

The English house-wife. Containing the inward and outward vertues which ought to be in a compleate woman. As her skill in physicke, surgery, cookery, extraction of oyles, banqueting stuffe, ordering of great feasts, preserving of ... wines, conceited secrets, distillations, perfumes, ordering of wooll, hempe, flax, making cloth ... the knowledge of dayries, office of malting ... baking, and all other things belonging to an household / A worke generally approved, and now the fiftie time much augmented. Purged and made most profitable ... By G. [ervase] M.[arkham].

Contributors

Markham, Gervase, 1568?-1637.

Publication/Creation

London : Printed by Anne Griffin for I. Harrison, 1637.

Persistent URL

<https://wellcomecollection.org/works/hcdcaeyw>

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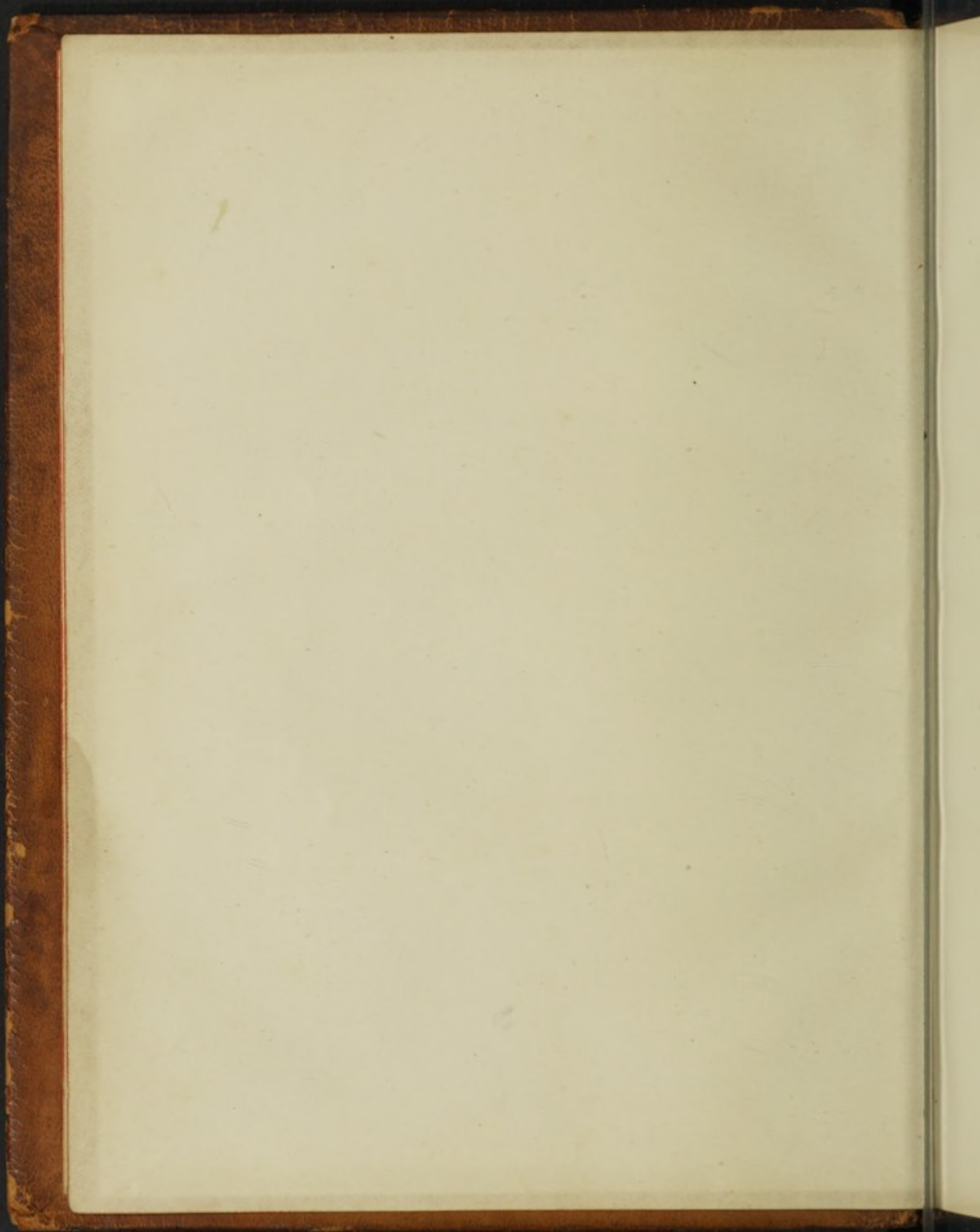
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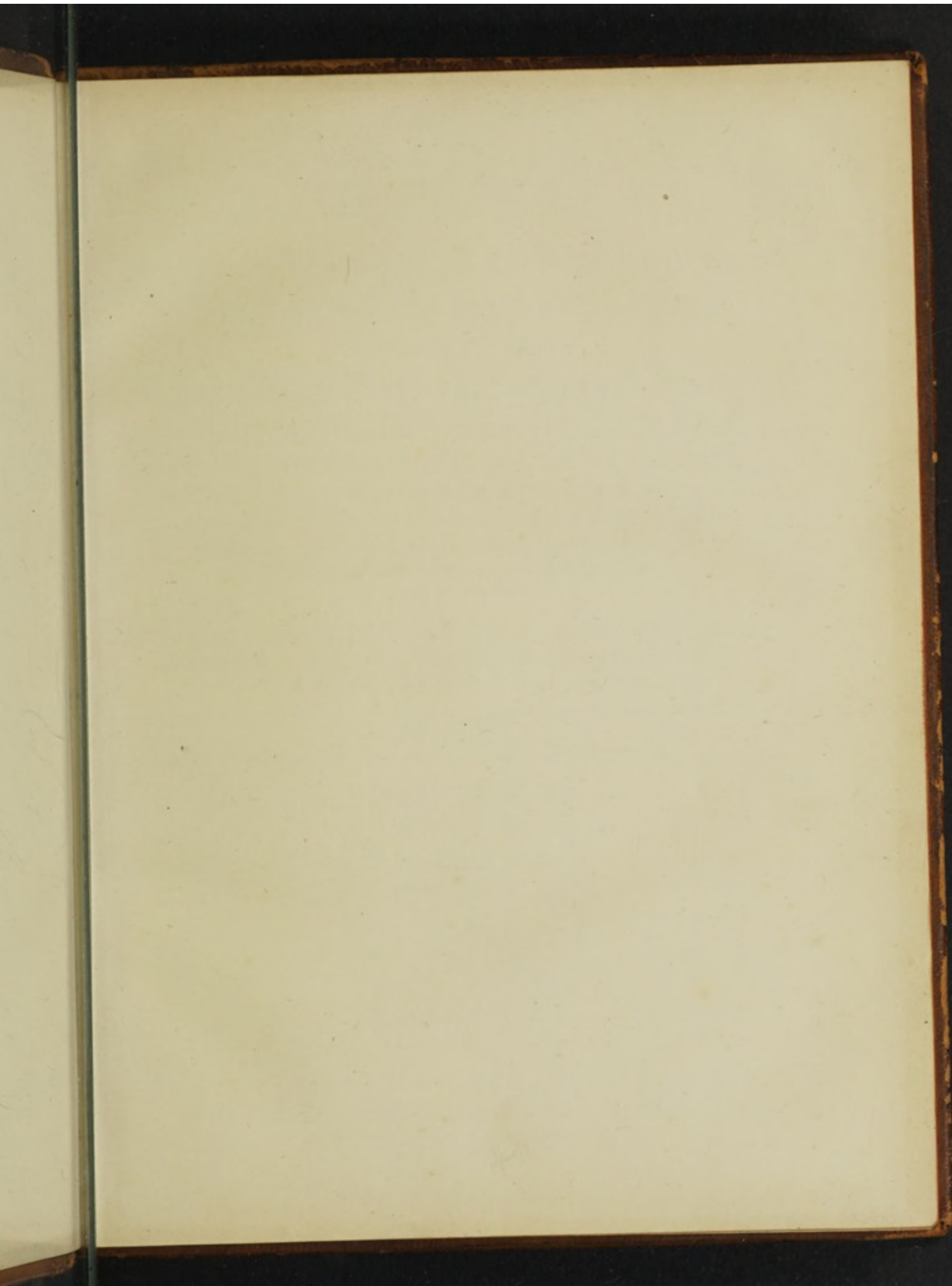
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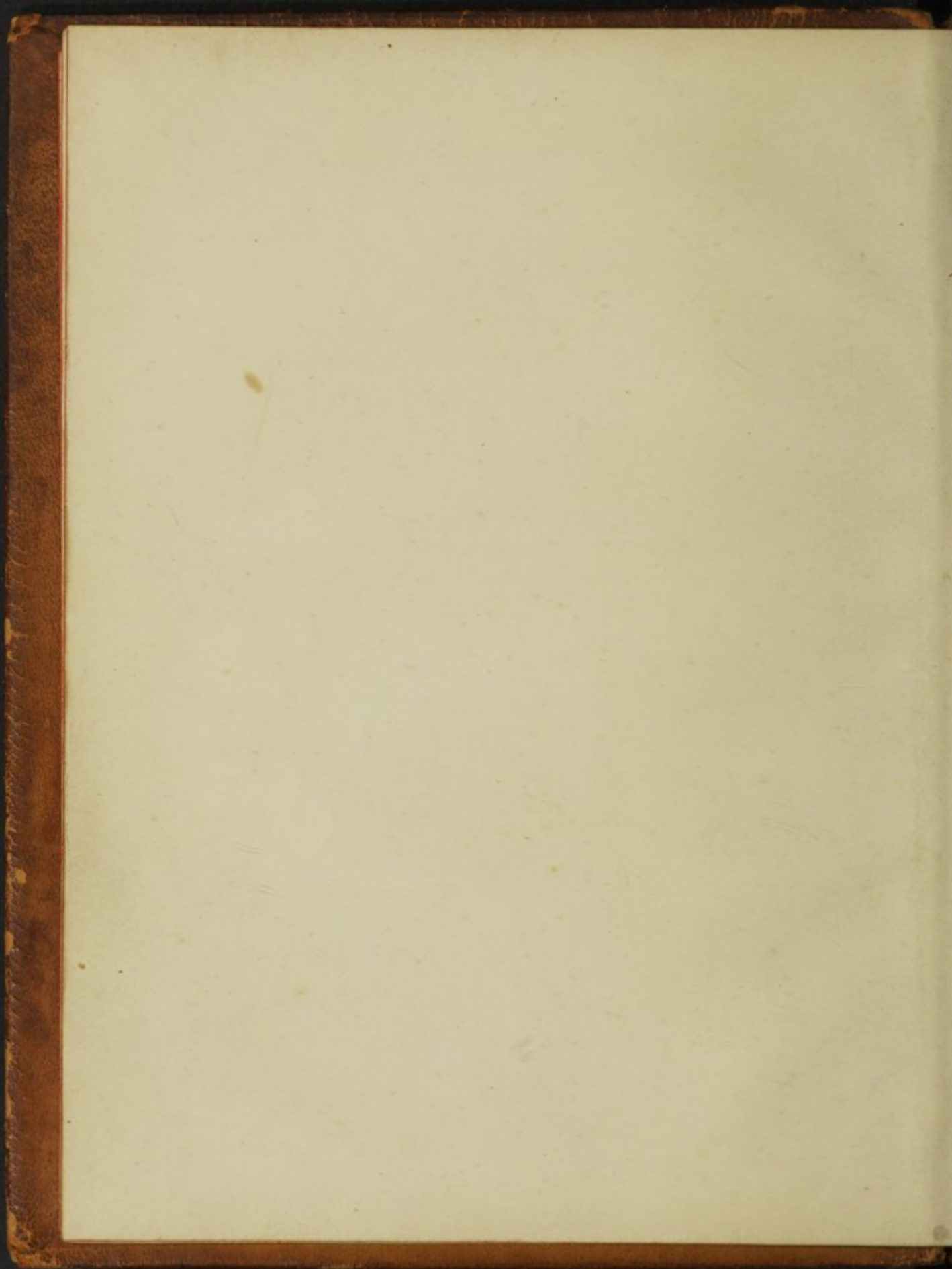
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**THE ENGLISH
HOUSE-WIFE,**

Containing the inward and outward
Vertues which ought to be in a
compleate Woman.

As her skill in Physick, Surgery, Cookery,
Extraction of Oyles, Banquetting stuffe, Ordering of
great Feasts, Preserving of all sorts of Wines, Conceited Se-
crets, Distilations, Perfumes, ordering of Wooll, Hempe, Flax,
making Cloth, and Dying : the knowledge of Dayries, Office of
Making, of Oates, their excellent uses in a Family, of
Brewing, Baking, and all other things belonging
to an Houshold.

A Worke generally approved, and now the fifth time much
augmented, purged and made most profitable and necessary for
all men, and the generall good of this Kingdome.

By G. M.



LONDON,

Printed by *Anne Griffin* for *Iohn Harrison*, at the Golden
Vnicorne in Pater-noster-row. 1637.

THE HOUSEWIFE

Containing the inward and outward
Virtues which ought to be in a
complete Woman.

As her skill in Physick, Surgery, Cookery,
Extraction of Oyle, Preserving of Herbs, Ordering of
great Feasts, Preserving of all sorts of Wines, Conceited Se-
cret Distillations, Perfumes, ordering of Wool, Hemp, Flax,
making Cloth, and Dying: the knowledge of Dainties, Office of
Maiding of Ours, their excellent uses in a Family, of
Brewing, Baking, and all other things belonging
to an Household.

A Volume generally approved, and now the fifth time much
augmented, revised, and made most profitable and necessary for
all men and the generall good of this Kingdom.

By G. M.



LONDON

Printed by Adam Griffin for John Harrison, at the Golden
Vnicorne in Fleet-street, 1677.

To the right Honorable
and most excellent Lady, FRANCIS,
Countesse Dowager of *Exeter*.

Howsoever (Right Honorable and
most vertuous Lady) this booke may
come to your Noble Goodnesse clo-
thed in an old Name or garment, yet
doubtlesse (excellent Madam) it is full of many
new vertues which will ever admire and serve
you ; and though it can adde nothing to your
owne rare and unaparalleld knowledge, yet may
it to those Noble good ones (which will endea-
vour any small sparke of your imitation) bring
such a light, as may make them shine with a great
deale of charity. I doe not assume to my selfe
(though I am not altogether ignorant in ability
to judge of these things) the full intention and
scope of this whole worke : for it is true (great
Lady) that much of it was a manuscript which
many yeeres agon belonged to an Honorable
Countesse, one of the greatest Glories of our King-

dome, and were the opinions of the greatest Physicians which then lived; which being now approved by one not inferiour to any of that Profession, I was the rather emboldned to send it to your blessed hand knowing you to be a Mistresse so full of Honorable piety and goodnesse, that although this imperfect offer may come unto you weake and disable, yet your Noble vertue will support it, and make it so strong in the world, that I doubt not but it shall doe service to all those which will serve you, whilst my selfe and my poore prayers shall to my last gaspe labour to attend you.

The true admirer of your
Noble Vertues,

GERVASE MARKHAM



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The approved Booke, Called the *English Housewife.*

Contayning all the Vertuous knowledges and
Actions both of mind and body, which ought to
be in any compleate Housewife, of what degree
or calling soever.

BOOKE II.

CHAP. I.

*Of the inward vertues of the mind, which ought to be in every
Housewife. And first of her generall Knowledge both in Phy-
sicke and Surgery, with plaine approved medicines for health
of the Household, also the extraction of excellent Oyles fit for
those purposes.*



Aving already in a summary briefe-
nesse passed through those outward
parts of Husbandry which belong
unto the perfect Husbandman,
who is the Father and Maister of
the family, and whose office and
employments are ever for the most
part abroad, or removed from the
house, as in the field or yard: It is now meete that wee
descend in as orderly a method as we can, to the office
B of

our English Huswife, who is the mother & mistress of the family, and hath her most generall employments within the house; where from the generall example of her vertues, and the most approved skill of her knowledges, those of her family may both learne to serve God, and sustaine man in that godly and profitable sort which is required of every true Christian.

A Housewife
must be religious.

First then to speake of the inward vertues of her mind; she ought, above all things, to be of an upright and sincere religion, and in the same both zealous and constant; giving by her example and incitement a spurre unto all her family to pursue the same steps, and to utter forth by the instruction of her life, those vertuous fruits of good living, which shall be pleasing both to God and his creatures; I doe not meane that herein she should utter forth that violence of spirit which many of our (vainely accounted pure) women doe, drawing a contempt upon the ordinary Ministry, & thinking nothing lawfull but the fantasies of their owne inventions, usurping to themselves a power of preaching & interpreting the holy Word, to which onely they ought to be but hearers & beleevers, or at the most but modest perswaders, this is not the office eyther of a good Housewife or good woman. But let our English Housewife be a godly, constant, and religious woman, learning from the worthy Preacher and her husband, those good examples which she shall with all carefull diligence see exercised amongst her servants.

