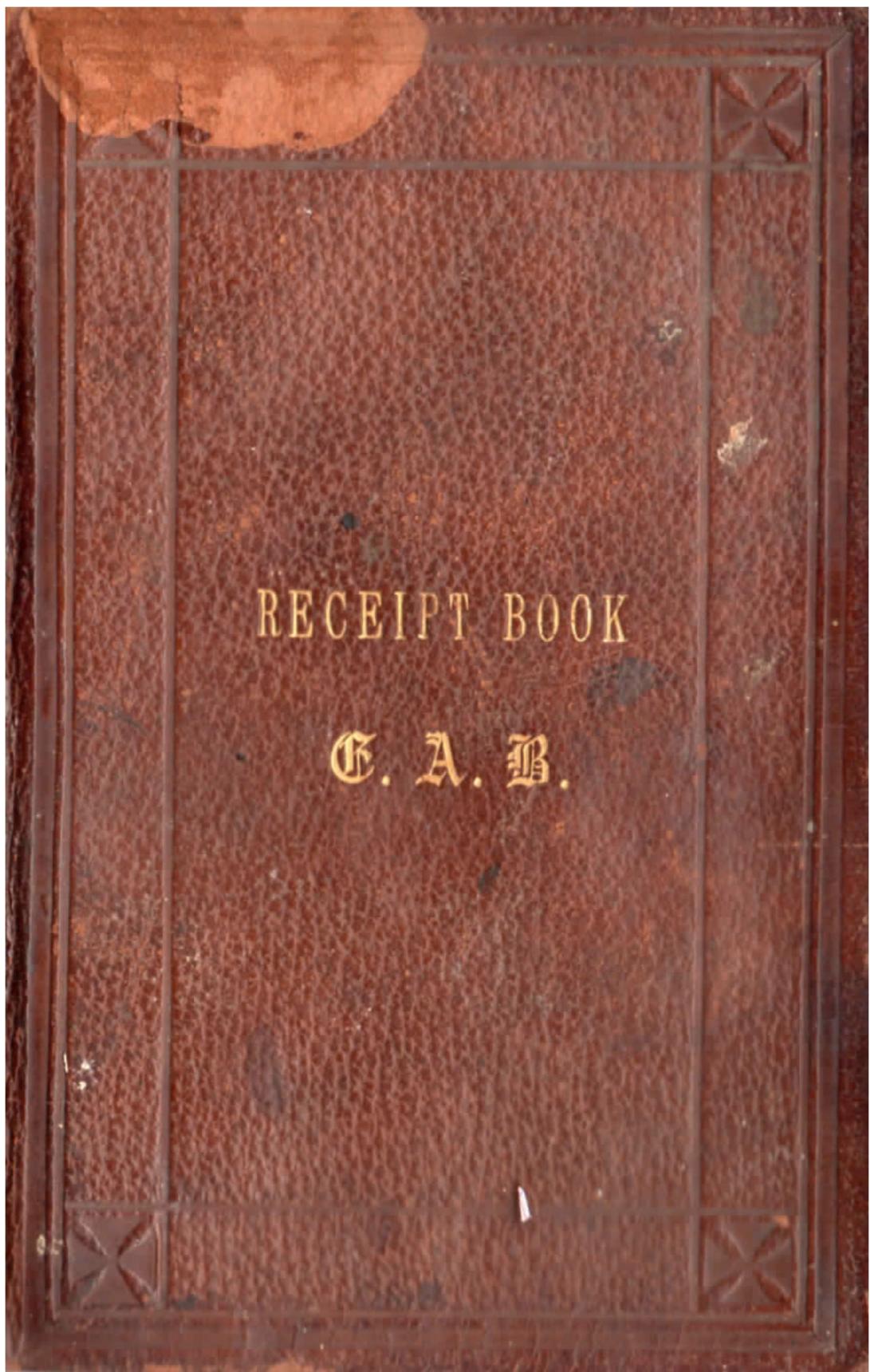


ELIZA AGNES BOYD'S RECEIPT (RECIPE) BOOK



The earliest date in this book is 1878, the same year that Eliza Agnes Brown married Robert Mitchell Boyd in Edinburgh. The couple arrived in Sydney on 23 May 1878.

The early recipes are probably copied from Agnes' mother, Elizabeth Brown, but Agnes added to them over the years and saved recipes and family notices cut from newspapers and magazines. The last date in the book is 1882, the year that Agnes and Mitch moved from Chatsworth Island, N.S.W. to Ripple Creek, Qld. Agnes died at Ripple Creek on 25 March 1884, aged about 29.

Pages 1 to 29 and 48 to 53 are food recipes. Pages 92 to 120 are remedies for various ailments as hand-written and prescribed by Dr Sprott Boyd, probably when Sprott visited Ripple Creek in the winter of 1883 (he mentions grandchildren Sprott and Ella by name). Pages 131 to 156 is Sprott's handwritten list of medicines in the medicine chest, and their uses. Pages 160 to 172 are general remedies for problems more specific to women and labourers. Pages 180 to 188 are newspaper cuttings of family notices, mainly Brown and Boyd family members but also a few of Agnes' pre-marriage friends. Pages not mentioned above are blank.

A.G. Connor 2019

FOOD RECIPES Pages 1-29. (in Agnes' hand unless indicated otherwise)

[Page 1]

Pittencrieff Pudding

$\frac{1}{4}$ lb suet
 $\frac{1}{2}$ lb flour
1 tea cupful juice (or currants)
1 tea cupful buttermilk
1 tea spoonful carbonate of soda
2 table spoons brown sugar
A little salt. Boil three hours in a mould well buttered.

Bread Pudding

Take light white bread cut in thin slices. Put into a pudding shape a layer of any sort of preserve. Then a slice of bread, repeat until the mould is almost full. Pour over all a pint of warm milk in which four well beaten eggs have been mixed. *[Page 2]* Cover the mould with a piece of linen. Place in a sauce pan with a little boiling water. Let it boil 20 minutes and serve with wine sauce.

Curate's Pudding

Take two eggs, separate yolks and whites. Beat up the yolks with a $\frac{1}{4}$ lb of white sugar, beat a $\frac{1}{4}$ lb of fresh butter to a cream, and beat it up with the sugar and eggs. Beat up the whites of eggs to a froth. Have a $\frac{1}{4}$ lb of flour and sift it in amongst the eggs and butter. Add a little carbonate of soda, and mix in the whites *[Page 3]* of eggs gently. Butter the mould. You can either steam it for an hour, or bake the pudding in a moderate oven $\frac{3}{4}$ of an hour. When wanted, turn them on the dish, and pour wine sauce over it.

Marmalade Pudding

Have two breakfast cups of bread crumbs, put them in a basin and pour over them one quart of boiled sweet milk. Cover it closely. Take four ounces of soft sugar, beat it up with one egg for four or five minutes. Then add another and so on till you have added six, by which time the bread will be soft. Mix [Page 4] all together with two table spoonfuls of marmalade. Butter a mould and ornament it with raisins. Pour in the pudding; boil for two hours, and serve with wine or brandy sauce.

Lemon Sponge.

To a pint of water put an ounce of isinglass, the rind of a lemon and $\frac{1}{2}$ a pound of lump sugar, let it [simmer?] for $\frac{1}{2}$ an hour, then sluice it through a [lawn?] sieve. When nearly cold, add the juice of three lemons and the white of one egg. Whisk it until it is [Page 5] white and thick. In summer it will require rather more isinglass. (It should not be put in a tin mould)

Raspberry Cream

Take the half of a q? packet of gelatin (Cortes is the best). Soak it in as little cold water as will cover it (it is best to soak it $\frac{1}{2}$ an hour or longer as it dissolves more easily). Then pour a very little boiling water upon it (about a tea cupful). Stir it well and put it on the fire in a small saucepan. Melt thoroughly then strain through a piece [Page 6] of muslin and keep it warmish till the cream is ready for it. Take a full mutchkin¹ (or English pint) of rich cream; whisk it until it becomes thick (no longer). Then add enough raspberry syrup and grated sugar to make it agreeable to the taste, then stir the gelatin in slowly till it becomes thick again and pour in quickly to a mould that has been previously moistened with cold water.

A good flavouring for cream is the juice of fresh oranges or lemons. If ginger is used, a few drops of the essence is best.

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Shortbread

1 lb butter, 1 $\frac{1}{2}$ lb flour, and $\frac{1}{2}$ lb of ground rice, 1 lb sugar. Beat the butter well after washing three times in cold water, then mix the other ingredients by degrees. Roll it out on a pasteboard and cut into squares. Spread on tiles lined with paper and bake in a slow oven. Season to taste with almond or lemon essence.

Stewed Normandy Pippins²

1 lb Normandy Pippins; wash and soak 4 hours, put in a stew pan of water just cover them with a portion of water. Shut down and simmer till quite plump. Add 4 to 6 oz of lump sugar, boil 5 minutes to a syrup, [Page 8] add 1 glass port wine.

Pie Melon Jam

Cut the melon into slices or rub it on a coarse grater. Mix the sugar and fruit together for a few hours before boiling, giving to each pound of melon three quarters of a pound of sugar. Add acid, lemon or ginger as you wish and boil two hours. The red seeded melons are the best for preserving.

¹ A mutchkin is a Scottish measure of volume, equal to $\frac{3}{4}$ of a pint or 424ml.

² A Normandy Pippin is a type of apple, sometimes dried for use in winter.

Apricot Cream.

Boil 1 pint of milk, $\frac{1}{2}$ oz of sugar and a laurel leaf. Mix a large tablespoonful of boiled flour or corn flour with a little cold milk, add the yolks of 3 eggs well [Page 9] beaten and pour into the boiled milk, stir quietly on the fire till it thickens. When thick, pour into a bowl.

Take $\frac{1}{4}$ oz Nelson's gelatine having previously soaked it in a little water, and put it into the same saucepan as milk was in. Don't let it boil; when quite dissolved, strain into the cream, flavour to taste. After it cools a little, pour into the mould. If desired, apricots may be placed in layers with the cream. Apricot juice to be boiled with $\frac{1}{2}$ lb of sugar and equal amount of water as juice.

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Orange Jelly (a newspaper cutting)

Procure five oranges and one lemon, take the rind off two of the oranges and half of the lemon, put them into a basin after removing the pith, and squeeze the juice of the fruit into it; then put 4 oz of sugar into a stew pan with half a pint of water; add the juice and peel and set the mixture on to boil., then put in $1\frac{1}{2}$ oz of isinglass or gelatine, and a gill³ of water. Let it boil for a few minutes, stirring it well, and pass it through a fine sieve or jellybag into a mould. A few drops of prepared cochineal may be added to give it an orange tint. This jelly does not require to look very clear.

Madeira Cake (a newspaper cutting)

Four eggs, a quarter of a pound of butter, six ounces of sifted sugar, six ounces of flour, candied peel and caraway seeds to taste, half a tea-spoonful of baking powder; beat the eggs first, then mix the sugar with them still beating, then the flour, well beat together, last of all put in the baking powder; baking it in a moderate oven.

Amber Pudding (a newspaper cutting)

Five eggs, two whites left out, $\frac{1}{2}$ lb lump sugar pounded fine, not quite half pound butter melted and mixed with the sugar, then the egg mixed in, and a little candied peel, and flavoured according to taste. Make a paste, line a pudding dish with it, pour the mixture in and over the paste. When baked, turn it out in a glass dish, strew over with sugar and eat cold.

Angel Puddings (a newspaper cutting)

Two ounces of flour, two ounces of powdered sugar, two ounces of butter melted in half a pint of new milk, two eggs; mix well. Bake the above, in small patty pans, until nicely browned, and send to table on a dish covered with a serviette. A little powdered sugar should be sifted over each pudding and slices of lemon served with them. The eggs must be well-beaten before they are added to the other ingredients.

Very Good Shortcrust for Fruit Tarts (a newspaper cutting. *Mrs Beeton's Household Management*)

To every pound of flour allow $\frac{1}{4}$ pound of butter, one tablespoonful of sifted sugar, $\frac{1}{3}$ pint of water; rub the butter into the flour after having ascertained that the latter is perfectly dry; add

³ A "gill" is a teacup, equal to a quarter of a pint.

the sugar and mix the whole into a stiff paste, with about $\frac{1}{3}$ pint of water; roll it out two or three times, folding the paste over each time, and it will be ready for use.

Cakes (a newspaper cutting)

1 lb flour, $\frac{3}{4}$ lb sugar, 4 eggs, 1 oz ginger, one teaspoonful carbonate of ammonia. Mix into a stiff paste, cut in thin round cakes and bake in cool oven. They are better mixed an hour before baking.

Brown Gravy (a newspaper cutting)

Ingredients; juicy beef, pepper, salt, one dessert spoonful of butter, boiling water. Divide the meat into small pieces, season it, put it in a pan with the butter, fry it brown. To every pound of meat allow one pint of boiling water. Simmer three hours, and strain it often. Let it cool, strain. When wanted, thicken if requisite.

