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T H E

Cook's Pocket Companion.

Price 11; A N D *1759*

COMPLETE FAMILY-GUIDE:

Being a Collection of the very best Receipts,
Under the following Heads, viz.

ROASTING;	PUDDINGS,	SOOPS,
BOILING,	CUSTARDS,	JELLIES,
FRYING,	CAKES,	PICKLING,
BROILING,	CHEESE-CAKES,	PRESERVING,
BAKING,	TARTS,	MADE-WINES,
FRICASEES;	PIES,	BREWING, &c.

Illustrated with a great number of curious and useful
Cutts, of the trussing of Fowls, placing the Dishes
in a genteel Manner, &c. with several other Things,
too numerous to be mentioned in a Title Page, which
are not to be found in any other Collection.

*If you would never cook amiss,
Reject all other Books but this;
Where you'll the best Instructions find,
To please the Taste of all Mankind.*

By Mrs. LYDIA HONEYWOOD, of *Queen's-Square.*

To which is added,

The UNIVERSAL PHYSICIAN,
B E I N G

Choice Receipts, for the Cure of most Disorders the
human Body is liable to be afflicted with.

Collected by an eminent Physician, employed by the Author.

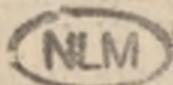
The whole being intirely freed from those uselefs ob-
solete Receipts, which abound in other Books of
this Kind, and contains as much useful Matter in
the above Particulars as any other Book of this
Kind that is Five Times the Price.

L O N D O N :

Printed for J. STAPLES, opposite *Stationer's - Hall,*
Ludgate-Street. MDCCLVIII.

Cook's Pocket Companion.
CONFIDENTIAL
TO prevent Impositions, the Public
are desired to observe, That all
such Books as are genuine, are signed
thus (on the Back of the Title Page)
by me,

L. Honeywood.



*To all good Housewives, and those
who are desirous of being such.*

LADIES,

I Have at different Times perus'd almost all the Books extant upon the Subject of Cookery, but have never yet found any One that gave me general Satisfaction; Some are made so large and voluminous, and consequently so very dear, that every Body is not willing to purchase them; and not only that, but three Fourths of the Contents are nothing but uselefs Trash, and therefore rather Puzzle than Instruct. Others contain such old-fashioned obsolete Receipts, that any Person who knows any Thing of genteel Management would laugh at them.

At length I came to a Determination to select or such as were absolutely useful; or (to use a Scrip Phrase) to pick the Corn from the Tares; and have the Pleasure to assure the Reader, that this most practical Book of Cookery ever yet published, and that it is intirely freed from those uselefs Receipts, obsolete and vulgar Receipts, &c. with which others so much abound, and is the only Book of this Kind that can safely be relied upon.

Being willing and desirous to render this Performance as compleat as possible, for the Benefit of the Publick in general, I have also employ'd a skilful *Physician* to procure me the most approv'd physical Receipts in most Disorders the human Body is liable to be afflicted with: And if it proves of general Use and Benefit to my Fellow-Creatures (which I have not the least Reason to doubt) it will answer all the Desires of,

LADIES,

Your most humble Servant,

*Queen-Square.
May 1757.*

LYDIA HONEYWOOD.

C O N T E N T S.

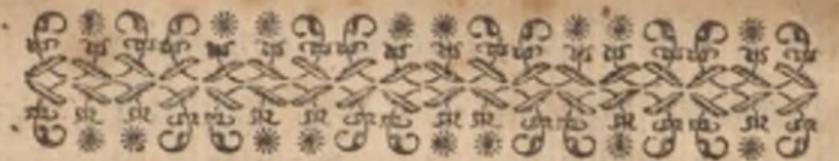
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* * * * *

To Mrs. HONEYWOOD, on her excellent Book of Cookery.
By a Young Lady.

WHILE other Ladies waste the Day
Betwixt the *Toilette, Ball and Play*,
Sage LYDIA acts the Housewife's Part,
Excelling all in Skill and Art.
While * JACKSON, and the rest perplex,
And disappoint the lovely Sex,
She gives the Treasures of her Mind ; ———
An ample Store for Woman-kind !

* *A Lady who has written on this Subject.*



T H E

Cook's Pocket Companion.

Useful Directions for Marketing, &c.

How to choose LAMB.

IN choosing a *Lamb's Head*, observe the Eyes; if they are wrinkled, or sunk in, it is stale; if lively and plump, it is new and sweet. In a *Fore-Quarter* take Notice of the *Neck Vein*, and if it is a Sky-blue, it is sweet and good; but if inclining to green or yellow, it is almost, if not quite, tainted. In a *Hind-Quarter*, if it has a faintish Smell under the Kidney, and the Knuckle be limber, it is stale.

How to choose MUTTON.

When Mutton is old, the Flesh, in Pinching, will wrinkle, and remain so; but if young, the Flesh will pinch tender, and the Fat will easily part from the Lean; but if old, it will stick by Skins and Strings. The Flesh of *Ewe Mutton* is paler than *Weather Mutton*, is easier parted, and has a closer Grain. When the Flesh has a palid

B

White.

Whiteness, inclining to yellow, and is loose at the Bone, you have Reason to suspect its being rotten, or inclining that Way.—To know whether it be new or stale, observe the Directions in choosing Lamb.

How to choose VEAL.

If the bloody Vein in the Shoulder looks blue, or a bright red, it is new killed; but if blackish, greenish, or yellowish, it is stale. The *Loin* first taints under the *Kidney*; and the *Flesh*, if stale, will be soft and slimy.

The *Neck* and *Breast* taint first at the upper End, and you will perceive some dusky, yellowish, or greenish Appearance; the *Sweetbread* on the *Breast* will be clammy, otherwise it will be fresh and good.

The *Leg* is known to be new by the Stiffness of the *Joints*; if limber, the *Flesh* clammy, and has green or yellowish Spots, it is stale. The *Head* is known as the *Lamb's*. The *Flesh* of a *Bull-Calf* is redder and firmer than that of a *Cow-Calf*, and the *Fat* harder.

To choose BEEF.

Right *Ox-Beef* has an open Grain; if young, a tender and oily Smoothness: If old, it is tough and spongy, except the *Neck*, *Brisquet*, and such Parts as are very fibrous; which in young Meat will be more rough than in other Parts. A Sort of a Carnation Colour betokens good spending Meat; the Sewet a curious White; yellowish is not so good.

Cow-Beef is less bound, and closer grained than the *Ox*, the *Fat whiter*, but the *Lean* somewhat-

what *paler* ; if young, the Dent you make with your Finger will rise again in a litte Time.

Bull-Beef is of a clofer Grain, a deep dusky red, tough in pinching ; the Fat skinny, hard, and has a rankish Smell ; and for Newness or Staleness this Flesh has but few Signs, the more material is its Clamminess, and the rest your Smell will inform you. If it be bruised, those Places will look more dusky or blackish than the rest.

To choose PORK.

If it be young, the Lean will break in pinching between your Fingers, and if you nip the Skin with your Nails, it will make a Dent ; also if the Fat be soft and pulpy, in a Manner like Lard : If the Lean be tough, and the Fat flabby and spongy, feeling rough, it is old ; especially if the Rind be stubborn, and you cannot nip it with your Nail.

If of a Boar, tho' young, or of a Hog gelded at full Growth, the Flesh will be hard, tough, reddish, and of a rank Smell ; the Fat skinny and hard ; the Skin very thick and tough, and, pinched up, it will immediately fall again.

To know whether it be new killed, try the Legs, Hands, and Springs, by putting your Fingers under the Bone that comes out, for if it be tainted, you will there find it by smelling your Fingers ; besides, the Skin will be sweaty and clammy when stale, but cool and smooth when new.

If you find many little Kernels in the Fat, like small Shot, it is *measly*, and dangerous to eat.

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How to choose BRAWN.

Thick Brawn is old, the moderate is young. If the Rind and Fat be very tender, it is not Boar-Brawn, but Barrow or Sow.

To choose VENISON.

Try the Haunches or Shoulders under the Bones that come out, with your Finger or Knife, and as the Scent is sweet or rank, it is new or stale; and the like of the Sides in the most fleshy Parts: If tainted, they will look greenish in some Places, or very black. Look on the Hoofs, and if the Clefts are very wide and rough, it is old; if close and smooth, it is young.

The Season for VENISON.

The Buck Venison begins in *May*, and is in Season till *All hallow's Day*; the *Dee* is in Season from *Michaelmas* to the End of *December*, and sometimes to the End of *January*.

How to choose HAMS.

Put a Knife under the Bone that sticks out of the Ham, and if it comes out clean, and has a pretty good Flavour, it is sweet and good; if much smeared and dulled, it is tainted and rusty.

How to choose BACON,

If the Fat be white, oily in feeling, and does not break or crumble, and the Flesh sticks well to the Bones, and bears a good Colour, it is good; but if the contrary, and the Lean has some little Streaks of yellow, it is rusty, or will soon be so.

How to choose BUTTER.

When you buy Butter, trust not to that which will be given you to taste, but try in the Middle, and if your Smell and Taste, be good, you cannot be deceived.

How to choose CHEESE.

Cheese is to be chosen by its moist and smooth Coat; if old Cheese be rough-coated, rugged, or dry at Top, beware of little Worms or Mites. If it be all over full of Holes, moist or spongy, it is subject to Maggots. If any soft or perished Place appear on the Out-side, try how deep it goes, for the greater Part may be hid within.

How to choose EGGS.

Hold the great End to you Tongue, if it feels warm, it is *new*; if cold, it is *bad*; and so in Proportion to the Heat and Cold, so is the Goodness of the Egg. Another Way to know a good Egg is, to put the Egg into a Pan of cold Water, the fresher it be, the sooner it will fall to the Bottom; if rotten it will not sink at all.

How to keep EGGS good.

Place them all with the small End downwards in fine Wood-Ashes, turning them once a Week End-ways, and they will keep some Months.

How to choose POULTRY.

A Cock or Capon, &c. if they are young, their Spurs are short and dubbed, but take particular Notice they are not pared or scraped.

If the Hen is old, her Legs and Comb are rough; if young, smooth.

A Turkey. If the Cock be young, his Legs will be black and smooth, and his Spurs short; if stale, his Eyes will be sunk in his Head, and his Feet dry; if new, the Eyes lively and limber.

For the Hen observe the same Directions; and if she be with Egg, she will have a soft open Vent; if not, a hard close one.

A Goose. If the Bill is yellowish, and has but few Hairs, it is young; but if full of Hairs, and the Bill and Foot red, it is old; if fresh, limber-footed; if stale, dry-footed.

Ducks, *wild or tame.* If fresh, limber-footed; if stale, dry-footed.

A true wild Duck has a reddish Foot and smaller than the tame one.

To choose a RABBIT, or CONEY.

If a Rabbit be old, the Claws will be very long and rough, and grey Hairs intermixed with the Wool; but if young, the Claws and Wool smooth. If stale, it will be limber, and the Flesh will look bluish, having a Kind of Slime upon it; but if fresh, it will be stiff, and the Flesh white and dry.

To choose PIDGEONS, &c.

The Dove-house Pidgeons, when old, are red-legged: when new and fat, limber-footed, and feel full in the Vent; when stale, their Vents are green and flabby.

* * * *I shall not trouble my Readers with Instructions how to choose Game, it being quite unnecessary, as there is none to be sold in any Market, it being now contrary to Act of Parliament.*

How

How to choose FISH.

Sa'mon, Whiting, Pike, Trout, Carp, Tench, Grailing, Barbel, Chub, Ruff, Eel, Smelt, Shad, &c. All these are known to be *new* or *stale*, by the Colour of their *Gills*; their Easiness or Hardness to open, the hanging or keeping up their Fins, the standing out or sinking of their Eyes, &c. or by smelling their Gills.

Turbot. He is chosen by his Thickness and Plumpness; and if his Belly be of a Cream-Colour, he must spend well; but if thin, and his Belly of a bluish white, he will eat very loose.

Cod and Codling. Choose them by their Thickness towards the Head, and the Whiteness of the Flesh, when it is cut.

Ling. For dried Ling, choose that which is thickest in the Poll, and the Flesh of the brightest yellow.

Scate and Tornback. Choose them by their Thickness; and the She-Scate is always the sweetest, especially if large.

Soals. These are chosen by their Thickness and Stiffness: when their Bellies are of a Cream-Colour, they spend the firmer.

Sturgeon. If it cuts without crumbling, and the Veins and Gristle give a true blue where they appear, and the Flesh a perfect white, then conclude it to be good.

& *The Cook's Pocket-Companion.*

Mackarel and Fresh Herrings. If the Gills are of a lively and shining Redness, their Eyes stand full, and the Flesh is stiff, then they are new; but if dusky and faded, or sinking and wrinkled, and the Tails limber, they are stale.

Flounders and Plaice. If they are stiff, and their Eyes be not sunk, or look dull, they are new; the contrary when stale. The best Sort of Plaice look bluish on the Belly.

Lobsters. Choose them by their Weight, the heaviest are the best, if no Water be in them; if new, the Tail will fly up like a Spring; if full, the Middle of the Tail will be full of hard, reddish, skinned Meat.

Prawns, Shrimps, and Crab-fish. The two first, if stale, will cast a Kind of slimy Smell; their Colour fading, and they slimy; otherwise all of them are good.

The latter, if stale, will be limber in their Craws and Joints, their red Colour turned blackish and dusky, and will have an ill Smell under their Throats.

Pickled Salmon. If the Flesh feels oily, the Skin is stiff and shining, and it comes in Fleaks, and parts without crumbling, then it is new and good, and not otherwise.

The best Directions for ROASTING all
Manner of Butcher's Meat, &c.

For ROASTING

IF you are to roast any Thing very small or thin, take Care to have a pretty little brisk Fire, that it may be done quick and nice; if a large Joint, let a good Fire be laid to cake. Let it be clear at the Bottom, and when your Meat is half done, stir up a good brisk Fire.

How to roast BEEF.

If a Rump or Surloin, do not salt it, but lay it a good Way from the Fire, baste it once or twice with Salt and Water, then with Butter; flour it, and keep basting it with what drops from it. When you see the Smoak of it draws to the Fire, it is near enough.

If the Ribs, sprinkle it with Salt for half an Hour; dry and flour it; then butter a Piece of Paper very thick, and fasten it on the Beef, the buttered Side next it.

N. B. Never salt your roast Meat before you lay it to the Fire, (except the Ribs) for that draws out all the Gravy.

If you would keep it a few Days before you dress it, dry it well with a clean Cloth, then flour it all over, and hang it up where the Air may come to it.

How to roast LAMB, or MUTTON.

The Loin, the Saddle of Mutton, (which is the two Loins) and the Chine, (which is the two Necks) must be done as the Beef; but all other Joints of Lamb or Mutton must not be papered; and just before you take it up, dredge it with a little Flour, but not too much, for that takes away all the fine Taste of the Meat.

B. N. Be sure to take off the *Skin* of a Breast of Mutton before you roast it.

How to roast VEAL.

If a *Fillet*, stuff it with Thyme, Marjoram, Parsley, a small Onion, a Sprig of Savory, a Bit of Lemon-Peel cut very small, Nutmeg, Pepper, Mace, Salt, Crumbs of Bread, four Eggs, a Quarter of a Pound of Butter or Marrow, mix'd with a little Flour to make it stiff; Half of which put into the Udder, and the other into Holes made in the fleshy Part.

If a *Shoulder*, baste it with Milk till half done; then flour it, and baste it with Butter.

The Breast must be roasted with the Caul on till it is enough, and the *Sweetbread* skewered on the Backside of the Breast. When it is nigh enough, take off the Caul, baste it and dredge it with a very little Flour. All these are to be sent to Table with melted Butter, and garnished with sliced Lemon.

If a *Loin*, or *Fillet* not stuffed, be sure to paper the Fat, that as little may be lost as possible. All Joints are to be laid at a Distance from the Fire, till soaked, then near the Fire. When you lay it down, baste it with good Butter, (except it be the Shoulder, and that may be done the same, if
you

you rather chuse it;) and when it is near enough, baste it again, and dredge it with a little Flour.

How to roast a PIG.

First wipe it very dry with a clean Cloth, then take a Piece of Butter, and some Crumbs of Bread, of each about a Quarter of a Pound; a little Sage, Thyme, Parsley, Sweet-Marjoram, Pepper, Salt, and Nutmeg, the Yolks of two Eggs, mix these together, and sew it up in the Belly. Flour it very thick; then spit it and lay it to the Fire, taking Care that your Fire burn well at both Ends, or till it does, hang a flat Iron in the Middle of the Grate. Continue flouring it 'till the Eyes drop out, or you find the Crackling hard; then wipe it clean with a Cloth, wet in Salt and Water, and baste it with Butter. When the Gravy begins to run, put Basons in the Dripping-pan to receive it. When you perceive it is enough, take about a Quarter of a Pound of Butter, put it into a coarse clean Cloth, and, having made a clear brisk Fire, rub the Pig all over with it, 'till the Crackling is quite crisp, and then take it from the Fire. Cut off the Head, and cut the Pig in two down the Back, where take out the Spit. Then having cut the Ears off, and placed one at each End, and also the under Jaw in two, and placed one at each Side, make the Sauce thus,

Take some good Butter, melt it, mix it with the Gravy received in the Basons, and the Brains bruised, and a little dried Sage shred small; pour these into the Dish, and serve it up.

How to roast PORK.

The best Way to roast a Leg is first to par-boil it, then skin it and roast it, baste it with But-

Butter; then take a little Sage, shred it fine, a little Pepper and Salt, a little Nutmeg, and a few Crumbs of Bread; throw these all over it all the Time it is roasting; then have a little drawn Gravy to put in the Dish with the Crumbs that drop from it.—Some like the Knuckle stuffed with Onions and Sage shred small, with a little Pepper and Salt, Gravy and Apple-Sauce to it; this they call a *mock Goose*. The Spring, or Hand of Pork, if very young, roasted like a *Pig*, eats very well, otherwise it is best boiled. The *Spare-rib* should be basted with a little Bit of Butter, a very little Flour, and some Sage shred small; and served up with Apple-Sauce. The best Way to dress Pork Grikins is to roast them, baste them with Butter, and Crumbs of Bread, Sage, and a little Pepper, and Salt; the usual Sauce to these is *Mustard*.

When you roast a Loin, take a sharp Penknife, and cut the Skin across, to make the Crackling eat the better. The Chine you must not cut at all.

If Pork is not well done, it is apt to surfeit.

How to roast the Hind-Quarter of a Pig, Lamb-Fashion.

At the Time of Year when House-Lamb is very dear, take the Hind-Quarter of a large Pig, take off the Skin, and roast it, and it will eat like Lamb, with Mint-Sauce, or with a Sallad, or *Seville Oranges*.

To roast a Leg of Mutton with Cockles.

Stuff it all over with Cockles, and roast it; garnish with Horse-Radish.

To roast a Leg of MUTTON with Oysters.

Take a Leg about two or three Days old, stuff it all over with Oysters, and roast it. Garnish with Horse-radish.

How to roast MUTTON like Venison.

Take a fat Hind-Quarter of Mutton, and cut the Leg like a Haunch of Venison, rub it well with Salt-petre, hang it in a moist Place for two Days, wiping it two or three Times a Day with a clean Cloth; then put it into a Pan, and having boiled a Quarter of an Ounce of All-spice in a Quart of red Wine, pour it boiling hot over your Mutton, and cover it close for two Hours; then take it out, spit it, lay it to the Fire, and constantly baste it with the same Liquor and Butter. If you have a good quick Fire, and your Mutton not very large, it will be ready in an Hour and a Half. Then take it up, and send it to Table with some good Gravy in one Cup, and sweet Sauce in another.

How to roast a HARE.

One Side being larded, spit it, without larding the other, and while it is roasting, baste it with Milk or Cream; then serve it with thick Claret Sauce.

Another Way.

Take some Liver of a Hare, some fat Bacon, grated Bread, an Anchovy, Shalot, a little Winter-savoury, and a little Nutmeg; beat all these into a Paste, and put them into the Belly of the Hare; baste the Hare with stale Beer; put a little Bit of Bacon in the Pan; when it is half-roasted,

C

baste

baste it with Butter. For Sauce, take melted Butter, and a little Bit of Winter-favoury.

Another Way.

Set and lard it with *Bacon*; make for it a Pudding of grated Bread, the Heart and Liver being parboiled and chopped small, with Beef-Suet and sweet Herbs, mixt with Marrow, Cream, Spice, and Eggs; then sew up the Belly and roast it. When it is roasted, let your Butter be drawn up with *Cream*, *Gravy*, or *Claret*.

How to roast RABBITS.

Lay them down to a moderate Fire, baste them with good Butter, and dredge them with Flour. Melt some good Butter, and having boiled the *Livers* with a Bunch of *Parsley*, and chopped them small, put *Half* into the Butter, and pour it into the Dish, and garnish it with the other Half.

French Sauce for RABBITS.

Onions minced small, fried, and mingled with Mustard and Pepper.

A good Sauce for Teal, Mallard, Ducks, &c.

Take a Quantity of Veal Gravy, according to the Bigness of your Dish of wild Fowl, seasoned with Pepper and Salt; squeeze in the Juice of two Oranges, and a little Claret. This will serve all Sorts of wild Fowl.

How to roast a Haunch of VENISON.

Take a Hunch of Venison and spit it, then take a little Wheat Flour and Water, knead and roll it very thin, tie it over the fat Part of the Venison with Pack-thread; if it be a large Haunch
it

it will take four Hours roasting, and a middling Haunch three Hours ; keep it basting all the Time you roast it ; when you dish it up, put a little Gravy in the Dish, and sweet Sauce in a Bason ; Half an Hour before you draw your Venison take off the Paste, baste it, and let it be a light brown.

To roast a NEAT'S TONGUE.

Take a pickled Tongue, and boil it 'till the Skin will come off, and when it is skinned, stick it with Cloves, about two Inches asunder, then put it on a Spit, and wrap a Veal Caul over it, and roast it 'till it is enough ; then take off the Caul, and just froth it up, and serve it in a Dish with Gravy, and some Venison or Claret Sauce in a Plate ; garnish it with Raspings of Bread sifted, and Lemon sliced.

To roast a TONGUE, or UDDER.

Parboil your Tongue or Udder, then stick into it ten or twelve Cloves, and whilst it is roasting baste it with Butter. When it is ready, take it up, and send it to Table with some Gravy and sweet Sauce.

To roast a CALF'S LIVER.

Lard your Liver well with large Slices of Bacon, fasten it on the Spit, roast it at a gentle Fire, and serve it up with good Veal Gravy, or a Poirade.

To roll a Breast of MUTTON.

Bone the Mutton, make a savoury-forced Meat for it, wash it over with the Batter of Eggs, then spread the forced Meat on it ; roll it in a Collar, and bind it with Pack-thread ; then roast it ; put under it a Regalia of Cucumbers.

Directions concerning POULTRY.

If your Fire is not very quick and clear when you lay your Poultry down to roast, it will not eat near so sweet, or look so beautiful to the Eye.

How to roast LARKS.

Truss them handsomely on the Back, but neither draw them nor cut off their Feet. Lard them with small Lardoons, or else spit them on a wooden Skewer, with a small Bard of Bacon between two; when they are near roasted enough, drudge them with Salt, powdered fine, and fine Crumbs of Bread. When they are ready, rub the Dish you design to serve them in with a Shalot, and serve them with Salt, Pepper, Verjuice, and the Juice of an Orange, and Crumbs of Bread fried, and serve in a Plate by themselves.

Or with a Sauce made of Claret, the Juice of two or three Oranges, and a little shred Ginger, set over the Fire a little while, and beat up with a Piece of Butter.

You may use the same Sauce for broiled Larks, which you must open on the Breasts when you lay them on the Gridiron.

How to roast a WOODCOCK.

When you have trussed your Woodcock, and drawn it under the Leg, take out the bitter Part, and put in the Trales again: Whilst the Woodcock is roasting, baste it with Butter, set under it an Earthen Dish with a Slice of toasted Bread in it, and let the Woodcock drop upon it: Your Woodcock will take about Half an Hour in roasting, if you have a brisk Fire. When you dish it up, lay the Toast under it, and serve it up with
Sauce

Sauce made of Gravy and Butter, with a little Lemon, and a Spoonful or two of red Wine; and pour a little over the Toast.

To roast a GOOSE.

Take a little Sage, a small Onion, chopped small, some Pepper and Salt, and a Bit of Butter; mix these together, and put them in the Belly of the Goose; then spit it, finge it with white paper, dredge it with a little Flour, and baste it with Butter. When it is enough, (which is known by the Legs being tender) take it up, and pour through it two Glasses of red Wine, and serve it up in the same Dish, and *Apple Sauce* in a Bason.

