiny portion of music theory. On the verso of the first page, in a more sophisticated hand from the rest of the manuscript is a long written reflection on the artistic temperament with a drawing of two people next to it. On the verso of the lower wrapper, a game of hangman is in progress. The words “Chaplin;” “Mazatlan;” “Promontorio;” and “Celaya” are accompanied by drawings of people hanging from a gibbet. It is possible that this started out as a workbook for someone in the family for whom the cook (our author) worked.

Although slightly worn, this manuscript is easily legible and intact.

*One of the Most Important  
17<sup>th</sup>-Century English Writers  
on Agriculture*

32 MARKHAM, Gervase. *Cheape and good husbandry for the well-ordering of all beasts, and fowles, and for the generall cure of their diseases.* London: Printed by Nicholas Okes for John Harison, 1631.

8vo. One large engraving in the text. 13 p.l., 133, 136-188, [2 - blank] pp. Lacking the initial blank, A<sup>1</sup>. Later speckled calf, triple gilt-fillet around sides, rosettes in the corners, spine richly gilt in six compartments, red morocco lettering pieces in the second and third compartments, gilt dentelles, marbled endpapers. \$4200.00

A very good copy of Markham's important early study on the care and breeding of livestock, including fish, birds, and bees (first ed.: 1614). As he states in his note *To the Courteous Reader*, “I have...beheld those Cartell or Horse dye ere they could be brought either to Smith, or other place where they might receive cure; nay, if with much paines they have been brought to the place of cure, yet have I seene Smiths so unprovided of Pothecary simples, that for want of matter or sixe pence, a beast hath dyed worth many Angels.” To combat this tragedy, Markham has written the following book. He notes that many of the solutions are to be found in farmers' fields, pastures, and meadows, and even “blinde ditch.”

The first part of the *First Booke* discusses horses and how to maintain their health. For example, sections cover specific types of horses (for Princes, hunting, coaches, pack horses, for carts, traveling, and for running); the training of horses; breaking a colt; on riding in general; and so on. The next section is on the “Bull, Cow, Calf, or Oxe,” and talks about the mixing of breeds; health preservation; “Of the loss of the Cud;” how to treat broken bones; and on the nourishing of calves. The section on sheep includes a discussion of “When Ewes should bring forth;” “Of wilde-fire;” and “A few precepts for the Shepheard.” The last three sections of the First Booke are on goats, swine, and conies (rabbits).

The *Second Booke* covers poultry, geese, turkeys, water-fowl, hawks, bees, and fish. When discussing animals raised for food, Markham discusses their preparation for slaughter as well as when and how they are cooked and eaten.

The six-page chapter on bees has sections on bees in general; “Of the Bee-Hive;” the trimming of the hive; hive placement; “Of the taking of Bees and ordering of Swarms;” on selling hives; and the preservation of weak stocks.

Gervase Markham (1568-1637) was a prolific writer on agriculture, gardening, and domestic economy. “Many books on agriculture and gardening were published during [the 17<sup>th</sup>] century, but from the historical point of view the most important were those of Gervase Markham....” – Drummond & Wilbraham, *The Englishman's Food*, p. 92. Markham was especially well-known for horses and horse breeding. “Before settling down

to write poetry and rural how-to books, Markham, the soldiering scion of a respected family, had made a fortune by importing and breeding the first Arabian horses in England." – Janson, *Pomona's harvest*, p. 86. It's not surprising that the largest (and first) section in our book is on horses.

The engraving in the text depicts *A Platforme for Ponds*, “for the better satisfaction and delight of such as having a convenient plot of ground for the same purpose shall be desirous to make any Ponds for the increase and store of fish” – p. 183. At the base of the illustration it is noted that “the Walkes about the Ponds may be planted with Fruite-trees or Willowes.”

From the Rothamsted Library with their acquisition note and shelf mark on the upper pastedown and their ink library stamp on the lower pastedown. On the verso of the upper free endpaper is a tipped-in description of the book (early 20<sup>th</sup>-century) with the price of £3.

A very good copy in a handsome, if later, binding. Lacking the initial blank, A<sup>1</sup>.

¶ ESTC & OCLC: British Library, National Library of Wales, Nottingham University, Oxford University, Rothamsted (this copy), Senate House Library, Southampton University, Wellcome Institute, Folger Library, Massachusetts Historical Society Library, National Agriculture Library, Harvard, Morgan Library, University of California (Los Angeles), University of Illinois, University of Kansas, University of Texas, and Yale. For a thorough discussion of Markham and his many works, see also McDonald's *Agricultural writers... 1200-1800*, pp. 84-96.

