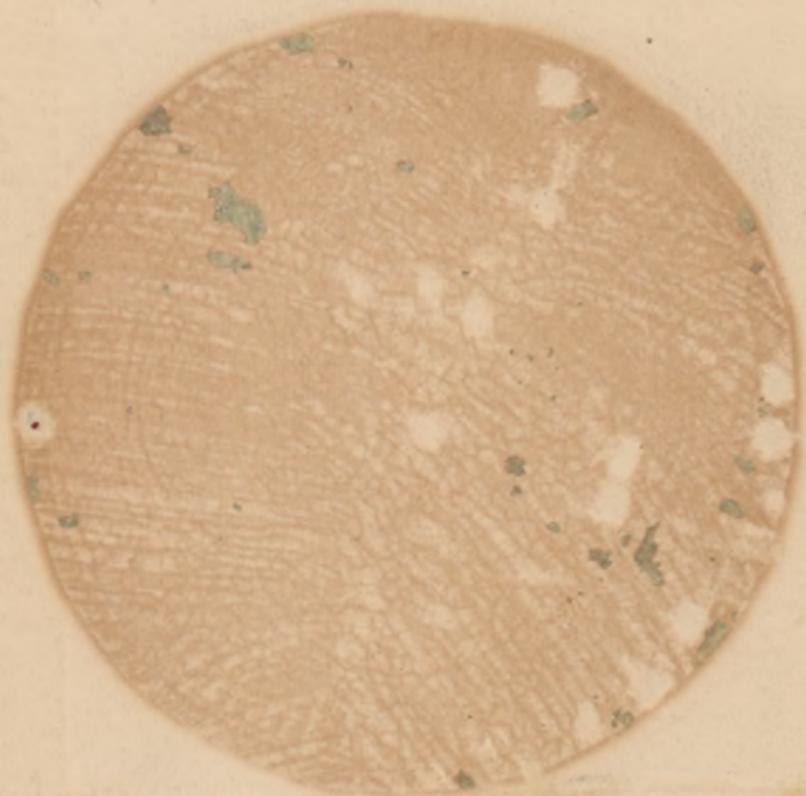




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THE

PRUDENT HOUSEWIFE

Or

ENGLISH COOK;

Being a Collection of the most useful and best Receipts

for the Improvement of the Art of COOKING

AND THE ART OF SERVING UP

THE TABLE.

By Mrs. M. M. M.

Author of the ART OF SERVING UP

THE TABLE.

IN TWO VOLUMES.

LONDON, Printed by R. DODD, in Pall-mall.

1745.

W. DODD, Printer.

ADVERTISMENT

TO THE READERS OF THIS BOOK

BY THE AUTHOR.

THESE RECEIPTS ARE THE RESULT OF

EXPERIENCE AND PRACTICE.

AND ARE THE PROPERTY OF THE AUTHOR.

WHO HAS THE HONOUR TO SIGN HIMSELF

YOUR OBLIGED SERVANT,

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USEFUL DIRECTIONS

FOR

MARKETING, &c.

How to chuse 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 Allhallow's day; the doe is in season from Michaelmas to the end of December, and sometimes to the end of January.

How to chuse Lamb.

In chusing 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 inclined 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 is limber, it is stale.

How to chuse 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 skin and strings. The flesh of ewe mutton is paler than wether mutton, is easier parted, and has a closer grain. When the flesh has a pallid whiteness, inclining to yellow, and is loose at the bone, you have reason to expect its being rotten, or inclining that way. To know whether it is new or stale, observe the direction in chusing lamb.

How to chuse Veal.

If the bloody vein in the shoulder looks blue, or a fine 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 yellow 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 chuse Beef.

Right ox-beef has an open grain; if young, a tender and oily smoothness; if old, it is rough and spongy, except the neck, brisket, 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 suet a curious white; yellow is not so good.

Cow beef is less bound, and closer grained than the ox, the fat whiter, but the lean somewhat paler; if young, the dent you make with your finger will rise again in a little time.

Bull beef is of a close grain, a deep dusky red, tough in punching, 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 chuse 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 nails.

If of a boar, though 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 thick and tough, and pinched up will immediately fall again.

To know whether it be new killed, try the legs, hands, and springs, by patting your fingers under the bone that comes out, for if it be tainted, you will 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.

To chuse 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 chuse Hams.

Put a knife under the bone that sticks out of the ham, and if it comes out clean, and has a pretty good flavor, it is sweet and good; if much smeared and dulled, it is tainted or rusty.

To chuse 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.

To chuse 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.

To chuse Cheese.

Cheese is to be chosen by its moist and smooth coat; if cheese be rough coated, rugged, or dry at top, beware of little worms or mites. If it be all over full of holes, moist and spongy, it is subject to maggots. If any soft or perished place appear on the outside, try how deep it goes, for the greater part may be hid within.

To chuse Eggs

Hold the great end to your tongue, if it feels warm, it is new, if cold it is bad; and so in proportion to the heat and cold, 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 chuse 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 is 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 chuse a Rabbit.

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 blueish, having a kind of slime upon it; but if fresh, it will be stiff, and the flesh white and dry.

How to chuse Pigeons.

The dove house pigeons, when old, are red legged; when new and fat, limber footed, and feel open in the vent; when stale, their vents are green and flabby.

How to chuse Fish.

Salmon, whiting, pike, trout, carp, tench, grayling, barble, chub, ruff, eel, smelts, shad, &c. all these are known to be new or stale by the colour of their gills, their easiness or difficulty to open, the hanging or keeping up their fins, the standing out or sinking of their eyes, &c. or by their smell.

Turbot. He is chosen by his thickness: and if his belly be of a cream colour, it is good; but if thin, and his belly of a blueish white, he will eat very bad.

Cod and codling. Chuse them by their thickness towards the head, and the whiteness of the flesh when cut.

Ling. For dried ling, chuse that which is thickest in the neck, and the flesh of the brightest yellow.

Scate and thornback. Chuse them by their thickness; and the she scate is always the sweetest, especially if large.

Soals. These are chosen by the 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.

Maekarel and fresh herrings. If the gills are of a fine shining redness, their eyes stand full, and the flesh is stiff, then they are new; but if dusky or faded, or sinking and wrinkled, and the tails limber, they are stale.

Flounders and plaise. If they are stiff, and their eyes be not sunk, they are new; the contrary when stale. The best sort of plaise looks blueish on the belly.

Lobsters.

Lobsters. Chuse them by their weight: the heaviest are the best, if no water be in them: if full, the middle of the tail will be hard, reddish-skinned meat.

Prawns, shrimps, and crab fish. The two first, if stale, will cast a bad scent, their colour fading, and they slimy, otherwise they are good. The latter, if stale, is lumber in their claws and joints, their red colour turned blackish and dusky, and a bad smell under their throats.

Pickled salmon. If the flesh feels oily, the scales stiff and shining, and it comes in flakes, and parts without crumbling, then it is new, and not otherwise.

DIRECTIONS

FOR

ROASTING

Butcher's Meat, &c. &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 sirloin, 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 smoke of it draw 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.

N. B. Never salt your roast meat before you lay it to the fire, except the ribs, for that draws out the gravy.

If

If you would keep it a few days before you dress it, dry it with a clean cloth, then flour it all over, and hang it up where the air may come to it.

To roast Lamb or Mutton.

The loin, the saddle of mutton, (which is two loins) and the chine, (which is 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 some flour, but not too much, for that takes away all the taste of the meat.

N. B. Be sure you 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, and onion, a sprig of savory, a bit of lemon-peel, cut very fine, nutmeg, pepper, mace, salt, crumbs of bread, four eggs, a quarter of a pound of butter or marrow, mixed with some flour to make it stiff, half of which put into the udder, and the other into holes in the fleshy part.

If a shoulder, baste it with cream 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 flour. All these are to be sent to table with some 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 chuse it) when it is near enough, baste it again, and dredge it with flour.

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*

Another Way.

Take some liver of a hare, some fat bacon, grated bread, an anchovy, shalot, winter-savory, and some nutmeg; beat these into a paste, and put them into the belly of the hare; baste the hare with stale beer; put a piece of bacon into the pan; when it is half roasted, baste it with butter. For sauce, take melted butter and some winter savory.

Another Way.

Set and lard it with bacon; make for it a pudding of grated bread, the heart and liver being parboiled and chopped with beef suet and sweet herbs, mixed 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.

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 liver 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

French Sauce for Rabbits.

Onions minced small, fried, and mingled with mustard and pepper

How to roast a Pig.

First wipe it dry with a cloth, then take a piece of butter and some crumbs of bread, of each about a quarter of a pound, some sage, thyme, sweet marjoram, pepper, salt, nutmeg, and the yolks of two eggs, mix these together, and sew it up in the belly; flour it very thick; then spit it, and put it to the fire, taking care that your fire burns well at both ends; then 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 with a cloth, wet it 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 a quarter of a pound of butter, put it in a coarse cloth, and having made a brisk fire, rub the pig over with it, till the crackling is 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 cut the ears off, and place one at each end, and also the under jaw in two, and place 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, some 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 parboil it, then skin and roast it, baste it with butter, then take some sage, shred it fine, pepper, salt, some nutmeg, and a few crumbs of bread; throw all these over it the time it is roasting; then have some drawn gravy put into the dish with the crumbs that drop from it. Some like the knuckle stuffed with onions and sage, shred fine, with pepper, 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 butter, some flour, and some sage, shred fine, and served

up with apple-sauce. The best way to dress pork griskins is to roast them, baste them with butter and crumbs of bread, sage, 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 better. The chine you must not cut at all. If pork is not well done, it is apt to surfeit.

To roast the hind Quarter of a Pig Lamb Fashion.

At the time of year when house lamb is dear, take the hind quarter of a large pig, take off the skin, and roast it, and it eats like lamb, with mint sauce, or with 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.

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 saltpetre, 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 allspice 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, and put 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.

To roast a Haunch of Venison.

Take a haunch of venison and spit it, then take some wheat flour and water, knead and roll it very thin, tie it over the fat of the venison with packthread; if it be a large haunch it will take four hours roasting, and a middling haunch three hours; keep basting it all the time you
roast

roast it; when you dish it up, put some 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 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 batter. When it is ready to take up, send it to table with some gravy and sweet sauce.

To roast a Breast of Mutton.

Bone the mutton, make a savory 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 a packthread; then roast it; put under it a regalia of cucumbers.

DIRECTIONS

Concerning

POULTRY.



IF your fire is not quick and clear when you lay your poultry down to roast, it will not eat near half so sweet, or look so beautiful to the eye.

THE PRUDENT HOUSEWIFE.

How to roast a Turkey.



Take a quarter of a pound of lean veal, some thyme, parsley, sweet marjoram, a sprig of winter savory, a bit of lemon peel, one onion, a nutmeg, grated, a drachm of mace, some salt, and half a pound of butter; cut your herbs very small, pound your meat as small as possible, and mix altogether 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 smোক begins to draw to the fire, and it looks plump, baste it again, and dredge it with some flour; then take it up and send it to table.

Sauce for a roast Turkey.

For the sauce, take some white gravy, catchup, a few bread crumbs, and some whole pepper; let them boil well together; put to them some 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.

To roast a Goose.



Take sage, an onion chopped small, some pepper, salt, a bit of butter, mix these together, and put them in the belly of the goose; then spit it, singe it with paper, dredge it with flour, and baste it with butter. When it is enough, (which is known by the legs being tender) take

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.

The Manner of trussing a Fowl for boiling.



You must, when it is drawn, twist the wings till you bring the pinions under the back, and you may, if you please, inclose the liver and gizzard, one in each wing, as at 1, but they are commonly left out; then beat down the breast bone that it may not rise above the fleshy parts; then cut off the claws of the feet, and twist the legs, and bring them on the outside of the thigh towards the wing, as at 2, and cut a hole on each side of the apron, just above the sidesman, and put the joints of the leg into the body of the fowl, as at 3—so this is trussed without a skewer.

A Chicken or Fowl for roasting.



When you roast a fowl or chicken, lay it down to a good fire, singe it clean with white paper, baste it with butter, and dust on some flour. As to time, a large fowl three quarters of an hour, a middling one half an hour, and a small chicken twenty minutes; but this depends entirely upon the goodness of your fire.

When your fowl is thoroughly plump, and the smoak draws from the breast to the fire, you may be sure that it is very near done. Then baste it with butter, dust on a very little flour, and as soon as it has a good froth, serve it up.

Wild Ducks, Widgeons, or Teals.

Breast.

Back.



Wild fowl in general are liked rather under done; and if your fire is very good and brisk, a duck or widgeon will be done in a quarter of an hour; for as soon as they are well hot through they begin to lose their gravy, and if not drawn off will eat hard. Teal is done in little more than ten minutes.

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 some claret. This will serve for all sorts of wild fowl.

The Manner of trussing a Pheasant or Partridge.



Both the pheasant and the partridge are trussed the same way, only the neck of the partridge is cut off, and the head of the pheasant is left on; the cut above shews the pheasant trussed. When it is drawn, cut off the pinions, leaving only the stump bone next the breast, and pass a skewer through its point, and through the body near the back, then give the neck a turn, and passing it by the back, bring the head on the outside of the other wing bone, as at 1, and run the skewer through both, with the head standing towards the neck or rump, which you please;

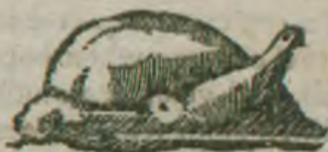
please; 2 is where the neck runs: then take the legs, with the claws on, and press them by the joints together, so as to press the lower part of the breast; then press them down between the sidesmen, and pass a skewer through all, as at 3. Remember a partridge must have the neck off; in every thing else it is trussed like a pheasant.

The Manner of trussing a Pigeon.



Draw it, but leave the liver, for that has no gall, then push the breast from the vent, and holding up the legs, put a skewer just between the bend of the thigh and the brown of the leg, having first turned the pinions under the back, as at 1; and see the lower joint of the biggest wings are so passed with the skewer, that the legs are between them and the body.

To roast a Woodcock.



When you have trussed a woodcock, and drawn it under the legs, take out the bitter part, put in the entrails 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 with sauce made of gravy and butter with some lemon, a spoonful of red wine, and pour some over the toast.

To dress Larks.

Truss them handsomely on the back, but neither draw them nor cut off their feet, lard them with small lardons, or else spit them on a wooden skewer with a small lard of bacon between two; when they are near roasted enough,

dredge them with salt, powdered fine, and some crumbs of bread. When they are ready, rub the dish you design to serve them in with a shalot, and serve them up with pepper, verjuice, and the juice of an orange, and crumbs of bread fried, and served in a plate by themselves.

Or with a sauce made of claret, the juice of two or three oranges, and some shred ginger, set over a fire a short time, and beat up with some ginger.

You must use the same for broiled larks, which you must open on the breasts when you lay them on the gridiron.

DIRECTIONS

FOR

BOILING MEAT, &c.

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 corned 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 some 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 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.

A Leg of Lamb boiled with Chickens round it.

When your lamb is boiled, pour over it parsley and butter, then lay your chickens round the lamb, and pour over the chickens some fricassée 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 some parsley and butter; then lay your fried lamb round it, and cut some asparagus, to the bigness of-pease, boil it green, and lay it round your lamb in spoonsful. Garnish with crisped 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 taken 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 rhind 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 rhind be tender.

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 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 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 some salt. Half an hour or less will boil them

them. They are sometimes better for being killed the night before you use them.

To make Sauce for 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 some gravy, and rub them through a hair sieve with the back of a spoon; then put to it a spoonful of cream, some lemon, and lemon-peel grated; thicken it with butter and flour. Let your sauce be no thicker than cream, which pour upon the 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; then stuff the breast with a white stuffing.

The Stuffing for a Turkey.

Take the sweetbread of veal, boil it, shred it fine, with some beef suet, a handful of bread crumbs, some lemon-peel, part of the liver, a spoonful or two of cream, with nutmeg, pepper, salt, and two eggs; mix them together, and stuff your turkey with part of the stuffing, (the rest may be boiled or fried to lay round it) dredge it with 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.

To make Sauce for a Turkey.

Take some white gravy, a pint of oysters, two or three spoonfuls of cream, some juice of lemon, and salt to your taste, thicken it up with flour and butter, and pour it over the turkey, and serve it up. Lay round the turkey fried oysters, mushrooms, and slices of lemon.

To dress Spinach.

Pick it very clean, and wash it in five or six waters, put it in a saucepan that will just hold it, throw some salt
over

over it, and cover the pan close. Do not put any water in, but shake the pan often. You must put your saucepan on a clear quick fire. As soon as you find the greens are shrunk to the bottom, and the liquor which comes out of them boils up, then they are enough. Throw them into a clean sieve to drain, and give them a squeeze; lay them in a plate, and never put any butter on them; put it into a cup.

To dress Cabbages, &c.

Cabbages 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.

To dress Carrots.

Let them be scraped very clean; and when they are enough, rub them in a clean cloth, and 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 in general take two hours.

To dress Brocoli.

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 stewpan of water with some salt in it; when it boils, put in the brocoli; 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 dress Cauliflowers.