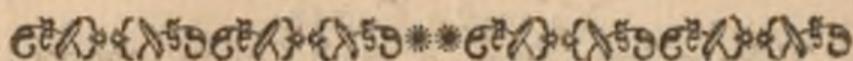
To roast a TURKEY.

Take a Quarter of a Pound of lean Veal, a little Thyme, Parsly, Sweet-Marjoram, a Sprig of Winter-favoury, a Bit of Lemon-peel, one Onion, a Nutmeg grated, a Dram of Mace, a little Salt, and half a Pound of Butter; cut your Herbs very small, pound your Meat as small as possible, and mix all together with three Eggs, and as much Flour or Bread as will make it of a proper Consistence; then fill the Crop of your Turkey with it, paper the Breast, and lay it down at a good Distance from the Fire. When the Smoke begins to draw to the Fire, and it looks plump, baste it again, and dredge it with a little Flour, then take it up, and send it to Table.

Sauce for a roast TURKEY.

For the Sauce, take a little white Gravy, Catchup, a few Bread Crumbs, and a little whole Pepper; let them boil well together; put to them a little Flour, and a Lump of Butter, which pour

upon the Turkey. You may lay round your Turkey forced Meat Balls. Garnish your Dish with Slices of Lemon.



General Directions for BOILING Meat.

ALL fresh Meat should be put into the Water boiling hot, and salt Meat when the Water is cold, unless you apprehend it is not corn'd quite enough, and in that Case putting it into the Water when hot strikes in the Salt.

Chickens, Lamb, and Veal, are much whiter for being boiled in a clean Linen Cloth, with a little Milk in your Water.

The Time sufficient for dressing different Joints depends on the Size of them : A Leg of Mutton, of about seven or eight Pounds, will take two Hours boiling ; a young Fowl about half an Hour ; a middle-sized Leg of Lamb about an Hour ; a thick Piece of Beef, of twelve or fourteen Pounds, will take about two Hours and a Half after the Water boils, if you put in the Beef when the Water is cold, and so in Proportion to the Thickness and Weight of the Piece ; but all Kinds of Victuals take somewhat more Time in frosty Weather.

Leg of Lamb boil'd, with Chickens round it.

When your Lamb is boiled, pour over it Parsley and Butter ; lay your Chickens round your Lamb, and pour over the Chickens a little white fricacy Sauce. Garnish your Dish with Sippets and Lemon.

To boil a Leg of Lamb, with the Loin fried about it.

When your Lamb is boiled ; lay it in the Dish, and pour upon it a little Parsley and Butter ; then lay your fried Lamb round it, and cut some Asparagus to the Bigns of Pease, boil it green, and lay it round your Lamb in Spoonfuls. Garnish the Dish with crisp'd Parsley.

To boil a TONGUE.

If it be a dried Tongue, it must be laid in warm Water for six Hours, then lay it three Hours in fresh cold Water. Then take it out and boil it three Hours, which will be sufficient. If your Tongue be just out of Pickle, it must lay three Hours in cold Water, and then boil it till it will peel.

To boil a HAM

Lay it in cold Water two Hours, wash it clean, and tie it up in clean Hay. Boil it very slow the first Hour, and very brisk an Hour and a Half more. Take it up in the Hay, and so let it lie till cold, then rub the Rind with a clean Piece of Flannel.

To boil PICKLED PORK.

Wash your Pork, and scrape it clean ; then put it in when the Water is cold, and boil it till the Rind be tender.

To boil a GOOSE.

When your Goose has been seasoned with Pepper and Salt for four or five Days, you must boil it about an Hour ; then serve it hot, with Turnips,

nips, Carrots, Cabbage or Collyflowers, tossed up with Butter.

To boil RABBITS.

* Truss them for boiling, and lard them with Bacon; then boil them quick and white. For Sauce, take the boiled Liver, and shred it with fat Bacon; toss these up together in strong Broth, white Wine Vinegar, Mace, Salt, and Nutmeg; set Parsley, minced Barberries, and drawn Butter. Lay your Rabbits in a Dish, and pour the Sauce all over them. Garnish it with sliced Lemon and Barberries.

To boil RABBITS with Sausages.

Boil a Couple of Rabbits; when almost boiled, put in a Pound of Sausages, and boil with them; when done enough, dish the Rabbits, placing a Sausage here and there one, with some fried Slices of Bacon. For Sauce, put Mustard and melted Butter, beat up together in a Cup, and serve them hot. You may boil a powdered Goose the same Way.

To boil PIGEONS.

Stuff your Pidgeons with sweet Herbs, chopped Bacon, grated Bread, Butter, Spice, and the Yolk of an Egg; then boil them in strong Broth, Butter, and Vinegar, Mace, Salt, and Nutmeg; set Parsley, minced Barberries, and drawn Butter; lay your Pidgeons in the Dish, pour the Lear all over them; garnish with sliced Lemon and Barberries.

To boil CHICKENS.

Take four or five Chickens, as you would have your Dish in Bigness; if they be small ones scald them

* See Directions for Trussing.

them before you pluck them, it will make them whiter; then draw them, and take out the Breast-bone; wash them, truss them, and cut off the Heads and Necks; and boil them in Milk and Water, with a little Salt; Half an Hour, or less will boil them. They are better for being killed the Night before you use them.

To make Sauce for the Chickens.

Take the Necks, Gizzards, and Livers, boil them in Water; when they are enough strain off the Gravy, and put to it a Spoonful of Oyster-Pickle; take the Livers, break them small, mix a little Gravy, and rub them thro' a Hair-sieve with the Back of a Spoon; then put to it a Spoonful of Cream, a little Lemon and Lemon-peel grated; thicken it up with Butter and Flour. — Let your Sauce be no thicker than Cream, which pour upon your Chickens. Garnish your Dish with Sippets, Mushrooms, and Slices of Lemon. They are proper for a Side-dish or a Top-dish, either at Noon or Night.

How to boil a TURKEY.

When your Turkey is dressed and drawn, truss it, cut off the Feet, and cut down the Breast-bone with a Knife; then sew up the Skin again; Stuff the Breast with a white Stuffing.

The Stuffing for the boiled Turkey.

Take the Sweet-bread of Veal, boil it, shred it fine, with a little Beef-suet, a Handful of Bread Crumbs, a little Lemon-peel, part of the Liver, a Spoonful or two of Cream, with Nutmeg, Pepper, Salt, and two Eggs; mix all together, and stuff your Turkey with Part of the Stuffing, (the rest

rest may be boiled or fried to lay round it) dredge it with a little Flour, tie it up in a Cloth, and boil it with Milk and Water: If it be a young Turkey an Hour will boil it.

How to make Sauce for the TURKEY.

Take a little small white Gravy, a Pint of Oysters, two or three Spoonfuls of Cream, a little Juice of Lemon, and Salt to your Taste, thicken it up with Flour and Butter, then pour it over your Turkey, and serve it up; lay round your Turkey fried Oysters, and the forced Meat. Garnish your Dish with Oysters, Mushrooms, and Slices of Lemon.

How to make another Sauce for a Turkey.

Take a little strong white Gravy, and some of the whitest Sellery you can get, cut it about an Inch long, boil it till it be tender, and put it into the Gravy, with two Anchovies, a little Lemon-peel shred, two or three Spoonfuls of Cream, a little shred Mace, and a Spoonful of white Wine; thicken it up with Flour and Butter; if you dislike the Sellery, you may put in the Liver, as you did for Chickens.

To dress SPINAGE.

Pick it very clean, and wash it in five or six Waters; put it in a Sauce-pan that will just hold it, throw a little Salt over it, and cover the Pan close. Don't put any Water in, but shake the Pan often. You must put your Sauce-pan on a clear quick Fire. As soon as you find the Greens are shrunk and fallen to the Bottom, and that the Liquor which comes out of them boils up, they are enough. Throw them into a clean Sieve to drain, and

and just give them a little Squeeze. Lay them in a Plate, and never put any Butter on it, but put it in a Cup.

To dress CABBAGES, &c.

Cabbage, and all Sorts of young Sprouts, must be boiled in a great deal of Water. When the Stalks are tender, or fall to the Bottom, they are enough; then take them off, before they lose their Colour. Always throw Salt into your Water before you put your Greens in. Young Sprouts you send to Table just as they are, but Cabbage is best chopped and put into a Sauce-pan with a good Peice of Butter, stirring it for about five or six Minutes, till the Butter is all melted, and then send it to Table.

To dress CARROTS.

Let them be scraped very clean, and when they are enough rub them in a clean Cloth, then slice them into a Plate, and pour some melted Butter over them. If they are young Spring Carrots, Half an Hour will boil them; if large, an Hour, but old *Sandwich* Carrots will take two Hours.

To dress BROCKALA.

Strip all the little Branches off till you come to the top one, then with a Knife peel off all the hard outside Skin which is on the Stalks and little Branches, and throw them into Water. Have a Stew-pan of Water with some Salt in it; when it boils put in the Brockala, and when the Stalks are tender, it is enough, then send it to Table with Butter in a Cup.—The *French* eat Oil and Vinegar with it.

To

To dress COLLIFLOWERS.

Take your Flowers, cut off all the green Part, and then cut the Flowers into four, and lay them in Water for an Hour: Then have some Milk and Water boiling, put in the Colliflowers, and be sure to skim the Sauce-pan well. When the Stalks are tender, take them carefully up, and put them into a Cullender to drain: Then put a Spoonful of Water into a clean Stew-pan, with a little Dust of Flour, about a Quarter of a Pound of Butter, and shake it round till it is all finely melted, with a little Pepper and Salt; then take Half the Colliflower, and cut it as you would for Pickling, lay it into the Stew-pan, turn it, and shake the Pan round. Ten Minutes will do it. Lay the stewed in the Middle of your Plate, and the boiled round it. Pour the Butter you did it in over it, and send it to Table.

To dress French BEANS.

First string them, then cut them in two, and afterwards across; but if you would do them nice, cut the Bean into four, and then across, which is eight Pieces. Lay them into Water and Salt, and when your Pan boils put in some Salt and the Beans: When they are tender they are enough; they will be soon done. Take Care they don't lose their fine green. Lay them in a Plate, and have Butter in a Cup.

To dress ARTICHOKEs.

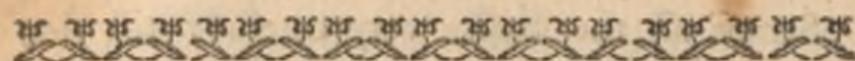
Wring off the Stalks, and put them into the Water cold, with the Tops downwards, that all the Dust and Sand may boil out. When the Water boils, an Hour and a Half will do them.

To dress ASPARAGUS.

Scrape all the Stalks very carefully till they look white, then cut them all even alike, throw them into Water, and have ready a Stew-pan boiling. Put in some Salt, and tie the Asparagus in little Bundles. Let the Water keep boiling, and when they are a little tender take them up. If you boil them too much, you lose both Colour and Taste. Cut the Round of a small Loaf about Half an Inch thick, toast it brown, on both Sides, dip it in the Asparagus Liquor, and lay it in your Dish: Pour a little Butter over the Toast, then lay your Asparagus on the Toast all round the Dish with the white Tops outward. Don't pour Butter over the Asparagus, for that makes them greasy to the Fingers, but have your Butter in a Bason, and send it to Table.

How to keep Meat hot.

The best Way to keep Meat hot, if it be done before your Company is ready, is to set the Dish over a Pan of boiling Water: cover the Dish with a deep Cover so as not to touch the Meat, and throw a Cloth over all. Thus you may keep your Meat hot a long Time, and it is better than over-roasting and spoiling the Meat. The Steam of the Water keeps the Meat hot, and does not draw the Gravy out, or dry it up; whereas if you set a Dish of Meat any Time over a Chafing-Dish of Coals, it will dry up all the Gravy, and spoil the Meat.

*Hashing, Stewing, Baking, Boiling. &c.*

HASHING.

To hash a CALF'S HEAD.

AFTER your Calf's Head is slit, cleansed, and half-boiled, and cold, cut it in thin Slices, and fry it in a Pan of brown Butter; then having a Toss-Pan on the Stove, with a Pint of Gravy, as much strong Broth, a Quarter of a Pint of Claret, as much white Wine, and a Handful of savoury Balls, two or three shrivelled Palates, a Pint of Oysters, Cocks-combs, Lamb-stones, and Sweet-breads, boiled, blanched, and sliced, with Mushrooms and Truffles; then put your Hash in the Dish, and the other Things, some round and some on it. Garnish the Dish with sliced Lemon.

To hash BEEF.

Cut some Slices of tender Beef, and put them in a Stew-pan, well floured, with a Slice of Butter, over a quick Fire, for three Minutes, and then put to them a little Water, a Bunch of sweet Herbs, or a little Marjoram alone, an Onion, some Lemon-peel, with some Pepper, Salt, and some Nutmeg grated; cover these close, and let them stew till they are tender; then put in a Glass of Claret, or Beer, that is not bitter, and strain your Sauce; serve it hot, and garnish with red Beet-roots, and Lemon sliced. This is a very good Dish.

A fine

A fine Hash of BEEF, at little Expence.

After having cut your Beef in thin Slices, make your Sauce for it as follows; take some Pepper and Salt, an Onion cut in two, a little Water, and some strong Beer; after that, take a Piece of Butter, rolled in Flour, in your Pan, stirring it till it burns; then put in your Sauce, and let it boil a Minute or two; then put in your Beef, and let it but just warm through, for it will harden it if you let it lie too long.

You may put in a little Claret, just before you take it off the Fire; if you use no Beer, take some Mushroom or Walnut Liquors. Garnish with Pickles.

To hash a Leg of MUTTON.

Take a Leg of Mutton half-roasted, when it is cold cut it in thin Pieces as you would do any other Meat for hashing, put it into a Stew-pan, with a little Water or small Gravy, two or three Spoonfuls of red Wine, two or three Shalots shred, or Onions, and two or three Spoonfuls of Oyster Pickle; thicken it up with a little Flour, and so serve it up. Garnish your Dish with Horse-radish and Pickles.

You may do a Shoulder of Mutton the same Way, only boil the Blade-bone, and let it lie in the Middle.

To hash MUTTON.

Cut your Mutton in small Pieces, and then take about Half a Pint of Oysters, and after washing them in Water, put them in their own Liquor in a Sauce-pan, with some Mace, whole Pepper, and a little Salt: When they have stewed a little,

put in one Anchovy, a Spoonful of Kitchen Sauce, or pickled Walnut Liquor, some Gravy, or Water; then put in your Mutton, and a Piece of Butter rolled in Flour; let it boil up till the Mutton is warm through, then put in a Glass of Claret; lay it upon Sippets, garnished with sliced Lemon or Capers, and if you please some Mushrooms.

Another Way to hash Mutton, or any such Meat.

Take a little Pepper, whole Mace, Salt, a few Sprigs of sweet Herbs, a little Anchovy, one Shalot, two Slices of Lemon, and a little Broth or Water; let it stew a little, and thicken it with burnt Butter. Serve it with Pickles and Sippets.

STEWING.

To stew a Rump of Beef.

Take a fat Rump of young Beef, and cut off the Fag-end, lard the low Part with fat Bacon, and stuff the other Part with shred Parsley; put it into your Pan, with two or three Quarts of Water, a Quart of red Wine, two or three Anchovies, an Onion, two or three Blades of Mace, a little whole Pepper, and a Bunch of sweet Herbs; stew it over a slow Fire five or six Hours, turning it several Times in the Stewing, and keep it close covered; when your Beef is stewed enough, take from it the Gravy, thicken Part of it with a Lump of Butter and Flour, and put it upon the Dish with the Beef. Garnish the Dish with Horseradish and red Beet-root. There must be no Salt upon the Beef, only salt the Gravy to your Taste.

You may stew Part of a Brisket, or an Ox-Cheek, the same Way.

To stew Beef Collops.

Cut raw Beef in the same Manner as you do Veal for *Scotch Collops*; lay it in a Dish with a little Water, put to it a Shalot, a Glafs of white Wine, some Marjoram powdered, some Pepper and Salt, and a Slice or two of fat Bacon; then put it over a quick Fire for a little Time, 'till your Dish is full of Gravy, and you may put in a little Catchup; serve it hot, and garnish with Lemon sliced.

How to stew Ducks whole.

Take Ducks when they are drawn and clean washed, put them into a Stew-pan with strong Broth, red Wine, Mace, whole Pepper, an Onion, an Anchovy, and Lemon-peel; when well stewed, put in a Piece of Butter, and some grated Bread to thicken it; lay round them crisp Bacon, and forced Meat Balls. Garnish with Shalots.

To stew PIGEONS.

Take your Pigeons, season and stuff them; flat the Breast-bone, and truss them up as you would do for Baking, dredge them over with a little Flour, and fry them in Butter, turning them round till all Sides be brown, then put them into a Stew-pan, with as much brown Gravy as will cover them, and let them stew till your Pigeons be done; then take Part of the Gravy, an Anchovy shred, a little Catchup, a small Onion, or a Shalot, and a little Juice of Lemon for Sauce, pour it over your Pigeons, and lay round them forced Meat Balls and crisp Bacon. Garnish your Dish with crisp Parsley and Lemon.

To stew VEAL.

Procure some lean Veal, either raw, boiled, or roasted, and having cut it into thick Slices, put them in as much Water as will just cover them; then put a little Pepper and Salt, a little Mace and Nutmeg, a Shalot, a little sweet Marjoram, and a little Lemon-peel; and when they are stewed near enough, put a little Mushroom Gravy into the Liquor, a little Lemon Juice, a Glass of white Wine, and let it stew a little longer; then strain off the Liquor, and you may put some pickled Mushrooms in the Sauce, and thicken your Sauce with Cream, or Butter rolled in Flour: Garnish with sliced Lemon or Orange, and fried Oysters.

To stew a Rump, Leg, or Neck of Mutton.

First break the Bones, and put them in a Pot with a little whole Pepper, Mace and Salt, one Anchovy, one Nutmeg, and one Turnip, two Onions, a little Bunch of sweet Herbs, a Pint of Ale, a Quart of Claret, a Quart or two of Water, and a hard Crust of Bread; stop it up, and let it stew five Hours, and serve it with Toasts and the Gravy. Put half this to the Mutton, and stew it two Hours.—You may bake an Ox-Cheek in the same Manner.

To stew Mutton Chops.

Cut your Chops thin, take two Earthen Pans, put one over the other, lay your Chops between and burn brown Paper under them.

To stew RABBITS.

Take two or three Rabbits, and after boiling them till they are half enough, cut them into Pieces

ces in the Joints, and cut the Meat off in Pieces, leaving some Meat on the Bones ; then put Bones and Meat into a good Quantity of the Liquor in which the Rabbits were parboiled ; set it over a Chaffing-dish of Coals, between two Dishes, and let it stew, season it with Salt, and gross Pepper, and then put in some Oil ; and before you take it off the Fire, squeeze in some Juice of Lemon : When it has stewed enough, serve up all altogether in the Dish.

To stew Rabbits the French Way.

Cut your Rabbits into Quarters, then lard them with pretty large Lardoons of Bacon, fry them, stew them in a Stew-pan, with strong Broth, white Wine, Pepper, Salt, a Faggot of sweet Herbs, fried Flour, and Orange.

To stew a PIG.

In the first Place roast the Pig till it is hot ; then take off the Skin, and cut it in Pieces ; then put it into a Stew-pan, with good Gravy and white Wine, some Pepper, Salt, Nutmeg, and Onion, and a little sweet Marjoram, a little Elder Vinegar, and some Butter, and when it is stewed enough, lay it upon Sippets, and garnish with sliced Lemon.

To stew EGGS in Gravy.

Take a little Gravy, pour it upon a little Pewter-Dish, and set it over a Stove ; when it is hot, break in as many Eggs as will cover the Bottom of the Dish, keep pouring the Gravy over them with a Spoon till they are white at the Top, when they are done enough, strew over them a little Salt ; fry some square Sippets of Bread in Butter,
prick

prick them with the small Ends upward, and serve them up.

To stew APPLES.

Take eight or ten large Pippins, pared and cut in Halves, a Pound of fine Sugar, and a Quart of Water; then boil the Sugar and Water together; skim it, and put your Apples in the Syrup to boil, covered with Froth till they are tender and clear; put a little Juice of Lemon in, and Lemon-peel cut long and narrow, and a small Glass of Wine; let them give one Boil up, then put it in a China Dish, and serve it cold.

To stew TROUT.

Take a large Trout, wash it, and put it in a Pan with white Wine and Gravy, then take two Eggs buttered, some Pepper, Salt, Nutmeg, and Lemon-peel, a little Thyme, and some grated Bread; mix them all together, and put in the Belly of the Trout; then let it stew a Quarter of an Hour, and put a Piece of Butter into the Sauce; serve it hot, and garnish with Lemon sliced.

To stew COD.

Lay your Cod in thin Slices at the Bottom of a Dish, with half a Pint of white Wine, a Pint of Gravy, and some Oysters and their Liquor, some Pepper and Salt, and a little Nutmeg; and let it stew till it is near enough, then thicken it with a Piece of Butter rolled in Flour; let it stew a little longer; serve it hot, and garnish with Lemon sliced.

How to stew CARP, from Pontack's

Take half Gravy and half Claret, as much as will cover your Carp in the Pan, with Mace, whole Pepper, a little Cloves, two Anchovies, a little Horse-radish, a Shalot or Onion, and a little Salt; when the Carp is enough, take it out, and boil the Liquor as fast as possible, till it be just enough to make Sauce; flour a Bit of Butter, and throw into it; squeeze the Juice of one Lemon, and pour it over the Carp.

To stew OYSTERS.

Plump them in their own Liquor; then strain them off, and wash them in clean Water; then set on a little of their own Liquor, Water, and white Wine, a Blade of Mace, and a little whole Pepper; let it boil very well, then put in your Oysters, and let them just boil up; then thicken them with the Yolks of two Eggs, a Piece of Butter, and a little Flour, beat up very well; thicken it, and serve it up with Sippets and Lemons.

To stew a PIKE.

Take a large Pike, scale and clean it, season it in the Belly with a little Mace and Salt; skewer it round, put it into a deep Stew-pan, with a Pint of small Gravy, a Pint of red Wine, and two or three Blades of Mace, set it over a Stove with a slow Fire, and cover it up close; when it is stewed enough, take Part of the Liquor, put to it two Anchovies, a little Lemom-peel shred fine, and thicken the Sauce with Flour and Butter; before you lay the Pike on the Dish, turn it with the Back upwards, take off the Skin and serve it up. Garnish the Dish with Lemon and Pickle.

To boil TENCH.

Scale your Tench when alive, gut it, and wash the Inside with Vinegar, then put it into a Stew-pan when the Water boils, with some Salt, a Bunch of sweet Herbs, some Lemon-peel, and whole Pepper; cover it up close, and boil it quick till enough; then strain off some of the Liquor, and put to it a little white Wine, some Walnut Liquor, or Mushroom Gravy, an Anchovy, and some Oysters or Shrimps; boil these together, and toss them up with thick Butter rolled in Flour, adding a little Lemon Juice. Garnish with Lemon and Horse-radish, and serve it hot with Sippets.

*Broiling, Frying, Baking, &c.**To dress Beef Steaks.*

Take your Beef Steaks and beat them with the Back of a Knife, strew them over with a little Pepper and Salt, lay them on a Gridiron over a clear Fire, turning them till enough; set your Dish over a Chaffing-dish of Coals, with a little brown Gravy; chop an Onion or Shalot as small as Pulp, and put it amongst the Gravy; (if your Steaks be not over much done, Gravy will come therefrom) put it on a Dish, and shake it all together. Garnish your Dish with Shalots and Pickles.

Mutton Cutlets, from Pontack's

Take a Handful of grated Bread, a little Thyme and Parsley, and Lemon-peel shred very small, with some Nutmeg, Pepper, and Salt; then take a

a Loin of Mutton, cut it into Steaks, and let them be well beaten ; then take the Yolks of two Eggs ; rub all over the Steaks. Strew on the grated Bread with these Ingredients mixed together. Make your Sauce of Gravy, with a Spoonful or two of Claret, and a little Anchovy.

Veal Cutlets, from Pontack's,

Take a Neck of Veal, cut it into Steaks, and fry it in Butter. Boil the Cragg to strong Broth, two Anchovies, two Nutmegs, some Lemon-peel, Penny-royal, and Parsley, shred very small ; burn a Bit of Butter, pour in the Liquor and the Veal Cutlets, with a Glass of white Wine, and toss them all up together. If it be not thick enough, flour a Bit of Butter and throw in. Lay it into the Dish ; squeeze an Orange over, and strew Salt as much as will relish.