In which practise of hers, what particular rules are to be observed, I leave her to learne of them who are professed Divines, and have purposely written of this argument; onely thus much will I say, which each ones experience will teach him to be true, that the more carefull

full the master and mistris are to bring up their servants in the daily exercises of Religion toward God, the more faithfull they shall finde them in all their busiesses towards men, and procure Gods favour the more plentifully on all the household: and therefore a small time morning and evening bestowed in prayers, and other exercises of Religion, will prove no lost time at the weekes end.

Next unto this sanctity and holinesse of life, it is meet that our English Houf-wife be a woman of great modesty and temperance, as well inwardly, as outwardly; inwardly, as in her behaviour and cariage towards her husband, wherein she shall shunne all violence of rage, passion and humour, coveting lesse to direct, then to be directed, appearing ever unto him pleasant, amiable, and delightfull. And though occasion, mishaps, or the misgovernment of his will, may induce her to contrary thoughts, yet vertuously to suppress them, and with a milde sufferance rather to call him home from his errors than with the strength of anger to abate the least sparke of his evill, calling in her mind that evill and uncomely language is deformed though uttered even to servants, but most monstrous and ugly when it appeares before the presence of a husband: outwardly, as in her apparell and diet, both which she shall proportion according to the competency of her husbands state and calling, making her circle rather strait, than large, for it is a rule, if we extend to the uttermost, we take away increase; if we goe a hairebreadth beyond, we enter into consumption: but if we preserve any part, we build strong forts against the adversaries of fortune, provided that such preservation be honest and conscionable: for as lavish prodigality is brutish; so miserable couetousnesse is

Shee must be
temperate.

Of her Gar-
ments.

hellish. Let therefore the Houſwives garments be comely and ſtrong, made aſwell to preſerve the health, as adorne the perſon, altogether without toyiſh garniſhes, or the glosſe of light colours, and as far from the vanity of new fantaſticke faſhions, as neere to the comely imitations of modeſt Matrons: Let her dyet bee whoſome and cleanly, prepared at due houres, and Cookt with care and diligence, let it be rather to ſatiſſie nature than our affections, and apter to kill hunger than revive new appetites, let it proceede more from the proviſion of her owne yard, than the furniture of the Markets; and let it be rather eſteeme for the familiar acquaintance ſhe hath with it, than for the ſtrangenefſe and rariety it bringeth from other Countries.

Of her dyet.

Her generall
Vertues.

To conclude, our English Houſ-wife muſt be of chaſt thought, ſtout courage, patient, untired, watchfull, diligent, witty, pleaſant, conſtant in friendſhip, full of good Neighbour-hood, wiſe in diſcourſe, but not frequent therein, ſharpe and quicke of ſpeech, but not bitter or talkative, ſecret in affaires, comfortable in her counſels, and generally ſkilfull in the worthy knowledges which doe belong to her Vocation, of all, or moſt whereof I now in the enſuing diſcourſe, intend to ſpeake more largely.

Of her vertues
in Phyſicke.

To begin then with one of the moſt principall vertues which doth belong to our English Houſ-wife, you ſhall underſtand, that ſith the preſervation and care of the family touching their health and ſoundneſſe of body conſiſteth moſt in her diligence: it is meet that ſhe have a phyſicall kind of knowledge, how to adminiſter many whoſome receits or medicines for the good of their healths, as well to prevent the firſt occaſion of ſickneſſe, is to take away the effects and evill of the ſame, when

it

it hath made feasure on the body. Indeed we must confesse that the depth and secrets of this most excellent Art of Physicke, is farre beyond the capacity of the most skilfull woman, as lodging onely in the brest of learned Professours, yet that our House-wife may from them receive some ordinary rules and medicines which may availe for the benefit of her Family, is (in our common experience) no derogation at all to that worthy Art. Neither doe I intend here to loade her minde with all the Symptomes, accidents, and effects which go before or after every sicknesse, as though I would have her to assume the name of a Practitioner, but onely relate unto her some approved medicines, and old doctrines which have beene gathered together, by two excellent and famous Phisitians, and in a Manuscript given to a great worthy Countesse of this Land, for farre bee it from me, to attribute this goodnesse unto mine owne knowledge) and delivered by common and ordinary experience, for the curing of those ordinary sicknesses which daily perturb the health of men and Women.

Dr. Burket.

Dr. Bomelius.

First then to speake of Feavers or Agues, the Housewife shall know those kinds thereof, which are more familiar and ordinary, as the *Quotidian* or daily Ague, the *Tertian* or every other day Ague, the *Quartaine* or every third dayes Ague, the Pestilent, which keepeth no other in his fits, but is more dangerous and mortal: And lastly the accidentall Fever which proceedeth from the recite of some wound, or other painefull perturbation of the spirits. There be sundry other Fevers which comming from consumptions, and other long continued sicknesses, doe altogether surpasse our Housewifes capacity.

Of Feavers in generall.

Of the quotidian.

First then for the *Quotidian fever*, (whose fits alwaies last above twelve houres) you shall take a new laid Egge and opening the crowne you shall put out the white, then fill up the shell with very good *Aquavita*, and stirre it and the yolke very well together, and then as soone as you feele your cold fit begin to come upon you, sup up the Egge, and eyther labour till you sweat, or else laying great store of cloathes upon you, put your selfe in a sweat in your bed, and thus doe whilst your fits continue, and for your drinke to be onely Posset-ale.

Of the single Tertian.

For a single *Tertian fever*, or each other daies Ague; take a quart of posset Ale, the curde being well drained from the same, and put therein to a good handfull of *Dandelion*, and then setting it upon the fire, boyle it till a fourth part bee consumed, then as soone as your cold fit beginneth, drinke a good draught thereof, and then eyther labour till you sweate, or else force your selfe to sweat in your bed, but labour is much the better, provided that you take not cold after it, and thus doe whilst your fits continue, and in all your sicknesse let your drinke bee posset Ale thus boyled with the same Hearbe.

Of the accidentall Feaver.

For the accidentall Feaver which cometh by means of some dangerous wound received, although for the most part it is an ill signe, if it be strong and continuing, yet many times it abateth, and the party recovereth when the wound is well tended and comforted with such soveraine Balmes and hot Oyles as are most fit to be applyed to the member so grieved or injured: therefore in this Feaver you must respect the wound from whence the accident doth proceed, and as it recovereth, so you shall see the Fever waste and diminish.

For the *Hettique fever*, which is also a very dangerous sicknesse,

sicknesse, you shall take the oyle of Violets, and mixe it with a good quantity of the powder of white *Poppy seed* finely searst, and therewith annoint the small and raines of the parties backe evening & morning, and it will not onely give ease to the Fever, but also purge and cleanse away the dry scalings which is ingendred either by this or any other feaver whatsoever.

For any feaver whatsoever, whose fit beginneth with a cold. Take a spoonfull and a halfe of Dragonwater, a spoonfull of Rosewater, a spoonfull of running water, a spoonfull of *Aquavite*, and a spoonfull of Vinegar, halfe a spoonfull of *Mithridate* or lesse, and beate all these together, and let the party drinke it before his fit begin.

It is to be understood that all feavers of what kind so ever they be, and these infectious diseases, as the Pestilence, Plague, and such like, are thought the inflammation of the blood, infinitely much subject to drought; so that, should the party drinke so much as he desired, neither could his body containe it, nor could the great abundance of drinke do other than weaken his stomacke, and bring his body to certaine destruction.

Wherefore, when any man is so overpressed with desire of drink, you shall give him at convenient times eyther posset Ale made with cold hearbes; as sorrell, Purslaine, Violet leaves, Lettice, Spinage, & such like, or else a Iulip made as hereafter in the pestilent Fever, or some Almond-milke: and betwixt those times, because the use of these drinckes will grow wearisome and loathsome to the patient, you shall suffer him to gargil in his mouth good wholesome Beare or Ale, wth the patient best liketh and having gargled it in his mouth, to spit it out againe,

and then to take more, and thus to doe as oft as he pleaseth, till his mouth bee cooled: provided that by no meanes he suffer any of the drinke to goe downe, and this will much better asswage the heate of his thirst than if hee did drinke, and when appetite desireth drinke to goe downe, then let him take eyther his Lulip, or his Almond-milke.

For any ague
fore.

To make a pultis to cure any Ague fore, take Elder leaves and seeth them in *Milke* till they bee soft; then take them up and straine them, and then boyle it againe till it be thicke, and soue it to the fore as occasion shall serve.

For the quar-
taine Fever.

For the *Quartaine* Fever or third day Ague, which is of all Fevers the longest lasting, and many times dangerous, Consumptions, Blacke-jaundice and such like mortall sicknesses follow it: you shall take Mithridate and spread it upon a Lemon slice, cut of a reasonable thicknesse, and so as the Lemon bee covered with the Methridate; then bind it to the pulse of the sicke mans wrist of his arme about an houre before his fit doth beginne, and then let him goe to his bed made warme, and with hot cloathes layd upon him, let him try if hee can force himselfe to sweate, which if he doe, then halfe an houre after hee hath sweate hee shall take hot posset-Ale brewed with a little Mithridate, and drinke a good draught thereof, and rest till his fit bee passed over: but if hee bee hard to sweate, then with the sayd posset Ale also you shall mixe a few bruised Anny-seeds, and that will bring sweate upon him: and thus you shall doe every fit till they beginne to cease, or that sweate come naturally of its owne accord, which is a true and manifest signe that the sickness de-creaseth.

To make one
sweate.

For

For the pestilent Feaver, which is a continuall sick-
nesse full of infection, and mortality, you shall cause the
party first to bee let blood, if his strength will beare it:
then you shall give him coole Iulyps made of Endife or
Succory water, the sirrope of Violets, conserve of Bar-
berries, and the iuyce of Lemons, well mixed and sym-
boliz'd together.

Of the pesti-
lent Fever.

Also you shall give him to drinke Almond-milke made
with the decoction of coole hearbes, as Violet-leaves,
Strawberry leaves, French mallowes, Purslane, and such
like; and if the parties mouth shall through the heate of
his stomacke, or liver inflame or grow sore, you shall
wash it with the sirrope of Mulberries; and that will not
onely heale it, but also strengthen his stomacke. (If as
it is most common in this sicknesse) the party shall grow
costive, you shall give him a suppositary made of Ho-
ney boyld to the height of hardnesse, which you shall
know by cooling a drop thereof, and so if you finde it
hard, you shall then know that the Hony is boyled suffi-
ciently; then put Salt to it, and so put it in water, and
worke it into a roule in the manner of a suppositary, &
administer it and it most assuredly bringeth no hurt, but
ease to the party, of what age or strength soever hee be:
during his sicknesse, you shal keepe him from all manner
of strong drinckes, or hot spices, and then there is no
doubt of his recovery.

To preserve your body from the infection of the
plague, you shall take a quart of old ale, and after it hath
risen upon the fire & hath beene scummed, you shall put
thereinto of *Aristolochia longa*, of *Angelica* & of *Celandine*
of each halfe an handfull, and boyle them well therein;
then strain the drink through a cleane cloath, & dissolve
therein a dramme of the best *Mithridate*, as much *Ivory*
finely

A preservative
against the
plague.

finely powdered and searst, and sixe spoonefuls of *Dragon* water, then put it up in a close glasse; and every morning fasting take five spoonefuls thereof, and after bite and chaw in your mouth the dried root of *Angelica*, or smell on a nose-gay made of the raffeld end of a ship-rope, and they will surely preserve you from infection.

For infection of
plague.

But if you be infected with the plague, and feele the assured signes thereof, as paine in the head, drought, burning, weakenesse of stomacke and such like: Then you shall take a dram of the best *Mithridate*, and dissolve it in three or foure spoonefuls of *Dragon-water*, and immediately drinke it off, and then with hot cloathes or bricke made extreame hot, and layd to the soales of your feet, after you have beene wrapt in woollen cloathes, compel your selfe to sweat, which if you doe, keepe your selfe moderately therein till the sore begin to rise; then to the same apply a live Pigeon cut in two parts, or else a playster made of the yolke of an Egge, Honey, Hearb of grace chopt exceeding small, and Wheat-flower which in very short space will not onely ripen, but also breake the same without any other incision; then after it hath runne a day or two, you shall apply a playster of *Melilot* unto it untill it be whole.

For the pesti-
lence.

Take *Fetherfew*, *Malescelon*, *Scabions*, and *Mugwort*, of each a like, bruise them and mixe them with old Ale, and let the sicke drinke thereof sixe spoonefuls, and it will expell the corruption.

Another.

Take *Tarrow*, *Tansie*, *Fetherfew*, of each a handfull, and bruise them well together, then let the the sicke party make water into the Hearbs, then straine them, and give it the sicke to drinke.

A preservation
against the pe-
stilence.

Take of *Sage*, *Rue*, *Brier-leaves*, or *Elder-leaves*, of each an handfull, stampe them and straine them with a quart
of

of white wine, and put thereto a little *Ginger*, and a good spoonefull of the best *Treackle*, and drinke thereof morning and evening.

Take *Smallage*, *Mallows*, *Wormewood*, and *Rue*, stampe them well together, and fry them in *ole Olive*, till they be thicke; playsterwise apply it to the place where you would have it rise, and let it lie untill it breake: then to heale it up, take the juyce of *Smallage*, *Wheatflower*, and *Milke*, and boile them to a pultis, and apply it morning and evening till it be whole.

Take of *Burrage*, *Langdebeefe*, and *Callamint*, of each a good handfull, of *Harts tongue*, *Red-mint*, *Violets*, and *Marigolds*, of each a handfull, boyle them in white Wine, or faire running water, then adde a penny-worth of the best *Saffron*, and as much *Sugar*, and boyle them over againe well, then straine it into an earthen pot, and drink thereof morning and evening, to the quantity of seaven spoonefuls.

Take *Linseed*, and *Lettice*, and bruise it well, then apply it to the stomacke, and remove it once in foure houres.

For the *Head-ach*, you shall take of *Rosewater*, of the juyce of *Camomile*, of womans milke, of strong *Wine-vinegar*, of each two spoonefuls, mixe them together well upon a chaffing-dish of coales: then take of a peece of a dry *Rose-cake* and steepe it therein, and as soone as it hath drunke up the liquor and is thoroughly hot, take a couple of sound *Nutmegs* grated to powder, and strew them upon the *Rose-cake*; then breaking it into two parts, bind it upon the temples of the head, so let the partie lie downe to rest, and the paine will in a short space be taken from him.

For *Frenzie* or inflammation of the calles of the braine, you shall cause the juyce of *Beetes* to be with a *Serrindge* squirted

How to draw a plague botch to any place you will.

A Cordiall for any infection at the heart.

Against too violent sweating,

For the head-ache.

For the Frenzy

squirted up into the patients nostrils, which will purge and cleanse his head exceedingly; and then give him to drinke Posset-ale, in which *Violet* leaves and *Lettice* hath beene boyled, and it will sodainely bring him to a very temperate mildnesse, and make the passion of Frenzie forsake him.

For the lethargy.

For the *Lethargie* or extreame drowfinesse, you shall by all violent meanes either by noyse or other disturbances, force perforce keepe the party from sleeping; and whensoever he calleth for drinke, you shall give him *White-wine* & *Isop-water*, of each a little quantity mixt together, & not suffer him to sleepe above foure houres in foure & twenty, till he come to his former wakefulnesse which as soone as hee hath recovered, you shall then forthwith purge his head with the iuyce of *Beets* squirted up into his nostrils as is before shewed.

To provoke sleepe.

But if any of the family bee troubled with too much watchfulnesse, so that they cannot by any meanes take rest, then to provoke the party to sleepe, you shall take of *Saffron* a dramme dried, and beaten to powder, and as much *Lettice-seed* also dried, and beaten to powder, and twice as much white *Poppy seed* beaten also to powder, & mixe these with womans milke till it be a thicke salve, and then binde it to the temples of the head, and it will soone cause the party to sleepe; and let it lye on nor above foure houres.

For the swimming of the head.

For the swimming or dizing in the head, you shall take of *Agnus castus*, of *Broomewort*, and of *Camomile* dried, of each two drammes mixt with the iuyce of *Ivie*, Oyle of *Roses*, and *White-wine*, of each like quantity, till it come to a thicke salve, and then binde it to the temples of the head, and it will in short space take away the grieve.

For

For the *Apoplexy* or *Palsie*, the strong sent or smell of a Foxe is exceeding soveraigne, or to drinke every morning halfe a pint of the decoction of *Lavendar*, and to rub the head every morning and evening exceeding hard with very cleane course cloath, whereby the humours may be dissolved and disperst into the outward parts of the body: by all meanes for this infirmity keepe your feet safe from cold or wet, & also the nape of your necke, for from those parts it first getteth the strength of evil and unavoydable paines.

For a cough or cold but lately taken, you shall take a spoonfull of *Sugar* finely beaten and searst, and drop into it of the best *Aquavita*, untill all the *Sugar* be wette through, and can receive no more moylture: Then being ready to lie downe to rest, take and swallow the spoonefull of *Sugar* downe; and so cover you warme in your bed, and it will soone breake and dissolve the cold.

