

The complete family assistant : including economical hints on the use of provisions, fuel, &c.; interesting observations and moral essays; the most useful receipts, prescriptions, and tables; and approved methods for the preservation or restoration of health ... and every variety of information calculated to benefit the condition of the poor; or connected with domestic economy / by J.M. Flindall.

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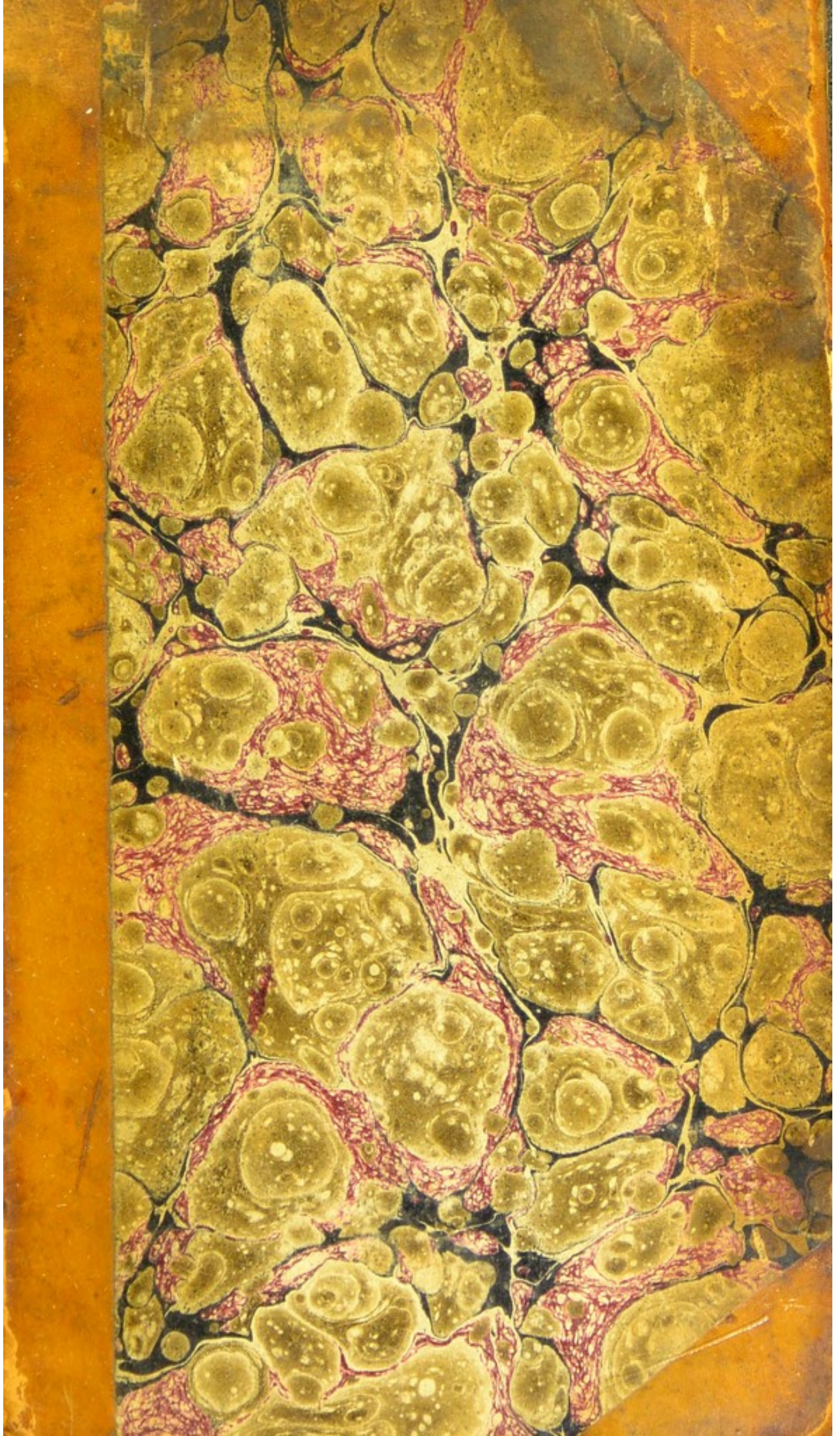
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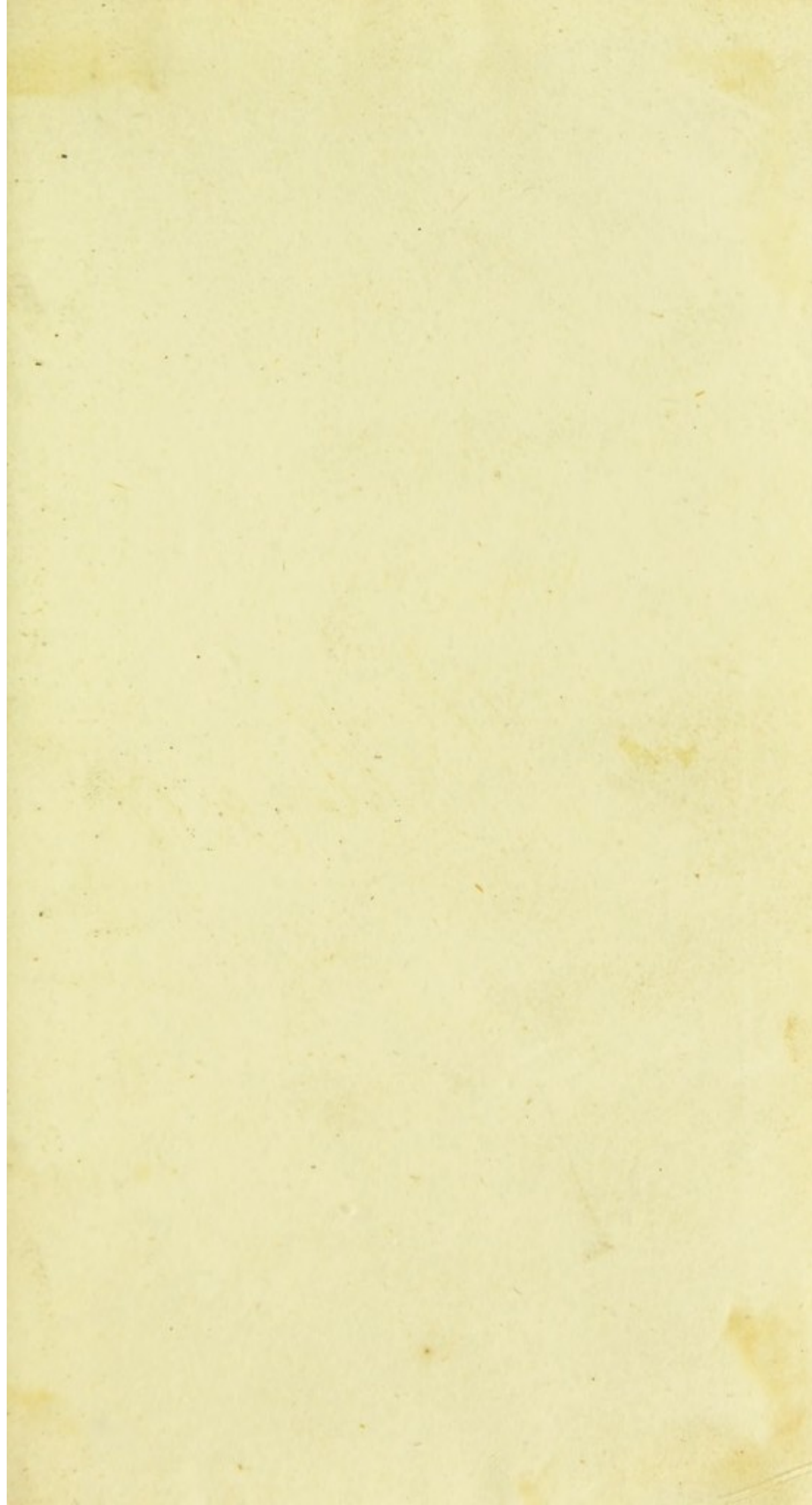
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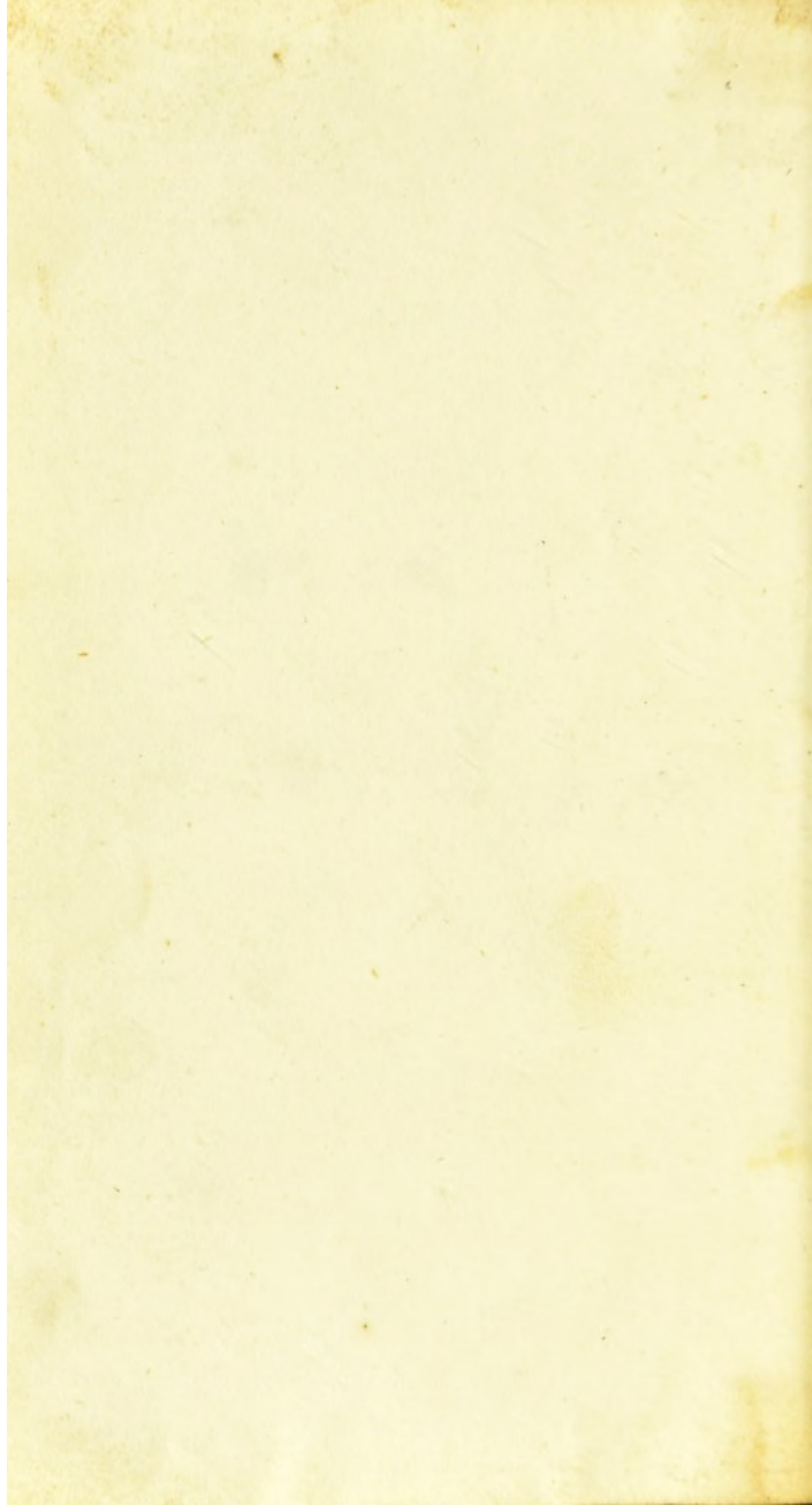
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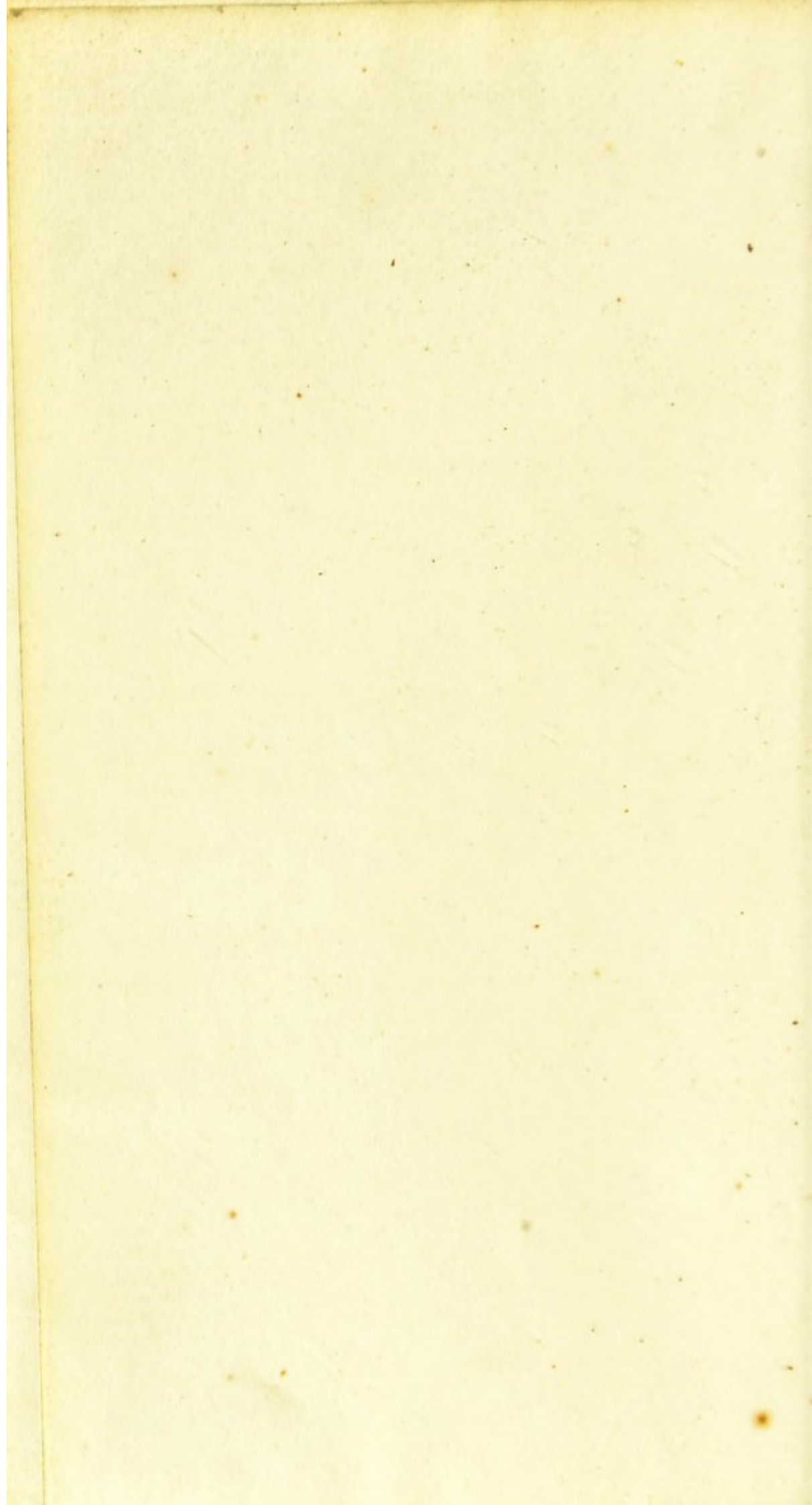
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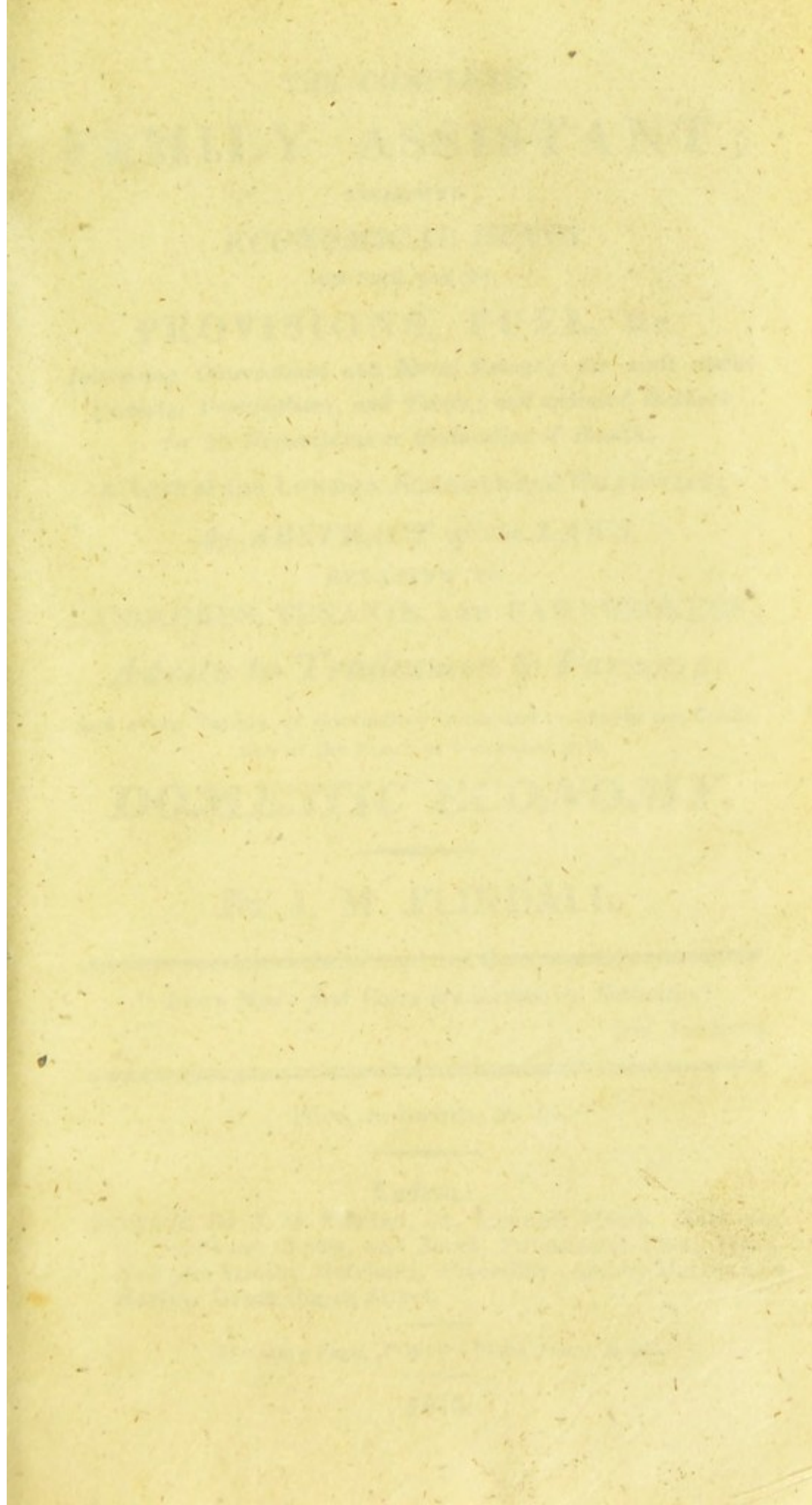






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THE COMPLETE
FAMILY ASSISTANT

ECONOMICAL HINTS
ON THE USE OF

PROVISIONS, FUEL, &c

Inter-ten Observations and Hints, &c. the most useful
Receipts, Prescriptions, and Rules, and approved Methods
for the Preservation or Restoration of Health.

A List of the London, Scotch, and Foreign

An ABSTRACT of the LAWS

RELATIVE TO
LANDLORDS, TENANTS, AND PAUPER RELIEF.

Addressed to Tradesmen & Farmers.

and every Part of the Kingdom, as far as they are
concerned in the same.

DOMESTIC ECONOMY.

By J. M. FLEMMING.

Printed by J. M. Fleming, at the
Printers, in the Strand.

This is the first Edition of
this Work, and is intended
to be a complete and useful
Manual for the Family.

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tion of the Poor ; or connected with

DOMESTIC ECONOMY.

By J. M. FLINDALL.

“ Every Man's first Cares are necessarily Domestic.”

DR. JOHNSON.

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1813.

THE

PREFACE

BY THE AUTHOR

PHILADELPHIA, 1840.

During many years intimacy with books, I could never meet with any in my opinion, deserving to be considered as a manual universally acceptable in domestic life. In such as have been offered, the intellectual and the practical have not been often united: it has generally happened, that moral precepts have given place to articles, though by no means useless, yet but little connected with domestic economy. Such as instructions in Angling, Bird Catching, &c. or solely devoted to cookery, and receipts for preparing various dishes, &c. were the necessities of economical arrangements, at the present time, will I presume, be unnecessary. As the importance has also been acknowledged by the wisest and best of men, let those who are best with gun, says Dr. Hawkes.

PREFACE.

DURING many years intimacy with books, I could never meet with any, in my opinion, deserving to be considered as a manual universally acceptable in domestic life. In such as have been offered, the intellectual and the practical have not been often united; it has generally happened, that moral precepts have given place to articles, though by no means useless, yet but little connected with Domestic Economy: such as Instructions in Farriery, Angling, Bird Catching, &c.; or solely devoted to Cookery, and Receipts for preparing expensive dishes. To urge the necessity of economical arrangements, *at the present time*, will, I presume, be unnecessary; *at all times*, its importance has also been acknowledged by the wisest and best of men. "Let those who are blest with genius," says Dr. Hawkes-

worth, “recollect, that economy is the parent of integrity, of liberty, and of ease; and the beauteous sister of temperance, of cheerfulness, and health.”

Perhaps, the careful and thinking part of the community may, in this volume, find much which was before known to them; but it will be acknowledged, that from time to time, it is necessary to *remind*, as well as to *instruct*. In this humble attempt to be useful, my attention has been directed to those of the middle, as well as the lower ranks of life; among the former, poverty and distress has lately made such lamentable inroads, as almost to threaten with annihilation that most respectable and important part of the community.

In this work, which I have for some time contemplated, much original, and I trust, not unappropriate matter, will be found: but with respect to its most valuable parts, I claim no other merit, than that which may attach to the dili-

gence with which I have sought, or the judgment with which I have selected them.

The receipts might have been much more numerous, had I preferred the bulk of this volume to its real usefulness: the medical prescriptions I have also gleaned with caution, rejecting those silly recommendations of superstitious old women, which, by being extraordinary, are too apt to pass current with the vulgar, and which, though not always mischievous, are yet deceptive.

JOHN MORRIS FLINDALL.

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THE
COMPLETE FAMILY ASSISTANT,
INCLUDING
Essays, Observations, & Receipts,
CONNECTED WITH
DOMESTIC ECONOMY.

IT has been truly observed by one of our most distinguished writers, that those who in confidence of superior capacities and attainments, disregard the common maxims of life, ought to be reminded, that nothing will supply the want of prudence; and that negligence and irregularity, long continued, will make knowledge useless, wit ridiculous, and genius contemptible.

Indeed, plenty or competence is so desirable, that it may be considered as

the object of universal pursuit, though we often slacken our pace, or mistake our way.

The miseries, or even the bare apprehension of want, has often been found too much for the mind to support, and death, in its most horrid shape, has been considered as less terrific, of which the numerous and shocking suicides bear witness. Distressed mariners, besieged soldiers, and those nations which have been scourged with famine and war, as well as those poor wretches who starve in garrets or cellars, might also bear testimony, how often their sufferings have been increased, by the recollection, that they might have been much lessened, or completely averted, by a proper adherence to economy. The appetite which has often revelled in wasteful profusion, has been reduced to the necessity of feeding on the most loathsome food: humanity shudders when we hear that man has been impelled by the cravings of hunger, to feast on his own kind, and that even

mothers, have made mutual surrenders of their own infants, on those direful occasions.

If we look upon the glutton with aversion or disgust, it is impossible that we can reasonably view the improvident or wasteful man in a better light ; but rather, in general, as a character much more injurious to society ; the former is sometimes unable to satisfy the calls of nature without a monstrous meal, the other by scattering the common store, snatches a meal from the hungry, and reviles providence for those bounties, over which he so ungracefully presides. The rich and the luxurious, who neither see nor feel want, are soon disposed to think that no such thing exists, and that their own extravagance and waste will make but little difference, where such plenty can be found ; without once considering that in the same ratio, as grain or wealth gives its *increase*, so will waste *diminish*. But ample punishment awaits him, who only discovers this truth, when

he is compelled to cry out, as we often hear, "O that I now possessed, what I formerly wasted!"

The refuse of a rich man's table, which is often thrown to the dogs or the dust hole, is so much stolen from the needy, whose property it is; for even the servants of the great, are too much pampered and vitiated, to often recollect the wants of that class of the community, from whom perhaps they have sprung.

As individual economy may be considered the foundation of public, I shall be less diffuse on the latter subject, but there is abundant reason to believe, that if the great salaries and sinecures were abolished, and that if, under proper regulations, we had public store-houses for corn, which when bread had reached a certain price, should be brought out to reduce that necessary article of food, the poor would be much benefited, and the

villainy of monopolizers, and those who fatten upon public distress, in some measure checked. Indeed it has become the duty of government to set the example, and to point out to the people the great benefits to be derived from prudent reserve, and diminished luxury; the public would then lose their present apprehensions, that all their savings would only be devoured by taxes; and joining heartily in the good work, the face of the whole country would wear a cheerful aspect.

A disposition to keep up the price of necessaries has now so far prevailed, that perhaps one third of the produce of the earth is often suffered to spoil, or is purposely destroyed; among the market gardeners near London, I have seen fine crops hoed up and left to rot on the ground; large quantities of fish and flesh in a putrid state, are also seen on dung-hills, or in the docks and ditches of the metropolis.

Benefit Clubs, Tontines, Annuity Offices, &c. prove that the people are not wholly unacquainted with the advantage to be derived from prudent foresight, or small savings; but many of these plans have proved so delusive, that it appears now necessary to convince them how easily they might be honest to themselves, and become their own bankers.

Men of eminence and feeling have proposed various plans, and the Society for bettering the Condition of the Poor, have done much for assisting the industrious, and ameliorating the condition of man; the subject has also been considered in a tract, entitled "Agrarian Justice;" and Mr. Whitbread but a few years ago, unsuccessfully recommended another plan to the consideration of parliament; but a more recent one, by Mr. Herve, for the relief of the middling class, we have the satisfaction to see is likely to flourish. It will be granted, that in the present state of society, peo-

ple may reasonably expect to partake of the conveniences or comforts, as well as the necessaries of life.

He who rests his hopes more on his own diligence and cares, than on aid from others, will escape many wants and disappointments. That most persons may effectually relieve themselves, even more certainly than from the assistance of a benefit club, the following fact may serve to illustrate. A careful tradesman with an increasing family, disgusted with the frequent disputes, and frauds, as well as the waste and trouble, witnessed in the club he had joined as the most select and respectable, determined on abandoning it, and forming a club box of his own, the contents of which he used to call his "money of emergency"; and the practice to my certain knowledge has been successfully continued for many years, though at first he had not sufficient confidence in himself to

prevent the following objection entering his mind; viz. That the money being always in his own possession, he should be tempted to use it without sufficient reason. But the consciousness of the advantages resulting from his own firmness has hitherto been sufficient, and though at first his daily contributions to his box were small, they were yet sufficient to enrich it; proving the truth of the Arabian proverb, "Drops added to drops constitute the ocean." Whatever saving he can make from his little indulgences are now also added to his stock. The reasons for other persons adopting a similar practice, are those, that there are cases of emergency which a club does not assist, and sometimes the club box is obliged to be shut against *every* claim, though the claimant may have contributed to it many years: neither is there any chance of its being squandered or stolen by dishonest landlords or stewards. If we become weary of our subscription we have no need to give it up to the benefit of others. In this plan there are no

finer to pay, no offices to serve, and no risk of being struck off from its benefits. Similar advantages would be derived from a public box in work shops and manufactories; and the health and habits of children improved, if the money spent in trash were thus deposited by them.

On the same principle, many a poor man might be decently and comfortably clothed, at two thirds of the expence which is incurred by joining a clothes club; to say nothing of the ill habits which are often acquired at public-house meetings; or by the loss sustained in dealing with *talley-men*, though I would not be understood to mean, that while I recommend a better plan, the former are absolute evils.

Among other expedients in these distressing times, a new London fish market has been much recommended, as a means

of supplying that wholesome food, at a cheaper rate.

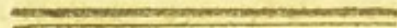
In Hull and Birmingham, a plan has been adopted, which is some check to the iniquity of forestallors, &c.; upon enquiry, I also find a similar plan still exists in London. Several tradesmen raise a fund by subscriptions of one pound, in weekly payments of two shillings, for the purchase of corn, and the manufacture of bread; but it is generally believed, that the purchase and distribution of *flour* might succeed better.

In one of those useful tracts published by the Society for bettering the condition of the Poor, is an encouraging account of a society in Leicestershire, which employed fifty pounds of their capital, in purchasing corn and disposing of flour, at a saving of twenty pounds per cent. to the purchasers, after affording interest for their money, and paying all expenses; it soon obliged the millers to lower the price of flour.

An early attention to the practice of economy is the more necessary, as our future welfare is most materially influenced by our choice of a companion for life; the most afflicting circumstance that can befall a prudent person, is to be wedded to one, who regardless of the consequences, in the fullest acceptation, "lets to-morrow care for itself," forgetting that "when poverty comes in at the door, love flies out at the window." It is then that the bands of wedlock are found to be of iron, instead of silk: so necessary is an early tuition in the arts of saving, that no patrimony can be equal to it; and it will in general be found, that those who are united to a person who is sagacious or diligent enough to *save* a fortune, are better off than such as have one *given* with them.

Economy should not be understood to mean those sordid and greedy views, which are only centered in *self*; economy properly understood, is a duty we owe to our family and the public,

as well as to ourselves ; and as it is found to be the source of plenty, let the unfortunate, the helpless, and the distressed, be considered as a secondary part of our family, which we shall find a real reward by relieving ; a self satisfaction which will outlive the brilliancy of a silk gown, or the gloss of a superfine coat.



An easy, as well as an irritable temper, should be strictly watched and governed ; by the first, we are often drawn into unnecessary expences by the importunity of others ; by a wish not to “ appear little in company,” (as it is termed) or by too frequently indulging our taste or fancy : and by a waspish and petulant demeanor, many a ruinous law-suit has been promoted, and many tradesmen have driven those from his presence, whose services, or whose custom, would have accelerated his fortune.

The indulgence of our fancy when not carried to excess, may sometimes rather be encouraged than suppressed: thus a man who delights in attending to a pair of breeding canary birds; will find his attachment to his home stronger; and the expence much less than if he had purchased a pack of cards; or a seat at the theatre. There are many theatrical representations, which are not only calculated to delight the eye but also to amend the heart; but when I hear people with but moderate incomes; immoderately lavish in their praise of this pageantry; and enthusiastically naming their favorite performers: I think it equally fatal and ridiculous as one who with much spiritual pride, makes you acquainted with the time he has lost in following the famous Mr. such a one, to hear him expound his new doctrine: or like one, who is never so well pleased as when he is acquainting you with the success and genealogy of race horses.

Some people are unfortunete in thinking too little of what they deem little things: and those who think a penny of no importance, never consider that he who squanders this sum every day, has wasted 365 pence every year, a sum sufficient to purchase a select library, or many other rational amusements.

Those who can read, or procure another to read to them, may at a time most convenient to themselves, purchase or hire a play book, at a much less price than they must often pay for admittance at a play house, where perhaps one half of the performance is with difficulty seen; and but a small portion of it heard: it is the regulation of pleasures and not the abjuring them: that I would recommend. From books we may at any time command amusement or instruction, and indeed they are now considered as necessary as a looking glass, or a chair.

Cats and dogs, though by no means useless animals, might very often be dispensed with; where there are children

they are very often observed to make their first essays of cruelty on those animals; and as often bestowing on them that provision which would have furnished a future meal; a dog is a watchful animal; but the owner of property had better rely on his own vigilance; and a few additional bolts, or alarm bells, will give him more security, and more warning, than the incessant barking of a dog. A cat in like manner will often be found more troublesome and expensive, than beneficial: scarcely any article of provision is secure from the depredations of these animals, so that what the mice demolish by retail; it may be said a cat destroys by wholesale. The purchase of mouse and rat traps, I have always preferred to the annoyance of those whiskered marauders.

The feeding or breeding of pigs, rabbits, pigeons, &c. is in general much the dearest way of providing such delicacies for the table of a tradesman.

But the health and pleasure derived

from the cultivation of a garden; is in my opinion sufficient to recommend it, above all other modes of employing our leisure in summer, and for winter pastime, reading will always recommend itself to the rational, as affording a rich fund of intellectual enjoyment.