To fry Mutton Steaks.

Take a Loin of Mutton, cut off the thin Part, then cut the rest into Steaks, and flat them with a Cleaver, or Paste-pin, season them with a little Pepper and Salt, and fry them in Butter over a quick Fire ; as you fry them put them into an Earthen Pot till you have fried them all ; then pour the Fat out of the Pan, put in a little Gravy, and the Gravy that comes from the Steaks, with a Spoonful of red Wine, an Anchovy, and an Onion or a Shalot shred ; shake up the Steaks in the Gravy, and thicken it with a little Flour ; so serve them up. Garnish your Dish with Horseradish and Shalots.

To

To fry Beef Steaks.

Take Rump Steaks, or any other tender Part of the Beef, put some Salt and Pepper upon them, and then put them in a Pan with a Piece of Butter and an Onion, over a slow Fire, close covered; and as the Gravy draws, pour it from the Beef, still adding more Butter at Times, till your Beef is enough; then pour in your Gravy, with a Glass of strong Beer, or Claret, then let it just boil up, and serve it hot, with Juice of Lemon, or a little Verjuice.

Beef Steaks with Oysters.

Take some tender Beef Steaks, pepper them to your Mind, but no Salt, for that will make them hard; turn them often, till they are enough, which you will know by their feeling firm; then salt them to your Mind.

For the Sauce, take Oysters, with their Liquor, and wash them in Salt and Water; let Oyster Liquor stand to settle, and then pour off the clear; stew them gently in this, with a little Nutmeg or Mace, some whole Pepper, a Clove or two, and take Care you don't stew them too much, for that will make them hard; when they are almost enough, add a little white Wine, and a Piece of Butter rolled in Flour to thicken it.

Some choose to put an Anchovy, or Mushroom Catchup into the Sauce, which makes it very rich.

Veal Cutlets.

Having cut your Veal in Slices, season it with Salt, Pepper, Nutmeg, sweet Marjoram, and a little Lemon-peel grated; wash them over with Egg, and strow over them this Mixture; lard them
with

with Bacon, dip them in melted Butter, and wrap them in white Papers buttered; broil them on a Gridiron a good Distance from the Fire; when they are enough unpaper them, and serve them with Gravy and Lemon sliced.

To fry OYSTERS.

Make a Batter of Milk, Flour, and Eggs; then take your Oysters, wash them, wipe them dry, and dip them in the Batter; then roll them in some Crumbs of Bread and a little Mace beat fine, and fry them in very hot Lard or Batter.

WHITINGS, broiled.

Whitings should be washed with Water and Salt, then dry them well and flour them; rub your Gridiron well with Chalk, and make it hot; then lay them on; and, when they are enough, serve them with Oyster or Shrimp Sauce; garnish them with Lemon sliced.

N. B. The Chalk will keep the Fish from sticking.

To broil COD-SOUNDS.

After letting them lie in hot Water a few Minutes, take them out and rub them well with Salt, take off the black Dirt and Skin: When they look white, put them in Water and give them a boil; take them out and flour them well, Salt and Pepper them, then broil them; when they are enough lay them in your Dish, and pour melted Butter and Mustard in the Dish. Broil them whole.

To broil Sheep or Hogs TONGUES.

Boil, blanch, and split your Tongues, season them with a little Pepper and Salt, then dip them in Egg, strow over them a few Bread-crumbs, and broil them till they are brown; serve them up with a little Gravy and Butter.

To broil CHICKENS.

Slit them down the Back, and season them with Pepper and Salt, lay them on a very clear Fire, and at a great Distance. Let the Inside lye next the Fire till it is above half done; then turn them, and take great Care the fleshy Side don't burn, throw some fine Raspings of Bread over it, and let them be of a fine Brown, but not burnt. Let your Sauce be good Gravy, with Mushrooms, and garnish with Lemon and the Livers broiled, the Gizzards cut, slashed, and broiled with Pepper and Salt.

Water TANSY.

Take twelve or fourteen Eggs, and eight or ten of the Whites, beat them very well, and grate a Penny Loaf, and put in a Quarter of a Pound of melted Butter, and a Pint of the Juice of Spinage. Sweeten it to your Taste.

GOOSEBERRY Tansy.

Melt some fresh Butter in a frying Pan, put in a Quart of Gooseberries, fry them till tender, and mash them; then beat seven or eight Eggs, four or five Whites, a Pound of Sugar, three Spoonfuls of Sack, as much Cream, a Penny Loaf grated, and three spoonfuls of Flour; mix all these together, and put the Gooseberries out of the Pan

to

to them, and stir all well together, and put them into a Sauce-pan to thicken ; then put fresh Butter into the Frying-pan, and fry them brown ; strew Sugar on the Top.

APPLE Tansy.

Slice three or four Pippins thin, fry them in good Butter, then beat four Eggs with six Spoonfuls of Cream, a little Rose-Water, Sugar and Nutmeg ; stir them together, and pour it over the Apples : Let it fry a little, and turn it with a Pie-plate. Garnish with Lemon, and Sugar strewed over it.

To make fine PANCAKES.

Take a Pint of Cream, or Milk, eight Eggs, a Nutmeg grated, and a little Salt ; then melt a Pound of Butter, and a little Sack, before you stir it ; it must be as thick with Flour as ordinary Batter, and fried with Lard ; turn it on the Back-side of a Plate, garnish with Orange, and strew Sugar over them.

APPLE Fritters..

Take the Yolks of six Eggs, and the Whites of three, beat them well together, and put to them a Pint of Cream, or Milk ; then put to it four or five Spoonfuls of Flour, a Glass of Brandy, half a Nutmeg grated, and a little Ginger and Salt ; your Batter must be pretty thick ; then slice your Apples in Rounds, and, dipping each Round in Batter, fry them in good Lard, with a quick Fire.

Apple FROISE.

First cut some Apples in thick Slices, and fry them of a light brown ; take them up and lay

them to drain, and keep them as whole as you can; then make the following Batter: Take five Eggs, and three Whites, beat them up with Flour and Cream, and a little Sack; make it the thickness of a Pancake Batter, pour in a little melted Butter, Nutmeg, and a little Sugar: Melt your Butter, and pour in your Batter, and lay a Slice of Apple here and there, and pour more Batter on them; fry them of a fine light brown, then take them up, and strew double-refined Sugar over them.

How to fry Calves Feet in Butter.

Take four Calves Feet and blanch them, boil them as you would do for Eating, take out the large Bones and cut them in two, beat a Spoonful of Wheat-flour and four Eggs together, put to it a little Nutmeg, Pepper, and Salt, dip in your Calves Feet, and fry them in Butter a light brown, and lay them upon a Dish with a little melted Butter over them. Garnish with Slices of Lemon, and serve them up.

To make white Scotch Collops.

Take about four Pounds of a Fillet of Veal, cut it in small Pieces as thin as you can, then take a clean Stew-pan, butter it over, and shake a little Flour over it, then lay your Meat in Piece by Piece, till all your Pan be covered; take two or three Blades of Mace, and a little Nutmeg, set your Stew-pan over the Fire, toss it up together till all your Meat be white, then take half a Pint of strong Veal Broth, which must be ready made, a Quarter of a Pint of Cream, and the Yolks of two Eggs, mix all these together, put it to your Meat, keeping it tossing all the
Time

Time till they just boil up, then they are done enough; and then squeeze in a little Lemon: You may add Oysters and Mushrooms, to make it rich.

BAKING.

To bake a Calf's Head.

Wash it clean, and divide it, then beat the Yolks of three Eggs, and with a Feather trace it over the Outside of the Head, then take some grated Bread, some Salt, Pepper, and Nutmeg, some Lemon-peel grated, with some Sage cut small, then strew this Mixture over the Outside of the Head, lay it in an earthen Dish, and cover the Head with some Bits of Butter; put a little Water in the Dish, and bake it in a quick Oven, and when you serve it, pour on some strong Gravy, with the Brains first boiled and mixed in it; garnish with Lemon.

If you don't choose the Brains in the Gravy, put them in a Plate with your Tongue.

To bake Beef the French Way.

Bone some tender Beef, take away the Sinews and Skin, then lard it with fat Bacon, season your Beef with Salt, Pepper, and Cloves, then tie it up tight with Pack-thread, and put it in an earthen Pan, some whole Pepper, an Onion stuck with twelve Cloves, and put at Top a Bunch of sweet Herbs, two or three Bay-leaves, a Quarter of a Pound of Butter, and half a Pint of Claret, or white Wine Vinegar, or Verjuice; cover it close, bake it for four or five Hours; serve it hot with its own Liquor, or serve it cold in Slices, to be eat with Vinegar and Mustard.

To bake HERRINGS.

Put an hundred Herrings into a Pan, cover them with three Parts Water, and one Part Vinegar, with a good deal of All-spice, some Cloves, a Bunch of sweet Herbs, a few Bay-leaves, and two whole Onions, tie them down close, and bake them; when they come out of the Oven, heat a Pint of red Wine scalding hot, and put to them, then tie them down again, and let them stand four or five Days before you open them, and they will be very firm and fine.

To make Ginger-Bread.

Take a Pound and a half of Treacle, half a Pound of brown Sugar, two Eggs beaten, one Ounce of Ginger beaten, and sifted; of Mace, Cloves, and Nutmeg, all together, half an Ounce, beaten very fine; Coriander-Seeds and Carraway-Seeds, of each half an Ounce; two Pounds of Butter melted; mix all these together, with as much Flour as will knead it into a pretty stiff Paste, then roll it out, and cut it into what Form you please: Bake it in a quick Oven on Tin-plates: A little Time will bake it. Of some of this Paste you may likewise make Drops.

FRICASEYS.

To make a brown Fricasey of RABBITS.

Take a Rabbit, cut the Leg in three Pieces, and the Remainder of the Rabbit the same Bigness, beat them thin, and fry them in Butter over a quick Fire; when they are fried, take them out of the Butter, and put them in a Stew-pan with a little Nutmeg; then shake it up with a little Flour and Butter, and put over it a few
Bread

Bread Crumbs, season'd with Lemon-peel, Thyme, Parsley, and a little Pepper and Salt. Garnish your Dish with crisp Parsley.

A white Fricassey of Rabbits.

Take a Couple of young Rabbits, and half boil them; when they are cold take off the Skin, and cut the Rabbits in small Pieces, (only take the white Part) when you have cut it in Pieces, put it into a Stew-pan with white Gravy, a small Anchovy, a little Onion, shred mace, and Lemon-peel, set it over a Stove, and let it have one Boil; then take a little Cream, the Yolk of two Eggs, a Lump of Butter, a little Juice of Lemon, and shred Parsley; put them altogether into a Stew-pan, and shake them over the Fire till they are as white as Cream; you must not let it boil, if you do it will curdle. Garnish your Dish with Lemon and Pickles.

To fricassey CHICKENS.

Draw and wash your Chickens, half boil them, then take them up, and cut them in Pieces, and put them in a Frying-pan, and fry them in Butter, then take them out of the Pan, and clean it, and put in some White Wine, some strong Broth, some grated Nutmeg, a little Salt and Pepper, a Bunch of sweet Herbs, and a Shallot or two; let these, with two or three Anchovies, stew on a slow Fire, and boil up; then beat it up with Butter and Eggs till it is thick, and put your Chickens in, and toss them well together; lay Sippets in the Dish, and serve it up with sliced Lemon, and fried Parsley.

A brown fricasey of Chickens.

Skin them, cut them in Pieces, and fry them in Butter or Lard; when they are fried take them out, and let them drain, then make some Balls of Force-Meat, and fry them; then take some strong Gravy, a Shallot or two, a Bunch of sweet Herbs, some Spice, a little Anchovy-Liquor, a Glas of Claret, some thin, lean Tripe, cut with a Jaggig-iron, to imitate Cocks-Combs; thicken your Sauce with burnt Butter, then put in your Chickens, and toss them up together. Garnish with fried Mushrooms, dipped in Butter, or Parsley fried, or Lemon sliced.

To make Force-Meat Balls.

Force Meat Balls are made thus. Take half a Pound of Veal, and half a Pound of Sewet, cut fine, and beat in a marble Mortar, or wooden Bowl; have a few sweet Herbs shred fine, and a little Mace dried and beat fine, a small Nutmeg grated, or half a large one, a little Lemon-peel cut very fine, a little Salt and Pepper, and the Yolk of two Eggs; mix all these well together, then roll them in little round Balls, and some in little long Balls; roll them in Flour, and fry them brown. If they are for any Thing of white Sauce, put a little Water on in a Sauce-pan, and when the Water boils, put them in, and let them boil for a few Minutes; but never fry them for white Sauce.

To make a brown Fricasey of EGGS.

Take eight or ten Eggs, according to the Bigness you design your Dish, boil them hard, put them in Water, take off the Shell, fry them in-
But-

Butter till they are a deep brown, put them into a Stew-Pan with a little brown Gravy, and a Lump of Butter, so thicken it up with Flour; take two or three Eggs, lay them in the Middle of the Dish, then take the others, cut them in two, and set them with the small Ends upwards round the Dish; fry some Sippets, and lay round them. Garnish your Dish with crisp Parsley.

This is proper for a Side-dish in *Lent*, or any other Time.

To make a white Fricassey of EGGS.

Take ten or twelve Eggs, boil them hard, and peel them, put them in a Stew-pan with a little white Gravy; take the Yolks of two or three Eggs, beat them very well, and put to them two or three Spoonfuls of Cream, a Spoonful of white Wine, a little Juice of Lemon, shred Parsley, and Salt to your Taste; shake all together over the Stove till it be as thick as Cream, but don't let it boil; take your Eggs, and lay one Part whole on the Dish, the rest cut in Halves and Quarters, and lay them round your Dish; you must not cut them till you lay them on the Dish, Garnish your Dish with Sippets, and serve it up.

How to fricassey Calves Feet white.

Dress the Calves Feet, boil them as you would do for eating, take out the long Bones, cut them in two, and put them into a Stew-Pan with a little white Gravy, and a Spoonful or two of white Wine; take the Yolks of two or three Eggs; two or three Spoonfuls of Cream, grate in a little Nutmeg and Salt, and shake all together with a Lump of Butter. Garnish your Dish with Slices of Lemon and Currants, and so serve them up.

A Fricassey of LAMB.

Take a Hind-Quarter of Lamb and cut it into thin slices ; season them with savoury Spice, sweet Herbs, and a Shalot ; then fry it on the Fire, toss them up in strong Broth, Oysters, White Wine, forc'd-meat Balls, two Palates, a little brown Batter, and an Egg or two to thicken it, or a Bit of Butter roll'd in Flour ; and garnish it with slic'd Lemon.

To Fricassey col'd Roast Beef.

When you have cut your Beef into very thin Slices, take a Handful of Parsley, shred it very small, cut an Onion into Quarters, and put them altogether in a Stew-pan, with a Piece of Butter, and a good Quantity of strong Broth, season with Salt and Pepper, and let it stew gently about a Quarter of an Hour ; then take the Yolks of four Eggs, and beat them in some Claret, and a Spoonful of Vinegar, and put it to your Meat, stirring it 'till it becomes thick ; rub your Dish with a Shalot before you serve.

To Fricassey Ducks.

First Quarter them, then race them, and beat them with the Back of your Cleaver, dry them well, fry them in sweet Butter ; when they are almost fry'd, put in a Handful of Onions shred small, and a little Thyme : Then put in a little Claret, thin Slices of Bacon, Parsley and Spinage, boil'd green, and shred small : Break into a Dish the Yolks of three Eggs with a little Pepper, and some grated Nutmeg, toss them up with a Ladleful of drawn Butter ; pour this on your Ducks, lay your Bacon upon them, and serve them hot.

To Fricassey a Goose.

Roast a Goose, and before it is quite enough, cut and scotch him with your Knife long ways, and then slash it across; wash it with Butter, strew Salt over it; then lay it in a Dish with the skinny Side downwards, till it has taken a gentle Heat; then turn the other Side, and let that have a Heat; afterwards broil it on a Gridiron, over a gentle Fire; when it is enough, baste the upper Side with Butter, Vinegar, Mustard, and a little Sugar; pour this into a Dish, with Saufages, and Lemon, and serve it up.

How to Truss a Rabbit for Roasting.



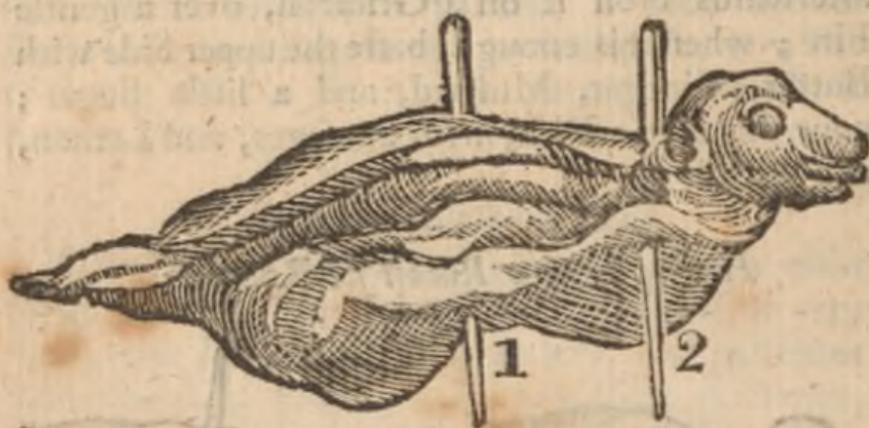
Explanation.

Case the whole Rabbit, except the lower Joints of the Fore-Legs, and those you should chop off, then put a Skewer through the Middle of the Haunches, after you have laid them flat, as at 1, and the Fore-Legs, which are called the Wings, must be turned as at 2, so that the smaller Joint may be push'd into the Body, through the Ribs. This is a single Rabbit, has the Spit put through the Head and Body, but the Skewer takes hold of the Spit to preserve the Haunches. But, if you truss a Couple of Rabblts, there should be seven Skewers,

Skewers, and then the Spit passes only between the Skewers without touching the Rabbits.

N. B. You may truss it short, in the same Manner as for boiling, and roast it.

How to truss a Rabbit for Boiling.

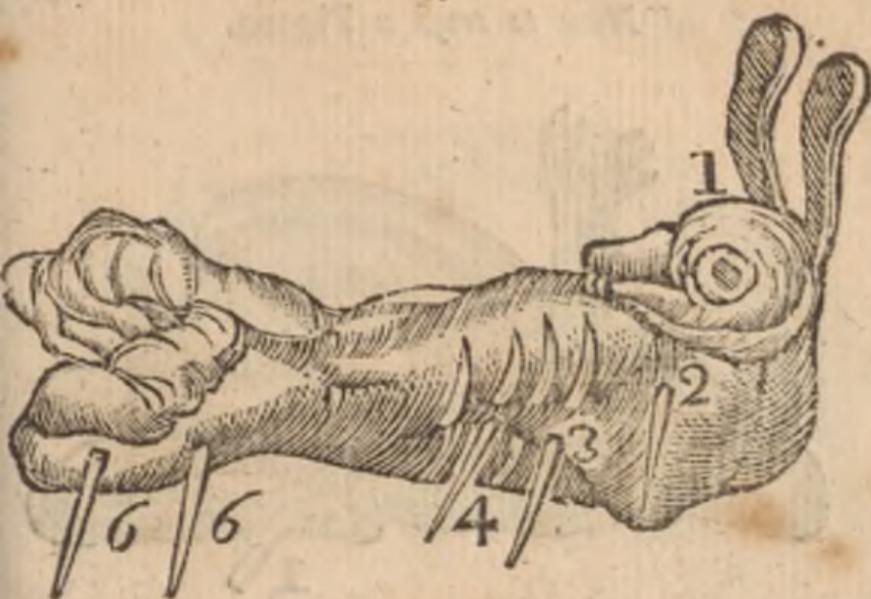


Explanation.

First cut the two Haunches close to the Back-Bone two Inches, then turn up the Haunches by the Side of the Rabbit, and skewer them through the Middle of the Back, as at 1, then pass a Skewer through the Shoulder Blades and Neck, and the utmost Joints of the Legs, as at 2. Bend the Neck backwards, and truss the Shoulders high, that the Skewer may be easily put through the Whole.

How

How to truss a Hare.



Explanation.

In casing a Hare, when you come to the Ears, put a Skewer just between the Head and the Skin, and raise it up by Degrees till both the Ears are stripped, and take off the rest as usual. Then twist the Head over the Back, as at 1, and put two Skewers in the Ears to make them stand almost upright, and to keep the Head in a proper Position; then push up the Joint of the Shoulder-blade towards the Back, and put a Skewer between the Joints thro' the bottom Jaw, to keep it steady, as at 2, and another Skewer thro' the lower Branch of the Leg and thro' the Ribs, as at 3, to keep the Plate-bone up tight, and another thro' the Point of the same Branch, as at 4; then bend both Legs in between the Haunches so as to make their Points meet under the Scut, and take Care to skewer them fast with two Skewers, as at 6, 6.

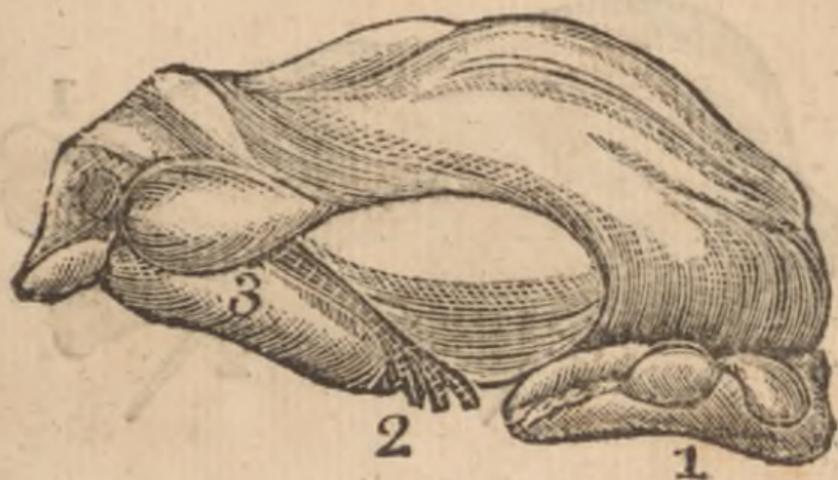
A Hare may also be trussed short, in the Manner of a Rabbit for boiling.

How to truss a Pigeon.*Explanation.*

When you draw a Pigeon, leave in the Liver because it has no Gall ; then push up the Breast from the Vent, and holding up the Legs, pass a Skewer just between the Brown of the Leg, and the Bent of the Thigh, having first turned the Pinions under the Back ; and take Care that the lower Joint of the large Pinions are passed with the Skewer in such a Manner that the Legs are between them, and the Body, as at 1, and then you are right.

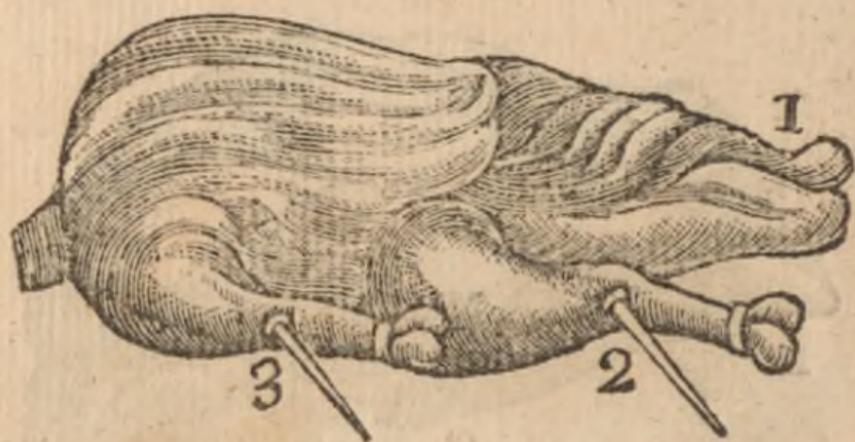
How

How to truss a Fowl for boiling.



Explanation.