But if the cough be more old and inveterate, and more inwardly fixt to the lungs, take of the powder of *Bettony*, of the powder of *Carraway-seeds*, of the powder of *Chervil* dried, of the powder of *Houndstongue*, and of *Pepper*, finely beaten, of each two drammes, and mingling them well with clarified hony make an electuary therof & drinke it morning & evening for nine daies together: then take of *Sugar-candy* courslly beaten, an ounce of *Licoras* finely pared and trimmed, and cut into very little small slices, as much of *Anny-seeds* and *Coriander-seeds* halfe an ounce: mixe all these together, and keepe them in a paper in your pocket, & ever in the day time when the cough offendeth you, take as much of this dredge, as you can hold betweene your thumbe and fingers & eate it, and it will give ease to your grieve: And in the night when the cough taketh you, take of the juyce of *Licoras*

as

as two good Barly cornes, and let it melt in your mouth and it will give you ease.

For the falling
sicknesse.

Although the falling sicknesse be seldome or never to be cured, yet if the party which is troubled with the same, will but morning and evening, during the wane of the Moone, or when she is in the signe *Virgo*, eat the berries of the hearbe *Asterion*, or beare the hearbs about him next to his bare skin, it is likely he shall finde much ease and fall very seldom, though this medicine be somewhat doubtfull.

For the falling
evill.

For the falling evill take, if it be a man, a female *mole*, if a woman a male *mole*, and take them in *March*, or elle *Aprill*, when they goe to the Bucke: Then dry it in an oven, and make powder of it whole as you take it out of the earth: then give the sicke person of the powder to drinke evening & morning for 9 or 10 daies together.

Of an Oyle to
helpe hearing.

To take away deafenesse, take a gray Eele with a white belly and put her into a sweet earthen pot quicke, & stop the pot very close with an earthen cover, or some such hard substance: then dig a deepe hole in a horse dung-hill, and set it therein, and cover it with the dung, and so let it remaine a fortnight, and then take it out and cleare out the oile which will come of it, and drop it into the imperfect eare, or both, if both be imperfect.

For the Rhum.

To stay the flux of the Rhume, take Sage and dry it before the fire, and rub it to powder; Then take bay Salt and dry it and beate it to powder, and take a Nutmeg and grate it, and mixe them all together, and put them in a long linnen bag, then heat it upon a tile stone, and lay it on the nape of the necke.

For a stinking
breath.

For a stinking breath, take Oake buds when they are new budded out, and distill them, then let the party grieved nine mornings, and nine evenings, drinke of it, then

then forbear a while, and after take it againe.

To make a vomit for a strong stinking breath, you must take of *Antimonium* the weight of three Barley cornes, and beate it very small, and mixe it with conserve of Roses, and give the Patient to eate in the morning, then let him take nine daies together the juyce of *Mints* and *Sage*, then give him a gentle purgation, and let him use the juyce of *Mints* and *Sage* longer. This medicine must be given in the spring of the yeere, but if the infirmity come for want of digestion in the stomacke then take *Mints*, *Marjoram*, and *Wormie-wood*, and chop them small and boile them in *Malmsey* till it be thicke, and make a plaister of it, and lay it to the stomacke.

A vomit for an ill breath.

For the *Tooth ach*, take a handfull of *Dasse roots*, and wash them very cleane, and drie them with a cloath, and then stampe them: and when you have stamped them a good while, take the quantity of halfe a nutshell full of Bay-salt, and strew it amongst the rootes, and then when they are very well beaten, straine them through a cleane cloath: then grate some *Calamus Aromaticus*, and mixe it good and stiffe with the juyce of the roots, and when you have done so, put it into a quill and snuffe it up into your nose, and you shall finde ease.

For the Tooth-ach.

Another for the *Tooth-ach*, take small *Sage*, *Rue*, *Smal-lage*, *Fetherfew*, *Wormewood*, and *Mints*, of each of them halfe a handfull, then stamp them well all together, putting thereto foure drams of *Vinegar*, and one dram of Bay-salt, with a penny-worth of good *Aquavita*: stirre them well together, then put it betweene two linnen clouts of the bignesse of your cheeke, temples, and jawe, and quilt it in manner of a course imbroydery: then set it upon a chaffing-dish of coales, and as hot as you may abide it, lay it over that side where the paine is, and lay you

Another.

you downe upon that side, and as it cooles warme it againe, or else have another ready warme to lay on.

A drinke for a
pearle in the
eye,

To make a drinke to destroy any pearle or filme in the eye: take a good handfull of *Marigold plants*; & a handfull of *Fennell*, as much of *May-weed* beate them together, then straine them with a pint of beere, then put it into a pot & stop it close that the strength may not goe out, then let the offended party drinke thereof when he is in bed, and lie of that side on which the pearle is, and likewise drinke of it in the morning next his heart when he is risen.

For paine in
the eyes.

For payne in the eyes, take *Milke* when it comes new from the Cow, and having syled it into a cleane vessell, cover it with Pewter-dish, and the next morning take off the dish and you shall see a dew upon the same, and with that dew wash the pained eyes & it will ease them.

For dimme
eyes.

For dimme eyes: take *Wormwood*, beaten with the gall of a Bull, and then straine it, and annoynt the eyes therewith, and it will cleare them exceedingly,

For sore eyes.

For sore eyes, or blood shotten eyes: take the white of an Egge beaten to oyle, as much *Rosewater*, and as much of the juyce of *Honse-leeke*, mixe them well together, then dip flat pleageants therein, and lay them upon the sore eyes, and as they dry so renew them againe, and wet them, and thus doe till the eyes be well.

For watery
eyes.

For watery eyes, take the juyce of *Affodill*, *Mirrhe*, and *Saffron*, of each a little, and mixe it with twice so much white *Wine*, then boyle it over the fire, then straine it & wash the eyes therewith, and it is a present helpe.

For a canker.

For a Canker or any sore mouth: take *Chervile* and beate it to a salve with old Ale and *Allume-water*, and annoynt the sore therewith, and it will cure it.

A swelled
mouth.

For any swelling in the mouth: take the juyce of *Wormwood*,

wood, *Cammomill*, and *Shirwitt*, and mixe them with hony, and bath the ſwelling therewith, and it will cure it.

For the *Quinſie*, or *Quinancy*, give the party to drinke the herbe *Mouſeare* ſteeped in Ale or Beere, and looke where you ſee a Swine rub himſelfe, and there upon the ſame place rub a ſleight ſtone, and then with it ſleight all the ſwelling, and it will cure it.

For the Quinſie.

If you would not be drunke, take the powder of *Betony* and *Coleworts* mixt together; and eate it every morning faſting, as much as will lie upon a ſixpence, and it will preſerve a man from drunkenneſſe.

Againſt drunkenneſſe.

To quicken a mans wits, ſpirit and memory; let him take *Langdebeefe*, which is gathered in *June* or *July*, and beating it in a cleane mortar; Let him drinke the juyce thereof with warme water, and hee ſhall finde the benefit.

To quicken the wit.

If a man be troubled with the *Kings-evill*, let him take the red *Docke*, and ſeeth it in Wine till it be very tender, then ſtraine it, and ſo drinke a good draught thereof, and hee ſhall finde great eaſe from the ſame: eſpecially if hee doe continue the uſe thereof.

For the Kings Evill.

Take *Frankinſence*, *Doves-dung*, and *Wheat-flower*, of each an ounce, and mixe them well with the white of an egge, then plaſtewiſe rapply it where the paine is.

Additions to the particular ſickneſſes and fiſt of the head and the parts thereof, and the lungs.

The oyle of *Lillies* if the head be annointed therewith, is good for any paine therein.

Take *Rew*, and ſteepe it in Vinegar a day and a night, the *Rew* being well bruifed, then with the ſame annoynt the head twice or thrice a day.

Another.

Take the white of an egge and beat it to oyle, then put to it *Rosewater*, and the powder of *Alabaſter*, then take flaxe and dippe it therein, and lay it to the temples, and renew it two or three times a day.

For the head-ach, and to ſtay bleeding at the Noſe.

C

Take

To draw out
bones broken
in the head.

Take *Agrymonie* and bruise it, and plalter-wise apply it to the wound, and let the party drinke the juyce of *Betony*, and it will expell the bones, and heale the wound.

For the falling
of the mould of
the head.

Take the leaves of *Agrymonie*, and boile them in hony, till it be thicke like a plaister, and then apply it to the wound of the head warme.

For the Squi-
nancie.

Take a table-napkin or any linnen cloth, and wet it in old water, and when you goe to bed apply it to the swelling, and lie upright; thus doe three or foure times in a night till the swelling waste.

For the tooth-
ake.

Take two or three *Docke* rootes, and as many *Daisie* rootes, and boyle them in water till they be soft, then take them out of the water, and boyle them well over againe in *oile Olive*, then straine them thorow a cleane cloth, and annoynt the pained tooth therewith, and keepe your mouth close, and it will not onely take away the paine, but also ease any megrem or grieve in the head.

To make teeth
white.

Take a sawcer of strong vinegar, and two spoonfulls of the powder *Roch-allom*, of spoonfull of white salt, and a spoonfull of hony, seeth all these till it be as thinne as water, then put it into a close viol and keepe it, and when occasion serves, washe your teeth therewith, with a rough cloth, and rub them soundly, but not to bleed.

To draw teeth
without yron.

Take some of the greene of the Elder tree, or the apples of Oke trees, and with either of these rub the teeth and gummes and it will loosen them so as you may take them out.

For teeth that
are yellow.

Take Sage and Salt, of each alike, and stampe them well together, then bake it till it be hard, and make a fine powder thereof, then therewith rub the teeth evening and morning, and it will take away all yellownesse.

First

First let them blood, then take *Hart-horne* or *Ivorie* For teeth that
and red *Pimpernell*, and bruise them well together, then are loose.
put it into a linnen cloth and lay it to the teeth, and it
will fasten them.

Take the juyce of *Lovage* and drop it into the eare, For any venom
and it will cure any venome, and kill any worme, eare- in the eare.
wigge, or other vermine.

Take two ounces of *Comine*, and beat it in a mortar to For a stinking
fine powder, then boyle it in Wine from a pottell to a breath which
quart, then drinke thereof morning and evening as hot commeth from
as you can suffer, or otherwise take an ounce of wild the stomacke.
time, and being cleane washed, cut it small and then
powder it, then put to it halfe an ounce of *Pepper* in fine
powder, and as much *Comine*, mixe them all well toge-
ther, and boile them in a pottell of white Wine, till halfe
be consumed, and after meat (but not before) use to
drinke therof hot, also once in the afternoone and at
your going to bed, and it will purge the breath.

Take red *Nettles* and burne them to powder, then For stinking
adde as much of the powder of *Pepper*, and mixe them nostrills.
well together, and snuffe thereof up into the nose, and
thus doe divers times a day.

Take old Ale, and having boyld it on the fire, and For a canker in
cleansed it, adde thereto a pretty quantity of lyfe hony the nose.
and as much Allom, and then with a ferrindge or such
like wash the sores therewith very warme.

Take a gallon of running water, and boile it to a pot- A red water
tell, then put to it a handfull of red Sage, a handfull of for any can-
Cellandines, a handfull of Hony-suckles, a handfull of ker.
Woodbine-leaves and flowers, then take a peniworth
of graines made into fine powder, and boile all very wel
together, then put to it a quart of the best life hony of a
yeare old, and a pound of Roch Allom, let all boyle
together

together till it come to a pottell, then straine it and put it into a close vessell, and therewith dresse and annoynt the sores as occasion serves, it will ease any canker or ulcer, and cleanse any wound; It is best to be made at Midsummer.

To cleere the eyes.

Take the flowers and rootes of *Primrose* cleane washt in running water, then boyle them in faire running water the space of an houre, then put thereto a pretty quantity of white *Copperas*, and then straine all through a linnen cloth, and so let it stand a while, and there will an Oyle appeare upon the water, with that oyle annoynt the lids and the browes of your eyes, and the temples of your head, and with the water wash your eyes, and it is most soveraigne.

Another for the sight.

Take fifteene seeds of *Gyneper*, and as many *Gromell* seedes, five branches of *Fenell*, beate them all together, then boyle them in a pint of old Ale till three parts be wasted; then straine it into a glasse, and drop thereof three drops into each eye at night, and wash your eyes every morning for the space of fifteene daies with your owne water, and it will cleare any decayed sight whatsoever.

For sore eyes.

Take red *Snayles*, and seeth them in faire water, and then gather the oyle that ariseth thereof, and therewith annoynt your eyes morning and evening.

For sicke eyes.

Take a gallon or two of the dregges of strong Ale, and put thereto a handfull or two of *Comine*, and as much salt, and then distill it in a *Limbecke*, and the water is most pretious to wash eyes with.

For bleered eyes.

Take *Cellandine*, *Rue*, *Chervile*, *Plantaine*, and *Anyse*, of each alike, and as much *Fenell*, as of all the rest, stamp them all well together, then let it stand two daies and two nights, then straine it very well and annoynt your

your eyes morning and evening therewith.

Take an *Egge*, and rost it extreme hard, then take the white being very hot, and lap in it as much white *copperas* as a pease, and then violently straine it through a fine cloth, then put a good drop thereof into the eye, and it is most soveraigne.

For the pin
and web in
the eye.

Take two drams of prepared *Tutia*, of *Sandragon* one dram, of *Sugar* a dram, bray them all very well together till they be exceeding small then take of the powder and blow a little thereof into the eye, and it is soveraigne.

A powder for
the pin and
web in the eye.

Take of *Red rose leaves*, of *Smallage*, of *Mayden-haire*, *Eusaace*, *endive*, *succory*, *red fennell*, *hill-wort*, and *Sellondine*, of each halfe a quarter of a pound, wash them cleane, and lay them in steepe in white-wine a whole day, then still them in an ordinary Still, and the first water will be like gold, the second like silver, and the third like balme, any of these is most precious for sore eyes, and hath recovered sight lost for the space of ten yeares, having beene used but foure daies.

A precious
water for the
eyes.

Take the leaves of *Willow*, and boile them well in oile and therewith annoint the place where you would have any haire to grow, whether upon head or beard.

To make haire
to grow.

Take *Treakle water* and honey, and boile them together, and wet a cloth therein, and lay it where you would have haire to grow, and it will come speedily.

Another.

Take nine or ten egges, and rost them very hard, then put away the yolkes, and bray the whites very small with three or foure ounces of white *copperas*, till it bee come to perfect oyntment, then with it annoynt the face morning and evening for the space of a weeke and more.

For a pimpled
or red saucie
face.

Take the rynde of *Issop*, and boile it or burne it and let the fume or smoke goe into the mouth, and it will stay any rhume falling from the head

For the rhume c.

For hoarsnesse
in the throat.

Take a pint of running water, and three spoonefulls of hony and boile them together and skim off the filth, then put thereto an ounce of small *Raysons*, and straine it well thorow a cloth, and so drinke it morning and evening.

For a dangerous
cough.

Take *Aquavite* and salt, and mix it with strong old ale and then heat it on the fire, and therewith wash the soales of the feet when you goe to bed.

For the drie
cough.

Take of cleane Wheat and of cleane Barley of each a like quantitie, and put them into a gallon and an halfe of faire water, and boyle them till they burst, then straine it into a cleane vessell, and adde thereto a quarterne of fine *Lycoras* powder, and two penny-worth of *gumme-Arabecke*, then boyle it over againe and straine it, and keepe it in a sweet vessell, and drinke thereof morning and evening.

For the tickle.

Take the best wort and let it stand till it bee yellow, then boyle it and after let it coole, then put to it a little quantitie of *barme* and *saffron*, and so drinke of it every morning and evening while it lasteth: otherwise take *hore-bound*, *Violet leaves*, and *Isop*, of each a good handfull, seeth them in water, and put thereto a little *Saffron*, *Lycoras*, and *sugar-candy*, after they have boiled a good while, then straine it into an earthen vessell, and let the sicke drinke thereof six spoonefulls at a time morning and evening: or lastly, take the lungs of a Fox, and lay it in Rose-water, or boyle it in Rose-water, then take it out and dry it in some hot place without the Sun, then beat it to powder with *sugar-candy*, and eat of this powder morning and evening.

For griefes in
the stomacke.

To ease paine in the stomacke, take *Endive*, *Mints*, of each a like quantitie, and steepe them in white Wine a dayes space, then straining it and adding thereunto a little

little *Cinamon* and *Pepper*, give it to the sicke person to drinke, and if you adde thereto a little of the powder of *Horse-mint* and *Calamint*, it will comfort the stomacke exceedingly, and occasion swift and good digestion.

For spitting of bloud, whether it proceed of inward bruises, overstraining or such like, you shall take some pitch, and a little *Sperma Ceti*, and mix it with old Ale and drinke it, and it will stay the flux of bloud: but if by meanes of the bruise any outward grieve remaine, then you shall take the hearb *Brockellhempe*, and frying it with sheepes tallow lay it hot to the grieved place, and it will take away the anguish.