Had it ever been clearly ascertained that those habituated to the use of tobacco and snuff, had enjoyed less interruption to their health, than those who neglect the use altogether; no one would consider it deserving a serious attack: confirmed habits are not readily relinquished; but I would observe to those not yet habituated, and to those unprejudiced, that it is more than probable, but that he who dries and parches his mouth and throat with the smoke of tobacco, must find a habit of tipling will soon accompany that of smoaking. With regard to snuff taking, I shall introduce the following curious calculation, which if it does not reform, will not fail to divert. “ Every professed inveterate and

“ incurable snuff-taker, at a moderate
“ computation, takes one pinch in ten
“ minutes, every pinch, with the agree-
“ able ceremony of blowing and wiping
“ the nose, and other incidental cir-
“ cumstances, consumes one minute and
“ a half; one minute and a half out of
“ every ten, allowing 16 hours to a
“ snuff-taker’s day, amounts to two
“ hours and twenty-four minutes out of
“ every natural day, and one day out of
“ every ten. One day out of every ten
“ amounts to 36 days and a half a year.
“ Hence if we suppose the practice to
“ be persisted in for 40 years, two en-
“ tire years of a snuff taker’s life, will
“ be dedicated to tickling his nose, and
“ two more to blowing of it!!! And if
“ the expence of snuff, snuff boxes, and
“ handkerchiefs were considered, it
“ would be found that this luxury en-
“ croaches as much on the income of
“ the snuff-taker, as it does on his
“ time!”

So powerful is habit, that old people

who inhabit workhouses, will often beg or pilfer, to provide themselves with these luxuries, which with the usual accompaniment, a glass of gin, are greater objects of desire, than any thing which would afford them real nourishment.

It is the apparent unimportance of the interest required by pawn-brokers, which has seduced many into the habit of frequenting those shops; which are by no means useless to discreet people in the hour of need; but people who are familiar with them, come to the use of their last shilling, with perfect indifference; knowing that by pledging some article of furniture, they can raise more money; or should the furniture be already gone, they have already a coat or a gown, which is well known to the pawn-broker; or on urgent occasions, the property of others can be made free with for a few days.

Sabatier in his "Treatise on Poverty," p. 80, describes the ill effects of the pawning system, on the morals of the people, as observed by himself in some parts of the British Colonies, and seems to think it necessary, that their numbers should be diminished in England.

A young couple setting out in the world, who are unfortunate enough to acquire a habit of getting credit at chandler's shops, or using pawn-brokers shops, may consider themselves as doomed to perpetual poverty. In a useful little work, entitled the "Poor Man's Guide," are the following remarks respecting pawning. If a person borrows half a guinea upon his suit of clothes, or any thing else, (which is wanted once a week) he pays weekly a month's interest, making in the year, fifteen shillings and two-pence, for the weekly use of ten shillings and six-pence!

Lawyers are still more than pawn-brokers to be shunned, for admitting that you are provided with an honest attorney, and you obtain a victory over your adversary, depend upon it, you are still a loser, both in peace and pocket; and people will shun you as a cunning and litigious character; but should you still more unfortunately be defeated in your struggle, and ruin be the result, you will have nothing left you, but the common and useless practice of relating your case, or lamenting your injuries, to as many as will listen to you; with perhaps some severe reproofs from your own conscience, for having suffered your resentment to get the better of your prudence.

Sir Richard Phillips, with his accustomed regard for public good, has in his Monthly Magazine for January, 1812, published an excellent plan for settling disputes, without the interference of lawyers; it is the simple and unexpensive method of arbitration, the witnesses

are to be examined separately, as before a grand jury, and no lawyer is admitted an arbitrator; that the law may not confound equity.

If an angel from heaven (says the philanthropist) warned me that I had but an hour to live, and I wished to spend that hour in rendering my country the highest service in my power, (in relation to its social institutions,) I should dictate something like the following: in all agreements, let a clause be inserted, that differences and disputes between the parties, shall be made the subject of reference to three or five men of business, all of whom shall hear evidence, and decide finally, under the 9th and 10th William III. Without the interference, presence, or intervention, and without the doubts, quibbles, or surmises of lawyers, &c. &c.—In May, 1794, a case in chancery was determined, which gave the plaintiff *three pence* and his attorney 13l. 6s. 9d.

The choice of a doctor or physician, is also deserving of serious consideration; the lawyer may be said to dispose of our property only, but the physician may take our money, our health, and even our life; therefore let no one think his care ill bestowed in the preservation of health. That excellent philanthropist and physician, Dr. Buchan, well knowing the importance of such an article as bread, has cautioned the world against that of a bad description; and above all, recommends the maslin bread, made from a mixture of the flour of wheat and rye, it has no coarse husks in it, and keeps moist many days, being cheaper and more wholesome, than the bread in general use in London.

A gentleman at Bristol, who in consequence of the great advance in the price of bread, has made several experiments on potatoes, and thinks that the meal of *roasted* potatoes would by mixing with flour make very good bread; and as a substitute for that important article

he says, " I have for some time made a point of having a dish of *roasted* potatoes on the table at breakfast, dinner, and tea, which are eaten with salt only, or the addition of a little boiled milk, which is brought in a jug, and if any thing occurs to prevent the usual dish of potatoes from appearing, we find it a difficulty to be satisfied. I certainly consider roasted potatoes more nutritious than boiled ones, and have usually dispensed with the use of bread, since I have introduced them."

Domestic economy must not be considered as an innovation, but as an improvement, and substantial benefit; every impartial person has long seen and acknowledged the necessity of national or political reform: and it requires but little consideration to perceive that domestic

and individual reform is equally necessary, and that in forwarding the plan, our fair country women must be our best agents.

The prejudice, with which a narrow or ill directed education has degraded many females, will I fear often be found a great stumbling block in the way of good management. Others are averse to novel practices lest they should produce additional labour, and though this can seldom be the case in economical arrangements, yet it should not be forgot that a person should no more object to that labour by which a shilling is saved, than they should to that, by which a shilling is *earned*.

The brewing of wholesome beer, or the preparation of any other beverage, as a substitute, (where opportunity will permit) is a thing nearly as desirable, as the great article of food before named;

an exhilarating draught is due to the industrious and prudent; but the use of ardent spirits, or drams, is too expensive, alluring, and pernicious.

A wholesome drink in the summer, when thirst is excessive, may be readily made with boiled water and cream of tartar, two pennyworth of the latter will make four pints of this pleasant drink.

It is unnecessary to remark that a considerable saving, as well as certainty of having wholesome liquor, will be found a sufficient recompense for the trouble, to those who brew their own beer; and a still further saving may be obtained, by using *brown sugar*, thirty-two pounds of which, with two bushels of malt, will produce fifty gallons of ale, as good in every respect, as if made from six bushels of malt, effecting a saving of thirty-one shillings and eight-pence. The sugar is to be mixed with the wort, as it runs from the mash-tub.

The ordinary *spruce* beer, so much in use, is described by Shannon, in his treatise on brewing, as follows:

Take half a pound of molasses (or treacle) to every gallon of water, and a pound of the essence of spruce to twenty gallons; this slightly fermented with a little yeast, for two or three days, is bottled, and corked up the next day, or the day but one after bottling; and packed in saw-dust or sand, according as it is wanted to be used, sooner or later.

Malt Spruce.—Table beer, or small ale, may be converted to spruce beer, by ordering it to be delivered in the barrel as soon after it is tunned, as convenient; and adding to each barrel, one pound of essence of spruce, and molasses in the proportion of a quarter, half, or three-quarters of a pound per gallon, stirring them well into the beer, with a long stick put in at the bung-hole, and agitating the cask; bottle it as soon as it

has done fermenting, and corking it the second or third day after it has been bottled.

As bread of a very bad and injurious quality, is often imposed on the public, to detect its adulteration proceed as follows: slice the crumb of a loaf very thin, afterwards break it, but not very small, and put it with plenty of water, into a large earthen pan or pipkin; place it over a gentle fire, and keep it a long time moderately hot: pour out the bread, which will be reduced to a pap; and the bones, ashes, and other unwholesome ingredients, will be found at the bottom. If flour has been adulterated with whiting or chalk, it may be discovered by mixing it with juice of lemon, or strong vinegar; if the flour is pure, no fermentation will take place; but if adulterated, it will work like yeast.

Meal adulterated is likewise heavier and whiter than when pure; the quantity that would fill an ordinary tea cup, has been found to weigh upwards of four drams more than the genuine flour.—A quartern loaf should weigh 4lbs. 5ozs. 8drs.

The following method of curing *butter*, as sent to the Board of Agriculture, by J. Anderson, L. L. D. is not unworthy a place in this work.

“ Take two parts of the best common
“ salt, one part of sugar, and one part
“ of saltpetre; beat them up together,
“ and blend the whole completely. Take
“ one ounce of this composition for
“ every sixteen ounces of butter, work
“ it well into the mass, and close it up
“ for use.

“ The butter cured with this mixture,
“ appears of a rich marrowy consistence,
“ and fine colour, and never acquires a
“ brittle hardness, nor tastes salt.
“ I have eat butter cured with the
“ above composition, that had been
“ kept three years, and it was as
“ sweet as at first; but it must be
“ noted, that butter thus cured re-
“ quires to stand three weeks or a month
“ before it is begun to be used. If it
“ be sooner opened, the salts are not
“ sufficiently blended with it; and
“ sometimes the coolness of the nitre
“ will then be perceived, which totally
“ disappears afterwards.

But where there are children, treacle,
honey, or moist sugar, will often be
found preferable to butter, being, when
used with bread, much more cheap, pa-
latable, and wholesome.

According to the ancient historian
Stow, coals were first used in London in

the reign of Edward I. when the smoke was supposed to corrupt the air so much, that the use of that kind of fuel was forbidden by proclamation.

Coals are now an important article in domestic use, though in some parts of the kingdom, scarcely any thing is consumed but wood and *turf*, an article of the latter description from tan yards, which is sold very cheap about London, will be found very useful, especially in lighting fires, or keeping them unextinguished for a considerable time without the use of coals, which has now become so expensive an article, that various inventions for lessening their consumption are offered to public notice; perhaps the sieve in common use for cinders, if the wires were more close, would be found more useful; and the cinders when mixed with small coals and made damp, will be found to cake well and burn clear: cinders, or small coals mixed with cinders and clay, and then made up in convenient forms, have been recom-

mended; a hole is made through the centre of each ball or cake, and when dry, are to be placed in the back of the fire, where they give a good heat, and burn without smoak. A kind of retort with tubes, is now manufactured, at some of the potteries near Vauxhall, which at a small expence, are made to warm upper rooms with that portion of heat from a kitchen fire, which is usually allowed to escape at the top of the chimney.

Much fuel is often wasted by a common error among cooks, who conceive that the greater the fire, the quicker the dispatch: and it often hurries away in steam the best part of the ingredients. Provision should be kept simmering, rather than boiling, for it has been observed, that additional *time*, rather than additional *heat*, is the most proper, and that however gently liquor may boil, no fire can make it hotter.

Count Rumford has done much to benefit the public by his experiments in this way, but the necessitous and the careful are the only persons who feel disposed to profit by them; with the former when the gripe of poverty relaxes, their vigilance and economy is again asleep; and of the latter class, I fear there are but a comparative few. Perhaps much vice might be checked, and distress averted, by the establishment of *Schools of Economy*; surely it is worth an experiment, when we mark the dilatory habits and the prejudices which prevade us, and the time wasted in useless branches of education, particularly among females.

The aforementioned gentleman, in his essay on food, recommends the following as the best method of preparing that useful root, the potatoe:

They should be as much as possible of the same size, the large and the small ones being boiled separate, washed

clean without paring, and nearly covered with cold water; they should be boiled slowly, and if very large, a little cold water thrown in occasionally, otherwise they will crack and burst before they are boiled to the hearts. A little salt thrown in during the boiling, is a great improvement.

When boiled pour off the water, and evaporate the moisture by replacing the vessel on the fire. This makes them dry and mealy.

Economy, is widely different from either covetousness, or avarice, its object is competence and content.

Were every one but satisfied with that which is sufficient, such a vast surplus would be left for charity, as to preclude all want. A competence, and not riches, is the source of happiness.

I ask not for a splendid lot,
 Give me a neat convenient cot ;
 Grass for my cow, a nook of soil,
 To plow or dig with honest toil :
 Of the best books a useful stock,
 With Shakespeare, Addison, and Locke :
 An upright, independent mind :
 A reverence for human kind :
 A love for just and equal laws :
 A zeal in holy freedom's cause,
 Give me to know the truth, and bold
 To speak in spite of pow'r or gold :
 To these add cheerful, active health,
 I'll envy not the slaves of wealth.
 Oh ! poorly rich, and meanly great,
 Who crowd preferment's slipp'ry gate !
 To honor lost, with low-born soul,
 Who beg the virtue-barter'd dole,
 I envy not your splendid lot,
 But smile content within my cot.

The comfort we derive from the recollection, that our enjoyments are the fruits of our own diligence and prudence, will amply recompense our attention. And it has been very justly observed, that no young man is the better for that hereditary pecuniary independence which comes to him without industry or

competition. Indeed this kind of wealth may be considered as a species of *charity*, the effects of which has been well described as follows :

“ By the receiving of charity our minds become humbled ; we have no longer that ardour which springs from exertion in youth, or dignity in age, which keeps us from the commission of little actions. When a man is forced to thank, and as it were bend the knee for his daily bread, he feels like a slave, and is too apt to act the part of one ; but he who is above want, though but a *little*, looks upon every fellow-subject as an equal.”

In the hour of toil, then, let the poor reflect on their advantages, as well as on the hardships peculiar to them ; and let them not think that the foregoing remarks are less true, because they may not have felt their weight, for he who labours for his daily bread, and has learned to live within his income, has

learned the art of independence ; and is a greater man than the wretch who sells his services to a purse-proud and unprincipled tyrant, that he may share with him his plunder, or taste the delicacies of his table.

Much mischief has arisen from the practice of insuring, and the purchase of lottery tickets, or shares ; and the folly of this species of gambling is so glaring, that many people have chose to conceal their ruin, and hide their chagrin even in the grave. Indeed it can only be classed with those absurd expectations which the ignorant so often manifest in consulting cunning-men about hidden treasure, fortunate marriages, &c. The following statement will, in some measure, shew who are the dupes. In June, 1803, the contract price of a ticket was £.15, selling price £.16 16s.—In 1811, contract price £.15 11 9, selling price, £.21 5 0.

The first lottery that we have on record, is that in the year 1569, consisting of 400,000 lots, at ten shillings each, the prizes were plate, and the profits went toward repairing the dilapidated harbours, or havens of this kingdom. In the reign of Queen Anne, they were considered as public nuisances, and were accordingly suppressed.

In Franconia, the following simple method, which only requires forty-eight hours, is employed for salting and smoking meat. A quantity of salt-petre, equal to the common salt that would be required for the meat in the usual way, is dissolved in the usual way. Into this the meat is put, and kept over a slow fire for a few hours, till all the water is evaporated.

It is then hung up in a thick smoke for twenty-four hours, when it will be

found equal in flavour to the best Ham-
burgh smoked meat, that has been kept
several weeks in salt, as red throughout,
and equally firm.

Sir Stephen Fox's famous Eye-water.—
Take six ounces of rectified spirit of
wine, dissolve in it one dram of cam-
phire; add two pugils of dried elder
flowers. In twenty-four hours after it
is infused, it is ready for use. Bathe
your forehead over your eyes, and each
temple, with it several times; likewise,
dip a rag in dead small beer, milk warm,
and dab each eye, several times, morn-
ing and evening. It is also good for the
tooth-ache, swelled face, or a bruise.

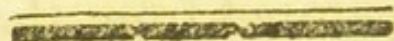
To cure a red or pimpled Face.
Extracted from a rare book, entitled,
“A Closet for Ladies and Gentlewo-

men," 1636.—Dissolve common salt in juice of lemon, and with a linen cloth, apply it to the affected part; it will cure by a few applications.

A cheap and wholesome bitter, much superior to common drams.—Take half an ounce of the yolks of fresh eggs, carefully separated from the white, half an ounce of gentian root, one dram and a half of Seville orange peel, and one pint of boiling water; pour the water hot, upon the above ingredients, and let them steep in it for two hours, then strain them through cap paper, and bottle it for use.

A composition for resisting fire or water.—Take half a pint of milk, and mix with it an equal quantity of vinegar, so as to coadulate the milk. Strain

off the whey, and mix it with the whites of four or five eggs, after having beat them up, and mixed them with other substances, add quick lime which has passed through a sieve, and make the whole into a thick paste, of the consistency of putty. Carefully applied to broken bodies or cracks of any kind, and dried properly, it resists water or fire.



I have in another place, made known the means of detecting adulterated bread; and I here caution the reader and the public against *poisoned cheese*. This base practice I have recently detected. Many people are fond of that part of cheese which is called *blue mold*: to give it this appearance, *without age*, wire, pins, &c. are thrust into the cheese, and when they have remained a sufficient time to produce the blue appearance, they are taken out; but in

some cheese lately purchased, the pins, by being accidentally pressed out of sight, had very nearly been swallowed with the cheese.

My family, who had partaken of this cheese, were much disordered in consequence, and on examining it the next day, several pins were found in the discoloured part, which had given it the appearance of the finest old Cheshire.

Caution to those who use copper or brass utensils.—A waiter who lived at Mrs. Partridge's house (the windmill, at Salt-hill), at the time of the sudden death of several gentlemen who dined there about thirty years since, has recently paid the debt of nature himself. The day preceding his death, he sent for the clergyman of the parish, and, after informing him that he could not die in peace without disclosing what he

knew of that calamitous event, made the following recital:—"That it was not occasioned, as had been generally supposed, by any preparation in the wine, to fine it, as it arose from the circumstance of some carp having been stewed for a family expected the day before; but from their being prevented coming, the fish were set by in the *copper* stew-pan, in which they had been dressed, where, from its long standing, the corrosive acid in the sauce, extracted from the stew-pan that quantity of copperas, which proved destructive to most of the gentlemen who partook of this dish, so fatally served up the next day. The fact, he said, was discovered, and known only by the cook and himself; and on imparting it to their afflicted mistress, she enjoined them to secrecy as long as they lived; but that he now found himself in his last moments, unable to conceal the mystery any longer!"—Mrs. Partridge and the cook have both been dead many years.

Among the vegetable productions of this country, none are more generally useful than the potatoe; hence we are induced to insert the account of a *New Method of propogating Potatoes*; communicated to the Bath and West of England Society, by the Rev. J. Barton. — Having a piece of ground choaked up with potatoe stalks, from the negligence of the labourers employed in cleaning it of a preceding crop: this gentleman carefully planted about one hundred of them in drills, in the same manner as cabbage plants, first pulling off the potatoes that adhered to the roots.

The experiment succeeded beyond his expectation, as each stalk produced from ten to fifteen, some of them uncommonly large. Should this method be generally adopted, it will prove highly beneficial, and the farmer's industry in cleaning his ground will thus be rewarded; the man of fortune will give these stems, hitherto useless, to his cottagers, to plant

in their gardens; while those who have small potatoes, that are usually thrown to the hogs, may now turn them to a better account, by planting them in beds in November, and removing their stalks in the spring. This method of culture, particularly in wet soils, may probably succeed better than that commonly practised; as there would be no danger of their rotting, which the seed potatoes are apt to do; thus the markets might be supplied, not only with the root itself, but also with the stems, which could be sold in the same market as cabbage plants.

ABLACTATION (from *ab*, and *lacte*, the taking a child from the milk of the breast.) the weaning a child from the breast. When the mother wants health or strength; hath nipples too small or ill formed ones; when the infant will

not take the breast; when the mother's milk is bad, or in too small a quantity; when the mother hath weak nerves, or apt easily to be surprised; these defects spoil the milk: if the child is suddenly taken ill, from the effects of the mother's fright, or anxiety; if the milk is often dried up quickly, when perhaps the infant hath the most occasion for it; in such like cases, it is adviseable to wean the child; yea, often absolutely necessary. It can never be necessary to continue the breast more than eight or nine months; but generally, if a child is favoured with a good supply by sucking, during his first three or four months, and is in a tolerable healthy state, he will rarely be the worse for weaning at this early period; so that if he is not rather weakly, and if difficulties attend his being suckled, there need not be any hesitation about taking him from the breast. If he feeds tolerably with the spoon, and is free from disorder in his bowels, a tendency to convulsions,

&c. weaning may be attempted at any time. But if feeding with the spoon is difficult, if the child is much subject to the gripes, &c. another nurse should be sought for, and weaning must be deferred until more favourable circumstances attend. In general, the sooner a child is weaned, the more easily it parts with the breast. Prudence directs to accustom a child to early feeding with the spoon, and to continue the same until the breast be wholly omitted.

Children, if healthy, may be weaned at any age; but as in general, their digestion grows strong enough at about nine or ten months, they should only be fed once in six hours at the most, during the first two months; should be entirely weaned from the breast as speedily as is convenient, and also from all feeding in the night, for that bloats them; and if they are not used to it in the first week, they would never want it. If they are not disturbed from their birth, in a

week or two, the child will be formed to a habit of sleeping most of the night very quietly, awaking only when wet, on which occasion it should be laid dry.

The food should be simple and light ; not spoiled with sugar, wine, and such like additions ; for they produce the diseases that children are most troubled with. Unfermented flour makes a viscid food, that turns sour before it digests ; and well fermented bread soon turns sour ; but if this latter is made into fresh panada every night and morning, or in cool weather, every morning, the inconvenience of souring is prevented. To prevent acidity in the child's stomach, by a daily use of vegetable food, give now and then a little fresh broth, made from either veal, mutton, or beef, once or twice in the day. Suppose, for example, a mixture of the equal parts of the gravy which is discharged in cutting a joint that is brought hot on the table, and warm water, to which may be ad-

ded a little salt, and thus an excellent broth is readily made. This is said to fill children with humours, it is true; but the humours are only of the most nourishing kind. Cow's milk, a little diluted with water, is an excellent substitute for the mother's; yet, as it is apt to turn sour, add to it a little Lisbon sugar. Rice is not so apt to turn sour as wheat bread is; it therefore would be a more convenient food for children, and deserves to be attended to. Toasted bread, boiled in water till it is almost dry, then mixed with fresh milk, not boiled, is an agreeable change. As the teeth advance, the diet may increase in its solidity.

As to the quantity, let the appetite be the measure of it; observing to satisfy hunger, but no more, which may be thus managed; feed the child no longer than he eats with a degree of eagerness; in feeding, let the child be held in a sitting posture, and thus con-

tinue it until the stomach has nearly digested its contents. The too common practice of violently dancing and shaking the child should be avoided.

Keep the child awake until it breaks wind after each time it is fed: divert it during the day as much as you can; and thus it will soon lay quiet all the night. Never awaken a child when it is asleep, for thus sickness and peevishness are often produced. As soon as teeth appear, give the child now and then a piece of flesh meat in its hand to chew, but never give it any confectionaries. "Moss on the management and nursing of children."

Aliment (from *alo*, to nourish) implies food both solid and liquid: from which, by the process of digestion, is prepared a very mild, sweet, and whitish liquor, resembling milk, and distinguished by the name of *chyle*; which being absorbed by the lacteal veins, by them conveyed into the circulation, and there assimila-

ted into the nature of blood, affords that supply of nutrition which the continual waste of the body is found to require. Next to air, food is the most necessary thing for the preservation of our bodies: and as on the choice thereof, our health greatly depends, it is of great importance to understand, in general, what is the most proper for our nourishment; and, in particular deviations from health, what is the best adapted to restore us. Our blood and juices naturally incline to become putrid and acrimonious: fresh chyle, duly received, prevents this destructive tendency, and preserves in them that mild state which alone consists with health. An animal diet affords the most of this bland nutritious mucilage; watery fluids dilute the too gross parts, and carry off what is become unfit for use. It is only the small portion of jelly which is separated from the farinaceous parts of vegetables, that, after being much elaborated, is converted into the animal nature; yet the use of vegetables prevents both repletion, and a too great

tendency to a putrescent acrimony of the blood. In hot climates, as well as against the constitutional heat of particular persons, vegetables are demanded in the largest portion: animal substances afford the highest relish while our appetite continues, but will sate the appetite before the stomach is duly filled. Vegetables may be eaten after either flesh or fish: few herbs or fruits satiate so much as that the stomach may not be filled with them, when it is already satisfied with flesh or fish; whence it may be observed, that no diet, which is very nourishing, can be eat to fulness, because its nutritious parts are oily and satiating. Health depends almost wholly on a proper crasis of the blood; and to preserve this, a mixture of vegetables in some degree is always required, for a loathing is soon the consequence of animal food alone; hot acrid habits, too, receive from milk and vegetables the needful for correcting their excesses; but in cold, pituitous, and nervous habits, who want most nourishment from

least digestion, and from the smallest quantity of food, animal diet is to be used more freely.

Thus much being offered as general principles with respect to the matter and quality of our aliment, the valetudinarian may easily regulate his diet, with some advantage to himself, by an attention to the few ensuing particulars. In winter eat freely, but drink sparingly: roast meat is to be preferred, and what is drank, should be stronger than at other seasons. In summer, let thirst determine the quantity to be drank; cold stomachs never require much: boiled meats and vegetables, if not otherwise contradicted, may now be more freely used. Lax habits require the winter's diet to be continued all the year, and rigid ones should be confined to that of summer. Fat people should fast at times, but the lean should never do so. Those who are troubled with eructations occasioned by their food, should drink but little, and use some unaccustomed

exercise. The thirsty should drink freely, but eat sparingly. In general, let moderation be observed; and though no dinner hath been had, a light supper is always to be preferred. After very high-seasoned meats, a glass of water, acidulated with the acid elixir of vitriol, or, in very weak stomachs, the sweet elixir of vitriol, is far more assistant to the work of digestion than the common method of taking brandy.

A cheap substitute for tea, more particularly recommended to the poorer classes of society.—White peas, baked in an oven till they are brown throughout; grind and boil them as you do coffee, or rather more.—The person who recommends the above, considers it his duty to make it more public, as it has been highly approved of by many of his friends who declare they cannot find any difference between this and real coffee.—N.B. When they are warm, a small piece of butter is necessary to mix with them, to prevent their burning.

A preventive against the scarlet fever, and other infectious diseases.---Mix a little magnesia, with oil of vitrol in a glazed earthen vessel, which being put in the apartments of the sick, the fumes arising therefrom, will effectually prevent the attendants and others from being infected with the disorder.

Disinterested advice.—The late Dr. Darwin, one day at Nottingham, assembled a large crowd of people around him; and thus addressed himself to them:—Ye men of Nottingham! listen to me,—You are ingenious and industrious mechanics. By your industry life's comforts are procured for yourselves and families. If you loose your health, the power of being industrious will forsake you. *That* you know; but you do *not* know, that to breathe the fresh and changed air constantly, is not less necessary to preserve the health than sobriety itself. Air becomes unwholesome in a few hours if the windows are shut. Open those of your sleeping rooms whenever you quit

them to your workshops. Keep the windows of your workshop open whenever the weather is not insupportably cold. I have no *interest* in giving you this advice. Remember that I your countryman and a physician tell you. If you would not bring infection and disease upon your yourselves and your little ones, change the air you breathe; change many times a day, by opening your windows.”

THE EPITAPH.

A PARODY.

ADDRESSED TO AN INCORRIGIBLE SOT.

Here rests his head, upon the tap-room hearth,
 A wretch to fair sobriety unknown;
 The hop, luxuriant, blossom'd at his birth,
 And drunkenness has mark'd him for his own.

Large is his gullet, and his draught sincere,
 To kindred sots his sympathies extend;
 He gains, tis all his wish, great gulphs of beer,
 But loses reputation, health, and friends.

No farther seek his vices to expose,
 But leave him, trembling at correction's rod;
 Soon shall the watchman mar his SORT repose,
 And HABEAS CORPUS move him of to QUOD!

Substitute for barm, which may prove generally useful:---To a pint of fresh beer, or porter, put a table spoonful of brown sugar, and as much flour as will convert it to the consistence of a batter; put the mixture into a small jar or bottle, corking it close, as it is apt to fly, Shake it well twice a day, for six days, it will then be fit for use. The above will work 14 pounds of flour—leave about a tea cup full in the bottle, and add the same quantity of beer, sugar, and flour, it will be fit for use in three days. Leave the barm to sponge with the flour some time in the day, make the bread at night, and bake it early next morning. The barm is to be beaten up with a little warm water, to sponge in the flour as soon as it is out of the jar, and left for about six hours before the bread is made.

VACCINATION.

It is extraordinary and lamentable to observe, that the small pox is still suffered to be propagated by inoculation, which tends to disseminate the disease by casual infection, so that at present, in London alone, twenty-five persons a week die of that disease, and the usual amount of deaths according to the London bills of mortality, is 2,000 at least.

There are no means of ascertaining exactly the number of deplorable sufferers, who though not quite destroyed by the small pox, are nevertheless grievously afflicted for life from that loathsome disease, but the number rendered blind, lame, schrofulous, deformed and disfigured is immense, and is estimated much below the truth at three times the amount of the deaths.

The account then may be fairly stated thus,

Deaths in London alone in one year from the small pox	2000
Rendered blind, maimed, or otherwise diseased from the same complaint	6000
Total sufferers from the small pox in one year	8000

Now according to the most authentic documents that can be procured, and those documents furnished by men who do not appear to be by any means prejudiced in favour of vaccination, namely, the returns of 164,381 persons vaccinated, made to the Royal College of surgeons; it appears,

That twenty-four persons, or one in 6,849 have had inflamed arms.

That three persons, or one in 54,793 have died of such inflamed arms.

That 66 persons, or one in 2,477 have had eruptions after the cow pock.

And that 56 persons, or one in 2,917 have had the small pox afterwards.

Thus, instead of two thousand persons, killed by the small pox, and six thousand rendered miserable for life, not a single death would have happened, and only six persons could in any respect have been rendered uneasy or dissatisfied; and it is universally acknowledged that such accidents are less likely to occur now than formerly, on account of the improved method of vaccinating generally adopted.

It appears then, that in a given number of cases the advantages of the cow pock over the small pox, is as 8000 to 6, consequently those who submit to the process of vaccination, have upwards of thirteen hundred chances to one in their favour. By vaccination at Constantino-ple, 6000 persons have been lately saved from the plague.

Onions.—A small piece of bread fixed on the point of a knife, while peeling

onions, will in a great measure, if not wholly, prevent any disagreeable effect to the eyes.

G. C. Jenner's receipt for that dreadful disease, a cancer.

I am the more solicitous for the publication of this receipt, (says Dr. J.) having lately been a witness to its happy influence in curing a most inveterate cancer, on the lip of a person now living, and in other instances, its wonderful efficacy can be proved, from the most respectable authority.

Take one part of red lead, in fine powder, and two parts of hog's lard; mix them well together, and with the salve thus prepared, spread on lint; dress the cancerous sore twice a day.

By the following prescription, a gentleman with whom I am acquainted,

cured himself of a bloody flux, above twenty years since, and has never experienced a return of the disorder.

First, lose blood, then take the following vomit: half a drachm of powder of ipecacuanha, worked off with camomile tea; daily repeat this vomit, three or four times. Malt and spirituous liquors must be carefully avoided, and between the vomitings, the patient should every hour take a large spoonful of warm drink made thus: dissolve half an ounce of gum Arabic, and the same quantity of gum tragacanth, in a pint of barley water, over a gentle fire. Clysters made of fat mutton broth, are of great service.

Again, with respect to the economy of fuel; the importance of it to families will be sufficient apology for introducing the following observations of a gentleman well conversant with the coal trade.

The coal termed *best coal* in London, ought rather to be called *round coal*, from the larger lumps which find their way to London, after all the shiftings and tossings they experience in the pit, the coal waggon, the steath, the Tyne keels, the shipping, the Thames lighter, the wharf, and the final loading and shooting.

All the gradations betwixt coal and slate, must be familiar to those who have been accustomed to a coal fire,—from the slate, which a moderate torrefaction leaves white, hard, and heavy; to the pure small coal from Newcastle, which, forming cinders (by an imperfect fusion) burns with lasting heat, and leaves scarce any remnant except the soot in the chimney. Of this sort, is made the coke which conveys the carbonic principle to the iron ore in the foundry; and only *management* is required to make it as convenient as the round coal, even for house consumption. This management consists, in remembering to take

off some well-caked cinders overnight, for the purpose of lighting the fire in the morning, and also, in never letting the fire down very low in the day time; lest the throwing small coal on a weak fire should stop the passage of the air, and so extinguish the fire. This small coal (in the language of the colliers is called culm, and is there held of no value, because it cannot be exported. If *all* the coal was not sent from the pit in lumps, it would be *all* dust before it arrived in London.

The most simple rule of distinguishing good, strong, lasting coal, is its *fragility*; that is, the ease with which it breaks when struck. Hence it may be seen, that (generally speaking) the largest coal must be the worst; because, after taking the same tossing and shifting, more of it remains unbroken.

In proportion as we value cleanliness and health, so will soap also be considered as deserving attention.

It will perhaps be unnecessary to acquaint many of the London housewives, that two ounces of pearl-ash to one pound and a half of soap, will be found a considerable saving, and the usual complaint of the former article affecting the hands of laundresses will be silenced, after use has made it familiar. Among poor persons, where clay or fuller's earth has been more readily obtained than soap, the former articles are said to form a tolerable substitute.

With respect to the article of soap, it is said that additions of alum, sea salt, starch, lime, pulverized soda, oil, tallow, and water, are employed in a villainous manufacture, by which it is said, that 100lb. may be augmented at small cost, to 400lb. for the market. The practice is base, and the soap thus produced, is unfit for any good purpose. Good new hard soap contains somewhat more than half of oil, nearly one third of water, and soda for the rest of its composition.