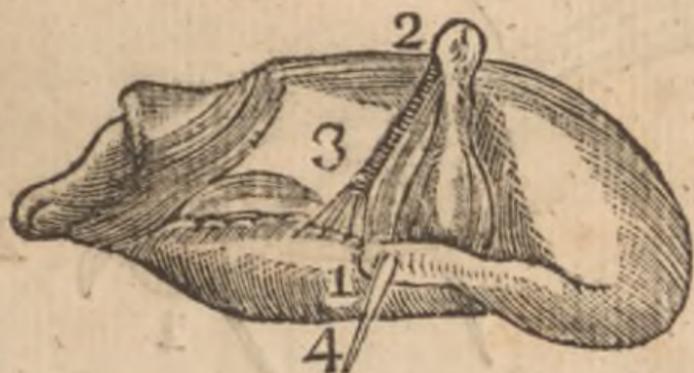
When you have drawn you Fowl, twist the Wings 'till you bring the Pinions under the Back, and those who choose it may put the Gizzard and Liver, one in each Wing, as at 1, but they are generally left out. Beat down the Breast-bone to prevent its rising above the fleshy Part; then cut off the Claws of the Feet, twist the Legs, and bring them towards the Wing on the Out-side of the Thigh, as at 2, and cut a Hole on each Side of the Apron just above the Sidesman, and put the Joints of the Legs into the Body, as at 3, no Skewer being made use of.

How to truss a Goose.*Explanation.*

Let only the thick Joints of the Legs and Wings be left to the Body ; the Pinions and the Feet should be cut off and go with the other Giblets, which consist of the Gizzard and Liver, and the Head and Neck. Cut a Hole at the Bottom of the Apron of the Goose, as at 1, and draw the Rump through it ; then put a Skewer thro' the small Part of the Leg, and through the Body near the Back, as at 2, and another thro' the thinnest Part of the Wings, and through the Body, near the Back, as at 3, and you have done.

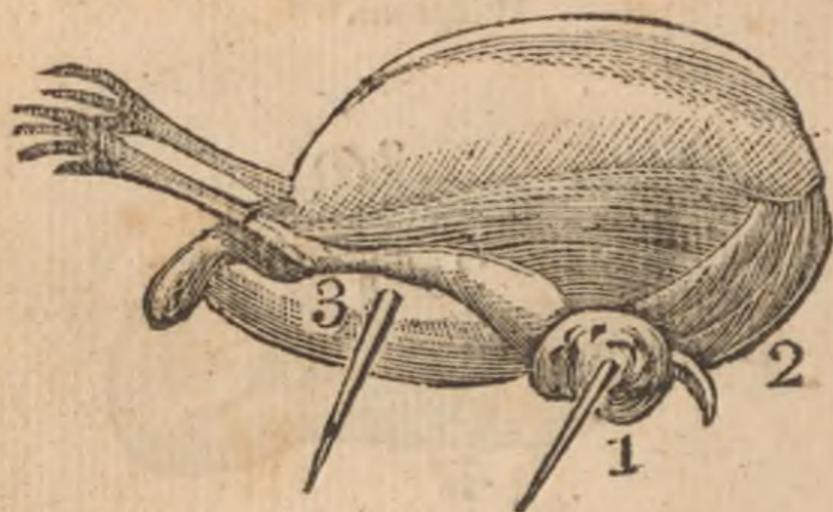
How

How to truss Easterlings, Ducks, Teals and Widgeons.



Explanation.

When you draw it lay aside the Gizzard and Liver, and take out the Neck, taking Care to leave the Skin of the Neck full enough to cover that Part where the Neck was cut off. Next cut off the Pinions, as at 1, and raise up the whole Legs till they are in the Middle, as at 2, and press them between the Body of the Fowl and the Stump of the Wings; then twist the Feet, and bring the Bottom of them towards the Body of the Fowl, as at 3, and put a Skewer thro' the Fowl between the lower Joint, next the Thigh and the Foot, taking hold of the Ends of the Stumps of the Wings, as at 1, then the Legs will stand upright, and the Point of the Skewer will be at 4.

How to truss a Partridge or Pheasant.*Explanation.*

The only Difference between trussing a *Partridge* and a *Pheasant* is, that the Neck of the *Partridge* is cut off, and the Head of the *Pheasant* is left on. The above Cut represents a *Pheasant* trussed.

After having drawn it, cut off the Pinions, and leave only the Stump bone next the Breast, then put a Skewer through its Point, and through the Body near the Back, giving the Neck a Turn; and passing it by the Back, force the Head on the Out-side of the other Wing-bones, as at 1, and put the Skewer thro' both; with the Head standing towards the Neck, or the Rump, which you chose. The Neck should go as at 2; then take the Legs, and press them by the Joints together so as to pass the lower Part of the Breast; and then press them down between the Sidesman, and put a Skewer thro' all, as at 3, and you have done.

First

First Course.
2 Dishes.

First Course. 3 Dishes.

1.
Boil'd Beef,
or Pork, &c.

1.
Fishboil'd

2.
Pudding.

2.
Scotch
collops.

3.
Pudding

Second Course.

1. Fowls roasted.
2. Tarts.

Second Course.

1. Chickens, or Ducks.
2. Cheesecakes, or Tarts.
3. Pease, or Asparagus.

ANOTHER.

First Course.

1. Scotch Collops.
2. Marrow Pudding.

Second Course.

1. Fricassey'd Chickens.
2. Tansey.

ANOTHER.

First Course.

1. Tongue and Udder.
2. Roast Beef
3. Pudding.

Second Course.

1. Leg of Lamb boiled, &c.
2. Sweetbreads, &c.
3. Tansey.

First

First Course. Four Dishes.*Second Course.*

- 1. Ducklings.
- 2. Roasted Lobsters.
- 3. Tansey.
- 4. Sweetbreads.

*Another.**First Course.*

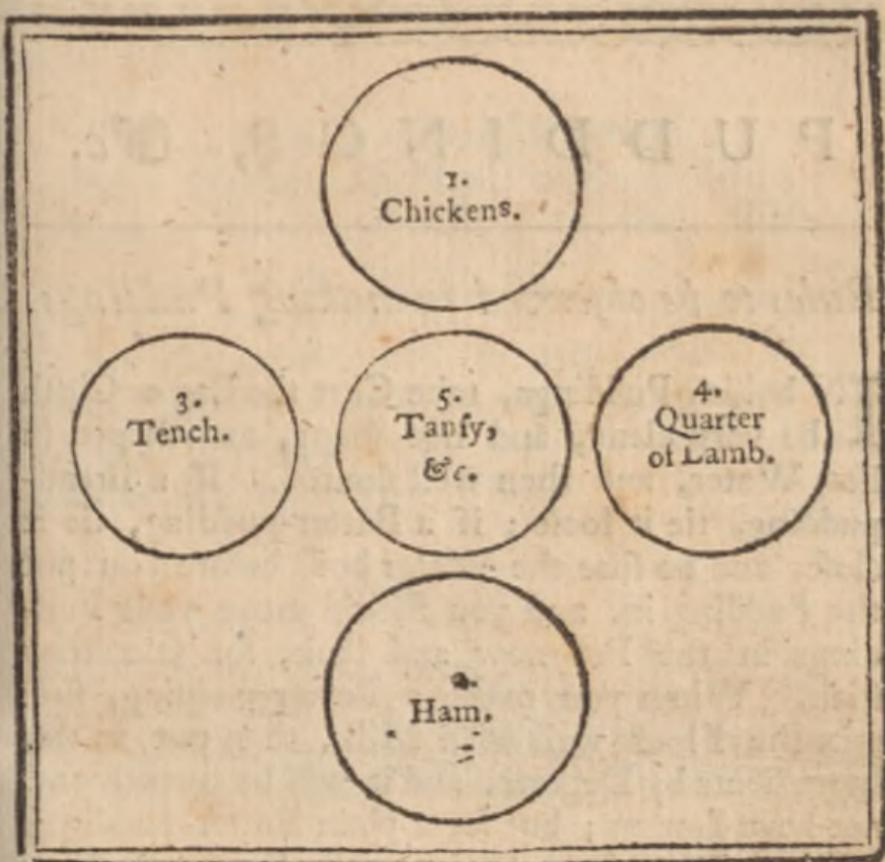
- 1. Salmon and Smelts.
- 2. Fillet of Veal.
- 3. Tansey.
- 4. Fricasey of Chickens.

Second Course.

- 1. Hare.
- 2. Duck.
- 3. Cray-Fish.
- 4. Blomange.

First

First Course. Five Dishes.



- Second Course. {
1. Partridges.
 2. Rabbits.
 3. Prawns.
 4. Olives, &c.
 5. Tarts, &c.

Another.

First Course.

1. Cod's Head.
2. Boiled Beef.
3. Chine of Mutton.
4. Rabbits fricasey'd.
5. Boiled Pudding.

Second Course.

1. Ducklings.
2. Roasted Lobsters.
3. Pigeons & Asparagus.
4. Cray-Fish.
5. Tanfy, with Fritters.

P U D-

 P U D D I N G S, &c.

Rules to be observed in making Puddings.

IN boiling Puddings, take Care the Bag or Cloth be very clean, and not soapy, and dipped in hot Water, and then well floured. If a Bread-pudding, tie it loose; if a Batter-pudding, tie it close, and be sure the Water boils before you put the Pudding in, and you should move your Puddings in the Pot now and then, for fear they stick. When you make a Batter-pudding, first mix the Flour well with Milk, then put in the Ingredients by Degrees, and it will be smooth and not have Lumps; but for a plain Batter-pudding, the best Way is to strain it thro' a coarse Hair Sieve, that it may neither have Lumps, nor the Treads of the Eggs; and all other Puddings, strain the Eggs when they are beat. If you boil them in wooden Bowls, or China-dishes, butter the Inside before you put in your Batter; and for all baked Puddings, butter the Pan or Dish before the Pudding is put in.

Boiled Plumb-Pudding.

To a Pound of Beef-suet shred very fine, put three Quarters of a Pound of Raisins, stoned; then take some grated Nutmeg, a large Spoonful of Sugar, a little Salt, four Eggs, some Sack,
three

three Spoonfuls of Cream, and five Spoonfuls of Flour; mix these together, tie it up in a Cloth and let it boil three Hours. Melt Butter, and pour over it.

To make a Bread Pudding.

Put a Quarter of a Pound of Butter into a Pint of Cream, set it on the Fire, and keep it stirring; the Butter being melted, put in as much grated Manchet as will make it pretty light, a Nutmeg or something else, and as much Sugar as you please, three or four Eggs, and a little Salt; mix all well together, butter a Dish, put it in, and bake it Half an Hour.

Apple Pudding.

Take four or five Codlings, scald them, and bruise them thro' a Sieve; put a Quarter of a Pound of Biscuits, a little Nutmeg, a Pint of Cream, and sweeten it to your Taste; ten Eggs; and half the Whites, to bake.

To make a light Pudding.

To a Pint of Cream, put some Cinnamon, Mace, and Nutmeg, and boil it with the Spice; when it is boiled, take out the Spice, then take the Yolks of eight Eggs, and four of the Whites; beat them well with some Sack, then mix them with your Cream, with a little Salt and Sugar, and take a Halfpenny white Loaf, and a Spoonful of Flour, and put in a little Rose Water; beat all these well together, and wet a thick Cloth, and flour it, then put your Pudding into it, and tie it up, and when the Pot boils, it must boil an Hour. Melt Butter, Sack, and Sugar, and pour over it.

To make a Rice Pudding.

Beat half a Pound of Rice to Powder, then set it on the Fire with three Pints of new Milk, boil it well, and when it is almost cold put to it eight Eggs well beaten, with half a Pound of Butter or Suet, and half a Pound of Sugar; put in Nutmeg or Mace, or what you please. It will take about half an Hour to bake it.

To make Batter-Pudding.

Take a Pint of Milk, six Eggs, and four Spoonfuls of Flour; put in half a Nutmeg grated, and a little Salt; you must take Care your Pudding is not thick; flour your Cloth well. Three Quarters of an Hour will boil it. Serve it with Butter, Sugar, and a little Sack.

To make a quaking Pudding.

Take eight Eggs and beat them very well, put to them three Spoonfuls of fine Wheat Flour, a little Salt, a Pint and half of Cream, and boil it with a Stick of Cinnamon and a Blade of Mace; when it is cold mix it with your Eggs and Flour, butter your Cloth, and do not give it over much Room in your Cloth; about half an Hour will boil it; you must turn it in the boiling or the Flour will settle, so serve it up with a little melted Butter.

To make a common quaking Pudding.

Take five Eggs, beat them well with a little Salt, put in three Spoonfuls of fine Flour, take a Pint of new Milk and beat them well together, then take a Cloth, butter and flour it, but do not give it over much room in the Cloth; an Hour will

will boil it, giving it a turn every now and then at the first putting in, or else the Flour will settle to the Bottom; have a little plain Butter for Sauce, and serve it up.

A Potatoe Pudding.

Take three or four large Potatoes, boil them as you would do for Eating, beat them with a little Rose-water and a Glass of Sack in a Marble Mortar, put to them half a Pound of melted Butter, half a Pound of Currants well cleaned, a little shred Lemon-peel, and candid Orange, mix all together, and serve it up.

To make a Gooseberry Pudding.

Take a Quart of green Gooseberries, pick, coddle, bruise and rub them through a Hair-sieve to take out the Pulp; take six Spoonfuls of the Pulp, six Eggs, three Quarters of a Pound of Sugar, half a Pound of clarified Butter, a little Lemon-peel shred fine, a Handful of Bread-crumbs, or Biscuit, a Spoonful of Rose-water or Orange-flower Water; mix these well together, and bake it with Paste round the Dish; you may add Sweet-meats if you please.

To make excellent Black Puddings.

To a Quart of Sheep's Blood, put a Quart of Cream, ten Eggs, Whites and Yolks, beaten well together; stir them very well, and thicken it with Oatmeal finely beaten and grated Bread, of each a little Quantity, Beef Suet finely shred, and Marrow in little Lumps; season it with a little Nutmeg, Cloves and Mace, mingled with Salt, a little Sweet-Marjoram, Lemon, Penny-royal, and Thyme, shred very well together, and mingled

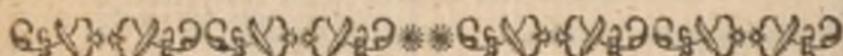
with the other Things ; when all is well mixed, fill the Guts, being well-cleansed, and boil them carefully.

Marrow Pudding.

Boil a Pint of Cream, then take it off the Fire, and slice a Penny white Loaf into it ; when it is cold, put into it eight Ounces of blanched Almonds beaten fine, with two Spoonfuls of Rose Water ; put in the Yolks of six Eggs, a Glas of Sack, a little Salt, six Ounces of candied Citron and Lemon sliced thin ; mix all together, then put it into a buttered Dish, dust on fine Sugar, bake and serve it ; you may add half a Pound of Currants.

To make a Custard Pudding.

Mix six Eggs well beat with a Pint of Cream, two Spoonfuls of Flour, half a Nutmeg grated, a little Salt and Sugar to your Taste ; butter a Cloth, and put it in when the Pot boils ; boil it just half an Hour, and melt Butter for Sauce.



Custards, Cheesecakes, Cakes, Pies, &c.

A Paste for Custards.

TAKE a Pound of Flour, twelve Ounces of Butter, the Yolks of four Eggs, six Spoonfuls of Cream, mix them together and let them stand a Quarter of an Hour, then work it up and down, and roll it very thin.

To make a Custard.

Boil a Quart of Milk or Cream, with a Stick of Cinnamon, large Mace, and quartered Nutmeg; when half cold, mix it with eight Yolks of Eggs, and four Whites, well beat, some Sack, Sugar, and Orange-flower Water. Set all on the Fire, and stir it till a white Froth rises, which skim off; then strain it, and fill your Crusts, which should be first dried in the Oven, and which you must prick with a Pin before you dry them, to prevent their rising in Blisters.

Another Custard.

Take a Quart of Cream, and boil it with a Blade of Mace; beat ten Eggs, leaving out half the Whites, take the Mace out, and when almost cold, beat in the Eggs, with one Spoonful of Orange-flower Water; sweeten it to your Taste, and put it into your Custard Cups, and let them but just boil up in the Oven; and if you boil the Eggs in the Cream all together, then you may put it in your Custard Cups over Night, and they will be fit for Use.

To make a Cream Custard.

Take the Crust off a Penny Loaf, grate the Crumb very fine, and mix with it a good Piece of Butter, and a Quart of Cream; beat the Yolks of twelve Eggs with Cream, sweeten them with Sugar; let them thicken over the Fire, make your Custards shallow, bake them in a gentle Oven, and, when they are baked, strew fine Sugar over them.

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Rice Custard.

Boil a Quart of Cream with a Blade of Mace, then put to it boiled Rice, well beaten with your Cream; put them together and stir them well all the while it boils on the Fire; and when it is enough, take it off, and sweeten it to your Taste, and put in a little Rose-water; serve them cold.

To make plain Custards.

Sweeten a Quart of new Milk to your Taste, grate in a little Nutmeg, beat up well eight Eggs, leave out half the Whites, stir them into the Milk, and bake it in China Basons, or put them into a Kettle of boiling Water, taking Care that the Water does not come above half Way up the Basons, for fear of its getting into the Basons. You may add a little Rose-water in your making, or a small Glass of Brandy.

An Almond Custard.

Blanch your Almonds, pound them in a Mortar very fine; in the beating, add a little Milk, press it thro' a Sieve, and make it as the Custard above-mentioned, and bake it in Cups.

To make a Syllabub.

Take two Quarts of Cream, a Pint of Canary, some Whites of Eggs, and a Pound of fine Sugar, and beat it with a Whisk till it froths well; skim off the Froth, and put it into Syllabub-Glasses.

To make a White-Pot.

Take a Quart of Cream, or new Milk, put into it a Quarter of a Nutmeg sliced; a Quarter
of

of an Ounce of Mace, and some Cinnamon; pare off the Crust of a Half-penny Roll, cut it in Slices, and lay it in the Bottom of a Dish, and lay them over with good Beef Marrow; and having beat up the Yolks of six Eggs well with Rose-water, put them to the Cream, sweetening all with Sugar, and having taken out the Spices, pour it into a broad Bason, in which you have laid the Bread and Marrow, and bake it, but not in too hot an Oven; when you serve it up, grate white Sugar over it.

CHEESE-CAKES.

To make Cheese-Cakes.

Boil eight Eggs, well beaten with a Quart of Milk or Cream, stir it till it is a Curd, then strain it, and mix it with the Curd of three Quarts of Milk, two grated Biscuits, three Quarters of a Pound of Butter, two Ounces of pounded and blanched Almonds, with a little Sack and Angel-Water, seven Eggs, half a Pound of Currants, and Spice and Salt; beat it up with a little Cream till it is very light, and fill the Cheese-cakes.

The same Way you may make Cheese-cakes with the Curd of a Gallon of Milk, without the Egg Curd.

Rice Cheese-Cakes.

After boiling two Quarts of Milk or Cream a little while, with a little whole Mace and Cinnamon, take it off the Fire, take out the Spice, and put in Half a Pound of Rice-flour; then set it on the Fire again, and make it boil, stirring it together; take it off, and beat the Yolks of 24 Eggs, then set it on the Fire again, and keep it continually stirring till it is as thick as Curds;

add Half a Pound of Almonds, blanched and pounded, then sweeten it to your Palate. Or, if you choose it, you may put in Half a Pound of Currants.

Lemon Cheefe-Cakes.

Boil two large Lemon-peels, pound them well together in a Mortar, with a Quarter of a Pound, or more, of Loaf-Sugar, the Yolks of six Eggs, and Half a Pound of fresh Butter, pound and mix all well together, and fill the Patty-pans about half full.

Orange Cheefe-cakes are done the same Way, but you must be careful to boil the Peel in two or three Waters, to take out the Bitterness.

CAKES.

A very good Plumb-Cake.

Dry a Quarter of a Peck of Flour, wash and pick clean three Pounds of Currants, set them before a Fire to dry; Half a Pound of Raisins of the Sun, wash'd, ston'd, and shred small, Half a Pound of blanch'd Almonds, beat very fine with Rose-water, a Pound of Butter melted with a Pint of Cream, but it must not be put in hot, a Pint of Ale-yeast, a Pennyworth of Saffron steeped in a Pint of Sack, ten or twelve Eggs, half the Whites, a Quarter of an Ounce of Cloves and Mace, one large Nutmeg grated, a few Carraway Seeds, candy'd Orange, Citron, and Lemon-peel sliced; you must make it thin, or there must be more Butter and Cream; you may perfume it with Ambergrease, tied in a Muslin-bag, and steeped in the Sack all Night. If you ice it, take Half a Pound of double-refin'd Sugar sifted; then put in some of the Sazar, and beat it up with the
White

White of an Egg, and beat it with a Whisk, and a little Orange-flower Water, but do not over wet it; then strew in all the Sugar by Degrees, then beat it all near an Hour; the Cake will take so long a baking; then draw it, and wash it over with a Brush, and put it in again for Half a Quarter of an Hour.

Another Plumb-Cake.

Take Half a Peck of Flour, Half a Pint of Rose-Water, a Pint of Cream, a Pint of Ale-Yeast, boil it, a Pound and a Half of Butter, six Eggs, without the Whites, four Pounds of Currants, half a Pound of Sugar, one Nutmeg, and a little Salt; work it very well, and let it stand an Hour by the Fire, and then work it again, and make it up, and let it stand an Hour and a Half in the Oven. Eake Care that the Oven be not too hot.

To make a Pound Cake.

Beat a Pound of Butter in an Earthen Pan with your Hand one Way, 'till it is like a fine thick Cream; then have ready twelve Eggs, but six Whites, and beat them up with the Butter, a Pound of Flour beat in it, a Pound of Sugar, and a few Carraways; beat it all well together for about an Hour with your Hand, or a great wooden Spoon; butter a Pan, and put it in, and then bake it an Hour in a quick Oven.

Some choose a Pound of Currants.

A good Seed Cake.

Take a Quarter of a Peck of Flour, two Pounds of Butter beaten to a Cream, a Pound and three Quarters of fine Sugar, three Ounces of candied Orange-

Orange-peel and Citron, one Ounce of Carraway-Seeds, ten Eggs, and but five Whites, a Glas of Sack, a little Rose-water, a few Cloves, Mace, and Nutmeg, a little new Yeast, and half a Pint of Cream; mix it up, and lay it by the Fire to rise; then bake it in a Hoop, and butter your Paper; when it is baked, ice it over with the Whites of Eggs and Sugar, and set it in again to harden.

A light Seed Cake.

Get half a Quarter of Flour, a little Ginger, and Nutmeg, three Eggs well beat, three Spoonfuls of Ale-Yeast, three Quarters of a Pint of Milk, half a Pound of Butter, and six Ounces of smooth Carraway Seeds, and work it warm together with your Hand.

A cheap Seed Cake.

Take half a Peck of Flour, put a Pound and a half of Butter in a Sauce-pan, with a Pint of new Milk, set it on the Fire; take a Pound of Sugar, half an Ounce of All-spice beat fine, and mix them with the Flour. When the Butter is melted, pour the Butter and Milk in the Middle of the Flour, and work it up like Paste. Pour in with the Milk half a Pint of good Ale-Yeast, and set it before the Fire to rise, just before it goes to the Oven. You may either put in some Carraway Seeds or Currants, and bake it in a quick Oven.

Make it in two Cakes. They will take an Hour and a Half baking.

TARTS and PIES.

A short PASTE for TARTS.

Take a Pound of Wheat Flour, and rub it very small, three Quarters of a Pound of Butter, rub it as small as the Flour, put to it three Spoonfuls of Loaf-Sugar beat and sifted, take the Yolks of four Eggs, and beat them very well; put to them a Spoonful or two of Rose-water, and work them into a Paste; then roll them thin, and ice them over, and bake them in a slow Oven.

A Cherry Tart.

Get two Pound of Cherres, stone, bruise, and stamp them; then boil up their Juice with Sugar; then stone four Pounds more of Cherries, and put them into your Tart with the Cherry Syrup; bake your Tart, ice it, and serve it up hot.

A Gooseberry Tart.

Prepare the Crust for the Patty-pans, then sheet the Bottoms, and strew them over with Powder Sugar, then take green Gooseberries, and fill your Tarts with them, laying them in one by one, a Layer of Gooseberries, and a Layer of Sugar, so close your Tarts, and bake them in a quick Oven, and they will be very clear and green.

To make a savoury Chicken Pye.

Take half a Dozen small Chickens, season them with Mace, Pepper, and Salt, both Inside and Out; then take three or four Veal Sweet-breads, season them with the same, and lay round them a few forc'd-meat Balls, put in a little Water and Butter; take a little sweet white Gravy,
not

not over strong, shred a few Oysters if you have any, and a little Lemon-peel, squeeze in a little Lemon Juice, not to make it sour; if you have no Oysters take the whitest of your Sweetbreads, boil them, cut them small, and put them into your Gravy, thicken it with a little Butter and Flour; when you open the Pye, if there be any Fat, skim it off, and pour the Sauce over the Chickens Breasts; so serve it up without any Lid.