To stay the flux of vomiting take *Worme wood*, and fowre bread toasted of each a like quantity, and beat them well in a mortar, then adde to them as much of the juyce of *Mints*, and the juyce of *Plantaine* as well bring it to a thicke salve: then fry them all together in a frying-pan, and when it is hot lay it plaister-wise to the mouth of the stomacke, then let the party drinke a little white wine and *Chervile* water mixt together, and then steepe fower toasted bread in very strong Vinegar, wrapt in a fine cloth, and let the sicke party smell thereto, and it will stay the excesse of vomiting, and both comfort and strengthen the stomacke.

If you would compell one to vomit, take halfe a spoonefull of *Stonecrop*, and mix it with three spoonefulls of white wine, and give it to the party to drink, and it will make him vomit presently, but doe this seldome and to strong bodies, for otherwise it is dangerous.

For the *Iliaca Passio*, take of *Polipody* an ounce, and stamp it, then boyle it with prunes & violets in fennell-water or *Anni-seed*-water, take thereof a good quantity, then straine it and let the party every morning

and evening drinke a good draught thereof.

Additions.
to the diseases
of the stomacke
For the sto-
macke.

If the stomacke bee troubled with winde or other paine, take *Comwine* and beat it to powder, and mix with it red wine, and drinke it at night when you goe to bed, divers nights together.

For the illica
passio.

Take *Brokelime* roots & leaves, and wash them cleane, and dry them in the Sunne, so dry that you may make powder thereof, then take of the powder a good quantity, and the like of *Treakle*, and put them in a cup with a pretty quantity of strong old ale, and stirre them well together, and drinke thereof first and last morning and evening, for the space of three or foure dayes, and if need doe require, use the same in the broths you doe eat, for it is very soveraigne.

For paine in
the stomacke.

Take *Harts-horne* or *Ivory* beaten to fine powder, and as much *Cynamon* in powder, mix them with Vinegar, and drinke thereof to the quantity of seven or eight spoonefuls.

For the Mo-
ther.

Take the water of *Moufeare*, and drinke thereof the quantity of an ounce and a halfe, or two ounces, twice or thrice a day: or otherwise take a little *Nutmeg*, a little *Cinamon*, a little *Cloves*, a little *Mace*, and a very little *Ginger*, and the flowers of *Lavender*, beat all unto a fine powder, and when the passion of the mother commeth, take a chaffingdish of good hot coales, and bend the Patient forward, and cast of the powder into the chaffingdish, so as she may receive the smoake both in at her nose and mouth, and it is a present cure.

Obstruſions
of the liver.

Against obstruſions in the Liver, take *Anniſeeds*, *A-weos*, *Burnet*, *Camomile*, and the greater *Centuary*, and boyle them in white wine with a little hony, and drinke it every morning, and it will cure the obstruſions, and cleanse the Liver from all imperfection.

Against

Against the heat and inflammation of the Liver, Against the heat of the Liver. take *Endive* dried to powder, and the meale of *Lupin-seeds*, and mix it with honey and the juyce of *Wormewood*, make a cake thereof and eat it, and it will assuage the great heat and inflammation of the Liver, and take away the pimples and rednesse of the face which proceedeth from the same.

To prevent a *Plurisie* a good while before it come, For the Plurisie there is no better way than to use much the exercise of ringing, or to stretch your armes upward, so as they may beare the weight of your body, and so to swing your body up and downe a good space: but having caught a *Plurisie* & feeling the gripes, stiches, and pangs thereof, you shall presently cause the party to be let bloud, & then take the hearb *Althea* or *Hollyhocke*, and boyle it with *Vinegar* and *Linseed* till it bee thicke plaister-wise, and then spread it upon a peece of *Allem* Leather, and lay it to the side that is grieved, and it will help it.

To help a stitch in the side or elsewhere, take *Doves dung*, red *Rose* leaves, and put them into a bag, & quilt it: then thorowly heat it upon a chaffingdish of coales with *Vinegar* in a platter, then lay it unto the pained place as hot as may be suffered, and when it cooleth heat it againe. A playster for a stich.

For any extraordinary heat or inflammation in the Liver, take *Barberries* and boyle them in clarified whay, Heat in the Liver. and drinke them, and they will cure it.

If you wil make a Cordial for a Consumption, or any other weaknes: take a quart of running water, a peece of *Mutton* and a peece of *Veale*, and put them with the water into a pot, then take of *Sorrell*, *Violet-leaves*, *Spinnage*, *Endive*, *Succory*, *Sage*, *Hyssop*, of each a good quantitie; then take *Prunes* and *Raisins*, and put them all to the For the Consumption.

the broth, and seethe them from a quart to a pint, then straine the yolke of an egge and a little *Saffron* therein-to, putting in *Sugar*, whole *Mace* and a little white wine, so seethe them a while together, and let the party drinke it as warme as may be.

To staunch
bloud.

To staunch bloud, take the hearb *Shepherds-purse*, (if it may be gotten) distilled at the Apothecaries, and drink an ounce thereof at a time morning and evening, and it will stay any flux of bloud naturall or unnaturall, but if you cannot get the *distilled* water, then boyle a handfull of the hearb with *Cinamon*, and a little *Sugar*, in *Claret* wine, and boyle it from a quart to a pint, and drinke it as oft as you please: also if you but rub the hearb betweene your hands, you shall see it will soone make the bloud returne.

For the yellow
jaundies.

For the *Yellow Jaundisse*, take two penyworth of the best English *Saffron*, drie it, and grinde it to an exceeding fine powder, then mix it with the pap of a roasted apple, and give it the diseased partie to swallow down, in the manner of a *Pill*, and doe thus divers mornings together, and without doubt, it is the most present cure that can be for the same, as hath beene often times proved.

For the *Yellow Jaundisse* take *Pimpernell* and *Chicke-weed*, stamp them and straine them into posset Ale, and let the partie drinke thereof morning and evening.

For a desperate
yellow jaundise

For the *Yellow Jaundisse* which is desperate and almost past cure: Take sheepes dung new made, and put it into a cup of Beere or Ale, and close the cup fast, and let it stand so all night, and in the morning take a draught of the clearest of the drinke, and give it unto the sicke partie.

For the blacke
jaundies.

For the *blacke Jaundisse* take the hearb called *Penny-
rall*.

ryall, and either boyle it in white Wine, or drinke the
juyce thereof simply by it selfe to the quantity of three
or foure Spoonefuls at a time, and it will cure the blacke
Jaundise.

Take of *Hyssop*, *Parsley*, and *Harts-tongue*, of each a like quantitie, and see the them in wort till they be soft,
then let it stand till it be cold, and then drinke thereof
first and last, morning and evening.

Additions.
To the diseases
of the liver.
For wasting
the liver.

Take *Fenel-roots*, and *Parsley roots*, of each a like, wash
them cleane, and pill off the upper barke, and cast away
the pith within, then mince them small, then put them
to three pints of water, and set them over the fire, then
take *figs* and shred them small, *Lycoras* and breake it
small, and put them to the herbs, and let all boyle very
well, then take *Sorrell* and stamp it and put it to the rest,
and let it boile till some part be wasted, then take a good
quantitie of honey and put to it and boile a while, then
take it from the fire and clarifie it thorow a strainer into
a glasse-veffell, and stop it very close, then give the sicke
to drinke thereof morning and evening.

A restorative
for the liver.

Take the stalke of *Saint Mary Garricke*, and burne it,
or lay it upon a hot tile-stone untill it be very dry, and
then beat it into powder, and rub the sore therewith till
it be whole.

To heale a ring
worme com-
ming of the
heat from the
liver.

Take *Wooll* in the *Walkmill* that commeth from the
cloth and flyeth about like Downe, and beat it into
powder, then take thereof and mix it with the white of
an egge and wheat-flower, and stamp them together,
then lay it on a linnen-cloth or Lint, and apply it to the
bleeding place, and it will stanch it.

To stanch
bloud.

If a man bleed and have no present helpe, if the
wound be on the foot, binde him about the ankle, if in
the legs binde him about the knee, if it be on the hand,
binde

For great dan-
ger in bleeding.

bind him about the wrist; if it be on the arme bind him about the brawne of the arme, with a good list, and the bloud will presently staunch.

For a stich.

Take good store of *Cynamon* grated, and put it into posset Ale very hot and drink it, and it is a present cure.

A bath for the dropsie.

Take a gallon of running water, and put to it as much salt as will make the water salt as the Sea water, then boyle it a good while, and bath the legs therein as hot as may be suffered.

For the dropsy

For the Dropsie, take *Agnus castus*, *Fennell*, *Affodill*, darke *Wal-wort*, *Lupins* and *Wormwood*, of each an handfull, and boyle them in a gallon of white wine, untill a fourth part be consumed: then straine it, and drinke it morning and evening halfe a pint thereof, and it will cure the Dropsie; but you must be carefull that you take not *Daffodil* for *Affodil*.

Paine in the spleene.

For paine in the Spleene, take *Agnus castus*, *Agrimony*, *Aniseeds*, *Centuary* the great, and *Wormewood*, of each a handfull, and boile them in a gallon of white wine, then straine it, and let the patient drinke divers mornings together halfe a pint thereof; and at his usuall meales let him neither drinke Ale, Beere, nor Wine, but such as hath the herbe *Tamoriske* steeped in the same, or for want of the herbe, let him drinke out of a Cup made of *Tamoriske* wood, and he shall surely finde remedy.

For paine in the side.

For any paine in the side, take *Mugwort* and red *Sage*, and dry them betweene two tile stones, and then put it in a bag, and lay it to your side as hot as can be indured.

For fatnesse and short breath.

To helpe him that is exceeding fat, purtie, and short breathed: take Honey clarified, and Bread unleavened, and make tosts of it, and dip the tosts into the clarified Honey, and eat this divers times with your meat.

Take a lumpe of iron or Steele, and heat it red hot, and quench

quench it in Wine, then give the wine to the sicke party to drinke.

Additions,
To the diseases
of the Spleene.
For the Spleen,
For the stop-
ping of the
Spleene.

Take *Fenell-seeds* and the roots, boyle them in water, and after it is cleansed, put to it hony, and give it the party to drinke, then seeth the herbe in oyle and wine together, and plaister-wise apply it to the side,

Make a playster of *Worme-wood*, boyled in oyle, or make an oyntment of the juyce of *Worme-wood*, of *Vinegar*, *Armoniacke*, *Waxe*, and *Oyle*, mixt and melted together, and annoynt the side therewith, either in the Sunne, or before the fire.

For the hard-
nesse of the
Spleene.

Take the powder of *Galingal*, and mixe it with the juyce of *Burrage*, and let the offended party drinke it with sweete wine.

Diseases of the
Heart.

Take *Rosemary* and *Sage*, of each an handfull, and seeth them in white Wine, or strong Ale, and then let the patient drinke it lukewarme.

For the passion
of the Heart.
For heart sick-
nesse.

Take the juyce of *Fenell* mixt with hony, and seeth them together till it be hard, and then eate it evening and morning, and it will consume the fatnesse.

For fatnesse a-
bout the heart,

For the wind *Collicke*, which is a disease both generall and cruell, there be a world of remedies, yet none more approved than this which I will repeate : you shall take a *Nutmeg* sound and large, and divide it equally into foure quarters : the first morning as soone as you rise eate a quarter thereof; the second morning eate two quarters, and the third eate three quarters, and the fourth morning eate a whole *Nutmeg*, and so having made your stomacke and tast familiar therewith, eate every morning whilst the *Collicke* offendeth you a whole *Nutmeg* dry without any composition, and fast ever an houre at least after it, and you shall finde a most unspeakeable profit which will arise from the same.

For the wind
Collicke.

For

The wind, Col-
licke.

For the wind Collicke, take a good handfull of cleane wheat meale as it commeth from the Mill, and two eggs, and a little wine-vinegar, and a little *Aquavita*, and mingle them together cold, and make a Cake of it, and bake it on a gridyron with a soft fire, and turne it often and tend it with basting of *Aquavita* with a feather, then lay it somewhat higher then the paine is, rather then lower.

For the Laske.

For the *Laske* or extreme scouring of the belly, take the feedes of the *Wood-rose*, or *Brier-rose*, beate it to powder, and mixe a dramme thereof with an ounce of the conserve of *Sloes* and eate it, and it will in a short space binde and made the belly hard.

For the bloody
fluxe.

For the *Bloudy-fluxe*, take a quart of red Wine, and boyle therein a handfull of *Shepheards purse*, till the herbe be very soft: then straine it and adde thereto a quarter of an ounce of *Cynamon*, and as much of dried Tan-ners barke taken from the ouze, and both beaten to fine powder, then give the party halfe a pint thereof to drinke morning and evening, it being made very warme, and it will cure him.

To stay a laske.

To stay a sore *Laske*, take *Plantaine-water* and *Cyna-mon* finely beaten, and the flowers of *Pomgranats*, and boyle them well together, then take Sugar, and the yolke of an egge, and make a caudell of it, and give it the grieved party.

For the Fluxe.

For the *Fluxe*, take Stags pizzell dried and grated, and give it in any drinke either in Beere, Ale or Wine, and it is most soveraigne for any Fluxe whatsoever: So is the jawe bones of a Pike, the teeth and all dried and beaten to powder, and so given the party diseased in any drinke whatsoever.

To cure the worst bloody Fluxe that may be, take a
quart

quart of red wine, and a spoonefull of *Commim seed*, boile them together untill halfe be consumed, then take *Knot-grasse* and *Shepheards purse*, and *Plantain*, and stamp them severall, and then straine them, and take of the juyce of each of them a good spoonfull, and put them to the wine, and so seeth them againe a little: then drinke it luke-warme, halfe over night, and halfe the next morning: and if it fall out to be in Winter, so that you cannot get the herbes, then take the water of them herbes distilled, of each three spoonfulls, and use it as before.

For the worst
Flux.

For extreame costivenesse, or binding in the body, so as a man cannot avoid his excrements, take *Annisseedes*, *Fennicreet*, *Linsseedes*, and the powder of *Poynie*: of each halfe an ounce, and boile them in a quart of white wine, and drinke a good draught thereof, and it will make a man goe to the stoole orderly, and at great ease.

For costivenes.

For wormes in the belly, either of child or man, take *Aloes Cikatrine*, as much as halfe a hazell Nut, and wrap it in the pap of a roasted Apple, and so let the offended party swallow it in the manner of a pill fasting in the morning, or else mix it with three or foure spoonfulls of Muscadine, and so let the party drinke it, and it is a present cure: But if the child be either so young, or the man so weake with sicknesse, that you dare not administer any thing inwardly then you shall dissolve your *Aloes* in the oyle of *Savine*, making it salve-like thicke, then plaster-wise spread it upon Sheeps leather, and lay it upon the navil & mouth of the stomach of the grieved party, and it will give him ease; so will also unset Leekes chopt small and fryde with sweete butter, and then in a linnen bag apply it hot to the navill of the grieved party.

For Wormes.

Take a quart of red wine, and put to it three yolkes of egges, and a penyworth of long-pepper and graines, and boyle

Additions.
To the diseases
of the belly and
guts.
For the grea-
test Lax.

boyle it well, and drinke it as hot as can be suffered, or otherwise, take an ounce of the inner barke of an Oake, and a peny-worth of long *Pepper*, and boyle them in a pint and better of new Milke, and drinke it hot first and last, morning and evening.

For the bloody
Fluxe.

Take an egge, and make a little hole in the top, and put out the white, then fill it up againe with *Aquavite*, stirring the egge and *Aquavite* till it be hard, then let the party eate the egge and it will cure him: or otherwise take a pint of red wine, and nine yolkes of egges, and twenty pepper cornes small beaten, let them seeth untill they be thicke, then take it off, and give the diseased party to eate nine spoonfulls morning and evening.

For an easie
Laske.

Take of *Rue* and *Beets* a like quantity, bruile them, and take the juyce, mixe it with clarified hony, and boyle it in red wine, and drinke it warme first and last morning and evening.

To have two
stooles a day
and no more.

Take *Mercury*, *Sinkefoile*, and *Mallows*, and when you make pottage or broth with other herbs, let these herbs before named, have most strength in the pottage, and eating thereon it will give you two stooles and no more.

For hardnesse
of the belly or
wombe.

Take two spoonefulls of the juyce of Ivie Leaves, and drinke it three times a day, and it will dissolve the hardnesse.

Against Co-
stivenesse.

Take the barke of the rootes of the Elder tree, and stampe it, and mixe it with old Ale, and drinke thereof a good hearty draught.

For the wind-
Collicke.

Take the crummes of white bread, and steepe it in Milke, with *Allom*, and adde Sugar unto it and eate it, and it will open the belly.

For the stop-
ping of the
wombe.

Take the kernells of three Peach-stones, and bruise them, seven cornes of case pepper, and of sliced gin-
ger

ger a greater quantity than of the pepper, pound all together grossly and put it into a spoonfull of Sack (which is best) or else whitewine, or strong ale, and drinke it off in a great spoone, then fast two houres after and walke up and downe if you can, if otherwise, keep your selfe warme, and beware of melancholy. It may bee an enemy at all times.