It is possible to prepare, at no considerable expence, a *saponaceous ley*, which in washing, shall answer almost all the purposes of good *hard soap*.

Take any quantity of well burnt ashes, of hard heavy wood. Mix with these a few handfuls of lime newly slacked. Add water, and boil the whole into a *lixivium*. Then leave the *lixivium* at rest, till those extraneous matters which cannot enter into it, shall have been deposited at the bottom, or thrown to the surface to be skimmed off. Then draw off the pure *lixivium*. Add to it oil, to about a thirtieth or fortieth part of its own quantity. The mixture will be, a liquor white as milk, capable of frothing like soap water, and in dilution with water, perfectly fit to communicate sufficient whiteness to linens. This liquor may be prepared from wood ashes of all sorts, and from rancid grease, oil, or butter. It is, therefore, highly worthy of the attention of an economical housewife. When the ashes are suspected to be un-

usually deficient in alkali, a small addition of pulverized potash or soda, may be made to the lixivium.

Skill in marketing, is of more consequence than the quantity of cash taken for our purchases; and this is to be shown without degenerating into meanness, or acting the higler, and very often the liar also; a general knowledge of the quality of those articles in domestic use, should be early acquired: for it is to no purpose that we learn the arts of acquiring money, unless we have a knowledge sufficient to prevent our squandering it. We should learn how to take advantages of opportunity; and yet not bite at every thing which appears a bargain. The advantage taken of a purchaser's ignorance, is in some measure lessened by the following practice.

We may perceive a partial attempt to attract the notice to *cheap shops*, by ticketing each article with the price.—

This is certainly a very fair expedient, and ought to be encouraged by the applications of every ready money customer. For it is evident, that no person would ostentatiously expose an exorbitant price to the scrutiny of the public; and it is a presumption, *prima facie*, that such a shop is really a cheap one. It has this recommendation, also, which applies to a very numerous class of customers—that, as people in general have some knowledge of the goods they purchase, the marked price must be a fair general price, and is not liable to those convenient additions which are made to articles, in which the appearance of the purchaser indicates he is not conversant. Thus a man executing a female commission, must expect to pay ten per cent. extra; therefore prudence ought to lead him where the affixed price is the same to all.

Another mutual inconvenience in shopping, is caused by the strange custom of abating something from the charge—

thus granting to culpable importunity, what is refused to the frank liberality of the man, who will not suppose he is dealing with a rogue. It ought to be understood by all people, that to beat down the price in a fixed shop, is to degrade the dealer to a higler; and consequently, to suppose his asseverations of value to be designing falsehoods.

But the necessity of acquiring a knowledge of those articles as before recommended, will be readily acknowledged by those who have been the dupes of imposition in *pretended cheap shops, mock auctions, delusive advertisements, and knavish hawkers*; displaying a scene of cunning and fraud, grievously injurious to the fair dealer, and calculated to destroy all confidence between man and man. Much of this might be prevented by the vigilance of the police, in cautioning the public; for even where they cannot *punish*, they might at least *expose*: and many of those practices would be abolished by the return of peace, and the diminution of

taxes, the latter of which now press so heavily on tradesmen, as to compel them in some measure, to resort to practices which at one time were abhorrent to their feelings and principles!

With respect to hawkers, government by punishing the unlicenced, has at last made an effort to diminish their number, and consequently to lessen their frauds and abuses, in a description of which, I might occupy many pages, for the extent to which their frauds are carried on is scarcely credible: there is no promising article which they will not counterfeit, adulterate, or deceive you in. Sweet oil, spirits, ketchup, Dutch drops, butter, pretended preparations for removing spots and stains, lead pencils, hats, silk stockings, handkerchiefs, &c. &c. &c.—These cautions, I can assure the reader, I have offered him at a much cheaper rate than I had them myself.

It is the desire to indulge in more than the necessaries or conveniences of life, which is productive of much iniquity; but those who practise economy, practise virtue; it is the praiseworthy desire to husband our own, and not to covet that which is possessed by others, or not necessary to ourselves. Few people are more removed from want than the methodists and quakers, who it may be said, make sobriety and economy a part of their religion.—A lesson to the proud, I shall here introduce, in the words of the great Dr. Franklin; it may be found also in his Letter to Dr. Mather, of Boston. The last time I saw your father (says he), was in the beginning of 1724, when I visited him after my first trip to Pennsylvania. He received me in his library; and on my taking leave, showed me a shorter way out of the house, through a narrow passage, which was crossed by a beam over head. We were still talking, as I withdrew, he accompanying me, and I partly turning to-

wards him, when he said hastily, "*stoop, stoop!*" I did not understand him, till I found my head hit against the beam. He was a man who never missed any occasion of giving instruction ; and upon this he said to me : you are young, and have the world before you : *stoop* as you go through it, and *you will miss many hard thumps*.—The writings of this economist and philosopher, should be found in every family ; his "*Way to Wealth*" should be suspended to our cupboard doors, as we sometimes see the Almanack of Vincent Wing.

The rent and situation of our dwellings deserves consideration ; especially if it be true that "three removes are as bad as a fire ;" it will be very necessary to take care in chusing our residence, that the situation be healthy ; that it be convenient for our business ; and that the rent and taxes do not devour too much of the fruits of industry.

Furnished apartments appear to have considerably multiplied within the last few years; witness the numerous advertisements and placards every where observable: The middling class of people who wish to pay their taxes, or tradesmen, are now compelled, not only to dispense with the use of part of their house, but with the best of their *furniture* also. Others, still more unfortunate, having forfeited their furniture for arrears in rent, &c. have no alternative, but to accept of the terms required for such accommodations, or remain in the open street. The situation of those who let these apartments, is by no means enviable, when we consider the robberies and frauds daily practised on them. But the young and thoughtless are often led into premature marriages, by the recollection, that a ready furnished apartment may every where be obtained, though perhaps at half the amount of their income. Thus the want of a provident care in the outset of life, renders them, perhaps, ever after, the children of want and sorrow.

But as every person must necessarily have some dwelling, the following particulars may be found generally serviceable.

The first floor furnished, is usually charged the rent and taxes of the house.

The second floor, half the rent of the first floor.

The parlour floor the same.

In taking a house, a person should carefully examine the covenants in the original lease, and also those in the under-lease, if any, or he may possibly find when too late, that he is tied down by such restrictions, as to render the house unfit for his purpose, or involving him in unforeseen difficulties:—he may be restrained from making convenient alterations;—be compelled to rebuild in case of fire, or other accident;—liable to forfeit his lease, or a penalty if he attempt to assign over his interest, &c.

It becomes him also to see that the rent reserved in the original lease, as

also the ground rent, and all taxes are paid up to the time he commences possession, for if they are not, he will be obliged to pay all arrears, and can recover them only by having recourse to the last tenant, who, perhaps, is not to be found, or may be unable to repay him.

The same caution, is necessary in taking unfurnished lodgings, for if the rent of the house be in arrear, either then or at any subsequent period, the furniture of the lodger will be liable to be taken in distress.—Notices to quit, should be dated; and signed or delivered by a witness.

In purchasing a lease of a tenant, care should be taken (by examining the lease and inventory) that fixtures, and other things belonging to the premises, are not paid for together with those belonging to the tenant, for it is not unusual for a landlord to fit up his house with all necessary fixtures.

The rent of houses of trade depend so much upon the situation for custom, &c. that no general estimate can be formed of their annual value.

Houses ready furnished will let from four to ten guineas a week, according to the rent of the house, the season of the year, &c. the general rule we believe to be that furnished houses will let for double the net rent of the house unfurnished, if taken by the year, and proportionably more (according as it is the winter or summer season) if taken for a shorter time. When houses are let furnished, the landlord pays all taxes: the goods are delivered on inventory, and must be forthcoming at the end of the term in as good condition (except reasonable wear) as they were when taken.

The general price of unfurnished lodgings is as follows:

For the first floor, kitchen, and garret, the net rent of the house.

First floor only, half the net rent.

For the parlour floor, one fourth of the net rent.

The second floor the same as the parlour floor.

In furnished lodgings, it is generally reckoned that the first floor, with kitchen and garret, should fetch the rent and taxes of the whole house, and half the net rent besides.

When more than one family reside in one house, or where people live as lodgers, much interruption to peace and comfort will sometimes be found, unless a proper degree of complaisance and decorum is preserved. We often object to perform a thing required, not because it is *unreasonable*, but because it is *uncommon*; without considering that the most common practices, are often the most wrong.

If you have taken unfurnished apartments, do not attempt to borrow articles of your landlord or landlady, if you wish to save them the pain of denial: they let you their apartment, but not their furniture.

Never obtrude yourself into apartments not your own, or it gives others liberty to use the same rudeness toward you.

Never use the vulgar and mischievous practice of tale bearing, or trouble other inmates with your own private concerns, for most people have enough to occupy all their attention.

Never, if possible, let your rent remain unpaid, after the day it is due; short reckonings make right reckonings, and right reckonings long friends.

But the cottager who has the happiness to be lord of his own dwelling, is

far more enviable than many of the London lodgers, or landlords. Labour and pleasure go hand in hand; the entertainment he requires, is chiefly the opportunity to improve his dwelling, or cultivate his garden; his labours give him health, and his frugality plenty.

And to such as possess a piece of ground suited to the purpose, the growth of potatoes should always be preferred, to the custom of growing a variety of flowers, or useless vegetables, which are often thrown to the hogs or the dung-hill. Potatoes have long been considered the most valuable substitute for bread. The committee of the board of agriculture, have stated, that 70 lb. is the average weight of every bushel, which at one shilling per bushel. may produce in value, £.25 per acre.

According to a very curious calculation, it has been ascertained, that an acre of land planted with potatoes, will produce sufficient food for 16,875 healthy

men for one meal, while an acre of wheat will not feed more than 2,745. The expence of cultivating the potatoes, is estimated at £. 12 1s. and that of the wheat at £. 11 15s.

By a late experiment, a forty feet level produced six bushels of potatoes; a piece the same size raised to a 50 feet elevation or surface, by digging, gave eleven bushels, and better in quality and size.

Method of destroying the smell and effects of putrid meat, rancid butter, &c.

First, put the meat intended for making soup, into a saucepan full of water; scum it when it boils; and then throw into the saucepan a burning coal, very compact and destitute of smoke. Leave it there for two minutes, and it will have contracted all the smell of the meat and the soup.

Secondly, if you wish to roast a piece

of meat on the spit, you must put it into water till it boils, and after having scummed it, throw a burning coal into the boiling water as before. At the end of two minutes, take out the meat, and having wiped it well in order to dry it, put it upon the spit.

Thirdly, when fresh butter has not been salted in proper time, or when salt butter has become rancid or musty, after melting and scumming it, dip in it a crust of bread, well toasted on both sides; and at the end of a minute or two, the butter will lose its disagreeable odour, but the bread will be found fetid.

Boil half a pound of rice in two quarts of water, about forty or fifty minutes, and mix it with a peck of flour intended for bread, it will be found to improve its quality, and increase in quantity one fifth, amounting to a saving of more than one shilling in six.

Rice of superior quality, will require more water and more boiling.

Rice as well as potatoes, is justly considered an article of such importance, that few prudent families are without it, and nothing can make a more cheap, pleasant, and wholesome pudding. When bread is likely to be advanced in price, it would be well to purchase a quantity at first hand, as it keeps better than flour.

With some arrangement, attention, and dispatch, rice might be collected in Bengal, and imported into this country, within twelve months from the time its utility or necessity should be determined; the term lengthening as the quantity required. 70,000 tons of rice is a quantity sufficient for the food of about eight millions of people for a whole year, and could be imported in 60 to 80 vessels only, according to the present rates of cost and freight, to sell at 3½d. per lb.

on a calculation of certain demand and payment.

If not required to the extent of importation, Bengal rice will keep five to ten years, or longer.

There is no food more bland, digestive, and nutritious than rice. It is an excellent admixture, when ground with flour, in bread, and with treacle, sugar, milk, lard, bacon, or meat of any kind, a nourishing and sufficient food, particularly for the young, feminine, and sedentary classes.

In the present state of agriculture, of finance, navigation, and commerce, famine in these islands, or any real deficiency and distress for food, can happen only through neglect of the various resources which nature offers, and science, public and private effort and economy, would afford.

“ It is a maxim in economy, as things grow dearer, if we cannot increase our incomes, and wish to be at ease, we must decrease our expences.

“ Bread in an article of which each person on an average, eats about three-quarters of a pound daily, rather more than a quartern loaf a week. Nine quartern loaves are a full allowance for seven persons; without, waste seven could do.

“ Tea.—Without extravagance, two ounces per head weekly is ample; but the evil is, the ladies put in a great deal, and do not let it stand a sufficient time to draw out the strength, and the pot is sent away in a state that would still, with a little patience, afford it sufficiently strong, for any moderate tea drinker.

“ It has with much truth been observed, that families who study economy, should, if possible, purchase with ready money, and buy at times when

articles are cheapest. Some kinds of fish are cheaper at times than others, and yet both perhaps in season. Fowls at six months are cheaper at lady-day than midsummer, because hatched in warmer weather; and chickens of three months are cheaper at midsummer than lady-day, for the same reason; so in vegetables, they are cheaper in summer than in spring, because in greater plenty; and it is remarked, that vegetables in full season, are more wholesome than when forced, and more sweet."

TRUSLER.

The same author has also favoured us with the following calculations and remarks.

A clergyman, known to the author of these pages, and not employed in his profession, with a family consisting of himself, two daughters, (women grown) and a little boy, have lived decently and comfortably for the last ten years, in

the out-skirts of Bath for 180l. a year; but it has been done with economy and ready money, and what he has done, others may do. The following are his domestic expences:—

	Yearly.	£. s. d.
Lodgings, unfurnished, four good rooms on the first floor, with kitchen and other conveniences		15 0 0
Woman servant, neither lodged nor fed, but attending daily from six in the morning till six in the evening (a good cook), 7s. a week, paid weekly		18 4 0
Coals at 1s. per bushel, three fires in winter, and one in summer—the average		8 4 0
Wood to light fires		0 13 0
Candles on an average		5 0 0
Washing by the year		8 0 0
Schooling for the boy		2 4 0
Cloaths (and well-dressed) for the four, with pocket money *		30 0 0
		87 5 0

* But this is not done by employing hair-dressers, milliners, and mantua-makers, the ladies making up their own things, and the gentleman buys his cloth and has it made up.

Weekly Expences.	£.	s.	d.
Bread, four quartern loaves, at 1s. 1d.	0	4	4
Meat, fish, fowl, sometimes game, vegetables, eggs, flour, fruit occasionally, &c. &c. at dinners	0	15	0
Tea for the two ladies, $\frac{1}{4}$ lb. at 10s.	0	2	6
Sugar, 3lbs. at 1s.	0	3	0
Milk, one pint per day, 2d.	0	1	2
Butter, 2lbs. at 1s. 2d. on an average	0	2	4
Salt and other decoraments of the table	0	0	6
Scouring articles, with soap, $\frac{1}{2}$ lb.	0	0	9
Nine gallons of table beer, value 5s. and nine of porter, 13s. 6d. last a month, per week	0	4	7 $\frac{1}{2}$
		<u>14</u>	<u>2$\frac{1}{2}$</u>

One pound fourteen shillings and two-pence half-penny, is, per year	88	18	10
Yearly expences, as before	87	5	0
Sundries for even money (letters, &c.)	4	6	2
	<u>£.180</u>	<u>0</u>	<u>0</u>

He has frequently declared, that he often expended less by ten pounds than 180l. a year, and never grudged himself or family any thing in reason, but generally indulged himself in things when they were most plentiful. A library and

amusements at command for less than 5l. a year.

Calculation of the expence of maintaining a man, his wife and six children, in which the necessity of the most rigid economy will appear evident, as well as the hardships to which the useful and labouring class of the community are at present reduced. From the Morning Advertiser, July 22, 1806.

Milk, at 1d. per day.....	1	10	5
Small beer, at 1½d.....	2	5	7½
Candles, at 1½d.....	2	5	7½
Coals, at 3d.....	4	11	3
Tea and sugar at 6d.....	9	2	6
Butter and cheese at 6d.....	9	2	6
Bread at 1s.....	18	5	0
Meat at 1s.....	18	5	0
Soap, starch, and blue at 1d.....	1	10	5
Salt, pepper, mustard, and vinegar at ½d.....	0	15	2½
Sand and wood at 2d. per week.....	0	9	0
Vegetables at 2d. per day.....	3	0	10
House rent and taxes at per annum.....	10	10	0
			£.81 13 4½

It appears that a man earning 30 shillings weekly will suffer an annual loss of 3l. 13s. 4½d. by this calculation; which has made no allowance for clothes, medicine, births, funerals, &c. nor even the gratification of a single quart of strong beer; the coals are also under-rated, and at the time I am writing this, my family consume on the average two quartern loaves per day, and each loaf costs 1s. 8d. the weekly amount being 1l. 2s. 2d. for this article only; and many poor men who are fortunate enough to be in employment, are receiving a guinea per week, and some even less, for constant labour. The legislature punish all combinations among journeymen for raising their wages, while no restrictions are laid on employers, or the price of provisions; and when the sufferings of the poor are mentioned, they attribute them to their want of prudence; and yet set the example by an improvident use of the public money, in sinecures, pensions, salaries, and protracted wars!

From these painful truths I shall hasten, but request attention to a quotation from the "General Chronicle," in which are the expences of a *single man*, who perhaps finds it necessary to appear in some degree equal with those of higher income.

	s.	d.
Bread, per day	0	6
Meat	0	9
Butter and cheese	0	5
Tea, sugar, and milk	0	4½
Vegetables	0	1½
Beer.....	0	5
Fire and candle	0	4
Washing and mending.....	0	4
Furnished lodging	1	0
	<hr/>	
	4	3
Clothes, per annum :		
One hat	1	2 0
One coat, with repairs to it	4	0 0
Two waistcoats, with ditto	1	10 0
Two pair breeches, with ditto	2	10 0
Two pair shoes, with ditto.....	1	10 0
Three shirts, with ditto	1	11 6
Three neckcloths.....	0	9 0
Three pair stockings	0	12 0
Three handkerchiefs	0	4 0
	<hr/>	
	13	18 6

The total amount stands thus :

4s. 3d. per day, is per annum	77	11	3
Total for clothes	13	8	6
	<hr/>		
	£.91	9	9
	<hr/>		

THE MATRIMONIAL RECEIPT.

Come lasses and list to my song,
 A good matrimonial receipt ;
 In chusing you'll never be wrong,
 I'll mark you the lover complete.
 For spite of your blushes I know,
 A lover is never amiss ;
 The lass that's most apt to say, No,
 Is sometimes inclin'd to say, Yes.
 If fond of red coat and cockade,
 I pray let this hint be enough ;
 A man that makes fighting his trade,
 Thinks he ne'er can have fighting enough.
 The coxcomb all tinsel and show,
 The rake is a stranger to bliss,
 Be sure still to answer them, No,
 However inclin'd to say, Yes.
 Your wits are more noisy than great,
 Avoid all those knowing ones, pray ;
 Your fools are too fond of their prate,
 Tho' in fact they have nothing to say.
 But the lad who is honest and kind,
 Who in constancy places his bliss ;
 When he asks if to love you're inclin'd,
 Be honest enough to say, Yes.

ARTIFICIAL ASSES MILK.

Take two large spoonfuls of hartshorn shavings, two ounces of pearl barley, an ounce of eringo-root, the same quantity of China root, the same of preserved ginger, and eighteen snails bruised with the shells. Boil them in three quarts of water till it comes to three pints. Then boil a pint of new milk, mix it with the rest, and put in two ounces of balsam of Tolu. Take half a pint in the morning, and half a pint at night.

The following is nearly as good as the above, and agrees with some consumptive people better. Take a quart of milk, set it in a pan over night, and the next morning take off all the cream. Then boil it, and set it in the pan again till night. Then boil it, set it in the pan again, and the next morning skim it. Make it blood-warm, and drink it as you do asses milk.

Or you may make a very good drink in this manner. Take a quart of milk,

and a quart of water, with the top crust of a penny loaf, and a blade of mace. Boil it a quarter of an hour very softly, then pour it off, and drink it warm.

The public appear not to be sufficiently aware, that coffee as a beverage, is the cheapest, most wholesome, nourishing, and agreeable that can be used.

That the article of coffee is most agreeable and nourishing, is in some measure shewn by its being preferred by the population of almost the whole of Europe (who drink it even without milk or sugar); as well as throughout the greatest part of Asia and the United States of America, where the consumption is progressively increasing.

Several eminent writers on the subject of health and diet, confirm the opinion of coffee possessing many medical virtues, and of its containing a great deal

of nourishment, being very strengthening, and particularly refreshing after hard labour; especially Dr. Mead, Sir John Pringle, Drs. Fothergill, Mosely, and Willich, of our own country; and the celebrated foreign physicians, Prosper Alpin de Barglivé, De le Febre, M. M. André Bourdellin, De Jussien, and a learned Turk, named Kealib Chilile.

Dr. Thomas Percival, a late very eminent and accurate physician, in his experiments (as published), found it to “ moderate and prevent alimentary fermentation, acidity, and putrefaction:” and in the introduction to the London Practice of Physic, we find the following remark:

“ It is a pity that coffee is not substituted for tea, since it is much more wholesome, especially when it is boiled over night with an equal portion of milk; this not only renders it palatable, but it is a very desirable breakfast. Coffee strengthens the stomach; tea, on the contrary, relaxes it.

It would be well worth gentlemen's attention to supply the article to their servants, instead of the usual allowance for tea, which every day becomes less sufficient for the servants, and more expensive to the master.

In the distribution of comforts to the poor, it is submitted that, next to fuel, coffee is the most useful that can be furnished at a cheap rate; and as its cheapness will admit of benefactions being frequently made, they will serve to originate and to sustain a general and salutary habit for coffee, among the poorer classes.

It is recommended to buy coffee raw, and to roast or grind it as wanted, as the way to make it cheapest and best flavoured, and go farthest; which is very easy, and prevents the adulteration so frequently practised.

The longer raw coffee is kept dry, the better it becomes, and no plan of keep-

ing it is so good, as in paper bags hung up in a kitchen.

Every person is now allowed, by law, to roast coffee for family use.

The best mode of roasting it is (by those who employ a spit) to use the machine which goes round with the spit; but a frying pan will answer every purpose; and there are particular machines to be had in almost every ironmonger or tinman's shop, called coffee roasters, which may be purchased as low as 3s. 6d.

There is no difficulty in the process of roasting; the only precaution necessary, is to take care not to over roast or burn the coffee; the latter is avoided by shaking it while roasting, and ten or twelve minutes over the fire is sufficient.

Coffee, if kept after having been roasted, should be gently heated before being ground.

It loses in roasting, a trifle more than one eighth.

The best mode of grinding coffee is by the common hand-mill, which, if kept clean, will answer other purposes; and may be purchased as low as 5s.

Ground coffee should be kept in a bottle or cannister, the latter is best.

It will soon be seen, that more than the expence of all these machines is saved, in half a year's use of coffee.

Turkish manner of making coffee.— Coffee, to be good, must be either ground to an almost inpalpable powder, or it must be pounded as the Turks do, in an iron mortar with a heavy pestle. The Turks first put coffee dry into the coffee pot, and set it over a very slow fire or embers, till it is warm and sends forth a fragrant smell, shaking it often; then from another pot they pour on it boiling

water (or rather water in which the grounds of the last-made coffee had been boiled and set to become clear); they then hold it a little longer over the fire, till there is on its top a white froth like cream, but it must not boil, but only rise gently; it is then poured backwards and forwards two or three times, from one pot into the other, and it soon becomes clear. Some put in a spoonful of cold water to make it clear sooner, or lay a cloth dipt in cold water on the top of the pot. Coffee should be roasted in an open earthen or iron pot, and the slower it is roasted the better. As often as it crackles it must be taken off the fire. The Turks often roast it in a baker's oven while it is heating.

The celebrated Count Rumford, than whom perhaps, no gentleman has more usefully applied his scientific knowledge, recommends a clean Florence flask, or any other similarly formed vessel, for roasting coffee, which must never exceed half a pound at a time, being continu-

ally agitated during the operation, with the mouth of the flask loosely corked. This effectually prevents the dissipation of that essential aromatic oil, on which the exquisite flavour of this enlivening beverage depends.

TO MAKE TREACLE BEER.

Boil two quarts of water, put into it one pound of treacle or molasses, stir them together till they are well mixed; then put six or eight quarts of cold water to it, and about a tea cup full of yeast or barm, put it up in a clean cask or stein, cover it over with a coarse cloth, two or three times double, it will be fit to drink in two or three days.

The second and third time of making, the bottom of the first beer will do instead of yeast.

If you make a large quantity, or intend it for keeping, you must put in a handful of hops and another of malt,

for it to feed on, and when done working, stop it up close.

The above is the best and cheapest way of making treacle beer, though some people add raisins, bran, wormwood, spices, such fruit; &c. as are in season.

Indeed many pleasant, cheap, and wholesome drinks may be made from fruits, &c. if they are bruised and boiled in water before the treacle is added.

An improved Method of Brewing.

Take of the purest and softest water you can procure, as much as you will have occasion for; boil it, put it into large tubs, and let it stand exposed to the air to purge itself, at least one week. Grind a sufficient quantity of the best brown, high-dried malt; let it remain four days before you use it, that it may mellow, and dispose itself for fermentation. Fill a copper with your pre-

pared water, and let it boil; then lade about three quarters of a hogshead into the mash-tub, filling the copper up again and making it boil. When the water in the mash-tub is cooled to such a degree, that, in consequence of the steam subsiding, you may see your face in it, empty into it, by degrees, nine bushels of the malt, mash it well, and stir it about with the rudder, nearly half an hour, till it is thoroughly wetted, and incorporated with the water; then spread another bushel of malt lightly over the surface, cover the whole with empty sacks to keep in the steam, and leave it for an hour. At the end of the hour, the water in the copper being boiling, damp the fire, and let the water cool a little as before; then lade as much as is necessary on the mash, till the whole together will yield about a hogshead of wort. When this second quantity of water is added, stir it again well, cover it, and leave it for another hour. Then let the first wort run in a small stream into the under-back, and lade another

hogshead of hot water on the mash ; stir it again as before, cover it, and let it remain for two hours. In the mean time, return the first wort into the copper, and put into it six pounds of fine brown seedy hops, first rubbing them between the hands. Then make a brisk fire under your copper, till the liquor boils ; let it continue to boil till the hops sink, then damp the fire, and strain the liquor into coolers. When it is about as warm as new milk, mix some yeast or barm with it, and leave it to work till the surface appears in curls ; then stir and mix the whole properly with a hand-bowl, and let it again ferment. Repeat the stirring with the bowl three times, then tun it, and leave it to work in the hogshead. When it has nearly done working, fill up the cask, and bung it, but let the vent-hole remain open. Beer thus brewed, though brown, will be as clear as rock-water, and will keep for any length of time.

Set the second wort aside for the next

brewing, which, as far as wetting the mash, must be managed in the same manner as the first; but afterwards, instead of water, heat the second wort of the first brewing, and lade it on the mash, which will give the new wort additional strength and softness. Make the second wort of the second brewing with water, and save it for the first wort of the third, and so on for as many brewings as you please.

A third wort may be taken from the first brewing, which should be heated and laded on the mash of your second brewing, after taking off the second wort; and thus an additional hogshead of very good mild beer may be procured.

The following account of the admirable system of domestic economy, adopted by MR. PEREGRINE LANGTON, was communicated by his Nephew MR. BENNET LANGTON, to MR. BOSWELL.—“The

circumstances of Mr. Peregrine Langton were these : he had an annuity for life of two hundred pounds per annum. He resided in a village in Lincolnshire ; the rent of his house, with two or three small fields, was twenty eight pounds ; the county he lived in was not more than moderately cheap ; his family consisted of a sister, who paid him eighteen pounds annually for her board, and a niece. The servants were two maids, and two men in livery. His common way of living, at his own table was three or four dishes ; the appurtenances to his table were neat and handsome ; he frequently entertained company at dinner, and then his table was well served with as many dishes as were usual at the tables of the other gentlemen in the neighbourhood. His own appearance, as to clothes, was genteelly neat and plain. He had always a post chaise, and kept three horses. Such with the resources I have mentioned, was his way of living, which he did not suffer to employ his whole income ; for he had always a sum of money lying by him

for any extraordinary expences that might arise. Some money he put into the stocks; at his death, the sum he had there amounted to one hundred and fifty pounds. He purchased out of his income his household furniture and linen, of which latter he had a very ample store; and as I am assured by those who had very good means of knowing, not less than the tenth part of his income was set apart for charity: at the time of his death, the sum of twenty-five pounds was found, with a direction to be employed in such uses.

“ He had laid down a plan of living proportioned to his income, and did not practise any extraordinary degree of parsimony, but endeavoured that in his family, there should be plenty without waste; as an instance that this was his endeavor, it may be worth while to mention a method he took in regulating a proper allowance of malt liquor, to be drunk in his family, that there might not be a deficiency, nor any intemperate

profusion : on a complaint made, that his allowance of a hogshead in a month was not enough for his own family, he ordered the quantity of a hogshead to be put into bottles, had it locked up from his servants, and distributed out, every day, eight quarts, which is the quantity each day at one hogshead in a month ; and told his servants, that if that did not suffice, that he would allow them more : but by this method, it appeared at once that the allowance was much more than sufficient for his family ; and this proved a clear conviction, that could not be answered, and saved all future dispute. He was in general very diligently and punctually attended and obeyed by his servants ; he was very considerate as to the injunctions he gave, and explained them distinctly ; and, at their first coming to his service, steadily exacted a close compliance with them, without any remission ; and the servants finding this to be the case, soon grew habitually accustomed to the practice of their business, and then very little

further attention was necessary. On extraordinary instances of good behaviour or diligence, he was not wanting in particular encouragements and presents above their wages, it is remarkable that he would permit their relations to visit them, and stay at his house two or three days at a time.

“ The wonder, with most that hear an account of his economy, will be how he was able, with such an income, to do so much, especially when it is considered that he paid for every thing he had. He had no land, except the two or three small fields which I have said he rented; and instead of gaining any thing by their produce, I have reason to think he lost by them; however, they furnished him with no further assistance towards his housekeeping, than grass for his horses (not hay, for that I know he bought), and for two cows. Every Monday morning, he settled his family accounts, and so kept up a constant attention to the confining his expences

within his income; and to do it more exactly, compared those expences with a computation he had made, how much that income would afford him every week and day of the year. One of his economical practices was, as soon as any repair was wanting in or about his house, to have it immediately performed. When he had money to spare, he chose to lay in a provision of linen or clothes, or any other necessaries; as then, he said, he could afford it, which he might not be so well able to do when the actual want came; in consequence of which method, he had a considerable supply of necessary articles lying by him, beside what was in use.

“ But the main particular that seems to have enabled him to do so much with his income, was, that he paid for every thing as soon as he had it, except, alone, what were current accounts, such as rent for his house and servants' wages; and these he paid at the stated times, with the utmost exactness. He gave notice

to the tradesmen of the neighbouring market towns, that they should no longer have his custom, if they let his servants have any thing without their paying for it. Thus he put it out of his power to commit those imprudences to which those are liable that defer their payments, by using their money some other way than where it ought to go. And whatever money he had by him, he knew that it was not demanded elsewhere, but that he might safely employ it as he pleased.

“ His example was confined, by the sequestered place of his abode, to the observation of few, though his prudence and virtue would have made it valuable to all who could have known it. These few particulars, which I knew myself, or have obtained from those who lived with him, may afford instruction, and may be an incentive to that wise art of living, which he so successfully practised.”

Percival's experiments and remarks on the consequences of a due attention to cleanliness, will not be thought by the reader, unworthy the attention of the young or the aged.

Two young beech trees, planted at the same time, in the same soil, at a small distance from each other, and equally healthy, were pitched upon as the subjects of the following experiment. They were accurately measured; and as soon as the buds began to swell in the spring, the whole trunk of one of them was cleansed of its moss and dirt, by means of a brush and soft water. Afterwards it was washed with a wet flannel, twice or thrice every week, till about the middle of summer. In autumn, when the annual growth was supposed to be completed, the beeches were again measured, and the increase of the tree, which had been washed, was found to exceed that of the other, nearly in the proportion of two to one.

Had you seen the commencement of this experiment, Alexis, you would probably have smiled at the nicety of the gardener, and thought his labour misapplied. But the conclusion of it will give you different ideas; and perhaps convince you, by the obvious analogy, that cleanliness and frequent washing, promote the health, vigour, and growth of the body. It may satisfy you also, that various minute attentions, in the conduct of your education, which at present may seem to be superfluous and irksome, are of real importance, by removing those causes which would retard your progress toward manly strength and mental excellence: for, every habit of awkwardness impairs some useful power of action; and, as the moss preys on the nutritious juices of the beech, so false opinions and principles despoil the mind of a correspondent portion of knowledge, truth, and virtue.

The purchase either of cloaths or furniture is a heavy expence; and, if pro-

per care be not taken of them, will prove too great a burden for a labouring man to bear. Timely and regular cleansing and mending cost little more than the trouble; it is also a certain method of making things look well and last long. Cobwebs, filth, and dirt, are as disgraceful as they are unhealthy and uncomfortable.