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 cauliflowers, and be sure to skim the saucepan 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 stewpan, with some flour, a quarter of a pound of butter, and shake it round till it is melted, with some pepper and salt; then take half the cauliflower, and cut it as you would for pick-

pickling, lay it in the stewpan, 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.

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 in four, and then across, which is eight pieces. Lay them in 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. Then 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 all the stalks even alike; then throw them into water, and have ready a stewpan boiling. Put in some salt, and the asparagus in little bundles. Let the water keep boiling; and when they are 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 put it in your dish; put some butter over the toast, then put your asparagus upon the toast 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.

Hashing, Stewing, Broiling, Frying, Baking, &c.

How to hash a Calf's Head.

AFTER your calf's head is fit, cleansed, and half boiled, and cold, cut it in thin slices, and fry it in a pan of brown butter; then having a saucepan on the stove with a pint of gravy, as much strong broth, a quarter of a pint of claret, as much white wine, a handful of savory balls, two or three shrivelled palates, a pint of oysters, cocks combs, and sweet bread, 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. Then garnish the dish with sliced lemon.

To hash Beef.

Cut some slices of tender beef, and put them in a stewpan well floured, with a slice of butter, over a quick fire, for three minutes; and then put to them some water, a bunch of sweet herbs, or some majoram alone, an onion, some lemon peel, with some pepper, salt, and some nutmeg grated; then put into it a glass of claret or beer that is not bitter, and strain your sauce; serve it hot; and garnish with red beet root and lemon sliced.

A fine Hash of Beef at a 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 put 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 if you let it lie too long.

You may put in some claret just before you take it off the fire. If you use no beer, put some mushroom or walnut liquor. 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 stewpan with some water or small gravy, two or three spoonsful of red wine, two or three shalots shred, or onions, and two or three spoonsful of oyster pickle; thicken it up with some 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 put in the middle.

To hash Mutton.

Cut your mutton in small pieces, and take about half a pint of oysters, and after washing them in water, put them in their own liquor in a saucepan, with some mace, some whole pepper, and salt; when they have stewed a little, put in an anchovy, a spoonful of kitchen sauce, or pickled walnut liquor, some gravy, or water; then put in your mutton till it is warm through; then put in a glass of claret; lay it on sippets; garnish with sliced lemon or capers, or mushrooms.

Another Way to hash Mutton, or any such Meat.

Take some whole pepper, mace, salt, a few sprigs of sweet herbs, an anchovy, one shalot, two slices of lemon, and some broth or water, and stew it a short time; thicken it with burnt butter; then serve it up with pickles and sippets.

How to stew a Rump of Beef.

Take a fat rump of young beef, and cut off the fag end, lard the lower 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, some whole pepper, and a bunch of sweet herbs; stew it over a slow fire for five or six hours; turn it often 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 horse-radish and beet root.

There

There must be no salt put upon the beef; only salt the gravy to your taste, and send it to table.

You may stew part of a brisket, or an ox-cheek, the same way.

To stew Mutton Chops.

Cut your chops thin, take two earthen pans, put one over the other, lay the 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 in pieces in the joints, and then cut the meat off in pieces, leaving some meat on the bones; then put meat and bones 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; then put in some oil, and before you take it off the fire, squeeze in the juice of a lemon; when it is stewed enough, serve it up altogether in the dish.

To stew Rabbits the French Way.

Cut your rabbits into quarters, then lard them with large lardoons of bacon, fry them, stew them in a stewpan with strong broth, white wine, pepper, salt, a faggot of sweet herbs, fried flour, and orange.

To stew Apples.

Take eight or ten large pippins, pared and cut into 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 some juice of lemon in, and lemon peel cut long and narrow, and a glass of wine; let them give one boil; put it in a china dish, and serve it cold.

To stew Trout.

Take a large trout, wash it, and lay it in a pan with white wine and gravy, then take two eggs buttered, some pepper, salt, nutmeg, lemon peel, thyme, and 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 slice

of butter into the sauce; serve it hot, and garnish it with sliced lemon.

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, some oysters, and their liquor, pepper, salt, and nutmeg; let it stew till it is near enough; thicken it with some butter rolled in flour; let it stew a little longer; serve it hot. Garnish with sliced lemon.

To stew Carp.

Take half gravy and half claret, as much as will cover your carp in the pan, with mace, whole pepper, some cloves, two anchovies, horse radish, a shalot or onion, and 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 it into the juice of a 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 some of their own liquor, water, and white wine, a blade of mace, and some whole pepper; let it boil some time; then lay in your oysters; let it just boil; then thicken them with the yolks of two eggs, a piece of butter, some flour, beat up well, and serve it up with sippets and lemon.

To stew Pike.

Take a large pike, scale and clean it, season it in the belly with some mace and salt, skewer it round, lay it into a deep stewpan, with a pint of small gravy, a pint of red wine, two or three blades of mace, set it over a stove with a slow fire, and cover it close; when it is stewed enough, take some of the liquor, two anchovies, and some lemon peel shred fine; thicken the sauce with flour and butter: before you lay the pike on the dish, turn it with the belly downwards; take off the skin and serve it. 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 the stewpan when the
water

water boils, with some salt, a bunch of sweet herbs, some lemon peel, and whole pepper; cover it up close, and boil it quickly; when enough, strain off some of the liquor, and put to it some white wine and walnut liquor, or mushroom gravy, an anchovy, and some oysters or shrimps; boil these together, and toss them with thick butter rolled in flour, adding some lemon juice. Garnish with lemon, horse radish, and serve it hot with sipp-ts.

To broil Beef Steaks.

Take your beef steaks and beat them with the back of a knife, strew them over with some 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 some brown gravy; chop an onion or shalot as small as pulp, and put in amongst the gravy; (if your steaks be over-much done, gravy will come therefrom) put it on a dish, and shake it together. Garnish your dish with shalots and pickles.

To broil Mutton Cutlets.

Take a handful of grated bread, some thyme, and parsley, lemon peel shred very fine, with some nutmeg, pepper, and salt, then take a loin of mutton, cut it into steaks, and let them be well beaten; take the yolks of two eggs, and rub 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 some anchovy.

To broil Veal Cutlets.

Having cut your veal in slices, season it with salt, pepper, nutmeg, sweet marjoram, and some lemon peel grated; wash them over with egg, and strew over them this mixture: lard them 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: serve them with gravy and lemon sliced.

To broil Whittings.

Whittings 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.

To broil Cod Sounds.

After letting them lie in hot water a few minutes, take them out, and rub them well with salt, to 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 into the dish: broil them whole.

To broil Sheep or Hogs Tongues.

Boil, blanch, and spit your tongues, season them with some pepper and salt; then dip them in eggs; strew over them a few bread crumbs, and broil them till they are brown: serve them up with 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 lie next the fire till it is above half done, then turn them, and take 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 livers broiled, the gizzards cut and broiled with pepper and salt.

To fry Veal Steaks.

Take a neck of veal, cut it into steaks, and fry them in butter. Boil the scrag to strong broth, two anchovies, two nutmegs, some lemon peel, penny royal, and parsley shred very fine; burn a bit of butter; pour in the liquor and the veal steaks 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 it, and then 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,

pin, season them with some 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 some gravy and the gravy that comes from the steaks, with a spoonful of red wine, an anchovy, and an onion shred; shake up the steaks in the gravy, thicken it with some flour, and serve them up. Garnish your dish with horse-radish and shalots.

To fry Beef Steaks.

Take rump steaks, or any other tender part of the beef, put some salt and pepper upon them, 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 verjuice.

To fry 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 some oysters with their liquor, and wash them in salt and water; let the oyster liquor stand to settle, and then pour off the clear; stew them gently in this with some nutmeg or mace, some whole pepper, and 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 some wine and a piece of butter rolled in flour to thicken it.

To fry Oysters.

Make a batter of milk, flour, and eggs, and take some oysters, wash and wipe them very dry, dip them in batter, then roll them in some crumbs of bread and mace beat fine, and fry them in hot lard and butter.

To fry Calves Feet in Batter.

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,

gether, put to it some nutmeg, pepper, and salt; dip in your calves feet, and fry them in batter a light brown; lay them on a dish with some melted butter over them. Garnish with slices of lemon, and serve them up.

To make white Scotch Scollops.

Take about four pounds of fillet of veal, cut it into small pieces as thin as you can, then take a stewpan, butter it, and shake some flour over it, then lay your meat in, piece by piece, till your pan be covered; take two or three blades of mace and some nutmeg, set your stewpan over the fire, toss it up together till 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 till they just boil, then they are done enough: squeeze in some lemon. You may add oysters and mushrooms to make it rich.

How 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, salt, pepper, 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 in some strong gravy, with the brains first boiled and mixed in it. Garnish with lemon.

If you don't chuse the brains in the gravy, put them in a plate with the 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 with packthread, and put it in an earthen pan, with some whole pepper, an onion stuck with twelve cloves, and put at the top of a bunch of sweet herbs, two or three bay leaves, a quarter of a pound of fresh butter, and half a pint of claret or white wine vinegar, or verjuice; cover it close; bake it four
hours;

hours; serve it hot with its own liquor, or serve it in cold slices, to be eat with vinegar and mustard.

To bake Herrings.

Put an hundred herrings in a pan, cover them with three parts water and one part vinegar, with a good deal of allspice, some cloves, a bunch of sweet herbs, a few bay leaves, and two whole onions, tie them close down, 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 Gingerbread.

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, altogether 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 stiff paste, then roll it out, and cut it into what form you please; bake it in a quick oven in tin plates; a small time will bake it.

To poach Eggs with Toasts.

Put your water in a flat bottom pan with some salt; when it boils break your eggs in, and let them boil two minutes; then take them up with an egg spoon, and lay them on buttered toasts.

To dress Eggs with Spinach.

Pick and wash your spinach in several waters, set a pan over the fire with a large quantity of water, throw a handful of salt in, and when it boils put your spinach in, let it boil two minutes; take it up with a fish slice, and lay it on the back of a hair sieve; squeeze the water out, and put it in a tossing pan with a quarter of a pound of butter; keep turning and chopping it with a knife till it is quite dry, then press it between two plates; cut it in shape of sippets, and some in diamonds; poach your eggs as before, lay them on your spinach, and serve them up hot.

To

To make Water Tansy.

Take twelve or thirteen eggs, and eight or ten of the whites, beat them up very well, and grate a penny loaf; put in a quarter of a pound of melted butter and a pint of the juice of spinach. 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 spoonful of sack, as much cream, a penny loaf grated, and three spoonful of flour, mix all these together, and put the gooseberries out of the pan to them, and stir them together, and put them in a saucepan to thicken; then put fresh butter into the frying pan; fry them brown; strew sugar on the top.

Apple Tansy.

Slice three or four pippins thin, fry them in good butter, to them beat four eggs, with six spoonful of cream, some rose water, sugar, and nutmeg, stir them together, and pour it over the apples; fry it a short time, and turn it with a pie plate. Garnish with lemon, and sugar strewed over it.

To make Pancakes.

Take a pint of cream or milk, eight eggs, a nutmeg grated, and some salt; then melt a pound of butter and some sack before your stir it; it must be as thick with flour as ordinary batter, and fried with lard; turn 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 together, and put to them a pint of cream or milk; then put in four or five spoonful of flour, a glass of brandy, half a nutmeg grated, and some ginger and salt; your batter must be thick; then slice your apples in rounds, dipping each round in batter, and fry them in lard.

Apple

Apple Froise.

First cut some apples in thick slices, fry them of a light brown, take them up, and lay them to drain, 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 some sack; make it the thickness of a pancake batter; pour in some melted butter, nutmeg, and sugar; melt your butter and pour in your batter; lay a slice of apple here and there, and pour more batter on them; fry them of a light brown; then take them up, and strew double refined sugar over them.

FRICASSEES.

To make a brown Fricassee of Rabbits.

TAKE a rabbit, and cut the leg in three pieces, and the remainder of the rabbit the same bigness, beat thin, and fry them in butter over a quick fire; when they are fried, take them out of the butter, and put them into a stewpan with some nutmeg, then shake it up with some flour and butter, and put over it a few crumbs of bread seasoned with lemon peel, thyme, parsley, some pepper, and salt.

A White Fricassee 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 in a stewpan with white gravy, anchovy, a small onion, shred mace, and lemon peel; set it over a stove, and let it have one boil; then take some cream, the yolks of two eggs, a lump of butter, juice of lemon, and shred parsley; put them altogether in a stewpan, 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 with lemon and pickles.

To Fricassee Chickens.

Draw and wash your chickens, half boil them, then take them up and cut them in pieces, put them in a frying pan, and fry them in butter; then take them out of the pan and clean it, put in some white wine, some strong broth, some grated nutmeg, salt, pepper, a bunch of sweet herbs, and a shalot 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; put your chickens in, and toss them well together; lay sippets in the dish: serve it up with sliced lemon and fried parsley.

To make Forced Meat Balls.

Take half a pound of veal and half a pound of suet, cut fine, and beat it in a marble mortar, or a wooden bowl; have a few sweet herbs shred fine, some mace dried and beat fine, a nutmeg, grated, some lemon peel cut very fine, salt, pepper, and the yolks of two eggs; mix all these together, then roll them in little round balls, and some in small long balls; roll them in flour, and fry them brown. If they are for any thing of white sauce, put some water in a saucepan, and when the water boils put them in, let them boil for a few minutes; but never fry them for white sauce.

To fricassee cold Roast Beef.

When you have cut your roast beef into very thin slices, take a handful of parsley, shred it very small, and cut an onion into four quarters, put them altogether in a stewpan with a piece of butter, and a good quantity of strong broth; season it with salt and pepper; and let it stew gently about a quarter of an hour; then take the yolks of four eggs, 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 it.

To fricassee Ducks.

First quarter them, then race them, and beat them with the back of your cleaver, dry them, and fry them in sweet butter; when they are almost fried, put in a handful of onions shred small and some thyme; then put in a little claret, thin slices of bacon, parsley, and spinach boiled green

green and shred small, break into a dish the yolks of three eggs with some pepper and grated nutmeg; toss them up with a ladleful of drawn butter; pour this upon your ducks, lay your bacon upon them, and serve them hot.

PUDDINGS, &c.

Rules to be observed in making Puddings.

IN boiling puddings, take care the bag or cloth be very clean, not soapy, but dipped in hot water, and 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 the 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 through a coarse hair sieve, that it may neither have lumps nor the treads of eggs; and all other puddings strain the eggs when they are beat. If you boil them in wooden bowls or china, butter the inside before you put in the batter; and for all baked puddings, butter the dish before the pudding is put into it.

Boiled-Plumb Pudding.

To a pound of beef suet shred very fine put three quarters of a pound of raisins stoned, some grated nutmeg, a large spoonful of sugar, some salt, four eggs, some mace, three spoonsful of cream, and five spoonsful 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 light, half a nutmeg grated, and as much sugar as you please,

please, three or four eggs, and some salt; mix them together; butter a dish, then put it in, and bake it half an hour.

Apple Pudding.

Take four or five codlings, scald them, and bruise them through a sieve. put a quarter of a pound of biscuits, some nutmeg, a pint of cream, and sweeten it to your taste; add ten eggs and half the whites to bake.

To make a light Pudding.

To a pint of cream put some cinnamon, mace, and nutmeg; boil it with the spice; when it is boiled take out the spice; then take out the yolks of eight eggs and four of the whites; beat them well with some sack; then mix them with your cream some salt, and sugar; take a half-penny white loaf and a spoonful of flour, then put in some 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 some butter, sack, and sugar, and pour over it.

To make Rice Pudding.

Get half a pound of rice flour, 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 a Batter Pudding.

Take a pint of milk, six eggs, and four spoonsful of flour; put in half a nutmeg grated and some salt; you must take care your pudding is not thick; flour your cloth well. Three quarters of a hour will boil it. Serve it with butter, sugar, and sack.

To make a quaking Pudding.

Take six eggs, beat them well, put to them three spoonsful of fine wheat flour, some salt, a pint and a 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 much room. About
half

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double refined sugar sifted; then put in some of the sugar, and beat it with the whisk; put in some orange flower water, but do not overwet it; then strew in all the sugar by degrees, and beat it all near an hour, the cake will take so long baking, then draw it, wash it over with a brush, and put it in again for eight minutes.

Another Plumb Cake.

Take half a peck of flour, half a pint of rose water, 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 some salt; work it well, and let it stand an hour by the fire, and work it again; make it up, and let it stand an hour and a half in the oven. Take 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 thick cream; 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 caraways; beat it altogether 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 half a peck of flour, a pound and a half of butter, put it in a saucepan with a pint of new milk, and set it on the fire; take a pound of sugar, half an ounce of alspice beat fine, and mix them with the flour. When the butter is melted, pour the milk and butter in the middle of the flour, and work it up like paste. Pour in with the milk half a pint of good ale yeast, set it before the fire to rise, just before it goes to the oven. Either put in some currants or caraway seeds, and bake it in a quick oven. Make it into two cakes. They will take an hour and a half baking.

JELLIES, PRESERVING, &c.

To make Calves Foot Jelly.