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Eno's Fruit Salt

2oz Carbonate of Soda
2oz Cream of Tartar
2oz Tartaric acid
2oz Epsom salts
3oz powdered lump sugar
 $\frac{1}{4}$ lb Lemon Kale

(Sept 27th 1879)

Baking Powder

9oz Cream of Tartar
6oz Carbonate of Soda
1 $\frac{1}{2}$ Tartaric Acid
1 drachm alum

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To Remove Sunburn, Black Spots and Skin Spots (a newspaper cutting)

Take a cupful of soured milk, cold, and scrape into it a quantity of horseradish. Let this stand for six to twelve hours and strain, when it may be used to wash the parts affected.

Apple Tapioca Pudding (a newspaper cutting)

Pare and core tart apples, fill openings with butter and sugar, put into a pan a heaping teaspoonful each of dry tapioca and sugar to each apple, put in apples, sprinkle ground cinnamon over them, fill the pan nearly full of water, and bake.

Lemon Pudding (a newspaper cutting)

The grated rind of four lemons, juice of three, six eggs, one pound sugar, half-pound butter, one coffee cup milk, with half a cup breadcrumbs soaked in it. Beat the butter and sugar well together at first. Then add the rest, leaving out the whites of four eggs for the meringue.

Boiled codfish (a newspaper cutting)

Tie the fish several times over with string, lay it in cold water plentifully salted, and let it boil gently, carefully skimming the water. When done, lift it up and let it drain, then serve. An ordinary sized piece will be done in two or three minutes after the water comes to the boiling point.

Potato Salad (a newspaper cutting)

Pare and slice some cold boiled potatoes. Peel and slice thin one onion. Mix on a salad dish and pour over them the following dressing; Stir together one saltspoon of salt, quarter saltspoon of pepper, one tablespoonful of vinegar and three of oil. Dress the salad with this mixture, and serve with chopped parsley.

Bacon Pie (a newspaper cutting)

Mash some potatoes and place them in layers in a pie dish; between each layer of potatoes place a few thinly cut slices of bacon, a little chopped onion and parsley, and some pepper; moisten with stock or water as you proceed. Let the last layer be of potatoes, over which place a few little bits of butter. Bake in a hot oven for about an hour. (*Economic Cookery*)

Rice Snowballs (a newspaper cutting)

Boil one pint of rice until soft in two quarts of water with a teaspoonful of salt; put in small cups, and when perfectly cold, place in a dish. Make a boiled custard of the yolks of three eggs, one pint of sweet milk and one teaspoonful of corn starch; flavour with lemon. When cold, pour over the rice balls half an hour before serving. This is a very simple but nice dessert.

Chocolate Blanc Mange (a newspaper cutting)

Grate three ounces of chocolate in to one and a half pints of milk, add one and a quarter ounce of gelatine, quarter pound powdered sugar, mix all in a jug, and stand it in a saucepan of cold water over a fire; stir occasionally while boiling fifteen minutes. Dip a mould in cold water, pour in the blanc mange and turn out when set.

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Quince Marmalade (a newspaper cutting)

When quinces emit their peculiar strong odour, it is a sign that they are fit for use. Peel the quinces, core them, slice them in to a preserving pan, and pour over them as much water as will barely cover them. Let them simmer very gently until they are soft, stirring them occasionally to keep them from burning to the pan; then beat them to a pulp with a wooden spoon. Weight the fruit and for each pound, allow three-quarters of a pound of sugar. Put the sugar in to a preserving pan with as much water as will moisten it, and boil it to a clear syrup. Put in the fruit, and boil it slowly until it is smooth and thick. Stir frequently whilst it is being boiled. The marmalade will be done enough when it will jelly when dropped upon a plate. Put it, whilst hot, into glasses or jars and when it is cool, cover in the usual way with paper dipped in white of egg. Time, five hours or more. (*From Cassell's Dictionary of Cookery for August*)

Pine Apple Preserved (a newspaper cutting)

Pine apples are so expensive that it is very unusual to preserve them in any quantity. Nevertheless, as the jam made for them is very delicious and highly esteemed, the following recipes are given:- The foreign fruit and that which is grown at home are often mixed with advantage, It need scarcely be said that that which is grown at home is much superior to that sent from abroad. Great care must be taken in choosing the fruit to secure it perfectly sound and fully ripe, without being the least decayed. If the flesh around the stalk looks mouldy or dark, the fruit should not be preserved. The flavour of pine apples may generally be guessed at by their odour. Pare the pine apples and take out the eyes. Cut them into slices a third of an inch thick. For every pound of fruit thus weighed after being pared, take a pound of loaf sugar and a small teacupful of water. Dissolve the sugar in the water, skim carefully and boil until it forms a clear syrup. Put in the slices of pine and boil gently until they look bright and clear. Put the preserve into jars, cover closely, and store in a cool dry place. Time to boil at least half an hour after the fruit reached the boiling point. Probable cost, when pine apples are cheap, 1s 3d per pound. (*Cassell's Dictionary of Cookery*)

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Feather Cake

Beat to a cream one cupful of butter, add 2 cups of sugar, the yolks of three eggs well beaten, one teaspoonful of soda dissolved in a cup of milk, one cup of flour, then add the whites of the eggs beaten to a stiff froth and two more cups of flour with two teaspoonfuls of cream of tartar mixed in it. Bake in a buttered tin half an hour or more.

Chatsworth July 22nd, 1881

Ammonia biscuits

Two pounds flour, $\frac{3}{4}$ butter, 1lb sugar, 3 or more eggs, $\frac{1}{2}$ cup of milk and $\frac{1}{2}$ oz Ammonia.

[Page 15] Roll the sugar fine and add, break in the eggs without beating and use what flavouring you like. Lastly put in the milk with the Ammonia finely grated into it. Roll out thin after working well, cut in to shapes and bake in a quiet [quick?] oven July 22nd 1881

Brown or Quay Pudding (a newspaper cutting)

Two eggs, their weight in flour and butter, the weight of one in sugar; beat the butter to a cream with the sugar, add the eggs well beaten, stir in the flour, then stir in two tablespoonfuls of raspberry jam or jelly. Just before putting the pudding in to the mould, beat in half a teaspoonful of carbonate of soda. Boil or steam for an hour and three quarters. Leave plenty of room for the pudding to rise in the mould. Serve with wine or sweet sauce. If preferred, put two tablespoonfuls of nice treacle or golden syrup, with half a teaspoonful of ground ginger instead of the raspberry jam. (Craig Ellachie)

Sponge Pudding (a newspaper cutting) GOOD

The following recipe makes a pudding like the one described by "Ecchin". Rub six ounces of butter or beef dripping into a pound of dry flour, in which a level dessertspoonful of ground ginger and six ounces of brown sugar have been mixed; dissolve two level teaspoonfuls of carbonate of soda in half a pint of milk, mixing it smooth and free from lumps before adding to the flour. beat all together into a soft batter and pour into a buttered basin. Allow the pudding plenty of room to swell in the cloth, which it does considerably; plunge into very fast

boiling water, and keep boiling for two hours and a half. Turn it out, and serve with wine sauce; but some prefer to eat it dry. (Matron)

Swiss Roll (a newspaper cutting) **GOOD**

One scant breakfast cup of white sugar powdered, one full breakfast cup of flour, three eggs, half teaspoonful of soda, one teaspoonful of tartar. Beat the eggs and sugar together for ten minutes, mix the cream of tartar with the flour thoroughly, and sift them to the eggs and sugar, stir just enough to mix well; then dissolve the carbonate of soda in a tablespoonful (or less) of boiling water, add it to the rest, and mix it in quickly. Spread the mixture thinly in a large shallow tin and bake in a quick oven for about ten minutes. When done, spread jam over it, and roll it up like a roly pudding. You must not let it remain in the oven an instant after it is done, or it will not roll properly. (Betsy Jane)

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Plain Pound Cake (a newspaper cutting) **GOOD**

Half a pound of fresh butter, three eggs, one pound of Vienna flour⁴, one pound of caster sugar, a quarter of a pond of almonds cut small, half a pound of currants, three ounces of candied peel, a few drops of essence of ratafia⁵. Beat the butter to a cream from left to right, and mix in sugar gradually. Beat the eggs up, and mix them with half a pint of new milk; stir in to the butter, then add the flour and last of all the fruit.

Orange Cream (a newspaper cutting)

Make a custard with the yolks of eight eggs, 4 oz of pounded sugar, a quart of milk and the thin rind of two oranges. Stir it in a bain marie till it thickens. Dissolve ?? oz of gelatine in a little warm water and add it the juice of one orange; add this to the custard, strain, put into t mould and place on the ice to set.

Custard Souffle (a newspaper cutting)

Two scant tablespoonfuls of butter, two of flour, two of sugar, one cupful of milk and four eggs; let the milk come to a boil, beat the flour and butter together, and add to them gradually the boiling milk, and cook eight minutes stirring often; beat the sugar and yolks of eggs together, add to the cooked mixture, and set away to cool. When cool, beat the whites of the eggs to a stiff froth; add to the mixture; bake in a buttered pudding dish twenty minutes, and serve immediately with creamy sauce. The materials can be prepared in advance, but should not be cooked until just before it is wanted for the table.

Boiled Apple Custard (a newspaper cutting)

Six apples, one teacupful of flour, 5 drops essence of lemon, two eggs, small piece of butter, half pint milk, quarter pound of sugar: Stew the apples and when heated beat to a pulp, having added the essence of lemon and some sugar. Let it cool. Then mix the milk, eggs butter and flour and beat it all well. Then add the apples. Put all in to a pudding mould, and let it boil one hour and a half. Serve cold with milk.

A Welsh Pudding (a newspaper cutting)

⁴ Vienna flour is a top grade of wheat which has been milled very finely

⁵ Ratafia is a fruit-based cordial or fortified wine.

Well butter a pie dish, place at the bottom some slices of bread and butter, then a layer of black currant, raspberry or any other jam which may be liked, then some more bread and butter, and repeat until the dish be filled. Bake in a moderate oven, and when done, turn out on a dish, sift some powdered sugar over, and pour round the dish, not over, some sweet sauce made of milk flour and sugar. This pudding may be also made of fresh fruit, instead of preserved, in which case some sugar must be sprinkled over it with every layer.

Baked Peach Pudding (a newspaper cutting)

Make boiling hot one quart of sweet cream or new milk, pour it on one quart of fine breadcrumbs; when half cold add half a pound of powdered sugar, with the juices of a lemon squeezed on it, the well beaten yolks of 4 eggs; mix this with two quarts of canned peaches. Put a border of rich puff pastry round a baking dish, fill with the pudding. Bake three quarters of an hour; have ready the whites of eggs whisked to a foam, and when the pudding is done spread over the top, and return to the oven and slightly brown on the top.

Baked Bananas (a newspaper cutting)

Peel a dozen bananas and split them I half lengthwise. Lay these strips in close order in a baking pan, strew sugar over them and some bits of fresh butter, and grate a little nutmeg. Bake in a moderate oven about twenty minutes. They should come out glazed, and if not syrup enough in the pan, a little should be mixed in a cup to baste them with. Serve as a last course, with cake and milk.

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Apple Chocolate (a newspaper cutting)

In a pint of new milk boil half a pound of chocolate; beat the yolks of three eggs and the white of one, and when the chocolate has boiled draw it away from the fire, and very gradually stir in the eggs. Pulp six large apples, and lay them in a pie dish, sweeten and season with cinnamon powdered; pour the chocolate over it very gently, so as not to mix with the apples; set it aside to cool, and when firm sift some sugar over it; and glaze with a salamander (oven).

Apple Snowballs (a newspaper cutting)

Apple Snowballs are great favourites with children. Peel and core some large juicy apples as for apple dumplings, and fill up the interiors with brown sugar. Have ready some small pudding cloths, dip each in to hot water; flour it; spread it on the pastry board, and put on a layer of par-boiled rice, well drained. In the middle of the rice place an apple; gather up the ends of the cloth carefully, so that the rice quite covers the apple; tie tightly; drop in to a saucepan of boiling water, and boil an hour; when turned out sift white sugar over, and serv with a sweet sauce flavoured with lemon.

Baked Apple Cake (a newspaper cutting)

Take a pound of pulped apples; half a pound of butter, which must be melted, half a pound of sugar, and a pound of flour, and an ounce of candied lemon peel, beat two eggs in half a pint of milk, mix the cake with this adding a tablespoonful of brewer's yeast; knead well, let it rise, put in to a mould, and bake in a quick oven.

Apple Jelly (a newspaper cutting)

Peel core and boil some well-flavoured apples in a very little water (about a tablespoon to each if the apples are small); when done, press out the juice through a hair sieve, but do not squeeze the apples. For every pint of this juice take half a pound of white sugar, boil it in the water which dressed the fruit and skim it; add the juice of the apples with the juice of half a lemon squeezed into each pint, boil all together for half an hour, and pour off into large or small mould. Tie down as jams, when cold.

B.T.

For Apple Cake (a newspaper cutting)

Peel a couple of pounds of fruit, scoop out the cores, add two pounds of powdered sugar, the juice and rind of a large lemon, and a little water (unless the apples are very juicy). Boil all this together for three quarters of an hour, then pour it into a mould. When cold, turn it out and cover with a thick custard.