Take of *Daisies*, *comfrey*, *Polypody*, of the oake and A-
vens of each halfe a handfull, two roots of *Osmund*, boile
them in strong Ale and hony, and drinke thereof mor-
ning, noone, and night, and it will heale any reasonable
rupture. Or otherwise take of *Smallage*, *Comfrey*, *Set-
well*, *polypody* that growes on the ground like *fearne*, *dai-
sies*, and *mores*, of each a like, stampe them very small, and
boyle them well in *Barme*, untill it be thicke like a pultis
and so keep it in a close vessell, and when you have oc-
casion to use it, make it as hot as the party can suffer it, &
lay it to the place grieved, then with a trusse, trusse him
up close, and let him be carefull for straining of himselfe,
and in a few daies it will knit, during which cure give
him to drinke a draught of red wine, and put therein a
good quantity of the flower of fetches finely boulded
stirring it well together, and then fast an houre after.

For the Rup-
ture.

For the violent paine of the stone, make a posset of
milke and sacke, then take off the curd, and put a hand-
full of *Camomill* flowers into the drinke, then put it into
a pewter pot and let it stand upon hot embers, so that
it may dissolve: and then drinke it as occasion shall
serve. Otherwise for this grief take the stone of an Oxe
gall, and dry it in an oven, then beat it to powder, and
take of it the quantity of a hassil-nut with a draught of
good old ale or white wine.

For the stone.

Another.

For the Collicke and stone, take hawthorne berries,

D

the

The collicke
and stone.

the berries of sweet briars, & ashen keyes, and dry them every one severally untill you make them into powder, then put a little quantity of every one of them together, then if you thinke good put to it the powder of *Licoras* and *Aniseeds*, to the intent that the party may the better take it, then put in a quantity of this powder in a draught of white wine, and drinke it fasting. Otherwise you may take *Smallage-seede*, *Parsley*, *Lovage*, *Saxifrage*, and *troome-seed*, of each one of them a little quantity, beate them into a powder, and when you feele a fit of either of the diseases, eate of this powder a spoonefull at a time either in pottage, or else in the broth of a chicken, and so fast two or three houres after.

A powder for
the collicke
and stone.

To make a powder for the collicke and stone, take *fennell*, *parsley-seed*, *aniseed*, and *carraway seed*, of each the waight of six pence, of *gromel seed*, *saxifrage seed*, the roots of *Filapendula*, and *licoras*, of each the waight of twelve pence, of *gallingall*, *spikenard*, and *Cinamon*, of each the waight of eight pence, of *Seena* the waight of 17. shillings good waight, beate them all to powder and searce it, which wil waigh in all 25. shillings and 6 pence: This powder is to bee given in white wine and sugar in the morning fasting, and so to continue fasting two houres after; and to take of it at one time the waight of tenne pence or twelve pence.

Another:

Other Physitians for the stone take a quart of rhenish or white wine, and two limons, and pare the upper rinde thinne, and slice them into the wine, and as much white soap as the waight of a groat, and boyle them to a pinte, and put thereto sugar according to your discretion; and so drinke it keeping your selfe warme in your bed, and lying upon your backe.

For the stone in the reynes, take *Ameos*, *Camomill*,
Maiden-

Maiden-baire, Sparrow-tongue, and Philipendula, each a like quantity, dry it in an oven, and then beate it to pouder, and every morning drinke halfe a spoonfull therof with a good draught of white wine, and it will helpe.

For the stone
in the reynes.

For the stone in the bladder, take a Radish-root and slit it crosse twice, then put it into a pinte of white wine, and stoppe the vessell exceeding close: then let it stand all one night, and the next morning drinke it off fasting, and thus doe divers mornings together, and it will helpe.

For the stone
in the bladder.

For the stone in the bladder take the kernels of floes and dry them on a tile-stone, then beate them to pouder, then take the roots of *Alexanders, parslly, pellitory, and holihocke*, of every of their roots a like quantity, & seeth them all in white wine, or else in the broath of a young chicken: then straine them into a cleane vessell, and when you drinke of it, put into it halfe a spoonfull of of the powder of flow kernels. Also if you take the oyle of Scorpion, it is very good to annoint the members, and the tender part of the belly against the bladder.

A pouder for
the stone in
the bladder.

To make a bath for the stone, take *mallowes, holihocke, and lilly roots, and linseed, pellitory* of the wall, and seeth them in the broth of a sheeps head, and bath the reynes of the backe therewith oftentimes, for it will open the the straightnesse of the water conduits, that the stone may have issue, and assuage the paine, and, bring out the gravell with the urine: but yet in more effect, when a plaister is a made and laid unto the reines and belly immediately after the bathing.

A bath for the
stone.

To make a water for the stone, take a gallon of new milke of a red Cow, and put therein a handfull of *Pellitory* of the wall, and a handfull of wild time, and a handfull of *Saxifrage* & a handfull of *Parsly*, & two or three

A water for
the stone.

radish rootes sliced and a quantity of *Philipendula* roots, let them lie in the milke a night, and in the morning put the milke with the hearbs into a still, and distill them with a moderate fire of charcole or such like: then when you are to use the water, take a draught of rhenish wine or white wine, and put into it five spoonefulls of the distilled water, and a little sugar and nutmeg sliced, and then drinke of it, the next day meddle not with it, but the third day doe as you did the first day, and so every other day for a weekes space.

Difficulty of
Vrine.

For the difficulty of urin, or hardnesse to make water, take *Smallage*, *Dil*, *Any-seeds* and *Burnet*, of each a like quantity, and dry them and beate them to fine pouders, and drink halfe a spoonfull thereof with a good draught of white wine.

For hot urine.

If the Urine bee hot and burning, the party shall use euery morning to drinke a good draught of new milke and sugar mixt together, and by all meanes to abstaine from beere that is old, hard, and tart, and all from meats and sawces which are sowre and sharpe.

For the strangullion.

For the strangullion, take *Saxifrage*, *Polypody*, of the Oake, the roots of beanes, and a quantity of *Raysins*, of every one three handfull or more, and then two gallons of good wine, or else wine lees, and put it into a serpentary and make therof a good quantity, and give the sicke to drinke morning and evening a spoonefull at once.

For pissing in
bed.

For them that cannot hold their water in the night time, take *Kids* hoofs and dry it and beate it into powder, and give it to the patient to drinke, either in beere or ale foure or five times.

For the rupture.

For the rupture or bursennesse in men, take *Comphry* and *Ferkeosmund*, and beate them together with yellow

yellow waxe and Deares suet untill it come unto a salve, and then apply it unto the broken place, and it will knit it; also it shall bee good for the party to take *Comphry* roots, and rost them in hot embers as you rost Wardens, and let the party eat them, for they are very soveraigne for the rupture, especially being eaten in a morning fasting, and by all meanes let him weare a strong trusse till it be whole.

Take *Goats* clawes, and burne them in a new earthen pot to powder, then put of the powder into broth or pottage, and eat it therein: or otherwise take *Rue*, *Parsly*, and *Gromel*, and stampe them together, and mixe it with wine and drinke it.

Additions.

To the diseases of the reines and bladder.

Take *Agnus castus* and *Castoreum* and seeth them together in wine, and drinke thereof, also seeth them in vinegar and lap it hot about the privie parts, and it will helpe.

For him that cannot hold his water.

Take *Malmsey* and butter, and warme it and wash the reines of the back, whereupon you find paine, then take oyle of *Mace* and annoint the backe therewith.

For the Gonorrea or shedding of seed.

First wash the reines of the backe with warme white wine, then annoynt all the backe with the oyntment called *Perstuaneto*.

For weaknesse in the backe.

Take a leg of beefe, a handfull of *Fennel* roots, a handfull of *parsley* roots, two roots of *comphry*, one pound of *raisins* of the Sunne, a pound of damaske *prunes*, and a quarter of a pound of *dates*, put all these together, and boile them very soft with fixe leaves of *neep*, fixe leaves of *clary*, twelve leaves of *bittany* of the wood, and a little *harts-tongue*, when they are sod very soft, take them into the same broth againe with a quart of sacke, and a penny-worth of large mace, and of this drinke at your pleasure.

For heat in the reines.

For comforting and strengthening of the backe.

For the Hemeroids.

For the Hemeroides, which is a troublesome and a fore griefe, take of *Dill*, *Dogge-fennell*, and *Pellitory of Spaine*, of each halfe a handfull, and beat it in a mortar with Sheeps suet and blacke sope till it come to a salve, and then lay it plaisterwise to the fore, and it will give the griefe ease.

For the piles or Hemeroids

For the Piles or Hemeroids, take halfe a pint of ale, and a good quantity of pepper, and as much allome as a walnut: boile all this together till it be as thicke as birdlime or thicker, this done, take the juyce of white violets, and the juyce of houlleeke, and when it is almost cold, put in the juyce and straine them all together, and with this oyntment annoint the fore place twice a day. Otherwise for this griefe take Lead and grate it small, and lay it upon the sores: or else take muskles dried and beat to powder, and lay it on the sores.

For the falling of the fundament.

If a mans fundament fall downe through some cold taken, or other cause, let it be forthwith put up againe: then take the powder of *Tornus cresses* dryed, and strew it gently upon the fundament, and annoynt the reines of the backe with honey, and then about it strew the powder of *Cummin* and *Calasine* mixt together, and ease will come thereby.

Additions, to the diseases of the private parts.

For the Hemeroids.

Take a great handfull of *orpyus*, and bruise them between your hands til it be like a salve, and then lay them upon a cloth and bind them fast to the fundament.

For the greene sicknesse.

To helpe the greene sicknesse, take a pottle of white wine and a handfull of *Rosemary*, a handfull of *wormewood*, an ounce of *Cardus benedictus* seed, a dramme of *Cloves*: all these must be put into the white wine in a jugge, and covered very close, and let it steepe a day and a night before the party drinke of it, then let her drinke of it every morning and two houres before supper.

and

and to take it for a fortnight, and let her stirre as much as she can, the more the better, and as early as shee can : otherwise for this sicknesse take *Hysope*, *Fennell*, and *Penny-ryal*, of these three one good handfull, take two ounces of *Currants*, seeth these in a pint of faire water to a halfe, then straine the hearbs from the liquor, and put thereto two ounces of fine sugar, and two spoonefulls of white wine vinegar, let the party drinke every morning foure spoonefulls thereof and walke upon it.

To increase a womans milke, you shall boile in strong posset-ale good store of *Colworts*, and cause her to drinke every meale of the same : also if shee use to eat boyled *Colworts* with her meat, it will wonderfully increase her milke.

To dry up womens milke, take red sage, and having stamp it and strained the juyce from the same, adde thereunto as much wine vinegar, and stirre them well together, then warming it on a flat dish over a few coals steepe therein a sheete of browne paper, then making a hole in the midst thereof for the nipple of the brest to goe through, cover all the brest over with the paper, and remove it as occasion shall serve, but be very carefull it bee layd very hot to. Some are of opinion, that for a woman to milke her breasts upon the earth will cause her to dry, but I referre it to triall.

To helpe womens fore breasts when they are swelled or else inflamed, Take violet leaves and cut them small, and seeth them in milke or running water with wheate bran, or wheatbread crummes, then lay it to the sore as hot as the party can indure it.

If a woman have a strong and hard labour, Take foure spoonefulls of another womans milke, and give

it the woman to drinke in her labour, and she shall bee delivered presently.

Child dead in
the wombe.

If a woman by mischance have her child dead within her, she shall take *Dittander*, *Felwort*, and *Penyroyall*, and stampe them, and take of each a spoonfull of the juyce, and mixe it with old wine, and give it her to drinke, and she shall soone be delivered without danger.

Aptnesse to
conceive.

To make a woman to conceive, let her either drinke *Mugwort* steeped in wine, or else the powder thereof mixed with wine, as shall best please her tast.

Additions,
To womens
infirmities.
To cease wo-
mens flowers.

Take the powder of *Corrall* finely ground and eat it in a reare egge, and it will stay the flux.

Against womens termes make a pessarie of the juyce of *Mugwort*, or the water that it is sodden in and apply it, but if it be for the flux of the flowers, take the juyce of *Plantaine* and drinke it in red wine.

Against the
flowers.
For the matrix

Take a *Fomentation* made of the water wherein the leaves and flowers of *Tutsou* is sodden to drinke up the superfluities of the Matrixe, it cleanseth the entrance, but this herbe would be gathered in harvest; if the woman have paine in the Matrixe, set on the fire water that *Amomum* hath been sodden in, and of the decoction make a pessary, and it will give ease.

A generall
purge for a
woman in
child-bed.

Take two or three egges, and they must bee neither rost nor raw, but betweene both, and then take butter that salt never came in, and put it into the egges, and sup them off, and eat a piece of browne bread to them, and drinke a draught of small Ale.

To deliver the
dead birth.
To increase
milke.

Take the root of *Aristolochia rotunda* and boyle it in wine and oyle, make a *fomentation* thereof, and it helps.

Take the buds and tender crops of *Briony* and boile them in broth or porrage, and let the woman eat thereof, it is soveraigne.

Take

Take *Mugwort*, *Motherwort*, and *Mints*, the quantity of a handfull in all, seeth them together in a pint of *malme-sey*, and give her to drinke thereof two or three spoonfulls at a time; and it will appease her swooning.

For a woman that is new brought in bed and swooneth much.

Take *Henbane* stamped and mixt with vinegar and apply it plaisterwise over all the forehead, and it will cause sleepe.

To provoke sleepe.

Take *Sage*, *Smallage*, *Mallows*, and *Plantaine*, of each an handfull, beat them all wel in a mortar, then put unto them oatmeale and milke, and spread it on a fine linnen cloth an inch thicke, and lay it to the brest or breasts: or otherwise take white bread Leaven and straine it with creame, and put thereto two or three yolkes of egges, salt, oyle, or oyle of *Roses*, and put it upon a soft fire till it be warme, and so apply it to the brest.

For sore breasts.

For Morpew, whether it be white or blacke, take of the *Litharge* of gold a dram, of unwrought brimstone two drams, beat them into fine powder, then take of the oyle of *Roses*, and *Swines* grease, of each a like quantity, and grinde them all together with halfe a dram of *camphire* and a litle vinegar, and annoint the same therewith morning and evening.

For Morpew of both kinds.

To breed haire, take Southern-wood and burne it to ashes, and mixe it well with common oyle, then annoint the bald place therewith morning and evening, and it will breed haire exceedingly.

To breed haire

For the Gout, take *Aristolochia rotunda*, *Althea*, *Betony*, and the rootes of wilde *Neepe*, and the roots of the wilde *docke* cut in peeces after the upper Rind is taken away, of each a like quantity, boile them all in running water till they be soft and thicke: then stampe them in a mortar as small as may be, and put thereto a litle quantity of chimney soot, and a pint or better of new milke of

For the Gout.

of a Cow which is all of one intire colour, and as much of the urie of a man that is fasting, and having stirred them all well together, boile them once againe on the fire, then as hot as the party can suffer it, apply it to the grieved place, and it will give him ease.

For the Sciatica.

For the *Sciatica*, take of mustard-seed a good handfull, and as much of white honey, and as much in weight of figs, and crummes of white bread halfe so much, then with strong vinegar beat it in a morter till it come unto a salve, then apply it unto the grieved place and it will give the grieved party ease, so will also a plaister of *Oxicrotinum*, if it be continually warme upon the same.

For any paine or swelling, or the stinging of Venomous beasts.

To helpe all manner of swellings or aches, in what part of the body soever it be, or the stinging of any venomous beast, as *Adder Snake*, or such like: take *Horehound*, *Smallage*, *Porrets*, small *Mallows*, and wild *tansey*, of each a like quantity, and bruise them or cut them small: then seeth them all together in a pan with milk, *oatmeale*, and as much Sheepes suet, or Deares suet as an Hens egge, and let it boile till it be a thicke plaister then lay it upon a blew woollen cloth, and lay it to the grieve as hot as one can suffer it.

For swellings in the legs or feet.

For any swelling in the legges or feete, take a good handfull of water Cresses and shred them small, and put them in an earthen pot, and put thereto thicke Wine Lees, and wheat bran, and Sheeps suet, of each of them a like quantity, and let them boile together untill they be thicke, then take a linnen cloth, & binde it about the sore & swelling as hot as the party grieved can indure it, and let it remaine on a whole night & a day without any removing, and when you take it away, lay to it a fresh plaister, hot, as before, and it will take away both the paine

paine and the swelling. Other Chirurgions for this grief take honey and beere and heat them together, and therewith bath the swelling both morning and evening.

To wash any sore or Vicer, take running water and *Bolearmoniacke* and *Camphire*, and boile them together, and dip in a cloth, and lay it to the sore as hot as may be indured: also *Plantaine* water is good to kill the heat of any sore: or if you take Woodbine leaves and bruise them small, it will heale a sore; or if you wash a sore with verjuyce, that hath beene burnt or scalded, it is a present remedy.

A water to wash a sore with.

There bee divers others which for this grieve take the greene of Goose dung and boile it in fresh butter. then straine it very cleane and use it. Also *Sallet-oyle* and Snow water beaten together will cure any scald or burning.

A pultis for a sore.