BOIL two calves feet in a gallon of water till it comes to a quart, then strain it, let it stand till cold, skim off all the fat clean, and take the jelly up clean. If there is any settling in the bottom, leave it; put the jelly into a saucepan, with a pint of mountain wine, half a pound of loaf sugar, the juice of four large lemons; beat up six or eight whites of eggs with a whisk, then put them into a saucepan, and stir altogether well till it boils. Let it boil a few minutes. Have ready a large flannel bag, pour it in, it will run through quick, pour it in again till it runs clear; then have ready a large china bason, with the lemon-peels cut as thin as possible, let the jelly run into that bason, and the peels both give it a fine amber colour, and also a flavor; with a clean silver spoon fill your glasses.

To make Currant Jelly.

Strip the currants from the stalks, put them in a stone jar, stop it close, set it in a kettle of boiling water half way up the jar, let it boil half an hour, take it out and strain the juice through a coarse hair sieve; to a pint of juice put a pound of sugar, set it over a fine quick clear fire in your preserving pan or bell-metal skillet; keep stirring it all the time till the sugar is melted, then skim the scum off as fast as it rises. When your jelly is very clear and fine, pour it into gallipots; when cold, cut white paper just the bigness of the top of the pot, dip it in brandy, and lay on the jelly; then cover the top close with white paper, and prick it full of holes. Set it in a dry place.

To make Raspberry Jam.

Take a pint of currant jelly and a quart of raspberries bruise them well together, set them over a slow fire keeping them stirring all the time till it boils. Let it boil
gently

gently half an hour, and stir it round very often to keep it from sticking; pour it into your gallipots. Paper as you do the currant jelly, and keep it for use. They will keep for two or three years, and have the full flavor of the raspberry.

To preserve Damsons whole.

You must take some damsons and cut them in pieces, put them in a skillet over the fire, with as much water as will cover them. When they are boiled, and the liquor pretty strong, strain it out; add for every pound of the damsons, a pound of single refined sugar, put the third part of your sugar into the liquor, set it over the fire, and when it simmers, put in the damsons; let them have one good boil, and take them off for half an hour covered up close; then set them on again, and let them simmer over the fire after turning them; then take them out, and put them in a bason, strew all the sugar that was left on them, and pour the hot liquor over them. Cover them up, and let them stand till next day, then boil them up again till they are enough. Take them up, and put them in pots; boil the liquor till it jellies, and pour it on them when it is almost cold; so paper them up.

To preserve Gooseberries whole.

Take the largest preserving gooseberries, and pick off the black eye, but not the stalk, then set them over the fire in a pot of water to scald, cover them very close, but not boil or break, and when they are tender, take them up into cold water; then take a pound and a half of double refined sugar to a pound of gooseberries, and clarify the sugar with water, a pint to a pound of sugar; and when your syrup is cold, put the gooseberries single in your preserving pan, put the syrup to them, and set them on a gentle fire; let them boil, but not too fast, lest they break; and when they have boiled, and you perceive that the sugar has entered them, take them off; cover them with white paper, and set them by till the next day; then take them out of the syrup, and boil the syrup till it begins to be ropy; skim it, and put it to them again; then set them on a gentle fire, and let them simmer gently, till you perceive the syrup will rope; then take them off, set them by till they are cold, cover them with paper; then

boil some gooseberries in fair water, and when the liquor is strong enough, strain it out. Let it stand to settle, and to every pint take a pound of double refined sugar, make a jelly of it, put the gooseberries in glasses; when they are cold, cover them with the jelly the next day, paper them wet, and then half dry the paper that goes in the inside, it closes down better, and then white paper over the glass. Set it in a dry place.

To preserve Currants.

Take the weight of the currants in sugar, pick out the seeds; take to a pound of sugar half a jack of water, let it melt, then put in your currants, and let them do very leisurely, skim them, and take them up, let the syrup boil; then put them on again, and when they are clear, take them up, and boil the syrup till it be thick enough, then put them in again, and when they are cold put them up in glasses.

To preserve Raspberries.

Take of the raspberries that are not too ripe, and take the weight of them in sugar, wet your sugar with a little water, and put in your berries, and let them boil softly, take heed of breaking them; when they are clear take them up, and boil the syrup till it be thick enough, then put them in again, and when they are cold put them up in glasses.

To preserve Cherries.

Take the weight in sugar before you stone them; when stoned, make your syrup, then put in your cherries; let them boil slowly at the first, till they are thoroughly warmed, then boil them as fast as you can; when they are boiled clear, put in the jelly, with almost their weight in sugar; strew the sugar on the cherries: for the colouring you must be ruled by your eye; to a pound of sugar put a jack of water; strew the sugar on them before they boil, and put in the juice of currants soon after they boil.

To make Ice Cream.

Take two pewter basons, one larger than the other; the inward one must have a close cover, into which you are to put your cream, and mix it with raspberries, or
what-

whatever you like best, to give it a flavor and a colour. Sweeten it to your palate, then cover it close, and set it in the larger bason. Fill it with ice, and a handful of salt; let it stand in this ice three quarters of an hour, then uncover it, and stir the cream well together; cover it close again, and let it stand half an hour longer, after that turn it into your plate. These things are made at the pewterers.

To preserve Mulberries whole.

Set some small mulberries over the fire in a skillet or preserving pan; draw from them a pint of juice when it is strained; then take three pounds of sugar beaten very fine; wet the sugar with the pint of juice; boil up your sugar and skim it; put in two pounds of the mulberries, and let them stand in the syrup till they are thoroughly warm; then set them on the fire, and let them boil very gently; do them but half enough, and put them by in the syrup till the next day; then boil them gently again; when the syrup is pretty thick, and will stand in round drops when it is cold, they are enough: so put them into a gallipot for use.

To preserve Peaches.

Put your peaches in boiling water; just give them a scald, but do not let them boil; take them out and put them in cold water; dry them in a sieve, and put them in wide mouth bottles; to half a dozen peaches take a quarter of a pound of sugar; clarify it, pour it over your peaches, and fill the bottles with brandy; stop them close, and keep them in a close place.

To preserve Apricots.

Take your apricots, pare them, and stone what you can whole; give them a short boiling in a pint of water, or according to your quantity of fruit; then take the weight of your apricots in sugar, and the liquor which you boil them in and your sugar; boil it till it comes to a syrup, and give them a short boiling, take off the scum as it rises; when the syrup jellies it is enough, then take up the apricots and cover them with jelly, put paper over them, and lay them down when cold.

To dry Peaches.

Take the finest and ripest peaches and pare them into fair water; take their weight in double refined sugar; of one half make a very thin syrup; then put in the peaches, boiling them till they look clear; then split and stone them; boil them very tender; lay them to drain; take the other half of the sugar, and boil it almost to a candy; then put in the peaches, and let them be in twelve hours; then lay them on a glass, and set them on a stove to dry: if they are sugared too much wipe them with a wet cloth. Let the first syrup be thin—A quart of water to a pound of sugar.

PICKLING.

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 through earthen vessels; stone and glass are the only things to keep pickles in. Be sure never to put your hands in to take pickles out: the best way is, to every pot tie a wooden spoon, full of little holes, to take them out with.

To Pickle Walnuts.

You must take large full grown nuts, at their full growth before they are hard, lay them in salt and water; let them be two days, then shift them into fresh water; let them lie two days longer, then shift them again, and let them lie three days; then take them out of the water, and put them into your pickling jar. When the jar is half full, put in a large onion stuck with cloves. To a hundred walnuts, put in half a pint of mustard seed, a quarter of an ounce of mace, half an ounce of black pepper, half an ounce of alspice, six bay leaves, and a stick of horse radish; then fill your jar, and pour boiling vinegar over them,

them. Cover them with a plate, and when they are cold, tie them down with a bladder and leather, and they will be fit to eat in two or three months. The next year, if any remain, boil up your vinegar again, and skim it; when cold, pour it over your walnuts. This is by much the best pickle for use; therefore you may add more vinegar to it, what quantity you please. If you pickle a great many walnuts, and eat them fast, make your pickle for a hundred or two, the rest keep in a strong brine of salt and water, boiled till it will bear an egg, and as your pot empties, fill them up with those in the salt and water. Take care they are covered with pickle.

To pickle Gerkins, or French Beans.

Take five hundred gerkins, and have ready a large earthen pan of spring water and salt; put to every gallon of water two pounds of salt; mix it well together, and throw in your gerkins; wash them out in two hours, and put them to drain, let them be drained very dry, and put them in a jar: in the mean time get a bell metal pot, with a gallon of the best white wine vinegar, half an ounce of cloves and mace, one ounce of alspice, one ounce of mustard seed, a stick of horse radish cut in slices, six bay leaves, a little dill, two or three races of ginger cut in pieces, a nutmeg cut in pieces, and a handful of salt; boil it up in the pot altogether, and put it over the gerkins; cover them close down, and let them stand twenty-four hours; then put them in your pot, and simmer them over the stove till they are green; be careful not to let them boil, if you do you will spoil them; then put them in your jar, and cover them close down till cold; then tie them over with a bladder, and a leather over that; put them in a cold dry place. Mind always to keep your pickles tied down close, and take them out with a wooden spoon, or a spoon kept on purpose.

To pickle large Cucumbers in Slices.

Take the large cucumbers before they are too ripe, slice them the thickness of crown pieces in a pewter dish; to every dozen of cucumbers slice two large onions thin, and so on till you have filled your dish, with a handful of salt between every row; then cover them with another pewter dish, and let them stand twenty-four hours, then

put them into a cullender, and let them drain very well; put them in a jar, cover them over with white wine vinegar, and let them stand four hours; pour the vinegar from them into a copper saucepan, and boil it with a little salt; put to the cucumbers a little mace, a little whole pepper, a large race of ginger sliced, and then pour the boiling vinegar on. Cover them close, and when they are cold tie them down. They will be fit to eat in two or three days.

To pickle Radish Pods.

Make a strong pickle, with cold spring water and bay salt, strong enough to bear an egg, then put your pods in, and lay a thin board on them, to keep them under water. Let them stand ten days, then drain them in a sieve, and lay them on a cloth to dry; then take white wine vinegar, as much as you think will cover them, boil it, and put your pods in a jar, with ginger, mace, cloves, and Jamaica pepper. Pour your vinegar boiling hot on, cover them with a coarse cloth, three or four times double, that the steam may come through a little, and let them stand two days. Repeat this two or three times: when it is cold, put in a pint of mustard seed, and some horse radish. Cover it close.

To pickle Cauliflowers.

Take the largest and finest you can get, cut them in little pieces, or more properly pull them into little pieces, pick the small leaves that grow in the flowers clean from them; then have a broad stewpan on the fire with spring water, and when it boils, put in your flowers, with a good handful of white salt, and just let them boil up very quick; be sure you do not let them boil above one minute; then take them out with a broad slice, lay them on a cloth, and cover them with another, and let them lie till they are cold; then put them in your wide mouthed bottles with two or three blades of mace in each bottle, and a nutmeg sliced thin; then fill up your bottles with distilled vinegar, cover them over with mutton fat, over that a bladder, and then a leather. Let them stand a month before you open them.

If you find the pickle taste sweet, as may be it will, pour off the vinegar, and put fresh in; the spice will do
again

again. In a fortnight they will be fit to eat. Observe to throw them out of the boiling water into cold, and then dry them.

To pickle Beet Root.

Set a pot of spring water on the fire, when it boils put in your beets, and let them boil till they are tender; take them out, and with a knife take off all the outside, cut them in pieces according to your fancy; put them in a jar, and cover them with cold vinegar, and tie them down close.

To pickle Onions.

Take your onions when they are dry enough to lay up for winter, the smaller they are the better they look; put them into a pot, and cover them with spring water, with a handful of white salt, let them boil up, then strain them off, and take three coats off; put them on a cloth, and let two people take hold of it, one at each end, and rub them backward and forward till they are very dry; then put them in your bottles, with some blades of mace and cloves, and a nutmeg cut in pieces; have some double distilled white wine vinegar, boil it up with a little salt, and put it over the onions; when they are cold, cork them close, and tie a bladder and leather over it.

To pickle Red Cabbage.

Slice the cabbage very fine cross ways; put it on an earthen dish, and sprinkle a handful of salt over it, cover it with another dish, and let it stand twenty-four hours; then put it in a cullender to drain, and lay it in your jar; take white wine vinegar enough to cover it, some cloves, mace, and allspice, put them in whole, with one pennyworth of cochineal bruised fine; boil it up, and put it over hot or cold, which you like best, and cover it close with a cloth till cold, then tie it over with leather.

To pickle Samphire.

Take the samphire that is green, lay it in a clean pan, throw two or three handfuls of salt over, then cover it with spring water, let it lie twenty-four hours, then put it into a clean brass saucepan, throw in a handful of salt, and cover it with good vinegar. Cover the pan close and

and set it over a slow fire, let it stand till it is just green and crisp, then take it off in a moment, for if it stands to be soft it is spoiled; put it in your pickling pot, and cover it close: when it is cold, tie it down with a bladder and leather, and keep it for use. Or you may keep it all the year in a very strong brine of salt and water, and throw it into vinegar just before you use it.

To make Anchovies.

Take a peck of sprats, two pound of common salt, a quarter of a pound of bay salt, four pounds of salt-peire, two ounces of salt prunella, two-pennyworth of cochineal; pound all in a mortar, put them into a stone pot, a row of sprats, a layer of your compound, and so on to the top alternately. Press them hard down, cover them close, let them stand six months, and they will be fit for use. Observe that your sprats be very fresh, and do not wash or wipe them, but just take them as they come out of the water.

To make Catchup.

Take the large flaps of mushrooms, pick nothing but the straws and dirt from them, then lay them in a broad earthen pan, strew a good deal of salt over them, let them lie till next morning; then with your hand break them, put them into a stewpan, let them boil a minute or two, then strain them through a coarse cloth, and wring it hard. Take out all the juice, let it stand to settle, then pour it off clear, run it through a thick flannel bag, then boil it: to a quart of the liquor put a quarter of an ounce of whole ginger, and half a quarter of an ounce of whole pepper. Boil it briskly a quarter of an hour; then strain it, and when it is cold, put it into bottles. In each bottle put four or five blades of mace and six cloves; cork it tight, and it will keep two years. This gives the best flavour of the mushrooms to any sauce. If you put to a pint of this catchup a pint of mum, it will taste like foreign catchup.

SOUPS, BROTHS, &c.

Rules to be observed in making Soups or Broths.

FIRST take great care the pots or saucepans, and covers, be very clean, and free from all grease and sand, and that they be well tinned, for fear of giving the broths and soups any brassy taste. If you have time to stew as softly as you can, it will both have a fine flavour, and the meat will be more tender. But then observe, when you make soups or broths for present use, if it is to be done softly, do not put much more water than you intend to have soup or broth; and if you have the convenience of an earthen pan or pipkin, set it on wood embers till it boils, then skim it, and put in your seasoning; cover it close, and set it on embers, so that it may do very softly for some time, and both the meat and broths will be delicious. You must observe in all broths and soups that one thing does not taste more than another; but that the taste be equal, and it has a fine agreeable relish, according to what you design it for; and you must be sure, that all the greens and herbs you put in be cleaned, washed, and pickled.

To make strong Broth for Soup and Gravy.

Take a shin of beef, a knuckle of veal, and a scrag of mutton, put them in five gallons of water; then let it boil up, skim it clean, and season it with six large onions, four good leeks, four heads of celery, two carrots, two turnips, a bundle of sweet herbs, six cloves, a dozen corncobs of alspice, and some salt; skim it very clean, and let it stew gently for six hours; then strain it off, and put it by for use.

When you want vesy strong gravy, take a slice of bacon, lay it in a stewpan; take a pound of beef, cut it thin, lay it on the bacon, slice a good piece of carrot in, an onion sliced, a good crust of bread, a few sweet herbs, a little mace, cloves, nutmeg, and whole pepper, an anchovy;

vy; cover it, and set it on a slow fire five or six minutes, and pour in a quart of the above gravy; cover it close, and let it boil softly till half is reduced. This will be a rich brown sauce for fish, fowl, or ragoo.

Gravy for White Sauce.

Take a pound of any part of the veal, cut it into small pieces, boil it in a quart of water, with an onion, a blade of mace, two cloves, and a few whole pepper corns. Boil it till it is as rich as you would have it.

Gravy for Turkey, Fowl, or Ragoo.

Take a pound of lean beef, cut and hack it well, then flour it well, put a piece of butter as big as an hen's egg in a stewpan; when it is melted, put in your beef, fry it on all sides a little brown, then pour in three pints of boiling water, and a bundle of sweet herbs, two or three blades of mace, three or four cloves, twelve whole pepper corns, a little bit of carrot, a little piece of crust of bread toasted brown; cover it close, and let it boil till there is about a pint or less; then season it with salt, and strain it off.

Gravy for a Fowl, when you have no Meat nor Gravy ready.

Take the neck, liver, and gizzard, boil them in half a pint of water, with a little piece of bread toasted brown a little pepper and salt, and a little bit of thyme. Let them boil till there is about a quarter of a pint; then pour in half a glass of red wine, boil it and strain it, then bruise the liver well in, and strain it again: thicken it with a little piece of butter rolled in flour, and it will be very good.

To make Mutton or Veal Gravy.

Cut and hack your veal well, set it on the fire with water, sweet herbs, mace, and pepper. Let it boil till it is as good as you would have it, then strain it off. Your fine cooks always, if they can, chop a partridge or two, and put into gravies.