Apple Fritters (a newspaper cutting)

Make a thick batter with three eggs, well beaten, half a pint of milk, a little grated nutmeg and a tablespoonful of good brandy or the juice of half a lemon, and sufficient flour to thicken it. Cut some good cooking apples into slices the thickness of a penny, stir each piece into the batter, lift out quickly with a ladle, and fry it in hot lard till of a rich brown.

Apple Fool (a newspaper cutting)

Apple Fool is a nice dish for a children's supper, made thus: Pare the fruit and core it, put it into a wide-mouthed jar, cover with a saucer, and either bake it or cook in a saucepan of boiling water. When done, pulp it through a colander, sweeten to taste, then put it into custard glasses, filling each glass about three parts; grate a little nutmeg on top of each, then cover with layers of scalded cream or a fine custard, and grate white sugar over the top.

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Apple Omelette (a newspaper cutting)

Peel, core and dress three large apples, as directed for Apple Fool; when they are done, add one ounce of butter and a couple of ounces of sifted white sugar; stir these well in, then set aside to cool. When cold, stir in a well-beaten large egg. Butter a small pudding dish, a strew a layer of breadcrumbs at the bottom; lay in the omelette, and put another layer of crumbs on top; bake about eight minutes, turn it out, and sift powdered sugar over.

Rich Apple Pudding (a newspaper cutting)

Take half a pound of bread crumbs, the same quantity of apples finely chopped, of suet and of currants, the rind and juice of half a lemon, and a quarter of a pound of sifted sugar. Beat two eggs and mix with these ingredients, put in to a small pudding mould, tie it down, and boil for an hour and a half. Serve with claret sauce.

Apples with Rice (a newspaper cutting)

Put half a pound of Patna rice into a saucepan with a quart of water. Leave it on the fire till the water boils; drain off the water, add one pint of milk, white sugar to taste, and the thin rind of a lemon. When the rice is quite done, and has absorbed all the milk, remove the lemon rind, and work into it the yolks of three or four eggs. Peel and core half a dozen apples,

simmer them, till quite done, in a strong syrup of sugar and water, with the thin rind of a lemon and two or three cloves. Take part of the syrup and reduce it almost to caramel. Arrange the apples on a dish with the rice in a border around them, pour the reduced syrup over the apples, and garnish them with strips of angelica and candied cherries, then serve.

Apple Jelly

Cut up and weigh the apples (peel, cores and all). To each 1lb of fruit allow 1 pint of water; boil till the fruit is quite soft; strain through flannel and press all the juice out that you can get. To each 1 pint of juice allow 1lb of sugar and boil (sugar and juice) till it jellies, about 1 hour I think, boil slowly. Put a few cloves in with the apples, the peel of six lemons to 6 quarts juice. The juice of lemons to be put in with the sugar.

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Semolina Soup

White stock. Made of bones of beef, mutton or anything. In two tureens, $\frac{3}{4}$ full, a breakfast cupful of semolina, a small blade of mace, a breakfast cupful of milk or cream, $\frac{1}{2}$ a teaspoonful of white ground pepper. The semolina to be put in half an hour before the soup is ready, and the milk a few minutes.

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Brown Soup

5 to 8 lbs [rough] or beef bones etc, fill the pot $\frac{3}{4}$ full of water, 4 or 5 onions with the skins on whole, 2 or 3 carrots, a small stock of celery or less of celery seed tied in a bag, $\frac{3}{4}$ teacupful of black or white pepper, 12 or 14 [grains] salt. Boil 6 or 8 hours slow boiling. Strain through wide hair strainer, return the meat etc into the pot. Almost cover it with water and let it boil all night. Let simmer. Strain it off, clear it with an egg. Put the soup on the fire, stir it, boil it for 2 or 3 minutes. Pour it through a flannel bag.

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Ox Tail Soup

Take the tail, cut it into 3 or 4 pieces, put it into a pot with cold water. A teaspoonful of common pepper, carrot grated, one or two onions. Let it boil till the tails are soft enough. Take the tails into an ashet⁶. Strain the soup. Thicken it with flour (a good breakfast cupful). When it is quite smooth, cut the tail through at every joint and put it back. It takes from 3 to 4 hours boiling. Either brown the flour or use a little browning.

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Hodge Podge (a newspaper cutting)

The following is an excellent way of warming cold mutton. Mince your mutton – it is better rather under-done – and cut up one or two lettuces and two or three onions into slices. Put these into a stew pan with about two ounces of butter, pepper and salt to taste, and half a cup of water; simmer for three quarters of an hour, keeping it well stirred; boil some peas separately, mix them with the mutton, and serve very hot.

Spanish Unenelles of Uncooked Beef (a newspaper cutting)

⁶ Scottish for a large plate or dish

One pound of raw beef; remove the fat and sinews, and pound it fine. One pound of stale breadcrumbs grated; soak these in cold water, and squeeze well in a sieve. Whisk well one egg, and mix the beef and bread with the egg, seasoning to taste. Divide the mixture into eight small balls. Have ready a saucepan with boiling water. Throw the balls in and keep the water boiling until they are cooked through. Serve them with very little of the water in which they have been boiled. If required to be rich, add a little gravy; no thickening required. They may be garnished with plain boiled rice. (*The Woman's Gazette*)

Baked Meat and Potato Pudding (a newspaper cutting)

Boil a quantity of peeled potatoes till they are ready to scramble to pieces, drain, pick out every speck, clump and mash them as soon as possible, make them into a thickish batter with an egg or two and some milk, placing a layer of chops, well seasoned with salt and pepper at the bottom of a baking dish, cover with a layer of batter, and so on alternately until the dish is full, taking care to have the batter at the top; butter the dish to prevent sticking and burning.

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Marmalade Receipt

Cut up the whole of the orange in thin slices. To every 6 oranges allow 1 quart of water, put this on the pulp and let it stand all night. Next morning allow it to boil until the [chips] are tender, then add the sugar allowing 4lbs to every 6 oranges. Boil until it becomes clear and rather thick; if it looks too thick after adding the sugar, a little more water may be added.

June 1st 1880, Grafton

Fig Pudding

1lb of figs

1lb of breadcrumbs

½ lb suet [Page 24]

5 eggs

2 pieces of candied peel

1 glass of [] port or sherry

The figs, suet and peel all to go through machine. Boil in a basin 4 hours. Serve with wine sauce.

Tea Cake

1 cup of flour

½ cup sweet milk

½ cup sugar

1 teaspoonful baking powder

1 egg well beaten

Put in to buttered tin, bake quickly

Suet Pastry

Mix two pounds of flour with milk; [Page 25] roll out; have ready 1lb suet well chopped and pressed, lay it on paste in pieces, fold, and roll out several times, always roll the same way; a large tablespoonful of baking powder with the flour.

Boiled Pudding

1 cupful of breadcrumbs
1 cupful of flour
½ cupful of sugar
1 cupful of marmalade
1 cupful of suet
1 teaspoonful of baking soda
Mix with buttermilk and boil for three hours

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Cake

1 ½ lbs of flour
½ lb sultana raisins
½ lb currants
½ lb sugar
½ lb dripping or butter
2 teaspoonfuls cinnamon
2 teaspoonfuls baking soda
2 teaspoonfuls tartaric acid
2 ½ cupfuls of buttermilk
Bake in a slow oven for 2 hours

Baked Bread Pudding

Put some bread in a basin, pour over it boiling water, let it stand one hour, then put it through a colander, put in a teacupful of currants, 1 teaspoonful of cinnamon, 1 tablespoonful of sugar. Bake one hour.

[Page 27]

[Lye Choc]

Break up a bar of [Lye Choc] into a lined saucepan with a breakfast cupful of cold water. Let it simmer until dissolved, then add 1 ½ pints of milk, sugar and flavouring to taste and let it boil for a few moments. Boil (sic) into mould and turn out when cold.

[Page 28]

Ginger Beer

Ingredients. 2 ½ lbs white sugar, 1 ½ oz bruised ginger, 1 oz cream of tartar, the rind and juice of 2 lemons, 3 gallons of boiling water, 2 large tablespoonfuls thick and fresh brewers yeast.

Mode. Peel the lemons, squeeze the juice out, strain it, and put the peel and juice into a large earthen (sic) pan, with the bruised ginger, cream of tartar and white sugar. Pour over these ingredients three gallons of boiling water; let it stand until just warm, when add the yeast which should be thick and quite fresh. Stir the contents of the pan well, and let them remain [Page 29] near the fire all night, covering the pan over with a cloth. The next day, skim off the yeast and pour the liquor carefully into another vessel leaving the sediment, then bottle immediately and tie the corks down. In 3 days the ginger beer will be fit for use. For some

tastes the above proportion of sugar may be found too large, when it may be diminished, but the beer will not keep so long good.

FOOD RECIPES Pages 48-53 (in Agnes' hand unless indicated otherwise)

[Page 48]

To boil Rice for Curry

Take a teacupful of East India or Patna rice (the Carolina is only fit for puddings), wash it with several waters and pick it clean from dust, thro it into a quart of boiling water and boil it very quickly, stirring it well from the bottom, then put it into a sieve to dry close to the fire. When well dried, serve it up in a covered dish and send it to table as hot as possible.

Curry Powder

1 lb of best turmeric
¾ lb coriander seed
3 oz ginger
2 oz black pepper [Page 49]
2 oz red pepper
½ oz cardamom seed
60 cloves

The whole of the above ingredients to be pounded separately very fine, then mixed and put into a stopped bottle. Two dessert spoonfuls of the foregoing receipt will be enough to curry a fowl or any other description of meat for five or six persons.

Curry

Heat a frying pan with an inch or two of butter in it. When it boils, throw in some sliced onions and as soon as they become a light brown, mix a tablespoonful of curry powder with a little flour and butter braided together [Page 50] and put it in to the pan. When it boils, put in the meat and fry a light brown till nearly dry. Turn it into a stew pan adding a little good gravy or milk, rinse the frying pan with a little hot water and pour that also into the stew pan. The whole is to be simmered over a slow fire till quite tender. If it does not look thick or rich enough, braid another tablespoonful of curry powder with flour and butter and a little of the curry gravy.

Curry (a newspaper cutting)

Cut some fresh meat (veal, fowl, rabbit are the best suited) into rather small pieces (also a little onion if not objected to), fry it until just nicely browned, then place the pieces on a plate, sprinkle them with a little salt, dredge a little flour over it, and cover the whole with curry powder: if desired very hot, a small red pepper, such as is sold for canary birds, may be added, a few slices of sour apple, or a few green gooseberries, put all into a stewpan with sufficient water to cover it, and stew gently until the meat is quite tender, then add a little lemon juice when neither sour apple nor green gooseberry can be had. The meat must be very gently stewed in order to be soft enough to be divided with a spoon, as the use of a knife is inadmissible by an orthodox curry eater. Good curry powder is very difficult to obtain unless by private means direct from India. But to enjoy curry, the rice must be properly cooked. In England, the boiling of rice is a thing little understood; few English cooks use sufficient

water for it, thereby rendering the rice a pulp instead of being in distinct grains. Put a teacupful of rice into a saucepan containing two quarts of boiling water, let it boil fast and continuously for twenty minutes, then thoroughly strain it through colander, put the rice on a dish and let it stand uncovered before the fire a few minutes before serving up. No spoon should be put in to the saucepan to try the rice – if anything be required let a fork be used. Too much water cannot be used, the more the better. (*A Native of Bombay*)

Pressed Beef (to Glaze) (a newspaper cutting)

The easiest way is to cut a thick slice from a piece of glaze, which may be bought at no great expense from any of the co-operative stores; remove the surrounding skin, and place it in a small sized jam pot to melt in the oven. When it has become quite liquid, and while it is still hot, apply it with a paste brush over the upper surface of the beef, which should be already trimmed and placed on the dish on which it is to be served, before the application of the glaze. It will soon get cold, and will be ready for serving. (*Experience*)

Stone Fruits (to bottle) (a newspaper cutting)

For this purpose, wide necked glass bottles must be used. Fill them with the fruit, as closely packed as possible, and into the mouth of each jar put a $\frac{1}{4}$ lb of finely powdered white sugar. Tie a piece of wet bladder, tightly stretched, over each jar to exclude the air; place them in a large fish kettle, packing them with hay, which should surround each bottle, and line the sides of the kettle, to prevent their either touching it or each other; this will prevent their breaking; fill the kettle with water which must not come quite up to the bladder coverings; place it on the fire, or if a very hot one, to the side will be better, letting it simmer until you see that the fruit is cooked, by which time it will have considerably sunk in the bottles; the kettle must be removed from the fire, but the bottles must not be taken out until the water is perfectly cold. During the time the kettle is on the fire, the bladders will require frequent moistening with a little water to prevent them from bursting; should this happen, at once tie on a fresh piece of wet bladder. The bottles must be wiped dry after removing them from the water, and should be kept in a dry, cool place. The bladders must never be taken off till the fruit is required for use, as it will not keep after the bottle has been opened. (*Experience*)

[Page 51]

Dry Curry

4 oz of butter put into a stewpan with 2 tablespoonfuls of chopped onions. Fry them light brown, then put in your meat cut into neat small pieces, and one tablespoonful of curry paste and a little salt. Mix all well together and put on the lid, and let it simmer for 3 hours at the side of the fire and keep it stirred occasionally

[Page 52]

Cotellettes de Mouton à la Soubise (a newspaper cutting)

Stew some mutton cutlets for two hours; cut into slices six or seven large onions, boil them for half an hour, then pour off the water, add milk, pour round the cutlets and serve.