Another Chicken Pye.

Take five or six Chickens: roll up a Piece of Butter in sweet Seasoning; season and lay them into a Cover, with the Marrow of two Bones rolled up in the Batter of Eggs, with Preserves and Fruits, as Lamb Pies, with a Caudle.

A green Goose Pye.

Bone a Couple of fat green Geese, and season them pretty high with Salt, Pepper, Nutmeg, and Cloves, and you may, if you like it, add a Couple of whole Onions; lay them one on another, and fill the Sides, and cover them with Butter, and bake them.

A Goose Pye.

Make the Walls of a Goose Pye with about half a Peck of Flour, raise your Crust just big enough to hold your Goose; first have a pickled dried Tongue, boiled tender enough to peel, cut off the Root, bone the Goose, and a large Fowl; take half a Quarter of an Ounce of Mace beat fine, three Tea-spoonfuls of Salt, a Tea-spoonful of beaten Pepper, and mix all together; season your Fowl and Goose with it, then lay the Fowl in the Goose, and the Tongue in the Fowl, and

and the Goose in the same Form as if whole. Put half a Pound of Butter on the Top, and lay on the Lid. This Pye is delicious either hot or cold, and will keep a great while. A Slice of this Pye makes a pretty little Side-dish for Supper.

Another Way.

First parboil your Goose, and then bone it, season it with Pepper and Salt, and put it into a deep Crust, with a good Quantity of Butter both under and over. Let it be well baked, fill it up at the Vent Hole with melted Butter. Serve it up with Mustard, Bay-Leaves, and Sugar.

A Gibley Pye.

Scald and pick your Gibleys, then set them over the Fire, with just Water enough to cover them, season them pretty high with Pepper and Salt, an Onion, and a Bunch of sweet Herbs. When they are stewed very tender, take them out of the Liquor, and set them by to cool; afterwards they are to be put into a standing Pye, or into a Pan with good Puff-paste round it, a convenient Quantity of Butter, and the Yolks of hard Eggs: Balls of forced Meat may also be laid over them, leaving a Hole on the Top of the Lid to pour in half the Liquor the Gibleys were stew'd in, just before your Pye is set in the Oven, and, if there is Occasion, the Remainder of the Liquor heated hot when it is cut open.

To make an Eel Pye.

Care and clean the Eels, season them with a little Nutmeg, Pepper, and Salt, cut them in long Pieces; you must make your Pye with hot Butter-paste; let it be oval, with a thin Crust; lay
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in your Eels length-way, putting over them a little fresh Butter, so bake them. Eel-pies are good, and eat very well with Currants, but if you put in Currants you must not use any black Pepper, but a little *Jamaica* Pepper.

To make Venison Pastry.

Bone a Haunch or Side of Venison, cut it square, and season it with Salt and Pepper; make it up in your Paste; a Peck of Flour for a Buck Pastry, and three Quarters for a Doe; two Pounds of Beef-suet at the Bottom of your Buck-pastry, and a Pound and a half for a Doe. A Lamb Pastry is seasoned as the Doe.

To make a Mutton Pye.

Season Mutton Steaks, fill the Pye, then lay on Butter, and close it. When it is baked, toss up a Handful of chopped Capers, Oysters, and Cucumbers in Gravy, an Anchovy, and drawn Butter.

A savoury Lamb Pye.

Having seasoned your Lamb with Salt, Pepper, Cloves, Mace, and Nutmeg, put it into your Crust, with a few Sweet-breads and Lamb-stones, seasoned as your Lamb, also some large Oysters, and savoury force-meat Balls, hard Yolks of Eggs, and the Tops of Asparagus two Inches long, first boiled green; then put Butter all over the Pye, and lid it, and set it in a quick Oven an Hour and an half; then make a Lear with Oyster Liquor, as much Gravy, a little Claret, with one Anchovy in it, and a grated Nutmeg. Let these have a Boil, thicken it with the Yolks of two or three Eggs, and when the Pye is drawn, put it in.

A Potatoe Pye.

Make your Cruft, then lay a Layer of Butter in the Bottom, and having boiled your Potatoes tender, put them in, and lay upon them Marrow, Yolks of hard Eggs, blanched Almonds, whole Spice, Dates, Pistachos, Orange, Lemon, and Citron-peel candied; then lay in a Layer of Butter over all, close up your Pye, bake it, and when it comes out of the Oven, cut up the Lid, and pour in melted Butter, Wine, Sugar, and the Yolks of Eggs.

A Pigeon Pye.

Truss your Pigeons, season them with Pepper, Salt, and Nutmeg, lard them with Bacon, and stuff them with forced-meat Balls; lay on Sweet-breads, Lamb-stones, and Butter, and close the Pye; then pour in Liquor made of Claret, Oyster Liquor, Gravy, two Anchovies, a Faggot of sweet Herbs, and an Onion; boil this up, and thicken it with brown Butter. This Liquor will serve for several Sorts of Meat, and Fowl Pies.

An Oyster Pye.

Having parboiled a Quart of large Oysters in their own Liquor, mince them small, and pound them in a Mortar with Marrow, Pistucho-Nuts, and sweet Herbs, an Onion, and savoury Spice, and a little grated Bread, or season them in the same Manner whole, lay on Butter, and close the Pye.

To make a Herring Pye.

Get some pickled Herrings, water them well, take off their Skins whole; mince your Flesh with

two Roes; add some grated Crumbs of Bread, seven or eight Dates, Rose-Water, a little Sack with Saffron, and Sugar, make of these a pretty stiff Paste, then fill the Skins of your Herrings with this Farce, lay Butter in the Bottom of your Pye, lay in your Herrings, and Dates with them, and on the Top of them lay Gooseberries, Currants, and Butter; then close it up, bake it, and when done, Liquor it with Vinegar, Butter, and Sugar.

A Rabbit Pye.

Cut young Rabbits in Pieces, and fry them in Lard, with a little Flour, season them with Salt, Pepper, Nutmeg, sweet Herbs, and Chibbols, adding a little Broth; when they are cold, put them in your Pye, adding some Morels, Truffles, and pounded Lard, lay on the Lid, set it in the Oven, and let it stand for an Hour and an half; when it is about half baked, pour in the Sauce in which the Rabbits were fried, and just before you serve it up to Table, squeeze in some Juice of *Seville Orange*.

Another.

Parboil a Couple of Rabbits, bone, lard, and season them with Pepper, Salt, Nutmeg, Cloves, and Mace, and Winter-savory; put them in your Pye, with a good many forced-meat Balls, laying a Pound of Butter on the Top, close it up, bake it, and when it is cold, fill it up with clarified Butter.

A young Rook Pye.

Take young Rooks, flea them, and put a Crust at the Bottom of your Dish, with a great deal of

of Butter, and forced-meat Balls, then season the Rooks with Salt, Pepper, Cloves, Mace, Nutmeg, and some sweet Herbs, and put them into your Dish; pour in some of the Liquor they were parboiled in, and lid it; when baked, cut it open, and skim off the Fat; warm, and pour in the Remainder of the Liquor they were parboiled in, if you think your Pye wants it.

A Turkey Pye.

Take a Turkey and bone it, season it with savoury Spice, and lay it in the Pye, with two Capons cut in Pieces, in order to fill up the Corners. A Goose Pye is made in the same Manner, with two Rabbits to fill up the Corners.

A Trout Pye.

Having cleaned and scaled them, lard them with Pieces of a Silver Eel rolled up in Spice, and sweet Herbs, and Bay Leaves powdered; lay between and on them the Bottoms of sliced Artichokes, Oysters, Mushrooms, Capers, and sliced Lemon; lay on Butter, and close the Pye.

An Eel Pye.

Cut your Eels, wash, and season them with sweet Seasoning, and a Handful of Currants; lay on Butter, and close it.

A Pork Pye.

First skin your Pork, then cut it into Steaks, season it pretty well with Salt, Nutmeg sliced, and beaten Pepper; put in some Pippins cut into small Pieces, as many as you think convenient, and sweeten with Sugar to your Palate; put in half a

Pint of white Wine ; lay Butter all over it, close up your Pye, and set it in the Oven.

Pork Pye to be eaten cold.

Take a Loin of Pork, bone it, and cut Part of it into Collops, take also as many Collops of Veal of the same Size, and beat them both with the Back of the Cleaver ; season the Pork with Salt, Pepper, minced Sage, and the Yolks of hard Eggs ; season your Veal with Cloves, Mace, Nutmeg, Thyme minced, and the Yolks of hard Eggs ; then lay in your Dish a Layer of Veal, and a Layer of Pork, till you have laid all your Meat in ; then close up your Pye, and Liquor it with Saffron Water, or the Yolks of Eggs. When it is baked, and cold, fill it with clarified Butter : Remember to let your first and last Layer be Pork. Bake it, and set it by for Use.

A Hare Pye.

Having cut the Hare in Pieces, break the Bones, and lay them in the Pye ; lay on sliced Lemon, Balls, and Butter, and close it with the Yolks of hard Eggs.

A very good Pye.

Lay some Puff-paste round the Brims of your Dish ; then lay a Layer of Biscuit, and a Layer of Marrow and Butter, then a Layer of all Sorts of whet Sweet-meats, or as many as you can have, and do so till your Dish is full ; then boil a Quart of Cream, and thicken it with two Eggs, a little Rose-Water, and Sugar ; put this to the rest, and bake it.

A Bride Pye.

Parboil Cocks Combs and Stones, Veal Sweet-breads, and Lamb Stones, cut them into Slices; also blanch Ox-palates, and cut them into Slices; to these put a Pint of Oysters, some Slices of interlarded Bacon, a few Broom Buds pickled, a few Chesnuts roasted and blanched, a handful of Pine Kernels, and some Dates sliced; season these with Salt, Nutmeg, and whole Mace; fill your Pye with these, lay Slices of Butter over them, close it up and bake it; when it comes out of the Oven, cut up the Lid, and having beaten up Butter, with the Yolks of three or four Eggs, some Wine, and the Juice of a Lemon, well shaken together, pour this into your Pye.

A Tench Pye.

Having made your Crust, lay on it a Layer of Butter, then scatter in grated Nutmeg, Cinnamon, and Mace; then lay in half a Dozen Tench, lay over them Butter, and more Spice, and a few blue Currants; pour in a quarter of a Pint of Claret, and let them be well baked; when it comes out of the Oven, put in melted Butter, and dust it over with fine Sugar, and serve it up.

An Artichoke Pye.

Boil twelve Artichoke Bottoms tender, boil the Yolks of twelve Eggs hard; three Ounces of candied Orange, Lemon and Citron-peel, half a pound of Rafins stoned, a little grated Nutmeg, a Blade of Mace, and a quarter of a Pound of Sugar; then put these into your Pye, with half a Pound of Butter, observing to lay the Sweetmeats uppermost; and when it comes out of the

Oven, put in half a Pint of Cream, and as much Sack.

Minced Pies.

Parboil the best Part of a Neat's Tongue, peel it, cut it in Slices, and set it to cool: To a Pound of Beef, Tongue, or Veal, put two Pounds of Beef-suet, then chop them all together on a Block very fine; to each Pound of Meat, put a Pound of stoned Raisins, and a Pound of Currants, chopped, or cut small; then pound your Spice, which must be Cloves, Mace, and Nutmeg; season it as you like, with Sugar, candied Orange, Lemon and Citron-peel, shred with two or three Pippins; squeeze in the Juice of one Lemon, a large Glass of Sack, with some Dates stoned and shred small; mix all these very well together, then make your Pies, and bake them, but not too much.

When your Pies are served up, strew fine Sugar over them.

Minced Pies another Way.

To two Pounds of Meat, take four Pounds of Suet, one Pounds of Raisins stoned, five Pounds of Currants, an Ounce and a half of Cinnamon, half an Ounce of Mace, half an Ounce of Nutmegs, and some Cloves, the Juice of four Lemons, and grate one Peel, three quarters of a Pint of Sack, one Pound of Sixpenny Sugar, four Ounces of Sweet-meats, and a little Salt.

A Rice Pyc.

Boil half a Pound of Rice in Water, and then in Milk, till it is as thick as Oatmeal Pudding; then set it by to cool, and beat in five Eggs, leaving out two of the Whites; put in half a Pint of Cream,

Cream, a Glass of Sack, and some Rose Water ; season it with Cloves, Mace, Nutmeg, and Cinnamon, half a Pound of Sugar, three Ounces of candid Orange, some Salt, a Pound of Currants, Lemon, and Citron-peel ; cover it with Puff-paste, and then bake it.

An Apple Pye.

Scald about a dozen Apples very tender, and take off the Skin ; then take the Pap of them, and put to it twelve Eggs, b six Whites ; beat them very well, and take the Crumb of a Penny Loaf grated, and a Nutmeg grated ; sugar it to your Taste, and put a quarter of a Pound of Butter melted ; mix all these together, and bake them in a Dish ; butter your Dish, and take Care that your Oven is not too hot.

Ingredients for Sweet Pies.

The Meat, Fish, or Fowls, Spice, Balls, Citron, Lemon and Orange-peel candied, *Spanish* Potatoes, Skirrets, Raisins, Currants, Grapes, Damsons, Gooseberries, and a Caudle.

Ingredients for Savoury Pies.

The Meat, Fish, or Fowls, savoury Spice, Balls, Bacon, Lambs Stones, shivered Palates, Cocks Combs and Stones, Oysters, Artichoke Bottoms, Mushrooms, Truffles, and a Lear.

Paste for a Pasty.

Work up a Peck of Flour with six Pounds of Butter and four Eggs, with cold Water.

Paste for a high Pye.

To a Peck of Flour, take six Pounds of Butter, boiled in a Gallon of Water, skim it off into the Flower, and as little of the Liquor as you can; work it well up into a Paste, then pull it in Pieces till it is cold, then make it up in what Form you choose.

This is fit for the Walls of a Goose Pye.

Paste for great Pyes.

Take a Peck of Flour, and the Yolks of three Eggs, then boil some Water, and put in half a Pound of tried Suet, and a Pound and a half of Butter. Skim off the Butter and Suet, and as much of the Liquor as will make it a light good Crust; work it up well, and roll it out.

Paste Royal for Patty-pans.

Work up a Pound of Flour, with half a Pound of Butter, two Ounces of fine Sugar, and Eggs.

To make Savoy, or French Biscuits.

Provide a Pair of Scales, put three or four new laid Eggs into one of them, and some baked Flour into the other, so as to make an equal Weight of both, and set by some Powder Sugar of the same Weight as the Eggs, with the Whites of which a very strong Froth is to be made, by whipping them well with a Whisk: Add thereto at first some candied Lemon-peel, grated or powdered, and then the Flour that was weighed before: All being thus mingled together, put in the Sugar, and after having beaten the whole Mass again for a while, slip in the Yolks, so as the Paste may be well tempered: This done, shape your Biscuits upon

upon Paper, with a Spoon, of a round or oval Figure, and ice them neatly with Powder Sugar; afterwards let the Biscuits be baked in an Oven that is not too hot, giving them a fine Colour on the Top. When they are done enough, cut them off from the Paper with a very thin Knife, and lay them in Boxes for Use.

To make Common Biscuits.

Put the Yolks and Whites of seven or eight Eggs into a Basin, beat them well with some Sack, and a little Rose Water; then add a Pound of Powder Sugar, a Pound of Flour; and half an Ounce of Coriander Seeds, mingle all together, and dress your Paste in Paper Cases, or Tin Moulds, in any Form you please; then ice and dust the Biscuits with fine Sugar, put them into an Handkerchief, and set them in an Oven moderately heated, till they rise, and come to a good Colour. When they are baked, take them up with the Point of a Knife, and let them be thoroughly dried in the Stove.



S O O P S, &c.

To make Calves Feet Broth.

AFTER boiling the Feet in just so much Water as will make a good Jelly, strain it, and set the Liquor on the Fire again, putting in two or three Blades of Mace; put about half a Pint of Sack to two Quarts of Broth; add half a Pound of Currants, picked and washed, and when they
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and plumped, beat up the Yolks of two Eggs, and mix them with a little of the cold Liquor, and thicken it carefully over a gentle Fire; then sweeten it with Sugar to your Palate, and season it with Salt; then stir in a Bit of Butter, and put in the Juice and Peel of a fresh Lemon just before you take it off.

Mutton Broth.

Get a Neck of Mutton of five or six Pounds, cut it in two, boil the Crag in a Gallon of Water, skim it well, then put in sweet Herbs, an Onion, and a Crust of Bread. When it has boiled an Hour, put in the other Part of the Mutton, a few Cives, a Turnip or two, and a little Parsley chopped small: season it with Salt; you may put in a Quarter of a Pound of Barley, or Rice, but some like it thickened with Oatmeal, some with Bread. If you boil Turnips for Sauce, don't boil them all with the Broth, because that will make it too strong.

A Veal Soup.

Take a Knuckle of Veal, cut it in Pieces, boil it with a Pullet, and half a Pound of *Jordan* Almonds beaten small, stow it well, and very tender: You may boil a Chicken to lay in the Middle; then skim it clean, and season it with Salt, and a Blade of Mace, then take the Yolks of four Eggs, and beat them in a little good Broth; so draw it up as thick as Cream, and serve it away hot.

A Calf's Head Soup.

Stew a Calf's Head tender, then strain off the Liquor, and put into it a Bunch of sweet Herbs,
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Onion, Mace, some Pearl Barley, Pepper and Salt, boil all a small Time. Serve up with the Head in the Middle, boned.

Garnish with Bread toasted brown, and grated round the Brim.

An Egg Soup.

Beat the Yolks of two Eggs in your Dish, with a Piece of Butter about as big as an Hen's Egg, take a Tea-kettle of boiling Water in one Hand, and a Spoon in the other, pour in about a Quart by Degrees, and keep stirring it all the Time till the Eggs are well mixed, and the Butter melted; then pour it into a Sauce-pan, and keep stirring it all the Time till it begins to simmer, take it off the Fire, and pour it between two Vessels out of one into another, till it is quite smooth, and has a great Froth; set it on the Fire again, keep stirring it till it is quite hot, then pour it into the Soup-dish, and serve it.

Broth of Roots.

Boil about two Quarts of Seed Peas; when they are very tender, bruise them to a Mash; put them into a Pot that holds two Gallons of Water, and hang it over the Fire for an hour and a half; then take it off, and let them settle. Take next a middle sized Kettle, and strain into it, thro' a Sieve, the clear Puree, into which put a Bunch of Carrots, a Bundle of Parsnips, and a Bunch of Parsley Roots, with a Dozen Onions; season it with Salt, a Bunch of Pot Herbs, and an Onion stuck with Cloves; boil all together, and put in a Bunch of Sorrel, and another of Chervil, with two or three Spoonfuls of the Juice of Onions;

nions; see that the Broth be well tasted, and make use of it to simmer all Sorts of Soops made of Legumes.

A Green Peas Soop, without Meat.

While you are shelling the Peas, separate the young from the old, and boil the old ones till they are so soft that you can pass them thro' a Cullendar; then put the Liquor and the pulped Peas together; put in the young Peas whole, adding some Pepper, two or three Blades of Mace, and some Cloves.

When the young Peas are boiled enough, put a Faggot of Thyme and Sweet Marjoram, a little Mint, Spinach, and a green Onion shred, but not too small, with half, or three Quarters of a Pound of Butter, into a Sauce-pan; and as these boil up, shake in some Flour to boil with it, to the Quantity of a good Handful, or more; put also a Loaf of *French* Bread into the Broth to boil, then mingle the Broth, Herbs, &c. together; season it with Salt to your Palate; and garnish with some small white Toasts, neatly cut, and some of the young Peas.

A common Peas Soop in Winter.

Put a Quart of good boiling Peas into a Gallon of soft cold Water, add thereto a little Beef or Mutton, and a little Bacon, with an Onion or two, if you don't dislike them; boil all together till the Soop is thick; salt it to your Taste, and thicken it with a little Wheat Flour; strain it thro' a Cullendar, boil a little Sellery, cut it in small Pieces, with a little crisp Bread, and crisp a little Spinage as you would do Parsley, then put
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it in a Dish, and serve it up. Garnish your Dish with Raspings of Bread.

Rice Soup.

Your Stock must be of Veal and Fowl; put in half a Pound of Rice, and a Pint of good Gravy, and a Knuckle of Veal, stowe it tender; season with Mace and Salt, then make a Rim round your Dish, and garnish with Heaps of Rice, some coloured with Saffron, placing one Heap of white, and one of yellow all round.

Jelly Broth for consumptive Persons.

Get a Joint of Mutton, a Capon, a Fillet of Veal, and three Quarts of Water, put these in an Earthen Pot, and boil them over a gentle Fire till one half be consumed; then squeeze all together, and strain the Liquor through a Linnen Cloth.

To make solid Soup.

Take a Leg of Veal, or any other young Meat, cut off all the Fat, and make strong Broth after the common Way; put this into a wide Basen, or a Stew-pan well tinned; let it stew gently over a slow Fire till it is boiled away to one third of the Quantity; then take it from the Fire, and set it over Water that is kept constantly boiling, this being an even Heat and not apt to burn to the Vessel; in this Manner let it evaporate, stirring it often till it becomes, when cold, as hard a Substance as Glue; then let it dry by a gentle Warmth, and keep it from Moisture.

When you use it, pour boiling Water upon it. It makes excellent Broth, either strong or small,

according to the Quantity you put in. It will keep good at least twelve Months.

To make green Pease Soop.

Take a Neck of Mutton, and a Knuckle of Veal, make of them a little good Gravy; then take half a Peck of the greenest young Pease, boil and beat them to a Pulp; then put to them a little of the Gravy, strain them through a Hair Sieve to take out all the Pulp, put all together, with a little Salt and whole Pepper; then boil it a little, and if you think the Soop not green enough, boil a Handful of Spinage very tender, rub it through a Hair Sieve, and put it into the Soop, with one Spoonful of Wheat Flour, to keep it from running: You must not let it boil after the Spinage is put in, it will discolour it; then cut white Bread in little Diamonds, fry them in Butter till crisp, and put it into a Dish with a few whole Pease. Garnish your Dish with creed Rice, and red Beet Root.

You may make Asparagus Soop the same Way, only add Tops of Asparagus instead of whole Pease.

A good Sauce for roasted Meat.

Wash an Anchovy very clean, and put to it a Glafs of red Wine, a little Gravy or strong Broth, some Nutmeg, one Shalot sliced, and the Juice of a *Seville* Orange; stew these together a little, and pour it to the Gravy that runs from your Meat.

A good Gravy for any Use.

Take two Ounces of Butter, and burn it in a Frying-pan till it is brown, but not black; put in

two

two Pounds of coarse lean Beef, two Quarts of Water, and half a Pint of Wine, either red or white, as you would have the Colour; put in three or four Shalots, half a Dozen Mushrooms, Cloves, Mace, whole Pepper, and four or five Anchovies; let it stew for an Hour over a gentle Fire, and then strain it off for Use.

To make Gravy for most Things.

If you live in the Country, where you can't always have Gravy Meat, when your Meat comes from the Butcher, take a Piece of Beef, a Piece of Veal, and a Piece of Mutton; cut them into as small Pieces as you can, and take a deep Sauce-pan with a Cover, lay your Beef at the Bottom, then your Mutton, then a very little Piece of Bacon, a Slice or two of Carrot, some Mace, Cloves, whole Pepper, black and white, a large Onion cut in Slices, a Bundle of sweet Herbs, and then lay in your Veal. Cover it close over a slow Fire for six or seven Minutes, shaking the Sauce-pan now and then; then shake some Flour in, and have ready some boiling Water, pour it in till you cover the Meat and something more. Cover it close, and let it stew till it is quite rich and good, then season it to your Taste with Salt, and then strain it off.

RAGOOS, JELLIES, &c.

A Ragoo of Oysters,

WHEN you open your Oysters, drain them over a Sieve, and put a Dish under to receive
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their Liquor, Melt some fresh Butter in a Stew-pan, put in it a Dust of Flour, keep it stirring till it is brown, moisten it with a little Gravy, and put in some small Crufts of Bread of the Bigness of the Top of your Finger, and next your drained Oysters; tofs it up, season it with Parsley, Cives, Pepper, and some of the Oyster Liquor. Your Ragoo being well relished, serve it up for a dainty Dish.

This Ragoo must be done quickly, because the Oysters must boil.