To cure any old sore how grievous soever it bee, take of new milke three quarts, a good handfull of *Plantain*, and let it boile till a pint be consumed: then adde three ounces of *Allom* made in powder, and an ounce and a halfe of white *Sugar candy* powdered. Also then let it boyle a little till it have hard Curd, then straine it, with this warme wash the Vicer, and all the member about it: then dry it, and lay upon the Vicer *unguentum Basilicon* spread on lint, and your *diminim* plaister over it, for this strengthneth, and killeth the itch: but if you find this is not sharpe enough, then take of milke a quart, *Allom* in powder two ounces, vinegar a spoonful, when the milke doth seeth, put in the *Allom* and vinegar: then take off the curd, and use the rest as was before-said, and it will cure it.

For any old sore.

For scabs or itch take *unguentum Populion*, and therewith annoint the party and it will helpe, but it be more strong

For any scabs or itch.

ſtrong and ranke, take an ounce of *Nerve-oyle*, and three peny-worth of *Quicke ſilver*, and beat and worke them together, untill you ſee that aſſuredly the *Quick-ſilver* is killd, then let the party annoynt therewith the palmes of his hands, the boughs at his elbowes, his arme-pits and hams, and it will cure all his body.

For the Leproſie.

To cure the Leproſie, take the juyce of *Colworts*, and mixe it with *Allom* and ſtrong Ale, and annoint the Leaper therewith morning and evening, and it will cleanſe him wonderfully, eſpecially if hee be purged firſt, and have ſome part of his corrupt bloud taken away.

To take away pimples.

To take away either pimples from the face, or any other part of the body, take Virgin wax, and *Sperma ceti*, of each a like quantity, and boile them together, and dip in a fine Linen cloth, and as it cooles dip it well of both ſides, then lay it upon another faire cloth upon a table, and then fold up a cloth in your hands, and all to flight it with the cloth, then take as much as will cover the grieved place.

Privie parts burnt.

If any man have his privie parts burnt, take the aſhes of a fine Linen cloth in good quantity, and put it into the former oyle of egges, and annoint the ſore member therewith, and it will cure it.

For any burning.

For any burning, take fixe new layd egges and roaſt them very hard, and take out the yolkes thereof, and put them into an earthen pot, and ſet it over the fire on hot embers, and then whilſt the egges looke blacke, ſtirre them with a ſlice till they come to an oyle, which oyle take and clarifie and put it into a glaſſe by it ſelfe, and therewith annoint any burning, and it will cure it.

For any ſcalding.

For any ſcalding with hot water, oyle or otherwiſe, take good creame, & ſet it on the fire, and put into it the greene which growes on a ſtone wall, take alſo *yarrow*, the

the greene of elder barke and fire grasse, and chop them small, then put them into the creame, and stirre it well till it come to an oyle salve, then straine it and annoynt the sore with it.

To dry up any sore, take *Smallage*, *Groundsill*, *wilde mallowes* and *violet leaves*: chop them small and boyle them in milke with bruised *Oatemeale* and sheepes suet, and so apply it to the sore. A pultis to dry a sore.

To eate away dead flesh, take *Stubble-wort*, and fold it up in a red docke leafe, or red wort leafe, and so rost it in the hot embers and lay it hot to any sore, and it will fret away all the dead flesh, or otherwise, if you strew upon the sore a little *Precipitate*, it will eate away the dead flesh. To eate away dead flesh.

To make a water to heale all manner of wounds, you shall take *Inph-wort* flowers, leaves and roots, and in *March* or *Aprill* when the flowers are at the best, distill it, then with that water bath the wound, and lay a linnen cloth well therewith in the wound, and it will heale it. A water to heale wounds.

To heale any wound or cut in any flesh or part of the body: First if it bee fit to be sticht, stich it up, and then take *Vnguentum aurum*, and lay it upon a pleagant of lint as big as the wound, and then over it lay a *diminium* plaister made of Sallet oyle and red lead, and so dresse it at least once in foure and twenty houres, but if it bee a hollow wound, as some thrust in the body or other members, then you shall take *Balsamum cephalicum*, and warming it on a chaffing dish and coales, dip the tent therein and so put it into the wound, then lay your plaister of *diminium* over it, and doe thus at least once a day till it be whole. To heale any wound.

If a mans sinewes bee cut or shrunke, he shall goe to the roote of the wilde neepe which is like woodbine, For sinewes cut or shrunke.
and

and make a hole in the midst of the roote, then cover it well againe that no ayre goe out nor in, nor raine, nor other moysture : thus let it abide a day and a night, then go and open it, and you shall finde therein a certaine liquor : then take out the lyquor and put it into a cleane glasse, and doe thus every day whilst you finde any moysture in the hole ; and this must onely be done in the moneths of *April* and *May* : then annoynt the fore therewith against the fire, then wet a linnen cloath in the same liquor, and lap it about the fore, and the vertue will soone be perceived.

To break any
imposthume.

To breake any Impostume; and to ripe it onely, take the greene *Melilot* plaister, and lay it thereunto, and it is sufficient.

Additions.

Two generall
infirmities of
Surgery, and
first of burn-
ings and scald-
ing.
For burning,
or scalding,
with eyther
Lyquor or
Gunpowder.

Take *Plantaine* water, or *Sallet Oyle* and running water beaten together, and therewith annoynt the fore with a feather, till the fire be taken out, then take the white of eggs, and beate them to oyle, which done, take a Hare skinne and clip the haire into the oyle, and make it as thick as you may spread it upon a fine linnen cloath, and so lay it upon the fore, and remove it not, untill it bee whole, and if any rise up of it selfe, clip it away with your sheares, and if it be not perfectly whole, then take a little of the oyntment and lay it unto the same place againe : otherwise take halfe a bushell of Glovers shreads of all sorts, and so much of running water as shall bee thought convenient to seeth them, and put thereto a quarter of a pound of Barrowes grease, and then take halfe a bushell of the doune of Cats tailes; and boyle them altogether, continually stirring them, untill they be sodden that they may bee strayned into an earthen pot or glasse, and with it annoynt the fore.

Or

Or else take of *Caprefolii*, *Moufeare*, *ground-Ivy*, and *Hensdung* of the reddest of or the yellowest, and fry them with *May-butter* altogether untill it bee browne, then straine it through a cleane cloth, and annoynt the sore therewith.

Take the middle rinde of the Elme tree, and lay it two or three houres in faire running water till it waxe ropy like glew, and then annoint the sore therewith: Or otherwise, take sheepes tallow and sheepes dung, and mixe them together till they come to a salve, and then apply it to the sore.

For burnings
or scaldings on
the face.

Take *Plantaine* leaves, *daisie* leaves, the greene barke of *Elders*, and greene *Germanders*, stampe them altogether with fresh butter or with oyle, then straine it through a linnen cloath, and with a feather annoint the sore till it be whole.

An oyntment
for burning.

Take of *oyle Olive* apinte, *Turpentine* a pound, unwrought wax halfe a pound, *Rosen* a quarter of a pound, sheepes suet two pound, then take of *Orpents*, *Smallage*, *Ragwort*, *Plantins*, and *Sicklewort*, of each a good handfull, chop all the hearbes very small, and boyle them in a pan altogether upon a soaking fire, and stirre them exceeding much till they be well incorporate together, then take it from the fire and straine all through a strong canvasse cloth into cleane pots or glasses, and use it as your occasion shall serve, eyther to annoynt, taint, or playster.

Or otherwise take *Poplar* buds, and *Elder* buds, stampe and straine them, then put thereto a little *Venice-turpentine*, *Waxe*, and *Rosin*, and so boyle them together, and therewith dresse the sore, or else take two handfull of plantaine leaves, bray them small and straine out the iuice, then put to it as much womans milke, a spoon.

Vlcers and
sores.

A salve for any
old sore.

spoonefull of hony, a yolke of an egge, and as much wheat flowre as you thinke will bring it to a salve, then make a plaister thereof and lay it unto the sore, renewing it once in foure and twenty houres.

To take away
dead flesh.

Take an ounce of *Vnquentum Apostolorum*, and an ounce of *Vnquentum Aegyptiacum*, and put them together in a pot, being first well wrought together in a bladder, and if the flesh be weake, put to it a little fine white sugar, and therewith dresse the sore, or otherwise take onely *Precipitate* in fine powder, and strew it on the sore.

A water for a
sore.

Take a gallon of Smiths fleacke water, two handfulls of sage, a pintre of hony, a quart of ale, two ounces of Allome, and a little white *copporas*, seeth them all together till halfe be consumed; then straine it, and put it into a cleane vessell, and therewith wash the sore. Or otherwise, take cleane running water and put therein *roch allom* and *madder*, and let them boyle till the *allom* and the *madder* bee consumed, then take the clearest of the water and therewith wash the sore.

Or else take *Sage*, *Fennell*, and *cinquesoye*, of each a good handfull, boyle them in a gallon of running water till they be tender, then straine the liquor from the herbs, and put to it a quarter of a pound of *roch Allom*, and let it seeth againe a little till the *allom* bee melted, then take it from the fire and use it, thus, dip lint in it warme and lay it to the sore, and if it bee hollow apply more lint, then make a little bolster of linnen cloth, and wet it well in the water, then wring out the water, and so bind on the bolster close.

A blacke plai-
ster to heale
old sores and
kill inflamma-
tions.

Take a pintre of sallet oyle and put into it fixe ounces of red lead, and a little ceruse or white lead, then set it over a gentle fire, and let it boyle a long season stirring it

it well till it be stiffe, which you shall try in this order ; let it drop from your sticke or slice upon the bottome of a saucer, and so stand untill it be cold, and then if it be well boiled, it will be stiffe and very blacke, then take it off, and let it stand a little, and after straine it thorow a cloth into a Bason, but first annoynt the Bason with Sallet oyle, and also your fingers, and so make it up in rolls plaisterwise, and spread it and apply it as occasion shall serve.

Take *Mallows* and *Beets*, and see the them in water, then dry away the water from them, and beate the herbs well with old Boares grease, and so apply it unto the Aposthume hor.

An oymntment
to ripen fores.

Take a handfull of *Rue*, and stamp it with rusty Bacon till it come to a perfect salve, and therewith dresse the fore till it be whole.

For the sting-
ing of any Ad-
der or venci-
mons thing.

If the party be outwardly venomd, take *Sage* and bruise it well and apply it unto the fore, renewing it at least twice a day, but if it be inwardly, then let the party drinke the juyce of *Sage* eyther in Wine or Ale morning and evening.

For any veno-
ming.

Take *Selladine* early in the morning, and bruise it well, and then apply it to the fore, and renewing it twice or thrice aday.

For a Ring-
worme.

Take of *Campheire* one dramme, of *Quicke-silver* foure pennyworth killed well with Vinegar, then mixe it with two pennyworth of oyle *de bay*, and therewith annoynt the body. Or otherwise take red *Onyons* and see the them in running water a good while, then bruise the *Onyons* small, and with the water they were sodden in, straine them in, then wash the infected place with the same.

For the itch.

Take a great quantity of the herbe *Bennet*, and as

E

much

For the dried
scab.

much of red *nettles*, pound them well and straine them, and with the juyce wash the patient naked before the fire, and so let it drinke in and wash him againe, and doe soe divers daies till he be whole.

To kill the itch
or tetter ser-
pigo,

Take a penyworth of white *copperas*, and as much greene *copperas*, a quarter of an ounce of white *Mercury*, a halfe peny-worth of *Allom* and burne it, and set all over the fire with a pint of faire water, and a quarter of a pint of wine Vinegar, boyle all these together till they come to halfe a pint, and then annoint the sore therewith.

To take away
the scarres of
the small poxe.

Take *Barrowes* grease a pretty quantity, and take an apple and pare it, and take the chore cleane out, then chop your apple and your *Barrowes* grease together, and set it over the fire, that it may melt, but not boyle, then take it from the fire, and put thereto a pretty quantity of Rose-water, and stirre all together till it be cold, and keepe it in a cleane vessell, and then annoynt the face therewith.

For the French
or Spanish
Poxe,

Take *quicke-silver*, and kill it with fasting spittle, then take *verdigrease*, *Arabicke*, *Turpentine*, *Oyle olive*, and *Populion*, and mixe them together to one entire oyntment, and annoynt the sores therewith, and keepe the party exceeding warme. Or otherwise, take of *Allom* burned, of *Rosfin*, *Frankincense*, *Populion*, oyle of *Roses*, *Oyle de bay*, *Oyle olive*, greene *Copperas*, *Verdigrease*, white *Leade*, *Mercury* sublimate of each a pretty quantity, but of *Allom* most, then beat to powder the simples that are hard, and melt your oyles, and cast in your powders and stirre all well together, then striane them through a cloth, & apply it warme to the sores; or else take of *Capons* grease that hath toucht no water, the juyce of *Rue* and the fine powder of *Pepper*, and mixe them together to an oyntment.

ment, and apply it round about the sores, but let it not come into the sores, and it will dry them up.

Take of *Treakle* a halfe penyworth, of long *Pepper* as much, and of *graines* as much, a little *ginger*, and a little quantity of *Licoras*, warme them with strong ale, and let the party drinke it off, and lie downe in his bed and take a good sweate: and then when the sores arise, use some of the oyntment before rehearsed.

To put out the French or Spanish Poxe.

Take the juyce of red *Fennell*, and the juyce of *Senegreene* and stone hony, and mixe them very well together till it be thicke, and with it annoynt the party, but before you doe annoynt him you shall make this water. Take *Sage*, and seeth it in very faire water from a gallon to a pottle, and put therein a quantity of hony and some Allom, and let them boyle a little together; when you have straigned the herbs from the water, then put in your hony and your allom, and therewith wash the poxe first, and let it dry in well, and then lay on the aforesaid oyntment.

To make the scabs of the French Poxe to fall away.

Additions, to greene wounds.

Take the oyle of the white of an egge, wheat-flower, a little hony, and venice *Turpentine*, take and stirre all these together, and so use it about the wound, but not within, and if the wound doe bleed, then adde to this salve a little quantity of *Folearmoni k*.

A defensitive for a greene wound.

Take *Apoponax* and *Galbanum*, of each an ounce, *Ammonianum*, and *Bedlynd*, of each two ounces, of *Leather-gie* of gold one pound and a halfe, new waxe halfe a pound, *Lapis Calaminaris* one ounce, *Turpentine* foure ounces, *Myrrh* two ounces, *Cyle de bay* one ounce, *Thusse* one ounce, *Aristolchia*-roots two ounces, oyle of *Roses* two ounces, *sallet-oyle* two pound, all the hard simples must be beaten to fine powder and searssed, take also

A salve for a green wound.

three pints of right Wine vinegar, and put your foure gums into the vinegar a whole day before, till the gums be dissolved, then set it over the fire, and let it boyle very softly untill your vinegar be as good as boyled away, then take an earthen pot with a wide mouth, and put your oyle in and your waxe, but your Waxe must be scraped before you put it in, then by a little at once put in your *Lethargie* and stirre it exceedingly, then put in all your gums and all the rest, but let your *Turpentine* be last, and so let it boyle till you see it grow to be thicke, then poure it into a Basen of water, and worke it with oile of *Roses* for sticking unto your hands, and make it up in rolls plaisterwise, and here is to be noted, that your oyle of *Roses* must not be boyled with the rest, but after it is taken from the fire a little before the *Turpentine*.

A water to heal
any greene
wound, cut,
or sore.

Take three good handfulls of *Sage*, and as much of *Hony-suckle* leaves, and the flowers cleane picked, then take one pound of *Roach-allom*, and a quarter of a pound of right English-hony clarified, halfe a pennyworth of graines, and two gallons of running Water, then put all the said things into the water, and let them seeth till halfe be consumed, then take it from the fire till it be almost cold, and straine it thorow a cleane cloth, and put it up in a glasse, then either on taint or pleagant use it as you have occasion.

To staunch
blood, and
draw sinewes
together.

Take a quart of *Rie* flower and temper it with running water, and make dough thereof, then according to the bignesse of the wound lay it in with the *defensive* plaister, before rehearsed, over it, and every dressing make it lesse and lesse till the wound be closed.

A made oyle
for shrinking
of sinewes.

Take a quart of *Nests-foot-oyle*, a quart of *Oxe-galls* a quart of *Aquavita*, and a quart of rose-water, a handfull

full of Rosemary strypt and boyle all these together till halfe be consumed, then presse and straine it, and use it according as yon finde occasion.

Take honey, pitch and butter, and seeth them together, and annoynt the hurt against the fire, and tent the sore with the same.

To make oyle of Nutmegs.

Take grounsell and stampe it, and seeth it with sweet Milke till it be thicke, then temper it with blacke Sope, and lay it to the sore.

For prickling with a thorne.

Take Rosin a quarter of a pound, of Waxe three ounces, of oyle of Roses one ounce and a halfe; seeth all them together in a pint of white Wine till it come to skimming, then take it from the fire, & put thereto two ounces of Venice *Turpentine*, and apply it to the wound or sore.

To gather flesh in wounds.