Beef Collops (a newspaper cutting)

Two pounds of beef, half a pound of suet, chopped very fine, season with pepper and salt, and a tablespoonful of flour, beat it until it is all well mixed, make it into flat cakes about an inch thick. Fry ten minutes, serve with brown sauce.

REMEDIES Pages 92-120 (in Dr. Sprott's hand)

[Page 92]

For Fever and Ague

Mrs Boyd

Tinct. Aconite P.B.

Two drops to be taken in water every hour until fever abates. S.B.

Splendid application for Weak Eyes (a newspaper cutting)

Add two grains of sulphate of zinc to one ounce of rosewater. Sponge some of this mixture, diluted with a little cold water, into the eyes several times a day. Its strengthening properties are great.

Remedy for Asthmatical Cough

Quarter of a pound of treacle (not golden syrup), one gill of best vinegar, one pennyworth of laudanum, simmer without the laudanum for ten minutes. A dessert spoonful should be taken when the cough is troublesome. (*Household Journal*)

[Page 93 blank]

[Page 94]

For Piles

R Boyd

Take:

Tannin 1 Drachm⁷

Muriate of Morphia 5 grains

Glycerine 2 Drachms

Benzoated lard or fresh lard 6 Drachms

Mix well together

Soothing astringent ointment. S.B.

[Page 95]

Liver Tonic

Take:

Gentian Root sliced $\frac{1}{2}$ oz

Boiling water 1 pint

Let this stand for 2 hours, then strain and add

Dilute Nitric acid 2 Drachms

Glycerine 4 Drachms

Mix. Take a wineglassful three times a day.

N.B. The Nitric Acid in the medicine chest is strong. 12 Minims⁸ of this are equal to 2 Drachms of the dilute.

Camphor 2 Drachms by weight dissolved in chloroform 6 Drachms by measure is a valuable antispasmodic [reliever] if pain, will often check Colic and Diarrhoea, given in doses of 5-10 minims on sugar and repeated 3 or 4 times, but it ought to be from at the beginning of the attack

⁷ 1878 Apothecaries' Measures: 1 Drachm = 60 Grains. 1 Ounce = 8 Drachms = 480 Grains

⁸ 1 Minim = 1/480 of an Imperial fluid ounce, = 1/60 of a fluid Drachm

Cooling Diaphoretic to cause perspiration

Take:

Liq. Ammon. Acet Concent. 2oz

Dilute Nitric acid 1 Drachm

sugar $\frac{1}{2}$ oz

water to make up a wine bottle

Take a wineglassful every 4 hours

Liniment to relieve Pain

Take:

Chloroform 2 Drachms

Tinct. of Opium (Laudanum 2 Drachms)

Camphorated oil 1oz

Mix. To be rubbed in when pain is felt. [Face] ache sometimes soothed by a bit of cotton wool soaked in the above being put into the ear.

Camphorated oil made by dissolving 1oz Camphor in 8 oz olive oil.

Lotion for Headache

Take:

Salt 1 Drachm

Liquor Ammonia 3 Drachms

Camphor water 6oz

Mix. A piece of rag saturated with this to be applied to the head [kept wet]

For pain in the forehead, a handkerchief folded corner ways and tied tight round the head and then wetted with the lotion will often do good.

N.B Camphor water made by putting 2 or 3 lumps of Camphor in a quart bottle and filling up with water and keep the bottle full so long as any of the camphor remains undissolved

Soothing and [Stimulant] Liniment

Take:

Turpentine 1oz

Laudanum $\frac{1}{2}$ oz

Camphorated oil 1 $\frac{1}{2}$ oz

Mix. To be freely rubbed in the part then covered with flannel or cotton wool.

To make Spirit or Tincture of Camphor

Take:

Camphor 4 Drachms

Spirit of wine 4oz

Dissolve. Dose 10-20 drops on sugar or in glycerine.

To make Spirit of Chloroform

Take chloroform 4 Drachms

Spirit of wine 4 oz

Mix. Dose 10-20 drops on sugar or in water, but the chloroform then separates and goes to the bottom.

[Page 99]

To quiet the Desire for Drink

Take:

Tinct. of Muriate of Iron 6 Drachms

Tinct. of Nux Vomica 1 Drachm

Glycerine 4 Drachms

Water to fill a wine bottle. Take a wineglassful three times a day

Another remedy

Take:

Sulphate of iron $\frac{1}{2}$ Drachm

Dilute sulphuric acid 2 Drachms

Tint. of Nux Vomica 1 Drachm

Sugar 1oz

Water to fill a wine bottle. Take a wineglassful three times a day

[Page 100]

Cough Mixture for Colds in the Chest.

To be used in the beginning or when any fever is present

Take:

Bicarbonate of Potash 2 Drachm

Ipecac wine 2 Drachms

[Sweet] Spirits of Nitre 4 Drachms

Comp^d Tinct of Camphor Paregoric 4 Drachms

Glycerine 4 Drachms

Water 12oz

Take one oz, with or without water every 4 hours.

For Sprott, 2 Drachms and for baby one Drachm in water

This was very useful when Chinamen complained of shortness of breath, and in doses of half an ounce may be used at any time for ordinary cough.

[Page 101]

For Cough when it is loose and has continued for some time

Take:

Quinine 24 grains

Dilute sulphuric acid 1 drachm

Ipecac wine 1 drachm

Liq. Morphine 2 drachms

sugar 1oz

Water to 12 oz

Mix. Take 1oz 3 times a day and rub the chest well with brush or rough towel night and morning. If the [] cause headache, take $\frac{1}{2}$ oz every 4 hours.

Baby Cough Mixture

Take:

Ipecac wine 1 drachm

Paregoric 1 drachm

Glycerine 1 drachma

water to 12 drachmas.

Give 1 drachm when cough is troublesome.

[Page 102]

For Asthma

Dissolve 2oz of Saltpetre in $\frac{1}{4}$ of a pint of hot water. Wet with this blotting paper and dry it. When shortness of breathing comes on, take a piece of paper as big as a sheet of note paper. Put it in a basin and touch it with a match and hold the head near the fumes so as to breathe them.

For Childrens' Cough

Take:

Bicarbonate of soda $\frac{1}{2}$ drachm

[Sweet] Spirits of Nitre 1 drachm

Ipecac wine 1 drachma

Paregoric 1 drachm

Glycerine 2 drachm

Water 3 oz

Give 2 drachms when cough is troublesome.

[Page 103]

For Pain in Chest with Fever

1. Take;

Tinct. of Aconite 1 drachm

water to 2oz

Take 1 drachma every 2 hours for three doses, after that every 4 hours till the pulse comes down

2. Another

Take; Tartar Emetic 2 grains

Liquor Morphine 2 drachms

water to 6oz

Take 1/2 oz every 2 hours for three doses, then every 4 hours.

[Page 104]

For Pleurisy or Pneumonia

The chest should be kept covered with flannel covering out of hot water, put around the chest and covered with oiled cloth or macintosh cloth. This to be continued until the pain abates, and then cotton wool in the same way should be laid round the chest. For pleurisy, Aconite or Tartar Emetic with Morphine are best. For pneumonia, take

Liq. Ammon. Acet. Concent. 2oz

Wine of Ipecac 1 drachm
Tinct. Camphor Co. 2 drachms
Water to 12 oz

Take 1oz every 2 hours for 4 doses and then every 4 hours.

If pain [lingers] apply a [] without hesitation. If at first there be pain in the chest, the T. Camph. Co. may be increased to 4 drachms, and 1 grain of Tartar Emetic added to the mixture.

[Page 105]

Blisters

If common blistering [pla] be used, it should be kept on in a grown person for 8-12 hours (as a rule), then shift [] with ointment, but in a young child, the blister should be looked at and if there be any sign of rising, it should be taken off and a bread poultice applied, and it will rise under this. Cotton wool is then the best dressing.

If [flushing] fluid be used, it must be painted on with a brush and attended to as above. For a child one coat is enough.

[Page 106]

For Colic in Children

If probably due to some improper food, give Ipecac wine (An emetic never hurts a child) give half a teaspoonful of the wine every ten minutes till the child vomits and then give plenty of warm water to drink. [Then] wait till all sickness has stopped the then give a dose of castor oil (but mixed with twice its quantity of hot milk and a little sugar and well shaken up). If pain continues, put warm flannel behind and round the stomach. It stomach tight from wind sprinkle a little turpentine and oil on the flannel.

For Flatulence,

Take

Carbonate of Magnesia $\frac{1}{2}$ drachm
Sal Volatile $\frac{1}{2}$ drachm
Spirit of Chloroform $\frac{1}{2}$ drachm
Compound Tinct. of Camphor $\frac{1}{2}$ drachm
Water 2 oz
Give a teaspoonful every 2 hours.

[Page 107]

For Constipation

For a child – castor oil or Gregory's Powder. For Sprott say 10 or 12 grains given not in [] which is acid, but in ginger syrup or treacle, repeated in 6 hours if need be.

A stronger dose is Compound Scammony Powder. One grain of Calomel with this is an excellent dose. This may be repeated in 5-6 hours but if this second dose does not act, it is best not to give more medicine but to use an enema – say $\frac{1}{2}$ pint of soapy water, warm. This is almost sure to act. See Page 117

For grown people, the [pills] in the chest Pil Col and [H] 2 for a dose or the Pil [Hyd with Col.] a little stronger. Vide Page 116. I have out the recipe for the [] I have used myself now for 20 years.

For Diarrhoea

1. Take

Prepared chalk $\frac{1}{2}$ oz

Gum Arabic $\frac{1}{2}$ oz

Spirit of Chloroform 2 drachms

Camphor

Water to fill a wine bottle

Take a wineglassful three times a day. If many people need this, take double quantities and give 1oz as the dose. If much pain with it add Laudanum 1drachm. It is not much good unless well shaken when used.

2. For home use take;

Chalk 2 drachms

Carbonate of soda $\frac{1}{2}$ drachm

Spirit of Chloroform 1 drachm

Glycerine 2 drachms

Compound Tinct of Camphor 2 drachms

Water to 6 oz

Dose 1oz three or four times a day.

For Sprott 2dr of this would do very well.

If there be straining with this add five drops of Ipecac wine to each dose.

3. For Children,

If the motion be slimy and offensive, take

Grey Powder 10 grains [Hyd. with Cut.]

Dovers Powder 4 grains [Patr Ipec Co]

Sugar 6 grains

Mix and divide into 4 portions and give one at bed time. In the day give

Prepared chalk 3 drachms

Gum Arabic 3 drachms Carbonate of Soda 12 grains

Glycerine 3 drachms

Water to 2oz.

Add 1 drachm Paregoric if there be pain.

Dose two drachms every 4 hours. The warm wet bandage round the stomach is always useful.

If in pain add Paregoric 1 drachm.

For Diarrhoea in Adults if the chalk mixture does not stop it.

Take;

Acet. Plumb. (Sugar of Lead) 30 grains

Liq. Morphial 4 drachms

Glycerine 2 drachms

Water to 6oz

Mix. Dose 1/2oz in water three times a day.

I have found excellent:

Bismuth 1 drachm

Chalk 2 drachms

Glycerine 2 drachms

Chlorodyne $\frac{1}{2}$ drachm

Water to 6 oz

Take 1 oz every 4 hours

For Sprott 2 dr of this very good

For Baby 1 dr every 4 hours

[Page 111]

For Dysentery, known by blood and slime passing with much straining

Take Prepared chalk $\frac{1}{2}$ oz

Gum Arabic $\frac{1}{2}$ oz

Ipecac wine 2 drachms

Liq. Morphial 2 drachms

Glycerine 2 drachms

Water to 12 oz

Take 1 oz every 2 hours for 3 or 4 doses, then every 4 hours.

If pain severe, put 4 drachms of the Morphia.

If this does not relieve, give Ipecacuanhae Powder 20 grains every 4 hours adding 10 drops of Laudanum to each dose.

With this at first have poultices over the bowels and afterwards turpentine on flannel.

[Page 112]

Diarrhoea

Often relieved by;

a teaspoonful of carbonate of soda in a tumblerful of water, and take a teaspoonful every ten minutes. This can be tried before anything else.

If spasmodic pain in the bowels, Chlorodyne 5-10 minims in water is often most useful.

If dysentery with pain; a warm flannel sprinkled freely with turpentine and oil very useful.

For Summer Diarrhoea,

frequent very watery motions with cramp pain in the bowels, take

[Page 113]

Dilute Sulphuric Acid 2 drachms

Spirit of Chloroform 2 drachms

Compound Tinct of Camphor 2 drachms

Sugar 4 drachms

Water to 12 oz.

Dose 1 oz every 2 hours

(The following is not in Sprott's or Aggie's handwriting)

Powders for Dysentery

½ Dun chalk

20grains Bismuth

Dysentery Mixture

80 grains Gum

160 grains Bismuth

120 drops Laudanum

8oz water.