The Poor suffer more on this account, than, perhaps, they are aware of; for whilst their cottages are dirty and offensive, they prevent the visits of those who are able and willing to relieve them, and really, so little pains are required to keep a small house clean, that there can be no excuse for the neglect of it.

Good husbandry and prudence in the management of money, are indispensibly required in people of all conditions; but are more particularly necessary to those who have little to lay out; for where the income is small, the utmost, surely,

should be made of it. On the contrary, how often do we see those, who have little to spend, spend ~~that little~~ imprudently; they never think of going to market on equal terms with their neighbours, but every thing is bought at second-hand, and run through without the least care or consideration; their whole aim is only to live, and their want of management so great, that their money is usually spent before it is received. To discharge on Saturday, the debts of the week, and thereby gain credit for the week following, is their utmost wish: there is also reason to fear, that the poor are bad managers, not only in the purchase of provisions, but also in the use of them. That good housewifery which makes a little go a great way, and maintains plenty without extravagance, is scarcely to be found among them.

The different ways also of cooking provisions make a great difference in the use of them; and it is for want of management in this respect, that the labour

of the husband often proves unequal to the support of his family.

Count Rumford remarking on the method of preparing soups, justly observes that much more depends on the art and skill of the cook, than upon the amount of the sums laid out in the market. The cheapest, most savoury, and most nourishing food that can be provided, says he, is a soup composed of pearl barley, pease, potatoes, cuttings of fine wheaten bread, vinegar, salt, and water, in certain proportions.

The water and pearl barley must first be made to boil, the pease are then added, and the boiling continued over a gentle fire about two hours;—the potatoes peeled, are then added, and the boiling continued for one hour more, being well stirred to destroy the texture of the potatoes, &c. The vinegar and the salt are then added, and when served up, put in the cuttings of bread.

One single spoonful of *salope*, weighing less than one quarter of an ounce, put into a pint of boiling water, forms the thickest and most nourishing soup that can be taken: *hartshorn jelly*, is also a very nutritive food. The *barley* in soup seems to act much the same part as the *salope* in this famous restorative; and no substitute that I could ever find for it (says that great experimentalist), among all the variety of corn and pulse of the growth of Europe, ever produced half the effect; that is to say, half the nourishment at the same expence. *Barley* may therefore be considered as the rice of Great Britain.

There is a way by which these cheap soups (says Count Rumford), may be made exceedingly palatable and savoury; which is by mixing with them a very small quantity of *red herrings*, minced very fine, or pounded in a mortar. A very small quantity of cheese, provided it has a strong taste, will likewise give an agreeable relish to soups. It should

be grated to a powder, and thrown over the soup, *after it is dished out.* This is frequently done at the sumptuous tables of the rich, and is thought a great delicacy, while the poor, who have so few enjoyments, have not been taught to avail themselves of this, which is so much within their reach.

To make potatoe pudding.—Take 12 ounces of potatoes, boiled, skinned, and mashed, 1 ounce of suet, one sixteenth part of a pint of milk, and one ounce of Gloucester cheese, mixed with as much boiling water as necessary, and bake it in an earthen pan.

Another way.—Twelve ounces of mashed potatoes, one ounce of suet, one ounce of red herrings, pounded fine, and baked as before.

After innumerable experiments in the public kitchen at Munich, the Count gives it as his opinion, that barley-meal

when used in soups, is at least three or four times more nutritious than wheat flour.

Many of the good people of London will be startled at an innovation in their diet, or other domestic arrangements, and may deride the use of red herrings in puddings, or barley meal in soups not considering, that there was a time when a dish of potatoes, or a cup of tea, were much greater novelties. Till lately, the aversion of the public, and particularly the poor, of Bavaria, to that valuable root the potatoe was such, that in the house of industry, they were obliged to introduce them in the soup by stealth, but of which they soon after grew so fond, that they would not be satisfied without them. To the perseverance of that estimable philosopher, Count Rumford, the world are indebted for new light, and diminished prejudice, in that which is so intimately connected with our daily concerns and domestic comfort; as it is also to Joseph Lancaster

for a new epoch in the annals of education. If we erect monuments and statues to the destroyers of man; to those who take from us our lives or our limbs; surely he must be much more entitled to everlasting esteem, who devotes his life to the service of humanity, or the advancement of learning.

Method of obtaining cream in cold seasons.—Add hot water to the milk directly it comes from the cow. The trays in which it is set should be previously scalded with hot water, or warmed by the fire. All trays should be of deal, about three inches and a half deep; they are preferable to lead ones, which not only blister when hot water is poured on them, but are also unwholesome.

MRS. CHEVALLIER.

Of an easy and happy Life.

I shall now speak of the way of life, which plain men may pursue, to fill up

the spaces of time with satisfaction and content. It is a lamentable circumstance, that wisdom, or as some call it, philosophy, should furnish ideas only for the learned; and that a man must be a philosopher, to know how to pass away his time agreeably to himself. Yet, as nothing is more natural than for every one to desire to be happy, it is not to be wondered at, that the wisest men in all ages have spent so much time to discover what happiness is, and wherein it chiefly consists in this life; though, after all their enquiries, it is found, that a man's happiness cannot be made up, but by the concurrence of several particulars.

In the first place, he that is not virtuous, can never be happy. Hence it is said, that virtue is the mother of content; it calms our thoughts, and makes us survey ourselves with ease and satisfaction. But then this naked virtue must be accompanied with at least a moderate provision for all the necessi-

ties of life, and not ruffled and disturbed by bodily pains, and the excess of it in some particulars; as pity, love, and friendship, joined to a soft and feminine temper, may often give us the deepest wounds, and chiefly contribute to render us uneasy; for in love and friendship, it often happens, that we so entirely give up our hearts, as to make our happiness wholly depend upon another person: therefore, habitual virtue must be supported with such a strength of mind, as to confine a man's happiness within himself, and to keep it from being dependant upon other people's accidental griefs. The man, who is thus endowed, will perform all those good-natured offices that could have been expected from the most bleeding pity, without being so far affected at the common misfortunes of human life, as to disturb his own satisfaction. And his actions of this kind are so much more meritorious than another's, as they flow purely from a principle of virtue, and a sense of his duty: whereas a man of a softer

temper, even while he is assisting another, may, in some measure, be said to be relieving himself of some natural passion. But a man of this strength of mind, though he leaves it to his friend or mistress to make him still more happy, does not put it in the power of either to make him miserable or uneasy. And that strength of mind and independant state of happiness, I am here recommending, is attained by a virtuous mind, sufficiently furnished with ideas to support solitude, and to keep up an agreeable conversation with itself alone. This is the strength of mind, that is not to be overcome by the change of fortune, and that rises at the sight of dangers. This is the virtue that chiefly exerts itself, when a man is most oppressed, and gives him always, in proportion, to whatever the world endeavours to deprive him of by malice or injustice. In short, this is that which makes the virtuous man insensibly set a value upon himself, and throws a varnish over all his words and actions;

that will at last command esteem, and give him a greater ascendant over others, than all the advantages of birth, fortune, or education. So that after all we seek happiness, in which ease is the principal ingredient; and the end proposed in our most restless pursuits is tranquility, or a quiet undisturbed life.

Indolence of body and mind, when we aim at no more, is very frequently enjoyed: but the very enquiry after happiness has something restless in it, about which a man, who lives in a series of temperate meals, friendly conversations, and easy slumbers, gives himself no trouble. Thus, he *possesses* tranquility, while men of refinement are only *talking* of it. And the alternate returns of labour and rest in the lower part of mankind, make their being pass away with that sort of relish, which we express by the word comfort. Simplicity, innocence, industry, and temperance, are arts which lead to tranquility or an easy life, as much as learning, wisdom, contempla-

tion, and knowledge; and very often render us more happy. But the greater lesson is an evenness of temper or regularity of spirit, which is a little above cheerfulness and below mirth: for, though cheerfulness is always to be supported, if a man is out of pain; yet mirth to a prudent man should always be accidental, and naturally arise out of the occasion seldom laid for it: for, those tempers who want mirth to be pleased, are like the constitutions which flag for want of spirituous liquors. If then you would be happy in yourself, seek it not in much gaiety nor company, neither at the theatre nor the assembly, but study to be easy; for that mind is dissolute and ungoverned, which must be wholly unactive, or be hurried out of itself by loud laughter or sensual pleasure. This may easily be proved by any man who knows what it is to have passed much time in a series of jolity, mirth, wit, or humourous entertainments: let him only look back at what he has been all that while doing, and he will find that he

has been at one instant sharp to some man whom he is sorry to have offended; impertinent to some one that it was cruelty to treat with such freedom; unmannerly noisy at such a time; unskillfully open at such a time; unmercifully calumnious at such a time; and from the whole course of his applauded satisfaction, unable in the end to recollect any circumstance which can add to the private enjoyment of his own mind. Now if this be the case of those who are best made for becoming pleasures; it is yet much more monstrous in the generality of mankind, who pretend this way without genius or inclination towards such entertainments. Then the scene is wild to an extravagance: for this is as if fools should mimic madmen. Yet pleasure of this kind is the intemperate meals and loud jolities of the common rate of those country gentlemen, who bury themselves in a dog kennel or an ale-house, and whose practice or way of enjoyment is to put an end as fast as they can to that little particle of reason

they have when they are sober; these gentlemen of wit and pleasure, dispatch their senses as fast as possible, by drinking till they cannot taste; smoaking till they cannot see; and roaring till they cannot hear themselves. This is not the way to be happy.

Harry Holiday is one of those who with poverty close at his heels, would be thought by the world to be far removed from it. His ambition on a club night is to be noticed as a hearty fellow; after the usual liquor money is spent, he is the first who moves for clubbing their sixpences for more; why should they be niggardly when they only meet *once a month*. If any one moves for the annual supper, he rises to improve the motion, and “ Hopes it will be a dinner likewise, because two meals are better than one, and it only comes *once a year*.” After taking his Saturday night’s pint at the Nag’s Head, he recollects he can afford himself another, as it only comes *once a week*. Sunday, he expects to enjoy him-

self, a troop of noisy visitors are invited to his table; and as he cannot bear to "look little," half his week's earnings are exhausted before night; on Monday morning his spirits fail him, on surveying the confused appearance of every thing about him, and the unusual display of broken pipes and pewter pots, and he silently determines on "turning over a new leaf;" but yet a holiday on Monday is indispensable, as it only comes *once a week*.

On Christmas Day he devours as much provision as would have served him near half a week; the next day he is "rather queer," and taking a walk out meets some acquaintance, and keeps it up till the next morning, for what does it signify, it only comes *once a year!* On Easter, Witsuntide, &c. &c. &c. it is not enjoying himself, he sees no life, in having only a sober single holiday, and the time he loses, or the money he spends, cannot ruin him, as it only comes *once a year*. His wife, who was

once noticed as a notable careful woman, is now determined “to see a little pleasure (as she terms it) as well as her husband;” she has “no notion of being kept slaving at home, and get no thanks for it;” and till she has spent an equal share of time and money abroad, she never fails to consider him her debtor for it; and when she cannot go out in *pleasure*, rather than not go at all, she will go for *revenge*; because Harry’s such a tyrant as to oppose her in what he practices himself. J. M. F.

Lucy Lacksense is the wife of a plain industrious man, whose aim is to provide necessaries, without a hope to procure the luxuries of life; Lucy set out in the world with very good intentions; but by finding herself and her husband free from the clamours of creditors, and in no present danger of *want*, she has insensibly acquired a few habits likely to produce it. Since the birth of her last child, she fancies herself “too much a

slave," and tells her husband she "was better off when in service," that she "had more gowns and ribbands, and less labour;" that she "is determined not to stay at home so much as she has done, say what he will." Her nurse and midwife have persuaded her that she must take more *nourishment* now she suckles; since which, her husband, though he has not found her drunk, has found bottles of liquor concealed in different corners, and when he happens to surprise her in tippling, she is only taking a drop to cure herself or the child of the *belly ache*.

He is for stocking his shop, she for stocking her drawers; if he buys an article of household furniture which he finds really necessary, she finds her inclination on edge for something which is not necessary, to complete it. The wives of neighbour Pinchweight and neighbour Swagger, are just gone out in a chaise cart with new beaver hats, but for her part she "can never go like other peo-

ple; they can get new this and new that, whose husbands are in debt, but she can get nothing though her husband owes nobody a farthing." Though by the bye it is not long since he allowed her a guinea for a gown, for which she gave 30 shillings, because her husband need not know it. If she gives seven shillings for a laced cap for her boy, she assures him it cost four, and is a great bargain; because as he spends no money in drink like other men, he can afford it. The poor husband, without knowing why, finds his exertions and care not sufficiently rewarded by success, and becomes unsteady and dissatisfied. Thus from the single want of consideration, or content, Lucy is likely to reduce herself and family to every other want.

J. M. F.

Advice to a Young Tradesman from an old One, written by Dr. Benjamin Franklin.

Remember that time is money. He that can earn ten shillings a day by his

labour, and goes abroad, or sits idle one half of that day, though he spends but sixpence during his diversion or idleness, ought not to reckon that the only expence; he has really spent, or rather thrown away five shillings besides.

Remember that credit is money. If a man lets money lie in my hands after it is due, he gives me the interest, or so much as I can make of it during that time. This amounts to a considerable sum, if a man has a good and large credit, and makes good use of it.

Remember that Money is of a prolific, generating nature. Money can beget money, and its offspring can beget more, and so on; five shillings turned is six; turned again it is 7s. 3d. and so on till it becomes 100l. The more there is of it the more it produces every turning; so that the profits rise quicker and quicker. He that kills a breeding sow destroys all her offspring to the thousandth generation. He that murders a

crowns, destroys all it might have produced, even scores of pounds.

Remember that six pounds a year are but a groat a day. For this little sum, which may daily be wasted in time or expence, unperceived, a man of credit may, on his own security, have the constant use and possession of 100l. So much in stock, briskly turned by an industrious man, produces great advantage.

Remember this saying, *That the good paymaster is lord of another man's purse.* He that is known to pay punctually and exactly to the time he promises, may at any time and on any occasion, raise all the money his friends can spare. This is sometimes of great use; therefore, never keep borrowed money an hour beyond the time you promised, lest a disappointment shut up your friend's purse for ever.

The most trifling actions that affect a man's credit are to be regarded. The sound of your hammer at five in the morning, or nine at night, heard by a creditor, makes him easy six months longer. But if he sees you at a billiard table, or hears your voice at a tavern, when you should be at work, he sends for his money the next day. Finer clothes than he or his wife wears, or greater expence in any particular than he affords himself, shocks his pride, and he duns you to humble you. Creditors are a kind of people, that have the sharpest eyes and ears, as well as the best memories, of any in the world.

Good-natured creditors, (and such one would always choose to deal with if one could) feel pain when they are obliged to ask for money. Spare them that pain and they will love you. When you receive a sum of money, divide it among them according to your debts. Do not be ashamed of paying a small sum, because you owe a greater. Money,

more or less, is always welcome, and your creditor had rather be at the trouble of receiving *ten pounds*, voluntarily brought him, though at ten different times or payments, than be obliged to go ten different times to demand it before he can receive it in a lump. It shows that you are mindful of what you owe, it makes you appear a careful as well as an honest man, and that still increases your credit.

Beware of thinking all your own that you possess, and of living accordingly. It is a mistake that many people who have credit fall into. To prevent this keep an exact account for some time of both your expences and incomes. If you take the pains at first to mention particulars, it will have this good effect, you will discover how wonderfully small trifling expences mount up to large sums, and will discern what might have been, and may for the future, be saved, without occasioning any great inconvenience.

In short, the way to wealth, if you desire it, is as plain as the way to market.—It depends chiefly on two words, *Industry* and *Frugality*; i. e. waste neither your time nor money, but make the best use of both. He that gets all he can, and saves all he gets (necessary expences excepted), will certainly become rich; if that Being, who governs the world, to whom all should look for a blessing on their honest endeavours, doth not, in his wise providence, otherwise determine.

To preserve iron from rust.—Dissolve a quarter of an ounce of camphire and half a pound of hog's lard together, over a very slow fire, and taking off the scum, mix as much black-lead as will bring them to an iron colour. Spread this composition over the steel and iron stoves, as also the fire-arms. Let it lay on them for twenty-four hours, after which rub them with a dry linen cloth,

and they will keep without rust for six months.

To clean brick hearths.—Mix some milk with brick-dust, and lay it upon a coarse woollen cloth, then take it and rub the hearth, and it will have a fine appearance.

To clean chairs.—Drop some linseed oil upon a woollen rag and rub the chairs with it, and then rub them hard with a dry cloth, until they appear bright; then rub some yellow wax on a hard brush, and brush them all over; then take a rough woollen cloth and again rub them, and they will look as well as when new.

To clean tables.—When you have rubbed them hard with a cloth, mix some brick with linseed oil, and rub them over as hard as you can, until they are quite clean; then rub some yellow wax on a hard brush, and brush them till they are so clear that you may see your face in them: then rub them with

a flannel cloth, and they will have a fine appearance.

To clean oil cloths that are laid on floors.—The best method of keeping these in proper order is, to dry rub them every day, because it not only keeps them clean, but also preserves them better than any thing that can be mentioned, for when mops are used they soon wear out. Once every week let them be turned upside down; and once every month let them be rubbed over with milk, and hung out to dry, then let them be rubbed over with a cloth, and they will look as well as at first.

An useful receipt to take spots out of boards, and large tables.—Make some ley of wood-ashes, and mix it with a few galls, then put it on the spots the evening before you intend to clean them. In the morning rub the boards hard with a brush, and if it is a floor, you must do it on your knees. Let it be with the grain, and take some fine sand at the

second scouring; when they are dry, take a coarse woollen cloth, and rub them clean, until you see no spots remaining. When you have brought them to a right colour and can distinguish the grain, then wash them with cold water and sand. Hot water must not be used, as it opens the grain of the boards, and hard water always spoils the colour.

A husband, like a master among workmen, is apt to expect that his commands should be obeyed with as much promptitude as he can give them: he supposes that the various domestic employments in which women are engaged, must be of inferior importance, and of much easier dispatch than his own business; but which in fact is not always the case. A woman, if she rises early, may breakfast herself and husband before the children arise; and by the time that they are dressed and breakfasted likewise, to provide and prepare a dinner for the family, may, where no ser-

vant is kept, occupy the remainder of the morning. After this, it is usual to clean and dress herself for the remaining part of the day, which by a good housewife is generally employed in making or repairing the clothes of the family, &c. till the accustomed refreshments of tea and supper demand her wonted assiduity. Thus it is plain, we can only believe that a wife has leisure for the dispatch of capricious, or unusual commands, because a husband has never taken a review of her numerous employments; and in doing of which, I have said nothing of washing, sweeping, making beds, and numerous other occupations equally necessary; and any of which, if neglected, might be sufficient to discompose the temper of a husband, who never thinks of *little* things till he feels their importance.

The approbation of her husband, is the reward which she expects for her daily toil, and which, though the disappointments and perplexities of trade,

may often ruffle the temper, should not be denied her; but

Be to her faults a little blind,
And to her virtues very kind—

For father thou, and mother art to her;
She now is thine, and not the parent's care.
And you, my honour'd husband are my guide,
And tutor in philosophy, beside;
From whose instructions, I at once improve
The fruits of knowledge, and the sweets of love.

Plutarch has observed, in his conjugal precepts, that the ancients placed the statue of Venus by that of Mercury; to signify, that the pleasures of matrimony chiefly consist in the sweetness of conversation: they also set the Graces and Sedula, the goddess of eloquence, together; to shew, that the married couple were only to act by persuasion, and not to use the violences of wrangling and contention.

A more modern author, tells us to remember always, that whatever misfortunes may happen to either, they are

not to be charged to the account of matrimony, but to the accidents and infirmities of human life; a burden which each has engaged to assist the other in supporting, and to which both parties are equally exposed. Therefore, instead of murmurs, reflections, and disagreement, whereby the weight is rendered abundantly more grievous, readily put your shoulder to the yoke, and make it easier to both.

The likeliest way either to obtain a good husband, or to keep one so, is to *be good yourself.*

Avoid, both before and after marriage, all thoughts of *managing your husband.* Never endeavour to deceive or impose on his understanding, nor give him uneasiness (as some do, very foolishly) to try his temper; but treat him always before-hand with sincerity, and afterwards with affection and respect.

Be not over-sanguine before marriage, nor promise yourself felicity without al-

loy; for that is impossible to be attained in this present state of things. Consider, before-hand, that the person you are going to spend your days with, is a man, and not an angel; and if, when you come together, you discover any thing in his humour or behaviour, that is not altogether so agreeable as you expect, pass it over as a human frailty, smooth your brow, compose your temper, and try to amend it by cheerfulness and good-nature.

The following excellent observations I have selected from the advice of William Penn, to his children.

Cast up your incomes, and live on half; if you can, one-third; reserving the rest for casualties, charities, or portions.

Be plain in clothes, furniture, and food, but clean; and then the coarser the better; the rest is folly, and a snare.

Prefer the aged, the virtuous, and the knowing; and chuse those that excel, for your company and friendship, but despise not others.

Return no answer to anger, unless with much meekness, which often turns it away: but rarely make replies, less rejoinders, for that adds fuel to fire. It is a wrong time to vindicate yourselves, the true ear being never open to hear it. Men are not themselves, and know not well what spirits they are of. Silence, to passion, prejudice, and mockery, is the best answer, and often conquers what resistance inflames.

Do not that which you blame in another. Do not that to another, which you would not another should do to you. But, above all, do not that in God's sight, you would not man should see you do.

And that you may order all things profitably, divide your day; such a share

of time for your retirement and worship of God: such a proportion for your business; in which, remember to ply that first which is first to be done; so much time for yourselves, be it for study, walking, visit, &c. In this be first, and let your friends know it, and you will cut off many impertinences and interruptions, and save a treasure of time to yourselves, which people most unaccountably lavish away.

Choose God's trades before men's; Adam was a Gardener, Cain a plowman, and Abel a grazier or shepherd. These began with the world, and have least of snare, and most of use. When Cain became murderer, as a witty man said, he turned a builder of cities, and quitted his husbandry.

Keep a short journal of your time, though a day require but a line; many advantages flow from it.

Have a care of trusting to after games, for then there is but one throw for all;

and precipices are ill places to build upon.

The wisdom of nations lies in their proverbs, which are brief and pithy; collect and learn them, they are notable measures and directions for human life; you have much in little; they save time in speaking; and upon occasion, may be the fullest and safest answers.

He lives happily, that lives hiddenly or privately; for he lives quietly. It is a treasure to them that have it: study it, get it, keep it; too many miss it, that might have it; the world knows not the value of it. It doubles man's life, by giving him twice the time to himself, that a large acquaintance or much business will allow him.

Some people have out-resented their wrong so far, that they made themselves faultier by it; by which they cancel the debt through a boundless passion, overthrow their interest and advantage, and become debtor to the offender.

If you trust little, you will have but little cause to distrust; yet I have often been whispered in myself of persons and things at first sight and motion, that hardly ever failed to be true; though by neglecting the sense, or suffering myself to be urged or importuned from it, I have more than once failed of my expectation. Have therefore a most tender and nice regard to those first sudden and unpremeditated sensations.

Diligence is another virtue useful and laudable among men; it is a discreet and understanding application of one's self to business; and avoids the extremes of idleness and drudgery; it gives great advantages to men, it loses no time, it conquers difficulties, recovers disappointments, gives dispatch, supplies want of parts, and is that to them which a pond is to a spring; though it has no water of itself, it will keep what it gets, and is never dry. Though parts have the *heels*, this has the *wind*, and often wins the prize.

Eat to live, and not live to eat, for that is below a beast.

Frugality is a virtue too, and not of little use in life, the better way to be rich, for it hath less toil and temptation. It is proverbial, a penny saved is a penny got: it has a significant moral: for this way of getting is more in your own power; and less subject to hazard as well as snares, free of envy, void of suits, and is before-hand with calamities. For many get that cannot keep, and for want of frugality spend what they get, and so come to want what they have spent. But have a care of the extreme: want not with abundance, for that is avarice, even to sordidness.

As I would have you liberal, but not prodigal; and diligent but not drudging; so I would have you frugal, but not sordid.

Punish your children more by their understandings than the rod; and shew

them the folly, shame, and undutifulness of their faults, rather with a grieved than an angry countenance; and you will sooner affect their natures, and with a nobler sense, than a servile or rude chastisement can produce.

A Father's Address to his Children.

Dear child, since time has rapid wings,
 And every day its duty brings,
 Regard him who in precepts sings,
 Dear child remember me.

For all a father's toil and care,
 Which for your sake, resign'd, I share;
 And for the love to you I bear,
 Dear child remember me.

Love her who watch'd your infant step,
 And o'er your sickening sorrow's wept;
 For watchful anguish while you slept,
 Dear child remember me.

And while life's chequer'd way you tread,
 May calm content around you shed
 The peace that ne'er with fortune fled.
 Dear child remember me.

Ah! shun the vile seducer's bait,
 With flattery gilt, with ruin great,
 And not with broken heart too late,
 Dear child remember me.

From you, to realms of peace I go,
 And life's last awful change must know;
 But when cold death has laid me low,
 Dear child remember me.

F.

Vain is alike the joy we seek,
 And vain what we possess;
 Unless harmonious reason tunes
 The passions into peace.

MISS CARTER.

The fact, that mankind will rather be governed by *example* than *precept*, appears to me hourly evident, and were there not yet some few in the world, who have the heroism to declare war against the existing host of vice and folly, and that the voice of *reason* is sometimes louder than the clamour of *custom*, perhaps the practice of virtue would be altogether abandoned, so much are we inclined to follow the pernicious

examples of people in higher life, to follow the ridiculous leader of a fashion, or to regulate our lives by the practice of *other people*. It was, perhaps, from a conviction of this truth, that the preacher observed, "A great portion of mankind would always be found going to hell for the sake of company." My old friend, Sam Seekpeace, has suffered much in the service of reason, and has been honoured with several additional scars since he engaged in matrimony. Sam has three fine girls by his wife, whom *for the sake of peace*, he suffers to be brought up like *other people's*, that is, to do every thing but what their parents bid them, and to consider that the summit of happiness consists in their Sunday's dress.

His wife has so accustomed herself to vociferate vengeance on her untractable daughters, that the other day her voice betrayed her, in defaming one of her neighbours, who overheard her as she was sitting in her garden: upon which discovery my friend mildly observed,

that in future for the sake of peace, she ought to lower her voice, and talk scandal like *other people*. She has rallied poor Sam so often on his plain drab suit, that he assures me he must at last betake himself to wear what does *not suit*; and he has actually added one of the last fashioned waistcoats to his wardrobe, at an expence which grieved him to the heart.

As I am a favorite with the family, I generally make one in their holiday parties; and the last time we drank tea at a public garden, I observed Sam's wife kept her eye on the company in the next box, who were devouring anchovies with bread and butter at a shilling a slice, while one decanter of wine succeeded another with great rapidity. I did not at first discover, that this party were endeavouring to out-do another who sat in an opposite harbour, and who had been jeering at the inferiority of their opponents, till one of the arbour party exclaimed to another who was whisper-

ing, O d—n it, let us look like *other people!* Sam's wife was apparently struck dumb at the thoughts of the humble figure which we cut, with nothing before us but a brown ale jug, and an empty biscuit basket. But on observing a gay party, who were promenading the gardens, always tittered or tossed their heads as they passed our box, she reddened with indignation, and "was sorry to see Mr. Seekpeace make himself look so little before *other people;*" while the eldest girl observed, that "one of *them there* ladies had the same pattern dress that struck mamma so much, when she first saw it in the milliner's window;" at the same time, I took notice that she put back her hair, adjusted her bonnet, and eyed herself from her shoulders to her feet. The two younger misses had all this while been horsing over the benches, till their frocks were all over stained with tobacco dust and ale slop; and it was not till our table was overturned on the shins of poor Sam, and the jingle of broken glasses had drawn the eyes of the

company on us, that their gambols were interrupted. When in reply to the father's reproof, the mother muttered, "for her part she did not see that her children were worse than *other people's*:" at the same time reddening with anger, and shaking her fist at the girls, she raised her voice to its usual pitch, "you little devils" says she, "I'll knock your brains out for this as soon as I get hold of you"!!—It was in vain that I begged of her to be pacified, she looked so terrific, that I believe the poor children thought, that for once she would be as good as her word.

But while I was busied in ascertaining the extent of the injury received on the shins of my friend, our attention was suddenly called away to an additional disaster: Miss Lucy, in making a precipitate retreat from the effects of her mother's passion, had run bolt against a waiter, who was unluckily hurrying across the path with a tea kettle of boiling water, which was scattered in equal

portions on his legs and hers; the waiter cursed and capered, the girl squalled and danced, the men laughed, the women scolded, the dogs barked, and all was uproar; while, to make up the concert, Miss Anna came bellowing from another quarter, and demanding vengeance on one of the servants, who had given her a box on the ear, for trampling down the shrubs!

We had proposed taking a particular view of the paintings and decorations of the garden, but it is needless to say, that in consequence of the present confusion, we paid our reckoning, and departed with all possible haste, from the gibes and jests of *other people*; Sam hopping, his wife sulking, and the girls sobbing, all the way home.

F.

The Harbinger of Health, or Dr. Buchan's best Counsels, for the preservation of that invaluable Blessing, carefully extracted from his celebrated Work, "Domestic Medicine."

In the course of a very long practice in different parts of this Island, Dr. Buchan observes that he has often had occasion to wish that his patients, or those about them, had been possessed of some *plain directory* for regulating their conduct.

The *dietetic* part of medicine is not so much studied as it ought to be, and though less pompous, yet it is the most natural method of curing diseases. The generality of people lay too much stress upon medicine, and trust too little to their own endeavours.—People in acute diseases may sometimes be their own physicians; but in chronic cases the cure must *ever* depend chiefly on the patients. Any man can tell when a medicine gives him ease as well as a physician; and if he

only knows the name, and dose of the medicine, and the name of the disease, it is sufficient to perpetuate the fact.

Those who inherit any *family disease* ought to be very circumspect in their manner of living. Family constitutions are as capable of improvement as family estates; and the libertine who impairs the one does greater injury to his posterity than the prodigal who squanders the other.

The Erisipelas, or *St. Anthony's Fire*, is a disease very incident to the laborious; it is occasioned by whatever gives a sudden check to the perspiration, as drinking cold water when the body is warm, wet feet, keeping on wet clothes, sitting or lying on the damp ground, &c. When such persons come home cold, they ought to keep at a distance from the fire for some time, to wash their hands in cold water, and to rub them well with a dry cloth. Fevers of a very bad kind are likewise often occasioned

among *labourers*, by *poor living*. When the body is not sufficiently nourished, the humours become vitiated, and the solids weak; from whence the most fatal consequences ensue.

The best *medical antidote* that we can recommend to *sailors or soldiers* on foreign coasts, especially where *dampness* prevails, is the Peruvian Bark. This will often prevent fevers, and other fatal diseases. Vinegar is likewise a very great antidote against diseases, and should be used by all *travellers*, especially at sea.

Sedentary employments, though they are necessary, yet there seems to be no reason why any person should be confined for life to these alone. Were such employment intermixed with the more active and laborious, they would never do hurt. It is a constant confinement that ruins health. A man may not be hurt by sitting five or six hours a day; but, if he is obliged to sit ten or twelve, he will soon become diseased.

Hard study always implies a sedentary life; and when *intense thinking* is joined to the want of exercise, the consequences must be bad; nor can any thing afford a greater proof of wisdom than for a man frequently and seasonably to unbend his mind. This may be done by mixing in cheerful company, active diversions, or the like.

The *eyes*, when they are weak or painful, should be bathed every night and morning in cold water, to which a little brandy may be added. Those who read or write much should be very attentive to their posture; they ought to sit and stand by turns, always keeping in an erect posture as possible. It has an excellent effect frequently to read or speak aloud; this not only exercises the lungs, but almost the whole body. No person ought either to take violent exercise, or to study immediately after a full meal.

The *Scurvy* is a disease which no people in the world are more subject to

than the English; but the most obstinate kind has often been cured by a vegetable diet; nay, milk alone will frequently do more in that disease than any medicine. All who value their health should be contented with making one meal of flesh in the twenty-four hours, and this ought to consist of one kind only. *Tea* is now the universal breakfast in this part of the world; but the morning is certainly the most improper time of the day for us to drink it. Good tea, taken in a moderate quantity, not too strong nor too hot, nor drank upon an empty stomach, will seldom do harm.

Long fasting is extremely hurtful to young people; and it is more than probable that many of the sudden deaths which happen in the advanced periods of life, are occasioned by want of food.

If *fresh air* be necessary for those in health, it is still more so for the sick, who often lose their lives for want of it;

no medicine can be so beneficial; it is the most reviving of all cordials, if it be administered *with prudence*.

Exercise is that which we will notice next, for it is absolutely impossible to enjoy health where the perspiration is not duly carried on; but that can never be the case where *exercise* is neglected; and no piece of indolence hurts the health more than the modern custom of *lying a-bed* too long in a morning; besides, the morning air braces and strengthens the nerves, and in some measure answers the purpose of a cold bath.