## *The Fruit of the Incas, the Yeast in Pulque, Chile Cultivation & Aztec Corn*

33 LA NATURALEZA. Mexico City: Escalante, 1870-73.

31.5cm x 21.5cm. Fifteen issues (nos. 9, 10, 11, 17, 18, 19, 21, 24, 25, 26, 30, & 31) bound in original printed wrappers, upper and lower wrappers with an ornamental border, vignette on upper wrapper, wrapper paper in seven different colors, some wrappers detached, edges worn in places, early library stamps and duplicate release annotations in pencil, entirely untrimmed. \$2500.00

FIRST EDITIONS of this important Mexican periodical issued by the Sociedad Mexicana de Historia Natural, one of the oldest continually running scientific societies. Founded in 1868, just two years before our run of issues, the group included a number of important Mexican scientists, including Alfonso L. Herrera, the first Mexican biologist. Devoted to the natural history of Mexico, the periodical focuses on indigenous plants with some issues including essays on non-native plants, mineralogy, and mining (including two full-page maps), as well as one essay on a lichen used for dye that comes from Baja California and another on a scientific ascent of Popocatepetl.

There is much of interest to the culinary historian, including essays on *el chabuiztle* (the Nahuatl word for a type of corn disease, issue no. 9); the cactus family in Mexico (issue no. 10); the yeast found in *pulque*, a special fermented alcohol drink that dates back to Mesoamerica (issue no. 11); cashews (issue no. 17); and chile production (issue 18).

In issue no. 33 there is an essay on *yepacibuitl* and another on *la chirimoya*. *Yepacibuitl* is a medicinal plant that was used as a purgative by the Nahua (of which the Aztecs are a part); it is also known as Croton dioicus or C. Vulpinus.<sup>6</sup> Also in issue no. 33 is an essay on *la chirimoya*, a fruit that was especially popular with the Incas; it is a strangely faceted fruit that, today, is known in the English-speaking world as a “custard apple.”

Although copies of this Mexican periodical are rare, it seems to have been widely distributed. On the verso of one of the wrappers (issue 9), it is noted (in translation) that “By agreement of this Society...it has established relationships with several foreign societies for the exchange of publications, through the Smithsonian Institute of Washington.” The scientific societies that they’ve established partnerships with include those in Sweden, Norway, Denmark, Russia, Holland, Prusia, Switzerland, Belgium, Italy, France, England, Australia, Cuba, and Chile.

A good set of this rare and colorful Mexican periodical.

*From Magic Tricks to Pruning Vines*

34 [NEVE, Richard.] *Arts improvement: or, choice experiments and observations.* London: D. Brown, 1703.

8vo. 24 p.l., 96, 1-8, 97-240 pp. Contemporary calf, spine gilt, later red morocco lettering piece, title page lightly browned. \$5000.00

FIRST EDITION, second issue, of this book of English secrets. The first edition was published under the title of *Apopiroscopy* in 1702. The current issue is the original sheets with the title page as a cancel (this is clear when you compare the paper of the title page with the rest of the book).

Neve was a popular English conjurer, remembered for his *Merry companion*, a book of magic tricks published 18 years later (the work was reissued as *Hocus pocus: or the cabinet of legerdemain*). The *Arts improvement* covers a wide range of subjects including the preservation of meats and fish; fruit; vegetables; on liquors and juices; as well as how to make wine. Other sections discuss the staining and dying of woods; carving; gilding; varnishing; construction and the choice of building materials; agricultural and horticultural issues; grafting; pruning; and how to control plant disease.

A final part is devoted to magic tricks, or “Experiments and observations ludicrous.” In this chapter he gives directions for thirty-seven parlor games and illusions, from “cutting a drinking glass like a screw” to “charming serpents” to “putting a lighted candle, &c. under water.” There is even a culinary trick where one is “roasting three capons...on one spit, and one shall be roasted, the other boiled, and the third raw.”

There is also a wonderful “Account of the Authors, from whence the following *Experiments and Observations* were Collected: Besides many *Experiments and Observations* of the Authors own, and such as he Collected from several curious *Manuscripts*, and receiv’d from the Mouths of several Ancient and Able *Artists*.” This is followed by an extensive and detailed index to the many secrets contained in the book.