[Page 114]

(Back to Dr. Sprott's handwriting)

Tonic when liver does not act well and skin sallow.

Take a good pinch of Quassia chips and pour on them a pint of boiling water and let it stand half an hour. Pour off and add dilute nitric acid 2 drachms and sugar 1oz. Take a wineglassful three times a day.

[Page 115]

If two doses of active medicine fail to take effect, it is best then to use an enema.

To make Liq. Morphial

Take;

Muriate of Morphia 8 grains

Spirit of wine 4 drachms

Water 12 drachmas

Dissolve. Used instead of Laudanum to soothe pain and is lighter on the stomach but less astringent. Dose 10-30 minims. 10 minims for cough several times a day. For example, the cough mixture Page 100, 2 drachms of the solution may replace the 4 of Paregoric. But for children, the Paregoric is best.

[Page 116]

Active Aperient⁹ Pills

Take Calomel 1 drachm

Compound Colocynth 2 grains

Extract of Colchicum 24 grains

Extract of Henbane ½ drachm

Powdered ginger ½ drachm

Mix and divide in to 48 pills to be coloured or sugar coated. One or two for a dose.

For the labourers, a good purgative is 20 grains Jalap with ½ oz of Epsom salts in a cupful of water.

This is made stronger by the addition of ¼ grain of Tartar Emetic. A good mixture would be Jalap 3 drachms

Epsom Salts 4 oz

⁹ Laxative

Tartar Emetic 3 grains

Water to fill a wine bottle. Of this, 2oz (but with some water added) would

[Page 117]

make a wholesome dose, and is perhaps better than giving them Calomel.

For children, Compound Scammony powder 2-3 grains for infants, 4-8 for children as Sprott, mixed with sugar or jam. If liver [disordered] of [skin] brownish, add 1-2 grains of Calomel.

For worms, Santonin is best in sugar. 2-4 grains for Ella, 5-8 for Sprott.

[Page 118]

Tonic to Purify the Blood

Take; Tinct. of Muriate of Iron 2 drachms

Chlorate of Potash 4 drachms

Glycerine 4 drachms

Water to 12 oz.

Of this, an once three times a day. A child of 10 half the quantity, Sprott (4) a quarter that or 2 drachms or 3 may be given.

Very good and safe

(in a different hand, on note paper)

For Sprott.

Powdered rhubarb 2 grains

Calomel 2 grains

Soda bicarb 3 grains.

Make one powder, mix.

Give one powder occasionally.

(signed) W.C. Macdonald. [Dr Macdonald was Aggie's doctor at Ripple Creek]

[Page 119, in Sprott's hand]

If a child be attacked with diarrhoea, it is well to give first a moderate dose of Castor oil to clean out the bowels. The try;

Take Carbonate of soda $\frac{1}{2}$ drachms

Ipecac wine $\frac{1}{2}$ drachm

Paregoric 1 drachm

Glycerine 1 drachm

Water to 3 oz.

For Sprott 2 drachms; Baby one every 3 or 4 hours.

Notice the motions. If too pale or very dark or offensive, give at bed time for 2 or 3 nights the powder No 1 Page 109. If the [passing] is not much, continue the above mixture; if considerable, the mixture No. 2 Page 108. If this fail, the Bismuth mixture No. 2 Page 110.

When [passing] off, try a tonic

Infusion of [] 1 $\frac{1}{2}$ oz

Lime water 1 $\frac{1}{2}$ oz

Ipecac wine $\frac{1}{2}$ drachm

Paregoric 1 drachm

Glycerine 3 drachms

Water to six oz
Take 4 drachms, three a day.

[Page 120]

The diet is all important. No salted food. No pastry. Vegetables in moderation, Beef tea in small quantities, thickened with sago or rice. Milk and water. Milk with lime water. If the bowels are in pain and feel hot to the hand, the hot compress should be kept applied and the child kept in bed.

USES OF MEDICINES IN CHEST Pages 131-156 (in Dr. Sprott's hand)

[Page 131]

Gum Arabic. For diarrhoea mixture and cough mixtures as [] ciage], $\frac{1}{2}$ oz of gum in a six ounce bottle of mixture

Creta prep. For diarrhoea mixture. For Burns too. Take a teacupful of salad oil (olive oil), and mix with it in the mortar chalk enough to be of the thickness of thick cream. This to be smeared over the burn.

Castor oil. Best given to children in a double quantity of hot milk sweetened with sugar. For an Open Wound, and excellent application – a piece of lint soaked in it.

Carbolic Acid. Used as disinfectant. Also in Whooping Cough. An ounce of this oil put in a kettle of water and kept boiling – the vapour beneficial.

[Page 132]

Hartshorn and oil. A stimulant, rubbed in on swollen glands and for rheumatic pain or neuralgia.

Liq. Ammon. Acet. Concent. This is four times the strength of the ordinary liq. but loses by keeping. Used in fever and colds to promote perspiration. 1oz put in a wine bottle with 2 drachms of dilute nitric acid and 1oz of sugar. Take 1oz every 3 hours.

Eye Lotion. In inflamed eyes, to be used after bathing with warm water, three times a day.

Glycerine. Used in lotions to prevent them drying. Dropped into the ears to keep the passage moist. Used to sweeten mixtures, as it does not turn off like sugar syrup. In internal piles with bleeding a dessertspoonful nights and morning has been found very useful.

Spir. Eth. Nit. Used to promote [Page 133] perspiration and increase flow of urine. Use too in cough mixtures in extra minim doses with ipec wine etc.

Spir. Amm. Arom. Sal Volatile. Stimulant faintings or nervousness. 30 drops in Camphor water always safe. This good too in nervous headache.

Tinct. Camph. Co Paregoric. A mild preparation of opium. Safer than Laudanum with children (vide page 106). Very useful in cough mixtures (vide pages 100-102)

Sweet oil. Useful in teaspoonful doses as mild laxatives in children. Used in making camphor liniment, mixing with chalk for burns etc.

Turpentine. Ten drops on the top of a little water useful in lumbago, taken three times a day. Good too in [distress] from flatulence. Valuable in haemorrhage from the bowels. Best taken in a teaspoonful of salad oil. Good too in [Page 134] loss of blood after confinements. A teaspoonful may be taken in a tablespoonful of Sweet oil by the mouth, or a tablespoonful mixed with a wineglassful of oil and half a pint of cold water used as an enema. For outward

use very valuable. Sprinkled freely on warm flannel but not the skin, with a piece of dry flannel over this. For children or tender skins, equal parts of turpentine and Sweet oil most valuable. Kept on till the skin is reddened.

Lin. Saponis.

A mild stimulant rubbed in over swollen glands, or mixed with Laudanum. 1 oz of the Lin. to 1 drachm Laudanum. When there is pain as in mumps etc, and for children with stomach ache.

Ipecac Wine. An emetic for children, 20-30 minims every 10 minutes [*Page 135*] till vomiting ensues. This is always a safe proceeding in young children before using an aperient. For cough medicines and to promote perspiration (vide pages 100-104). Valuable as an emetic in croup and whooping cough. In the latter, good at bedtime to clean the chest for the night. In croup, it should be the first thing given.

Carbonate of Soda. Used in acidity of stomach, Heartburn, Diarrhoea. In Rheumatism of the joints. A dessertspoonful of soda dissolved in warm water and a piece of flannel soaked in this put round part. Dose 10-20 grains.

Gregory's Powder. Valuable mild aperient especially with acidity of stomach and sick headache. Good for children and safe in dose of 5-10 grains; for adults a teaspoonful. [*Page 135*]. The taste of Rhubarb which it contains is best covered by milk.

Jalup [or Julap or Jalap]. Purgative. Not for children. Dose 10-20 grains. Five grains of Calomel and 10 of Jalup make active and excellent purge.

Diarrhoea Powder. Stronger than the ordinary chalk mixture. For grown people, 20 grains very good in water, repeated as required.

Potass Nit. Saltpetre. Used as cooling medicine in Rheumatism with fever and Pneumonia. Dose 10 grains every 4 hours with Ipec. wine.

Bicarbonate of Pottass. Used like carbonate of soda, but acts more on liver. $\frac{1}{2}$ a drachm in half a tumbler of water good in the morning after aperient pill. Used if urine high coloured or with red sediment; 10-20 grains three times [*Page 137*] a day. Much used in Rheumatic Fever, 20 grains every 4 hours by itself, or as an effervescent draught with a dessertspoonful of lime juice.

Magnesia. Mild aperient and antacid. Useful in acidity of stomach. A teaspoonful of this and a teaspoonful of Epsom Salts mixed and taken in the morning in half a tumbler of water an excellent cooling aperient.

Bismuth. In doses of 5-10 grains used for indigestion, especially pain coming on in stomach half an hour after meals. Should be taken before eating and is well combined with an equal portion of magnesia. Good to in diarrhoea, 10 grains three times a day can be tried. If chalk motion fails It makes the motion dark.

Potass. Bromid. Valuable sedative. Soothes the nervous system. [Scaring] [Page 138] relieves pain but gives sleep
[Much of this page is obscured by a glued piece of paper.]

Lin. Iodi. Used only as external irritant. Stronger than the Tincture. Should be painted once a day till [blistering] begins and then stops.

Tinct. Opii. Used to relieve pain and give sleep. In dose 5-30 [Page 139] minim, the last a full dose. For repetition every 4 hours or so. Ten minims enough as in bowel complaint. For cough 5 minims finally enough. Useful in external liniments.

Salicine. Prepared from the willow as quinine from the cinchona. Used in same cases as quinine and often borne when quinine is not, valuable to use.

Balsam of Copaiba. For gonorrhoea chiefly. Take say Balsam of Copaiba 4 drachms, Liq. Potass 4 drachms, Gum Arabic 4 drachms, Oil of peppermint 5 drops. Mix in Mortar and add water to 12oz. Take 1oz three times a day.

Liq. Arsenicalis. Valuable in most chronic skin diseases. Take of the Liquor 1 drachm = 60 minims, Liq Potass 2 drachms, water 6oz. Dose $\frac{1}{2}$ oz three times a day after food. To be stopped if sickness is felt or bowels relaxed or [Page 140] eye itch. Wait 2 or three days or more and then begin again with 40 minims in the mixture in place of 60.

Acid Sul. Oil. Used with quinine to dissolve it. 5-10 minims in each dose. Used also to check excessive perspiration. Good as a tonic with infusion of [shiapria] 2 drachms in wine bottle of it. Take a wineglassful three times a day. It may be sweetened. Also in summer diarrhoea vide page 113.

Liq. Plumb. Acet. Used for cooling lotion. A tablespoonful in a pint of water.

Tinct. of Ergot. Used for internal hemorrhages but chiefly for uterine haemorrhage. Valuable in promoting and ensuring contraction of womb in confinements. Give 30 minims in water as soon as baby is born having the dose ready beforehand, and another dose same strength when the afterbirth comes. But it may be used in bleeding from the nose or spitting of blood.

Potass. Chlorat. Mild saline tonic and valuable as purifier of the blood. Used in some mouth sores on the tongue. For adults 20 grains three a day. For children 3-5-10 grains in water sweetened. As local application to the mouth valuable. Potass Chlorat 1 drachm, glycerine 2 drachm, water 1oz used with a brush frequently. As a gargle, $\frac{1}{2}$ oz in a winebottle of water. As a tonic often valuable when blood poor in [Pass].

Zinc Sulph. Emetic in case of poisoning. $\frac{1}{2}$ drachm in water, repeated in 10 minutes if need be. An eye lotion, 1 grain to the oz of water.

[Page 142]

Liq. Morphine. Same uses as Laudanum but only half the strength. 10 drops equal to 5 of Laudanum. Used internally when opium is used. Is thought to sit lighter on the stomach. Made by dissolving 4 grains of morphine in 1oz of spirit. Whiskey will do.

Lin. Colchici. Used in joint and rheumatism, chiefly the former. Used with Bicarb. Potass. in say 15 minims to 5 grains three times a day. A [dissuping] medicine at times and needs care.

Tinct. Ferr. Mur. Steel drops. Tonic for poorness of blood. 10-30 drops. Very safe. Used where menses scanty or absent. Much advised in Erysipelas in full doses say 30 minims three times a day or [Page 143] some oftener. Also in Sciatica and Lumbago in same dose. All salts of Iron blacken the motion.

Tinct of Digitalis. Used in weakness of the Heart in doses 5-10 drops three times a day and in [Dr____] 10 minims with Cream of Tartar $\frac{1}{2}$ drachm three times a day.

Tinct of Valerian. In hysteria and nervous depression 30-40 minims three times a day.

Pulv. Caliche Comp. Useful in diarrhoea. To be tried if simple chalk mixture is not enough.

Cupri Sulph. Used to touch indolent sores with, rubbing the surface gently once a day.

Pulv. Ipecacuanhae. Emetic in doses of 30-60 grains. Repeated in 15 minutes if required. In acute dysentery valuable in doses of 20 grains every 4 hours. A good result should be seen in 24 [Page 144] hours. To be repeated whether takes place or no.

Gallic Acid. Used for haemorrhage of any kind from Lungs etc but chiefly uterine. 5 grains 3-4 times a day, but 10 if bleeding severe, repeated in 2 hours. Used also for internal piles, 1 drachm mixed with 1oz of lard and 20 grains opium.