To dress Lamb in a Ragoo.

Cut a Quarter of Lamb into four Quarters; lard it with middle-sized Slips of Bacon, and tofs it up a little in a Stew-pan to brown it; then stew it with Broth, Pepper, Salt, Cloves, a Bunch of sweet Herbs, and Mushrooms. Make a Sauce for it of fried Oysters, with a little Flour, and a Couple of Anchovies. When you are ready to serve up, add some Lemon Juice, and garnish with fried Mushrooms.

To Ragoo a Breast of Veal.

Stuff your Breast of Veal with Force-Meat between the Flesh and the Bones, and lard it with large Lardoons of Bacon, and half roast it, then put it into the Stew-pan over a Stove, with Gravy, till it is enough; tofs it up with force-meat Balls, Mushrooms, Truffles, Morels, Oysters, &c. first stuffing it all up the Brisquit with Force-Meat. Garnish with sliced Lemon, or Orange.

To Ragoo a Piece of Beef.

Lard the hind Part of the Buttock of Beef with thick Lardoons of Bacon, put it into a Stew-pan with

with some Slices of Bacon at the Bottom; season with Salt, Pepper, Cloves, Nutmegs, and sweet Herbs; cover it with Lards of Bacon; put in two Pounds of good Lard; cover your pan, and stew it gently between two Fires for twelve Hours, then put in a little Brandy. Garnish with Pickles, and serve it up.

JELLIES.

Hartshorn Jelly.

Take half a Pound of Hartshorn, and put it into an earthen Pan, with two Quarts of Spring Water, cover it close, and set it in the Oven all Night; then strain it into a Pipkin, with half a Pound of double refined Sugar, half a Pint of *Rhenish* Wine, the Juice of three or four Lemons, three or four Blades of Mace, and the Whites of four or five Eggs well beaten; and mix it so that it may not curdle; set it on the Fire till there ariseth a thick Scum; run it through a Napkin, or Jelly Bag, and turn it up again till it is all quite clear.

Jelly of Apples, and other Sorts of Fruit.

Cut your Apples into Pieces, and boil them over the Fire with Water in a Copper-pan, till they resemble Marmalade; then strain them through a Linnen Cloth, or Sieve, and put three Quarters of a Pound of cracked boiled Sugar to every Quart of Liquor; boil it all to a Degree between smooth and pearled, taking off the Scum as it rises.

If you choose the Jelly of a red Colour, add some red Wine, or prepared Cochineal, keeping it covered. — After the same Manner you may make the Jelly of Pears and other Fruits.

Clear Pippin Jelly.

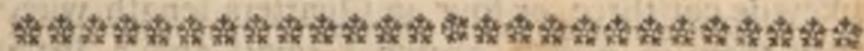
Take 12 or 14 of the best Sort of Pippins, pare them, and fling them into cold Water; then put them into a Skillet with a Quart of running Water, set them on the Fire, and let them boil as fast as can be, till the Liquor is half boiled away; then take them off, and strain the Juice through a Piece of strong Holland; then take a Pint of that Juice, put it in a Skillet, and put to it a Pound of double refined Sugar; then set it on the Fire, having one to blow it, that it may boil very fast, and you be ready to take off the Scum as it rises; and when it has boiled quick rather better than a Quarter of an Hour, put in four Spoonfuls of the Juice of Lemons, keeping it still boiling and skimming; try it sometimes in a Plate, and when you find that it will jelly, take it off, and put it up in Glasses.

White Currant Jelly.

When your Currants are just ripe, strip them from the Stalks into a Skillet, and cover them with Spring Water; that is, half a Pint of Water to a Pint of Currants; set them upon a gentle Charcoal Fire, and let them stew till the Currants are dissolved; then let the clear Juice run from them through a Jelly-bag, and to every Pound of that take a Pound of double refined Sugar, wet it with fair Water, and boil it to a high Candy; then put in your Currant Juice, and let it have one Boil; then put in Juice of Lemon to your Taste, and let it have a Heat, (but boil it no more after the Lemon is in) and then glass it.

To colour Jellies.

Jellies made of Hartshorn, or Calves Feet, or Legs, may be made of what Colour you please; if *white*, use Almonds pounded and strained after the usual Manner; if *yellow*, put in some Yolks of Eggs, or a little Saffron steeped in the Jelly and squeezed; if *red*, some Juice of red Beet; if *grey*, a little Cochineal; if *purple*, some purple Turnsole, or Powder of Violets; if *green*, some Juice of Beet Leaves, or Spinage, which must be boiled to take away its Crudity.



To pot Cheshire Cheese.

PUT three Pounds of *Cheshire* Cheese into a Mortar, with half a Pound of the best fresh Butter you can get; pound them together, and in the beating add a Glass or two of Canary, and half an Ounce of Mace, so finely beat and sifted that it cannot be discerned. When all is well mixed, press it hard down into a Pan, cover it with melted Butter, and keep it cool.

A Slice of this upon Bread exceeds all the Cream Cheeses in the Universe.

To pot all Sorts of Fowl.

Season them with Salt, Pepper, Mace, and Nutmeg, and put them into an eathen Pan just covered with Water, and bake them; then take them from the Water, and when cold, put them in the Pan again, and pour clarified Butter over them.



COLLARING, &c.

To collar a Breast of MUTTON.

TAKE a Breast of Mutton, bone it, and season it with Nutmeg, Pepper, and Salt; roll it up tight with coarse Linnen, and roast it upon a Spit. When it is done enough, lay it whole upon the Dish; then take five or six Cucumbers, pare them, and cut them in Slices, not very thin; likewise cut three or four in Quarters length way, stew them in a little brown Gravy, and a little whole Pepper. When they are enough, thicken them with Flour and Butter the Thickness of Cream, so serve it up.

Garnish the Dish with Horse-radish.

To collar BEEF.

Cut a Piece of Flank Beef square, take off the inner Skin; make a Brine of Bay Salt and Water strong enough to bear an Egg, let the Beef lie in it one Week, then rub it all over with Saltpetre, and let it lay three Days longer; then take one Ounce of white Pepper, one large Nutmeg, the Weight of it in Mace, and the Weight of both in Cloves; beat it all grossly, add two or three Anchovies chopped small, and strew upon the Beef; then roll it up hard, bind it with a Tape and sew it up in a Cloth, and put it in a long earthen Pan; fill it up with half Claret, and half Water, and a little Cochineal; cover it close with a coarse Paste, and bake it twelve Hours in a very
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hot Oven ; then take off the Tape, and roll the Cloth very hard about it again, tie it up, and hang it up to drain and cool. If you like Herbs, the most proper are Thyme, sweet Marjoram, and Parsley shred, but it does not roll so close with as without.

It cannot be baked too tender.

To collar a Pig's Head.

Take the Head, Feet, Tongue, and Ears of a scalded Porker, soak and wash them well ; boil them tender, and take out all the Bones and Gristles, then salt them to your Taste ; take a Cloth, sew it tight over it, and tie each End ; then roll it round with a Reller, and boil it two Hours ; lay it strait against a Board, and lay a Weight upon it of five or six Pounds till the next Day ; then unroll it, and put it into Pickle, as Brawn.

To make Sham Brawn.

Take two Pair of Neats Feet, and boil them tender, then take a Piece of Pork off the thick Flank, and boil it almost enough, then pick off the Flesh of the Feet, and roll it up in the Pork tight, like a Collar of Brawn ; then take a strong Cloth and some coarse Tape, roll it up tight round with the Tape, then tie it up in a Cloth, and boil it till a Straw will run through it ; then take it up, and hang it up in a Cloth till it is quite cold, then put it into some soufing Liquor, and use it at your own Pleasure.

PICKLING, PRESERVING, &c.

Rules to be observed in PICKLING.

NEVER use any Thing but Stone Jars for all Sorts of Pickles that require hot Pickle to them, for Vinegar and Salt will penetrate thro' all earthen Vessels; Stone and Glass is the only Thing to keep Pickles in. Be sure never to put your Hands in to take Pickles out, it will soon spoil them. The best Way is, to every Pottie a wooden Spoon, full of little Holes, to take the Pickles out with. Let your brass Pans, for green Pickles, be exceeding bright and clean, and your Pans, for white Pickles, be well tinned and clean, otherwise your Pickles will have no Colour; use the very best and strongest white Wine Vinegar; likewise be very exact in watching when your Pickles begin to boil, and change Colour, so that you may take them off the Fire immediately, otherwise they will lose their Colour, and grow soft in keeping.

Cover your pickling Jars with a wet Bladder, and Leather.

To pickle WALNUTS.

Get some Walnuts at *Midsummer*, when a Pin will pass through them, and put them into a deep Pot, and cover them over with ordinary Vinegar; change them into fresh Vinegar once in fourteen Days till six Weeks are past; then take two Gal-

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lons of the best Vinegar, and put into it Coriander Seeds, Carraway Seeds, Dill Seeds, of each one Ounce, grossly bruised, Ginger sliced, three Ounces, whole Mace, one Ounce, Nutmeg bruised two Ounces, give all a Boil or two over the Fire, and have your Nuts ready in a Pot, and pour the Liquor boiling hot over them, do so for four Times, and they will keep three Years good: 'Tis much better than laying your Nuts in Salt and Water.

To pickle TURNIP TOPS.

Cut off the withered Leaves or Branches from your Turnip Tops, and make some Water boil; then put in your Tops, and boil them very tender; let them be cold, and put them into a Pickle of white Wine Vinegar and Salt.

To pickle white CABBAGE.

You may do it either in Quarters, or shave it in long Slices, and scald it about four Minutes in Water and Salt, then take it out and cool it; boil up some Vinegar and Salt, whole Pepper, Mace, and Ginger; when your Pickle is boiled and skimmed, put it to your Cabbage; cover it presently, and it will keep white.

To pickle red CABBAGE.

Cut off the Stalks and outside Leaves, and shred the Remainder into a Cullender, throw Salt upon it in the shredding; and after it has drained two or three Hours, put it into a Jar, and then make a Pickle of Vinegar, Cloves, Mace, Ginger, and sliced Nutmeg, and boil it: When it is cold, pour it over the Cabbage, and it will be fit for Use in twelve Hours.

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You may add Salt to the Pickle, if the Cabbage don't taste of it.

To pickle SELLERY.

Pick Sellery two Inches in Length, set them off, and let them cool; put your Pickle in cold. The Pickle for Cabbage will do for this.

To pickle French Beans.

Top and tail your *French Beans*, put them into the best white Wine Vinegar, with Salt, and a little whole Pepper, a Race of Ginger, cut gross; let them lie in the cold Pickle nine Days, then boil your Pickle in a brass Kettle and put your Beans in; let them but just have a Boil, then take them off the Fire, stowe them down close, set them by; then put them on again; so do six Times, till they are as green as Grass; then put them into a Stone Jar, tie it down close with Leather, and they will keep all the Year.

You may do Cucumbers and Purslain Stalks the same Way, and if they change Colour, boil up Pickle, and pour it over them scalding hot.

To pickle CUCUMBERS.

Wipe five hundred Cucumbers clean, make a Brine of Salt and Water, strong enough to bear an Egg; put them into it, let them lie for twelve Hours, then take them out, wipe them dry; then in the Vessel you design to keep them, lay a Layer of Dill, some whole long Pepper, and a little Mace, then lay a Layer of Cucumbers, and so continue to do, till you have laid them all in; boil two Gallons of Vinegar, pour it hot over the Cucumbers, cover them up close for two Days; then pour out the Vinegar, boil it again, skim it,
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and pour it again upon them ; when you have done thus three or four Times, stop them close for Use.

How to pickle CUCUMBERS sliced.

Pare thirty large Cucumbers, slice them into a Pewter Dish, and strow on them some Salt so cover them, and let them stand to drain twenty-four Hours ; make your Pickle, of white Wine Vinegar, Nutmeg, Pepper, Cloves and Mace, boil the Spices in the Pickle, drain the Liquor clean from the Cucumbers, put them into a deep Pot, pour the Liquor upon them boiling hot, and cover them very close ; when they are cold drain the Liquor from them, give it another boil, and when it is cold pour it on them again ; so keep them for Use.

To pickle SPRATS for Anchovies.

Take an Anchovy Barrel, or a deep glazed Pot, put a few Bay-leaves at the Bottom, a Layer of Bay-salt, and some Salt-petre mixed together ; then a Layer of Sprats crouded close, then Bay-leaves and the same Salt and Sprats, and so till your Barrel or Pot be full ; then put in the Head of your Barrel close, and once a Week turn the other End upwards : In three Months they will be fit to eat raw as Anchovies, but they will not dissolve.

To pickle ONIONS.

Let your Onions be small and white ; peel them, and give them one Boil, then let them cool ; make your Pickle with half Wine and half Vinegar, put in some Mace, Slices of Nutmeg, Salt, and a little Bit of Ginger, boil this up together, and skim

it well, then let it stand 'till cold, put in your Onions, and cover them with a wet Bladder and Leather: If they should happen to mother, boil the Pickle over again, and skim it well, and let it be quite cold before you put in your Onions, and they will keep a whole Year.

To pickle MUSHROOMS.

Having cut off the Stalks and peeled the Buttons, throw them into Water; then let them have one Boil in Salt and Water, then strain them through a coarse Sieve, and let them stand 'till they are cold; then take Vinegar, some Salt, Mace, a little Ginger, and Nutmeg sliced, put your Mushrooms into it, and bottle them up close.

To pickle Cowslip Flowers, or any other.

Take Cowslips, or any Sort of Flowers, put them into a Pot, with their Weight in Sugar, and put a Pint of Vinegar to each Pound of Sugar.

To make Catchup to keep twenty Years.

Take a Gallon of strong stale Beer, one Pound of Anchovies washed from the Pickle, a Pound of Shalots peeled, half an Ounce of Mace, half an Ounce of Cloves, a Quarter of an Ounce of whole Pepper, three or four large Races of Ginger, two Quarts of the large Mushroom-stalks rubbed to Pieces. Cover all this close, and let it simmer till it is half wasted, then strain it through a Flannel Bag, let it stand till it is quite cold, then bottle it. You may carry it to the *Indies*. A spoonful of this to a Pound of fresh Butter melted, makes fine Fish-sauce; Or in the room of Gravy-sauce. The stronger

stronger and staler the Beer is, the better the Catchup will be.

To preserve Barberries for Tarts.

Take Barberries when full ripe, strip them, take their Weight in Sugar, and as much Water as will wet your Sugar, give it a boil and skim it; then put in your Berries, let them boil till they look clear and your Syrrup thick, so put them into a Pot, and when they are cold cover them up with a Paper dipp'd in Brandy.

How to keep Kidney Beans all Winter.

Take Kidney Beans when they are young, leave on both the Ends, lay a Layer of Salt at the Bottom of your Pot, and then a Layer of Beans, and so on till your Pot be full; cover them close at the Top that they get no Air, and set them in a cool Place; before you boil them lay them in Water all Night, let your Water boil when you put them in, (without Salt) and put in a Lump of Butter about the Bigness of a Walnut.

To pickle Herrings.

Scale and clean your Herrings, take out the Melts and Roans, and skewer them round, season them with a little Pepper and Salt, put them in a deep Pot, cover them with Ale Vinegar, put to them a little whole Jamaica Pepper, and two or three Bay-leaves; bake them and keep them for Use.

To pickle Currants.

Take Currants either red or white before they are thoroughly ripe; you must not take them

from the Stalk ; make a Pickle of Salt and Water, and a little Vinegar, so keep them for Use.

They are proper for garnishing.

To keep Barberries instead of preserving.

Take Barberries and lay them in a Pot, a Layer of Barberries and a Layer of Sugar, pick the Seeds out before for garnishing Sweet-meats ; if for Sauces put some Vinegar to them.

To keep Asparagus, or Green-Pease a Year.

Take Green-Pease, green them as you do Cucumbers, and scald them as you do other Pickles with Salt and Water ; let it be always new Pickle, and when you would use them boil them in fresh Water.

To salt a Leg of Mutton to eat like Ham.

Take a Leg of Mutton, an Ounce of Salt-petre, two Ounces of Bay-salt, rub it in very well, take a Quarter of a Pound of coarse Sugar, mix it with two or three Handfuls of common Salt, then take and salt it very well, and let it lie a Week, so hang it up, and keep it for Use ; after it is dry, use it ; the sooner the better ; it won't keep so long as Ham.

To preserve Fruit green all the Year.

Gather your Fruit when they are three Parts ripe, on a very dry Day, when the Sun shines on them, then take earthen Pots and put them in, cover the Pots with Cork, or bung them that no Air can get in to them, dig a Place in the Earth a Yard deep, set the Pots therein, and cover them with the Earth very close, and keep them for Use. When you take any out cover them up again as at the first.

To preserve Red Gooseberries.

Take a Pound of Six-penny Sugar and a little Juice of Currants, put to it a Pound and a Half of Gooseberries, and let them boil quick a Quarter of an Hour; but if they be for Jam, they must boil better than half an Hour.

They are very proper for Tarts, or to eat as Sweet-meats.

To keep Barberries for Tarts all the Year.

Take Barberreies when they are full ripe, and pick them from the Stalk, put them into dry Bottles, cork them up very close and keep them for Use.

You may do Cranberries the same Way.

English made Wines, &c.

DAMSON Wine.

TO every five Quarts of Damsons put two Gallons of Water, to which add five Pounds of Sugar; stone your Damsons, boil them till the Liquor is of a fine Colour; then strain them thro' a Sieve; then set it a working in an open Vessel for three or four Days; then pour it off the Lees, and let it work in that Vessel as long as it will; then stop it up for half a Year or more, till it is fine; then bottle it, and let it stand a Year or two before you drink it.

Rasberry Wine.

Bruise ripe Rasberries with the Back of a Spoon, strain them, and fill a Bottle with the juice; stop it, but not very close, and set it by four or five Days: then pour it off from the Dregs, and add thereto as much *Rhenish*, or White Wine, as the Juice will well colour; that done, sweeten your Wine with Loaf-sugar, and bottle it up for Use.

To make Mead.

Put sixty Quarts of Water, to five Quarts of Honey, eighteen Races of sliced Ginger, and one Handful of Rosemary; let them boil three Hours, and be scum'd perpetually; when it is cold put your Yeast to it, and it will be fit to bottle in about eight or ten days.

To make Currant Wine.

When your Currants are full ripe, gather them, strip them, and bruise them in a Mortar, and to every Gallon of the Pulp put two Quarts of Water, first boiled and cold: You may put in some Rapes if you please; let it stand in a Tub to ferment; then let it run thro' a Hair-sieve: Let no Person touch it, and let it take its Time to run, and to every Gallon of this Liquor put two Pounds and a half of white Sugar; stir it well, and put it in your Vessel, and to every six Gallons put in a Quart of the best rectify'd Spirit of Wine; let it stand six Weeks, and bottle it.

To make Cherry Wine.

Pull off the Stalks of the Cherries, and wash them without breaking the Stones; then press them hard thro' a Hair-bag, and put two Pounds of coarse Sugar

Sugar to every Gallon of Liquor. The Vessel must be full, then stop it up close a Month, or more, and when it is fine, draw it into dry Bottles, and put a small Lump of Sugar into every Bottle; if it makes them fly, open them all for a Moment, and stop them up again: It will be fit to drink in about a Quarter of a Year.

Raisin Wine.

Put five Pounds of *Malaga* or *Belvedere* Raisins to every Gallon of clear *Thames*, or other River Water, let them steep a Fortnight, stirring them every Day; then pour the Liquor off, and squeeze the Juice out of the Raisins, and put both Liquors together in a Vessel that is just large enough to contain it, for it should be quite full; let the Vessel stand till your Wine has done hissing, or making the usual Noise: You may add a Pint of *French* Brandy to every two Gallons, then stop it up close, and when you find it is fine, which you may know by pegging it, bottle it off.

If you would have it Red, put one Gallon of *Alicant* Wine to every four of Raisin Wine.

To make Sage Wine.

Boil twenty-six Quarts of Spring-water a Quarter of an Hour, and when it is Blood-warm, put twenty-six Pounds of *Malaga* Raisins picked, rubbed, and shred into it, with almost half a Bushel of Red Sage shred, and a Porringer of Ale-Yeast: Stir all well together, and let it stand in a Tub covered warm six or seven Days, stirring it once a Day; then strain it off, and put it in a Runlet. Let it work three or four Days, and then stop it up; when it has stood six or seven Days, put

put in a Quart or two of *Malaga* Sack, and when it is fine bottle it.

Red or white Elder Wine.

Gather the Elder Berries ripe and dry, pick them, bruise them with your Hand, and strain them; then set the Liquor by in glazed earthen Vessels for twelve Hours to settle; then put a Pint and half of Water to every Pint of Juice, and put three Pounds of *Lisbon* Sugar to every Gallon of this Liquor; set this in a Kettle over the Fire, and when it is ready to boil, clarify it with the Whites of four or five Eggs; let it boil an Hour, and when it is almost cold, work it with strong Ale-Yeast, and then tun it, filling up the Vessel from Time to Time with the same Liquor saved on Purpose, as it sinks by working. In a Month's Time, if the Vessel holds about eight Gallons, it will be fine and fit to bottle, and after bottling will be fit to drink in two Months, but remember that all Liquors must be fine before they are bottled, or else they will grow sharp, and ferment in the Bottles, and never be good for any Thing.

N. B. Add to every Gallon of this Liquor a Pint of strong Mountain Wine.

This Wine will be very strong and pleasant, and will keep several Years.

Prepare your red Elder Wine in the same Manner as that you make with Sugar, and if your Vessel hold about eight or ten Gallons, it will be fit for bottling in about a Month's Time; but if the Vessel be larger, it must stand longer in Proportion, three or four Months at least for a Hog-head.

To make Turnip Wine.

Pare and slice a great many Turnips, put them in a Cyder-press, and press out all the Juice very well. Put three Pounds of Lump-sugar to every Gallon of Juice; have a Vessel ready just big enough to hold the Juice; put your Sugar into a Vessel, and also half a Pint of Brandy to every Gallon of Juice. Pour in the Juice, and lay something over the Bung for a Week, to see if it works. If it does, you must not bung it down till it has done working, then stop it close for three Months, and draw it off into another Vessel. — When it is fine, bottle it off.

Black Cherry Wine.

Boil three Gallons of Water an Hour, bruise 12 Pounds of black Cherries, but do not break the Stones; pour the Water boiling hot on the Cherries, stir the Cherries very well in it, and let it stand for 24 Hours, then strain it off, and to every Gallon put near two Pounds of good Sugar; mix it well with the Liquor, and let it stand 24 Hours longer, then put it up in a clean sweet Cask, and stop it close; don't bottle it before you find it to be very fine.

Cyprus Wine imitated.

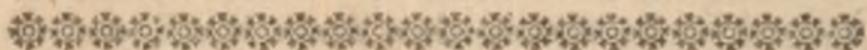
Put nine Quarts of the Juice of white Elberberries, which has been pressed gently from the Berries with the Hand, and pass'd thro' a Sieve, without bruising the Kernels of the Berries, to nine Gallons of Water; add to every Gallon of Liquor three Pounds of *Lisbon* Sugar, and to the whole Quantity put an Ounce and a half of Ginger sliced, and three Quarters of an Ounce of Cloves;

Cloves ; then boil this near an Hour, taking off the Scum as it rises, and pour the whole to cool in an open Tub, and work it with Ale-Yeast spread upon a Toast of white Bread for three Days, and then turn it into a Vessel that will just hold it, adding about a Pound and a half of Raisins of the Sun split, to lie in Liquor till you draw it off, which should not be till the Wine is fine, which you will find in *January*.

This Wine is so much like the fine rich Wine brought from *Cyprus*, in its Colour and Flavour, that it has deceived the very best Judges.

To make Hungary Water.

Put half a Peck of Rosemary Flowers to a Gallon of strong Spirits ; infuse them in the Spirits for a Fortnight, and then distil them.



Necessary Things to be provided when a Family is going into the Country for a Summer.

Nutmegs, Cinnamon, Cloves, Mace, Pepper, Ginger, *Jamaica* Pepper, Currants, Raisins, Sugar, *Lisbon*, Sugar Loaf, Lump, Sugar double-refined, Prunes, Oranges, Lemons, Anchovies, Olives, Capers, Mangoes, Oil for Sallads, Vinegar, Verjuice, Tea, Coffee, Chocolate, Almonds, Chesnuts, *French* Pears, Sagoe, Truffles, Morels, Macroni, Vermicelli, Rice, Millet, Comfits, and Pistachoe Nuts.

BREW-

BREWING, &c.

The Method of brewing ALE or BEER.