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<sup>6</sup> In Tucker and Janick’s *Flora of the Voynich Codex, an exploration of Aztec plants*, they write “It is our belief that the inability to decipher the symbols and translate the Voynich Codex stems from the erroneous belief that the manuscript must be a European work.” One of the plants that Tucker and Janick associate with the Codex is the *yepacibuitl*. See p. 305 of their work (available on Google books).

From the Macclesfield collection with the library bookplate on the upper pastedown and blind stamp on the first three leaves.

A good copy.

¶ ESTC & OCLC: Yale, Folger, Auburn, University of California (Berkeley & Los Angeles), University of Delaware, Redwood Library, University of Texas (Austin), Colonial Williamsburg, William & Mary Library, Washington State University, and eight locations outside of the United States.

*Pioneering a more Efficient Method of Making Vinegar;  
An Unrecorded Offprint by Pasteur*

35 PASTEUR, Louis. Mémoire sur la fermentation acétique. Paris: Gauthier-Villars, 1864.

4to. One folding engraved plate. 1 p.l., 46 pp. Quarter calf over marbled boards in the style of the period, upper wrapper bound in, vellum tips, spine gilt in six compartments, .

\$4500.00

The extremely rare FIRST & ONLY EDITION of this offprint of Louis Pasteur's comprehensive study of acetic fermentation and the paper in which he claimed that the transformation of wine into vinegar was due to the development of the veil of *Mycoderma aceti* on its surface.

At the beginning of the work, Pasteur explains that he has conducted this study because although humans have known since early times that fermented alcoholic liquids such as wine, beer, and cider, will sour upon contact with air, the reason for this transition had yet to be explained.

Pasteur experimented with the thin layer of skin at the surface of vinegar and found that when exposed to oxygen, his sample was able to produce abundant vinegar. This was very helpful for commercial vinegar-makers, in that they were now able to control the speed with which they were able to produce the *mycoderma* or "mother vinegar," in order to make fresh batches.

The sections of the essay describe the different steps and parts of the experiments Pasteur undertook. At the end is a folding plate depicting the *mycoderma* and the instruments Pasteur used.

This text also appeared in the *Annales scientifiques de l'É.N.S.* 1re série, tome 1 (1864), p. 113-158.

In good condition.

¶ Not in OCLC.

*Nourishing Recipes to  
Rehabilitate the Sick*

36 RIDGE, John James. Diet for the sick. London: Churchill, 1875.

4to. Three headpieces. 47, [1 - blank] pp. Original brown cloth boards, blind-stamped fillet around sides, gilt-stamped title and price on upper board, spine lightly sunned, occasional light foxing.

\$300.00

The very rare FIRST EDITION of this book of recipes to feed the sick with particular emphasis on feeding people who cannot keep solid food down. There are a number of recipes for broth. Some of these recipes are meat-based and others are made purely with grains such as corn flour, oatmeal and barley. There are also milk and egg-based options (for those who are able to digest them), that are thickened variously with arrowroot, corn flour, rice, gelatin, breadcrumbs, lentil flour, and "Iceland Moss." This "moss" is actually an Arctic-alpine lichen that is a highly nutritious and easily digested starch. For those needing a protein boost, there are also whey-based recipes.

Also included are a few enema recipes and a helpful key that specifies "Nitrogenous Aliments, prepared without Beef-tea" and separately, "Carbonaceous Aliments, prepared without Milk."

In the preface we read that the author both compiled and included a number of his own recipes in this work.

*The diet of the invalid is as important as his medicine, and sometimes more so. The doctor is, therefore, very properly applied to, in order to know what should be given....I have frequently given written directions how to make beef-tea properly...but, in a busy practice, it is well-nigh impossible to do this often. I have, therefore, collected a number of various combinations suitable for different cases.*

John James Ridge was a doctor at Carlton House, Enfield, Middlesex.

In good condition.

¶ OCLC: New York Academy of Medicine, University of Chicago, National Library of Medicine, and two locations outside of the United States.