To make strong Broth to keep for Use.

Take a part of a leg of beef, and the scrag end of a neck of mutton, break the bones in pieces, and put to it
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as much water as will cover it, and a little salt; and when it boils, skim it clean, and put in a whole onion stuck with cloves, a bunch of sweet herbs, some pepper, and a nutmeg quartered. Let these boil till the meat is boiled in pieces, and the strength boiled out of it; strain it out, and keep it for use.

Green Pease Soup.

Take a gallon of water, make it boil; then put in six onions, four turnips, two carrots, and two heads of celery cut in slices, four cloves, four blades of mace, four cabbage lettuces cut small, stew them an hour; then strain it off, and put in two quarts of old green pease, and boil them in the liquor till tender; then beat or bruise them, and mix them up with the broth, and rub them through a cloth, and put it in your pot, and boil it up fifteen minutes; season with pepper and salt to your liking; then put your soup in your tureen, with small slices of bread toasted very hard.

A Pease Soup for Winter.

Take about four pounds of lean beef, cut it in small pieces, about a pound of lean bacon, or pickled pork, set it on the fire with two gallons of water, let it boil, and skim it well; then put in six onions, two turnips, one carrot, and four heads of celery cut small, twelve corns of alspice, and put in a quart of split pease, boil it gently for three hours, then strain them through a sieve, and rub the pease well through; then put your soup in a clean pot, and put in some dried mint rubbed very fine to powder: cut the whites of four heads of celery, and two turnips in slices, and boil them in a quart of water for fifteen minutes; then strain them off, and put them in your soup; take about a dozen of small rashers of bacon fried, and put them in your soup; season with pepper and salt to your liking; boil it up for fifteen minutes, then put it in your tureen, with slices of bread fried very crisp.

Another Way to make it.

When you boil a leg of pork, or a piece of beef, save the liquor. When it is cold take off the fat; the next day boil a leg of mutton, save the liquor, and when it is cold

take off the fat, set it on the fire, with two quarts of pease. Let them boil till they are tender, then put in the pork or beef liquor, with the ingredients as above, and let it boil till it is as thick as you would have it, allowing for the boiling again; then strain it off, and add the ingredients as above.

To make Mutton Broth.

Take a neck of mutton about six pounds, cut it in two, boil the scrag in a gallon of water, skim it well, then put in a little bundle of sweet herbs, an onion, and a good crust of bread. Let it boil an hour, then put in the other part of the mutton, a turnip or two, some dried marigolds, a few cives chopped fine, a little parsley chopped small; put these in about a quarter of an hour before your broth is enough. Season it with salt; or you may put in a quarter of a pound of barley or rice at first. Some like it thickened with oatmeal, and some with bread. If you boil turnips for sauce, do not boil all in the pot, it makes the broth too strong of them, but boil them in a saucepan.

Beef Broth.

Take a leg of beef, crack the bone in two or three parts, wash it clean, put it in a pot with a gallon of water, skim it, then put in two or three blades of mace, a little bundle of parsley, and a good crust of bread. Let it boil till the beef and sinews are quite tender. Toast some bread, and cut it in slices, and put it in your tureen; lay in the meat, and pour the soup in.

To make Scotch Barley Broth.

Take a leg of beef, chop it all to pieces, boil it in three gallons of water with a piece of carrot and crust of bread, till it is half boiled away; then strain it off, and put it into the pot again with half a pound of barley, four or five heads of celery washed clean and cut small, a large onion, a bundle of sweet herbs, a little parsley chopped small, and a few marigolds. Let this boil an hour. Take a cock, or large fowl, clean picked and washed, and put into the pot; boil it till the broth is quite good, then season with salt, and send it to table, with the fowl in the middle. This broth is very good without the fowl. Take
out

out the onion and sweet herbs before you send it to table.

Some make this broth with a sheep's head instead of a leg of beef, and it is very good; but you must chop the head all to pieces. The thick flank (about six pounds to six quarts of water) makes good broth: then put the barley in with the meat, first skim it well, boil it an hour very softly, then put in the above ingredients, with turnips and carrots clean scraped and pared, and cut in little pieces. Boil all together softly, till the broth is very good; then season it with salt, and send it to table, with the beef in the middle, turnips and carrots round, and pour the broth over all.

To make Giblet Broth.

Let them be nicely scalded and picked, cut the pinions in two; cut the head and the neck and legs in two, and the gizzards in four; wash them very clean, put them into a stewpan or soup pot, with three pounds of scrag of veal, just cover them with water, let them boil up, take all the scum clean off; then put three onions, two turnips, one carrot, a little thyme and parsley, stew them till they are tender, strain them through a sieve, wash the giblets clean with some warm water out of the herbs, &c. then take a piece of butter as big as a large walnut; put it in a stewpan, melt it, and put in a large spoonful of flour, keep it stirring till it is smooth; then put in your broth and giblets, stew them for a quarter of an hour; season with salt; or you may add a gill of Lisbon; and just before you serve them up, chop a handful of green parsley and put in; give them a boil up, and serve them in a tureen or soup dish.

N. B. Three pair will make a handsome tureen full.

To make Giblets a la Turtle.

Let your giblets be done as before (well cleaned); put them in your stewpan, with four pounds of scrag of veal, and two pounds of lean beef, covered with water; let them boil up, and skim them very clean; then put in six cloves, four blades of mace, eight corns of alspice, beat very fine, some basil, sweet-marjoram, winter-savory, and a little thyme chopped very fine, three onions, two turnips, and one carrot; stew them till tender, then strain

them through a sieve, and wash them clean out of the herbs in some warm water; then take a piece of butter, put it in your stewpan, melt it, and put in as much flour as will thicken it, stir it till it is smooth, then put your liquor in, and keep stirring it all the time you pour it in, or else it will go into lumps, which, if it happens, you must strain it through a sieve; then put in a pint of Madeira wine, some pepper and salt, and some Kyan pepper; stew it for ten minutes, then put in your giblets, add the juice of a lemon, and stew them fifteen minutes; then serve them in a tureen. You may add some egg balls, made thus: boil six eggs hard, take out the yolks, put them in a mortar, and beat them, throw in a spoonful of flour, and the yolk of a raw egg, beat them together till smooth; then roll them in little balls, and scald them in boiling water, and just before you serve the giblets up, put them in.

N. B. Never put your livers in at first, but boil them in a saucepan of water by themselves.

To make Mock Turtle Soup.

Take a calf's head and scald the hair off as you would a pig, and wash it very clean; boil it in a large pot of water half an hour; then cut all the skin off by itself, take the tongue out; take the broth made of a knuckle of veal, put in the tongue and skin, with three large onions, half an ounce of cloves and mace, and half a nutmeg beat fine, all sorts of sweet herbs chopped fine, and three anchovies, stew it till tender; then take out the meat and cut it in pieces about two inches square, and the tongue in slices; mind to skin the tongue; strain the liquor through a sieve; take half a pound of butter, and put in the stewpan, melt it, and put in a quarter of a pound of flour, keep it stirring till it is smooth, then put in the liquor; keep it stirring till all is in, if lumpy, strain it through a sieve; then put to your meat a bottle of Madeira wine; season with pepper and salt, and Kyan pepper pretty high; put in force meat balls and egg balls boiled, the juice of two lemons, stew it one hour gently, and then serve it up in tureens.

N. B. If it is too thick, put some more broth in before you stew it the last time.

To Cure HAMS, COLLARING, &c.

To make Pork Hams.

YOU must take a fat hind quarter of pork, and cut off a fine ham, take two ounces of salt-petre, a pound of coarse sugar, a pound of common salt, and two ounces of sal prunella; mix all together, and rub it well. Let it lie a month in this pickle, turning and basting it every day; then hang it in wood smoke as you do beef, in a dry place, so as no heat comes to it; and if you keep them long, hang them a month or two in a damp place, so as they will be mouldy, and it will make them cut fine and short. Never lay these hams in water till you boil them, and then boil them in a copper. Put them in the cold water, and let them be four or five hours before they boil. Skim the pot well and often, till it boils. If it is a very large one, three hours will boil it; if a small one, two hours will do, provided it be a great while before the water boils. Take it up half an hour before dinner, pull off the skin, and throw raspins finely sifted all over. Hold a red hot fire shovel over it, and when dinner is ready, take a few raspins in a sieve, and sift all over the dish; then lay in your ham, and with your finger make figures round the edge of the dish. Be sure to boil your ham in as much water as you can, and to keep it skimming all the time till it boils. It must be at least four hours before it boils.

This pickle does finely for tongues, afterwards to lie in it a fortnight, and then hang in the wood-smoke a fortnight, or to boil them out of the pickle.

Yorkshire is famous for hams; and the reason is this; their salt is much finer than ours in London; it is a large clear salt, and gives the meat a fine flavour. I used to have it from Malden in Essex, and that salt will make any ham as fine as you can desire. It is by much the best salt for salting of meat. A deep hollow wooden tray is better than a pan, because the pickle swells about it.

When you broil any of these hams in slices, or bacon, have some boiling water ready, and let the slices lie a minute or two in the water, then broil them; it takes out the salt, and makes them eat finer.

To make Mutton Hams.

You must take a hind quarter of mutton, cut it like a ham; take an ounce of salt-petre, a pound of coarse sugar, a pound of common salt; mix them, and rub your ham, lay it in a hollow tray with the skin downwards, baste it every day for a fortnight, then roll it in saw dust, and hang it in the wood-smoke a fortnight; then boil it, and hang it in a dry place, and cut it out in rashers. It does not eat well boiled, but eats finely broiled.

To make Bacon.

Take a side of pork, then take off all the inside fat, lay it on a long board or dresser, that the blood may run away, rub it well with good salt on both sides, let it lie thus a day; then take a pint of bay salt, a quarter of a pound of salt petre, beat them fine, two pounds of coarse sugar, and a quarter of a peck of common salt. Lay your pork in something that will hold the pickle, and rub it well with the above ingredients. Lay the skinny side downwards, and baste it every day with the pickle for a fortnight; then hang it in wood-smoke as you do beef, and afterwards hang it in a dry place, but not hot. You are to observe, that all hams and bacon should hang clear from every thing, and not against a wall.

Observe to wipe off all the old salt before you put it into this pickle; and never keep bacon or hams in a hot kitchen, or in a room where the sun comes. It makes them rusty.

To make Dutch Beef.

Take the lean of a buttock of beef raw, rub it well with brown sugar all over, and let it lie in a pan or tray two or three hours, turning it two or three times, then salt it well with common salt and salt petre, and let it lie a fortnight, turning it every day; then roll it very strait in a coarse cloth, put it in a cheese press a day and a night, and hang it to dry in a chimney. When you boil it, you must put it

it in a cloth; when it is cold, it will cut in slices as Dutch beef.

To Pickle Pork.

Bone your pork, cut it into pieces of a size fit to lie in the tub or pan you design it to lie in, rub your pieces well with salt-petre, then take two parts of common salt, and two of bay salt, and rub every piece well; put a layer of common salt in the bottom of your vessel, cover every piece over with common salt, lay them one upon another as close as you can, filling the hollow places on the sides with salt. As your salt melts on the top, strew on more: lay a coarse cloth over the vessel, a board over that, and a weight on the board to keep it down. Keep it close covered: it will, thus ordered, keep the whole year. Put a pound of salt-petre and two pounds of bay salt to a hog.

A pickle for Pork which is to be eaten soon.

You must take two gallons of pump water, one pound of bay salt, one pound of coarse sugar, six ounces of salt petre; boil it altogether, and skim it when cold. Cut the pork in what pieces you please, lay it down close, and pour the liquor over it. Lay a weight on it to keep it close, and cover it close from the air, and it will be fit to use in a week. If you find the pickle begins to spoil, boil it again, and skim it; when it is cold pour it on your pork again.

To Collar Beef.

Take a piece of thin flank of beef, and bone it; cut the skin off, then salt it with two ounces of salt petre, two ounces of salt prunella, two ounces of bay salt, half a pound of coarse sugar, and two pounds of white salt, beat the hard salts fine, and mix altogether; turn it every day, and rub it with the brine well for eight days; then take it out of the pickle, wash it, and wipe it dry; and then take a quarter of an ounce of cloves, and a quarter of an ounce of mace, twelve corns of alspice, and a nutmeg beat very fine, with a spoonful of beaten pepper, a large quantity of chopped parsley, with some sweet herbs chopped fine; sprinkle it on the beef, and roll it up very tight, put a coarse cloth round, and tie it very tight with beggars tape; boil it in a large copper of water; if a large
collar

collar, six hours; if a small one, five hours; take it out, and put it in a press till cold: if you have never a press, put it between two boards, and a large weight upon it till it is cold; then take it out of the cloth, and cut it into slices. Garnish with raw parsley.

To collar Breast of Veal.

Bone the veal season it all over the inside with cloves, mace, salt beat fine, a handful of sweet herbs stripped off the stalks, some sage penny royal, and parsley shred very fine; then roll it up as you do brawn, bind it with narrow tape very close; then tie a cloth round it, boil it very tender in vinegar and water, a like quantity, with some cloves, mace, pepper, and salt, all whole; make it boil; then put in the collars; when boiled tender take them up; and when both are cold, take off the cloth, lay the collars in an earthen pan, pour in the liquor, and keep it for use.

To collar a Breast of Mutton.

Cut off the red skin and take out the bones and gristles; then take grated white bread, some cloves, mace, salt, and pepper, the yolks of three hard eggs bruised small, some lemon peel shred fine; with which, having laid the meat even and flat, season it all over, and add four or five anchovies washed and boned; then roll the meat like a collar, and bind it with coarse tape; and bake, boil, or roast it.

To collar a Pig's Head.

Take the head, feet, tongue, and ears of a scalded porker; soak and wash them; boil them tender; take out all the bones and gristles; then salt them to your taste; take a cloth, sew it tight over, and tie each end, then roll it round with a roller, and boil it two hours; lay it straight 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 collar Eels.

Scour large silver eels with salt, slit them down the back and take out the bones; then wash and dry them; season them with savoury spice, minced parsley, thyme, sage, and

and onion; roll each in little collars in a cloth and tie them close; boil them in salt and water with the heads and bones, half a pint of vinegar, a bunch of herbs, some ginger, and a pennyworth of isinglass: when they are tender take them up, tie them close again, strain the pickle, and cut the eels into it.

To dress Turtle.

The morning that you intend to dress the turtle, fill a boiler or kettle with a quantity of water sufficient to scald the callapach, callapee, fins, &c. and about nine o'clock hang up your turtle by the hind fins, cut off his head, and save the blood; then with a sharp pointed knife separate the callapach from the callapee (or the back from the belly part) down to the shoulders, so as to come to the entrails, which take out and clean them, as you would do any other animal, and throw them into a tub of clean water, taking great care not to break the gall, but cut it off the liver and throw it away; then separate each part distinctly, and take the guts into another vessel, open them with a penknife from end to end, wash them clean, and draw them through a woollen cloth in warm water, to clear away the slime, and then put them into clean cold water, till they are used with the other part of the entrails, which must be all cut small to be mixed in the baking dishes with the meat; this done, separate the back and belly pieces entirely, cutting away the four fins by the upper joints, which scald and peel off the loose skin, and cut them in small pieces, laying them by themselves, either into another vessel, or on the table, ready to be seasoned; then cut off the meat from the belly part, as small as a walnut: after this you are to scald the back and belly pieces, pulling off the shell from the back, and the yellow skin from the belly; and all will be white and clean; then with a kitchen cleaver cut those up about the bigness or breadth of a card; put those pieces into clean cold water, wash them out, and place them in a heap on the table, so that each part may lay by itself.

The meat being thus prepared and laid separately for seasoning, mix 2-3rd parts of salt, and 1-3rd part Kyan pepper, black pepper, and a spoonful of black nutmeg and mace pounded fine and mixed together, so that in each

each dish there may be about three spoonful of seasoning to every twelve pounds of meat.

Your meat being thus seasoned, get some sweet herbs, such as thyme, savory, &c. let them be dried and rubbed fine; and having provided some deep dishes to bake it in, which should be of the common brown ware, put in the coarsest part of the meat at the bottom, with a quarter of a pound of butter in each dish, and then some of each of the parcels of meat, so that the dishes may be all alike, and have equal portions; and between each laying of the meat strew some of the mixture of sweet herbs; fill your dishes within two inches of the top; boil the blood of the turtle and put into it; then lay on forced meat balls, seasoned the same as the turtle; and put into each dish a gill of Madeira wine, and as much water as it will conveniently hold; then break over it five or six eggs to keep the meat from scorching at the top, and over that shake a small handful of shred parsley to make it look green; which done, put your dishes into an oven made hot enough to bake bread, and in two hours (according to the size of the dishes) it will be done.

N. B. Bring your turtle to the table in the dishes it was baked in, in order to keep it warm while it is eating.

POTTING.

To pot Beef or Venison.

WHEN you have boiled or baked, cut your meat small, let it be well beaten in a marble mortar, with some melted butter for that purpose, and two or three anchovies, till it is mellow, and agreeable to your palate; then put it close down in pots, and pour over them a sufficient quantity of clarified butter. You may season your ingredients with what spice you please.

