



# **M'Lady's Book of Household Secrets: Recipes, Remedies & Essential Etiquette**

*Hon. Sarah C. Macpherson*

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# M'Lady's Book of Household Secrets: Recipes, Remedies & Essential Etiquette

*Hon. Sarah C. Macpherson*

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**Original high society notes on how to live well—recipes from Cinnamon Spinach to Pitchcocked Eels, herbal remedies for everything from smallpox to "inhibitions"**

During the 18th century ladies of high society kept handwritten notes on recipes, remedies, gardening, and household tips in their personal House Books, and it became fashionable to exchange the most successful with friends and neighbors. Very few of these fragile House Books have survived, and this compilation celebrates the recent discovery of two: one from Lady Talbot of Lacock Abbey and the other from Lady Louisa Conolly of Castletown House. This charming compilation is full of fascinating information and useful tips and offers insight into the lives of those living in the grand houses of the 18th century.

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