*An Essential Cookbook for the First Wave  
of Germans to Emigrate  
to South America*

37 SCHWARTZ, Henriette. Deutsches kochbuch für Südamerika.  
Buenos Aires: Fändrich, 1923.

25cm x 14cm. 243, [5] pp. Publisher's green cloth boards, blind-stamped decorative border around sides, gilt-stamped title on upper board, corners bumped, small stain to lower board, paper browned due to paper quality. \$1750.00

The extremely rare Second Expanded Edition of this highly influential South American and German cookery book that had been written for the first generation of German immigrants. (The first edition, printed in 1918, is only recorded in an electronic edition.) In the preface, the author notes that the second edition contains a hundred new recipes that are mainly local and that she added more vocabulary to the dictionary (see below).

The cookbook is divided into the following sections: soups; starters; meat and fish dishes; vegetable dishes; sausages; flour, rice, and egg dishes; dumplings; pies; sauces; salads; desserts; and beverages (mostly alcohol-based). This work not only mentions how to use the ingredients available in South America, but also describes local cooking accessories and their maintenance, how to correctly store meat, and how to produce various kinds of butter. Also included is a German-Spanish and a Spanish-German culinary word, phrase, and number dictionary.

The cookbook is particularly thorough in that each recipe is written first in German and then in Spanish. Included are thirty-one recipes for the potato; *membrillo* (quince paste); guava paste; yerba (buena) tea; chocolate soup; and dishes using local fish and game.

Although browned throughout due to the paper quality, the copy is otherwise in good condition.

¶ OCLC: two locations in Germany only.

*Soap Made From Olive Oyle  
or Fish Oyle?*

38 (SOAPMAKING.) A short and true relation concerning the soap-business. London: Nicholas Bourne, 1641.

4to. Two ornaments on title page, one woodcut headpiece, one historiated initial, 16, [13], [1 - blank] pp. Handsome half calf over marbled boards in the style of the period, binding made from 17<sup>th</sup> century calf and early marbled paper, 17<sup>th</sup> century paper used for pastedowns and endpapers, title page gutter restored with early paper (not affecting text), light spotting and thumbing (mostly at edges of leaves), some deckles remaining on several leaves. \$2500.00

The FIRST & ONLY EDITION of this complaint from the soapmakers of London against the new soapmakers of Westminster. Within the narrative is information on how soap was made in 17<sup>th</sup>-century England; the business men involved in soapmaking; figures on the price of soap and quantities being produced; and the industry's relationship to the Crown. This is the beginning of the soapmaking guilds in Europe.

"Thomas Overman, Edmond Whitwell, Edwyn Griffen, and divers others to the number of 20. or thirty...had beene apprentices to the trade of Soapmaking, for many years together quietly used that trade." They have built all of the equipment necessary – "Tarris Fats, Oyle Cisternes; Set up Pans" – investing "many thousand pounds." They have followed the laws of soapmaking, and, yet, the Westminster soapmakers have established themselves with help from the Crown.

Mention is made of the original patents granted the London soapmakers and how the Westminster soapmakers are threatening their businesses. According to the London soapmakers, the Westminster competition has copied their techniques; bribed officials at Court to obtain their patent; and are making an inferior bar of soap. Examples of others in the past who have violated soapmaking laws are given as well as a description of the nature of their crime and their subsequent punishment.

Interestingly, as an aid to following the arguments, in the margins are printed the dates of different events and legal documents.

¶ OCLC: Purdue University, Case Western, Brown University, Huntington, Yale, and eight locations outside of the United States.

*The Willy Wonka of Early  
19<sup>th</sup>-Century England*

39 STAVELY, S.W. *The new whole art of confectionary*. Blackburn: Wood, 1822.

12mo in 6s. Two woodcut vignettes in the text. viii, [9]-72 pp. Half sheep over marbled boards in the style of the period, raised bands, gilt fillet on spine, occasional faint foxing, printer's error and early repair to leaf E<sup>3</sup> (see below). \$2500.00

An unrecorded edition of this glimpse into the remarkable candies and sweets being made in early 19<sup>th</sup>-century England. Although proclaimed on the title page as the "Ninth Edition" of Stavely's confectionary cookbook "to which are now added, several new & useful receipts, never before published," we have also had an edition from the same publisher that was described as the "First Edition" that was published a year later (1823). The only thing that is certain is that all early editions of this book are extremely rare (e.g. our edition is unrecorded, the 1823 edition had only one recorded copy, and all others survive in 1-3 copies). Some collector should collect them all and establish priority through an analysis of the recipes and introductions. In any case, what is clear is that all editions of *The new whole art of confectionary* are extremely rare and together, they demonstrate a popular interest in candy making in early 19<sup>th</sup>-century Britain.