The mind, likewise, if not engaged in some useful pursuit, is constantly in quest of ideal pleasures, or impressed with the apprehension of some imaginary evil, and from these sources proceed most of the miseries of mankind.

In fixing on our *clothes* due care should be taken to avoid all tight bandages; these not only prevent the free motion

and use of the parts about which they are bound, but likewise obstruct the circulation of the blood, which prevents the equal nourishment and growth of these parts, and occasions various diseases—the perfection of dress is to be *easy and clean*. Frequent *washing* not only removes the filth and sordes which adhere to the skin, but likewise promotes the perspiration, braces the body, and enlivens the spirits. How refreshed, how cheerful and agreeable does one feel on being shaved, washed, and shifted! Were people careful to bathe their feet and legs in lukewarm water at night, after being exposed to the cold or wet through the day, they would seldom experience the ill effects which often proceed from these causes. I have often heard, with concern the *poor* complain of the want of many things beyond their reach, while they disregard other objects of the first importance which were in their power; namely, pure open air, and the comforts of *cleanliness*.

The best method of fortifying the body against the *changes of the weather*, is to be abroad every day; and such as value their health, should avoid violent gusts of *anger* as they would the most deadly poison. Nothing tends so much to the health of the body as a constant tranquillity of the mind.

No part of medicine is of more importance than that which relates to the nursing and management of *children*; for it is a melancholy fact, that almost one half of the human species perish in infancy, by improper management or neglect.

Few mothers, some years ago, would submit to have their children *inoculated* even by the hand of a physician; yet, nothing is more certain, than that of late many have performed this operation with their own hands with great success. A gentleman of the first rank is not ashamed to give directions concerning the management of his dogs or horses, y^ta

would blush were he surprized in performing the same office for that being who derived its existence from himself, who is the heir of his fortune, and the future hopes of his country.

There are very few books on cookery, written with a view to frugality or economy; but on the contrary, they give us receipts of the most tedious, ambiguous, and extravagant description, which has made me the more desirous to introduce occasionally such as I have been for several years gleaning with diligence and care, but yet with no intention to occupy much of this work on that subject, recommending it to some abler and careful hand to benefit the public with a complete work on the economical principles of Count Rumford; the only person, I believe, who has not written for epicures alone.

The Art of Marketting.
About the month of November, rabbits may be purchased in London at eight-pence each, which when prepared for cooking, weigh about a pound and a quarter, which is cheaper than coarse butcher's meat, as well as a greater delicacy; people of small incomes might avail themselves of such opportunities. About this time also, Herrings are very abundant, fresh, and cheap; and while they continue so, should be frequently on our table. About the month of May, the metropolis is often benefited by a great supply of mackarel. But there are many who affect to despise whatever providence has rendered abundant; and would be ashamed to be seen supping on sprats or pickled herrings, for no better reason than because they are cheap. "Far fetched and dear bought" is still the fool's motto.

Cod.—The gills should be very red; the fish should be very thick at the neck;

the flesh white and firm, and the eyes fresh. When flabby, they are not good. They are in season from the beginning of December till the end of April.

Skate.—If good, they are very white and thick. If too fresh, they eat tough, but must not be kept above two days.

Soles.—If good, they are thick, and the belly is of a cream colour; if it is of a bluish cast and flabby, they are not fresh. They are in the market almost the whole year, but are in the highest perfection about Midsummer.

Turbot.—If good, it should be thick, and the belly of a yellowish white; if of a bluish cast, or thin, it is bad. They are in season the greatest part of the summer.

Salmon.—If new, the flesh is of a fine red (the gills particularly), the scales, bright, and the whole fish stiff. When just killed, there is a whiteness between

the flakes, which gives great firmness; by keeping, this melts down, and the fish is more rich. The Thames salmon bears the highest price; that caught in the Severn is next in goodness, and is even preferred by some. Those with small heads and thick in the neck, are best.

Whitings.—The firmness of the body and fins is to be looked to, as in herrings; their high season is during the first three months of the year, but they may be had a great part of the year.

Lobsters.—If they have not been long taken, the claws will have a strong motion when you put your finger on the eyes and press them. The heaviest are the best, and it is preferable to boil them at home.

Crabs.—The heaviest are best, and those of a middling size are sweetest. If light, they are watery. When in perfection, the joints of the legs are

stiff, and the body has a very agreeable smell. The eyes look dead and loose, when stale.

To young house-keepers, the following information will also be of service.

Pork.—When the rind or skin is thick, and cannot easily be impressed with the finger, it is old. All good pork has a thin rind. When fresh, the flesh will be smooth and cool; if clammy, it is to be rejected, as it should also be when the fat is full of kernels. Spongy fat denotes that it is fed at still-houses, and will not answer for curing.

As there are many hawkers who impose on the public by the sale of rotten hams, the purchaser should stick a sharp knife under the bone: if it comes out with a pleasant smell, the ham is good; but if the knife is daubed, and has a scent, it should be rejected. The hams which are short in the hock are the best.

Lamb.—Observe the neck of a fore-quarter; if the vein is bluish, it is fresh; if it is either green or yellow, it is stale. In the hind-quarter if there is a faint smell under the kidney, and the knuckle is limp, the meat is stale. If the eyes are sunk, the head is not fresh. Grass-lamb comes into season in April or May, and continues till August. House-lamb may be had in great towns almost all the year, but is in highest perfection in December and January.

Beef.—If the flesh of ox-beef is young, it will have a fine smooth open grain, be of a good red, and feel tender. The fat should look white rather than yellow; for when that is of a deep colour, the meat is seldom good: beef fed by oil cakes is in general so, and the flesh is flabby. The grain of cow beef is closer, and the fat whiter than that of ox-beef: but the lean is not of so bright a red. The grain of bull-beef is closer still, the fat hard and skinny, the lean of a deep red, and a stronger scent. Ox-beef is

the reverse. Ox-beef is the richest and largest; but in small families, and to some tastes, heifer beef is better, if finely fed. In old meat, there is a streak of horn in the ribs of beef: the harder this is, the older; and the flesh is not finely flavoured.

Veal.—The flesh of a bull-calf is firmest, but not so white. The fillet of the cow-calf is generally preferred for the udder. The whitest is not the most juicy, having been made so by frequent bleeding, and having had whiting to lick. Choose the meat of which the kidney is well covered with white thick fat. If the bloody vein in the shoulder looks blue, or of a bright red, it is newly killed; but any other colour shews it stale. The other parts should be dry and white; if clammy or spotted, the meat is stale and bad. The kidney changes first in the loin, and the suet will not then be firm.

Mutton.—Choose this by the fineness of its grain, good colour, and firm white

fat. It is not the better for being young ; if of a good breed and well fed, it is better for age ; but this only holds with wether mutton : the flesh of the ewe is paler, and the texture finer. Ram mutton is very strong flavoured, the flesh is of a deep red, and the fat is spongy.



She who roasts or broils her meat, wastes half of it in the *fire*. She who boils it, loses a third part of it in the *water*. But when the good wife stews her meat gently, thickening the liquor with a little meal, barley, ground rice, or pease and vegetables, and making it savory with fried onions, herbs, and seasoning, she gets the good of the whole, her husband and she fare much better, their children thrive and grow hearty and stout, and their money goes twice as far.

When you stew or boil your meat, if you leave the vessel uncovered, some of

the best part goes off and is wasted in steam; and when you make the fire in a wide chimney, with a large open throat, there is at least twice as much of the heat goes up the chimney, as ever comes into the room to warm the family.

*Receipt to make a Stew of an Ox's Head,
from the Reports of the Society for
bettering the Poor.*

Wash the ox's head *very clean and well*, and then put it into thirteen gallons of water; add a peck and a half of pared potatoes, a quartern of turnips, half a quartern of onions, a few carrots, a handful of potherbs, and thicken it with two quarts of oatmeal, adding pepper and salt to your taste. Set it to stew with a very gentle fire, early in the afternoon, keeping the cover close, and allowing little or no steam to pass. The fire may be renewed and mended at night, and a small fire made at seven in the morning, as much water being added

as will make up the waste by boiling; and the whole being gently stewed till noon, when it will be fit for use.—There will be fifty-two quarts of stew; each quart containing (by a previous division of the meat and fat) a piece of meat, a piece of fat, and a quart of savoury and nourishing stew; and each quart not costing so much as a penny. The cost of a quart, where coals were cheap, and the articles are purchased to advantage, has in some instances not exceeded a halfpenny; so that if any poor widow, in a village, was to dress for sale an ox's head six days in the week, and could get custom at two-pence for each piece of meat and fat, and quart of stew, she might easily earn a guinea a week for the support of herself and her children, besides always having a good mess to fill their bellies, and make them hearty.

Another.—Soak and cleanse a fine cheek the day before it is to be eaten; put it into a stew pot that will cover close, with three quarts of water; sim-

mer it after it has first boiled up and been well skimmed. In two hours, put plenty of carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper, and four ounces of all-spice. Skim it often; when the meat is tender, take it out, let the soup get cold, take off the cake of fat, and serve the soup separate, or with the meat.

It should be of a fine brown; which may be done by frying some onions quite brown with flour, and simmering them with it. This last way improves the flavour of all soups and gravies of the brown kind.

If vegetables are not approved in the soup, they may be taken out, and a small roll be toasted, or bread fried and added. Celery is a great addition, and should always be served. Where it is not to be got, the seed of it gives quite as good a flavour, boiled in, and strained off.

Irish Stew.—Peel some raw potatoes, slice them thin, put the slices into a deep frying-pan, or pot, with a little water, an onion, and a bit of pepper. Then get a bone or two of a breast of mutton, or a little strip of salt pork, and put into it. Cover it down close, keep in the steam, and let it stew for an hour.

Receipt to boil Rice.—Wash the Rice well: then put it into boiling water, and let it boil (according to the hardness of the grain, which can be found only by experiment) from ten minutes to a quarter of an hour. The rice must next be passed through a sieve, and then, after pouring off the water, the rice must be returned into the saucepan, and placed before the fire for ten minutes or a quarter of an hour, in order to let it dry.

The following receipt for dressing “Savoury Rice” is recommended to the rich as well as the poor, as a wholesome and pleasant dish.

Put a pound of rice into three quarts of boiling water; skim the water, and then add an ounce of hog's fat, cut into small thin strips, and let it continue boiling twenty minutes; then add a little allspice and salt, and set the pot, (keeping it covered at top) by the side of the fire, so as barely to simmer for an hour and a quarter; when it will be fit for use. It will produce about eight pounds of dressed rice.

In an earthen pan, covered up, it will keep well for two or three days. If it has been set by, and is to be again prepared for eating, it should be gradually warmed and stirred.

If a little morsel of strong Cheshire cheese be grated into the savoury rice, it will greatly improve its flavour.

Receipt to make Rice Pudding.

Put half a pound of rice in three quarts of skim milk, and add two ounces of treacle, or a little seasoning, and bake

it. It makes nearly four pounds of pudding.

N.B. If the East India rice is used, it should be previously soaked for several hours in water, or in milk and water. Carolina rice will bake without this preparation.

To salt Beef or Pork for eating immediately.—The piece should not weigh more than five or six pounds. Salt it very thoroughly just before you put it into the pot; take a coarse cloth, flour it well, put the meat in, and fold it up close. Put it into a pot of boiling water, and boil it as long as you would any other salt beef of the same size, and it will be as salt as if done four or five days.

Great attention is requisite in salting meat; and, in the country, where large quantities are cured, this is of particular importance. Beef and pork should be

well sprinkled, and a few hours afterwards hung to drain, before it is rubbed with the salt; which method, by cleansing the meat from the blood, serves to keep it from tasting strong. It should be turned every day; and if wanted soon, should be rubbed as often.

In roasting meat it is a very good way to put a little salt and water into the dripping pan, and baste for a little while with this, before using its own fat or dripping. When dry, dust it with flour, and baste as usual.

Salting meat before it is put to roast, draws out the gravy: it should only be sprinkled when almost done.

Dripping will baste every thing as well as butter, except fowls and game; and for kitchen pies nothing else should be used.

The fat of a leg or loin of mutton makes a far lighter pudding than suet.

Observations on making Puddings.

The outside of a boiled pudding often tastes disagreeable; which arises from the cloth not being nicely washed, and kept in a dry place. It should be dipped in boiling water, squeezed dry, and floured when to be used.

If bread, it should be tied loose; if batter, tight over.

The water should boil quick when the pudding is put in; and it should be moved about for a minute, lest the ingredients should not mix.

Batter-pudding should be strained through a coarse sieve, when all is mixed.

In others the eggs separately.—The pans and basons must be always buttered.

A pan of cold water should be ready, and the pudding dipped in as soon as it comes out of the pot, and then it will not adhere to the cloth.

Very good puddings may be made without eggs; but they must have as little milk as will mix, and must boil three or four hours. A few spoonful of fresh small beer, or one of yeast, will answer instead of eggs.

Or *Snow* is an excellent substitute for eggs, either in puddings or pancakes. Two large spoonful will supply the place of one egg, and the article it is used in will be equally good. This is a useful piece of information, especially as snow often falls at the season when eggs are dear.

Meat and vegetables that the frost has touched, should be soaked in cold water two or three hours before used, or more if they are much iced. Putting them into hot water, or to fire, till thawed, makes it impossible for any heat to dress them properly afterwards.

To cure Hams.—Hang them a day or two; then sprinkle them with a little salt, and drain them another day; pound an ounce and a half of saltpetre, the same of bay salt, half an ounce of sal-prunel, and a pound of the coarsest sugar. Mix these well, and rub them into each ham every day for four days, and turn it. If a small one, turn it every day for three weeks; if a large one, a week longer; but do not rub after four days. Before you dry it, drain and cover with bran. Smoke it ten days.

To pickle Red Cabbage.—Cut off the stalks and outside leaves, and shred the remainder into a cullender, throw salt upon it in the shredding; after it has drained two or three hours, put it into a jar, and then make a pickle of vinegar, cloves, mace, ginger, and sliced nutmeg; boil it, and when it is cold pour it over the cabbage, and it will be fit for use in twelve hours. You may add salt to the pickle, if the cabbage do not taste of it. If intended for keeping pour the liquor on hot.

English Wines would be found particularly useful now foreign are so high priced. If carefully made, and kept three or four years, a proportionable strength being given, they would answer the purpose of foreign wines for health, and cause a very considerable reduction in the expenditure.

Mr. W. Ballantyne, perhaps the most experienced wine merchant in the kingdom, speaks very favourably of British wines, and observes, that he knows several eminent physicians who drink them: and that, with the Malaga and Muscatel raisins, may be imitated the Mountain and Frontiniac wines.

Elder Wine.—To every quart of berries put two quarts of water, *boil* half an hour, run the liquor, and break the fruit through a hair sieve; then to every quart of juice put three quarters of a pound of Lisbon sugar, coarse, but not the very coarsest. Boil the whole a quarter of an hour, with some Jamaica

peppers, ginger, and a few cloves. Pour it into a tub, and when of a proper warmth in the barrel, with toast and yeast to work, which there is more difficulty to make it do than most other liquors. When it ceases to hiss, stop up. Bottle in the Spring or at Christmas. The liquor must be in a warm place to make it work.

A cheap way to make Currant Wine.

Take a pound of good currants, and put them into a deep strait-mouth'd earthen pot, and pour them upon about three quarts of hot water, having first dissolved in them three spoonsfuls of the purest new ale-yeast, stop it close till it begins to work, then give vent, as is necessary, and keep it warm for about three days: it will work and ferment; taste it after two days, to see if it be growing to your liking; then let it run through a strainer, to leave behind all the currants, and yeast, and bottle it up; it will be very quick and pleasant, and admirably good to cool the liver and

cleanse the blood. It will be ready to drink in four or five days.—This is recommended by an eminent physician.

In making strong currant wine experience has convinced me, that the trouble of picking the currants from the stalks may be saved; as I can assure the reader, I never made better wine from currants, than I have done for the last seven years, none of which currants were picked from the stalks, my care being to take off the bruised fruit.

BALM WINE.

Take a bushel of balm leaves, put them in a tub, and pour eight gallons of scalding water upon them; let it stand a night, then strain it through a hair sieve, and put to every gallon of liquor two pounds of loaf sugar, stirring it very well till the sugar is dissolved; then put it on the fire, adding the whites of four eggs well beaten. When the

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scum begins to rise, take it off; then let it boil half an hour, skimming it all the time: afterwards put it into the tub again, and when milk warm, add a gill of good ale yeast, stirring it every two hours. Work it thus for two days, then put it into a cask, and bung it up. When fine, bottle it off.

 GINGER WINE.

Take four gallons of water and seven pounds of sugar, boil them half an hour, skimming it all the time: when the liquor is cold, squeeze in the juice of two lemons; then boil the peels, with two ounces of white ginger, in three pints of water, one hour; when cold, put it altogether into the cask, with one gill of finings, and three pounds of Malaga raisins; then close it up, let it stand two months, and then bottle it off.

N.B. A lump of unslaked lime put into your cask, will keep wine from turning sour.

To take away the ill scent of Wines.

Bake a long roller of dough, stuck well with cloves; hang it in the cask, and it will draw the ill scent from the wines into itself.

To sweeten Wines.

In thirty gallons of wine, infuse an handful of the flowers of clary; then add a pound of mustard seed, dry ground, put it into a bag, and sink it to the bottom of the cask.

FAMILY WINE.

From the Reports of the Bath Society.

Take black, red, and white currants, ripe cherries, (black hearts are best) raspberries, each an equal quantity, or if the black currants be the most abundant, so much the better. To 4lbs. of the mixed fruit, well bruised, put one gallon of clear soft water. Steep three days and nights in open vessels, frequently stirring up the mass; then strain

through a hair sieve. The remaining pulp press to dryness. Put both liquors together, and to each gallon of the whole put 3lbs. of good, rich, moist sugar, of a bright yellowish appearance. Let the whole stand again three days and nights, frequently stirring up as before, after skimming the top; then turn it into casks, and let it remain, full and purging at the bung-hole, about two weeks. Lastly, to every nine gallons put one quart of good brandy, and bung down. If it does not soon drop fine, a steeping of isinglass may be introduced, and stirred into the liquor, in the proportion of about half an ounce to nine gallons.

N.B. Gooseberries, especially the largest, rich-flavoured, may be used in the mixture to great advantage; but it has been found the best way to prepare them separately, by more powerful bruising or pounding, so as to form the proper consistence in pulp, and by putting six quarts of fruit to one gallon of water, pouring on the water twice, the

smaller quantity at night, and the larger the next morning.

This process, finished as aforesaid, will make excellent wine, unmixed; but this fluid, added to the former mixture, will sometimes improve the compound.

Many persons who have gardens too small to produce sufficient of one sort of fruit, may find this a useful recipe.

ORIGINAL DOMESTIC MAXIMS,

AND

Observations on Education and Conduct.

Whatever the improvident may think of our practice, it is not at all unreasonable, that what we take honest pains to get, we should take particular care to save.

Those who have no disposition to save, have generally an aversion to those who adopt that practice. "I don't know,"

say they, "that those saving ones, with all their economy, grow richer than other people." As if to be free from want and debt, was not to be rich enough, and though he may not display much wealth, certainly the probability of possessing it is on the side of the economist.

A tradesman or his wife, should be *clean*, but not *fine*. I declare there is something so winning in cleanliness and economy, that I never could withhold my esteem from those who appear to possess those qualities. A clean gown, or an old coat, seems to sit with more dignity, for its darns and patches; it pictures to my imagination, a great mind conscious of its own worth, contending with poverty; and the seams and fractures, like the wounds and scars of an old warrior, convince me how well the wearer deserved a victory.

That which contributes to health and comfort, adds also to respectability;

for it is always in a poor person's power to have this appearance, while they can wash their face, their hands, and linen.

When we hear a woman forward in reproaching or exposing her husband, we should remember that we hear but one part of the subject, and which is more often the tale of anger than of woe. A woman's story is more insinuating, and her case more commiserated, than that of a man; and for my own part, I am inclined to think, this, though little to the credit of the relator, is an amiable fault in the hearer, who inclines to the weakest; the domestic grievances of men are generally buried in their bosoms, and the wife should beware how she provokes their resurrection.

A husband thinks it beneath him to make known his wife's faults or infirmities to any but herself, and it is her interest to hear of them patiently.

In dealing with an undutiful child, some parents not content to efface the

impressions of *pity*, will unnaturally mark their offspring with the stamp of *hatred*: here the poor wretch, rivetted to despair, sees no place of retreat, not even in the heart of his own kindred.

The observation of “frightening a child *out* of its senses” is common, but of beating or frightening him *into* them, is never heard mentioned, though one might think, from the severity frequently used, that it is often expected.

It must necessarily tend to extinguish the most noble and salutary feelings, when we treat a child as if his utmost expectation was, to avoid *punishment*, and not to expect *applause*.

A timely and friendly visit—a good wish—a solicitous enquiry, is a balm which nature always permits us to administer with effect, as it is independent of wealth or fortune.

Young tradesmen are often ruined by *impatience*; they fancy that stock on

hand is not saleable, the business they follow is not profitable, or the situation of the shop not eligible, and thus seek a plea for instability, and an excuse for deficiency in diligence.

In many instances, it is advantageous to suppress a disposition to finery and novelty in dress; by so doing, we acquire a habit which gives us the stamp of steady respectability; a sensible person may, with some reason, suppose that one who is inconsistent in the choice of dress, may be the same in the choice of friends, and that this caprice in garment may promote inconstancy in affection.

We call quarrels "misunderstandings," and how should we understand, when neither party will hear any argument, or weigh any reasoning but their own? And the mischief is, that the enmity which arose from ignorance, is confirmed by obstinacy or pride, which prevents our making known our cooler thoughts, or acknowledging an error,

till time or circumstances has fixed our antipathy.

I would never advise a parent or tutor to adopt the common method of frightening or punishing children with the "dark hole:" it accustoms them to attach a horrible idea to darkness, which gives them many restless nights, while it enervates and enslaves the mind with a ridiculous faith in spectres and goblins. The "fool's cap," or any thing similar, which awakes in them a proper sense of shame, or honour, is a far more rational and salutary punishment.

We often see some who figure away in fine clothes, at the expence of some thread-bare taylor. but though to-day we see poverty in masquerade, to-morrow it will be known for what it is, and the man who once bowed to pride is then as ready to point at it.

If the same care and expence were devoted to the improvement of the mind,

which is so frequently given to no good purpose, in the embellishment of the body; every place of resort, and every fashionable circle, might then impart as much information and virtue, as they now do vanity and pride.

It is said of one, that he used to give a check to his passion, by using a tone of voice which anger is least familiar with, or speaking *low*. But it is difficult, though not impossible, to bear with a person who always shews an obstinate determination not to be convinced, and only replies to cool reasoning by clamour and contradiction.

To beat a child because it has soiled its clothes, and yet suffer it uncorrected to utter falsehoods, or to commit real faults, is the same as to teach it that misfortunes are more deserving punishment than crimes. It is the untimely severity; the ill-judged tutorage; or the criminal indifference of parents which gives birth to bad habits, and is more

to be dreaded than the innocent errors of undiscerning childhood.

I would not render my authority weak and frivolous, by interfering seriously with a wife's fancy, when she had bought a tea pot, a ribband, or any other insignificant article; any more than I would wish her to oppose her husband in the purchase of a watch chain, tobacco-box, a bird, or a book.

It is the unhappy lot of too many to be yoked to perverse or untractable companions: "to bear and forbear" should be ever in remembrance; for there are some who will never do right, merely because you entreat them; the consequence is, that after much dispute and ill humour, the advising party gives up the contest, and suffers the other to "have their own way for the sake of peace," as they term it, though the result is too frequently the contrary, and it proves but a sullen calmness, that forebodes a storm of the most destruc-

tive kind: it is the same as a captain suffering a leak to sink his vessel rather than throw the crew into alarm, by any application to it.

If you value the good will of your neighbour, be careful in the use of, and punctual in the return of the most trifling article which you may find it necessary to borrow. Next to the injury done to a neighbour's reputation, the injury done to his goods is the most likely to excite resentment.

The custom of consulting on every occasion, the will or inclination of children, is mischievous and absurd. "Will you go to bed?" "will you go to school?" "will you go on an errand?" &c. is too frequently the language of a mother, and the child, even before it possesses *judgment*, is allowed to follow its own *will*.

Some parents who feel temporary shame or vexation for their negligence

in the management of their family, expect to reform the evil by fits of passion, and starts of resolution; instead of applying themselves steadily to a series of rational and regular habits of reform.

Habitual indolence is so common, even among the middling and lower orders in this metropolis, that I believe there are many thousands who are accustomed to do nothing but dress themselves before they breakfast, and some who will not even do that, though nothing can be more certain, than that the early part of the day might be much the more profitably employed, whether we consider our health or our income, the prolongation of life, or the easy dispatch of business. It will not exceed the truth to say, that one day in each week is by this means unfruitful; and this being admitted, not less than four years out of twenty are lost for ever! and which when estimated at only three shillings per day, amounts in value to 219 pounds sterling!

Youth of either sex should be early taught the folly of assuming the man or woman too soon, that is, till they are acquainted with the absurdities of mankind, and till that part of conduct has been pointed out, which it is worth their while to imitate. Young people anxious to commence men or women, think they shall pass for such, when they can copy their general conduct, or particular vices, and thus they early adopt the pernicious habits of smoking, drinking, swearing, &c. I have known a little beardless coxcomb think himself entitled to swagger in the company of men because he has frizzled up his hair, and stiffened his cravat, or learned to swear without blushing, and to smoak without puking: this ambition for maturity might be turned to their real improvement, instead of being suffered to expose their folly.

Family broils, as they are in general the most fatal to our peace and happiness, so they ought to be the more cau-

tiously guarded against; no resentment can be so keen as that of neglected love; no quarrel so vindictive as those of brothers, sisters, &c.

Children of an ingenious mind or modest disposition, who have never been taught to act with propriety, feel themselves as painfully situated in the presence of those they love or respect, as a criminal would before a judge.

I have often been in a company, before whom I would not have committed an impropriety for the world, and yet have committed so many unintentional blunders, as have made me almost wish my parents hanged, for not teaching me to know when I acted with decorum, and when I did not: or to know what it was which made the company of one *coveted*, and another *despised*.

“Give me a *little* of that which is nice and good, rather than *much* of what is coarse and common.” This is the re-

mark which those use who would excuse their search after dainties; but it requires no great difficulty to convince a thinking person, that it is not a *little* of what we are fond of which can satisfy us; and one penny let loose after luxury, very often draws a pound along with it.

To those disposed to encourage learning, the reward for any progress in it, should be a book: for diligence or skill in needlework, a pin cushion, or any token which might be known as the reward of merit: to withhold rewards might be better than to inflict punishment.

Not all the endearments of the conjugal state, or the declarations of a repentant mind, can wholly obliterate the remembrance of a single sentence, when pronounced in the bitterness of wrath, or the madness of rage: and yet how commonly do we hear, among those unhappy families, who are unaccustomed to bridle their passions, eternal hatred

denounced against a partner for life ; or the death of a noisy child implored ; heightened with all the horrors of a phrenzied aspect, and accompanied with such fervor, as leaves it on the mind with all the stamp and weight of a curse !

A husband who finds his requests seldom complied with, his reasoning ridiculed, and his threats disregarded ; will at last be more inclined to *strike* than to *speak*.

There are many who never lay down plans of economy till they feel the pressure of want ; and no sooner is the cause removed, than all their prudent resolves are dissolved like snow in a meridian sun.

Many articles are manufactured and sold, on each of which perhaps the *profits* do not amount to more than a farthing ; and is it not strange that the vendor should think it worth his while to *gain farthings*, and yet so often disregard the *saving of pence* ?

Is it not as great a folly, as it is a sin to despise the bounty of providence! the barber's wife will turn up her nose at a three-penny mackrael, when she would have thought it a treat at eight pence.

What can be more distressing than to observe a man of tranquil disposition, doomed to spend his days in turbulence? That noisy habit of managing a family, is of all others the most disgusting; the servant cannot be called to fill the coal scuttle, or remove the table cloth, but it must be done in the highest key, or a voice that rings in our ears like the cry of "dust O!" or, "two a penny oysters!" If the children are chid, it is in the following *gentle* exclamation, "you little devils, I'll break your bones if I catch hold of you!"

Those of an heedless and squandering habit, when they happen to find one in their family of opposite qualities, generally make him the butt of their envy

and derision; and yet nothing is more common, than to see those people, one time or other, expect to partake of that care which they would not bestow on themselves, and to receive succour from those savings which they long despised.

Shew your children the tombs of patriots, and acquaint them with their history: teach them that to live for their country, as well as for themselves, is a duty.

The man who expects his wife will bring him a *family*, may be excused, if he also expects her to bring him a fortune; since it is likely that her attention will be too constantly required by her children, to allow her any opportunity to earn much for their subsistence. But it must not be forgot, that there are some women, who by method and economy only, may be said almost equally to contribute with the father to their support; but when both fortune and prudence are wanting in a wife, the husband's case must be wretched indeed!

Half the solicitude and care which is sometimes bestowed on the dying, would have prevented their death, had it been timely applied.

Married persons should not set out with a silly and excessive fondness; the race of life is to be run, and we must not lessen that vigour which is to carry us to our journey's end. But on the other hand, where no exchange of civilities, or no attention to good manners is preserved between husband and wife, they are not likely to share any great happiness.

To be kind to a man *while his money lasts*, is said to be the principle of every common *harlot*; but the genuine affection of a *wife*, is proved in the gloom of poverty, or in the hour of adversity.

One great evil in domestic life, originates from a foolish notion we are apt to entertain, which is, that if we are not quite so extravagant as some of our

acquaintance, we ought to be excused for such lesser indulgences as we allow ourselves.

Money, or the application of money, is generally the bone of contention, with those married persons who find their income narrower than their wants, or desires.

The nearest relatives and dearest friends, may be allowed to differ in opinions, as well as the most learned of the human race; without being charged with dullness of intellect, or perverseness of spirit.

If (as is generally alledged) single women dress to draw admiration and notice, then how is it that we observe them vary their appearance so often, that we might suppose them employed in eluding the eye of *justice*, rather than courting the eye of a *lover*? For who can recognise a mistress of a week old, if she vary her dress according to *fashion*.

In a family of four children, under ten years of age, it may generally be calculated, or observed, that from unavoidable causes, one or other will be continually crying; thus it appears probable, that to indulge them in every thing they cry for, or to select a favourite, and be severe with the rest, is to add to the noise, and destroy all hopes of domestic quiet.

Be particularly guarded against those dangerous female dictators, those vermin, who sometimes fasten on our tables, and who either by a bold or insinuating disposition, obtrude themselves on peaceable families, only to disunite and ruin them. Should the wife tell her she is aggrieved, this artful "go between," will flatter her pride, by enforcing her authority; or widen the breach in domestic peace, by mischievous advice, or hypocritical condolence, and thus raise a transient murmur into permanent animosity.

The violent agitation given to the passions of a gamester, must make even his successes be dearly bought. And the evils resulting from drunkenness, equally proves, that the moments of exhilaration and social joy, which are thus purchased, mark the fallacy of human judgment, or the force of habit. The children of misfortune, of poverty, and labour, it must be acknowledged, have greater claims to pity, and find a better plea for this error, than the voluptuous and wealthy; for the mind grown weary by its struggles, or the body exhausted by labour, snatches that relief which most readily presents itself, when discretion often takes wing, and leaves the unhappy sot a prey to additional evils.

The advantages derived from the use of fresh water, and habits of cleanliness, are in nothing more visible to an observer, than in the different appearances of such as attend to those comforts, or those who neglect them. Squallid and sickly

families are to be seen in the airy but dirty dwellings on Walworth Common or Highgate Hill ; while children cooped up in Fetter Lane or the nurseries of cheapside, are made to bear, by cleanliness, the bloom of rusticity, and the vigour of the mountaineer,

Children should not be condemned and corrected, without examination or hearing ; the meek and the timid have the keenest sense of wrongs, and the least ability to defend themselves from them, while the hardy and the artful evade the punishments they merit.

There are some illiberal and parsimonious practices, which border so closely on dishonest ones, that they deserve to be held in equal abhorrence.

J. M. F.

ACCIDENTS.

Every one should, as far as possible, be prepared for the common accidents of life ; especially, as many of them will not admit of the delay occasioned on

procuring an experienced surgeon or physician.

As burns and scalds require an immediate application, a mixture of lime water and oil may be kept at hand. Spirits of turpentine a little warm, will give speedy relief from pain.—*Turner's Cerate* is a useful dressing, and when the burning is very deep, it should be mixed with an equal quantity of *yellow basilicum*.—Cut a large potatoe in slices, strewing salt between them, in a few hours a liquor will be produced, which is to be poured into a bottle, and kept ready for burns or scalds; this is what I always apply to my own family on such accidents.

If the burnt parts become livid or black, bathe them often with warm camphorated spirits of wine.

For bruises, or slight wounds, I have always found *oppodildoc* sufficient. Bruises when neglected, prove sometimes of

consequence; vinegar is generally at hand, and the part may be bathed with it warm.

Another accident to which we are liable, is one sufficiently dreadful to require great recollection and firmness. By the carelessness of nurses, infants are often found *suffocated*; but instead of laying down a plan for the recovery of infants who are suffocated, or over-laid, as it is termed by their nurses, I shall give the history of a case related by Monsieur *Janin*, of the Royal College of Surgery at Paris, as it was attended with success, and contains almost every thing that can be done on such occasions.