To pot Pigeons or any other Fowls.

Your pigeons being trussed and seasoned with savory spice put them in a pot; cover them with butter and bake them

them; then take them out and drain them; and when they are cold cover them with clarified butter. The same way you may pot fish, only bone them when they are baked.

To pot Charrs or Trout.

Clean the fish well and bone them, wash them with vinegar, cut off the tails, fins, and heads, then season them with pepper, salt, nutmeg, and a few cloves; then put them close in a pot and bake them with some verjuice and some butter; let them be covered close and bake two hours; then pour off the liquor, and cover them with clarified butter.

To pot Lampreys or Eels.

Take lampreys or eels, skin, gut, and wash them, and slit them down the back; take out the bones, and cut them in pieces to fit your pot: then season them with pepper, salt, nutmeg, and put them in the pot with half a pint of vinegar. They must be close covered, and bake half an hour; when done pour off the liquor, and cover them with clarified butter.

SYLLABUBS, CREAMS, &c.

To make fine Syllabub from the Cow.

SWEETEN a quart of cyder with double refined sugar, grate a nutmeg into it, then milk the cow into your liquor; when you have added what quantity of milk you think proper pour half a pint, or more, (in proportion to the quantity of syllabub you make) of the sweetest cream over it.

A whipped Syllabub.

Take two porringers of cream and one of white wine, grate the skin of a lemon, take the whites of three eggs, sweeten it to your taste, whip it with a whisk, take off the
froth

froth as it rises, put it in your syllabub glasses, and they are fit for use.

A fine Cream.

Take a pint of cream, sweeten to your palase, grate some nutmeg into it, put in a spoonful of orange flower water, rose water, and two spoonsful of Mountain, or any sweet wine; beat up four eggs and two whites, and stir them one way over the fire; when it is thick pour it in cups.

Lemon Cream.

Take the juice of four large lemons, half a pint of water, a pound of double refined sugar beaten fine, put in the whites of seven eggs, and the yolk of one beaten very fine: mix them together, strain it, set it on a slow fire, stirring it, and skimming it clean; put into it the peel of one lemon when it is very hot, but not to boil; take out the lemon peel, pour it into china dishes, and serve it up.

Raspberry Cream.

Take a quart of thick sweet cream, boil it two or three wallops, then take it off the fire and strain some juice of raspberries into it to your taste; stir it one way for a quarter of an hour, and sweeten it to your taste; when it is cold send it up.

Whipped Cream.

Take a quart of thick cream, the whites of eight eggs beaten with half a pint of Mountain, or any sweet wine, mix it together, sweeten it to your taste with double refined sugar, whip it up with a whisk, with a piece of lemon peel tied in the middle of it. You may perfume it, if you please, with musk or ambergrease tied in a rag and steeped in cream.

Flummery.

Take a large calf's foot, cut out the great bones, and boil them in two quarts of water; then strain it off, and put to the clear jelly half a pint of thick cream, two ounces of sweet almonds, and an ounce of bitter almonds, all beaten together; let it just boil, and then strain it off; when

when it is as cold as milk from the cow put it in cups or glasses.

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

Nutmegs, cinnamon, cloves, mace, pepper, ginger, Jamaica pepper, currants, raisins, sugar, prunes, oranges, lemons, anchovies, olives, capers, mangoes, sallad oil, vinegar, verjuice, tea, coffee, chocoate, almonds, chestnuts, sago, truffles, morels, macaroni, rice, millet, comfits, and vermicelli.

RULES FOR DRESSING PROVISIONS.

YOU must put salt into the water where fish or greens are to be boiled. A large buttock of beef salted should be washed and soaked some hours before you put it into the pot; bacon the same; a ham should be in soak the over night.

Now supposing dinner is to be got ready against a certain time, and you have any of the following dishes to dress, take care your fire is in good order, and put them into the pot, or on the spit, according to the time they will take up, as follows:

Dishes that require a Quarter of an hour roasting.

Partridges—Pigeons.

Joints that require Half-an-hour.

Leg of lamb boiled of five pounds
A small fowl or chicken roasted or boiled
A rabbit roasted
Pigeons boiled,

Dishes that require Three Quarters of an Hour.

- A large fowl roasted
- A rabbit roasted.

Dishes requiring an Hour and a Quarter.

- A goose
- A turkey boiled.

Joints requiring an Hour and a Half.

- A neck of mutton boiled of seven pounds.
- A breast of veal roasted of ten pounds
- A neck of veal roasted of nine pounds
- A leg of lamb boiled of nine pounds
- A hare
- A turkey roasted.

Joints requiring Two Hours.

- Leg of mutton boiled of eight pounds
- Shoulder of mutton roasted of ten pounds
- Chine roasted of twelve pounds
- Loin of veal roasted of eleven pounds
- Knuckle of veal boiled of six pounds
- Leg of pork roasted of eleven pounds
- Leg of pork boiled of ten pounds.

Joints requiring Three Hours.

- Brisket of fourteen pounds
- Aitch bone of twenty-four pounds
- Chump end of sirloin roasted of twenty-four pounds
- Rib piece of twenty-four pounds
- Fillet of veal roasted of twelve pounds.

N. B. A rump of beef roasted of above eighteen pounds requires three hours and a half—and a buttock of beef of twenty-four pounds takes four hours—also a ham of sixteen or twenty pounds.

I shall next set down the different names of the joints of meat, &c, for a help to you when sent to market, as persons are apt to forget or mistake them.

BEEF.

An ox cheek is half the head
 The shin is cut off the veiny knuckle of the fore quarter
 Ribs are cut off the fore quarter
 The sirloin is cut off the chine part of the hind quarter
 Rump of beef is cut off the chine and joins to the sirloin
 Buttock of beef is the thick piece off the upper part of
 the thigh.
 The aitch bone joins to the buttock
 The thick flank comes off one side the buttock
 Brisket comes off the belly part of the ribs
 The veiny part is cut off the veiny part of the thick flank
 Thin flank is the belly piece from the brisket, and comes
 off the thin part of the thick flank and veiny piece
 Mouse buttock is a piece cut from between the buttock
 and leg.

BACON.

Hock of bacon is cut off the fore or hind leg.
 The best is the thin or belly end of the ribs.

MUTTON.

The head with the heart, liver, and lights
 A shoulder is the fore leg cut from the fore quarter
 A neck, the fore quarter next after the shoulder is cut
 from it.
 A breast is the belly end of the ribs cut from the neck
 A leg cut from the hind quarter
 A loin the hind quarter after the leg is cut from it
 A chine is two loins not separated

N. B. Lamb comes under the same name, only the
 neck and breast being commonly together are called a
 coast or ribs of lamb.

PORK.

Leg of pork is the hind leg cut from the loin
 Spring of pork is the fore leg
 A fore loin is cut from the spring
 A hind loin is cut from the hind quarter after the leg is cut
 from it.

VEAL.

A calf's head
 Shoulder of veal is the fore leg cut from the neck and breast

Neck of veal is the ribs of the same quarter
 Breast of veal is the belly part of the ribs from the neck
 Leg of veal is the leg cut whole from the loin
 Fillet of veal is when the knuckle is cut off
 Knuckle of veal is cut off from the fillet
 Loin of veal is the hind quarter cut off from the leg.

Manner of setting DISHES on Table.



SOUP, broth, or fish, should always be set at the head of the table; if none of these, a boiled dish goes to the head, where there is both-boiled and roasted.

If there be but one principal dish it goes to the head of the table.

If three, the two small ones to stand opposite nigh the foot.

If four, the biggest to the head, the next biggest to the foot, and the two smallest dishes on the sides.

If five, you are to put the smallest in the middle and the other four opposite.

If six, you are to put the top and bottom as before, and the two small ones opposite for side dishes.

Observe, though I have called all these dishes, there are many of them, especially side dishes, only sauces, gravy, pickles, sallad, or greens, answerable to the season of the year, or nature of the meat—For instance.

To boiled beef, cabbage or sprouts, and carrots with some butter.

To boiled mutton, turnips and capers mixed and a little butter.

To a leg of pork, parsnips und pease pudding.

To beited veal, bacon and greens.

To boiled fowl and bacon, cabbage, sprouts, or carrots.

To boiled fowls, if not bacon, liver sauce.

To roasted fowls, good gravy sauce, and sausages fried for garnish.

To

To roast beef, mutton, or veal, horse radish, sallad, potatoes, or pickles.

To roasted lamb, mint sauce chopped, with vinegar and sugar.

To roasted pork or goose, apple sauce and mustard.

To salt fish, parsnips, and eggs boiled hard, minced, and mixed with butter.

To roast rabbits, liver sauce and parsley chopped together.

To boiled rabbits, onion sauce, boiled and buttered.



A.

BILL OF FARE

For every Month in the Year.



JANUARY.

Dinner.

BEEF soup made of brisket of beef and the beef served up in the dish—Turkey and chine roasted, with gravy and onion sauce—minced pies.

Or

Aitch-bone of beef boiled, carrots, and savoy, with melted butter—ham and fowls roasted, with rich gravy sauce.—tarts

Or

Vermicelli soup, fore quarter of lamb, and sallad in season—fresh salmon boiled, with snells fried, and lobster sauce—minced pies.

G 3

Supper.

Supper.

Chickens fricasseed—wild ducks with rich gravy sauce—piece of sturgeon or brawn—minced pies.

Or

A hair with a pudding in its belly, and strong gravy and claret sauce—hen turkey boiled, and oyster and onion sauce—brawn—minced pies.

FEBRUARY.

Dinner.

Chine or saddle of mutton roasted, with pickles, calf's head boiled and grilled, garnished with boiled slices of bacon, and with brains mashed with parsley and butter, salt, pepper, and vinegar—the tongue slit and laid upon the brains—boiled pudding.

Or

Ham and fowls roasted with gravy sauce—leg of lamb boiled and spinach.

Or

A piece of fresh salmon, with lobster sauce, and garnished with fried smelts or flounders—chickens roasted and asparagus, with gravy and plain butter.

Supper.

Scotch collops, ducklings, with rich gravy—minced pies,

Or

Fried soals with shrimp sauce—fore quarter of lamb roasted with mint sauce—dish of tarts and custards.

MARCH.

Dinner.

Roast beef, and horse radish to garnish the dish—salt fish with egg sauce—and potatoes or parsnips, with melted buttes—peas soup.

Or

Or

Ham and fowls roasted—marrow pudding.

Or

Leg of mutton boiled, with turnips and caper sauce—cod boiled, with oyster sauce, and garnished with horse radish—a boiled pudding.

Supper.

Scollop of fried oysters, and leg of lamb with spinach—tarts and fruits.

Or

Fricassee of cocks combs, lamb stones, and sweetbread—pigeon pie and marrow pudding.

APRIL.

Dinner.

Ham and chickens roasted with gravy sauce, a piece of boiled beef with carrots and greens.

Or

A roasted shoulder of veal stuffed, and melted butter, a leg of pork boiled, and pease pudding.

Supper.

Fricassee of lamb stones and sweetbread, or sucking rabbits, roasted pigeons, and asparagus.

Or

Boiled fowls with bacon, or pickled pork with greens and melted butter—baked plumb pudding or tarts.

MAY.

Dinner.

Beef soup, with herbs well boiled, fillet of veal stuffed and roasted, and a ham boiled.

Or

Rump of beef salted and boiled with a summer cabbage, fresh salmon boiled, and fried smelts to garnish the dish, with lobster or shrimp sauce.

Or

Or

Saddle of mutton roasted with a spring salad, and a dish of fish.

Supper.

Ducklings roasted with gravy sauce, Scotch collops with mushrooms, &c.—tarts.

Or

Green goose with gravy sauce—collared eels—tarts.

JUNE.

Dinner.

Leg of grass lamb boiled, with capers and turnips—shoulder or neck of veal roasted, with rich gravy and claret sauce—marrow pudding.

Or,

Saddle of grass lamb roasted, with mint sauce and turnips—turbot boiled, with shrimp and anchovy sauce—a quaking pudding.

Or,

A haunch of venison roasted, with rich gravy and claret sauce—tarts.

Supper.

Fricassee of young rabbits, and roast fowls with gravy sauce—tarts.

Or,

Mackarel boiled, with plain butter and mackarel herbs—leg of lamb boiled and spinach.

JULY.

Dinner.

Green goose with gravy sauce—neck of veal boiled with bacon and greens.

Or,

Roasted pig, with proper sauce of gravy and brains well seasoned—mackarel boiled, with melted butter and herbs—green peas.

Or

Or.

Mackarel boiled, with melted butter and herbs, and a fore quarter of lamb, with sallad of coss lettuce.

Supper.

Chickens roasted, with gravy or egg sauce—lobsters or prawns—green peas.

Or

Stewed carp and ducklings, with gravy sauce and green peas.

AUGUST.

Dinner.

Ham and fowls roasted, with gravy sauce—beans,

Or

Neck of venison with gravy and claret sauce, and fresh salmon with lobster sauce—apple pie hot and buttered.

Or

Beef-a-lamode, green peas, haddock boiled, and fried soles or flounders to garnish the dish.

Supper.

White fricassee of chickens, green peas, and roasted ducks with gravy sauce.

Or.

Chickens or pigeons roasted, with asparagus and artichokes with melted butter.

SEPTEMBER.

Green peas soup, breast of veal roasted, and boiled plain pudding.

Or.

Leg of lamb boiled, with turnips, spinach, and caper sauce, a goose roasted, with gravy, mustard, and apple sauce, and pigeon pie.

Supper

Supper.

Boiled pullets with oyster sauce, greens, bacon, and dish of fried soals.

Or.

A leveret with gravy sauce, wild ducks with gravy and onion sauce, and an apple pie.

OCTOBER.

Dinner.

Cod's head with shrimp and oyster sauce, and a knuckle of veal with bacon and greens.

Or.

Leg of mutton boiled, with turnips and caper sauce, Scotch collops, fresh salmon boiled, with shrimp and anchovy sauce.

Or.

Calf's head dressed turtle fashion, roast beef with horse radish, and beef soup.

Supper.

Wild ducks with gravy sauce, scolloped oysters, and minced pies.

Or.

Fried smelts with anchovy sauce, boiled fowl with oyster sauce, and minced pies or tarts,

NOVEMBER.

Dinner.

A roasted goose with gravy and apple sauce, a cod's head with oyster sauce, and minced pies.

Or.

Roast tongue and udder, roast fowls, and a pigeon pie.

Supper.

Stewed carp, calf's head hashed, and a minced pie.

DECEMBER.

Dinner.

Ham and fowls roasted, with greens and gravy sauce, gravy soup, fresh salmon garnished with whiting or trout fried, and anchovy sauce.

Or

Cod's head with shrimp and oyster sauce, roast beef garnished with horse radish, and a boiled plumb pudding.

Or

Roast beef with horse radish, marrow pudding, and Scotch collops.

Supper.

Brawn, pullets boiled, with oyster sauce, and minced pies.

Or

Boiled chickens with mushrooms, a hare or wild ducks, with rich gravy sauce, and minced pies.

English made WINES, &c.

To make Raisin Wine.

TAKE two hundred weight of raisins, stalks and all, and put them into a large hogshead, fill it with water, let them steep a fortnight, stirring them every day; then pour off all the liquor, and press the raisins. Put both liquors together in a nice clean vessel that will just hold it, for it must be full; let it stand till it has done hissing, or making the least noise, then stop it close, and let it stand six months. Peg it, and if you find it quite clear, rack it off into another vessel; stop it close, and

and let it stand three months longer, then bottle it, and when you use it, rack it off into a decanter.

To make Elder Wine.

Pick the elderberries when full ripe, put them into a stone jar, and set them in the oven or a kettle of boiling water till the jar is hot through; then take them out, and strain them through a coarse cloth, wringing the berries, and put the juice into a clean kettle: to every quart of juice put a pound of fine Lisbon sugar, let it boil, and skim it well. When it is clear and fine, pour it into a jar; when cold, cover it close, and keep it till you make raisin wine; then when you tun your wine, to every gallon of wine put half a pint of the elder syrup.

To make Orange Wine.

Take twelve pounds of the best powder sugar with the whites of eight or ten eggs well beaten, into six gallons of spring water, and boil it three quarters of an hour. When cold, put into it six spoonful of yeast, and the juice of twelve lemons, which being pared, must stand with two pounds of white sugar in a tankard, and in the morning skim off the top, and then put it into the water, then add the juice and rinds of fifty oranges, but not the white parts of the rinds, and so let it work all together two days and two nights; then add two quarts of Rhenish or white wine, and put it into your vessel.

To make Gooseberry Wine.

Gather your gooseberries in dry weather, when they are half ripe, pick them and bruise a peck in a tub, with a wooden mallet; then take a horse-hair cloth, and press them as much as possible, without breaking the seeds. When you have pressed out all the juice, to every gallon of gooseberries put three pounds of fine dry powder sugar, stir it altogether till the sugar is dissolved, then put it in a vessel or cask, which must be quite full: if ten or twelve gallons, let it stand a fortnight; if a twenty gallon cask, five weeks. Set it in a cool place, then draw it off from the lees, clear the vessel of the lees, and pour in the clear liquor again. If it be a ten gallon cask, let it stand three months; if a twenty gallon, four months, then bottle it off.