It should be noted that all editions of Stavely's cookbook are provincial imprints and most are from the northwest of England: Blackburn, Liverpool, Derby, Nottingham, and Bristol (the outlier). There are no recorded editions from London, which is very unusual for a cookbook of this popularity. This may also help explain the cookbook's rarity.

Among the eighty recipes, we find desserts that range from "Tea Cakes" to "Spiced Cakes for a Feast" to "Rice Cheesecakes." There are also different directions on how to process sugar (boiling and clearing) and how to make barley sugar and sugar loaf. Other recipes include those for "Crushers;" "Pop;" "Piklets;" "Paradise Twist;" "Caraway Comfits;" "Candied Ginger;" "Hunting Gingerbread Nuts;" "Peppermint Drops;" "Candied Lemon;" "Nelson's Button's [sic];" "Everlasting Syllabubs;" "Pipe Lozenges;" and "Quince Cream." There are also recipes for improving wine and how to make, bottle, and maintain cider and various beers (including ale, porter, and perry).

In the introduction Stavely explains that he has been "frequently solicited...by several of the Nobility and respectable Housekeepers, who have known his abilities as a Confectioner" and that he has worked in "the first houses in London, Manchester, Bath, and many other Towns." He claims that this book will help "Ladies [and] Housekeepers" as well as anyone setting up a business in confectionary. He also makes a very interesting statement about the origin of some of the recipes. He states that when he was younger, he would charge between "ten to thirty shillings" for an individual recipe. Presumably, these are some of the recipes which appear in the cookbook.

With a lovely woodcut vignette of a carriage being pulled by six horses at the bottom of page 36 and another of a swan swimming in a pond on page 63.

On leaf E<sup>3</sup> there is an unusual printer's error. It appears that the corner of one leaf was folded over when it ran through the press: some type that should be on the recto is on the verso and portions of two lines on the recto are blank. Also, weirdly, some uninked "ghost" type has left an impression on the verso in the margin. The error affects three recipes, though the sense is still clear to two of them.

Otherwise, in good condition.

¶ Not in OCLC.

*Entertainment with Elegance  
& Economy*

40 TAYLOR, E. The Lady's, housewife's, and cookmaid's assistant: or, the art of cookery explained and adapted to the meanest capacity. Berwick upon Tweed: H. Taylor, 1769.

12mo. Printed head and tailpieces, and four illustrations of table settings in the text. xii, 276, [12] pp. Lacking A<sup>2</sup> (one leaf of subscribers' names). Contemporary sheep, spine gilt in six compartments, red morocco lettering piece on spine, foxing on some leaves.

\$3500.00

The FIRST EDITION of Taylor's provincial cookbook, "The whole designed to fit out an ENTERTAINMENT in an Elegant Manner, and at a Small Expense." Taylor's economical work was so popular that by 1795 it was in its fourth edition. Included are four pages of printed menus & table settings for winter and summer first courses.

There are sections written on "How to roast and boil to perfection every thing necessary to be sent up to table;" "General Directions for dressing GREENS, ROOTS &c.;" "To make GRAVY for Fowls, Steaks, or any thing that is brown;" "Of soups and broths;" and "General Rules for MADE DISHES." There is an entire section devoted to mushrooms in which one is given instructions to fricassee, stew, dry, and powder them as well as to make a catsup out of them and a "SAUCE for all sorts of white Fowls." There are sections on eggs; puddings; "pyes" and tarts; preserves, pickles, cakes, vinegar, wine, brewing, etc.

There are interesting illustrations for the head and tailpieces. The same technique is used in the four pages of dish and table settings. What is unusual is that these decorations are made through the use of typographical ornaments. Normally, this would have been done with an engraving or woodcut. The result is lovely! Also included is a two-page "MARKETING TABLE by the POUND" and "by the STONE" which indicates the common prices for beef, mutton, veal, lamb, and pork for up to forty-six pounds of meat.

Lacking A<sup>2</sup> (one leaf of subscribers' names). Otherwise, a very good copy of this rare 18<sup>th</sup>-century provincial cookbook.

¶ ESTC: Library of Congress, University of Pennsylvania, University of California (Los Angeles), University of Colorado, and three locations outside of the United States to which OCLC adds: New York Academy of Medicine, New York Public Library, and Colonial Williamsburg.