PUT sixteen Gallons of Water into your Copper, strew over it as much Bran as will cover it, make it scalding hot, then put a third Part of it into the Mashing-Tub, where let it stand till the Steam is so far spent, that you can see your Face in the Liquor; then put to it a Bushel of Malt, stir it very well into the Liquor: In the mean while make the rest of the Water, left in the Copper boil; then either damp or put out the Fire under the Copper, that the Liquor may be allayed in its Heat; and then put it into the Mashing-Tub, and stir it all well together. If you suspect any ill Taint in the Malt, you may put in a Shovel or two of hot Coals to take it off.

While this Liquor stands upon the Malt in the Mashing-Tub, heat sixteen Gallons more of Liquor, and having drawn off your first Wort, put Part of it upon the Grains, and put in three Pecks more of fresh Malt; then put upon it the Liquor in the Copper, stirring it as before; then put the first Wort into the Copper again, make it scalding hot, and put Part of it into a second Mashing Tub, and when the Steam is over, stir in it three Pecks more of fresh Malt; then put in the rest of the Water, and stir it well, letting it stand two Hours; then heat another 16 Gallons of Water; and after that which was put into the first Mashing-Tub has stood two Hours, draw it off, and also

*Bottom; Ventum root
St. Z. make root for*

also that Wort which is in the second Mashing-Tub, and put the Grains out of the second Mashing-Tub into the first; and into it, the Liquor in the Copper, and let it stand an Hour and a half.

If you would have Beer, boil the first Wort with half a Pound of Hops for two Hours, or till it looks curdled; and if for Ale, boil the second Wort with three Ounces of Hops for an Hour and a half; and boil the Hops of both Worts for an Hour and a half in the other Liquor for Table-beer.

To recover BEER that is flat or dead.

Take four Gallons out of a Hogshead, and boil it with five Pounds of Honey, scum it, let it be cooled, and put it to the rest, stop it up close, and it will make it pleasant, quick, and strong.

To make stale BEER drink new.

Stamp the Herb Horehound, strain the Juice, and put a Spoonful of it to a Quart or three Pints of Beer, cover it and let it stand two Hours, and then drink it.

To put a Stop to BEER upon the Fret.

Pour a Quart of black Cherry-Brandy into a Hogshead of Beer, and stop it up close.

A Method of brewing Ale, or October Beer, from Nottingham.

Supposing the Copper to hold 24 Gallons, and the Mashing-Tub large enough to hold four Bushels or more of Malt, the first full Copper of boiling Water is put into the Mashing-Tub, and having laid on the Malt for a Quarter of an Hour till the Steam is so far spent that one can see his Face

A Quart of Brandy or wine to the above.

To make Ale: Gentian
 Root two Ounces, Sarsaparilla
 half an Ounce, orange Peel
 dried Sarsaparilla, Saffron
 in
 Technic each two pennyworth

in it, or as soon as the hot Water is put in, a Pailful or two of cold Water is thrown into it, which at once brings it into Temper, then three Bushels of Malt are poured leisurely into it, being stirred or mashed all the while it is putting in; but as little as can be or no more than will just keep the Malt from clotting or balling; this being done, one Bushel of dry Malt is put on the Top to keep in the Vapour or Spirit, then it is covered up, and let stand for two Hours, or till another Copper-full of Water is boiling hot; this is laded over the Malt by three Hand-bowls full at a Time, which are to run off at a Cock or Tap by a very small Stream before more is put in; which again is returned into the Mashing-Tub till it comes off exceeding fine; for if the Wort be not clear when it goes into the Copper, there are but small Hopes it will be so in the Barrel. The Brewing after this leisurely Manner requires 16 Hours to brew four Bushels of Malt.

Now between the Ladings out of the Copper, cold Water is put into the Copper to be boiling hot, while the other is running off, and by this Means the Copper is kept near full, and the Cock spending till near the End of brewing either Ale or small Beer, of which no more than 21 Gallons are to be saved of the first Wort, which is reserved in a Tub, then four Ounces of Hops are put in, and then it is set by.

For the second Wort, suppose there are twenty Gallons of Water in the Copper boiling hot, that must be all laded over in the same Manner as the former was, but no cold Water need here be mixed; when half of this is run out into a Tub, it must directly be put into the Copper, with half of the first Wort, strained through the brewing

L

Sieve,

Sieve, as it lies on a small loose wooden Frame over the Copper, to keep back those Hops which were first put in to preserve it; which is to make the first Copper 21 Gallons.

Then upon its beginning to boil a Pound of Hops is put into one or two Canvas, or other coarse Linen Bags, something larger than will just contain the Hops, that they may have Room to swell; these are boiled away briskly for half an Hour, then the Hops are taken out, and the Wort is continued boiling by itself, till it breaks into Particles, a little ragged, and then it is enough, and must be dispersed into the cooling Vessels very thin.

Then the Remainder of the first and second Wort are put together at the same Time, in the same Manner, and with the same Quantity of fresh Hops, as the first was.

The rest of the third, or small Beer Wort, will be about 15 or 20 Gallons, more or less, this is directly mixed with cold Water, to keep it free from Excise, and this is put into the Copper as the first Liquor to begin a second Brewing of Ale with another four Bushels of Malt, as was done before, and so on, for several Days together, if necessary; but at last there may be some small Beer made; but some make none, but make Use of the Grains in feeding their Hogs.

To make Dr. Butler's purging Ale.

Take Polyphy of the Oak, and Sena, of each a quarter of a Pound, Sarsaparilla, two Ounces; Aniseeds and Carrayway Seeds, of each an Ounce; of Seurvey-grass half a Bushel; Agrimony and Maiden-hair, of each a Handful; bruise all these moderately in a Mortar, and put them into a Can-

vas Bag, and hang them in three Gallons of Ale; let it stand three Days, and it will be drinkable.

Ale of Health, according to the Recipe of the Viscount St. Alban's.

Take of Sarsaparilla three Ounces; Sassafras-wood and China Root, of each half an Ounce; white Saunders and Champitytyon, of each an Ounce; of Mace a Quarter of an Ounce: Let the Wood be sliced as thin as can be, and all be bruised together in a Mortar.

Then add *Roman* Wormwood, Hops and Cow-slip Flowers, of each two Handfuls; Sage, Rosemary, sweet Marjoram, Balm, Mugwort, and Betony; all together four Handfuls.

Boil all these together in six Gallons of Ale, till it is consumed to four; then put the Wood and Ale into six Gallons of Ale of the second Wort, and boil it to four Gallons.

Then let all the Ale run from the Dregs, mix it together, and put it up in a Vessel.

To make Beer, Ale, or any other Malt Liquors fine.

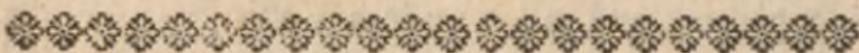
Put half an Ounce of unslacked Lime into a Pint of Water, and having mixed them well together, let them stand three Hours, and by that Time the Lime will have settled to the Bottom; pour off the clear Water from the Lime, and put it into Ale or Beer, first mixed with half an Ounce of Isinglass, first cut small and boiled, and in five Hours Time, or less, the Beer in the Barrell will be settled and clear.



T H E
UNIVERSAL PHYSICIAN:
B E I N G

A Collection of the most approved Re-
ceipts, for most Distempers incident
to human Bodies.

Collected by a very eminent PHYSICIAN.



A good Drink for a Consumption.

TAKE St. *John's* Wort, the greatest Daisy-
flower, (called Ox-Eyes) and Scabious,
of each a Handful, boil these in two
Quarts of Spring Water till it be wasted to one
Half, then strain it and sweeten it with clarified
Honey to your Palate; take a Quarter of a Pint
of this in half a Pint of new Milk making the Li-
quor just Milk warm, and take it in a Morning, and
at Four in the Afternoon.

This Drink is highly commended, and also up-
on long Experience.

Snail

Snail Water for a Consumption.

Take half a Peck of Shell-Snails, wipe and bruise them, Shells and all, in a Mortar; put to them four Quarts of new Milk, as also Balm, Carduus, Hyssop, Burrage, unset Hssop, of each one Handful; Raisins of the Sun stoned, Dates, and Figs, of each a Quarter of a Pound; slice all these and put them to the Milk, and distil them in a cold Still, with a quick Fire.

These Ingredients will yield near four Quarts of distilled Water very good.

Into every Quart Bottle put two Ounces of white Sugar-candy; and let the Water drop on it; while it is distilling, stir the Herbs now and then, and keep it covered on the Head with wet Cloths.

The Dose may be five Spoonfuls at a Time fasting in the Morning, at Four in the Afternoon, and going to Bed.

For Sweating in the Night in a Consumption.

Drink a Glass of Tent, or old Malaga, with a Toast every Morning early, and sleep an Hour after it.

This is good for consumptive Persons, or such as are weak in recovering after a long Sickness.

For a Consumptive Cough.

Beat and sift a Pound of double-refined Sugar; wet this with Orange-flower Water, and boil it up to a Candy Height, then stir in two Ounces of Cassia Earth reduced to a fine Powder. If you love Perfume, you may add a Couple of Grains of Ambergrease, which will be very good; drop this in small Cakes on a Mazarine-Dish that has

been buttered and wiped.—This has cured those that have spit Blood.

For a Cancer in the Mouth or Gums.

Mix 20 Drops of Spirit of Vitriol in half an Ounce of Honey of Roses, keep the sore Place always moist with this Mixture, and it is a certain Cure.

Another for the same.

Take the Juice of Sage and Honey-suckle, of each three Spoonfuls; of white Wine Vinegar one Spoonful; of Roch-Allum half an Ounce: take double the Weight of the Whole in Honey, boil it to a thick Syrup, scum it very clean, and when it is cold, put it up for Use.

This, with Syrup of Mulberries, is good for any sore Mouth.

To fasten the Teeth, and preserve the Gums.

Take one Dram of Allum, two Drams of Bole Armoniac, and half a Dram of Myrrh; reduce them to a fine Powder, put it into a Pint of Claret in a Glass Bottle, stir it sometimes, and wash the Teeth with it daily.

To close up the Gums and Teeth that are loose.

Calcine Earth-Worms, and rub the Teeth with the Powder, or dry a Calf's Liver in an Oven, reduce it to Powder, adding an equal Quantity of Honey to it, and bring the whole into the Consistence of an Opiate.

How to clean the Teeth, and bring on the Flesh.

Take Dragons Blood, Cinnamon, and Allum
cal-

calcined ; reduce all into a fine Powder, and rub the Teeth with it every other Day.

To whiten the Teeth.

Dip a Bit of Cloth into some Vinegar of Squils, and rub the Teeth and Gums with it ; for besides the whitening of them, it will also fasten and strengthen the Roots, and sweeten the Breath.

To help Children to breed their Teeth.

Take the Brains of a Hare that has either been boiled or roasted, and mix the Brains with Honey and Butter, and rub the Child's Gums frequently with this Mixture.

Another.

Cut off a Bit of a Cock's Comb with a Pair of Scissars, and rub the Childs Gums once or twice with the Blood that issues out. This is an approved Remedy.

A Wash for the Teeth.

Put half an Ounce of Bole Armoniac, a Quarter of an Ounce of Myrrh, half a Dram of Allum, five Grains of Salt of Vitriol, half an Ounce of Hungary Water, and an Ounce of Honey of Roses, into a Pint of Claret ; set the Bottle in the warm Sun, or near the Fire for three Days ; then let it stand to settle, and pour a Spoonful of it into a Tea-cup of Water, and wash your Teeth with it. It will both preserve them sound, and make them white.

For the Scurvy in the Teeth.

Heat a Piece of Steel red hot, and quench it half a Score Times in white Wine Vinegar, as
fast

fast as you can heat it ; then add to the Quantity of half a Pint, a Quarter of an Ounce of Myrrh in Powder, and a Dram or two of Mastick in Powder ; with this wash the Teeth three Times a Day, or oftener.

To give certain Ease in the Tooth ach.

Take *French Flies*, Mithridate, and a few Drops of Vinegar, beat this to a Paste, and lay a Plaister on the Cheek-Bone, or behind the Ear ; it will draw a Blister, but rarely fails to cure.

For the Scurvy.

Take Garden Scurvy-grass half a Peck, Brooklime and Water-creffies, of each two Handfuls ; Ground-ivy, Fir-tree-Tops, Liver-wort, and Tamarisk, of each an Handful ; Horse-radish Roots, Sassafras, and Daucus Seeds, of each half an Ounce ; Roots of sharp pointed Dock two Ounces, and a large *Seville Orange* sliced ; bruise all these gently, and put them into a Canvas Bag, which hang in three Gallons of Ale ; when it is fine drink a Draught of it in a Morning, or at any Time of the Day.

This is one of the Prescriptions of Serjeant *Barnard*, and is an excellent Medicine for this Distemper ; but where the Scurvy is also attended with the Dropsy, so that the Legs swell, the Juices of the Herbs, with the Juice of *Seville Oranges*, will be a more speedy and effectual Remedy to those whose Stomach can bear them.

For the Dropsy.

Mix six Ounces of Syrup of Elder Berries with three Ounces of Oil of Turpentine ; incorporate them well together, and take a good Spoonful of this

this Mixture the first Thing in a Morning, and the last at Night for a Fortnight.

Some affirm, that the constant eating Sea Biscuit, and new Raisins of the Sun, instead of Suppers, has cured the Dropsy without Physick; especially it will do it, if the Patient can refrain from drinking small Liquors.

Shortness of Breath.

Take half an Ounce of Powder of Elecampane Root, an Ounce of Powder of Liquorice, and the same Quantity of Flower of Brimstone, and Powder of Anniseed, and a Quarter of a Pound of Sugar-candy powdered; make all up into a Mass, with a sufficient Quantity of Tar, of which take four Pills when you are going to rest.

This is likewise an excellent Medicine for an Asthma.

Another for the same.

Take Elecampane Root finely powdered, and Flour of Brimstone, in equal Quantities mix them into an Electuary with clarified Honey, and take it whenever you are seized with the Cough, or find a Difficulty in Breathing.

Another for the Asthma.

Roast four Cloves of Garlick till they are soft; then bruise out the Pulp, and put it into four Spoonfuls of Honey; two Spoonfuls of Powder of Elecampane; of Aniseeds, Coriander, and Liquorice, all finely powdered and sifted, one Spoonful and a half, of which take the Quantity of a Nutmeg, Morning and Evening.

For the Gravel.

Boil half a Pint of Ale, scumming it very clean, then take it off the Fire, till you have beaten the Yolks of two new laid Eggs with a Spoonful of Honey, mix this with the Ale when it is so cool as not to curdle, and drink this for nine Mornings.

• *For a Looseness and Gripes.*

Take one Dram of *Venice Treacle*, three Drops of Oil of Juniper, and as many of Oil of Cinnamon, which mix with 20 Grains of Rhubarb; make this into a Bolus, and take it at Night when you go to Bed.

The next Morning when it works, drink warm Posset drink, in which Mallows have been infused.

This has effected Cures, when the Case has been very dangerous.

For a Hoarseness upon a Cold.

Take three Ounces of Hyssop Water, sweeten it with Sugar-candy, and beat the Yolk of an Egg well into it, and drink it up at a Draught.

For the Piles.

Boil an Handful of the Leaves of the Herb Mullein in a Pint of Milk, and sweeten it with an Ounce of Surrup of Violets, and drink every Night when you go to Bed for five or six Weeks, and it will certainly remove the Cause of the Distemper.

To cure Deafness.

Dip fine clean black Wool in Civet, and put it into the Ear, and when it is grown dry, as it will
in

in a Day or two, dip it again, and keep it moistened in the Ear for three Weeks or a Month.

Anti-scorbutic Water.

In a Gallon of Proof Spirits, and two Quarts of Water, digest six Handfuls of Garden Scurvy-grafs, Brook-lime, and Water-creffes, of each a Handful, Horse-radish Root sliced one Pound, three Lemons sliced, *Arum* Root a Pound, fresh *Briony* Root two Pounds, Mustard-seed three Ounces, Nutmegs half an Ounce, and gently distil off the proof Spirit.

For Convulsion Fits.

Mix simple Peony, and black Cherry Water, in equal Quantities, the Quantity of a Draught, into which, for a Child, put of Spirits of Hartshorn five Drops, if for a Woman 20, if for a Man 30.

For a Bruise.

Make a Poultice of Bran and Urine, and apply it as hot as you can bear; if it be very bad, repeat it as it cools, and do it as soon after the Hurt as you can, to prevent its Swelling, which the Air is apt to cause.

For the Cholic.

Infuse an Ounce of *Hiera Picra* in a Quart of double distilled Anniseed Water, stop it very close and let it stand near the Fire for some Days, shaking the Bottle twice a Day; take three or four Spoonfuls of this in a fit when it is new; if it stands a Year or more, less will serve.

For

For a dry husking Cough.

Drink a Pint of Spring-Water as hot as you can at Night going to Bed.

This, though it seems but a trifling Remedy, has far out-done the Expectations of those that have tried it.

A Syrup for an old Cough.

Take Maiden-Hair, Liquorice, and dried Hyssop, of each an Ounce, and one Grain of Anni-seeds, infuse these in a Quart of Spring-Water for 24 Hours, then set them on a gentle Fire and boil them, till one half be wasted, strain it out hard, and add to the Liquor three Quarters of a Pound of clarified Honey, and as much right white Wine Vinegar as will make it pretty sharp, then boil it again, till it comes to a thick Syrup, and keep it for Use close stopp'd.

If you drop in a Drop or two of Oil of Cinnamon, it will not be amiss.

This is an excellent Medicine to be taken in the Morning and at going to Bed.

For a Consumptive Cough.

Take Marsh-mallows and Comfrey Roots dried, of each six Ounces; Scorzonera and Orange Root candied, of each four Ounces, cut all small, and mix them well together; then divide them into several Parts, that is, an Ounce on each Paper; which put into a Quart of Spring-Water, boil them gently, and then add a Point of Milk, and continue boiling to till the three Pints comes to a Quart, let it stand in cool, and drink half of this at a Time twice a Day for some Time.

For a pleuretick Cough.

Take four Ounces of Oil of Turnip-seed, newly drawn, Syrup of Maiden-hair, and Lemons, of each an Ounce; Syrup of Violets two Ounces; beat all these with two Ounces of Sugar-candy; of this take a Spoonful as often as you can, mixing it well when you take it, being apt to separate.

Oil of Turnips can easily be had, and exceeds all other Oils that can be drawn.

For Whooping-Coughs, an excellent Remedy.

Take Leaves of dry'd Coltsfoot a good Handful, cut them small, and boil them in a Pint of Spring-water, till half of it is boiled away, then take it off the Fire, and when it is almost cold, strain it through a Cloth, as dry as you can, and throw the Herbs away, and in the Liquor dissolve an Ounce of brown Sugar-candy, finely powdered, and give a Child (of about three or four Years old, and so in Proportion) one Spoonful of it cold or warm, as the Season is, three or four Times a Day (or oftener, if the Fits of Coughing come frequently) till it is well, which will be in a few Days; for it will presently abate the Fits of Coughing.

This Medicine likewise is very helpful in Shortness of Breath, and in the *Asthma and Phthisic*; it is also good in Wastings or Consumptions of the Lungs by Reason of its smooth, softening healing Qualities, even where the Person did spit Blood, and had a Rawness and Soreness in the Passages, with a Hoarseness, &c. in blunting the acrimonious Humours, which in such Cases are almost continually dripping upon them.

Bleedings to stop immediately.

Dip a Piece of black Bays in the sharpest Vinegar, and lay it to the Patient's Groin, as it grows warm, dip it again.

It gives a sudden Check, and is the Practice in the *West-Indies*, among the Blacks, who are subject to this Distemper, and often lost by the Violence of it. And this does seldom fail in Extremity.

For a Fever.

At the Beginning of the Fever, or when the Party rageth, take Sheep's Lights and lay to the Soles of the Feet, and it will draw it quite out of the Head: Sometimes it causeth a Looseness, but then comfortable Things must be given.

For intermitting Fevers, when the Intervals are distinct.

If the Stomach appears loaded, or the Bark has been given without Success, to grown Persons, I would recommend the following Vomit:

Take from twenty to thirty Grains of the Indian Root Ipecacuanha, in any convenient Vehicle, and encourage the Operation with plentiful Draughts of Carduus Tea, Water-gruel, or Barley-water, but the former is preferable in general, especially if the cold Fit is pretty severe. To Children it may be given in Proportion down to ten Grains. After the Vomit, as soon as the Stomach will bear it, begin with the following Powder. Take twenty Grains of Camomil-flowers, diaphoretic Antimony, and Salt of Wormwood, of each ten Grains; let them be finely powdered, well mixed, and swallowed in a Draught of any Liquor,
once

once in three or four Hours between the Fits. If this Form be disagreeable, you may make the Powder into a Bolus, with Syrup of Cloves.

Palsy.

If the Palsy continues for a Year, it will not be cured but with great Difficulty. To relieve old Persons troubled with this Distemper; purge them frequently with Agaric or Aloes, the Dose is one Dram, and for those of a robust Constitution, a Dram and a half; you may also make a Cautery in the Arm or Leg, and every Morning give the Patient a Dose of Treacle or Orvietan.

Rub the Back of the Patient with the following Balm. Take half a Pound of Oil of Walnuts, half a Pint of thick Wine, half a Handful of Camomile, Sage, Rue and Wormwood, of each half an Handful.

Boil all together till the Wine is wasted; strain it, and at the same Time throw into it three Ounces of *Venice Turpentine*, and three Nutmegs powdered.

Dr. MEAD's Receipt for the Cure of the Bite of a mad Dog.

Let the Patient be bled at the Arm, 9 or 10 Ounces. Take of the Herb, called in *Latin*, *Lichen cinereus terrestris*, in *English* *Asb-coloured ground Liverwort*, cleaned, dried, and powdered half an Ounce; of black Pepper powdered, two Drams. Mix these well together, and divide the Powder into four Doses, one of which must be taken every Morning fasting, for four Mornings successively, in half a Pint of Cow's Milk warm: After these four Doses are taken, the Patient must go into the cold Bath, or a cold Spring or River,

every Morning fasting, for a Month ; he must be dipt all over, but not stay in (with his Head above Water) longer than half a Minute, if the Water be very cold: After this he must go in three Times a Week for a Fortnight longer. The *Lichen* is a very common Herb, grows generally in sandy and barren Soils all over *England* ; the right Time to gather it is in the Month of *October* or *November*.

For the Itch.

Make an Ointment with Flour of Brimstone and fresh Butter, or Oil of Olive, and rub the Body with it Morning and Evening.

Another.

Make a Decoction of Ground-ivy, boiling it in Water and wash the Body with it.

Another.

Take the Yolk of an hard Egg, and as much fresh Butter as the Yolk weighs, beat them together and apply them twice or thrice, or oftener to the Parts most affected with the Itch, it will dry the Scabs in such a Manner that they will fall off.

This Medicine will do the same in the Small-pox, and hinder them from pitting.

For the Jaundice.

Cut off the Top of a Sevil-orange, take out the middle Core and Seeds as well as you can, without the Juice ; fill the Vacancy with Saffron and lay the Top on again ; then roast it carefully without burning, and throw it into a Pint of White-wine : Drink a Quarter of a Pint of this fasting for nine Days, it exceedingly sweetens and clears the Blood.

Another

Another.

Take a large Lemon, roast it till it is soft ; but take care that it be not broken : Cut it and squeeze it (while it is very hot) upon a Dram of Turmeric sliced or grated, and half a Dram of Saffron, upon all these pour a Pint of good White-wine ; let them stand all Night to infuse, and in the Morning sweeten this Liquor to your Palate with Sugar-candy and take a Quarter of a Pint of it fasting ; or it may be better without the Sugar-candy, if your Stomach will bear it as well.

Repeat this for four or five Mornings or longer, if you find Occasion, and you will find it a perfect Cure.

For the Gout.

First make a Conserve of Buck-bean with its Weight of Sugar-candy, both pounded very fine, of these take the Quantity of a large Nutmeg, the first Thing in the Morning, and the last at Night, and drink a Tea made of the same Herb every Morning and Afternoon, constantly for one Year.

These of themselves, without any other Medicine, perfectly cur'd a Person that had been grievously afflicted with the Gout.

It is also an efficacious Remedy in the Scurvy and Rheumatic Pains ; if the Patient be weak and very restless, it will be proper to mix a third Part of Venice-treacle in the Conserve at Night going to Bed

A Drink for the Gout.