Tinct. of Ginger. 20-30 minims in water good for flatulence.

Compound Scammony Powder. Excellent purgative for children. 1 grain Calomel and 3-5 of the powder for child 3-5 years old. Good for worms.

Liq. [Pitussae]. Not much used, but good for acidity of the stomach and pink sediment in urine. 20-30 minims three times a day, but in milk.

Pil. Coloc et Hyoscy. Good, ordinary pill [Page 145] Two for a dose, repeated in 6 hours if need be.

Alum Powder. Astringent. 1 oz in a quart bottle of water makes lotion used for hardening the skin. Used in haemorrhage. Dose of 10 grains every 4 hours.

Syr. Ferr. Iodid. When [steel] is needed.

Pil. Hyd. et Col. A good pill for common use. A little more active than the last pill and acts more on the liver.

Pil. Aloes et Myrrh. Used when menses deficient, and in habitual constipation. One or two may be taken every night with a tumbler of cold water in the morning till a daily effect is produced. Then every other night and so on till they are left [Page 146] off altogether.

Tinct of Nux Vomica. Powerful nerve tonic. Best given with dilute Nitric Acid. In nervousness given with Tinct of Valerian and [____]. Dose 5-10 minims three times a day.

Tinct. Arnica. Chiefly used for external bruises as lotion, $\frac{1}{2}$ oz to 6 oz water.

Tinct. of Belladonna. Not of much use in family medicine. Used in Neuralgia.

Pills of Ipecac. [Used well] in cough with difficulty in getting up phlegm. One every 4 hours.

Pulv. Cret. Aromatic. Good in diarrhoea. Put 2 drachms with as much gum Arabic in a mortar and mix up with 6oz water. Dose 1oz every 4 hours.

[Page 147]

Ferr. et Quin. Cit. Excellent tonic. 5 grains three times a day in water.

Potass. Iodid. Alternative. Good in rheumatic pains, sitting coarse in lard. Valuable in Syphilis. Dose 5 grains three times a day. In syphilis 10 grains. Some people cannot take it. It brings on violent running from the nose and swollen face. If it cause feeling of depression, add Sal Volatile 30 minims to each dose.

Pulv Opii. To relieve pain. Used in ointment. Not so useful internally as Tinct of Opium or Liq. Morphia.

Calomel. Valuable as purgative and combined with Jalap or Compound Scammony Powder. Good by itself in fever. Dose 3-5 grains at bedtime and in saline [Page 148] draught in the morning. Well borne by children. 1 grain to a baby 1 year old, and 2 to one of 3-4.

Hyd. with Cret. Grey Powder. Valuable for children when bowels out of order. Motions slimy and offensive, 2-3 grains every night. If B. relaxed, 1 grain of Dovers Powder may be added, with a little sugar mixed up with it.

Creosote. Good for toothache in a hollow tooth. Not [wanted] for family medicine.

Oil of Peppermint. For flatulence. 1 or 2 drops on sugar or in water. A few drops rubbed on the skin is a Chinese remedy for neuralgia. 4-5 drops good in a batch of chalk mixture for diarrhoea.

Acid Nit. Fort. is used only as caustic [Page 149] to make dilute acid. Take 1 drachm of acid and 9 of water and mix.

Argent Nit. Lunar Caustic. Not useful in family medicine internally. For venereal sore, applied every other day and surface dressed with blue ointment, or if none, with 20 grains of calomel rubbed up with $\frac{1}{2}$ oz of zinc ointment.

Liq. Ammon. Fort. Loses strength by keeping and becomes like the ordinary Liq. Ammon. which is 1 part of the strong to 2 of water. Mixed with oil, then water, then Hartshorn oil, used for [Page 150] stimulant liniment. Is good for rheumatic pain, swollen glands etc, stiff joints etc.

Ol. Crotonis. Croton Oil. A strong purgative used in doses of 1 drop in a pill, or an ounce of [Munlagi] if ordinary purgatives fail. Valuable for external use. 1-2 drachms of this mixed with an ounce of olive oil, rubbed in to skin every 4 hours till a fine rash comes out, and then stopped. Most useful as [co ____] irritation in stead of blister. Used in consumption below collar bone, pains of chest and stomach; behind the ear for headache and inflammation of the eye. When the eruption dies away it can be used again.

Liq. Morphial Mur. Same use as [page 151] Laudanum but often sits better on the stomach. Half the strength of Laudanum. Dose 10-60 drops. 10 refer to first cough etc. 30-40 to [dull] severe pain. Made by dissolving 8 grains in 2 ounces of spirit. Whiskey will do.

Liq. Atropiae. Used in inflammation of the eye. Little wanted in family medicine. A drop put in thrice a day. Keep the pupil open.

Pulv. Antimoniales. Used to promote perspiration and lower fever. Good combined with calomel in internal inflammation; say 5 grains and 2 of calomel every 4 hours.

Ceric oxales. [____] used I quieting sickup during pregnancy. Dose 3-5 grains three a day or of [times].

Hydrocyanic or Prussic acid. Used to quiet sickness and vomiting. [Page 152] Dose 2-3 minims in water. Good too, combined with bitter tonic to quiet palpitation of heart. Not much used in family medicine.

Pil. Opii. Opium pills, to quiet severe pain. One for a dose and repeat in 4 hours if need be.

Salicylate of Soda. Much used of late in Rheumatism and seen to be most valuable. Dose 10 grains in water 3-4 times a day, or every 4 hours if high fever.

MEDICINES TO BE ADDED (in Dr. Sprott's hand)

Acetas plumbi. Sugar of Lead. Used internally for spitting or coughing blood in doses of 3-4 grains combined with opium. Externally 1 drachm in a quart bottle of water makes [Page 153] a mild astringent lotion. Good for bruises, weak eyes, open sores, though for the last, sulphate of zinc is better. 1 drachm in a quart of hot water with 1 scruple¹⁰ of powdered opium makes an excellent formulation to relieve pain of joints etc.

¹⁰ A scruple is about 1/3 of a drachm

Chloradyne. The wrappers give its virtues and doses. It drops readily and 5-10 drops in water relieves colic for many effectively. Used in diarrhoea, dysentery etc. This must be kept in a small bottle. If this be finished, fill it from the large bottle.

Antimon Tart. Tartar Emetic. A powerful emetic and [adpirant] to laxative medicines. Emetic 2 grains. To [a first] purgative $\frac{1}{4}$ to $\frac{1}{2}$ grains. Valuable 1 drachm well rubbed up with 1oz lard [Page 154] and this rubbed in where pain is felt twice a day, till a rash comes out, then stop. In pleurisy with hot skin and a good deal of pain; take Tart Emetic 3 grains, Laudanum 1 drachm, sugar $\frac{1}{2}$ oz, water 6 oz. Give of this 1 oz every 4 hours for 3 doses and the $\frac{1}{2}$ oz unless it cause much nausea. It will lower the fever.

Potass. Bitart. Cream of Tartar. Valuable as a diuretic and, used with Jalap, as a laxative. Very useful for cooling drink in fever, unless the bowels are purged; and for a summer drink flavoured with lemon of lime.

Ammonial Mur. Muriate of Ammonia. Valuable as acting on the liver, for headache and several neuralgic pains [Page 155] especially face ache. Dose 10, 20, 30 grains, the 20 perhaps best inn water. A nauseous salt. For the liver 10 grains three times a day in water.

Tinct. of Chiretta. An Indian bitter. Valuable for its action on the liver and as a bitter tonic, lighter than Quinine, and not affecting the head. Good in want of appetite, sinking of stomach etc. Dose 10-20 minimis, but 20 make it pretty bitter. Take say

Tinct of Chiretta 2 drachms,

Dilute Nitric acid 1 drachm

Sugar $\frac{1}{2}$ oz or glycerine 2 drachms

Water to 12 oz.

Take 1oz three times a day before meals. If there be acidity and flatulence, in place of the acid add [Page 156] Carbonate of Soda 1 drachm, Spir. Ammon. Aromat. 4 drachms, Water to 12 oz.

Sulphur. For ointment in itch, rubbed in twice a day. To an ounce of ointment add 10 drops Carbolic Acid as more efficient. In chronic rheumatism, pains in the joints, a flannel bandage sprinkled with sulphur and then applied is very good. Internally, 20 grains mixed with milk magnesia and a little ginger a gentle laxative especially in piles. Or it may be combined with Cream of Tartar 20 grains and Rhubarb 10 grains. Good for same complaint.

REMEDIES Pages 160-172 (in Dr. Sprott's hand)

[Page 160]

For Women

If the menses do not appear at proper time (unless with good reason), take Aloes and Myrrh pills (in Box), two every night or every other night according as they act. In the day, 20 drops of Syrup Ferr. Iod. in water three times a day or Tinct. Ferr. Perchloride 15 drops in sugar and water. Use mustard and water to [feet] and sit in warm hip bath.

If the return be attended with much pain, use hip bath. Put poultice of mustard and linseed over lower stomach. Unless the bowels are pretty open, take Epsom salts $\frac{1}{2}$ oz with 10 grains of Magnesia and then Paregoric $\frac{1}{2}$ drachm with Spirit of Chloroform 20 drops in water every 4 hours.

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If excessive, see that this is not kept up by confined bowels, then try Dilute Sulphuric Acid 2 drachms, Alum 2 drachms, sugar 1 oz, water to 12 oz (a pint bottle). Take 1 oz every 3 or 4 hours, in water if preferred. If this fails in 5 or 6 doses, try Gallic Acid 10 grains in water every 4 hours. [] Tinct of Ergot 20 drops in water every 4 hours and lastly, Turpentine 10 drops and Tinct of Iron 10 drops, glycerine 1 drachm water 1 oz every 4 hours. Keep lying down on hard bed, and take no hot drink or food.

If miscarriage threatened, perfect rest and take Bromide of Potass 10 grains, Liq. Morphial 20 drops, Water 1 oz; repeat this in 2 hours and afterwards every 4 hours till 4 doses are taken.

[Page 162]

At Confinement. If pain short and sharp, more in stomach than back and without much bearing down, take Bromide of Potass 10 grains, Liq Morphine 20 drops. As soon as child is born, give Tinct of Ergot 30 drops in water with 10 of spirit of chloroform, and when after birth comes, the same again. Keep left hand firmly on lower part of stomach where womb should be felt like a hard ball. Put [bonding] firmly in. If the flow continues in excess, give spirit of Turpentine 20 drops in 1 drachm of glycerine with 1 oz of water and repeat in 2 hours. If this fail use enema with 1oz Turpentine and 2oz Sweet oil, and following this with $\frac{1}{2}$ a pint of cold water. For after pains, the Bromide of

[Page 163, blank]

[Page 164]

For the Labourers

The most common complaints are of headache or diarrhoea. For the first, if the bowels are not relaxed, a purgative is best, say Jalap 20 grains, Epsom Salts $\frac{1}{2}$ oz, to which if head hot or any general feverishness, add $\frac{1}{2}$ grain Tartar Emetic. If headache continue after bowels purged, give Ammon. Mur. 20 grains three times a day in a wineglassful of water. If pain obstinate, paint the nape of the neck with blistering fluid, two coats and then a piece of cotton wool. In [snapping] the blisters do not remove any of them. If it comes off the surface under the [dose], drip with Zinc ointment.

[Page 165]

If head hot, a good lotion is vinegar and water, or Take Salt 2 drachms, Liq. Ammoniae 4 drachms, camphor water 1 pint.

For pain in the chest or stomach, a mustard poultice always appreciated and generally of use. This may be repeated in 5 or 6 hours but if the pain continue, blistering may be directed.

If after the bowels are purged there be general heat of skin and uneasiness, the following is good; take Liq. Ammon. Acet. Concentrat. 1 oz, Acid Nitric Dilut. 1 drachm, sugar $\frac{1}{2}$ oz, water to 12 oz (a pint bottle). Take an ounce every 3-4 hours. If with this there be cough or pain in the bowels, add [Page 166] Ipecac wine 1 drachm, Paregoric 4 drachms.

If with feverishness there be any distinct recurring chills, Quinine 3-4 grains may be tried before the chill comes on. If this distress the head, try Salycine instead, 4-5 grains. When the fever is passing off, Quassia with Dilute Nitric Acid, as follows; Take Quassia chips a pinch, Cold water 1 pint, let it stand an hour. Take of this 12 oz. Dilute Nitric Acid 2 drachms, Sugar 1 oz. Take an ounce (in water if preferred) three times a day. If the bowels be rather relaxed, take Quassia infusion and lime water each 3 oz. Mix and take 1 oz 3 or 4 times a day. 2 drachms of [Page 167] Paregoric can be added if needful.

In fever, Cream of Tartar water. A teaspoonful of it in a quart of hot water, a little sugar and lemon peel or lime peel to flavour is excellent as a drink unless the bowels are relaxed.

For skin eruptions of long standing, Arsenic (Liquor Arsenical) in doses of 5-6 drops three times a day in water after meals, and probably best to be stopped if it cause sickness or purging or much itching of the eye. It can be stopped for a week and begin again.