A nurse having had the misfortune to over-lay a child, he was called in, and found the infant without any signs of life; no pulsation in the arteries, no respiration, the face livid, the eyes open, dull, and tarnished, the nose full of snivel, the mouth gaping, in short it was almost cold. Whilst some linen

cloths and a parcel of ashes were warming; he had the boy unswathed, and laid him in a warm bed, and on the right side. He then was rubbed all over with fine linen, for fear of fretting his tender and delicate skin. As soon as the ashes had received their due degree of heat, Mr. Junin buried him in them; except the face, placed him on the side opposite to that on which he had been at first laid, and covered him with a blanket. He had a bottle of *eau de luce* in his pocket, which he presented to his nose from time to time; and between whiles some puffs of tobacco were blown up his nostrils; to these succeeded the blowing into his mouth, and squeezing slight his nose. Animal heat began thus to be excited gradually; the pulsations of the temporal artery were soon felt, the breathing became more frequent and free, and the eyes closed and opened alternately. At length the child fetched some cries expressive of his want of the breast, which being applied to his mouth, he caught at it with avidity, and sucked

as if nothing had happened to him. Though the pulsations of the arteries were by this time very well re-established, and it was hot weather, yet Mr. *Janin* thought it adviseable to leave his little patient three quarters of an hour longer under the ashes. He was afterwards taken out, cleaned, and dressed as usual; to which a gentle sleep succeeded, and he continued perfectly well.

And I know a lady, who once lay motionless, and apparently insensible during her illness, and have heard her describe the horror she felt on hearing the by-standers pronounce her dead, and a neighbour offer the use of hot water for laying out the supposed corpse: and so firmly had the terror of premature interment ever since remained, that she often requests, though now in good health, that previous to her actual interment, her head may be severed from her body. But the slightest appearance

of putrefaction, it is said, affords sufficient security against any returning of life.

Treatment of the Dying.

“The length of the interval between insensibility and the absolute cessation of existence, which occurs in so many cases, has given rise to a multitude of superstitious notions, and mischievous practices among the vulgar. The effects of these impressions still remain. It is a prevalent opinion among nurses and servants, that a patient, whose death is lingering, cannot quit life while he remains on a common bed; and that it is necessary to drag the bed away, and to place him on the mattress. This piece of cruelty is often practised, when the attendants are left to themselves.

“Another improper practice, is the precipitation with which the attendants lay out the body, immediately after death appears to have taken place.

have known them strip the body, in very cold, stormy weather, and wrap it in cold linen, throwing a single sheet over it, and opening the doors and windows of the apartment, in little more than half an hour after a patient had died suddenly. It is too certain, that the helpless patient often feels these cruelties after he has become unable to express his sensations distinctly. The testimony of persons who have recovered from apparent death, leaves no doubt on this head.

“When the tossing of the arms, the rattling noise in respiration, and difficulty of swallowing have come on, all unnecessary noise and bustle about the dying person should be prohibited. The bed-curtains should be drawn nearly close; and unless the patient should place himself in a posture evidently uneasy, he should be left undisturbed. Exclamations of grief, and the crowding of the family round the bed, only serve to harass him.

“ The common practice of plying him with liquors of different kinds, and of forcing them into his mouth when he cannot swallow, should be totally abstained from.

“ While the senses remain perfect, the patient ought to direct his own conduct, both in his devotional exercises, and in the last interchange of affection with his friends.—Those who resign themselves quietly to their feelings, seem to fare best.” (An excellent caution, against the cruel and officious introduction of ignorant exhorters, who, in the awful hour of dissolution, step in, as it were, between man and his maker, and disturb that serenity so necessary to the departing soul.)

“ When he no longer breathes, one person only should remain in the room, who should take care that no alteration be made in the state of the bed. Every thing should be conducted, as if he were in a transitory sleep. If the weather be

hot, the windows of the room may be opened, and the bed-curtains undrawn, in the course of two or three hours. In winter it will be sufficient to withdraw the curtains within that time.

“There can be no just reason for the haste, with which it is usual to lay out the body. Several hours may be properly suffered to elapse, before this is done; for the joints do not commonly become rigid for a considerable time.”

DR. FERRIAR.

Dr. Buchan gives an interesting description of a child, which was recovered by the perseverance of a neighbour, when the child had for some time been laid out as dead, and the passing bell tolled for it.

“It is a horrid custom immediately to consign over to death, every person who has the misfortune, by a fall, a blow, unwholesome vapour, or the like, to be deprived of the appearance of life.

If the person be suffered to grow cold, he will in all probability continue so; but if the body be kept warm, as soon as the injured part has recovered its power of acting, the fluids will again begin to move, and all the vital functions be restored." I once myself observed the breast of an infant frequently heaving, after it had been two hours in a cold kitchen, laid out as dead.

POISONS, &c.

With respect to poisons, Dr. Buchan has observed, that "their effects are so violent and sudden, that *every person* ought in some measure to be acquainted with their nature and cure; and there is no case wherein the indications are more obvious.

Poison, says he, is seldom long in the stomach, before it occasions sickness, with an inclination to vomit. This plainly shews what ought to be done. When a person has taken arsenic, he

soon perceives a burning heat, and a violent pricking pain in his stomach and bowels, &c. On the first appearance of these symptoms, the patient should drink large quantities of new milk and sallad oil till he vomits, or drink warm water mixed with oil, melted fresh butter with milk or water, (even melted kitchen stuff has saved the unfortunate person's life.) It is not safe to leave off drinking while a particle of the poison remains in the stomach.

The very thoughtless practice of females placing pins in their mouths while they are busily hanging up linen to dry, &c. is sometimes the cause of serious accidents.

When any thing sticks in the gullet, it is safer to extract it than to force it down; if fingers or nippers will not succeed, hooks may be made of bent wire, with a curve at the end it is held by, taking care, by adding a string to it, that it does not slip from the hand.

If any substance remains in the gullet, which leaves room for a piece of sponge to pass it, it may be afterwards made to swell with a few drops of water, and then drawing it back, it brings the obstructing body along with it. Or what is still safer, if at hand, a piece of tough meat tied to a thread, may be swallowed by the person in distress, and then drawn up again.

The obstructing body may sometimes be pushed downward, with a piece of whalebone, or wire, with the part introduced bent round to prevent injury; or an oiled wax candle made warm and flexible. A blow on the back, sneezing, vomiting, or any proper degree of agitation will sometimes force up a substance which has stuck in the gullet.

Children should not be allowed to drink from the spouts of tea pots, or tea kettles; several children by thus drinking in the absence of their parents, have died terrible deaths. They should very

accustom themselves to arrange and secure their effects in such a manner, that in case of those too common and dreadful alarms, their lives and valuables might be better preserved from the hands of midnight robbers, or the ravages of fire: for it is more than probable, that when such calamities befall us, the perturbation of our spirits, and want of time, will be fatal to our safety. Many valuable lives might have been saved by the precaution of sleeping in rooms which are favourable to escape from, in such an emergency as is produced by *fire*; or even by the aid of a *knotted rope*, or the alarm of a *rattle!* Those knots on the rope would prevent the feet and hands from slipping in our descent, and if at one end of the rope there was a noose to place under the arms, a female or child might be let down, and the man follow, if the other end was secured to a staple. Alarm bells put every night on doors, would prevent many robberies. On keeping the window free from the obstruction occasioned by chairs, tables,

flower pots, &c. much of our safety depends. I have always thought that a window is generally preferable to any other part, in our chance of escape, when the danger is pressing, because from this part of the house, we are conveyed at once into the street, but by the time lost in attempts to unlock and unbolt doors, to descend stairs, and pass through passages, we may fairly conclude many unfortunate persons have died the most terrible of all deaths. Dreadful as the alternative must be, I am yet inclined to believe, that a leap from a window is often preferable to the more certain destruction by suffocation and fire; and though our neighbours should neglect to strew their *beds* to receive us, the person in distress might immediately take his leap, on throwing out his own bed, and in some measure break the effects of his fall, by holding his breath at the same time. But perhaps a few hints, calculated to prevent the necessity of such risks, may be still more serviceable. Many fires happen by suffering

chimnies to remain foul ; and by heated pokers falling out of the fire ; in the first case, take out the fire from the stove, and fasten a wet blanket over the throat of the chimney ; if the top of the chimney can be safely come at, a similar application may be made there also. In the second case, a preventative may at once be found, by abandoning the thoughtless practice of leaving a poker in the fire after it has been stirred. When a fire is not too far advanced, a table cover, blanket, or a coat, which are generally at hand, might, by covering the flames, extinguish them ; but the time lost in seeking for water has often proved fatal ; even the light garments of females might often be instantly extinguished by such application, or even by rolling on the floor. Among those fires which are so fatal to our lives, none are more to be dreaded than those which happen or originate in our chambers. Here it is that in a minute we are enveloped in flames, every thing about us is combustible, and tends to hasten the horrid

catastrophe. But by the simple precaution of placing a candle within a *lanthorn*, the elder child may be intrusted to put the younger to bed, without the dread of having the curtains or clothes set on fire, a circumstance so very frequent and fatal. And if a light remained all night in the chimney corner, our security would be increased, without the air of the chamber being injured, which is the case when lamps are placed in the room. Robberies would by this practice be less frequent also; for it is known even to a proverb, that "rogues shun the light." There are some people who say, they cannot sleep in a dark room, and others find themselves restless because there is a light: but both may become agreeable by habit. Those who are accustomed to the latter, would certainly have the advantage in case of accident. Should a fire break out in any part of the house, or neighbourhood, their children, and their valuables are immediately in view, and consequently their risk and embar-

rasment considerably lessened: no person grudges the expence of *insurance*; and no one could think his money uselessly employed, in paying the expence of the lights, or in the purchase of any article necessary to his own security. I believe that to the honour of humanity, it may be said, that few persons who attempt to rescue their fellow-creatures from perilous situations, feel any other impulse at the moment, than that which springs from genuine commiseration, or benevolence: and yet no one will deny but that the rewards held out and distributed by the Humane Society, have been very salutary and proper. Why then should not the same honours and rewards be awarded by a society for this purpose, to those who rescue others from a death which we all contemplate with so much horror? Surely the *fiery* element is not less cruel in his dominion over us, than that of *water*.

J. M. F.

Anecdotes of Hollar and Worlidge.

It is doubtless true, that care will not always secure us from accident, nor honest industry defend us from want: and when diligence is discouraged by niggardly recompence, the indolent will find a plea, and even robbers an apology for their habits and vices. It is related of that ingenious artist, Hollar, that

“ he used to work for the booksellers,
“ at the rate of four-pence an hour;
“ and always had an hour glass before
“ him. He was so very scrupulously
“ exact, that when obliged to attend
“ the calls of nature, or whilst talking,
“ though with the person for whom he
“ was working, and about their own
“ business, he constantly laid down the
“ glass, to prevent the sand from running.
“ Nevertheless, all his great industry,
“ (of which his numerous works
“ bear sufficient testimony) could not
“ procure him a sufficient maintenance,
“ for he was so extremely poor and distressed,
“ that the bailiffs were in his
“ lodgings to seize for rent, *when he was*

“ *dying*. Sensible of his approaching
 “ end, he earnestly besought their for-
 “ bearance only for an hour or two, say-
 “ ing, that they might then take the
 “ only piece of furniture he had, *the*
 “ *bed on which he was laying*, as he should
 “ have no further occasion for it.

And of those who care not for to-mor-
 row, the following artist may be named
 as an example. Worlidge the engraver,
 it is said, was so great an epicure, that
 having luckily found half a guinea,
 though he had been from necessity fast-
 ing four and twenty hours, he chose to
 lay it out on a pint of green peas, at
 Covent Garden market, his toes appear-
 ing at the same time, out of the shoes he
 had on !!!

Workhouses, the Poor Laws, &c.

The following remarks are extracted
 from the excellent introductory letters,
 and other papers, published by the so-
 ciety for bettering the condition of the
 poor.

After a variety of inefficacious attempts, during more than two centuries to enforce industry and prudence by penal laws and compulsory statutes, the society has ventured to submit to the consideration of the public, whether the same object may not be attained by encouragement, by kindness, by management, and by giving effect to that master-spring of action, "the desire implanted in the human breast of bettering its condition." The influence of this invigorating spirit on commerce, on manufactures, and on agriculture, has been felt and acknowledged with pride and pleasure by every Englishman; and there can remain no doubt but that the same principle, which has produced such beneficial effects among the thriving and active members of the other classes of society, would, if properly encouraged, generate among the poor of the same nation, that degree of industry and prudence, which we have in vain endeavoured to produce by compulsion.

The vices and faults of the poor must be deemed the vices and faults of an unfavourable situation, rather than of individual delinquency. Remove those disadvantages, and you add as much to moral character as to personal comfort.

There is a common theme of declamation, particularly among the *idle*, and that is, the *idleness of the poor*.—How far this is exclusively imputable to the labourer, let those judge who have seen him working by the piece, and not by the day.—I do not mean, by the distinction, to admit any culpable degree of idleness; in those who work by the day; but in task-work, where the earnings are proportioned to the degree of labour and energy employed, I have often wished it were possible to restrain the cottager from injuring himself by excess of exertion; the fatal effect of which I have too frequently seen.

He who has no property, is always ready for novelty and experiment; and

though gibbets and halters may for a time deter him from criminal and atrocious acts, yet no motive exists to fix him in virtuous habits, or to attach him to that natural prosperity in which he has no part, and to that constituted order of property, which excludes him from all possession.

The cottager who is the habit of using barley in bread, who keeps a pig, perhaps two, and has plenty of milk and vegetables, possesses within himself almost all the means of life; and feels very little inconvenience from that which, in the present times, without the charitable aid and attention of the opulent, would oppress and overwhelm the labourer, whose existence depends on a mere pecuniary stipend.

I verily believe, (says Count Rumford,) that the inhabitants of Great Britain might be well nourished—their hunger perfectly satisfied—their health and strength preserved—and the pleasure they enjoy in eating increased,

with two thirds of the food they now consume, were the art of cookery better understood.

It seldom requires much ingenuity to make the assistance, that is given to the poor, operate as an incitement to industry; for rewards are as powerful motives as punishments, and the truly benevolent will always prefer them.

It is the misfortune of this country, that the well-disposed and industrious poor do not receive sufficient aid or encouragement. They find no distinction made between them and the idle and profligate; except this, *that the idle and profligate are maintained in part at their expence.*

Workhouses become objects of terror to the honest and industrious, and at the same time the favorite resort of the dissolute and abandoned; the dirt, the waste, the disorder, the want of regulation, and the *undistinguishing treatment*

of the worst and best characters, being as gratifying to them, as they are irksome and disgusting to the well disposed poor.

Let us carry our hostilities into the head quarters of the enemy; let us extend our retrenchments to *all* the superfluities, and luxuries, and needless delicacies, of the table; not for the purposes of parsimony or avarice, but for the directly opposite purposes of generosity and beneficence; that we may apply the savings of these reforms, to the relief of our necessitous brethren; and render *our* frugality the source of *their* plenty.

The national debt, with all its magnitude of terror, is of little moment, when compared with the increase of the poor rates. The poor's rate is the barometer, which marks, *in all the apparent sun-shine of prosperity*, the progress of internal weakness and debility.

It is certainly a disgrace to our metropolis, that with all our charitable establishments, no adequate provision has yet been made to prevent mendicity in London; but that our funds of charity are to be wasted on the indolent and drunken beggar, while modest indigence is often neglected and forgotten.

On comparing (says Dr. Willan,) my own observations with the bills of mortality, I am convinced, that considerably more than *one-eighth* of all the deaths which take place in the metropolis, in persons above twenty years old, happen prematurely through excess in drinking *spirits*.

The industrious labourer, hath this consolation, that *his duty* is as limited as his *enjoyment*. If he doth not possess great riches, extensive influence, and unrestrained power, yet he is exempted from the alarming and accumulated responsibility, attached to those advantages.—We are taught that “to whom

much is given, of him much will be required."

If we refer to any of the tables, or statements, of the expenditure of the labouring class, we shall find, that the cost of a pauper in the workhouse, is *half as much again* as in his own cottage.

William Funnell, a labouring man of Barcombe, receives with gratitude from the *Sussex Agricultural Society*, a reward of five guineas, for having brought up without parish relief or other means than his daily labour, eleven children to the age of fourteen years. If Funnell had made the usual claim of parish relief, these children would on an average have each received a years relief, at 18d. a week. This would have amounted to £. 291 2s. 6d. producing at that cost, much less useful members to the community. At the same time, a tenth of that money, judiciously given as a reward

and not as a relief, would produce *William Funnells*, in every part of the kingdom, with a saving of nine-tenths of the present parochial expence.

A free and cheerful people are active and laborious; and activity and labour produces attention to morals and observance of the laws. The greater the enjoyments of the poor, the more they will love the government which protects them; the better they will obey it, and the more chearfully and willingly will they contribute to its maintenance and support.

Abstract of the Act relating to Pawnbrokers.

To prevent impositions, and profitless litigation, the following wholesome regulations, respecting pawns, are here introduced. Lord Bacon "wished every man to know as much of law, as would enable him to keep himself out of it." And perhaps, it would be not less salutary, if every one, once knew as much of

poverty, as would afterwards keep them out of it.

Table of the rates of profit allowed to Pawnbrokers, by the Act of Parliament, called, "*An Act for better regulating the Business of Pawnbrokers,*" passed the 28th of July, 1800.

For a Month.

If the sum lent shall be

			Interest.				Interest.
£.	s.	d.	d.	£.	s.	d.	d.
0	2	6	— 0½	1	5	0	— 5
0	5	0	— 1	1	7	6	— 5½
0	7	6	— 1½	1	10	0	— 6
0	10	0	— 2	1	12	6	— 6½
0	12	6	— 2½	1	15	0	— 7
0	15	0	— 3	1	17	6	— 7½
0	17	6	— 3½	2	0	0	— 8
1	0	0	— 4	2	2	0	— 8
1	2	6	— 4½				

For all sums exceeding forty-two shillings, and not exceeding ten pounds, at

and after the rate of three-pence and no more, for every twenty shillings of the money lent, by the calendar month, including the current or present month.

In all cases where any intermediate sum lent upon a pawn, exceeds the sum of 2s. 6d. and not 40s. the person lending, may take after the rate of 4d. for 20s. by the calendar month, including the current month.

In cases where the interest upon a pledge comes to an odd farthing, and the person redeeming having no farthing, shall offer a halfpenny, the pawnbroker must give a farthing in change, or relinquish it altogether.

No person is obliged to take more than one shilling's worth of good copper from a pawnbroker, at any one time.

If any person apply for redemption of his goods within seven days after the first

month, he may redeem them without paying for the seven days, and if he apply after the expiration of the first seven days, and within the first fourteen days of the second month, he may redeem upon paying for a month and a half; but afterwards the pawnbroker may take the profit of the whole two months; the like regulation to take place in every succeeding month.

Charges allowed for Duplicates.

For all sums less than 5s. no charge whatever is allowed.

For 5s. and less than 10s.	- -	$\frac{1}{2}$ d.
For 10s. and less than 1l.	- -	1d.
For 1l. and less than 5l.	- - -	2d.
For 5l. and above	- - - - -	4d.

The following are the most interesting particulars in the same Act.

When any goods are pawned for any sum of money, exceeding 5s. the pawnbroker, before he advances the money,

shall enter in a book, a description of the pawn, the money lent thereon, the day of the month and year, and the name of the person pawning, also the name of the street, and number of the house where he shall live, and whether a L. or H.* and the name, &c. of the owner, if the party pawns for another. In all cases where the money lent shall not exceed 5s. the entry to be made within four hours, and every pawnbroker, at the time of taking a pledge, shall give a note (or duplicate) fairly written or printed, describing the goods received in pawn, otherwise the pawnbroker shall not receive such pledge.

Where any goods shall be redeemed, the pawnbroker shall at the time of such redemption, write upon every duplicate of such goods, the amount of profit taken by him, and shall keep such duplicate by him for one year.

If any person shall designedly and unlawfully pawn or dispose of the goods of

* Lodger or Housekeeper.

another person, he may be apprehended by the warrant of a Justice, and, if convicted, on the oath of a credible person, or by the confession of the person charged with the offence, he shall forfeit any sum between 20s. and 5l. also the value of the goods pawned; and if the penalty should not be paid, the Justice may commit him to the house of correction, there to be kept to hard labour, for not more than three months, unless the penalty shall be sooner paid; and if the penalty shall not be paid within three days of the expiration of the commitment, the Justice may order such person to be publicly whipped, in the house of correction, or other public place, the Justice may deem proper.

If any person shall knowingly buy or take in pawn, or in exchange, any goods of any manufacture, or any materials intended for the manufacturing of any goods, after such materials are put into a course of manufacture, and before such goods are finished or completed for

the wear or consumption; or any linen or apparel, which shall be entrusted to any person to wash, scour, iron, mend, manufacture, work up, finish, or make up, and shall be convicted of the same, on the oath of any one credible witness, or confession of the party, before a Justice, such person shall forfeit double the sum lent upon the same, to be paid to the poor of the parish, and likewise restore the goods to the right owners in the presence of the Justice.

Where goods are unlawfully pawned, the pawnbroker to restore them, on the oath of any credible witness, or if one of the people called Quakers, on their affirmation, whether by pledge or exchange, the property to be restored to the right owners thereof.

If tender of the principal and interest shall be proved to have been made to a pawnbroker by a pawner, within the space of one year and *three months*, after the pawning of the goods, then on pay-

ment of the principal and interest to the pawnbroker; and in case the pawnbroker shall refuse to accept thereof, on tender of the same to him before the Justice, then the Justice, by order under his hand, shall direct the goods so pawned, to be delivered up to the pawner.

Any person producing a duplicate to the pawnbroker, with whom the goods specified therein were pledged, as the owner thereof, or as authorized by the owner to redeem the same, requiring the delivery of the goods mentioned therein, such person shall be deemed the right owner of such goods; and the pawnbroker shall deliver up the said goods to the person producing the duplicate, upon the payment of the principal and interest due thereon; and such pawnbroker is justified in so doing, unless he shall have had previous notice from the real owners thereof, not to deliver the said goods, or unless notice shall be given to him of the goods having been stolen, lost, mislaid, or destroyed.

In case of a duplicate having been lost, mislaid, destroyed, or fraudulently obtained from the owner thereof, and the goods remain unredeemed, the pawnbroker with whom the said goods were pledged, shall, at the request of the owner, or person representing the owner, deliver a copy of the duplicate so lost, mislaid, destroyed, or fraudulently obtained, with a form of an affidavit of the circumstance attending the case, as the same shall be stated to him by the party applying; for which copy of the duplicate and form of affidavit, if the money shall not exceed 5s. the pawnbroker shall receive one halfpenny; and if the money lent shall exceed 5s. and not exceed 10s. the sum of one penny; and if the sum exceeds 10s. then such sum as he was entitled to take for the original duplicate; to be paid by the person applying for the same at the time; and the person obtaining such copy of the duplicate and form of affidavit, must prove his right to the goods, to the satisfaction of some Justice of the peace, where the

goods were pledged, and must swear to the truth of the circumstances mentioned in the affidavit, the taking of which oath to be authenticated by the hand writing of the justice: whereupon the pawnbroker shall suffer the person making the affidavit, to redeem the goods.

If a person, entitled to redeem goods in pledge, shall before or upon the expiration of the said one year, from the time of pawning the same, give notice in writing, or in the presence of a witness to the pawnbroker, or leave the same at his usual place of abode, not to sell the same at the end of the year, then the goods pawned, shall not be sold by the pawnbroker, till the expiration of *three months after the said year*, during which term, the owner of the goods may redeem the same, upon the terms provided by this Act.

Pawnbrokers shall from time to time enter in a book kept for that purpose, a true account of the sale of all goods

pledged for upwards of 10s. which shall be sold by auction, expressing the month when pledged, and the name of the person who pledged the same, according to the entry made at the time of receiving the same in pawn; also the day when, and the money for which such goods were sold, with the name of the auctioneer by whom they were sold; and in case the goods shall have sold for more than the principal and interest due at the time of the sale, the overplus must be paid on demand by such pawnbroker to the owner, in case such demand shall be made within three years after the sale, the expences of the sale being first deducted; and the person who pledged such goods, or for whom the goods were pledged, or their executors, administrators, and assigns, (possessing the duplicate,) may inspect the entry of such sale, paying one penny and no more.

No pawnbroker shall, under any pretence whatever, (nor any person for him) purchase any goods during the time they

are in his custody as pledges, except at a public auction as aforesaid, nor suffer the same to be redeemed with a view to purchase thereof, nor shall any person make any agreement with any person offering to pledge, or pledging goods, for the purchase thereof, before the expiration of one year, from the time of pawning the same:—Nor shall any pawnbroker purchase or take in pledge any goods from any person, who shall appear to be under twelve years of age, or to be intoxicated with liquor.

If a pawnbroker shall have sold any goods, pawned before the time allowed by this Act, or such goods shall have been embezzled or lost, or are become of less value than at the time they were pawned, through the neglect of the pawnbroker, a Justice may award satisfaction to the owner.

The time of prosecuting must be within twelve months after any offence is committed, unless the same shall have

been within the City, or liberties of London.

The church-wardens and overseers of the poor of any place, where any offence shall be supposed to have been committed by any pawnbroker against this Act, or some or one of such officers, at the direction of any Justice, on having notice from such Justice of such offence being supposed to have been committed, shall, being nominated by such Justice, be required to prosecute such offender, *at the expence of the parish.*

No person having been convicted of felony, fraud, or obtaining money under false pretences, can be allowed to prosecute.

Persons holding property of another, and charging no more than 5l. per cent. not deemed pawnbrokers.

Tables of profit should be placed in the shop, in public view; likewise, the

name of the pawnbroker to be over the door.

The Laws of Landlord and Tenant.

It is a general rule, that half a year's notice to quit, must be given by the landlord to his tenant, and so by the tenant to his landlord, (or their representatives respectively) before the one can leave, or the other recover possession of the premises demised. 3 *Wils*, 25. And this notice must expire at the end of the year, to be computed from the commencement of the tenancy. Thus, if the tenancy commenced at midsummer, notice must be given on the preceding christmas, to quit on the midsummer following. 2 *Bl. Rep.* 1224.

But where three months notice to quit was given, when six was in strictness necessary, no objection being made to it at the time, the notice was deemed good

and binding on the party accepting it.
Esp. Ca. 266.

Lodgings, taken for a short period, are an exception to the rule, that notice must expire on the quarter day on which the tenancy began; for they depend either upon the express agreement between the parties, or the particular circumstances of the case, as the length of time for which they are taken, &c. if for less than a year certain, any reasonable notice is held to be sufficient. 1 *T. R.* 163. In case of dispute between the parties, what reasonable notice is, must be left to the decision of a jury. It is generally understood (unless by particular custom) that a week's notice will be sufficient, if the apartments are taken by the week; a month's notice, if taken by the month; and a quarter's notice, if taken by the quarter; and this seems to be sanctioned by the case of *Parry v. Hazell*, in which it was agreed, that "notice had reference in all cases to the letting," unless

controuled by the express agreement of the parties. *Esp. Ca.* 94.

Notice by parol or word of mouth only, will be sufficient, if it can be proved to have been given. 3 *Bur.* 1603.

Rent may be demanded, and is payable, at any time before sunset on the day upon which it is made payable, so that there be light enough for the lessor to count it by. *Co. Lit.* 402. The demand must be made upon the premises, or else it is not sufficient. *Cro. Car.* 521.

If a landlord accepts the last quarter's rent, and gives an acquittance under hand and seal, when there are arrears on a former quarter, he absolutely precludes himself from demanding the arrears. 3 *Co.* 65, b. 2 *T. R.* 366.

Accepting rent, or bringing an action for it, after the lease is forfeited, will do away the forfeiture, and re-establish the lease. 2 *T. R.* 425. *Esp. Ca.* 463, but

otherwise, if there was no notice of the forfeiture, 1 *Show.* 341. Neither will accepting a bond or other security for his rent, preclude his remedy for it by distress, or otherwise. *Esp. Ca.* 235.

If the tenant fraudulently remove or conceal his goods, to prevent the landlord from distraining, the landlord may by the II GEO. 2 c. 19. lawfully seize them within the space of thirty days after the removal of the same, provided they be not *bona fide* sold before such seizure. And the tenant and every person so offending or assisting in so doing, shall forfeit to the landlord double the value of the goods.

If the landlord had reasonable suspicion, that goods are concealed in any house, or place, fastened to prevent their being taken in distress, he may, on oath before a justice of the peace of such suspicion, and calling to his assistance the constable or other peace officer of the parish or place where the same are suspected to be concealed, break open in

the day-time, and enter into any such house, and seize such goods, &c. for rent in arrear. 11 GEO. 2. c. 19.

If the landlord covenants to repair, and neglects to do it, the tenant may repair, and deduct the expences out of the rent. *Co. Lit.* 54. *Ld. Raym.* 420.

If the tenant covenant to pay during the term, he will be bound to continue the payment of it, though the premises should be destroyed by fire, or other accident, and not be rebuilt by the lessor. 3 *Ber.* 1637. 1 *T. R.* 310. 6 *T. R.* 488. So, even if the lessor himself prevents his enjoying the premises. 2 *Str.* 763. On this account, therefore, if it is not intended that the tenant should be answerable for damages by fire, it is proper to make an exception as to accidental fire in the covenants to repair and pay rent.

Where a house is blown down by tempest, the law excuses the tenant, unless there is a covenant to repair and uphold. *Plowd.* 29.

It is a general rule in law, that whatever is fixed to the soil, so as to become, as it were, a part thereof, cannot be removed, and will, at the expiration of the lease, belong to the lessor; but it has been held, that a tenant may remove what he has affixed for the convenience of his business, as counters, shelves, cyder-mills, brewing vessels, &c. and also chimney pieces, and wainscot, put up by himself; provided, however, he do it during the continuance of his term, for, *if he let them remain till his term is ended, he cannot remove them without committing trespass.* 1 P. Wms. 94. 1 Bl. Rep. 258. 1 Atk. 477. Other things may also be removed by the special custom of particular places. *Bull N. P.* 34.

Every man must, of common right, support his house, so that it may not be an annoyance to his neighbour. 11 Mod. 7.

The law allows a landlord to enter his

house to view repairs, but if he breaks the house, or continues there all night, he is a trespasser. 8 *Co.* 146.

A landlord may distrain for his rent upon a bankrupt's goods, either before or after the assignment; but, if he neglects to do it, and suffers them to be removed, he can only come in upon an average with the rest of the creditors. But if the goods remain on the premises, he may distrain them, even after the messenger is in possession, or after sale by the assignees. And he is not restricted to one year only, as in the case of executions, but may distrain for his whole rent. 1 *Atk.* 102, 3.

By the same statute, 29 *Car.* 2. c. 3. made for the prevention of frauds, it is enacted, that all leases, not put into writing and signed by the parties themselves, or their agents lawfully authorised, shall be void, except leases not exceeding three years from the time of making.

Persons in arrears for furnished lodgings, may be expelled by placing a padlock on the door, in their absence.

The goods of lodgers may be distrained and sold for arrears of rent; and if any attempt is made to carry them off the premises, they may be detained, provided the rent is due for the time agreed upon, viz. a week, month, quarter, &c.

The only way of removing a weekly lodger from furnished apartments, is by locking his door in his absence; but this cannot be done while he pays his rent: neither must he break them open at his peril.

If the rent of the house be in arrear, either at the time the lodger entered on his apartments, or at any subsequent period, the furniture of the lodger will be liable to be taken in distress. Notice to quit, &c. see page 74.

BREAD.

It is matter of surprise, that amongst the various suggestions to alleviate the distress and inconvenience so generally felt by all classes, from the very high price of bread, that the best expedient adopted during the scarcity in 1801, appears to have been entirely overlooked, viz. the regulation of *bread being made twenty-four hours before it was sold*. It is estimated that this regulation would save *one-fourth* of the consumption, and render it a more wholesome aliment. The Faculty are entirely of this opinion. Surely this hint peculiarly deserves the notice of the laudable associations for the relief of the distressed, as well as the particular attention of every master of a family.

Directions for making Bread.

In the execution of this business, one very material consideration is, the proper construction of your oven, which should be built round, and not lower from the roof than twenty inches, nor higher than twenty-four inches. The

mouth should be small, with an iron door to shut quite close; by which means, less fire will be required, it will heat quicker than a long and high-roofed oven, and bake every thing better.

To make Bread the London way.

Put a bushel of good flour, ground about five or six weeks, into one end of your trough, and make a hole in the middle. Take nine quarts of warm water (called by the bakers, liquor) and mix it with one quart of good yeast; put it into the flour, and stir it well with your hands till it is tough. Let it lay till it rises as high as it will go, which will be in about an hour and twenty minutes. Be careful to watch it when it comes to its height, and do not let it fall. Then make up your dough with eight quarts more of warm liquor, and one pound of salt; work it well up with your hands, and then cover it with a coarse cloth or a sack. Then put your fire into the oven, and by the time it is properly heated, the dough will be

ready. Then make your loaves of about five pounds each, sweep out your oven clean, put in your loaves, shut your oven up close, and two hours and a half will bake them. Remember, that in summer time your liquor be just blood-warm; in winter, a little warmer; and in hard frosty weather as hot as you can bear your hand in it, but not so hot as to scald the yeast; for should that be the case, the whole batch of bread will be spoiled. A larger or smaller quantity may be made in proportion to the rules here laid down.