Take Mustard made with strong Vinegar, the crums of browne bread, with a quantity of Honey & sixe Figgs mixt, temper all together well, and lay it upon a cloth playsterwise, put a thinne cloth betweene the playster and the flesh, & lay it to the place grieved as oft as need requires.

Additions, for achse or swellings. For the Sciatica.

Take a pound of fine Rosin, of *Oyle de bay* two ounces, of *Populion* as much, of *Frankincense* halfe a pound, of oyle *Spyk* two ounces, of oyle of *Camomile* two ounces, of oyle of *Roses* two ounces, of *Waxe* halfe a pound; of *Turpentine* a quarter of a pound, melt them and stirre them well together, and then dip linnen clothes therein, and apply the seare-cloth as you shall have occasion, and note the more oyle you use, the more supler the seare-cloath is, and the lesse oyle the stiffer it will be.

A yellow seare-cloth for any paine or swelling.


Take a little blacke Sope, Salt, and Honey, and beate them well together, and spread it on a browne paper & apply it to the bruise.

For bruises swelled.

Take *mallowes* and seeth them in the dregges of good *Ale* or *Milke*, and make a plaister thereof, and apply it to the place swelled.

For swelled
legs.
For any ache.

Take in the moneth of May, *Henbane*, and bruise it well and put it into an earthen pot, and put thereunto a pint of *Sallet oyle* and set it in the Sunne till it be all one substance, then annoynt the ache therewith.


A playster for
any paine in
the joynts.

Take halfe a pound of unwrought waxe, as much *Rosin*, one ounce of *galbanum*, a quarter of a pound of *Le-thargy* of gold, three quarters of white *Leade*, beaten to powder, and searst, then take a pinte of *Neates foote oyle*, & set it on the fire in a small vessell which may containe the rest, and when it is all moulten, then put in the powders and stirre it fast with a slice, and try it upon the bottome of a saucer, when it beginneth to be somewhat hard, then take it from the fire, & annoynt a faire boord with *Neates foote oyle*, and as you may handle it for heate, worke it up in roules, & it will keepe five or sixe yeeres, being wrapped up close in papers; and when you will use it, spread of it thin upon new Lockram or Leather somewhat bigger then the griefe, and so if the griefe remove follow it, renewing it morning, and evening, & let it be somewhat warme when it is laid on, and beware of taking cold, and drinking hot Wines.

Additions.
To griefe in
the bones.
For bones out
of joynt, or si-
newes sprung
or strained.

Take foure or five yolkes of egges hard sodden or roasted, and take the branches of great *Morrell*, and the berries in Summer, and in Winter the rootes, and bray all well together in a mortar with sheepes milke, and then fry it untill it bee very thicke, and so make a playster thereof, and lay it about the sore, and it will take away both paine and swelling.

A bath for bro-
ken joynts.

Take a gallond of standing lye, put to it of *Plauntain* and *hyot-grasse*, of each two handfuls, of *worme-wood*, and
comfrey,

comfrey, of each a handfull, and boile all theese together in the lye a good while, and when it is lukewarm bath the broken member therewith, and take the buds of *Elder* gathered in March, and stripped downeward and a litte boyle them in water, then eate them in oyle and very litte wine Vinegar, a good quantity at a time in the morning ever before meat, or an houre before the Patient goe to dinner, and it much availes to the knitting of bones.

Take *Rosemary*, *Fetherfew*, *Orgaine*, *Pellitory* of the wall, *Fennell*, *Mallows*, *Violet-leaves*, and *Nettles*; boyle all these together, and when it is well sodden put to it two or three gallons of Milke, then let the party stand or sit in it an houre or two, the bath reaching up to the stomack, and when they come out they must goe to bed & sweat, beware taking of cold.

⚔
A generall bath
for clearing the
skin, and com-
forting the bo-
dy.

Make a playster of Wheate-flower and the white of Egges, and spread it on a double linnen cloth, & lay the playster on an even board, & lay the broken limb thereon, and set it even according to nature, and lap the playster about it, and splint it, and give him to drinke *Knitwort* the juyce thereof twice & no more, for the third time it will unknit, but give him to drinke nine daies each day twice the juce of *Comfrey*, *Daisies*, and *Osmund* in stale Ale and it shall knit it, and let the foresayd playster lye to ten daies at the least, and when you take it away doe thus, take *Hore-brund*, red *Fennell*, *Hounds tongue*, *Wallwort*, and *Pellitory*, and seeth them, then unroule the member and take away the splint, and then bathe the linnen and the plaister about the member in this bath, untill it have soakt so long that it come gently away of it selfe, then take the foresayd plaister and lay thereto five or sixe daies very hot, and let each plaister lye a day

A soveraine
helpe for bro-
ken bones.

and a night and alwaies splint it well, and after cherish it with the oyntments before rehearsed, for broken bones, and keepe the party from unwholsome meates & drinks till he be whole, and if the hurt be on his arme let him beare a ball of greene hearbs in his hand to prevent the shrinking of the hand and sinewes.

For any Fever. Take *Sage, Ragwort, Tarrow*, unset *Leekes*, of each a like quantity, stampe them with bay Salt and apply them to the wrests of the hands.

To expell heat in a Fever. Blanch Almonds in the cold water, and make milke of them (but it must not seeth) then put to it Sugar, and in the extremity of heate, see that you drinke thereof.

The royall medicine for Fevers. Take three spoonefuls of Ale and a little *Saffron*, and bruise and straine it thereto, then adde a quarter of a spoonefull of fine *Treacle* and mixe it together, and drink it when the fit comes.

Another. Take two roots of *Crow-foot* that growes in a marsh ground, which have no little rootes about them, to the number of twenty or more, and a little of the Earth that is about them, and doe not wash them, and adde a little quantity of Salt, and mixe all well together, and lay it on linnen clothes, and bind it about your thumbs betwixt the first and the neather joynt, and let it lie nine daies unremoved, and it will expell the Fever.

*An approved Medicine for the greatest
Laske or Fluxe.*

Take a right *Pomewater* the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skinne and the core and use only the pap, and the like quantity of chalke finely scraped, mixe them both together upon a Trencher before the fire, and worke

worke them well to a playster, then spread it upon a linnen cloth warmed very hot as may be suffred, and so bind it unto the navill for twenty foure houres, use this medicine twice or thrice or more, untill the Laske be stayed.

To make the oyle of *Swallowes*, take *Lavendar cotton*, *Spike*, *Knot-grasse*, *Ribwort*, *Balmie*, *Valerian*, *Rosemary-tops*, *Woodbine tops*, *Vine-strings*, *French-mallows*, the tops of *Ale-cost*, *Strawberry strings*, *Tutsan*, *Plantaine*, *Walnut-tree-leaves*, the tops of young *Baies*, *Isop*, *Violet-leaves*, *Sage*, of vertue, fine Roman *Wormewood*, of each of them a handfull, *Camomile* and red *Roses*, of each two handfull, twenty quicke *Swallowes*, and beate them altogether in a great mortar, and put to them a quart of *Neats-foot-oyle*, or May butter, and grind them all well together with two ounces of Cloves well beaten, then put them together in an earthen pot, and stop it very close that no ayre come into it, & set it nine dayes in a Seller or cold place, then open your pot and put into it halfe a pound of white or yellow Waxe cut very small, and a pint of oyle or butter, then set your pot close stopped into a pan of water, and let it boyle sixe or eight houres, and then straine it: this oyle is exceeding soveraine for any broken bones, bones out of joynt, or any paine or griefe eyther in the bones or sinewes.

Of Oyle of
Swallowes.

To make oyle of *Camomile*, take a quart of *Sallet oyle* & put it into a glasse, then take a handfull of *Camomile* and bruise it, and put it into the oyle, and let them stand in the same twelue daies, onely you must shift it every three daies, that is to straine it from the old *Camomile*, and put in as much of new, and that oyle is very soveraine for any griefe proceeding from cold causes.

To make oyle
of Camomile.

To

To make oyle
of Lavender.

To make oyle of *Lavender*, take a pint of *Sallet oyle* and put it into a glasse, then put to it a handfull of *Lavender*, and let it stand in the same twelve daies, and use it in all respects as you did your oyle of *Cammomile*.

To make
smooth hands.

To make an oyle which shall make the skinne of the hands very smooth, take *Almonds* and beat them to oyle, then take whole *Cloves*, and put them both together into a glasse, and set it in the Sunne five or sixe daies, then strayne it, and with the same annoynt your hands every night when you goe to bed, otherwise as you have convenient leasure.

To make Dr.
Stevens water.

To make that soveraigne water which was first invented by Doctor *Stevens*, in the same forme as he delivered the Receite to the Archbishop of *Canterbury*, a little before the death of the sayd Doctor. Take a gallond of good *Gascoyne wine*, then take *Ginger*, *Galingale*, *Cinnamon*, *Nutmegs*, *Graines*, *Cloves*, bruised, *Fennell-seedes*, *Carraway-seeds*, *Origanum*; of every of them a like quantity, that is to say, a dramme: Then take *Sage*, *wild Marjoram*, *Penny-royall*, *Mints*, *red Roses*, *Time*, *Pellitory*, *Rosemary*, *wilde Time*, *Cammomile*, *Lavender*, of each of them a handfull, then bray the spices small, and bruise the hearbs and put all into the Wine, and let it stand so twelve houres, only stirre it divers times, then distill it by a *Lymbecke*, and keepe the first water by it selfe, for that is the best, then keepe the second water, for that is good, and for the last neglect it not, for it is very wholsome though the worst of the three. Now for the vertue of this water, it is this, it comforteth the spirits and vitall parts, and helpeth all inward diseases that come of cold, it is good against the shaking of the palsie, and cureth the contraction of sinnews, and helpeth the conception of women that be barraine, it killeth the wormes in the body, it cureth the cold

cold Cough, it helpeth the tooth-ach, it comforteth the stomacke, and cureth the old dropsey, it helpeth the stone in the bladder and in the reines, it helpeth a stinking breath: And whosoever useth this water moderately and not too often, preserveth him in good liking, and will make him seeme young in old age. With this water Doctor *Steevens* preserved his owne life unrill such extreame age, that he could neither goe nor ride, and he continued his life being bed-rid five yeeres, when other Physitions did judge he could not live one yeere, when he did confesse a little before his death; saying: that if he were sicke at any time, he never used any thing but this water onely; And also the Archbishop of *Canterbury* used it, and found such goodnesse in it, that he lived till he was not able to drinke of a cup, but sucked his drinke through a hollow pipe of silver. This water will be much the better if it be set in the Sunne.

To make a cordiall *rosafolis*, take *rosafolis*, & in any wise touch not the leaves thereof in the gathering, not wash it; take thereof foure good handfuls, then take two good pints of *Aquavite*, and put them both in a glasse or pewter pot of three or foure pints, and then stop the same hard and just, and so let it stand three daies and three nights, and the third day straine it through a cleane cloth into another glasse or pewter pot, and put thereto halfe a pound of *Sugar* beaten small, foure ounces of fine *Licoras* beaten into powder, halfe a pound of sound *Dates* the stones being taken out, and cut them & make them cleane, and then mince them small, and mixe all these together and stop the glasse or pot close and just, & after distill it through a lymbecke then drinke of it at night to bedward halfe a spoonefull with Ale or Beere, but

A restorative
of *Rosafolis*.

but Ale is the better, as much as the morning fasting for there is not the weakest body in the world that wanteth nature or strength, or that is in a consumption, but it will restore him againe, and cause him to be strong and lusty, and to have a marvailous hungry stomacke, provided alwaies that this *rosafelis* be gathered (as ny as possibly you can) at the full of the Moone when the Sunne shineth before noone, and let the roots of them be cut away.

Additions.
to the Oyles.
To make oyle
of Roses or
Violets.

Take the flowers of Roses or Violets and breake them small and put them into *Sallet oyle*, and let them stand in the same tenne or twelve daies, and then presse it. Or otherwise take a quart of oyle *Olive*, and put thereto Sixe spoonefuls of cleane water, and stirre it well with a slice, till it waxe as white as Milke, then take two pound of red Rose-leaves, and cut the white of the ends of the leaves away, and put the Roses into the oyle, and then put it into a double glasse and set it in the Sunne all the Summer time, and it is soveraine for any scalding or burning with water or oyle.

Or else take red Roses new plucked a pound or two, & cut the white ends of the leaves away, then take May butter and melt it over the fire with two pound of oyle Olive, and when it is clarified put in your roses and put it all in a vessell of glasse, or of earth, and stop it well about that no ayre enter in or out, and set it in another vessell with water and let it boyle halfe a day or more, and then take it forth and straine or presse it through a cloth, and put it into glasse bottells, this is, good for all manner of unkind heats.

For a wound
in the guts.

Take two or three pound of *Nutmegs* and cut them small and bruise them well, then put them into a pan and beate them and stirre them about: which done, put them into a canvasse or strong linnen bagge, and close them

them in a presse and presse them, and get out all the liquor of them, which will be like manna, then scrape it from the canvas bagge as much as you can with a knife, then put it into some vessel of glasse, and stop it well, but set it not in the Sun, for it will waxe cleane of it selfe within ten or fifteen daies, and it is worth thrice so much as the Nutmegs themselves, and the oile hath very great vertue in comforting the stomacke and inward parts, asswaging the paine of the mother and Sciatica.

Take the flowers of *Spike*, and wash them only in *Oyle* To make perfect oyle of Spike. *olive*, and then stamp them well, then put them in a canvas-bag, and presse them in a presse as hard as you can, and take that which commeth out carefully, and put it into a strong vessell of glasse, and set it not in the Sun, for it will cleare of it selfe, and waxe faire and bright, and will have a very sharpe odour of the *Spike*; and thus you may make oyle of other herbs of like nature, as *Lavender*, *Camomile*, and such like.

Take an ounce of *Masticke*, and an ounce of *Olibanum* To make oyle of Masticke, pounded as small as is possible, and boyle them in *Oyle Olive* (a quart) to a third part, then presse it and put it into a glasse, and after ten or twelve daies it will be perfect: it is exceeding good for any cold griefe.

Thus having in a summary manner passed over all the most physicall & Chyrurgicall notes which burtheneth the mind of our *English House-wife*, being as much as is needfull for the preservation of the health of her family: and having in this Chapter shewed all the inward vertues wherewith she should be adorned. I will now returne unto her more outward and active knowledges, wherein albeit the mind be as much occupied as before: yet is the body a great deale more in use: neither can the worke be well affected by rule or direction.

The



The English Housewives skill in Cookery.

CHAP. 2.

Of the outward and active Knowledge of the Housewife; and of her skill in Cookery; as Sallets of all sorts, with Flesh, Fish, Sauces, Pastry, Banquetting-stuffe and ordering of great feasts.

TO speake then, of the outward and active Knowledges which belong unto our English Housewife, I hold the first and most principall to be a perfect skill and knowledge in Cookery, together with all the secrets belonging to the same, because it is a duty rarely belonging to a woman; and shee that is utterly ignorant therein, may not by the Lawes of strict Iustice challenge the freedome of marriage because indeede shee can then but performe halfe her vow; for shee may love and obey, but shee cannot cherish, serve, and keepe him with that true duty which is ever expected.

She must know
all Herbes.

To proceed then to this knowledge of Cookery, you shall understand, that the first step thereunto is, to have knowledge of all sorts of herbes belonging unto the Kitching, whether they be for the Pot, for Sallets, for Sauces, for Servings, or for any other seasoning, or adorning: which skill of knowledge of the herbes, she must

must get by her owne true labour and experience, and not by my relation, would be much too tedious, and for the use of them, hee shall see it in the composition of dishes and meats hereafter following. She shall also know the time of the yeere, Moneth and Moone, in which all herbs are to be sowne, and when they are in their best flourishing, that gathering all herbs in their height of goodnesse, she may have the prime use of the same. And because I will inable, and not burden her memory, I will here give her a short Epitomie of all that knowledge.

First then, let our English Housewife know, that she may at all times of the Moneth and Moone, generally sow *Asparagus, Coleworts, Spinage, Lettice, Parsnips, Radish, and Chives.*

Her skill in
the Garden.

In February, in the new of the Moone, she may sow *Spyke, Garlicke, Borage, Buglosse, Chervyle, Coriander Gourds, Cresses, Marioram, Palma Christi, Flower gentle, white Poppy, Purslan, Radish, Rocket, Rosemary, Sorrell, double Marigolds and Thyme.* The Moone full shee may sow *Annisfeeds musked, Violets Blets, Skirrits, white Succory, Fennell, and Parsly.* The Moone old, sow *Holy Thistell, Cole Cabadge, white Cole greene Cole, Cucumbers, Harts-Horne, Diers Grain, Cabadge, Lettice, Mellons, Onyons, Parsnips, Larkes Heele, Burnet and Leekes.*

In March the Moone new, sow *Garlicke, Borage, Buglosse, Chervile, Coriander, Gourds, Marioram, white Poppy, Purslan, Radish, Sorrell, double Marigolds, Thyme, Violets.* At the full Moone, *Anyseeds, Blets, Skirrits, Succory, Fennell, Apples of Love, and Marvellous Apples.* At the wane; *Artichokes, Bassil, Blessed Thistle, Cole Cabadge, white Cole, greene Cole, Citrons, Cucumbers, Harts-Horne, Samphire, Spinage, Gilliflowers, Issop, Cabadge, Lettice, Mellons, Mugrets, Onyons, Flower Gentill, Burnets, Leekes*
and

and *Savory*. In *May*, the Moone old, sow *blessed Thistle*. In *June*, the Moone new, sow *Gourds* and *Radishes*. The Moone old, sow *Cucumbers*, *Mellons*, *Parsnips*. In *July*, the Moone at full, sow *white Succory*; and the Moone old, sow *Cabbage*, *Lettice*. Lastly, in *August*, the Moone at full, sow *white Succory*.