For itching with small dry pimples, Carbolic Acid 2 drachms in a wine bottle of water makes a good lotion to rub the skin with. It may be used 2 drachms to the pint if need be. See page 171.

[Page 168]

For pain in the limbs or joints without fever (probably rheumatic) and especially if worse at night, Potass. Iodid. $\frac{1}{2}$ drachm, Potass. Bromide 1 drachm, Camphor water 6 oz. Take 1 oz three times a day.

For local pains, a liniment. Take Liq. Ammonial, Turpentine, Laudanum of each $\frac{1}{2}$ oz. This well rubbed in is useful too after sprains. If pain very sharp, 2 drachms of chloroform added make it more soothing.

For diarrhoea, I find the following very good. Take, powdered Ipecac 6 grains, powdered opium 6 grains sugar 2 drachms, prepared chalk 6 drachms. Divide into 12 portions [Page 169] Take one every 4 hours. The ipecac, opium and sugar well rubbed up together before the chalk is added. If this fail, I have found very good the Bismuth mixture No. 2 Page 110. Indeed, 5-10 drops of chloroform in water are often efficient as that anything else. Dr [Hanwick] tells us he gives Tincture of Camphor. This is the usual homeopathic remedy, and I believe that 20 drops of Tincture of Camphor on sugar will often be enough, and better still with 10 drops of Spirit of Chloroform added.

For open wounds; water, sulphate of zinc 1 drachm in a quart bottle, with a little carbolic acid added, $\frac{1}{2}$ drachm to an oz, if wound slow to heal, Zinc ointment. If wound slow to heal, Resin ointment.

For cut hands; wash clean and bring edges together with plaster etc See Napheys¹¹ p. 245.

[Page 170]

¹¹ George H Napheys 1842-1876. Prolific author of medical texts and handbooks.

Sprains. Bathing with hot water, as warm as can be borne, with compress. 1 drachm sugar of lead and 20 grains of opium in a quart of hot water make a good formulation. After this gentle rubbing with camphor oil.

For Bronchitis or Asthma see directions. For the former, the recipe page 104 for pneumonia is very applicable; so is that Page 100. Besides mustard poultice etc, in a strong person No 2 Page 103 may well be used. If it cause a little sickness no harm is done. A good medicine when any sickness is doubtful, but complained of as not very palatable is; infusion of Quassia 6 oz, Muriate of Ammonia 2 drachms, Epsom salts 4 drachms or 1oz, Water to 12 oz. [Page 171]. A wineglassful of this ought to be very fine, and may be repeated safely.

For itching of the skin. If the skin is at all inflamed, a good cooling lotion is made by putting 1 drachm of sulphate of lead and one of carbonate of soda in a quart bottle of water. To be shaken when used and then aided internally by Epsom salts 2 oz, Dilute Sulphuric Acid 2 drachms, sugar 1 oz, water to fill a wine bottle. Take a wineglassful every morning. If skin not inflamed, sulphate of zinc 1 drachm with one of dilute sulphuric acid in a pint bottle makes good lotion.

To keep insects from open wounds. Carbolic Oil. One part of acid to 30 of oil as good as anything.

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I see in a note of mine a recipe with Carbolic Acid for diarrhoea which may be like the Carbolic recommended by Mr Carr. Take Carbolic acid 20 minims, Paregoric 12 drachms, Glycerine 4 drachms. Mix. Give of this 1 drachm in a wineglassful of water every 3 or 4 hours.

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BABY'S BOOT. Pages 181-183 (Knitting pattern in Agnes' hand)

Cast on 49 stitches

1 Row. Knit Plain

2 Row Slip 1. Make 1. Knit 22. Make 2. Plain to last one, then Make 1

3. Knit plain

4. Slip 1. Make 1. Knit 25 Make 3. Plain to end

5. Knit plain

6. Slip 1. Make 1. Knit 27. Make 3. Plain to last one. Make 1

7. Knit plain

8. Slip 1. Make 1. Knit 30. Make 3. Plain to last one then make 1

9 Knit plain

10. Slip 1. Knit 33. Plain to end

11. Knit plain

12. Slip 1. Knit 35. Make 3. Plain to end

13. Plain

14. Slip 1. Knit 37. Plain to end

15. Plain

You should now have 78 stitches on needle. Now work plain 8 rows. Then take 43 or 45 stitches on needle. Knit two together. You should have 31 on other needle. Turn back slip. Work 12. Make 2 into 1. Repeat 11 times. Then make 3 into 1. Purl 3 to end of row. Purl next row. Repeat until you have 18 on each needle. You should now have 52 on needle. Knit 4 plain rows, then knit 2, make 1, knit 2 together, repeat to two last, then knit plain rows. Knit 2, make 3 into 1, purl 3 together, to the two last, knit plain. Purl next row. Repeat until you have made 8 of the [Eatteries], reversing each alternate row. What I mean is to make 3 into 1. At the end of 8 rows of pattern, knit 2, purl 2, repeat to end of row.

Do this 8 times and cast off.

Nov 15th 1878.

Word in London for telegraph Barroscope (*written in someone else's hand*)

NEWSPAPER CUTTINGS OF FAMILY NOTICES etc.

[Page 180]

THE LATE MRS. DR. G.J. DUNCAN. – Last week we had to announce the death of this estimable lady, the widow of a man whose memory will long be cherished by the Presbyterian Church of England. Dr. George J. Duncan, for many years the faithful and energetic clerk of the Synod of the Presbyterian body which forms the larger portion of the Church, died suddenly at Dumfries towards the close of 1868, leaving behind a widow, three sons and a daughter. Mrs. Duncan, though a native of Dumfries, and having many connections in the neighbourhood of that town, resided chiefly in London after her husband's death. She was a woman greatly distinguished for originality of mind and energy of character. She possessed also those qualities that gave a charm to domestic life, and especially adorn a loving and beloved mother. A number of years ago she published a very remarkable work, "Preadamite Man," which met with no small measure of public favour, and ran through several editions. Her active mind was frequently engaged in researches of a literary nature, but she never ventured to follow up her first work with a second publication. During the last years of her life she suffered much from severe attacks of illness, but the native strength of her constitution enabled her to struggle successfully against her prevailing malady. Attacked, however, by bronchitis in an aggravated form, she expired at her residence, 18 Pembridge Gardens on the 26th of December last. During the last few weeks of her life she had the happiness of being surrounded by all the members of her family, including her second son, Mr. S. Duncan Clark, of Toronto, with his wife and children. Other relatives, to whom she was much attached, also visited her shortly before she was called away. Having been permitted to look once more upon those most dear to her in this life, and to exchange with them many precious words of affection, she was with some suddenness summoned into the eternal world. But she was prepared for her call, and died in the hope of everlasting life through the merits of her Redeemer. By the death of Mrs. Duncan the Presbyterian Church of England has lost a true friend, and many benevolent institutions an ardent supporter.

[Unknown newspaper. *Isabelle Wright Duncan died 26 Dec 1878*]

At the British Consulate, Geneva, on the 27th July, afterwards on the 29th, at the Hotel Roy Clarens, Dr. HENRI LOUIS SCHAFFNER, eldest son of Monsr. FREDERIC SCHAFFNER VEVEY, to JESSIE MILLER, daughter of the late Rev. GEORGE LEWIS, of Dundee and Ormiston Free Church. (No cards). 1881 [*Dundee Courier 9 Aug 1880*]

AITKEN-ROBERTSON. At Ballanclerch, Stirlingshire, on the 6th inst. by the Rev W.L. McFarlan, of Lenzie, and the Rev. D.J. Ferguson, D.D., of Strathblane, Stephen Rowan Aitken, Colombo, Ceylon to Janet Georgina, daughter of Archibald Robertson Esq. 1881 [*London Evening Standard 9 Jul 1881*]

At 16 South Mansion-House Road, Edinburgh, on the 12th inst, Isabella Boyd, relict of John Erskine, Esq., of Clathick, Perthshire. 1881 [*Daily Review (Edin) 13 Jul 1881. Isabella Boyd Erskine died 12 Jul 1881. She was an aunt of Agnes' and left her estate to her sister, Agnes' mother*]

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DEATH OF REV JAMES FAIRBAIRN, D.D., NEWHAVEN. — We have to announce with regret the death of the Rev. Dr. Fairbairn, of the Free Church, Newhaven, which took place at his manse at eleven o'clock last Friday night. For some months the rev. Doctor has been labouring under a disease which it is known would sooner or later prove fatal. Dr. Fairbairn was born at Catcune, in the parish of Borthwick on the 16th December 1803, and so had just completed his 75th year. He received his early education at the parish school of Lauder, and went in 1818 to the Edinburgh University. On completing his theological studies he was laid aside by ill-health for some years, but was at length licensed on 29th April 1834, and afterwards accepted an appointment as assistant to Dr. Monteith, of Dalkeith. He continued there till he was elected minister of the *quoad sacra* church of Newhaven, where he was ordained on 25th January 1838. Dr. Fairbairn took a lively interest in the events which preceded the Disruption of 1843, and when the memorable day came he, with almost all his congregation, left the Establishment and joined the Free Church. They continued to occupy the same church till about 1848, when it was claimed by the Establishment and, after worshipping in a temporary building for some time, he was himself mainly instrumental in getting the present Free Church built, and subsequently, through his exertions, a manse was purchased. In 1876 the University of Edinburgh conferred on Dr. Fairbairn the degree of D.D. Dr. Fairbairn was an exceedingly genial, large hearted and loving man; his kindly and social qualities, combined with his conversational powers and extensive and varied knowledge, endeared him to a very numerous circle of friends, who held him in the highest veneration and esteem. As a pastor, Dr. Fairbairn was most faithful and diligent, devoting his whole time and energies to his congregation, the larger part of which was composed of the fishing population of Newhaven, for whose temporal as well as spiritual interests he laboured heartily, assiduously, and successfully. He much rejoiced when, in 1860, there was at Newhaven a remarkable revival of religion, and to his wise and judicious conduct of the work it was owing, under God, that it was so blessed. His love for his people made him refuse any proposal to remove to another sphere, where undoubtedly, as a preacher, he would have been more generally known. Strongly attached to evangelical truth, Dr. Fairbairn made the Gospel of Christ the groundwork of his pulpit ministrations, and his ripe scholarship, his rare acquaintance with literature in all its aspects, and his fine poetic feeling, enabled him to present the truth in a fresh, powerful, and attractive manner. His literary tastes and habits early led him to lay the foundation of the rare and valuable library which he leaves behind him. Dr. Fairbairn was the first to suggest, many years ago, the institution of a lectureship in connection with the Free Church, such as the Brampton Lecture in Oxford, and he had the satisfaction of seeing his long-cherished desire accomplished by the foundation in 1862 of the Cunningham Lectureship. Though he never took an active part in Church politics, Dr. Fairbairn was always deeply interested in them, and specially so during the controversy on the proposed union of the Free Church with the United Presbyterian Church, to which he was decidedly opposed, considering it to be inconsistent with the position taken up by the Free Church in 1843. In Dr. Fairbairn's death his congregation have lost a very affectionate and faithful pastor; the Church an able, honoured, and distinguished divine; his friend, one endeared to them by many loving ties; and all who knew him, one whose countenance was expressive of his heartfelt sympathy, affection and benevolence.

[Unknown newspaper. Rev James Fairbairn died 3 Jan 1879]

FRASER.- At Pau, on the 2nd inst, Lily Gordon, aged 19, second daughter of the Rev. William Fraser, M.A., of Free St Bernard's, Edinburgh. 1880
[*Glasgow Herald 3 Jan 1880*]

On the 28th February, at the British Consulate, St Malo, by special licence, and afterwards by the Reverend William Money at La Tréhérais, St Servan, Brittany, France, JAMES COLIN MONTGOMERIE, C.A., of Edinburgh, to ANNA GORDON RAINSFORD, third daughter of the late J.C.R. DUDINGSTON, Esq. of Sandford, Fife. 1880

[*Dundee Courier 3 Mar 1880. Agnes' uncle Alexander Boyd married Lucy Frances Dudingston, brother of J.C.R Dudingston*]

Another and very beautiful kind of enamel is that of Petabghar, in Bengal; the enamel is emerald colour of great thickness and transparency, and small gold figures of animals, birds etc., are let into the surface while still in a state of fusion. Some admirable specimens are exhibited in the jewel stall of Messr. Watson in the wooden building. This manufacture is confined to a few families, who use no other furnaces than holes made in the ground, in which they blow up the charcoal fire with the lungs.

[*unknown newspaper and date*]

Washing Silk Stockings. The best way to wash silk stockings is to make a good lather of curd soap and rain water: use it nearly cold, and then wash, rubbing as little as possible, and doing each stocking separate. Rinse in clear soft water: squeeze out the wet as much as possible in a soft cloth.: do not wring the stockings: wrap each one in a dry cloth, and when almost dry, rub them with a piece of flannel, always the same way. A small quantity of liquid ammonia should be added to the lather when black stockings are to be washed.