To make Leaven Bread.

Take a lump of dough, about two pounds, of your last making, which has been made with yeast, keep it in a wooden vessel, and cover it well with flour. The night before you intend to bake, put this (which is your leaven) into a peck of flour, and work them well together with warm liquors. Let it lie in a dry wooden vessel, well covered with a linen cloth, a blanket over the

cloth, and keep it in a warm place. This dough, kept warm, will rise again the next morning, and will be sufficient to mix with two or three bushels of flour, being worked up with warm liquor, and a pound of salt to each bushel of flour. When it is well worked, and thoroughly mixed with all the flour, let it be well covered with the linen and blanket, until you find it rise; then knead it well, and work it up into loaves and bricks, making the loaves broad, and not so thick and high as is done for bread made with yeast. Then put them into the oven, and bake them as before directed. Always keep by you two pounds of the dough of your last baking, well covered with flour, to make leaven to serve from one baking-day to another. The more leaven there is put to the flour, the lighter and more spongy the bread will be; and the fresher the leaven the sweeter it will be.

Notwithstanding the penalties attached to the adulteration of bread, as well

as deficient weight, until vigilance becomes more general, there will be little chance of suppressing such base practices; allum, I am told, is still used in great quantities, under the names of *baker's salt*; *ground*, &c. Bread adulterated with allum or lime, may be detected by thrusting in the loaf a hot knife. If it were more than it is, the practice of families to keep weights and scales, their savings would be considerable, and the increased chances of detection would deter dishonest dealers from frequently plundering the public by short weights. The inquest do much, but not enough to check this evil, deficient quantities are often given, where weights and measures are found just; and the vigilance of private families, would free honest tradesmen from suspicions.

In by no means a populous district, the South division of Eastington Ward, in the county of Durham, after a strict inspection of the weights and scales, it

was ascertained that the loss to the poor by false weights, had been not less than £.500 a year.

Directions for making Butter.

When you have got a sufficient quantity of cream, strain it through a clean linen cloth into the churn, which must be put to stand in the coolest place of the dairy, in summer, but in winter it must stand in the warmest. When you churn, let it be with solid heavy strokes, for they will make the butter much better than slight quick ones. When you find the butter begins to break, cleanse the inside of the lid, and then strike the churn-staff more softly, to prevent the butter from heating. If the summer is hot, it would be proper to set the churn in a leaden cistern, filled with cold water, and in winter before a slow fire. When the butter-milk is drained off, let the butter be taken out and washed in clean cold water, and it will be ready to be made up in rolls for present use.

To make common Cheese.

Take as much milk as you have ready, and when it has been made milk-warm, take a calf's bag that has been washed clean, and put in it some salt with curd. Keep it fastened up with a skewer, and when you use it put it in a pan of water mixed with salt, then boil it, and make small holes in it to let out the liquor, which must be poured into the milk. Take great care the milk be not too warm, otherwise you will spoil your cheese; for it should not be warmer than when it comes from the cows. When it has curdled, pour the whey from it, and let the rest be pressed out; then let it stand a day to dry, when it must be carefully crumbled as small as possible, then put to it a little salt properly mixed, and then put it into the mould. If the cheese is pressed hard it will keep much longer than what is pressed soft; but the latter when new, will have a better taste.

We all of us, I presume, who are in the habit of finishing our dinner with a little old Cheshire, North Wilts. or double Gloucester, wish to get rid of that rancid nauseous flavour which is too often prevalent in these cheeses, especially so when they are made of the richest milk, which would otherwise render them not only palatable, but delicious. To remedy this evil, in many parts of Cheshire, the dairy maids have adopted the simple, but efficacious process, of salting their milk as soon as it is taken from the cows. I mean the evening's milk, which is kept, during the night, in pans and coolers, in order to be mixed with the new morning's milk, for coagulation.

The quantity of salt used on this occasion, is about a table spoonful to each gallon of milk, and is generally sprinkled on the bottom of the vessel that is to receive the milk, the milk is then poured upon the salt, and they immediately become incorporated. This early

salting has enabled many dairy women in the above county, whose cheese was before always *hoven* and detestably rank now to produce perfectly well flavoured and excellent cheese, from cattle fed on any kind of grasses, and on farms that have been pronounced totally unfit for that most profitable of all systems of husbandry. the dairy system. To this small portion of salt, various good effects are attributed, by those that thus use it; they say, it prevents the milk from growing either sour or putrid in the hottest night of summer; that it rather encourages coagulation, and very much promotes the separation of the curd from the whey, which also occasions a great saving of the curd.

Be very careful of coppers and brass vessels. These, immediately after use, should be filled with water (which prevents the tinning from coming off) and afterwards wiped and dried; for if they be not, they gather, as well when empty

as when fat is left in them, a green substance, which is rank poison, or at least causes terrible and lasting disorders, especially to those who eat first what is dressed in them. Copper and brass spoons, especially those called white metal spoons, should also be taken particular care of; for they gather a greenish poison, and nothing should at any rate be warmed in them over a fire. Broths and soups should not be left longer standing in the porridge-pot than while dinner is taking up. Fixed coppers should have the fire drawn from under them as soon as they are used, and scoured with a brush and sand whilst hot. The outsides of tinned copper utensils should be also scoured with a brush and sand; but not the insides, for the sand will take off the tin, from which any specks may be removed by scraping with the nails.

I often wonder that for kitchen utensils, the iron is not more preferred, being much more safe; and from their great

durability, much cheaper than brass or copper.

Bacon, when it has been salted about a fortnight, should be put in a box about the size of the pieces to be preserved, on a good bedding of hay, and each piece wrapped round with hay, and a layer of hay put between every two fitches, or pieces. The box must be closed to keep out the rats, &c. It will thus keep good as at first, without the possibility of getting rusty, for more than a twelve-month. It must be kept in a dry place.

Flour should be kept in a cool dry room; and the bag, being tied, should be changed from top to bottom every week.

Vegetables keep best on a stone floor, if the air is excluded.

Meat, sugar, sweetmeats, candles, dried meats, hams, &c. should all be kept in cool dry places.

Seeds of all sorts, for puddings, &c. should be close covered to preserve them from insects.

Soap, when first brought in, should be cut with a wire, or piece of twine, in pieces that form a long square; it should be kept out of the air a fortnight or three weeks, for if it dries quick, it will crack, and break when wetted. It should be put upon a shelf, with a small space between each piece, and be suffered to grow hard gradually. Adopting this mode, will save a *full third* in the consumption of it.

Soda, by softening the water, saves a great deal of soap. It must be melted in a large jug of water, some of it should be poured into tubs and boilers; and when the lather becomes weak, more should be added. Soft soap is, if properly used, a saving of *nearly half* the quantity; and though something more costly than the hard, is considerably cheaper, by its going much farther.

The price of starch depends upon that of flour; the best will keep good in a dry warm room for years; when bread is cheap, starch may be bought to advantage, and kept covered close for use.

Candles are best made in cold weather. The prices of candles and soap rise and fall together; when they are likely to be high priced, it would be prudent to lay in a stock of both, as they are the better for keeping. This may be easily ascertained from the tallow-chandler. There are few articles that better deserve attending to in laying in, and allowing a proper quantity of, according to the size of the family.

Paper, by keeping, improves in quality; and, if bought by the ream from large dealers, will be much cheaper than purchased by the quire. The surprising increase of the price of this article may be accounted for by the additional duties, and a larger consumption, besides the monopoly of rags: of the latter it is

said there is a great scarcity. This might perhaps, in some measure be obviated, if an order were given to the servants of every family, to keep a bag to put all the waste bits and cuttings into.

Every article should be kept in its proper place, by which much trouble and waste may be avoided.

Vegetables soon sour, and corrode metals and glazed red ware, by which a strong poison is produced. Vinegar does the same by its acidity, the glazing being of lead or arsenic.

To prepare Linen for Washing.

First, look the linen carefully over, and then mend every place where you find it torn; otherwise, if it is washed, the rents will be much worse than before. When that is done, let it be carefully folded up, and put into a bag, to prevent its gathering more dirt; for the cleaner it is kept, the more easily it will

wash, and also be the better for the linen, for as much has been lost by the carelessness of servants, or bad laundry maids, as by wearing.

Concerning the Water.

Do not wash with any sort of water, unless it has stood two or three days, for when newly taken in, it is always thick and muddy; if it is from a stream where there is a muddy bottom, it will be better to let it stand four days.

For chusing Soap.

New-made soap always spoils the linen, therefore make choice of the oldest you can get, as it will be of much more service, and make the clothes look better.

To wash Black Silles.

Warm a little small beer, and mix it with ink, then wash the silk in it, and it will have a fine black colour.

To wash Scarlet Cloaks, Pelisses, Waist-coats, &c.

Take a little fuller's earth, and boil it in water; when you take it off, let it stand till it is only luke-warm; then wash the cloaks in it, and when they are clean, rinse them in cold pump water.

To wash Silk Handkerchiefs.

These must be first washed in cold water; and the second lather must be only luke-warm. After the second washing, rinse them in cold water, dry them gently, and then fold them up.

To clean Ribbons.

First, sprinkle them moderately with a little clean water, and then smooth them out. Lay them on a carpet or clean cloth, at full breadth, and having made a thin lather of Castile soap, rub them gently with a brush, or fine woollen cloth. Then take some water, mix with it a little allum and white tartar, and rub them well with it. This will make them not only clean, but the co-

lour will be fixed from further fading. You must dry them in the shade, and smooth them with a glass slick-stone.

To wash Silk Stockings.

These must not be laid in soak before washing, as it will intirely destroy their colours. They must be washed in cold water, with two lathers, the latter of which must be well blued. They must not be rinsed, but turn them often, then press them, and when they are thoroughly dry, put them up for use.

To keep Linen not used from receiving any Damage.

When you have washed and well dried it, fold it up, and scatter in the folding the powder of cedar wood, or cedar small ground, having first perfumed your chest with storax; by which means not only dampness is prevented, but worms, moths, &c.

To dust Carpets and Floors.

Sprinkle tea-leaves, then sweep carefully. Carpets should not be swept frequently with a whisk brush, as it wears them very fast; about once a week is sufficient; at other times use tea-leaves and a hair brush.

Fly Water.

Most of the fly waters that are sold for the destruction of flies, are variously disguised poisons, dangerous and mostly fatal to the human species; such as solutions of mercury, arsenic, &c. mixed with honey or syrup. The following preparation, without endangering the lives of children, or other incautious persons, is not less fatal to flies than a solution of arsenic.—Dissolve two drams of the extract of quassia, in half a pint of boiling water; add a little sugar, or syrup, pour the mixture on plates, or in saucers. To this enticing food the flies are very partial, and it never fails to destroy them.

To take Ink Stains out of Mahogany.

Put a few drops of spirits of sea-salt, or oil of vitriol, in a tea-spoonful of water; touch the stain or spot with a feather; and on the ink's disappearing, rub it over *immediately* with a rag wetted in cold water, or there will be a white mark which will not be easily effaced.

To clean Block-tin Dish Covers, Patent Pewter, &c.

Where the polish is gone off, first rub the article over the outside with a little sweet oil, on a piece of soft linen cloth; then clear it off with dry whiting on linen cloths, quite free from sand, which will make them look as well as when new. The insides should be rubbed with rags moistened in wet whiting, but without oil. Always wiping these articles dry, when brought from table, and keeping them free from steam or other damp, greatly lessens the trouble of cleaning them. Where these cautions are disregarded long, particularly with regard to tin, the articles soon get be-

yond the power of being ever restored to their original brightness.

To clean Looking-glasses.

Remove fly-stains, or any other soil, by a damp rag; then polish with woollen cloth and powder blue.

To clean Paint.

Never use a cloth; take off the dust with a little long-haired brush, after blowing off the loose parts with the bellows. With care, paint will look well for a length of time. When soiled, dip a sponge or bit of flannel into soda and water, wash it off quickly, and dry it immediately, or the strength of the soda will eat off the colour.

To take Rust out of Steel.

Sweet oil must be well rubbed on it; and in forty-eight hours use unslacked lime, powdered very fine. Rub it till the rust disappears.

Cement for mending Glass or China.

Bruise garlic in a stone mortar; the juice applied to the broken parts, is the finest and strongest cement, and will leave no appearance of a seam, if done with care.

Another for Wood or Paper.

Dissolve isinglass two parts, and gum arabic, in a small quantity of gin, or proof spirit, by a very gentle heat; and preserve it in a bottle for use.

Rats and Mice.—A plant which grows in abundance in every field, the dog's tongue, the *cynoglosome officinale* of Linnaeus, has been found to possess a very valuable quality. If gathered at the period when the sap is in its full vigour, bruised with a hammer, and laid in a house, barn, granary, or any place frequented by rats and mice, those destructive vermin shift their quarter.

To kill Fleas —Sprinkle the room with soap lees, in which two or three onions have been boiled.

To kill Bugs.---Take the gall of an ox, and mix it with vinegar; then rub the cracks and joints of the bedstead, and the bugs will suddenly die: or take some brimstone in powder, mix it with old oil, and use as before.

But let it be observed, that without *pure air*, and a moderate degree of *cleanliness*, these vermin will never be finally extirpated. To this end, where the room will allow it, a bed should stand detached from the walls; and every day but especially in dry weather, the windows should be kept open some hours, that the fresh air may freely circulate round the bed, particularly round the head, as in that part there is a greater degree of animal heat, and consequently a greater tendency to that putrid state of the air, which is the life, if we may so speak, of these disagreeable bed-fellows.

*Portable Balls for taking Grease Spots out
of Clothes.*

Dry fuller's earth so as to crumble into powder, and moisten it well with lemon juice; add a small quantity of pure pulverized pearl-ash, and work the whole up into a thick paste. Roll it into small balls, let them completely dry in the heat of the sun, and they will then be fit for use. The manner of using them is, by moistening with water the spots on the cloth, rubbing the ball over, and leaving it to dry in the sun; on washing the spots with common water, and very often with brushing alone, the spots instantly disappear.

Liquid for removing Spots from Clothes.

In a pint of spring water, dissolve an ounce of pure pearl-ash; add to the solution, a lemon cut in small slices. This being properly mixed, and kept in a warm state for two days, the whole must be strained, and the clear liquid kept in a bottle for use. A little of the liquid being poured on the stained part,

removes all spots of grease, pitch, or oil; the moment they disappear, the cloth is to be washed in clear water.

A lump of magnesia, dipped in water, and applied to spots, is said to remove them, if the part is afterwards brushed or rubbed.

To clean Tanned Leather, Boot Tops, &c.

Take half a pint of water, a quarter of a pint of vitriolic acid, of the specific gravity of 1,850, which may be had at the chemists, and half an ounce of salts of lemon. Put the water in a bottle, and add the vitriolic acid to it, and afterwards the salts of lemon. When the heat, which is caused by this mixture, has subsided, add half a pint of skimmed milk; shake them occasionally for three or four days, and the liquor will be fit for use.

When you use it, first, with a brush and soft water, clean the surface of the leather from all grease, dirt, &c. Next scrape on it a little Bath-brick, or white

free-sand; add a little of the above liquor, and with a brush scour it well, repeating this process till the whole has been gone over: then with a clean sponge and water wash off what remains of the brick: leave the leather to dry gradually, and it will be of a light new colour. If it is wished to be darker, brush it with a hard brush a little before it is dry, and it will be of a rich brown tinge.

Cheap Receipt for Shoe Blacking.

In three pints of small beer, put two ounces of ivory black, and one pennyworth of brown sugar. Make them boil, and then put in a desert spoonful of sweet oil, and boil slowly, till reduced near one-third. Stir it well every time it is used.

To render Boots and Shoes Snow and Water-proof.

Dissolve a little bees wax and mutton suet in a pipkin, then slightly rub it over the shoe and the stiches, which will

repel the wet, and not in the least prevent the blacking from having the usual effect.

To render Great Coats, &c. proof against Sun or Rain.

Boil well together two pounds of turpentine, one pound of litharge in powder, and two or three pounds of linseed oil. When the article is brushed over with this varnish, it must be dried in the sun; after which, neither heat or water will affect it.

Easy Method of rendering Cloth water-proof.

To one ounce of white wax, melted, add one quart of spirits of turpentine, which, when thoroughly mixed and cold, dip the cloth in it, and hang it up to dry. By this cheap method, muslin, as well as the strongest cloths, will be rendered impenetrable to rain, without any injury being done, even when the cloth is coloured.

*Easy Method of staining Wood a fine
Black.*

Drop a little oil of vitriol into a small quantity of water, rub the same on the wood, then hold it to the fire till it becomes a fine black, and when polished it will be exceeding beautiful.

To make Nankeen Dye.

Boil equal parts of arnatto and common potash in water, till the whole is dissolved.

Cautions in Warming Beds.

Remove the black coals from the warming pan, and scatter on those remaining, a little salt; this will prevent the unhealthy sulphurous vapour otherwise produced.

*To make a Candle which no Wind can
extinguish.*

Run a small wick, dipped in brimstone and salt, through a small reed, then cover the reed with wax or tallow.

Cheap Food for the Poor.

“ The boiling of meat, however salt, might, with the addition of vegetables, bones, and bits of meat and fat collected from the plates, with rice, barley, oat-meal, or grits that have been boiled, &c. stewed for a length of time, be the means of affording nourishment for the poor families who have neither the fuel nor time to dress it for themselves.

“ Fish bones, heads, and fins, all afford great nourishment. After the fish is served, let part of the liquor be put by; the bones, heads, and clean bits collected from the plates, as likewise any gravy that may be left. Boiled together it makes it a very nice broth, with the addition of a little rice-flour rubbed smooth, and seasoned with pepper, salt, and an onion. When strained it is a great improvement to meat soups, particularly for the sick”.

“ Female Instructor”.

A baked Soup.

Cut a pound of any kind of meat into slices; put two onions, two carrots, two ounces of rice, a pint of split peas, or whole ones previously soaked, pepper, and salt, into an earthen pan, with one gallon of water. Cover it close, and bake it.

A good wholesome Pudding.

Put into a deep brown pan half a pound of rice, four ounces of coarse sugar or treacle, two quarts of milk, and two ounces of dripping; set it cold into the oven. It will take a good while, but will be very good solid food, and will be particularly acceptable where there are children.

Brewis.

Cut a thick upper crust of bread, and put it into the pot where salt beef is boiling and nearly ready: it will attract some of the fat, and, when swelled out, will be very palatable.

To cure tainted Fish.

Mix a quantity of vinegar and salt in the water in which the fish is to be boiled.

British Substitute for Foreign Tea.

Betony, if gathered when just going to flower, has the taste of tea, and all the good qualities of it, without the bad ones, and, moreover, it cures inveterate head-aches.

Another.

Make an infusion of ground ivy, which is very agreeable in flavour, especially if you add to it a drop or two of lemon juice. It is reported by many, that the habitual use of this herb will cure the most obstinate consumption.

To preserve Eggs sound for the Space of Two Years.

For the following process, for keeping and preserving eggs perfectly sound, a patent was granted in February, 1791, to Mr. Jayne, of Sheffield, Yorkshire:

Put into a tub or vessel one bushel, Winchester measure, of quick lime, thirty-two ounces of salt, eight ounces of cream of tartar, and mix the same together with as much water as will reduce the composition or mixture to that consistence, that it will cause an egg put into it, to swim with its top just above the liquid; then put, and keep the eggs therein, which will preserve them perfectly sound for the space of two years at least.

This method is not the worse for being simple, and the still simpler one of merely keeping eggs in salt, is known by many good housewives to preserve eggs quite sound for a considerable time.

*Manner of preserving Eggs perfectly fresh
for Twelve Months.*

The most simple and easy mode of preserving eggs is to rub the outside of the shell as soon as gathered from the nest, with a little butter, or any other grease that is not fetid. By filling up

the pores of the shell, the evaporation of the liquid part of the egg is prevented; and either by that means, or by excluding the external air which Fourcroy supposes destroys the milkiness which most people are fond of in new-laid eggs, that milkiness will be preserved for months, as perfect as when the egg was taken from the nest.

To preserve cream.

Mix with a quantity of fresh rich cream, half its weight of white sugar in powder; stir the whole well together, and preserve it in bottles well corked. In this state it is ready to mix with tea or coffee, and has continued in good condition during a voyage to America.

Substitute for Human Milk, where, from any Circumstance, it cannot be procured for Children.

In a quart of water boil two ounces of hartshorn shavings over a gentle fire, till the whole is reduced to a pint; mix this with twice its quantity of cow's

milk, and the addition of a little sugar. This forms for children a proper aliment, approaching nearly to the nature of human milk.

Nutmegs.—To ascertain the quality of nutmegs, force a pin into them; and if good, however dry they may appear, the oil will immediately ooze out; this being of great value, is often stolen or extracted, from the nuts exposed to sale. It should also be observed, that to grate a nutmeg at the stalk end, is to lose a great portion of it, as it then proves hollow.

*Cheap and expeditious method of distilling
simple Waters.*

Tie a piece of muslin, or gauze, over a glazed earthen pot, whose mouth is just large enough to receive the bottom of a warming pan; on this cloth lay your herb, clipped, whether mint, lavender, or whatever you please; then place upon them the hot warming-pan, with live coals in it, to cause heat just

enough to prevent burning, by which means the steam issuing out of the herb cannot mount upwards, by reason of the bottom of the pan just fitting the brim of the vessel below it, it must necessarily descend and collect into water at the bottom of the receiver, and that strongly impregnated with the essential oil and salt of the vegetable thus distilled: which, if you want to make spirituous, or compound water of, is easily done, by simply adding some good spirits or French brandy to it, which will keep good for a long time, and be much better than if the spirits had passed through a still, which must of necessity waste some of their strength. Care should be taken not to let the fire be too strong, lest it scorch the plants; and to be made of charcoal, for continuance and better regulation, which must be managed by lifting up and laying down the lid, as you want to increase or decrease the degrees of heat. The deeper the earthen pan, the cooler the season; and the less fire at first (afterwards to be

gradually raised) in the greater perfection will the distilled water be obtained.

An excellent Soup for the Weakly.

Put two neat's feet into a pan with a breast of mutton, an onion, a quarter of a pound of rice, a turnip, a carrot, some whole pepper, and salt; cover with brown paper, and bake it.

Caudle.—Put three quarts of water on the fire: mix smooth in cold water some oatmeal to thicken it: when boiling, pour the latter in, and twenty powdered Jamaica peppers; boil to a good middling thickness; then add sugar, half a pint of well-fermented table beer, and a glass of gin. Boil all together.

Cure for Consumption.

Gently boil in a stew-pan a pound of good honey; clean, scrape, and grate two large sticks of horseradish; stir it into the honey. Let it boil for about five minutes, but it must be kept con-

tinually stirred. Two or three table spoonfuls a day, according to the strength of the patient, some time persisted in, may do a great deal, even where there is a confirmed consumption of the lungs. It is serviceable in all coughs where the lungs are affected.

Strengthening Pills.

Take soft extract of bark, and vitriolated iron, each a drachm. Make into pills.—In disorders arising from excessive debility, or relaxation of the solids, as the *chlorosis*, or green sickness; two of these pills may be taken three times a day.

Strengthening Fomentation.

Take of oak bark, one ounce; granate peel, half an ounce; alum, two drachms; smith's forge water, three pints. Boil the water with the bark and peel to the consumption of one-third; then strain the remaining decoction, and dissolve in it the allum.—This astringent liquor is employed as an external fomentation to

weak parts; it may also be used internally.

To cure Chilblains.—Apply a poultice of roasted onions hot: keep it on two or three days, if not cured sooner.

Hard Breasts.—Apply turnips roasted till soft, then mashed and mixed with a little oil of roses; change this twice a day, keeping the breast very warm with flannel.

Sore Breasts and Swelled.—Boil a handful of cammomile and as much mallows in milk and water; foment with it between two flannels as hot as can be borne, every twelve hours; It also dissolves any knot or swelling in any part.

Receipt for the Rheumatism.

Take of garlic two cloves, of ammoniac one drachm: blend them, by bruising, together; make them into two or three bolusses, with fair water; and swallow them one at night, and one in

the morning. Drink, while taking this medicine, sassafras-tea, made very strong, so as to have the tea pot filled with chips. This is generally found to banish the rheumatism, and even contractions of the joints, in a few times taking.

Remedy for the Whooping Cough.

Take two ounces each of conserve of roses, raisins of the sun stoned, brown sugar-candy, and two pennyworth of spirits of sulphur; beat them up into a conserve, and take a tea-spoonful night and morning.

Stomach Plaister for a Cough.

Take an ounce each, of bee's wax, Burgundy pitch, and rosin, melt them together in a pipkin, and stir in three quarters of an ounce of common turpentine, and half an ounce of oil of mace. Spread it on a piece of sheep's leather, grate some nutmeg over it, and apply it quite warm to the pit of the stomach.

Linseed Cough Syrup.

Boil one ounce of linseed in a quart of water, till half wasted; add six ounces of moist sugar, two ounces of sugar candy, half an ounce of Spanish liquorice, and the juice of a large lemon. Let the whole slowly simmer together, till it becomes of a syrupy consistence; when cold, put to it two table spoonfuls of the best old rum.

Drink for a weak Constitution.

Boil as much pearl or Scotch barley, in water, as will make about three pints: then strain it off, and having dissolved an ounce of gum Arabic in a little water, mix them, and just boil the whole up together. The barley water need not be thick, as the gum gives it sufficient consistence. When used take it milk warm, and the good effect will generally be soon manifest.

Celandine.

The juice of celandine cures tetter and ring-worms, and is said to cure the itch.

*To purify damp, painted, or unwholesome
Rooms.*

Throw small lumps of pitch frequently into the fire; or use it in a chaffing dish, with charcoal.

A Remedy for the Piles.

Take a spoonful of the flour of brimstone, in half a pint of milk, every morning, till cured.

*A sure preservation from the Tooth-Ache,
and Defluations on the Gums or Teeth.*

After having washed your mouth with water, as cleanliness, and indeed health requires, you should every morning rinse the mouth with a tea-spoonful of lavender water mixed with an equal quantity of warm or cold water, which ever you like best, to diminish its activity. This simple and innocent remedy is a certain preservative, the success of which has been confirmed by long experience.

Cure for the Tooth-Ache.

An eminent apothecary, in the vici-

nity of this metropolis, has lately recommended, as an effectual cure for the tooth-ache, the following remedy which he has been in the habit of using for many years, and out of the number of cases, eight tenths have succeeded, viz. to take three table spoonfuls of brandy, adding to it one drachm of camphor, with thirty or forty drops of laudanum, and then dropping a little upon some lint, and applying it to the tooth affected, keeping the lint moistened for five minutes only on the tooth and gum.

Cure for the Gravel.

Dissolve three drachms of prepared natron in a quart of cold soft water, and take half this quantity in the course of the day. Continue this medicine for a few days, and that painful complaint will be dislodged.—It may be taken at any hour, but it is best after a meal. It is said, that the greatest martyrs to this disorder have been perfectly relieved by this simple remedy, which every person should remember, and note in a pocket

book, as few families are without some individual afflicted with gravel in a greater or less degree.

Putrid Fever.—Mr. J. Heath, of Grocer's-hall court, has published a letter giving a very clear account of the cure of a youth in Typhus Fever, by yeast. The physician had given him over, his pulse was at 140 ; blood issued from his eyes, nose, and ears ; his mouth fauces were ulcerated, and the stench of his chamber was very great. At this time yeast was given in a spoon, diluted with warm water and coarse sugar ; he presently found himself refreshed, grew more calm, and all the bad symptoms abated ; the next day his pulse was fallen to 100, and he was so much recovered, that in a few days more he was perfectly well. A pail of fomenting yeast was put in the room, and he took from three to four table spoonfuls of pure yeast in fourteen hours. It did not affect the bowels.

An infallible receipt for the bite of a mad dog, for which a gentleman in the neighbourhood of London, gave the sum of forty pounds; the great efficacy of which has been sufficiently proved in a practice of many years, by a great number of men, women, children, dogs, horses, cows, &c. which have received the inestimable benefit of a thorough cure.

Take one ounce of the best dragon's blood, of Spanish brown one ounce and a half; of *box leaves*, dried, pounded, and sifted through a fine sieve, five ounces: mix these together, and take it in the following manner:

To a man or a woman in the morning fasting, one large table spoonful in a little gruel, white wine whey, or warm ale.—To children, a quantity in proportion to their age.—Observe to refrain from any food for three hours after taking.

To a horse or cow, two spoonfuls in warm water, or mixed in butter.

To a hog, one spoonful and a half.

To a dog, one spoonful.

The above medicine should be taken, by each, three mornings successively, as soon after being bit, as possible.

This valuable article I extracted many years ago, from the London Magazine of 1764; It is perhaps, the original of the following well recommend preventative.

HYDROPHOBIA.

(Extract from Dr. Rees's Cyclopedia.)

We know of no instance of the complaint (Canine Madness) being cured, nor have we, in any instance, even attempted any thing of the kind; but we flatter ourselves, that we have been successful in bringing forward a *preventive*. We claim not the discovery of this most valuable and truly important remedy;

we only, by exertion, rescued it from oblivion, and by a long course of well-conducted experiments, have established the certainty of its efficacy, that of more than ninety animals, as horses, sheep, swine, and dogs, one only has gone mad, to whom this remedy was administered, and this failure did not occur under our own immediate inspection, so that it might have been wasted or brought up. This remedy, as prepared by us, is as follows:—Take of the fresh leaves of the *box tree*, two ounces: of the fresh leaves of rue, two ounces: of sage, half an ounce: chop these fine, and boil in a pint of water to half a pint; strain carefully, and press out the liquor very firmly; put back the ingredients into a pint of milk, and boil again to half a pint; strain as before; mix both liquors, which forms three doses for a human subject—Double this quantity is proper for a cow or horse; two-thirds for a large dog, half for a middle-sized, and one-third for a small dog. Three doses are

sufficient, given each subsequent morning, fasting; the quantity directed, being that which forms these doses. As it sometimes produces strong effects on dogs, it may be proper to begin with a small dose, increasing it till the effects are evident, by the sickness, panting, and uneasiness of the dog. In the human subject, where this remedy appears equally efficacious, we have never witnessed any unpleasant effects. About forty human persons have taken this remedy, and in every instance has succeeded, equally as with animals. That this remedy, therefore, has a *preventive* quality, is unquestionable, and now perfectly established; for there was not the smallest doubt of the animals mentioned, either having been bitten, or of the dog being mad who bit them, as great pains were, in every instance, taken to ascertain these points.

The writer of the above article in Dr. Rees's Cyclopaedia, has attentively observed, during its whole progress,

above two hundred cases of canine madness, and has dissected near one hundred bodies of dogs, who died of the malady.

Head Ache.—The juice of ground ivy snuffed up the nose, is said to have cured those who have been thus afflicted for twelve years. Pillcoihæ will also give relief in the most obstinate and severe head-ache.

To cure Corns.—Bind on them a leaf of houseleek, after the feet have been soaked in warm water.

The late Dr. JAMES MALONE'S *Receipt for a Cold*, which he most strenuously recommended.—“Take a tea-cupful of linseed, a quarter of a pound of stick liquorice sliced, and a quarter of a pound of sun raisins; put them into two quarts of soft water, and let it simmer over a slow fire, till it is nearly reduced to one quart, then strain it off, and add to it, while it is hot, a quarter of a pound of brown sugar candy pounded.

Drink half a pint of it a little warmed at going to bed, and take a little in the morning, and at any time when the cough is troublesome. Add to every half pint, a large tea-spoonful of old rum, and the same quantity of the best white-wine vinegar, or lemon juice.

This receipt generally cures the worst of colds in two or three days, and, if taken in time, may be said to be almost an infallible remedy. It is a most sovereign and balsomic cordial for the lungs, without the opening qualities, which endanger fresh colds in going out. It has been known to cure colds, that have been almost settled in consumptions, in less than three weeks.

Oatmeal Drink.—Take a quart of water, and mix it with two spoonfuls of ground oatmeal, by pouring it ten or twelve times from one pot to another. This drink may be a little warm in winter, and is much recommended to such as value their health.

Lemonade.—This pleasant drink, so useful in hot seasons, and in fevers, is made by scraping lemon peel into water and sugar; add a few drops of the essence of sulphur, small slices of lemon, and rose water.

An easy method of keeping a constant supply of Pickle.

To good vinegar, about one-third of water may be added, which must be boiled with the usual proportions of spice, and then poured hot or cold on any article intended for pickle, such as raddish pods, nasturtion berries, beans, cucumbers, cauliflowers, &c. which, after gathering, have been spread in the sun [for two or three days; these must be covered close, and if similar articles are intended for pickle, they may, from time to time, be added to the liquor. This method of pickling will be found particularly useful to those, who having small gardens, cannot gather sufficient at one time. Observe, when the jar is

full, to cover it close, and let it stand the usual time.

Communicated by a lady, who practised this method at Kew.

Simple method of purifying the most crude and stinking Lamp Oil.