To make Currant Wine.

Gather your currants on a fine dry day, when the fruit is full ripe, strip them, put them in a large pan, and bruise them with a wooden pestle. Let them stand in a pan or tub twenty-four hours to ferment; then run it through a hair sieve, and do not let your hand touch the liquor. To every gallon of this liquor put two pounds and a half of white sugar, stir it well together, and put it into your vessel. To every six gallons put in a quart of brandy, and let it stand six weeks. If it is fine, bottle it; if it is not, draw it off as clear as you can into another vessel or large bottles; and in a fortnight bottle it in small bottles.

To make Cherry Wine.

Pull your cherries when full ripe off the stalks, and press them through a hair sieve. To every gallon of liquor put two pounds of lump sugar beaten fine, stir it together, and put it into a vessel; it must be full; when it has done working, and making any noise, stop it close for three months, and bottle it off.

How to make Blackberry Wine.

Take your berries when full ripe, put them into a large vessel of wood or stone, with a spicket in it, and pour upon them as much boiling water as will just appear at the top of them; as soon as you can endure your hand in them, bruise them very well, till all the berries be broke; then let them stand close covered till the berries are well wrought up to the top, which usually is three or four days; then draw off the clear juice into another vessel, and add to every ten quarts of this liquor, one pound of sugar; stir it well in, and let it stand to work in another vessel, like the first, a week or ten days; then draw it off at the spicket through a jelly bag, into a large vessel; take four ounces of isinglass, lay it in steep twelve hours in a pint of white wine; the next morning boil it till it be all dissolved upon a slow fire; then take a gallon of your blackberry juice, put in the dissolved isinglass, give it a boil together, and put it in hot.

To make Raspberry Wine.

Take some fine raspberries, bruise them with the back of a spoon, then strain them through a flannel bag into a your jar. To each quart of juice put a pound of double refined sugar, stir it well together, and cover it close; let it stand three days, then pour it off clear. To a quart of juice put two quarts of white wine, bottle it off; it will be fit to drink in a week.

How to make Mead..

Take ten gallons of water, and two gallons of honey, a handful of rased ginger; then take two lemons, cut them in pieces, and put them into it, boil it very well, and keep it skimming; let it stand all night in the same vessel you boil it in, the next morning barrel it up, with two or three spoonful of good yeast. About three weeks or a month after you may bottle it.

Rules for BREWING.

CARE must be taken in the first place to have the malt clean; and after it is ground, it ought to stand four or five days.

For strong October, five quarters of malt to three hogsheads, and twenty-four pounds of hops. This will afterwards make two hogsheads of good keeping small beer, allowing five pounds of hops to it.

For middling beer, a quarter of malt makes a hogs-head of ale, and one of small beer; or it will make three hogsheads of good small-beer, allowing eight pounds of hops. This will keep all the year. Or it will make twenty gallons of strong ale, and two hogsheads of small beer that will keep all the year.

If you intend your ale to keep a great while, allow a pound of hops to every bushel; if to keep six months, five pounds to a hogshead; if for present drinking, three pounds

pounds to a hogshead, and the softest and clearest water you can get.

Observe the day before to have all your vessels very clean, and never use your tubs for any other use except to make wines.

Let your casks be made very clean the day before with boiling water; and if your bung hole is big enough, scrub them well with a little birch broom or brush; but if they be very bad, take out the head, and let them be scrubbed clean with a hand brush, sand, and fullers-earth. Put on the head again, and scald them well, throw into the barrel a piece of unslacked lime, and stop the bung close.

The first copper of water, when it boils, pour into your mash-tub, and let it be cool enough to see your face in; then put in your malt, and let it be well mashed; have a copper of water boiling in the mean time, and when your malt is well mashed, fill your mashing tub, stir it well again, and cover it over with the sacks. Let it stand three hours, set a broad shallow tub under the cock, let it run very softly, and if it is thick throw it up again till it runs fine, then throw a handful of hops in the under-tub, let the mash run into it, and fill your tubs till all is run off. Have water boiling in the copper, and lay as much more on as you have occasion for, allowing one third for boiling and waste. Let that stand an hour, boiling more water to fill the mash-tub for small-beer; let the fire down a little, and put it into tubs enough to fill your mash. Let the second mash be run off, and fill your copper with the first wort; put in part of your hops, and make it boil quick; about an hour is long enough; when it is half boiled, throw in a handful of salt. Have a clean white wand and dip it into the copper, and if the wort feels clammy it is boiled enough; then slacken your fire, and take off your wort. Have ready a large tub, put two sticks across, and set your straining basket over the tub on the sticks, and strain your wort through it. Put your other wort on to boil with the rest of the hops; let your mash be covered again with water, and thin your wort that is cooled in as many things as you can; for the thinner it lies, and the quicker it cools, the better. When quite cool, put it into the tunning-tub. Throw a handful of salt into every boil. When the mash has stood an

hour draw it off, then fill your mash with cold water, take off the wort in the copper, and order it as before. When cold, add to it the first in the tub; so soon as you empty one copper, fill the other, so boil your small-beer well. Let the last mash run off, and when both are boiled with fresh hops, order them as the two first boilings; when cool, empty the mash-tub, and put the small-beer to work there. When cool enough work it; set a wooden bowl full of yeast in the beer, and it will work over with a little of the beer in the boil. Stir your tun up every twelve hours, let it stand two days, then tun it, taking off the yeast. Fill your vessels full, and save some to fill your barrels; let it stand till it has done working; then lay on your bung lightly for a fortnight, after that stop it as close as you can. Mind you have a vent peg at the top of the vessel; in warm weather, open it; and if your drink hisses, as it often will, loosen it till it has done, then stop it close again. If you can boil your ale in one boiling it is best, if your copper will allow of it; if not, boil it as conveniency serve.

When you come to draw your beer, and find it is not fine, draw off a gallon, and set it on the fire, with two ounces of isinglass cut small and beat. Dissolve it in the beer over the fire; when it has all melted, let it stand till it is cold, and pour it in at the bung, which must lay loose on till it has done fermenting, then stop it close for month.

Take great care your casks are not musty, or have any ill taste; if they have, it is a hard thing to sweeten them.

You are to wash your casks with cold water before you sea'd them, and they should lie a day or two soaking, and clean them well, then scald them.

When a Barrel of Beer has turned Sour.—To a kilderkin of beer, throw in at the bung a quart of oatmeal, lay the bung on loose two or three days, then stop it down close, and let it stand a month. Some throw in a piece of chalk as big as a turkey's egg, and when it has done working, stop it close for a month, then tap it.

Useful Family Recipes.



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

DISSOLVE bay salt in water and steep the linen therein; take the juice of sorrel and sharp vinegar, rub the spot with them, let it soak in, and in often doing it will disappear.

To take Iron Moulds out of Linen.

Procure some sorrel, bruise it in a mortar, squeeze it through a cloth, bottle it, and keep it for use. Take some of the juice and put in a saucepan, boil it over a lamp, and as it boils dip the iron mould in; do not rub it, but squeeze it. As soon as the iron mould is out throw it in cold water.

To take out Ink Stains, Stains with Fruit, &c.

Take half an ounce of powder of allum, two ounces of the juice of house-leek senegreen, and apply them—the allum being dissolved very hot.

An excellent Recipe to mend China.

Take the whites of two eggs, half an ounce of quick lime beaten to powder, a drachm of the powder of burnt flint, and the like quantity of gum sandrick; temper them together, and moisten it with some lemon juice; then with a feather anoint the edges of the broken vessel, and put 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 destroy Bugs.

1. Take oil of turpentine, and with a brush wash over the bedstead and the nail holes, chinks, &c. it will kill both bugs and knits.

2. Rub the bedstead with verdigrease ground in linseed and turpentine oil, and the bugs will not harbour it.

3. Take common oil and water, in which boil worm-wood and rue till the water is consumed, then strain it and mix it with a good quantity of grease, of which making an ointment rub the chinks and joints of the bedstead with it.

An excellent Liquid Blacking.

Mix a sufficient quantity of lamp black with an egg to give it a good black, then take a piece of sponge, dip it therein and rub over the shoes, &c. very thin; when dry, rub them with a hard brush, and they will look very beautiful. You are to take care the shoes are first well cleaned with a hard brush.

To make Vinegar.

To every gallon of water put a pound of coarse Lisbon sugar, let it boil, and keep skimming it as long as the scum rises; then pour it into tubs, and when it is as cold as beer to work, toast a good toast, and rub it over with yeast. Let it work twenty-four hours; then have ready a vessel iron-hooped, and well painted, fixed in a place where the sun has full power, and fix it so as not to have any occasion to move it. When you draw it off, then fill your vessels, lay a tile on the bung to keep the dust out. Make it in March, and it will be fit to use in June or July. Draw it off into little stone bottles the latter end of June or beginning of July, let it stand till you want to use it, and it will never foul any more; but when you go to draw it off, and you find it is not sour enough, let it stand a month longer before you draw it off. For pickles to go abroad use this vinegar alone; but in England you will be obliged, when you pickle, to put one half cold spring water to it, and then it will be full sour with this vinegar. You need not boil unless you please, for almost any sort of pickles, it will keep them quite good. It will keep walnuts very fine without boiling, even to go to the Indies; but then do not put water to it. For green pickles, you may pour it scalding hot on two or three times. All other sorts of pickles you need not boil it. Mushrooms, only wash them clean, dry them, put them into little bottles with a nutmeg just scalded in vinegar, and sliced (whilst it is hot) very thin, and a few blades of
mace;

mace; then fill up the bottle with the cold vinegar and spring-water, pour mutton fat fried over it, and tie a bladder and leather over the top. These mushrooms will not be so white, but as finely tasted as if they were just gathered; and a spoonful of this pickle will give sauce a very fine flavour.

White walnuts, suckers, and onions, and all white-pickles, do in the same manner, after they are ready for the pickle.

A good Water Cement.

Take one pint of minnium or red lead and two parts of lime, mix them together with the whites of eggs.

Stone Glue, whereby you may glue Stone or Glass.

Take white flint stone powder, which is dry and finely seared, then take white rosin, melt it in an iron or earthen pipkin, stir the powder in it, till it is a thick paste; warm the glass or what you design to glue together, then gild the joinings, and it will add a great beauty.

To make a fine Bitter.

Take an ounce of the finest Jesuit powder, half a quarter of an ounce of snake root powder, half a quarter of an ounce of salt of wormwood, half a quarter of saffron half a quarter of cochineal; put it into a quart of the best brandy, and let it stand twenty-four hours; every now and then shake the bottle.

THE
ROYAL PHYSICIAN;

Being a Collection of the most approved RECIPES for
most Distempers incident to the Human Body.

Collected by eminent Physicians.

COLDS.

COLDS may be cured by laying much in bed, by drinking plentifully of warm sack whey, with a few drops of spirits of hartshorn in it, or any other small liquor, living on pudding, spoon meats, chickens, &c. and drinking every thing warm. At first it must be treated as a small fever, with gentle diaphoretics, such as half a drachm of the compound powder of contrayerva, taken night and morning, or half an ounce of minderus spirit may be given every night going to rest, drinking a plentiful draught of weak sack whey after it. If any cough should remain, after using this method a few days, the medicine directed under the article of coughs must be taken.

Cholic.

Take two ounces of Daffy's elixir, and repeat it as occasion may require, or half a drachm of the powder of rhubarb toasted before the fire.

Consumptions, Signs of.

A dry cough, a disposition to vomit after eating, an uneasy straitness of the breast, spitting of blood, a quickness of the pulse after-meals, and flushing of the cheeks; as the disease advances, the matter brought up by the cough, if spit into the fire, yields an offensive smell—
into

into a glass of water it sinks to the bottom; profuse night sweats, looseness, and wasting away of the whole body.

Method of Cure.

A milk diet, riding on horseback, country air, and bleeding frequently in small quantities, at each time taking away not more than six ounces of blood, are the most efficacious remedies in this distemper. Snails boiled in milk have sometimes been of service, as is also the Peruvian bark when it does not occasion a purging.

Convulsions in Children, Signs of.

The mouth is drawn awry, the eyes are distorted, the face turns blackish, the child's fist is clenched, and the globes of the eyes seem immoveable; when the symptoms give way the child is sleepy till another fit comes on.

Method of Cure.

Give three or four drops of the tincture of wood soot in a tea spoonful of water frequently. A blister applied to the nape of the neck is also serviceable.

Aches and Pains.

Rub opodeldock upon the part affected three times a day, and wear a flannel upon it; if this does not give relief take twenty drops of volatile tincture of guaiacum every night and morning in a glass of spring water.

Eiles.

Apply a plaister of diachylon with the gums once every day till they are cured.

After Pains.

Take one scruple of spermaceti, five grains of volatile salt of hartshorn, five drops of balsam of Peru, and half a drachm of Venice treacle; mix them into a bolus with as much syrup of white poppies as is sufficient to make a bolus; to be repeated every six hours till the pains abate. Cover the woman up warm, and let her drink plentifully of cordial.

Bruises, internal.

Take a large spoonful of cold drawn linseed oil two or three times a day. The patient must also be bled to the quantity of ten ounces.

Bruises, external.

Bathe the part with spirits of wine and camphire, which in slight cases will effect a cure; but if that fails, it will be necessary to apply a poultice of stale beer grounds and oatmeal with some hog's lard, which must be applied every day till the bruise is cured.

Burns and Scalds.

Take May butter, unsalted, and white wax, of each six ounces, oil of olives half a pint, lapis calaminaris an ounce and a half; melt the wax and butter with the oil, and stir the lapis calaminaris, finely powdered, till it is too hard to let it settle. This is an excellent ointment for the above purpose, and is to be applied once a day, spread on a fine linen rag.

Ague, or intermitting Fever, Signs of:

A violent head-ach, a weariness of the limbs, a pain in the loins, a coldness of the external parts, a shivering and shaking, sometimes so much as to make the bed shake under them; a great thirst and burning heat, and frequent inclinations to vomit; afterwards the symptoms begin to abate, the skin becomes moist, the urine is of a fine colour, but without a sediment, and a sweat breaking out terminates the fit.

Method of Cure.

First vomit the sick person by giving half a drachm of the powder ipecacuanha, work it off with camomile tea, then let the sick person take the following powder—

Of the best Peruvian bark powdered an ounce, of Virginia snake root and salt of wormwood each one drachm; mix these well together, and divide them into eight doses, one dose to be taken every two hours in a glass of red wine or any other liquid. This is a certain and infallible cure; but care must be taken to administer it only in the intervals of the fits, but must be repeated two or three days,

days, about ten days after the first, or else the disorder will frequently return. In obstinate cases removing into a drier air has been of great service.

Spitting Blood.

Take red rose leaves dried half an ounce, twenty drops of oil of vitriol, an ounce and a half of refined sugar, and pour two pints and a half of boiling water on these ingredients in an earthen vessel; let it stand to be cold, and take half a pint frequently. In this disorder frequently bleeding in small quantities is proper, not exceeding four or at most six ounces at each time, according to the strength of the sick person.

Corns.

After soaking them a considerable time in warm water, pare away carefully with a penknife the uppermost and hardest surface, then apply a plaister of green wax and diachylon with the gums spread on thin leather; repeat this method (which is perfectly safe) a few times, and it will seldom fail.

Cancers, Signs of.

Begins at first with a small tumour, about the size of a nut, which does not change the colour of the skin, and sometimes remains for several years without increasing; but as soon as the virulent humour becomes more active, the small hard swelling becomes all of a sudden a large, round, livid, unequal tumour, and is attended with an intense shooting pain; at length it breaks, and turns into sharp sinking sanies, which eating away the sound parts, the lips of the wound becomes offensive to the sight and the patient being worn out with an intolerable pain—at last ensues death. This disorder may infect any part of the body, but most frequently the breast, armpits, behind the ears, lips, nose, and private parts.

Method of Cure.

Boil a quarter of a pound of guaiacum shavings in six pints of water till it comes to four pints—drink a pint of this decoction twice a day milk warm. External applications most proper, are poultices of white bread and milk, and fomentations of milk and water, and the cancer should

should be defended from the cold air by a piece of fine linen, on which spermaceti ointment (the composition of which you may see in the appendix) is spread, and should be renewed two or three times in a day.

Disorders of the Eyes.

An excellent eye water—Take two grains of the sugar of lead, and dissolve it in a quarter of a pint of spring water.

Deafness.

Syringe the ears well with some warm milk and oil; then take a quarter of an ounce of liqui opodeldock and as much oil of almond—mix them well, and drop a few drops into each ear, stopping them with some cotton or wool: repeat this every night on going to rest.

An Ointment for the Eyes.

Dip a feather in some ointment of tully, and rub it across the eyes every night at going to rest.

Dry Belly Ach, or Nervous Cholic, Signs of.

Extreme costiveness, a most violent pain in the bowels, coldness in the hands and feet, trembling, extreme anxiety, and a disposition to fainting, which is frequently succeeded by the palsy.

Method of Cure.

Give frequently the following clyster—Take dry mallow leaves one ounce, camomile flowers and sweet fennel seeds, of each half an ounce, and a pint of water; then boil it; take half a pint of this decoction, and add two spoonful of sweet oil, and half an ounce of Epsom salt—mix it for a clyster—to be repeated frequently. A warm bath is of the utmost service in this disorder, as is also balsam of Peru given inwardly, from 20 to 30 drops in a spoonful of powdered loaf sugar, three or four times a day.

