



The House-Keeper's Guide and Indian Doctor

American Antiquarian Cookbook Collection

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The author of this fascinating mid-nineteenth century collection is not credited, but hints suggest that the material is not original and was compiled by the publisher from other sources. The recipes for a broad range of dishes represent basic cooking of the day obviously meant as an “everyday” household resource. In a long section titled “Indian Doctor,” medical treatment advice and remedies for every imaginable ailment from cholera and scarlet fever to corns and catarrh are included, and there is a substantial section on hair and skin treatment describing lotions and creams for everything from “preventing hair from falling” to curing freckles and pimples.

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?The intriguing section “American Letter Writer” described as “letters on relationship” contains several dozen sample letters that family members and associates might write to each other in a wide variety of situations. For example: “From the Daughter to the Mother, in excuse for her neglect,” “From a Mother in town, to a Daughter at School in the country, recommending the practice of Virtue,” “From a Daughter to her Father, pleading for her Sister, who had married without his consent,” “From an officer to a Lady with whom he is in Love,” “The Officer’s Letter to the Lady’s Father,” and sample answers from the Lady and her father.

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