Take one gallon of fish oil, and put to it a pint of water, poured off from two ounces of lime, slacked in the air; stir the mixture up several times for the first twenty-four hours; then let it stand a day, and the lime water will sink below the oil, which must be carefully separated from it. A good light can never be obtained from a foul lamp, but as few persons know how to clean them properly, I shall here observe, that lamps boiled with as much pearl-ash as will cost but three farthings, will be rendered as clean as if three shillings had been paid a lamp-maker for that purpose. One hour's boiling, in most cases, is sufficient, but they must be well dried, before they are used.—For the benefit

of the public, the Society of Arts and Commerce, have recently offered a premium of fifty guineas for making known the method of purifying oil from the glutinous matter that incrusts the wicks of lamps.

Method of discovering forged Notes.—

If the hand is wetted and rubbed hard upon the figured part of the note, the whole will become confused if the note is bad: for in such the India ink has not been mixed with that oil, which renders those of the good notes durable after being so wetted and rubbed. This is the case with those forged by the French prisoners.

Parsnips.

“Of all the roots which a farmer can cultivate, (says Arthur Young) this root is the most valuable”; but it requires a good soil, and should be sown about the middle of February. A valuable article on its benefits, has been published

by that excellent institution at the Adelphi, the Society of Arts and Commerce, communicated by Mr. Budd.—The following is also the communication of another person.

“I advise my men to raise each a large bed of parsnips. They are very nourishing and very profitable. Six-penny-worth of seed, well sowed, and trod in, will produce more meals than four sacks of potatoes; and what is material to those who have little ground, it will not require more than an eighth part of the ground which the four sacks will take. Parsnips are very good the second day, warmed in the frying pan, and a little rasher of pork or bacon will give them a nice flavour”. Though Indian corn is so famous and strengthening, the American Indians make a great part of their bread of parsnips.

Lime-Water; its use, and surprising effects on the human body.

It is undoubtedly an excellent remedy

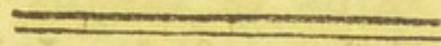
taken internally; a powerful alterative, and like a pure alkaline water, fitter to blunt and destroy acid ferments, which are the principals of all obstructions, and the cause of most chronic diseases. It is remarkably serviceable in ill habits of body, green sickness, dropsy, scurvy, obstructions of the liver, spleen, &c. It strengthens the stomach, increases the appetite, and causes a good digestion; wonderfully cleanses the blood and cheers the heart; revives the spirits, and strengthens the whole body: It opens all obstructions in the stomach, gall, womb, hypochondria, bowels, reins, and bladder, and other organick parts, dissolving and carrying off the cold, acid, and viscid humours sticking to the tunics of the lungs, stomach, and guts, and applied warm it cures ulcers, &c. easing almost all diseases incident to men, women, and children; taking away all their faintness, weakness, and indisposition; insomuch that those who look like death itself, and are scarcely able to go or stir about, it gives immediate

relief to, and proves itself to be almost a miracle of medicine. Drink half a pint morning and evening. It is made thus: put three wine quarts of hot water on one pound of quick lime; let it macerate for the space of twenty-four hours, and after filtering it is fit for use. Mirzaldus calls this "a marvellous water, more precious than gold."

The valuable Effects of the Juice of Sloes.

Whatever linen or woollen is marked with this juice, such marks are not to be discharged by any means. Tie three ounces of the powder of burnt horse beans in a piece of linen, and boil it half an hour in the said juice, and it makes a writing ink far superior to any other, not being to be discharged by art, or defaced by time. In the physical way it immediately stops bleeding either in man or beast, by bathing the wound therewith. In marking, it is evident more may be done in one hour, by the assistance of this juice, than could be accomplished with the needle in many

days. You are to take care the linen is dry; and use it in the same manner you do other ink. When washed, the marks are of a fine purple colour, and has this very great advantage above marking with a needle, that there is no other way of removing whatever marks are put on, but by cutting out the piece.



To make Vinegar.

Take a middle sort of beer, well hopped, and when it has worked well and is become fine, put home grapes or raisins with their stalks into it, to every ten gallons of beer a pound; then stir them well about in a tub, and when the sediment has settled to the bottom, draw off the liquor into another cask, and set it in the sun with the bung out, and a slate on it. In about a month or six weeks it will be a very good vinegar, and when ready, draw it off into another cask, bung it up well, and keep it in your cellar for use. This will do for pickling.

Another Method.

Take what quantity of water you please, put it into a jar, and to every gallon of water, put two pounds of Malaga raisins, then cover your jar up, and set it in the sun, or a warm place till it is fit for use.

Vinegar from the Refuse of Fruit.

Take the skins of raisins after they have been used in making wine, and pour three times their own quantity of boiling water upon them; stir them well about, and then set the cask in a warm place close covered, and the liquor in a few weeks time will become a sound vinegar, which, drawn off from its sediments, put into another cask, and well bunged down, will be a good vinegar.

Improved White-wash.

The health and comfort which we always derive from cleanliness, as well as the neatness given to kitchens and other apartments, by the simple process of

white-washing, will render the following account of the improved method acceptable; it is given by a philosophical society at Paris, as the method employed in Egypt of white-washing walls. Add to a quintal of lime ready for use, a few handfuls of marine salt. It possesses the advantages of being attended with very little expence, of killing insects, and of destroying the miasmata, which penetrate walls frequently to a great depth.

A method similar to this was used at Toulon so long ago as 1795, when it was ascertained that lime slacked in water, which had been previously saturated with common salt, made a white-wash the most durable, which never cracked, nor came off on the hands or clothes, and was equally applicable to wood and walls.

Frequently white-washing with quick lime, even the floors of apartments, is recommended as a preventative against

fevers and vermin. The lime should be mixed with boiling water, and applied quite hot.

Public Charities.

In the middle ranks of Society, domestic education is now likely to hold a decided preference over boarding school tuition; and the emulation excited where children are taught to assist and instruct each other, is now sufficiently known by the success and experiments of Mr. Joseph Lancaster. Education now, with extended arms, says "Come, and welcome," even to the most abject child in the kingdom; and leaves not the plea of poverty in the parent, as an excuse for neglect in this important branch of their duty: for even where, from necessity, children are inured to early habits of industry, the culture of the infant mind is still provided for by numerous *Sunday* free schools, &c. and exclusive of the numerous economical schools of Dr. Bell and Mr. Lancaster, no less than

165 parish schools give cloathing and education in the metropolis ; which also contains many other praiseworthy establishments, and, as they are often unknown to many who are eligible, and worthy of their benefits, I have here subjoined a list.

Society for the relief and discharge of persons confined for small Debts. Craven Street, Strand.

Philanthropic Society, for small Debts, and other Objects. Mile End.

Society for bettering the condition of the Poor. Piccadilly.

Foundling Hospital, for maintaining exposed and deserted Children. Lamb's Conduit Street, Holborn.

London Female Penitentiary. Pentonville.

Magdalen Hospital, for the relief and reform of unfortunate Females. Black Friars Road, St. George's Fields.

Lying-in Hospita's. Near Westminster Bridge.—Brownlow Street.—City Road.—Bayswater, Hyde Park ; which latter also takes care of the Infant Poor for the first two years.—For the Wives of Foot Guards, Great Ryder Street.

For delivering poor Women at their own Habitations ; the Office, Cock Court, Ludgate Hill.—Eastern Dispensary, Great Alic Street.

St. Luke's Hospital for Ind'gent Lunatics.

Bethlehem Hospital for Lunatics, Moorfields ; and St. George's Fields.

Asylum for orphan Girls. Westminster Road, St. George's Fields.

Marine Society for equipping distressed Boys to serve at Sea. Bishopsgate Street.

School for the Indigent Blind. Obelisk, St. George's Fields.

Lancaster's Royal Free School. Borough Road, St. George's Fields.

School for the Children of Publicans, or Victuallers. Kennington.

Christ's Hospital (the Blue-Coat School). Newgate Street, London; for the support and education of Poor Children and Orphans. The Governors are also Trustees to another Charity, which gives £.10 per annum to 400 Blind Men.

Charter-House for the maintenance of 44 Boys and 80 decayed Merchants, or Military Men. Long Lane, Smithfield.

Philanthropic Society, for the employ and reform of vicious Children, or the Offspring of convicted Persons. London Road, St. George's Fields.

Samaritan Society, for the relief of Patients discharged cured, but not able to get employment. London Hospital.

Society of Schoolmasters, for the Relief of their Widows and Orphans, and for decayed Schoolmasters and Ushers. Dr. Kelly, Secretary and Treasurer, Finsbury Square.

Society for the relief of Foreigners in distress. Mr. Charles Murray, Secretary, 13, Bedford Street, Bedford Row.

- Refuge for the Destitute. Removed from Lambeth to Hackney
- National Benevolent Institution, for the relief of distressed persons, in the middle ranks of life. Peter Herve, Esq. Founder, No. 30, Haymarket, London.
- Sea Bathing Infirmary at Margate. Treasurer, James Reynat Syms, Esq. 91, Tower Street.
- Society for the relief of the Ruptured Poor. 62, Wood Street, Cheapside.
- New Rupture Society. Secretary, John Miller, Esq. No. 35, Red Lion Square.
- City Truss Society. No. 10, Grocer's Hall Court, Poultry.
- Raine's Asylum, for the education and support of 40 Girls.
- Orphan Working School, for the relief and education of Poor Children. City Road.
- Welsh Charity School. Gray's Inn Lane.
- Asylum for the support and education of poor Deaf and Dumb Children. Near the Bricklayer's Arms, Kent Road.
- Philological Society, for educating and apprenticing the orphan male children of poor Clergymen, Tradesmen, Seamen, &c. School, Mary Street, Fitzroy Square.
- St. Ann's Society Schools. Aldersgate, London; and Peckham, Surrey.
- Free Chapel Charity Schools. West Street.
- Naval Asylum, for the Orphans of Sailors and Marines. Greenwich Park.
- Asylum for the Children of Soldiers. Chelsea.
- Scottish Hospital. Crane Court, Fleet Street, London.

Free Mason's Charity School. Obelisk, St. George's Fields.

Masonic Charity, for cloathing and educating the Sons of Freemasons; and for allowing Widows ten pounds a year, for each Boy under five years of age. Secretary, James Womesly, Esq. No. 17, Butcher Row, East Smithfield.

Literary Fund, for the relief of distressed Authors. 36, Gerrard Street, Soho.

Society for the relief of Widows and Orphans of Medical Men. Vice President, Dr. Lettsom.

London Maritime Institution, for decayed Master Mariners and their Families. Royal Exchange.

British Society for the encouragement of Servants. No. 10, Pall Mall.

Institution for enabling young Women who have left their country habitations to get places in London; or return to their families. At the Merchant Seaman's Office, Royal Exchange.

A TABLE to calculate EXPENCES.

By Day.			By Week.			By Month.			By Year.		
l.	s.	d.	l.	s.	d.	l.	s.	d.	l.	s.	d.
-	-	1	-	-	7	-	2	4	1	10	5
-	-	2	-	1	2	-	4	8	3	-	10
-	-	3	-	1	9	-	7	-	4	11	3
-	-	4	-	2	4	-	9	4	6	1	8
-	-	5	-	2	11	-	11	8	7	12	1
-	-	6	-	3	6	-	14	-	9	2	6
-	-	7	-	4	1	-	16	4	10	12	11
-	-	8	-	4	8	-	18	8	12	3	4
-	-	9	-	5	3	1	1	-	13	13	9
-	-	10	-	5	10	1	3	4	15	4	2
-	-	11	-	6	5	1	5	8	16	14	7
-	1	-	-	7	-	1	8	-	18	5	-
-	2	-	-	14	-	2	16	-	36	10	-
-	3	-	1	1	-	4	4	-	54	15	-
-	4	-	1	8	-	5	12	-	73	-	-
-	5	-	1	15	-	7	-	-	91	5	-
-	6	-	2	2	-	8	8	-	109	10	-
-	7	-	2	9	-	9	16	-	127	15	-
-	8	-	2	16	-	11	4	-	146	-	-
-	9	-	3	3	-	12	12	-	164	5	-
-	10	-	3	10	-	14	-	-	182	10	-
-	11	-	3	17	-	15	8	-	200	15	-
-	12	-	4	4	-	16	16	-	219	-	-
-	13	-	4	11	-	18	4	-	237	5	-
-	14	-	4	18	-	19	12	-	255	10	-
-	15	-	5	5	-	21	-	-	273	15	-
-	16	-	5	12	-	22	8	-	292	-	-
-	17	-	5	19	-	23	16	-	310	5	-
-	18	-	6	6	-	25	4	-	328	10	-
-	19	-	6	13	-	26	12	-	346	15	-
1	-	-	7	-	-	28	-	-	365	-	-

By Year	By Month.				By Week.				By Day.			
	l.	s.	d.	q.	l.	s.	d.	q.	l.	s.	d.	q.
1	-	1	6	1	-	-	4	2	-	-	-	2
2	-	3	-	3	-	-	9	-	-	-	1	1
3	-	4	7	1	-	1	1	3	-	-	2	-
4	-	6	1	2	-	1	6	1	-	-	2	2
5	-	7	8	-	-	1	11	-	-	-	3	1
6	-	9	2	2	-	2	3	2	-	-	3	3
7	-	10	8	3	-	2	8	1	-	-	4	2
8	-	12	3	1	-	3	-	3	-	-	5	1
9	-	13	9	3	-	3	5	1	-	-	5	3
10	-	15	4	-	-	3	10	-	-	-	6	2
11	-	16	10	2	-	4	2	2	-	-	7	1
12	-	18	4	3	-	4	7	1	-	-	7	3
13	-	19	11	1	-	4	11	3	-	-	8	2
14	1	1	5	3	-	5	4	1	-	-	9	-
15	1	3	-	-	-	5	9	-	-	-	9	3
16	1	4	6	2	-	6	1	2	-	-	10	2
17	1	6	1	-	-	6	6	1	-	-	11	-
18	1	7	7	1	-	6	10	3	-	-	11	3
19	1	9	1	3	-	7	3	1	-	1	-	2
20	1	10	8	-	-	7	8	-	-	1	1	-
30	2	6	-	1	-	11	6	-	-	1	7	3
40	3	1	4	1	-	15	4	-	-	2	2	1
50	3	16	8	2	-	19	2	-	-	2	8	3
60	4	12	-	2	1	3	-	-	-	3	3	2
70	5	7	4	2	1	6	10	-	-	3	10	-
80	6	2	8	3	1	10	8	-	-	4	4	2
90	6	18	-	3	1	14	6	1	-	4	11	-
100	7	13	5	-	1	18	4	1	-	5	5	3
200	15	6	10	-	3	16	8	2	-	10	11	2
300	23	-	3	-	5	15	-	3	-	16	5	1
400	30	13	8	-	7	13	5	-	1	1	11	-
500	38	7	1	-	9	11	9	1	1	7	4	3

The Customary Weight of Goods.

Bread and Flour.

	<i>lb. oz. dr.</i>
A Peck Loaf weighs.....	17 6 2
Half Peck Loaf.....	8 11 1
Quartern Loaf	4 5 8

lb.

A Bushel of Flour weighs	56
A Peck of Flour.....	14
A Quartern of Flour	3½

lb.

A Firkin of Butter is	56
A Firkin of Soap	64
A Barrel of Butter	224
A Barrel of Soap.....	256
A Barrel of Candles.....	120
A Cwt. of Soap or Cheese	120
A Stone of Butcher's Meat.....	8
A Stone of Butter and Cheese.....	16
A Clove, or half stone of ditto	8
A Wey of ditto, in Suffolk, 32 Cloves, or	258
A Wey of ditto, in Essex, 42 ditto, or	336
Quintal of Fish, Corn, Hay, &c.	100
Truss of Straw weighs	36
Truss of old Hay	56
Truss of new Hay.....	60

36 Trusses a Load.

Bushel of Salt or Flour weighs	58
--------------------------------------	----

12 Dozen a Groce.

Avoirdupois Weight.

Butter, cheese, flesh, grocery, and all goods that have waste, are weighed by this weight.

16 Drams make.....	1 Ounce
16 Ounces.....	1 Pound
28 Pounds.....	1 Qr. Cwt.
4 Qrs. or 112 lbs.	1 Cwt.
20 Cwt. or 2240 lbs.	1 Ton.
24 Ozs. make a Great Pound.	

Coal Measure.

4 Pecks make.....	1 Bushel
3 Bushels	1 Sack
9 Bushels	1 Vat or Strike
36 Bushels is a Chaldron in London, but in all other places 32.	
21 chaldron	1 Score.

TOWN AND COUNTRY.

Great cities, says Montesquieu, are destructive to society, beget vice and disorder of all kinds, starve the remoter provinces, and even starve themselves. “ I have heard great complaints” (says the Author of the Farmer’s Letters) “ of
“ the dearness of living in London : it
“ is a national misfortune that it is not
“ ten times dearer. Young men and
“ women in the country villages, fix
“ their eye on London as the last stage
“ of their hope ; they enter into service
“ in the country, for little else but to
“ raise money enough to go to London.—
“ The boasts of London are sounded in
“ the ears of country fools, to induce
“ them to quit their healthy clean fields,
“ for a region of dirt, stink, and noise.
“ And the number of young women
“ that fly thither is almost incredible.
“ Some guess, however, may be given,
“ from the ten thousand which are said
“ every year to be there *debauched*.”—
In 1768 he calculated the loss in London
by *deaths*, as near 80,000 annually,

“ The Picture of London” at present, reckons the unregistered deaths at 5000, and the registered burials of the last five years average at 24,000 annually. It has also been estimated that in London there are nearly 10,000 servants at all times out of place, and that about 2,500 persons are committed for trial in one year.

“ It would be an admirable encourager of population,” says the author before cited, “ if some waste lands were converted into small farms, completely stocked, and then let to labourers, who could produce a decent character, and prove their having seven, eight, or ten children alive, settling them in such farms, taking no rent the first year, and afterward no more than if the soil was divided into large farms.—Extend the idea to all the improveable wastes of the three kingdoms ;—what a truly glorious undertaking! Happy the monarch whose reign is adorned by such an event.—

“ Yield in fame ye Edwards and ye
“ Henrys, acknowledge the infinite dif-
“ ference between conquest abroad, and
“ improvement at home !”

Arthur Young, commenting on the superior comforts he has observed in the families of farmers compared with others, says, “ it is difficult to enter their hou-
“ ses without seeing many marks of hap-
“ piness, and but few seeds of moral
“ misery ; but roll an inquisitive eye
“ through the houses of (those called)
“ their betters, and see the fearful space
“ between the objects desired, and those
“ possessed ; the anxiety for keeping up
“ appearance ; the breathless expectancy,
“ and the insipid reality ; wounded
“ pride, active envy, and jealous
“ rank,—the whole exterior would
“ justify the suspiscion, that education
“ was given to people, only to sharpen
“ the ingenuity with which they can
“ make themselves miserable. I never
“ quit the house of a man where the
“ style of life is at all showy, or tend-

“ing to it, without regretting the folly
“that buys *appearance* at the expence of
“*ease*.” Thus it will not be a bad rule
in estimating human happiness, to suppose, that where there is most show and splendour, there is least enjoyment.

Observations on Agriculture.

In England and Wales there are nine millions of inhabitants. Each person on the average, consumes in every year, one quarter of wheat, three bushels of barley, made into *malt* for beer, being the growth of an eighth of an acre; one sheep, one eighth of an ox, one third of a lamb, calf, and pig, the produce of two acres; and in vegetables and fruits the produce of the eighth of an acre.

Two acres of land employed in feeding cattle, will afford on an average, ten ounces of meat per day to one person; the same quantity of land would produce in potatoes, ten tons per acre, and afford the same person 120 lbs. weight,

per day ; and parsnips would double the weight ! And the quantity of starch, or nutriment in an acre of potatoes, is said to be four times greater than in an acre of wheat !

Hints to Poor Farmers.

I have before remarked, (says the author of the Farmer's Letters) that the little farmer works harder, and is, to all intents and purposes, as low in the comforts of life, as the day-labourer. But this wretchedness is *totally* owing to his occupying arable instead of grass land. The plough moves at a vast expence in wear and tear, keeping of horses and labour, is an expence far beyond the ability of men whose substance is small, and requires a greater vigour in the culture, than they can possibly give. Besides, the uncertainty of arable crops is very great, which is a terrible affair to the little farmer, who has not a variety, that if one thing fails, another may make amends. Now all these circum-

stances are totally changed with *grass farms*; they are managed at a small expence; there is scarce any wear and tear; the certainty of the produce is infinitely beyond that of arable land.—The sum of money at first necessary to stock the arable land farm, and pay the expences of the first year, would be fully sufficient to stock the grass one with a dairy of cows, and a few hogs, (he reckons seven cows to twenty-five acres). Again, p. 138.—The farmer himself would be highly sufficient to perform the labour of it, with ease and pleasure. He would find either from cows, hay, or grazing, a far greater profit than in the common method; and in case of a bad year, he would not, when his return came in, have to pay half of it to a blacksmith, wheelwright, and an infinite variety of demands, which the plough causes.

Attention to Infants.

“Open thy mouth for the dumb.”—
I have often thought that if an infant

could, by the language of mature age, communicate all its sufferings, during the first two years of its life, a tale of woe would indeed be told us. But as its cries are its only means of communicating its distress, we must, on our part, be the more attentive to its helpless state. To remind parents of such a duty, might, to a superficial observer, appear unnecessary: but who can treat indifferently, the remark before cited, viz. "almost one half of the human species perish in infancy, by improper management or neglect!" For my own part, I seldom pass through the streets without observing something to convince me, that the doctor's declaration was indeed but too well grounded in truth. In many cases, necessity, cruel necessity! may be urged as an apology by the parent. Many poor women must, with aching hearts, leave to chance their helpless progeny, in hopes of earning a scanty meal for their support.

I recollect two instances of infants having lost the use of their limbs, by being entrusted to thoughtless girls, or boys, who have set them on the stones, or wet ground, while playing at marbles, &c. many are also crushed to death by carriages; others meet with falls and injuries, which being concealed by these juvenile nurses, occasion frightful deformities, or lingering deaths.

I wonder much that the use of *pins* in dressing infants are not dispensed with, as they are so often lacerated and tormented by them. A needle was once found sticking in the bowels of my infant daughter, the smallest pressure would have buried it completely, as when discovered only a small portion of it remained out; she had that day been nursed by a girl who was in the habit of sticking needles about her own cloaths.

In vol. ix. of the Philosophical Transactions is a caution, by Dr. Huber, against a very common practice among

nurses, that of tossing a child with the hand applied to its chest, and the whole weight of its body resting on it. In the dead bodies of many children he observed a deformity of the chest arising from this improper mode of handling infants, and which he considers as the cause of children so often dying consumptive.

Children, before they can talk plainly, are very often stolen, or lost, a circumstance now as common as it is afflictive; but, parents might often have them speedily restored, and the inhuman plunderer detected, if the child's name and residence were marked on the hat, shirt, &c.

J. M. F.

Schooling; and Apprenticeship.

At that period of life in which instruction is administered with the greatest effect, the vigilance and affection of the parent is particularly called on. If it be necessary to enquire the characters of household servants before employing

them, it is still more important to know well the dispositions of those to whom your tender offspring are to be entrusted, for the formation of their character and future fortune.

“ Seek you to train your fav’rite boy ;

Each caution, ev’ry care employ ;

And ere you venture to confide,

Let his preceptor’s heart be try’d :

Weigh well his manners, life, and scope,

On this depends thy future hope.”

In the choice of a school, that which is governed by persuasion and not by cruelty, should be preferred ; nor should the teacher be worried with complaints of juvenile errors, which having taken place out of school, belong to the parent only to correct. Where reward as well as punishment is attended to, and where the scholars are rather select than numerous, is the school which a parent should prefer.

Apprenticeship is also another important change to the child and to the pa-

rent: in a work like the present, which I am more anxious to make *useful*, than to make *bulky*, I am prevented from dwelling on a subject, which, from the bitterest experience, I am enabled to say much.

At this critical period of life, if a youth is uncomfortably apprenticed, or situated, he is ruined; for few at this age are gifted with the patient endurance of riper years, or with that portion of it, which supported the compiler of these pages, under seven years sufferings in apprenticeship. The progress from a bad master to bad company, and from bad company to the gibbet, is often more general and rapid than may be suspected. Seven years servitude is also much too long, as a month previous to apprenticeship is much too short, for a fair trial. The high premiums given by parents or guardians with apprentices, is very often a bait for tottering tradesmen, or unprincipled adventurers; and the unfortunate youth often meets with

unmerited cruelty, with a design to make him run away; or toward the end of his servitude, he finds that the jealousy or negligence of the master, has left him unacquainted with his business; or perhaps the trade which flourished seven years before, is at the expiration of his time, overstocked with workmen, or reduced by war.

J. M. F.

INTOXICATION.

We say the times are grievous hard,

And hard they are, 'tis true;

But drunkards, to your wives and babes

They're harder made by you.

HANNAH MORE.

Intoxication, besides its lavishment of time, of wealth and character, is a violation offered to nature, of which the very beasts of the field are not guilty: what a deplorable aspect is even the *countenance* of a drunken man? how distorted and degraded looks every feature, while like a baby he drivels, or like a piece of mummery he must be propt up—or else, the intemperate glass

boils in his brain, and hurries him into every excess; it overturns and drives out every native good disposition, and usually gives place either to the childishness of an idiot, or the fury of a madman. What secrets has not intoxication divulged, what friends has it not exposed and betrayed, or what character has it not scandalized? In truth, it has sometimes ended the catalogue of evils in the tragic scene of battle and murder!

What horrors must surprise the drunkard, when he makes his first morning yawn, on that bed to which, like a corpse, he was a few hours since conveyed by bearers! before his parched and clammy lips are yet *ungummed*, or the furry tongue has cooled itself with a drop of water, or the inflamed eyes have yet been bathed, and while the whole body is in one general blaze of fever, and the throbbing arteries are battering hard against the delirious giddy head!— Dreadful ideas and confused apprehensions of the past night's conduct, tor-

ment his memory, and flash to his conscience disgrace and guilt! he rolls about his unrefreshing, sultry bed, and tremulously grasps for a cool sensation from his pillow, but finds each corner heated, and lets it go;—still he strives to smother down in sleep these complicated distractions!—he snores, but presently he starts—fear, disease, and reflection, will not let him rest, they haunt him up to the full and open day-light! When the pale and squallid debauchee, almost dissolved with heat, agitated by universal tremblings, and sickening through a foul and caustic stomach, is brought forth to face his guilt and shame!

Would any reasonable being, after having experienced, if not *all*, at least some of these maladies, either in mind or body, would he to gratify a *present* moment, subject himself to this legacy of mournful, perhaps irrecoverable ills?—For besides the immediate mischiefs I have just enumerated, intoxication lays the foundation of the most serious and

fatal diseases—by destroying the texture of the blood, it paves the way to dropsies and the endless tribe of nervous affections—It gives pulmonary complaints—palsies, gouts, appoplexies, and sometimes sudden death itself: such are some of the effects of hard drinking, which, like the sword, has slain its thousands. It would require very little argument to prove, that water alone, with some few exceptions, is sufficient to answer all the purposes of health and spirits. 'Tis principally from *custom*, that nature seems to require an addition to it; and it is well worth an observation, that animals who undergo the severest labour and fatigue, are amply succoured and invigorated by water only; which fluid seems to have been designed as the principal and universal liquor of nature. The juice of the grape, in reasonable doses, was, no doubt, a very primitive drink; but the preparations of various ardent spirits, appear to have been but of a modern and degenerate invention. The greatest feats have been performed

by the most *sober* men, and water drinkers have been found to be the most prolific, cheerful, and courageous.

THE ROMAN LADY.

Lucretia was a lady of great beauty and noble extraction; she married Collatinus, a near relation of Tarquinius Superbus, king of Rome. During the siege of Ardea, which lasted much longer than was expected, the young princes passed their time in entertainments and diversions. One day as they were at supper, at Sextus Tarquin's, the king's eldest son, with Collatinus, Lucretia's husband; the conversation turned on the merit of their wives: every one gave his own the preference. "What signify so many words?" says Collatinus; "you may in a few hours, if you please, be convinced by your own eyes, how much my Lucretia excels the rest. We are young: let us mount our horses, and go and surprise them, nothing can better decide our dispute than the state

we shall find them in at a time when, most certainly they will not expect us." They were a little warmed with wine: "Come on, let us go," they all cried together.

They quickly galloped to Rome, which was about twenty miles from Ardea, where they find the princesses, wives of the young Tarquins, surrounded with company, and every circumstance of the highest mirth and pleasure. From thence they rode to Collatia, where they saw Lucretia in a very different situation. With her maids about her, she was at work in the inner part of her house, talking on the dangers to which her husband was exposed. The victory was adjudged to her unanimously. She received her guests with all possible politeness and civility. Lucretia's virtue kindled in the breast of Sextus Tarquin a strong and detestable passion. Within a few days he returned to Collatia, and upon the plausible excuse he made for his visit, he was received with all the

politeness due to a near relation, and the eldest son of a king. Watching the fittest opportunity he declares the passion she had excited at his last visit, and employed the most tender entreaties, and all the artifices possible to touch a woman's heart; but all to no purpose. He then endeavoured to extort her compliance by the most terrible threatenings. It was in vain. She still persisted in her resolution; nor could she be moved, even by the fear of death. But when the monster told her that he would first dispatch her, and then having murdered a slave, would lay him by her side, after which he would spread a report, that having caught them in the act of adultery, he had punished them as they deserved; this seemed to shake her resolution. She hesitated, not knowing which of these dreadful alternatives to take. Whether by consenting, to dishonor the bed of her husband, whom she tenderly loved; or, by refusing, to die under the odious character of having prostituted her person

to the lust of a slave. He saw the struggle of her soul; and seizing the unlucky moment, obtained an inglorious conquest. Thus Lucretia's virtue, which had been proof against the fear of death, could not hold out against the fear of infamy. The young prince, having gratified his passion, returned home in triumph. On the morrow, Lucretia overwhelmed with grief and despair, sent early in the morning to desire her father and her husband to come to her, and bring with them each a trusty friend, assuring them there was no time to lose. They came with all speed, the one accompanied with Valerious (afterward so famous under the name of Publicola) and the other with Brutus. The moment she saw them come, she could not command her tears; and when her husband asked her if all was well? "By no means," said she; "it cannot be well with a woman after she has lost her honour. Yes, Collatinus, thy bed has been defiled by a stranger: but my body only is polluted; my mind is innocent,

as my death shall witness. Promise me only, not to suffer the adulterer to go unpunished; it is Sextus Tarquinius, who last night, treacherous guest, or rather cruel foe, offered me violence, and reaped a joy fatal to me; but, if you are men, it will be still more fatal to him." All promised to revenge her; and at the same time, tried to comfort her with representing, "That the mind only sins, not the body, and where the will is wanting there can be no guilt." "What Sextus deserves," replies Lucretia, "I leave you to judge; but for me, though I declare myself innocent of the crime, I exempt not myself from punishment. No immodest woman shall plead Lucretia's example to outlive her dishonour." Thus saying, she plunged into her breast a dagger, which she had concealed under her robe, and expired at their feet.

CONJUGAL FELICITY.

From Thompson's Seasons.

HAPPY they ! the happiest of their kind !
Whom gentler stars unite, and in one fate
Their hearts, their fortunes, and their beings blend.

'Tis not the coarser tie of human laws,
Unnatural oft, and foreign to the mind,
That binds their peace, but harmony itself,
Attuning all their passions into love ;
Where friendship full exerts her softest power,
Perfect esteem, enliven'd by desire

Ineffable, and sympathy of soul ;
Thought meeting thought, and will preventing will,
With boundless confidence : for nought but love
Can answer love, and render bliss secure :-----

-----What is the world to them,
Its pomp, its pleasure, and its nonsense all !

Who in each other clasp, whatever fair
High fancy forms, and lavish hearts can wish ;
Something than beauty dearer, should they look
Or on the mind, or mind-illumin'd face ;
Truth, goodness, honour, harmony and love,

The richest bounty of indulgent Heaven ?

Meantime a smiling offspring rises round,
And mingles both their graces. By degrees
The human blossom blows ; and every day,
Soft as it rolls along, shews some new charm,
The father's lustre, and the mother's bloom.

Then infant reason grows apace, and calls
For the kind hand of an assiduous care.

Delightful task! to rear the tender thought,
 To teach the young idea how to shoot,
 To pour the fresh instruction o'er the mind,
 To breathe th' enlivening spirit, and to fix
 The generous purpose in the glowing breast.
 Oh speak the joy! ye whom the sudden tear
 Surprises often, while you look around,
 And nothing strikes your eye but sights of bliss,
 All various nature pressing on the heart:
 An elegant sufficiency, content,
 Retirement, rural quiet, friendship, books,
 Ease and alternate labour, useful life,
 Progressive virtue, and approving heaven.
 These are the matchless joys of virtuous love;
 And thus their moments fly. The seasons thus,
 As ceaseless through a jarring world they roll,
 Still find them happy; and consenting Spring
 Sheds her own rosy garland on their heads;
 'Till evening comes at last, serene and mild,
 When, after the long vernal day of life,
 Enamoured more, as more remembrance swells
 With many a proof of recollected love,
 Together down they sink in social sleep;
 Together freed, their gentle spirits fly,
 To scenes where love and bliss immortal reign.

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