Take Sarsaparilla four Ounces, Sassafras, *China* and Harts-horn Shavings of each an Ounce and a Half, Angelica Roots an Ounce and Half; the Roots

of the Smelling-flag an Ounce and a Half. Raisins half a Pound ; of candied Eringo-roots four Ounces : Hang these in a Bag in three Gallons of small Ale, when you put it up in a Cask, let it stand for a Fortnight and drink it constantly. It is an excellent Drink for sweetening the Blood and correcting those sharp Humours which cause that tormenting Distemper.

For a Looseness and Bloody-flux.

Put the Yolks of two new laid Eggs into a Glass of strong Cinnamon Water, Brandy, Rum, Rosa Solis or any spirituous Liquor, and drink it all up, though these hot Things are not so proper to be us'd, but in the greatest Extremity ; because chewing of Rhubarb is as certain, and carries off that Cause.

For the Stone and Gravel.

Take two Drams of the Powder of Wood-lice, in an Ounce of Brandy, and a Pint of the Decoc-tion of Chich-peas. Divide this Quantity into half, to be taken two Mornings together fasting.

Another.

Take a Dram of the Powder of Wood-lice, and half a Dram of the Shells of new laid Eggs ; mix them together in a Glass of Wine, and add a Spoonful of the Juice of white Onions.

Another.

Let the Patient drink a Glass of distill'd Onion-water, every Morning for six Weeks together.

Another.

Another.

Chop very small two Ounces of the Roots of *Celandine*, and infuse them in a Pint of White-wine, and let the Patient take half a Glass of it every Morning fasting, and the longer he continues the taking this Remedy, the more good he will find by it.

But if none of these Medicines succeed, then Recourse must be had to cutting.

To cure the Diabetes.

Diabetes, is an involuntary Discharge of Urine, and very difficult to be cured; but what follows is a good Medicine, if the Distemper be taken in the Beginning.

Cut off the Neck of well blown Sheep's Bladders; put a good Quantity of the remaining Membranes one over another into a covered Pot, where being gently dry'd and more sufficiently in a Baker's Oven, pound them to Powder and let the Patient drink as much of it at a Time as will lie upon a Six-pence in any proper Liquor.

Rheumatism.

For one which proceeds from a cold Cause, in order to the Cure, take away a little Blood, but not much because the Distemper does not lie in the Veins; but let the Patient be purged often, either with Manna, Syrub of Pale-roses, Pills of Agaric or Aloes. These Remedies may be taken in the Evening or before Supper, or else at going to Bed, and the Patient must afterwards endeavour to promote a Sweat by taking the following Ptisan,

Take two Ounces of Sarsaparilla, and as much Guaiacum; an Ounce of Esquine, and an Handful

ful of Asparagus Roots, boil these in near three Quarts of Water, till one Half be wasted; strain the Decoction, let it stand till it is grown cold, and take every Morning two Glasses of it one after another, and if he can, let him sleep upon it.

Or those that have not the Conveniency of the foregoing Ingredients, may dissolve an Ounce and a Half of Treacle in a Glass of the Water of Balm-gentle, Marjoram or Nettle.

To cure an Ague.

Mix the Powder of White *Hellebore* Roots with right *Venice Turpentine*, till it is stiff enough to spread on Leather. Lay the Plaister over the Wrist, and over the Ball of the Thumb, six Hours before the coming of the Fit.

Another for the Same.

Pound *Olibanum*, *Plantane*, *Ribwort*, *Rue* and *Smallage* all together, with a little *Bay-salt*; put them into a Bag, lay it to the Wrist of the Patient, a little before the coming of the cold Fit.

Another for the Same.

Give the Patient as much *Virginia Snake-root* dry'd and powdered, as will lie upon a Shilling, in a Glass of *Sherry* or *Sack*, just before the coming on of the cold Fit; repeat this two or three Times, till the Ague is gone.

For red or Blood-spotten Eyes.

1. Beat the Whites of Eggs with Rose or Plantain-water, and steep a Rag or Tow in it and apply to the Eyes.

2. Roast an Apple that is not sharp or sour, mix the Pulp with a Nurse's Milk into a Sort of an Oint-

Ointment, and with it anoint the Eyelids for the Redness of the Eyes.

And also apply to the Temples Frontlets made with Province Roses, or Conserve of Roses, and other astringent Things to stop the defluxion from the Brain that causes this Redness.

An incomparable Eye-salve.

Take one Ounce of *May* Butter, half an Ounce of Virgin's Wax, a quarter of an Ounce of Camphire, half an Ounce of Powder of Tutty; put the Camphire and Wax into a silver Porringer or small silver Sauce-pan, and melt them over a gentle Fire, stirring them continually, till they be dissolved; then some little Time after put in the *May* Butter and dissolve it with a Spoonful of red Rose-Water; keep it on the Fire till all is well incorporated; then add the Powder of Tutty, and mix all very well; anoint the Eye-lids with this when you go to Bed.

To cure Cuts.

Leaves of Great St. *John's* Wort, called Tutfan, cures a fresh Cut. from the *Inspector*, published by Dr. *Hill*.

DAFFY's Elixir.

Take Fennel-seed, Carraway, and Coriander-seed, of each two Ounces, Sena four Ounces, Elecampane-roots three Ounces, Liquorice, three Ounces, Venice-treacle an Ounce, Horse-radish Roots, three Ounces, and Raisins of the Sun stoned, a Pound; cut the Roots, and beat the Seeds, then put all together into two Quarts of Brandy, or the same Quantity of Canary, and put all into a Glass-bottle, and let it stand a Week.

This

This is approved of for all Obstructions and sharp Humours. Take Three Spoonfuls at going to Bed, and three in the Morning, fasting an Hour after it.

To prevent After-pains in Women.

Toast a quarter of an Ounce of Nutmegs before the Fire, and half an Ounce of good Cinnamon, mix it with the White of an Egg, by beating them together in a Porringer; let the Woman take every Morning the Quantity of a Nutmeg, and the like at Night, and after it drink a Draught of Caudle.

For Wrinkles in the Face.

Anoint the Face with the Oil of Myrrh at Night when going to Bed, and cover it with a waxed Cloth, and it will take out the Wrinkles.

Another.

Take half an Ounce of Oil of Tartar, a quarter of an Ounce of the Mucilage of the Seed of Psillium, or of Quinces, six Drams of Ceruse, a quarter of a Dram of Borax; a quarter of an Ounce of Oil of Olive, and a quarter of a Dram of Sal Gammae; stir all these together well with a Wooden Spoon in an Earthen-plate, and rub the Face with it.

To beautify the Face.

Take fine Sulphur and Roch-alum, of each half an Ounce, pound them to Powder, add to these half an Ounce of Rose-water, mix them well in a Phial, and let them stand 24 Hours, and use them.

Warts to take off.

Some recommend the following Methods.

1. Touch them with Fig-leaves, and they will (as some affirm) fall off; but others advise to rub them with a Heart of a Pigeon.

2. Cut off the Head of a live Eel, and rub the Wart with the Blood, and they will (as is said) drop off.

3. Lay the Foot of a Hen over a quick Fire, till the Skin peels off from the Bone, and with that Skin rub the Warts twice or thrice, while it is hot, and it will effect the Business.

Pain in the Ear.

Take Juice of Mountain-sage, Oil of Bitter-Almonds, Oil of Fennel, and Oil of Olives, of each equal Quantities, having mixed them well together, drop three Drops into the pained Ear for three Nights; this will ease and draw out any Imposthume, if that be the Cause.

Another for the same.

Boil Sage, Rue and Rosemary in half a Pint of Claret, and a quarter of a Pint of Vinegar; put it into a new Mug and hold your Ear close so that the Steam may go in; as it cools, heat it again, and when the Strength is pretty well wasted, wrap the Head warm, and go into Bed.

Kibes, Chilblains and Corns.

Kibes is a Soreness and Rawness of the Heels, and is most incident to Country People.

For the Cure, take the Leaves of Nettlewort and also the Roots, stamp them very well, and to a Handful of these, put a quarter of a Pound of Linseed

feed Oil and half an Ounce of Alum in fine Powder, mix them well together over a gentle Fire, and first of all wash the Kibes in Water and Salt, and dry them, and then bind on the prescribed Medicine as a Plaister or Poultrice.

The same Medicine is also good for Chilblains and Corns, when newly cut.

Dr. St. Catherine's Liquor of Health.

Take three Pints of the best Oats, cleanse them well and wash them; and, having also a Pennyworth of wild Succory-root, fresh gathered (which is about a small Handful) boil them together in six full Pots of River-water for three quarters of an Hour, boil it but moderately; then add half an Ounce of mineral Chrystal, and two or three Spoonfuls of the best eating Honey; boil all together for about half an Hour, strain it and put it in an Earthen-pitcher and let it cool.

Two handsome Glasses of this Water may be every Morning drank fasting, and the same Quantity in the Afternoon, 2, 3, or 4 Hours after Dinner; and this may be continued for 14 or 15 Days, and the Party may go about his Business as usual.

The Author took this Remedy three Times a Year, *viz.* before the coming in of Winter, about Easter, and in the hottest Time of Summer; by Virtue of which he is said to have lived to almost 120 Years.

To live to a very old Age.

To attain to an advanced old Age, take three Quarts of Rose-water, ten Ounces of Orange and Lemon-peel dry'd in the Shade; Cinnamon, Cloves and Nutmegs, of each half a Pound; Red-roses that have not been gathered more than two Days,

two

two Pounds, four Pinches of Rosemary-tops, and two of Laurel-leaves, four Handfuls of Marjoram, as many of Balm gentle, four Pounds of Hyfop, as many of wild Roses.

Put all these together with Rose-water, bed upon bed, into a Glass-alembic, and then distil them very gently in a *Balneo Mariæ* or *Bath Mary*, and keep the Water that comes out for Use.

This Water is not only endued with the Virtue of prolonging to an extreme old Age; but it will also add a Freshness in the Complexion, will fortify all the Parts of the Body; expel ill Humours, cures Catarrhs, Defluctions and Palsies.

It will prevent Infection seizing the Heart in a Time of Pestilence; is very good in Cancers, and will forward Women's *Menses*.

It is good for Disorders of the Heart, and cures the Distempers of the Stomach, Eyes and Teeth.

The Dose is about two Spoonfuls, Morning and Evening; and rub any disordered Parts with it.

For the Quinsy.

Mix fresh Cow-dung with Hogs-lard over the Fire, and apply it by Way of Poultice as hot as can be borne; as it cools lay on another hot, and so continue till it has given Ease. This draws out the Humour, and opens the Passage of the Gullet.

For sore Nipples.

Infuse the Seed of Quinces in white Rose-water; strain it through a Piece of Muslin, and wash the Nipples often with it,

To increase Milk in Nurses.

Let them drink Wine or other good Liquor wherein Fennel has been steep'd, let them eat Chiche-pease, Lettice, Fennel, Rocket, Almonds, and Raisins of the Sun; a Nurse may also wash herself with a Decoction of Chiche-pease.

She may also sup Pottage of Chiche-pease and Barley-water, wherein Fennel has been boiled; but this Liquor should be drank hot in Summer and cold in Winter.

Let her also abstain from drinking hot Liquors, and from eating salt and spiced Meats.

To stop or dry up Milk in Nurses.

Put Chervil upon the Breasts and under the Arm-pits; or else chafe them with a salt Decoction. Or,

Apply a Cataplasm of Parsley and Crumb of Bread to the Nipples. This also does sometimes dissolve Tumours in the Breasts. Or,

Make an Ointment with Brandy and fresh Butter, anoint the Breasts with it, and lay brown Paper upon them; when the Paper is dry, anoint them again, lay on fresh Paper and repeat this till the Milk is dried up.

An Ointment for the Rickets.

Take of Beef-marrow two Ounces, Oil of Lilies and Tamarisk, the same Quantity; Bees-wax four Ounces; Gum-armoniacum dissolved in Vinegar, an Ounce; the Juice of Briony-roots, Golden-rod and Smallage, of each two Ounces; boil all together till the Juice of the Herbs is consum'd, and with this anoint the Belly of the Child, rubbing it in with a warm Hand by the Fire, for
half

half an Hour every Night. It is good if the Belly be swell'd with Rickets, Worms or Ague.

Balsam, called the Fryar's Balsam.

Take a Quart of Spirit of Sack, cut a Quarter of a Pound of *Sarsaparilla* short, two Ounces of *China* Root sliced; then one Ounce of *Virginia* Snake-weed cut small; put all these into a Quart Bottle, and set it in the Sun, shaking it two or three Times a Day, till the Spirit be tinctured as yellow as Gold; then clear off the Spirit into another Bottle, and put to it half a Pound of Gum *Guaiacum*, then set it in the Sun again, shaking it very often till all the Gum is dissolved, except the Dregs, which will be in 10 or 12 Days; then clear it again from the Dregs, and put to it an Ounce of the natural Balsam of *Peru*; shaking it well together, and set it in the Sun for two Days, then put in an Ounce of Balm of *Gilead*; shake all well together again, and set it in the Sun again for a Fortnight, and then it will be fit for Use.

Among its Virtues, which are too many to enumerate here, it is good taken inwardly in most Distempers, and proper for all Sores and Wounds; by pouring in some Drops and binding Lint thereon.

The Dose taken inwardly is from half a Spoonful to a whole One in Sugar, or in any Liquid Vehicle for Consumptions or any inward Ulcer, use moderate Exercise with it.

To stop Vomiting.

Boil a new laid Egg moderately in the Shell in Water, and with it mix about the Bigness of a Bean of good Treacle, and let the Patient take it.

Another.

Boil four Ounces of Rose-water, with three Ounces of Sugar, till the Sugar is dissolved; then take an Ounce of *Venice Turpentine*, wash it well, and several Times in this Water, and make Pills of it of the Size of Peas, of which give the Patient from four to ten, or a Dozen of them, according to the Stubborness more or less of the Distemper.

A Panada for a weak Stomach.

Grate the Crumb of a Penny white Loaf into a Quart of cold Water; put in a Blade of Mace, set it on the Fire, and when it is boil'd smooth, take it off and put in a Bit of Lemon-peel, the Juice of a Lemon, a Glass of Sack, and sweeten it with Sugar to your Palate.

For an Ulcer, an excellent Balm or Balsam.

Take Roch-allum, Vitriol and Verdegrease, dry of each an equal Quantity, beat and pound them in a Mortar; put a Quart of Linseed-oil into a Glass Bottle, and put to it a Quarter of an Ounce of the calcined Ingredients reduced to a very fine Powder; stop the Bottle, and expose it to the Sun, or put it into Sand or Horse-dung, till it becomes as red as Blood.

This balm is sovereignly good for *Ulcers, Cankers, Ringworms, Itch and Wounds.*

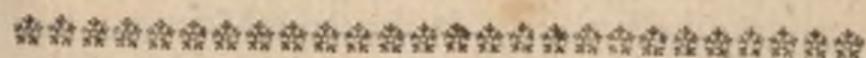
To recover a lost Voice.

1. Take a Dram of Crabs-eyes, for three Days successively.
2. Or you may take some Balm of Sulphur. Or,
3. Drink the Decoction of the Herb *Fluellin*, which is the most excellent of all Remedies.

4. A Decoction of *Aretimon*, with Raisins of the Sun.

For Aches and Bruises, an Ointment.

Put a Quart of Oil into a Stone-jar, that will contain two Quarts; then take Camomile, Sage, Southernwood and Wormwood, of each two Handfuls, the Quantity of half a Quarter of a Peck of Red rose-buds; cut off the White and shred all the Herbs together grossly, and put them into the Oil; where let them remain for 9 or 10 Days, stirring them every Day; and when the *Lavender Spike* is ripe, put in two Handfuls of the Tops, cover it close, and it having stood three or four Days, boil them upon a slow Fire for an Hour; stirring it frequently; then add a Quarter of a Pint of the strongest *Aqua vitæ*, and boil it an Hour more; then strain it through a Cloth, and having stood till it is cool, put it up into Glasses for use; warm a little in a Spoon, and anoint the Part affected.



Directions how to manage Poultry.

As for the Life of common Poultry, some Authors make it to be about ten Years; but that a Cock becomes unfit for the Hens after they are four Years old; and it is found by Experience, that a Cock should have no more than six or seven Hens, to have strong and healthful Chickens.

If you would have a large Stock of Poultry, it is absolutely necessary, not only to secure the Hen-house well from Vermin; but also to keep it dry and clean, and to allow them as much Air as may be; for if it be not often cleaned, the Scent of the g will give the Fowls the Roup.

Care must likewise be taken that their Perches may be conveniently and easily placed; and that they be not over any of the Hen's Nests, which ought always to be clean and dry, bedded with Straw, for Hay is apt to make Sitting-hens faint and weak.

When you design to set a Hen, lay up her Eggs as she lays them in a dry Barn; and when she Clucks, put no more in her Nest than she can well cover.

Many Hens will Cluck in *March* for Setting, and in this Case choose the Eggs from good Breeders, and particularly from some that are little more than a Year old; but chuse the old Hen to sit upon the Eggs, for they will sit close and will bring forth the best brood of Chickens, and be more careful in bringing them up, than the young Ones.

You may also in this Month set Duck Eggs under the Hens, and it is very probable that Goose Eggs may be forwarded in the same Manner; but you must be sure to set them under a Hen of the large Breed, and not to set more Eggs under her than she can cover close.

Mr. *Bradley* tells us, that he has used a Method of hatching Eggs somewhat after the *Egyptian* Manner; in a hot Bed of Horse-dung or Tanners-bark, as follows.

Take an Earthen Vessel like a Garden Pot; but not quite so deep, fill it half Way with Wool or Cotton, and lay as many Eggs on the Bed as will make a single Layer, so as not to come within an Inch of the Sides of the Vessel; then fill up the Pot with Wool, covering the Eggs about four Inches thick, and set the Pot up to the Rims in the Bed, with a Frame and Glasses, such as is used

for Cucumbers, and these Eggs will be hatched in due Time.

But if the Weather proves very cold, they must be carefully nurs'd by the Fire, and if they be Water Fowls they must have Pans of Water agreeably warm, which they will of their own Accord go into. If you can make Fowls lay, you may always hatch them.

The Eggs of many Sorts of curious Fowls may be transported from one Place to another in Boxes of Bran close shut down, in order either to set under Hens, or to be hatched the artificial Way.

To fatten Fowls.

The best Way to fatten Chickens, is to put them up in Coops, and to feed them with Barley-meal; but particularly to put a small Quantity of Brick-dust in their Water, which they should never be without; because it gives them an Appetite to their Meat, and fattens them in a short Time.

For it is to be considered, that all Fowls and Birds have two Stomachs as they may be call'd; the one is the Crop which softens their meat, and the other the Gizzard that macerates it; in the last is always found small Stones and sharp Sand which help to do that Office; and without them, or something of that Kind, a Fowl will fail in its Appetite for eating; so the Gizzard cannot macerate and grind the Meat fast enough to discharge it into the Crop, without such Sand or Stones, and this is assisted by the Brick-dust.

In the Choice of Fowls for eating; those that are white-leg'd and white-feathered, are accounted tenderer and finer in their Flesh than those of any other Colour, and are at the same Time much weaker; and for this Reason Cock-fighters do not approve of them. Tho

Those of black Feathers, are accounted the hottest and fiery, and their Flesh is coarser than that of other Fowls.

It is an Observation, that the Flesh of Fowls or Chickens boil'd, is more easy of Digestion, than that of those that are roasted, and the Flesh of the Legs, than that of the Breast.

And Mr. Ray observes, that the Parts of Fowls that are most in Action are esteem'd the best; and accordingly he prefers the Legs of a tame Fowl, and the Wings of the wild Ones; that is the fleshy Part of the Breast.

It is to be objected, that Poultry are more subject to breed early as they are invigorated by hot Food, or a Plenty of wholesome Food; therefore let them not want in *December* and *January*, that you may have Chickens fit for the Table in *April*.



Useful Family RECEIPTS.

An excellent Way to take Spots or Stains out of Linen.

Dissolve Bay-salt in fair Water, and steep the Linen therein; then take the Juice of Sorrel, and sharp Vinegar, and rub the Spot with them, suffering it to soak in, and in frequently so doing it will disappear.

To take away Ink-stains. Stains with Fruits, &c.

Take half an Ounce of Powder of Alam, two Ounces of Juice of Housleek or Sengreen, and apply them, the Alam being dissolved very hot.

To clean Gloves without wetting.

Lay your Gloves upon a clean Board, make a mixture of Fuller's Earth and Powder of Alam very

very dry, and rub them over on every Side with an indifferent stiff Brush; then sweep off that, and sprinkle them with Bran and Whiting a considerable Time, and then dust them well, and, if they be not extraordinary greasy, it will render them as clean as at first; but, if they be greasy, you must take out the Grease with Crumbs of toasted Bread, and Powder of burnt Bone; then rub them over with a Woollen-cloth dipp'd in Fuller's-earth, or Alom-Powder; and so you may clean them without wetting, which many Times shrinks and spoils them.

An excellent Receipt to mend broken China.

Take the Whites of two Eggs, half an Ounce of quick Lime beaten to Powder, a Dram of the Powder of burnt Flint, and the like Quantity of Gum-sandruck; temper them well together, and to moisten it, add a little Lime-juice, and with a Feather anoint the Edges of the broken Vessel, and clap the Pieces together by a warm Fire; and if your Hand be steady, the Fracture will hardly be discerned. Or, you may use White-Lead and Oil, such as Painters use.

To take Iron-moulds out of Linen.

Procure some Sorrel, bruise it well in a Mortar, squeeze it through a Cloth, bottle it, and keep it for Use. Take a little of the above Juice in a Sauce-pan, and boil it over a Lamp; as it boils dip the Iron-mould, don't rub it, but only squeeze it. As soon as the Iron-mould is out throw it into cold Water.

Fleas, to kill.

1. Rub a small Stick with the Grease of a Hedge-Hog, and fix it in the Middle of the Room, and all the Fleas, as some say, will flock to it and perish.

2. Water

2. Water the Room with Lye and Goats-milk mixed together.

3. Put Copperas or Vitriol into a Pail of Water; and when it is dissolved Water the Room with it.

4. Make a Decoction of Land Caltrop, Bramble, Arse-smart, Colloquintida and Cabbage-leaves, and spread it about the Room, and it will either drive the Fleas away or kill them.

5. Boil the Leaves of Lupine and Wormwood in Water, and Water the Room with it, or with the Water that Wormwood, Colloquintida, Peach-tree Leaves, Vervein and Coriander has been boiled.

Rats, to kill.

1. Mix Filings of Iron with Leaven, and put it into a Place where there is a Number of them, and if they once taste they will die.

2. Lay the Hoofs of an Afs or Mule upon a Chafing-dish of Coals, and shut up the Windows, and the Smell will drive them away.

3. Put the Ashes of Oak into their Holes, and if they are touched or covered with the Ashes they will grow Mangy and die.

4. Strew Arsenick powdered on Cheese or Butter, and they will eat it and burst; but take Care that Cats and Dogs do not come to it.

5. Put Water into a Brass Kettle pretty deep, and strew it with Corn-dust, after it has been winnowed, and the Rats will get in after the Corn, and will be drowned.

6. Lay a flat Stick over a Kettle of Water and tie Bacon, &c. to the Middle of the Stick, and the Rats going to it, the Stick will turn and they will fall in and be drowned.

Several

Several Ways to destroy Buggs.

1. Take Oil of Turpentine, and with a small Brush wash over the Bedstead, and all Nail-holes, Chinks, &c. and it will immediately kill both Buggs and Knits.

2. Paint the Bedstead over with *Verdegrease*, ground in *Linsed* and *Turpentine* Oil, and the Buggs will not harbour in it.

3. Take common Oil and Water, in which boil *Wormwood* and *Rue*, till the Water is consumed; then strain it, and mix with it a good Quantity of Grease, of which making an Ointment, rub with it the Chinks and Joints of the Bedstead.

4. Take *Cyprus* Galls, pound them and infuse them in Oil, covering them with it two Fingers thick, set it out in the Sun and Air for 48 Hours; then strain out the Oil, and pressing the Galls very hard, rub your Bedstead with it.

5. Take Ox Gall and Hemp Oil; mix them together, and rub the Joints and Bedstead with it, and the Buggs will never come near the Places you have rubbed.

6. Take black Soap and common Soap in equal Quantities, pound them well, then add an equal Quantity of Quicksilver; mix them well together, making them into an Ointment, and with it rub the Places where the Buggs frequent.

7. Take a good Quantity of the Juice of *Wormwood*, and Oil of *Olivus*; boil them together till all the Juice is consumed; then strain the Oil, and mix some quick *Sulphur*, and rub the Bedstead and Chinks with it.

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