*A Precursor to Cocktails*

41 [TURENNE, cuisinier.] La véritable manière de faire le punch. Se trouve a la cuisine & a la Librairie du Petit Journal. [Paris: Alcan-Lévy, 1866.]

12mo. 29, [4], [1 - blank], [1], [1 - blank] pp. Quarter sheep over marbled boards in the style of the period, single gilt fillet on spine, edges slightly chipped, dog-eared, some thumbing.

\$1250.00

The very rare FIRST & ONLY EDITION of this early French book dedicated to recipes for punch. Punch originated in India where it was named *paantsch*. It came to England in

the 17<sup>th</sup> century via employees of the East India Company and from there was introduced to European countries. Punch is often made with fruit juices and it can be alcoholic or nonalcoholic; it is also considered a precursor to the cocktail (which is always alcoholic).

The work begins with a poem dedicated to Charles Monselet (a writer who was known as “the king of the gastronomes”) by “T” (presumably Turenne, the “cuisinier”). The poem describes Turenne’s regard for Monselet and asks Monselet to openly admire Turenne’s punch. Next, there is a brief note on the history of punch in France – namely that it came to France from England and once delighted such august drinkers as Marie Antoinette, but that since the revolution it has fallen into obscurity. This is followed by a quote from Grimod de la Reynière which the author hopes will help inspire readers to once again take punch more seriously.

The twelve recipes for punch begin (appropriately) with English Punch. In his description for English punch, Turenne writes that when done properly, this beverage can serve as a preventative remedy against colds when drunk before going to bed. The English punch calls for lemon zest that has been infused in one part lemon juice for an hour, added to Jamaican rum and nine parts hot tea with sugar to taste.

Also included are recipes for rum punch; *eau-de-vie* punch; juniper punch; cherry punch; chartreuse punch; white and red wine punches; punch made with Madeira wine; milk punch; and Roman punch. There is also a section on how to prepare tea.

This delightful little book ends with tips on how to bottle punch and a recipe for a concentrated punch syrup that can be made ready to drink by adding boiling water or light tea. (The author is clearly not fond of this particular recipe but includes it nevertheless in order to complete his list.)

On the title page, it is noted that this publication “can be found in the kitchen” as well as at the book shop of the Petit Journal (a popular newspaper that ran from 1863-1944).

Printed on one of the final leaves is “Turenne, cuisinier” (Turenne, cook) and “Paris, Février 1866.”

¶ OCLC: University of California (Berkeley), Library of Congress, and three locations outside of the United States.

*Early Research on the Nutritional Properties of Birds' Nests*  
by a Chinese-American Female Scientist;  
Unrecorded in American Libraries

42 WANG, Chi Che. The Chemistry of Chinese preserved eggs and Chinese edible birds' nests. Chicago: University of Chicago, 1921.

8vo. 1 p.l., [429]-452 pp. Original printed wrappers. \$950.00

The extremely rare FIRST SEPARATE EDITION of two essays by the Chinese-American biochemist and civic activist Chi Che Wang (1894-1979) on edible birds' nests. The first is entitled “The composition of Chinese edible birds' nests and the nature of their proteins.” The second is “The isolation and the nature of the amino sugar of Chinese edible birds' nests.” Both were received for publication on the 26<sup>th</sup> of September, 1921.

The first essay begins:

*The edible birds' nests are gelatinous substances produced by certain swifts, the Collacalia, natives of Malaya and Ceylon. The nests, constructed in caves on the seashore, are collected while they are still moist and made into various shapes. The lowest grade is sold in the form of coarse*

*powder. The higher the grade, the whiter the color and fewer the feathers and twigs. Owing to their high price, their use is limited to a delicacy at the feasts of the wealthy and a food for convalescents and the aged.*

Wang concludes, after an analysis of the chemistry of birds' nests, that they are a source of protein, nitrogen, and carbohydrates, although the protein is "of an inferior quality. The second essay focuses on the sugars to be found in birds' nests.

Chi Che Wang was an important and interesting scientist. She got her bachelor's degree from Wellesley College in 1914, a Ph.D in nutrition and chemistry from the University of Chicago in 1918, and helped found the Chicago Chinese Women's Club. She taught at the University of Chicago, conducted medical research for the Michael Reese Hospital, and was elected a fellow of the American Association for the Advancement of Science in 1922. She did research in children's metabolism, taught at Northwestern University Medical School, and worked for the Mayo Clinic. She also provided clinical laboratory demonstrations for the Woman's World's Fair in Chicago.