[*Leader (Melbourne), 4 Nov 1882*]

BRUCE.- At Dunimarle, Culross, on the 15th inst, William Bruce, M.D., Deputy-Inspector-General Hospital and Fleets, in his 86th year.
[*Dundee Courier 18 Jan 1879. Agnes' cousins, the Cuninghame family, lived at Balgownie House, Culross*]

ROBERTSON.- At 22 Abercromby Place, Edinburgh, on the 17th inst., Alexander Weir Robertson, chartered accountant, in his 60th year. Friends will please accept this intonation.
[*Aberdeen Press and Journal, 18 Jan 1879*]

On the 14th inst., at 21 Montagu-street, Portman-square, W., the wife of DAVID W. FINLAY, M.D., of a son. 1879

On the 14th inst., at 37 Westbourne-gardens, Glasgow, the wife of the Rev. Professor LINDSAY, D.D., of a son.

[*Dundee Courier 20 May 1879*]

BREMNER-BRUCE.- At Christ Church, Marylebone, London, on the 4th inst., by the Rev. Herbert Gray, A.A. Oxon, assisted by the Rev. George Carter, M.A. Oxon, William Bremner, only son of the late Lieutenant Alexander Robertson Bremner, 41st Regt. M.N.I. to Diana Harriet, only daughter of Major General Alexander J. Bruce, Late Madras Staff Corps.

[*Glasgow Evening Post, 6 Sep 1879. Agnes' father William Craufurd Brown served in India, and Agnes was born there, so this is the likely connection*]

CADELL - CUNNINGHAM.- At 50 Queen-street, Edinburgh, on the 28th ult. by the Rev. Principal Rainy, D.D., George Buchan Cadell, Liverpool, second surviving son of the late John Cadell, of Tranent, to Elizabeth Bagot, only daughter of the late James Cunningham, W.S.

[*unknown newspaper. Marriage was on 28 Oct 1879. Connection to Agnes through the Cunningham family*]

DUDINGSTON. – At his residence, La Tréhérais, St Servan, Brittany, France, suddenly, John Charles Rainsford Dudingston, aged 70, only son of the late Major John Dudingston, Fifeshire.

[*unknown newspaper. J.C.R. Dudingston died 22 Oct 1879. Agnes' uncle Alexander Boyd married Lucy Frances Dudingston, brother of J.C.R Dudingston*]

BROOKS-DAVIDSON. – At the Church of St Lesnio, Forest of Glen Tanar, on the 5th inst., by the Lord Bishop of Aberdeen, assisted by the Hon., and Rev., E. Tudor St John, and the Rev. James Slade, William Cunliffe Brooks, M.P., to Jane, daughter of Lieut. Colonel Davidson, Woodcroft, Edinburgh.

[*unknown newspaper. Marriage was on 5 Nov 1879. Connection is the Davidsons and India*]

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WAUCHOPE. At Malta, on the 21st inst., Helen Anne, fourth daughter of A. Wauchope, Esq., Airth Castle, Stirlingshire.

[*Dundee Courier 25 Jun 1878. Helen Wauchope was Robert Mitchell Boyd's first cousin and Agnes' second cousin*]

Wedding Gift. Among many handsome gifts presented to Miss Katie Grant, the Manse, Fordyce, whose marriage takes place today, is an elegant drawing-room time-piece, with other ornaments to correspond, bearing the following inscription:- “Presented to Miss Katie Grant by a few friends in the congregation of the Parish Church of Fordyce, on the occasion of her marriage, as a small mark of their respect Sept 1878.” Miss K. Grant begs to express her high appreciation of this mark of esteem, and to return her most grateful thanks to the kind donors.

[*Banffshire Journal and General Advertiser, 17 Sept 1878. Katie Grant was daughter of the parish minister, and married Mr. Stewart on 17 Sep 1878*]

BRUCE.- At Kilgraston, on the 30th ult., Margaret, younger daughter of the late Alexander Bruce of Kennet in her 72nd year.

[*Unknown newspaper. Margaret Bruce died 30 Dec 1879.*]

HANDYSIDE - SMART. - At 16, Lansdowne Crescent, Edinburgh, on the 20th inst., the Rev. James Grant, D.D., D.C.L.. assisted by the Rev. Sir Henry Wellwood Moncrieff Bart., D.D., of St Cuthbert's Church, Eliza Walsh, second daughter of P. D. Handyside, M.D., to Alfred Smart, The Priory, Lee, Kent,

[*unknown newspaper. Marriage was on 20 Dec 1878*]

ALLAN – DALMAHOY. – At 69 Queen-street Edinburgh, on the 14th inst., by the Rev. Alexander Whyte, M.A., Alexander Allan Esq., Coonoor, Madras, to Jemima, daughter of the late Patrick Dalmahoy Esq., writer to the signet.

[*Glasgow Evening Post, 16 Jan 1879*]

A marriage is arranged to take place between Lawrence Dalgleish, of Dalbeath and Roscobie, Fifeshire, and Ardshlignish, Argyleshire, and Miss Kate Davidson, youngest daughter of the late Major-Gen. Davidson, H.M.I.A.

[*John Bull, 16 Mar 1878. Connection is the Davidsons and India*]

BODDAM-WHETHAM – TAYLOR. The marriage of Alexander R. Boddam-Whetham, Esq., late of the 60th Rifles, second son of the late Col. Boddam-Whetham, of Kirklington Hall, Notts, and honorary colonel of the Sherwood Foresters, with Jane Cape, eldest daughter of the late Brigadier-General J. McKillop Taylor, was solemnised at Christ Church, Cheltenham on the 23rd ult. by the Rev. T. Wolseley Lewis, assisted by the Rev. J. Hales, uncle of the bridegroom, and the Rev. E Cornford. The bride was given away by her uncle, Major-General William Taylor, and was attended by six bridesmaids. Her dress was of white silk, made *en Princesse*, and trimmed with swansdown, Honiton lace and veil to match; a wreath of orange blossoms and jessamine in her hair; and she carried a splendid bouquet; her ornaments were diamonds and emeralds, the gift of the bridegroom's mother. The bridesmaids were attired in white muslin and lace, with cherry coloured silk, and mob caps trimmed with lace and flowers to match their dresses; they also wore gold lockets, and carried bouquets of red and white exotics, the gifts of the bridegroom. At the conclusion of the ceremony, the wedding party adjourned to the house of the bride's mother. The bridal presents were laid out in the conservatory, which was decorated with flowers for the occasion. At two o'clock, the bride and bridegroom took their departure, amidst a shower of rice and slippers, for the Continent. The bride's travelling dress was of navy blue silk, trimmed *en Princesse* with a lighter shade; a white felt bonnet with dark blue feathers to match her dress. The festivities of the day terminated with a dance and musical party at the house of the bride's mother. [*A note in Agnes' hand*] "Jeannie married Oct 23rd 1877"

[*unknown newspaper*]

On the 9th inst., at Kirklington Hall, Notts, the wife of ALEX. R BODDAM-WHETHAM of a daughter.

[*London Evening Standard 12 Feb 1881*]

DUNCAN. – At Woodfield, Roslin, on the 12th inst. Rachel Borthwick Hill, widow of the Rev. William Wallace Duncan, of Peebles. Friends will please accept this intimation.

[*Dundee Courier 16 Sep 1879.*]

FAIRBAIRN. – At Free Church Manse, Newhaven, on the 3rd inst., James Fairbairn, D.D., in his 75th year. Friends will please accept of this the only intimation.

[*unknown newspaper. James Fairbairn died 3 Jan 1879*]

ANDERSON. – At 34 Nottingham Place, London, W., on the 24th inst., Mrs Lucy Anderson, pianiste to H.M. the Queen, and widow of the late G.F. Anderson, Esq., aged 89.

[*London Evening Standard 28 Dec 1878*]

At Cupar on the 24th inst., by the Rev. W.L. McFarlan, assisted by the Rev. D. Thomson, Forgan, and the Rev. D. MacLeod, Jedburgh, HUGH HORATION BROWN, Derby, eldest son of the late Wm. Craufurd Brown, Esq. H.M.I.A., to JESSIE, elder daughter of JOSEPH RAWDIN, Jedburgh, and granddaughter of the late JAMES WEBSTER, solicitor, Cupar.

July 1878

[*unknown newspaper. Marriage was 24th July 1878. Hugh Horatio Brown was Agnes' brother*]

At No. 21 India Street, Edinburgh, on the 13th inst., Mrs ERSKINE of Kinnedder, Dunfermline, Fife, of a son.

[*Dundee Courier 16 Jun 1879. This is the wife of Capt Erskine of Kinnedder, Dunfermline. I don't think they are relatives of Agnes'*]

On the 7th inst., very suddenly, at her residence, 115 Westbourne-terrace, London, JEAN MACLEAN BOYD, widow of Archibald Boyd, and daughter of the late Archibald Kidd, formerly Captain 21st and 28th Regts.

[*unknown newspaper. Jean Maclean Boyd died 7 May 1879 in London. She was Agnes' aunt*]

BOYD.- At Sydney, on the 6th inst, the wife of Robert Mitchell Boyd, Esq., of a son.

[*Unknown newspaper. Agnes announcing the birth of her son William Sprott Boyd on 6 Jun 1879*]

BROWN. – At 1 Swinburne Villas, Derby, on the 3rd inst., the wife of Hugh Horatio Brown, Esq., of a daughter.

[*London Evening Standard? 7 Jan 1880. Birth of Agnes' niece, Elizabeth Brown.*]

BOYD. August 24, at Chatsworth Mill, Clarence River, Robert Sprott, infant son of Robert Mitchell and Agnes Boyd.

[*Sydney Morning Herald 27 Aug 1881. Announcing the death of Agnes' second child, Robert Sprott Boyd aged 11 months*]

DUNLOP. – At Sydenham, on the 9th inst., the wife of W.C. Dunlop, Esq., of a daughter. Oct 1881
[*London Evening Standard 12 Oct 1881. Agnes' niece, Margaret Jean Dunlop born 9 Oct 1881*]

MACLEAN – STANGER-LEATHES. February 25, at Matthias' Church, Paddington, by the Rev. Zachary Barry, LL.D., Mordaunt, Leyturn, son of Harold Maclean, Esq., Knellerpore, Double Bay, to Letitia Mary, eldest daughter of Alfred Stanger-Leathes, Greenknowe, Macleay-street.

[*Sydney Morning Herald 3 Mar 1882. These may be school friends of Robert Mitchell Boyd*]

FUNERAL OF THE LATE CAPTAIN JOHN CUNINGHAME OF BALGOWNIE. – Captain Cunnigham, who died at his residence, Balgownie House, in the parish of Culross, on the 23rd inst., was laid in the family tomb in Culross Abbey Church, on Saturday, when a large company assembled to pay the last tribute of respect to his memory. The service was held in the library at two o'clock, when the Rev. Mr Hallen, of Alloa, and the Rev. W. Bruce officiated. The funeral cortege consisted of the hearse, drawn by four horses, and twelve mourning and private carriages. All along the road between the house and the churchyard considerable numbers of people congregated. The coffin was borne shoulder-high from the gate to the vault, the Rev. Mr. Hallen repeating "I am the Resurrection and the Life" while the church bell rang out a solemn knell. The English service was read after the lowering of the coffin, on which were laid six large wreaths of exquisite flowers. The chief mourners present were – Master John Alistair Erskine Cuninghame, Dr James Young, Edinburgh; Mr.

John Mackenzie, Edinburgh; and Mr. W.R. Kermack, W.S. Edinburgh. Among the company were—Lord Balfour of Burleigh, Rev. W. Bruce, Rev. Mr. Hallen, Dr Dow, Dunfermline; Rev. Mr. Logan, Rev Mr. Staples, Mr. Hunt, Pittencrieff; Captain Erskine, Mr. T. Spowart, Broomhead; Dr. Telfer, Mr A. Smith Sligo, Inzievar; Mr. D Telfer, Mr. Balfour, Mr. W. Beveridge, East Grange &c &c. The arrangements were conducted by Messrs Croall, Edinburgh. The Cuninghame family , to which the deceased Captian belonged, was a branch of one of the most ancient of noble families of Scotland. It name was originally Erskine, and its founder was James Erskine of Little Sauchie, who was the son of Robert, eleventh Lord Erskine and fourth Earl of Mar, by his Countess Elisabeth, daughter of Sir John Campbell of London, who were married in 1484. The eldest son of James Erskine of Little Sauchie was designated James Erskine of Balgownie, and this branch of his family was carried down in the direct male line till during the course of the seventeenth century, when it happened that the sole heir was a daughter, named Hannah, who succeeded her only brother John, who died without children. She had married John Cuninghame, younger of Comrie, a cadet of the family of Ballindalloch, a branch of the ancient family of Glencairn, and, on her becoming heir to her brother, the family name was changed into Cuninghame of Balgownie. From this marriage, the only child was the Rev. Robert Cuninghame, minister of East Barns, who succeeded to the family inheritncest June 1767. Among the last things Captain Cuninghame did was to present to the Antiquarian Museum the original copy of “The ‘Common’ or ‘Godlie’ Band of 1557,” which was signed by one of his ancestors. An interesting pamphlet on this valuable historical document was published by the late Rev. James Young, of Edinburgh, author of the “Life of John Welsh,” and himself connected in marriage with the Balgownie family, his wife being a daughter of Mr. John Cuninghame. [Courant, 29 Sep 1879. *John Cuninghame was Agnes' first cousin on her father's side*]