Ear Ach.

The smoke of tobacco blown into the ear is an excellent remedy.

Giddiness.

Giddiness.

Take twenty drops of the tincture of castor in a glass of water two or three times in a day.

Gravel and Stone, Signs of.

A pain in the loins, bloody urine, or numbness of the thigh or leg on the side affected, a sickness of the stomach, and frequent vomitings.

Method of Cure.

Take one pound of calcined oyster shells and pour thereon twelve pints of boiling water; strain it when cold, and take half a pint mixed with some new milk, till it amounts to four pints a day. If the patient is constive, two ounces of manna dissolved in a quart of whey should be taken for one dose once or twice every week.

Harseness.

Take the medicines directed under the article coughs, or as much as will lie on a shilling of the following powder three or four times in a day.—Take spermaceti and sugar candy, of each equal parts, and make them into a fine powder, or a tea spoonful of Barbadoes tar in a glass of old rum every night going to rest. Three or four Wellfleet oysters swallowed early in the morning fasting afford surprising relief.

Head-Ach.

Apply leeches behind the ears, and take twenty drops of tincture of castor in a glass of water frequently.

Fainting.

Apply to the temples and nostrils some spirits of sal armoniac, and drink a few drops in a glass of water.

Green Sickness, Signs of.

A pale complexion, swelling of the ancles, weariness of the whole body, difficulty of breathing, a palpitation of the heart, drowsiness, a desire of eating coals, chalk, &c. and a suppression of the monthly courses.

THE PRUDE T HOUSEWIFE.

Method of Cure.

Take thirty drops of the tincture of black hellebore two or three times in a day, in a glass of water or wine, using moderate exercise. Chalybeat waters are also of great service, and bleeding in the foot about the time of menstruation.

Heart-Burn.

Take some chalk scraped in a glass of water or a tea cup full of camomile tea.

Costiveness.

Take the size of a nutmeg of lenitive electuary every morning, or as often as occasion requires.

Gripes.

Take half a drachm of powdered rhubarband toast it a short time before the fire; then add some powder of ginger to it, and mix it for one dose—to be used as occasion requires.

Indigestion, Signs of.

Pain and sense of weight in the stomach, attended with frequent belchings, heart-burn, &c.

Method of Cure.

Take a large spoonful of tincture of hiera piera every day an hour before dinner, or from ten to twenty drops of acid elixir of vitriol in a glass of water two or three times in a day. Pymont and Spa waters are also efficacious in removing this complaint.

Inflammations.

Take away ten or twelve ounces of blood, and repeat it if necessary; give cooling powder, and apply to the part a poultice of white bread and milk, with some ointment of elder in it.

Looseness.

Take a drachm of ipecacuanha for a vomit, and work it off with camomile tea; abstain from malt liquors: if this does not entirely remove the looseness, take half a
drachm

drachm of the powder of rhubarb made into a bolus, with a little diascordium, and repeat it every day till the looseness is stopped.

For common drink, the sick person may take hartshorn drink, or rice boiled in some water with cinnamon.

Noise in the Ears

May be cured by the vapour of a decoction of rosemary flowers prepared with wine, being conveyed to the ear by a funnel.

Inflammation of the Bowels, Signs of.

A burning pain in the bowels, attended with a fever, vomiting, and frequently an obstinate costiveness.

Method of Cure.

Take away ten ounces of blood, and repeat the bleeding according to the urgency of the complaint; give the clyster directed in the appendix twice every day till the patient has had two or three stools: to appease the pain and stop the excessive vomiting, give ten drops of liquid laudanum in some broth every six hours. The diet should consist of weak broths.

The juice of lemons taken inwardly in obstinate cases has sometimes afforded relief.

Miscarriage.

To prevent miscarriages, bleeding is necessary and useful about the third month of pregnancy, more or less according to the pregnancy of the woman with child. The body should be kept open with manna or rhubarb; in the first month especially.

Itch, Signs of.

Watry pimples, attended with intolerable itching between the fingers, under the hams, under the arms, and on the thighs.

Method of Cure.

Anoint the parts affected every night with the following ointment—Take of hog's lard half a pound, flour of brimstone and sulphur vivum of each two ounces, powdered cloves one ounce, mix them together—two or three

weeks is as little as can be depended upon; and the same linen must be worn the whole time of your cure.

Jaundice, Signs of.

A yellowishness of the whites of the eyes and of the whole body, bitterness of the tongue, heaviness and lassitude, vomiting of gall, the stools almost white, the urine of a saffron colour, tinging linen dipped therein is yellow.

Method of Cure.

Take Venice soap half an ounce, and oil of aniseed sixteen drops, mix them together, and make it into middle sized pills; the dose is three or four twice or thrice a day; if costive, half a drachm of rhubarb must be taken in the morning twice a week.

Measles, Signs of.

A chillness and shivering, which is succeeded by a fever, with great sickness, thirst, continual drowsiness, slight cough, and an effusion of tears, which is the most certain sign of the measles; about the fourth day little red spots like flea bites appear over the whole body, which does not rise above the surface of the skin.

Method of Cure.

First bleed the sick person, then let him or her drink plentifully of the following decoction—Take pearl barley, raisins, and figs, of each two ounces, stick liquorice bruised half an ounce; boil them in four quarts of water till it comes to two quarts; strain is for use; add a quarter of an ounce of salt prunella. You must purge often after this disorder, and the diet and management must be the same as in the small pox.

Obstructions.

Take of hiera picra half an ounce, of salt of steel one drachm, make into pills of a moderate size with a little syrup of saffron; the dose is five pills twice a day.

Nervous Disorders.

Country air, exercise, and the cold bath, with the mixture directed under the article of hystericks, will prove a certain cure.

Hystericks,

Hystericks, Signs of.

An intercepted breathing, almost to suffocation, fainting, loss of speech, drowsiness, costiveness, and making large quantities of urine, almost as clear as spring water.

Method of Cure.

Take of simple peppermint water twelve ounces, one ounce of valerian, and half an ounce of lavender drops; mix them together, and take three large spoonsful two or three times in a day, and also apply to the navel a large galbanum plaister.

Old Ulcers.

Take a quarter of a pound of basilicon and an ounce and a half of olives, mix therewith half an ounce of verdigrease; dress the sore with this ointment spread upon some tow, after fomenting it well with a decoction made of camomile flowers and mallow leaves, or the fomentation directed in the appendix. Take frequently a dose of cooling physic.

Piles, Signs of.

A violent pain at the time of going to stool, the excrement streaked with blood, and small swellings like warts on the verge of the anus.

Method of Cure.

Take of lenitive electuary one ounce and a half, flour of brimstone half an ounce, and mix them together; the quantity of a numeg to be taken every night and morning. Apply outwardly a little of this ointment: Take two ounces of white diachylon, two ounces of sweet oil, and half an ounce of vinegar—mix them together. Leeches applied near the piles, or on the piles themselves, afford a surprising relief.

Quinsey, or sore Throat, Signs of.

A swelling of the parts concerned in deglutition, accompanied with great pain, inflammation, and a fever, so as to hinder the swallowing any solid meats, and almost stop breathing.

Method of Cure.

Bleeding is sometimes necessary, and cooling physic, but often jelly of black currants swallowed down leisurely in small quantities effects a cure.

Ruptures, Signs of.

Are in general a swelling in the upper part of the scrotum, or in the groin, beginning where the spermatic vessels pass down from the belly. Upon the patient coughing, it will feel as if it were blown into, and is often returnable on the patient laying down, or on its being pushed up.

Method of Cure.

Apply a strengthening plaister spread on leather, (the composition of which is set down in our appendix) and a truss, which may be had of Mr. Lamb, No. 76, West Side of Fleet Market, London.

The inventor of the invaluable truss above mentioned, seriously advises ruptured patients to pay the greatest attention to the state of the bowels; for costiveness not only increases a rupture unsupported by a truss, but even with one, that state tends to retard the cure, by the forcing efforts which are often used. To prevent these inconveniencies, he recommends the use of the Aperient Pills, prepared only by him, at 2s. 6d. per box.—One, two, or three may be taken according to the strength of the constitution, at any time of the day; will act moderately, and not interfere in their effects with ordinary employments.

Stranguary.

Take half a drachm of camphire, a scruple of powdered gum Arabic, liquid laudanum five drops, with a sufficient quantity of turpentine to make it into a bolus; to be taken night and morning, drinking a draught of marsh-mallow tea after each dose.

Dropsy, Signs of.

Difficulty of breathing, making very small quantities of urine, costiveness, great thirst, swelled feet and ancles, which when prest with the finger will pit; swelling

ling of the belly, and greatly falling away of the other parts.

Method of Cure.

Take powder of jalap, cream of tartar, and Florentine iris, of each a quarter of an ounce—mix them; the dose is from 30 to 40 grains every other day on the intermediate days take the quantity of a large nutmeg every night and morning of the following electuary—Take two drachms of powdered camomile flowers, as much ginger, and half the quantity of prepared steel; make it into an electuary with conserve of orange peel; diuretic should also be made use of; the following is excellent—Take of broom ashes half a pound, and steep them in a quart of rhenish wine cold; strain off the liquor, and take a quarter of a pint three times a day.

Coughs.

Take oil of sweet almonds and syrup of balsam of each two ounces, four ounces of barley water, and thirty drops of sal volatile; shake them together, and take two large spoonful when the cough is troublesome; if this does not remove the cough in a few days it will be necessary to be blooded.

Rickets in Children, Signs of.

A swelling of the belly, constant desire of sitting still, the bones are crooked, and the joints seem very large, as if knotted, the head is over large, and the child's knowledge exceeds its years.

Method of Cure.

Give the child two grains of ens veneris, dissolved in a spoonful of wine and water every night; to this must be joined cold bathing, frictions of the back, exercise, and a strengthening diet.

Watry Gripes in Children.

Take half a drachm of magnesia alba, and half a drachm of rhubarb; mix them together, and give the child three or four grains in its pap every morning and evening.

Worms,

Worms, Signs of.

Paleness of the countenance, itching of the nose, voraciousness, starting and grinding of the teeth in sleep, looseness, stinking breath, hard swelled belly, and sometimes epileptic fits.

Method of Cure.

Take burnt hartshorn and the best scammony in powder of each a quarter of an ounce; mix them together—let the child take eight or ten grains according to its age every other morning in a tea spoonful of roasted apple.

Sprain.

After fomenting with warm vinegar, apply a poultice of stale beer grounds and oatmeal, with some hog's lard, every day till the pain and swelling are abated; then apply the strengthening plaister directed in our appendix; observing the following rules will much shorten the cure—Let the person stand three or four minutes at a time on both his feet, and sometimes move the strained foot; and when sitting with his foot on a low stool, let him move it this way or that way as he can bear it, let the strained part be rubbed with a warm hand several times a day, which will contribute very much to contract the over stretched vessels, and recover a due circulation of the fluids through them.

Green Wounds.

Dress them every day with yellow basilicon spread on fine lint, after fomenting them well with the fomentation, the recipe for making which is inserted in the appendix.

Thrush, Signs of.

Little white ulcers affect the lips, gums, cheeks, tongue, palate, and the inside of the mouth.

Method of Cure.

Rub the child's mouth with a linen rag dipped in the following mixture—Take honey of roses an ounce, oil of vitriol six drops; mix them together; or the child's mouth,

mouth may be frequently washed with a decoction of elm bark.

Asthma or Phthisic, Signs of.

An obstructed and laborious breathing, attended with unspeakable anxiety, and a straightness about the breast.

Method of Cure.

Dissolve two drachms of gum ammoniacum in half a pint of penny royal water, and an ounce of oxymel of squills; three large spoonfuls of this mixture may be taken frequently; or from 20 to 30 drops of the paregoric elixir may be taken in penny royal water two or three times in a day; bleeding is generally proper, as is a blister applied to the back, and gentle vomits; the diet should be slender. Malt liquor must be avoided.

Bloody Flux, Signs of.

Generally begins with coldness and shivering, succeeded by a quick pulse and intense thirst; the stools are greasy, and sometimes frothy mixed with blood, with filaments intermixed, which have the appearance of melted suet, and attended with gripings, and a painful descent as it were of the bowels.

Method of Cure.

Bleed first, then give half a drachm of powder of ipecacuanha for a vomit; work it off with camomile tea; repeat this vomit every other day, for three or four times; on the intermediate days between each vomit let the sick person take a large spoonful of the following mucilage, warm, every hour—Dissolve half an ounce of gum Arabic and half an ounce of gum tragacanth in a pint of barley water over a gentle fire. Clysters made of fat mutton broth are of great service, then the sick person must abstain from malt and spirituous liquor.

Falling Sickness, Signs of.

A weariness of the whole body, heavy pain of the head, unquiet sleep, dimness of sight, noise in the ears, a violent palpitation of the heart, a coldness of the joints, and a sense as it were of a cold air ascending from the extreme

treme parts of the heart and brain; they then fall suddenly on the ground, the thumbs are shut up close in the palms of the hands, the eyes are distorted, and all sensation lost, so that they cannot by any noise, nor even by pinching the body, be brought to themselves; they also froth at the mouth.

Method of Cure.

Take of Peruvian bark powdered one ounce, of wild valerian root half an ounce, syrup of orange peel a sufficient quantity: make an electuary of this, and let the patient take the quantity of a nutmeg (after proper evacuations, such as bleeding and purging) morning and evening for three months together, and then repeat it constantly for three or four days before the new and full moon.

Whitlow.

Steep in distilled vinegar as hot as you can bear it four or five times a day for two days successively; then moisten a leaf of tobacco in the vinegar, bind it round the part grieved, and a cure follows.

Ague.

Wear the leaves of lignum vitæ under your feet a few days, and a cure follows.

The famous Snuff for the Head and Eyes:

Take any quantity of assatabecca (otherwise Assarem) leaves; dry them by a gentle fire, and then grind them to a fine powder. In most disorders of the head this snuff does wonders, and would undoubtedly have gained an established reputation long ago, had not those gentlemen, who assume to themselves the title of inventors, made this snuff as universal a specific as most of their other articles, i. e. to cure every disorder, as well a broken shin as a sore eye—But to give its due character, nothing exceeds it for disorders in the head, such as head-ach, ear-ach, sore eyes, tooth-ach, deafness, &c. It is a shining leaf, only one on a stalk, shaped much like ground ivy, and is found near woods in damp shady places. Take a pinch twice a week at going to rest—it does not operate immediately like the common snuffs, but

but the morning after taking it a foul matter is discharged at the nose, more or less according to the degree of the illness.

For a Strain.

Take a pint or more of claret wine and boil it a short time in a close vessel, with a handful of red rose leaves, till the liquor be strong of the plant: in this well heated dip a piece of linen or flannel, and, wringing out the moisture, double it, and apply it hot to the place affected, using a fillet, or some such thing to keep it on.

For a Blood-shot Eye.

Shake half a drachm of diligently prepared tutty into an ounce of red rose water, and drop it often in the eye.

For the Gripes in little Children.

Take oil of nutmegs and of wormwood of each a like quantity; mix them well, and with the mixture a little warmed, anoint the patient's navel and pit of the stomach.

Bilious Disorder.

Take one drachm of succotrine aloes, four grains of calomel prepared, fifteen grains of white soap, and with simple syrup sufficient make into pills; divide into sixteen; one to be taken occasionally.

Gout, Signs of.

A pain resembling that of a dislocated bone, succeeded by a chillness, shivering and slight fever usually seizes the great toe, heel, the calf of the leg, or ankle, which becomes so exquisitely painful as not to endure even the weight of the bed cloathes; the parts look red and much swelled; the urine is high coloured, and lets fall a kind of red gravelly sediment.

Method of Cure.

Take a spoonful of volatile tincture of guaiacum every night going to rest in a glass of water, be covered warm, and drink plentifully of weak sack whey; in the intervals of the fits exercise, such as walking or riding, is necessary

sary to prevent a return, and the Duke of Portland's gout powder should be taken according to the directions annexed thereto.

Hip Gout, Signs of.

A violent pain in the joint of the thigh and lower part of the loins, which sometimes reaches to the leg, and the extremity of the foot, without any swelling or change of colour of the skin.

Method of Cure.

Take a drachm of the ætheral oil of turpentine, with three times as much honey mixed with it every morning for six or seven days at farthest, drinking plentifully of warm sack whey after it.

Saint Anthony's Fire, Signs of.

The disease affects every part of the body, but most frequently the face, and it happens at all times of the year. But whatever part is affected, a chillness and shivering generally attend the disorder, with great thirst, restlessness, and other signs of a fever; the face swells of a sudden, with great pain and redness, and abundance of small pimples appear, which often rise up into small blisters, and spread over the forehead and head, the eyes being quite closed by the largeness of the swelling. This in the country is usually called a blast.

Method of Cure.

Let the sick person lose eight or ten ounces of blood, and repeat the bleeding more than once if the symptoms run high, and apply to the part a poultice of white bread and milk, with a little hog's lard in it, let the poultice be changed twice in a day, and every other morning take the following purge, till the disorder is cured, viz.