Wang's research, "resulting in numerous publications, was on the chemistry of biological fluids, food products, energy, mineral and protein metabolism of obese and undernourished children and adults" – Ogilvie, *Biographical dictionary of women in science*, p. 1345.

On the title page it is noted that this is a "Private Edition, Distributed by the University of Chicago Libraries...Reprinted from The Journal of Biological Chemistry."

In fine condition.

¶ OCLC: three locations outside of the United States.

*Testing the Winemaking Method  
of Mademoiselle Gervaise*

43 (WINE.) Delavau, F. Rapport sur le procédé vinificateur de M.<sup>llé</sup> Gervais, suivi d'expériences comparatives. Bordeaux: Beaume, 1822.

8vo. One woodblock device on title page. 70, [2 - blank], pp. Contemporary blue wrappers, stitched as issued, untrimmed. \$1750.00

The very rare FIRST & ONLY EDITION of this work written to share the results of an experiment conducted at the winery of F. Delavau in the Médoc region of Bordeaux. In 1820, Elizabeth Gervais, the first important female wine-maker in history, had patented her winemaking invention through her brother and word of her methods spread rapidly throughout Europe and the United States. Her invention was to use a valve during fermentation that allowed for the expanding gas to escape while preventing additional oxygen from coming in. One added benefit of this method was that a greater portion of wine was preserved through reducing evaporation.

As this was a new method in the world of winemaking, Delavau sought to determine whether it was truly better than more tried and true methods. This book shares the results of an experiment in which winemakers used the Gervais method and two other methods. After running this comparison experiment, Delavau and the others concluded that there was no marked improvement in the winemaking process when using the Gervais method.

In very good condition.

¶ OCLC: University of Arizona, California State University (Fresno), University of Kansas, and one location outside of the United States.

*Healing with Roots & Herbs*  
*The "Red Man" Way*

44 WRIGHT'S Indian vegetable pills. [New York, c.1844.]

Bifolium: 28cm x 18.2cm (folded). One large woodblock illustration. 4 pp. Signs of having been folded twice, slight crease down the middle, paper lightly browned due to paper quality. \$600.00

The extremely rare FIRST EDITION of this pamphlet describing the many medicinal uses for "Wright's Indian Vegetable Syrup," said to be derived from natural medicines developed by the "Red Man of the Wilderness" and "manufactured from the formula of the late WM Wright, proprietor of the North American College of Health."

The primary purpose of this remedy was expurgation from all orifices of the body. The anonymous author explains that this medicine is made of the "ample products of hill and valley, certain roots and herbs, which possess in the highest degree those cleansing and purifying properties." Although the quote included in the headline of this pamphlet is not attributed, it paints a clear picture of the medical theory behind these pills: "The Art of Healing had its origin in the Woods, and the Forest is still the best Medical School."

The author explains that the root of all illness and disease lies in not purging the body of extraneous matter. With careful dosing of the "Vegetable Syrup," one may be cured of piles, fevers, headache & giddiness, dyspepsia, rheumatism & gout, consumption, and "female complaints" (e.g. "menstrual obstruction"), among many other maladies.

The author then goes on to explain that pregnant women who take several of these pills several times a week can fend off "unpleasant disorders" associated with pregnancy such as nausea, vomiting, heartburn, headache, toothache, costiveness, piles, and diarrhea. He goes even further and states that taking this remedy during pregnancy "will not only insure to the mother a safe and easy delivery, but will most assuredly give a robust and vigorous constitution to the child."

Also available is a syrup for infants, designed to help in expunging all of the stored up waste in their bodies "as the bowels, and other excretory functions of all children, previous to birth are entirely inactive."

These Indian Vegetable Pills were first manufactured in Philadelphia in 1837. At the bottom of page [1] is the statement of copyright in the year 1844 and on page 4 the principal office for Wright's Indian Vegetable Pill Co. is listed as being in New York.

The woodcut illustration depicts the "North American College of Health." On the street are men, women and children walking by with a young man pushing a wheelbarrow full of boxes of "PILLS" across the street (presumably the medicine described in the flyer).

In good condition.

¶ OCLC: University of Rochester and Miami University.