Glauber's salt one ounce, manna half an ounce; mix and dissolve it in warm water for one dose.

The diet in this disease must be very low, chiefly water-gruel, or at most weak broth; all strong liquors must be avoided as poison.

Bleeding

Bleeding at the Nose.

Apply to the back part of the sides of the neck a linen cloth dipt in cold water, in which salt prunella has been dissolved. In very obstinate cases bleeding in the foot is useful. Internally the quantity of a nutmeg of the following electuary may be taken three or four times in a day. Take the seeds of white henbane and white poppies, each half an ounce, conserve of roses three ounces, and mix them in an electuary, with syrup of diacodion.

Putrid or spotted Fevers, Signs of.

The head aches and is hot, dull, and attended with a dejection of mind from the very beginning, a constant watchfulness, the countenance is dejected, the pulse is languid, small and low, a pain in the back and loins, a great load at the pit of the stomach, a perpetual vomiting of black bile; the thirst is commonly very great, and all drinks seem bitter, and maukish; the tongue at the beginning is white, but grows daily more dark and dry, with a kind of dark bubble on the top, and livid or brown spots appear over the whole surface of the skin.

Method of Cure.

Gentle vomits are necessary in the beginning, and if the body is too costive, a clyster of milk, sugar, and salt, may be given as often as occasion requires; wine diluted with water, and acidulated with the juice of Seville oranges, may be used as common drink, and the following has been found of greater efficacy in this disorder than any other medicine.

Boil three drachms of Peruvian bark in powder, and three drachms of Virginia snake root in powder, in a pint of water, till half a pint is boiled away, then add a quarter of a pint of good red port wine; this dose is a tea cup full every three or four hours.

Small Pox, Signs of.

A violent pain in the head and back, loss of appetite, frequently vomiting, the eyes heavy, and a fever attending; about three or four days it begins to make its appearance, which is red spots with white heads, shining at the bottom of the spots, and generally appear in the

face first; put a red hot iron or steel into all that they drink, from its first appearance till they turn.

Method of Cure.

Give the person two penny-worth of syrup of saffron and treacle water; half a drachm of ipecacuanha for a vomit, and work it off with camomile tea, or thin water gruel, and apply a piece of fat rusty bacon in a linen cloth, which must be put under the throat like a stay; keep the person not too hot nor too cold, but of a middling warmth; the diet should be light puddings, &c. but no butter; their drink milk-porridge, white wine whey, or balm tea is good for their common drink: marigold tea is very good to plump the pock if it does not come out kindly, and a little cochineal, or saffron put in a bag, wetted and squeezed in their drink, strikes it from the heart and cheers the spirits. The turn of the pock is generally 7, 9, or 11 days, which is by their turning yellow; as soon as that is perceived, get some sheeps trundles, pour boiling water on them, and give them for tea, two or three cupsfull for a day or two, which keeps it from settling on their lungs; when turned, physic them with jalap according to their age.

N. B. If much convulsed, apply one or more blisters to the arms and back.

To prevent a Sore Throat in the Small Pox.

Take some rue and cut it very fine, and bruise it, mix it well with album gæcum and honey, work it together, set it to heat upon the fire, sew it up in a linen stay, and apply it pretty warm to the throat, and as it dries make fresh application.

For Shortness of Breath.

Take half an ounce of flour of brimstone, one quarter of an ounce of beaten ginger, beaten senna, three quarters of an ounce, mix all together in four ounces of honey, take the bigness of a nutmeg night and morning for five days together, then once a week for some time, then once a fortnight.

For

For Rheumatic Pains.

Take of hermodactyls, senna, turpeth-roots, scammony, two drachms of each; of ginger, zedoary, and cubeb, one drachm of each; mix them and powder them: the dose is from one drachm to two. Let the affected parts be anointed with this liniment: take two ounces of palm-oil, one ounce of oil of turpentine, two drachms of volatile salt of hartshorn, then lay on a plaister of mucilage. Some people that have been troubled with rheumatic pains, have, by taking the spirits of hartshorn, in water of earth-worms compounded, found exceeding benefit.

To know if a Child has Worms.

Take a piece of white leather and prick it full of holes with a fork, rub it with wormwood, and spread honey on it, strew the powder of succotrine aloes on it, lay it on the child's naval going to bed: if the child has worms, the plaister will stick fast, if not, it will fall.

For the Scurvy.

Take half a pound of sassafras, a pound of guaiacum, and a quarter of a pound of liquorice; boil all these in three quarts of water till it comes to three pints, and when it is cold put it in a vessel with two gallons of ale: in three or four days it is fit to drink, and drink no other drink for six or twelve months, according to the violence of the distemper, and it will certainly cure.

For Chilblains.

Roast a turnip very soft, beat it to mash, and apply it as hot as you can bear it to the part affected; let it lie on two or three days, and repeat it two or three times.

To cure the Spleen or Vapours.

Take two drachms of gentian sliced, an ounce of the filings of steel, half an ounce of carduus seeds bruised, half a handful of centaury-tops, put all these into a quart of white wine four days, and drink four spoonful of the clear every morning, fasting two hours after it, walking about; if it binds too much, take once or twice a week some little purge to carry it off.

For the Gout in the Stomach.

Boil half a handful of tansy in half a pint of strong white wine, and drink the decoction as hot as possible. It seldom fails to remove the pain in less than a quarter of an hour.

Directions concerning Bleeding.

Though bleeding has been directed in many disorders in the course of this work, yet as the improper use of it is attended frequently with the most fatal consequences, it has been judged necessary to bring into one view all those cases in which bleeding may be administered with advantage, as well as those in which it is highly prejudicial. In all inflammatory diseases, it should by no means be omitted, as in the pleurisy, and peripneumony, during the first days, but as soon as the symptoms of suppuration appear, expectorating medicines are the most proper means from which to expect relief, and the use of the lancet must totally be forbid. In apoplexy, epilepsy, bloody-flux, and inflammation of the bowels, bleeding must be repeated according to the exigence of the symptoms: it is also useful sometimes to promote suppuration in large abscesses, where nature is too much oppressed by the violence of the inflammation. In inflammations of the eyes, bladder, or womb, ischiadic pains, rheumatisms, coughs, head-achs, quinseys, asthmas, hemorrhages, and nephritic complaints, bleeding is of the most service; but in every disorder proceeding from a relaxed state of the vessels, and impoverishing state of the blood, attended with a cachectic habit of the body, such as dropsies, jaundice, gout, &c. bleeding must be abstained from with the utmost caution, as it will, instead of relieving, greatly aggravate those distempers.

THE
APPENDIX.*To make Opodeldock.*

TAKE of Hungary water half a pint, Castile soap sliced three ounces, camphor an ounce; let them stand together in a bottle closely stopped till the soap and camphor are entirely dissolved.

The Clyster Decoction.

Take of dried mallow leaves an ounce, boil them in a sufficient quantity of water, and strain off about half a pint; then add two ounces of sweet oil, and it is fit for use.

Hartshorn Drink.

Take of burnt hartshorn two ounces and gum Arabic two drachms; boil them in three pints of water till one pint is entirely wasted away, then strain it off, and it will be fit for use.

Barley Water.

Take two ounces of pearl barley and wash it well in cold water, then boil it in half a pint of water for a little while; this water will look reddish, and must be thrown away; then add two quarts of water, and boil it away to one half; the remainder is fit for use.

An excellent Fomentation.

Take dried southernwood, wormwood, and camomile flowers, of each an ounce, bay leaves dried half an ounce; boil them gently in six pints of water, and strain it off for use. All green wounds and old sores should be fomented with this every day before they are dressed.

The Infusion of Senna.

Take three quarters of an ounce of senna, cream of tartar three drachms; boil the cream of tartar in half a pint of water till it is dissolved; pour the boiling water on the rest of the ingredients; let it stand to cool—then strain it off, and it is fit for use.

A purging Draught.

Take of the infusion of senna, as above directed, two ounces, and syrup of buckthorn one ounce; mix them together for one dose, which may be taken in the morning fasting three times in a week; it is a safe and a sure purge, and may be taken at all seasons of the year where purging is proper.

To make Pectoral Drink.

Take a gallon of water and half a pound of pearl barley, boil it with a quarter of a pound of figs split, a pennyworth of liquorice sliced to pieces, a quarter of a pound of raisins of the sun stoned; boil all together till half is wasted, then strain it off. This is ordered in the measles, and several other disorders for a drink.

Cooling Physic.

Take Glauber's salts one ounce, manna half an ounce; dissolve them in a little boiling water for one dose—to be taken as occasion requires.

Hiera Picra.

Take of succotrine aloes, finely powdered, a quarter of a pound, and Winter's bark, finely powdered, three quarters of an ounce; mix them together.

Tincture of Hiera Picra.

Steep an ounce of hiera picra, made as before directed, in a pint of mountain wine for a week or ten days, and it will be fit for use.

Daffy's Elixir.

Take of raisins four ounces, senna three ounces, caraway seeds bruised one ounce; steep these ingredients in a quart of brandy for three weeks or a month, then strain it

it off, and it will be fit for use: keep it in a bottle close stopped.

White Diachylon Plaister.

Take litharge, finely powdered, a pound and a quarter, and a quarter of a pound of sweet oil; boil them together with a quart of water till thoroughly mixed and of a proper consistence for a plaister, and looks white; if the water should be wasted away you must add some more to prevent its turning black.

Diachylon with the Gums.

Take three quarters of a pound of white diachylon, two ounces of strained galbanum, and turpentine and frankincense, of each three quarters of an ounce; melt them together over a slow fire.

An excellent strengthening Plaister.

Take shepherd's purse, plantain, knot grass, comfrey, one handful of each; stamp them small, and boil them in a pound of oil of roses, and a little vinegar; strain it when it is well boiled, set it on the fire again, and add to it one ounce of chalk, one ounce of bole armonic, four ounces of wax, terra sigillata one ounce, let them be boiled well, and keep it stirring it till it is cool; make it into rolls, and keep it for use; let it be spread on leather when you use it,

A Drink for the same.

Take of clary and knot grass, of each one handful, four roots of comfrey, a sprig of rosemary, a little galengal, of nutmeg and cinnamon a good quantity sliced, the pith of the chine of an ox; stamp and boil these in a quart of muscadine, strain it, and put to it six yolks of eggs, sweeten it with double refined sugar, and drink a good draught morning and evening. Take conserve of red roses and crocus martis mixed together three or four times a day.

Ointment of Elder.

Is made by boiling the young leaves of elder in mutton suet till they are quite crisp and the suet of a deep green colour.

Spermaceti Ointment.

Take a quarter of a pint of the best sallad oil, a quarter of a pound of white wax, and half an ounce of spermaceti, melt these ingredients together over a gentle fire, and keep them continually stirring until the ointment is quite cold, then it is fit for use.

Ointment of Marshmallows.

Take half a pound of marshmallow roots and of linseed and fenugreek seeds each three ounces; bruise them and boil them gently half an hour in a quart of water, then add two quarts of sweet oil; boil them together till the water is quite wasted away; then strain off the oil, and add to it a pound of bees wax, half a pound of yellow rosin, and two ounces of common turpentine; melt them together over a slow fire, and keep them continually stirring till the ointment is cold.

Yellow Basilicon.

Take sweet oil a quarter of a pint, bees wax, rosin, and Burgundy pitch, of each a quarter of a pound, Venice turpentine three quarters of an ounce; mix them over a slow fire.

Corn-Plaster.

Take armoniacum strained, emplastrum diapalma, of each one ounce; arcanum corallinum, half an ounce; white precipitate, two drachms; mix them well together, and apply it only over the corn, being first cut as close as it conveniently can be.

Godfrey's Cordial.

Take two gallons of water; raspings of sassafras and anniseeds, of each one pound; powder of caraway seeds two ounces; opium one ounce and a half; coarse sugar three pounds and a half; boil them altogether till near one half the liquor is evaporated, then strain it through a coarse bag or cloth, and add three quarts of spirits of wine rectified.

Lip Salve.

Take one ounce of virgin wax, one ounce of hog's lard, a quarter of an ounce of spermaceti, half an ounce of oil of sweet almonds, one drachm of balsam of Peru, one drachm of alkanet root, six new raisins, with a little double refined sugar; melt all together, and put it into little boxes.

Necklace for Children.

Take male piony root and henbane root, fresh gathered, cut them in round pieces with holes bored through, and hang them alternately upon a thread, enough to make a necklace; this is for making them cut their teeth easier.

Tar Water.

One quart of tar to a gallon of water, and as much in proportion to any quantity; rouse the tar now and then, and let it settle. It is good for the scurvy, and purifying the blood.

Turlington's Balsam.

Take of balsam of Peru, balsam of tolu, angelica root, and calamus root, of each half an ounce; gum storax in tears, and dragon's blood, of each one ounce; gum benjamin, one ounce and a half; hepatic aloes and frankincense, of each two drachms: let the roots be sliced thin, and the gums bruised, and put all the ingredients into a quart of spirits of wine; set the bottle by the fire, in a moderate heat for eight or ten days, then strain it for use.—It is valuable for any fresh wound.

Universal Powder for Children.

Take magnesia six drachms; cinnabar of antimony two scruples; mix them into a fine powder for use. Dose is from ten grains to half a drachm, more or less, twice a day.

To make Snail Water.

Take colt's foot, horehound, maiden hair, balm, and spearmint, of each a good handful, and three handful of ground-ivy, bruise them or chop them a little, and put them into a gallon of milk, with half a peck of snails, first bruised;

bruised; let the ingredients stand all night in your still: you must distil them over a gentle fire in a cold still; stir it two or three times in the still, that it may not burn. Let a grown person take fasting in the morning half a pint, sweetened with white sugar candy, and a quarter of a pint for a child.

A Clyster for Worms.

Take wormwood, lavender cotton, rue, of each three or four sprigs, one spoonful of aniseed bruised, put them into a pint of milk, and boil them till one part in three be consumed; then strain it, and put to it as much aloes finely powdered as will lie on a sixpence, sweeten it with honey, and give it pretty warm; it should be given three mornings together; the best time is three days before the new and full moon.

A Poultice to ripen Tumours.

Take two ounces of white lilly roots, half a pound of figs, two ounces of bean flour or meal, boil these in water till it comes to a poultice, spread it thick on a cloth, apply it warm, and shift it as often as it grows dry.

To make Syrup of Garlick.

Take two heads of garlick, peel it clean, and boil it in a pint of water some time; then put away that water, and put a pint more to your garlick, and boil it till the garlick is tender; then strain it off, and add a pound of double refined sugar to it, and boil it in silver or tin till it is a thick syrup; scum it well, and keep it for use, taking a spoonful in a morning fasting, another the last at night, for a short breath.

A Cordial Tincture.

Take an ounce of liquorice, an ounce of coriander seeds, two ounces of the best Persian rhubarb, a drachm of saffron, two drachms of cochineal bruised, and a pound of raisins of the sun stoned; put to these two quarts of French brandy, and stop it close, then set it in the sun, or by the fire side for fourteen days, then pour off the tincture, and put to the dregs a quart of brandy, and let
it

it stand for some time; then strain it off, and mix them together for use.

A Water to wash the Eyes, if it is a dry hot Humour.

Take a little glass of plantain water, as much white rose water and Mountain, or white Madeira wine, and a little powder of tuity, mix it well, and keep it in a phial; drain it as you use it, and wash your eyes as you see occasion.

To make Eye Water.

Take plantain, red rose water, and eyebright, an ounce of each, the best white virriol a drachm, finely powdered, twenty drops of spirit of wine camphorated; mix them well together, let it settle a day or two, and then pour off the clear from the yellow settling. When you use this water, you must mix it with spring water, then wash your eyes with it. As to the strength of it, you must mix it as your eyes can bear, so stronger by degrees as you see occasion; this is good if the eyes are blood-shot or have a waterish humour.

Another.

Take one ounce of white copperas beaten very fine, two ounces of orrach root sliced; put them into three pints of spring water, shake it well three or four days, then make use of it; if the eye be watry, you may add a piece of bole armoniac.

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Prudent Housewife

Fisher, Lydia

London: Sabine & Son, nd
National Library of Medicine
Bethesda, MD

Condition on Report:

The quarter leather decorated paper binding was dirty, worn, abraded and deteriorated. Parts of the spine were missing. The boards were detached. The sewing was sound. The volume was previously stab sewn. Most of the pages were in relatively sound condition even though they were dirty, discolored and acidic. The frontispiece had a major loss in the lower half and appeared to have been mended by laminating the previous flyleaf to the back of the frontispiece. Some of the pages had a few small tears. The first and last pages were detached. A library label and a bookplate were adhered to the inside of the front board. There were red crayon pencil notations and a library stamp on the title page.

Treatment Report:

The pH was recorded before and after treatment; before 4, after 8. The inks were tested for solubility. The head, tail, and pages were dry cleaned and the first three leaves were nonaqueously buffered (deacidified) with a suspension of magnesium oxide particles in a perfluoro compound. Tears were mended and folds guarded where necessary with Japanese paper and wheat starch paste. The sewing was reinforced. Handmade paper ends with linen hinges were attached. The volume was bound in a limp paper case. A paper label was stamped in gold foil.

Northeast Document Conservation Center
July 1997
DW/SS