Transplanting
of Herbs.

Also she must know, that herbes growing of feedes, may be transplanted at all times, except *Chervile*, *Arage*, *Spinage*, and *Perseley*, which are not good being once transplanted, observing ever to transplant in moyst and rainy weather.

Choice of seeds

Also she must know, that the choice of feedes are two-fold, of which some grow best, being new, as *Cucumbers* and *Leekes*, and some being old, as *Coriander*, *Perseley*, *Savory*, *Beets*, *Organ*, *Cresses*, *Spinage* and *Poppy*, you must keep cold *Lettice*, *Artichokes*, *Basil*, *holy Thistle*, *Cabbage*, *Cole*, *Dyers*, *Graine*, and *Mellons*, fifteene daies after they put forth of the earth.

Prosperity of
seeds.

Also feedes prosper better being sowne in temperate weather, than in hot, cold, or dry daies. In the Moneth of *April*, the Moone being new, sow *Marioram* flowers *gentile*, *Thyme*, *Violets*: in the old of the Moone *Apples of Love*, and *marvellous apples*: and in the wane, *Artichokes*, *holy Thistle*, *Cabbage*, *Cole*, *Citrons*, *Harts horne*, *Sampshire*, *Gilliflowers*, and *Parsnips*.

Gathering of
seeds.

Seeds must be gathered in faire weather, at the wane of the Moone, and kept some in boxes of wood, some in bagges of leather, and some in vessells of earth, and after to be well cleansed and dried in the Sunne or shadow: otherwise, as *Onyons*, *Chyballs* and *Leekes*, must be kept in their huskes. Lastly, shee must know, that it is best to plant in the last quarter of the Moone; to gather grafts in the last but one, and to graft two daies after

after the charge, and thus much for her knowledge briefly of Hearbs, & how she shall have them continually for her use in the Kitchen.

It resteth now that I proceed unto Cookery it selfe, which is the dressing and ordering of meate, in good and wholesome manner; to which, when our *Hon^r wife* shall addresse herselfe, shee shall well understand, that these qualities must ever accompany it: First, she must be cleanelly both in body and garments, she must have a quicke eye, a curious nose, a perfect taste, and ready eare (shee must not be butter-fingred, sweet toothed, nor faint-hearted;) for, the first will let every thing fall, the second will consume what it should increase, and the last will loose time with too much nicenesse. Now for the substance of the Art it selfe, I will devide it into five parts; the first, Sallats and Fricases; the second, boyled Meates and Broaths; the third, Roast meates, and Carbonadoes; the fourth Bak't meates and Pies; and the fift, Banqueting and made dishes, with other conceits and secrets.

First then to speake of Sallats, there bee some simple, and some compounded; some onely to furnish out the Table, and some both for use and adoration: your simple Sallats are Chibols pilled, washt cleane, and halfe of the greene tops cut cleane away, so served on a Fruit-dish, or Chines, Scalions, Radish-roots, boyled Carrets, Skirrets, and Turneps, with such like served up simply: also, all young Lettice, Cabbage-lettice, Porflane, and divers other hearbs which may bee served simply without any thing, but a little Vinegar, Sallet-Oyle, and Sugar: Onyons boyled, and stript from their rind, and served up with Vinegar,

F

Oyle

Of Cookery
and the parts
thereof.Of Sallats, simple
and plaine.

oyle & Pepper is a good simple Sallat; so is Samphire, Beane-cods, Sparagus, and Cucumbers, served in likewise with Oyle, Vinegar and Pepper, with a world of others, too tedious to nominate.

Of compound
Sallats.

Your compound Sallats, are first the young Buds and Knots of all manner of wholesome Hearbs at their first springing; as red Sage, Mints, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then served up to the Table with Vinegar, Sallat Oyle and Sugar.

Another com-
pound Sallat.

To compound an excellent Sallat, and which indeed is usuall at great feasts, and upon Princes Tables. Take a good quantity of blancht Almonds, and with your shredding Knife cut them grossely; then take as many Raisins of the Sunne cleane washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so many Olives, and as many Currants as of all the rest cleane washt: a good handfull of the small tender leaves of red Sage and Spinage: mixe all these well together with good store of Sugar, and lay them in the bottome of a great dish; then put unto them Vinegar and Oyle, and scrape more Sugar over all: then take Oreniges and Lemons, and paring away the outward pilles, cut them into thinne slices, then with those slices cover the Sallat all over; which done, take the fine thinne leafe of the red Coleflower, and with them cover the Oreniges & Lemons all over; then ouer those red leaves lay another course of old Olives, and the slices of wel-pickled Cucumbers, together with the very inward heart of your Cabbage-lettice cut into slices; then adorne the sides of the dish, and the top of the Sallat with more slices of Lemons and Oreniges, and so serve it up.

To

To make an excellent compound boyld Sallar: take of Spinage well washt, two or three handfuls, and put into it faire water, & boyle it till it be exceeding soft, & tender as pap; then put it into a Cullander and draine the water from it, which done, with the backside of your Chopping-knife chop it, and bruse it as small as may be: then put it into a Pipkin with a good lumpe of sweet Butter, and boyle it over againe; then take a good handfull of Currants cleane washt, and put to it, & stirre them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serve it upon sippers.

An excellent
boyled Sallar:

Your preserved Sallats are of two kinds, eyther pickled, as are Cucumbers, Samphire, Purslan Broome, and such like, or preserved with Vinegar; as Violets Primrose, Cowslips, Gillyflowers of all kinds, Broome-flowers, and for the most part any wholesome flower whatsoever.

Of preserving
of Sallats.

Now for the pickling of Sallats, they are only boiled and then drained from the water, spread upon a Table, and good store of Salt throwne over them; then when they are thorow cold, make a Pickle with water, Salt, and a little Vinegar, and with the same put them up in close earthen pots, and serve them forth as occasion shall serue.

Now for preserving Sallats, you shall take any of the Flowers before sayd after they have beene pickt cleane from their stalkes, and the white ends (of them which have any) cleane cut away, and washt and dried, and taking a glasse pot like a Gally-pot, or for want thereof a gally-pot it selfe; and first strew a little Sugar in the bottome, then lay a layer of the Flowers,

then cover that layer over with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus doe one above another till the pot be filled, ever and anon pressing them hard downe with your hand: this done, you shall take of the best and sharpest Vinegar you can get (& if the Vinegar be distilled Vinegar the Flowers will keepe their colours the better) and with it fill up your pot till the Vinegar swim aloft, and no more can be received; then stop up the pot close, and set them in a dry temperate place, and use them at pleasure, for they will last all the yeere.

The making of
Strange Sallats

Now for the compounding of Sallats of these pickled and preserved things, though they may bee served up simply of themselves, and are both good and daintie; yet for better curiosity, and the finer adorning of the Table, you shall thus use them: First, if you would set forth any red Flower that you know or have seene, you shall take your pots of preserved Gilliflowers, and futing the colours answerable to the Flower you shall proportion it forth, and lay the shape of the Flower in a Fruit-dish; then with your Purslane leaves make the Greene Coffin of the Flower, and with the Purslane stalkes, make the stalke of the Flower, and the divisions of the leaves and branches; then with the thinne slices of Cucumbers make their leaves in true proportions, jagged or otherwise: and thus you may set forth some full blowne, some halfe blowne, and some in the bud, which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Primroses and Cowslips, if blew flowers then the pots of Violets, or Buglosse flowers, and these Sallats are both for shew and use; for they are more excellent for taste then for to looke on.

Now

Now for *Sallets* for shew onely, and the adorning and setting out of a Table with numbers of dishes, they be those which are made of *Carret* rootes of sundry colours well boiled, and cut out into many shapes and proportions, as some into knots, some in the manner of Scutchions and Armes, some like Birds, and some like wilde Beasts, according to the Art and cunning of the workman; and these for the most part are seasoned with Vinegar, Oyle, and a little Pepper. A world of other Sallets there are, which time and experience may bring to our *Houſe-wifes* eye, but the composition of them, and the serving of them differeth nothing from these already rehearsed.

Sallets for shew onely.

OF

Now to proceede to your Fricases, or *Quelque choses*, which are dishes of many compositions, and ingredients; as Flesh, Fish, Egges Herbes, and many other things, all being prepared and made ready in a Frying pan, they are likewise of two sorts, simple and compound.

Fricases and Quelque choses.

Your simple Fricases are egges and collops fried, whether the Collops be of Bacon, Ling, Beete, or young Porke, the frying whereof is so ordinary, that it needeth not any relation, or the frying of any Flesh of Fish simple of it selfe with Butter or sweet Oyle.

Of simple Fricases.

To have the best Collops and egges, you shall take the whitest and youngest Bacon; and cutting away the sward, cut the Collops into thinne slices, lay them in a dish, and put hot water unto them, and so let them stand an houre or two, for that will take away the extreme saltneſſe: then draine away the water cleane, and put them into a dry pewter-dish, and lay them one by one, and set them before the heate of the fire, so as they may toast and turne them so, as they

Best Collops and Egges.

as they may toast sufficiently thorow & thorow: which done, take your eggs and breake them into a dish, and put a spoonfull of vinegar unto them: then set on a cleane Skillet with faire water on the fire, and as soone as the water boyleth, put in the egges, and let them take a boile or two, then with a spoone try if they be hard enough, and then take them up, and trim them, and dry them; and then dishing up the Collops, lay the egges upon them, and so serve them up: and in this sort you may potch egges when you please, for it is the best and most whole some.

Of the compound
fricases.

Now the compound Fricases are those which consist of many things, as Tanfies, Fritters, Pancakes, and any *Quelque chose* whatsoever, being things of great request and estimation in *France*, *Spaine*, and *I al*y, and the most curious Nations.

To make the
best Tansey.



First then for making the best Tansey, you shall take a certaine number of Egges, according to the bignesse of your Frying-pan, and breake them into a dish, abating ever the white of every third egge; then with a spoon you shall cleanse away the little white Chicking-knots which sticke unto the yolkes; then with a little Creame beate them exceedingly together; then take of greene wheate blades, Violet leaves, Straw-berry leaves, *Spinage* and *Succory*, of each a little quantitie, and a few *Walnut-tree* buds; chop and beate all these very well, and then straine out the juyce, and mixing it with a little more Creame put it to the egges, and stirre all well together, then put in a few crummes of bread, fine grated bread, *Cinamon*, *Nutmegge*, and *Salt*, then put some sweet Butter into the Frying-pan, and so soone as it is dissolved or melted, put in the Tansey, and frie it browne without burning, and with a dish
turne.

turne it in the pan as occasion shall serve; then serve it up, having strewed good store of Sugar upon it, for to put in Sugar before will make it heavie: Some use to put of the herbe *Tansy* into it, but the *Walnut tree* buds doe give the better taste or relish; and therefore when you please for to use the one, doe not use the other.

To make the best Fritters, take a pint of Creame and warme it: then take eight egges, onely abate foure of the whites, and beat them well in a dish, and so mixe them with the Creame, then put in a little Cloves, Mace, Nutmegge and Saffron, and stirre them well together: then put in two spoonefulls of the best Alebarme, and a little Salt, and stirre it againe: then make it thicke according to your pleasure with wheat flower: which done, let it within the aire of the fire, that it may rise and swell, which when it doth, you shall beate it in once or twice, then put into it a penny pot of Sacke: all this being done, you shall take a pound or two of very sweet seame, and put it into a pan, and set it over the fire, and when it is molten, and begins to bubble, you shall take the Fritter-batter, and setting it by you, put thicke slices of well-pared Apples into the Batter; and then taking the Apples and Batter out together with a spoone, put it into the boyling Seame, and boyle your Fritters crispe and browne: And when you finde the strength of your seame consume or decay you shall renew it with more seame, and of all sorts of seame, that which is made of the Beefe suet is the best & strongest: when your Fritters are made, strow good store of Sugar and Cinamon upon them, being faire disht, and so serve them up.

The best Fritters.

To make the best Pancakes, take two or three egges

The best Pancake.

and breake them into a dish, and beate them well: then adde unto them a pretty quantity of faire running water, and beate all well together: then put in Cloves, Mace, Cinamon and Nutmeg, and season it with Salt: which done, make it thicke as you thinke good with fine Wheate flower: then fry the cakes as thinne as may be with sweete Butter, or sweet Seame, and make them browne, and so serve them up with Sugar strowed upon them. There be some which mixe pancakes with new milke or Creame, but that makes them tough, cloying, and not crispe, pleasant and savory as running water.

Veale toasts.

To make the best Veale toasts; take the kidney fat, and all of a loyne of Veale roasted, and shred as small as is possible; then take a couple of Eggs and beate them very well; which done, take *Spinage, Succory, Violet leaves and Marigold-leaves*, and beate them and straine out the juyce, and mixe them with the Eggs: then put it to your Veale, and stirre it exceedingly well in a dish; then put to good store of Currance cleane washt and pickt, Cloves, Mace, Cinamon, Nutmegge, Sugar and Salt, and mixe them all perfectly well together: then take a manchet, and cut it into toasts, and tost them well before the fire; then with a spoone lay it upon the tost in a good thickenesse, the Veale prepared as before-said: which done, put into your Frying pan good store of sweete Butter, and when it is well melted and very hot, put your toasts into the same with the bread side upward, and the flesh side downeward: and as soone as you see they are fryed browne, lay upon the upper side of the tostes which are bare, more of the flesh meate, and then turne them, and fry that side browne also: then take more out of the pan, and dish them up, and

and strow Sugar upon them, and so serve them forth.

There be some Cookes which will doe this but upon one side of the tosts, but to doe it on both is much better; if you adde Creame it is not amisse.

To make the best Panperdy, take a dozen of Egges, and breake them, and beat them very well, then put unto them Cloves, Mace, Cinamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it: then take a Manchet, and cut it into thicke slices like tostes; which done, take your Frying pan, and put into it good store of sweet Butter, and being melted lay in your slices of bread, then poure upon them one halfe of your Egges; then when that is fryed, with a dish turue your slices of bread upward, and then powre on them the other halfe of your Egges, and so turne them till both sides be browne; then dish it up, and serve it with Sugar strowed upon it.

To make the panperdy.

To make a Quelquechose, which is a mixture of many things together; take the Eggs and breake them, and doe away the one halfe of the whites, and after they are beaten, put to them a good quantity of sweete Creame, Currants, Cinamon, Cloves, Mace, Salt, and a little Ginger, Spinage, Endive, and Marigold flowers grossely chopt, and beat them all very well together; then take Pigs Petitoes slic't, and grossely chopt, and mixe them with the Eggs, and with your hand stire them exceeding well together; then put sweete Butter in your Frying pan, and being melted, put in all the rest, and fry it browne without burning, ever and anon turning it till it be fryed enough; then dish it up upon a flat Plate, and so serve it forth. Onely herein is to be observed, that your Petitoes must be very well boyled before you put them into the Fricase.

To make any quelquechose.

And

Additions,
To the House-
wifes Cookery.

And in this manner, as you make this Quelquechose, so you may make any other, whether it be of flesh, small birds, sweet roots, Oysters, muskles, Cockles, GIBLETS, Lemmons, Orenge, or any fruit, pulse, or other Sallet-herbe whatsoever, of which to speake severally were a labour infinite, because they vary with mens opinions. Onely the composition and worke is no other then this before prescribed; and who can doe these, need no further instruction for the rest. And thus much for *Sallets* and *Fricases*.

To make Frit-
ters.

To make Fritters another way, take flower, milke, barme, grated bread, small Raisins, Cynamon, Sugar, Cloves, Mace, Pepper, Saffron and Salt; stirre all these together very well with a strong spoone, or small Ladle; then let it stand more than a quarter of an houre, that it may rise, then beate it in againe, and thus let it rise and be beate in, twice or thrice at least; then take it and bake them in sweet and strong seame, as hath beene before shewed, and when they are served up to the table, see you strow upon them good store of Sugar, Cynamon and Ginger,

To make the
best white pud-
dings.

Take a pint of the best, thickest and sweetest creame, and boile it, then whilest it is hot, put thereunto a good quantity of faire great Oate-meale Grotes very sweete, and cleane pickt, and formerly steeped in milke twelve houres at least, and let it soake in this Creame another night; then put therto at least eight yolkes of egges, a little Pepper, Cloves, Mace, Saffron, Currants, Dates, Sugar, Salt, and great store of Swines suet, or for want thereof, great store of Beefe suet, and then fill it up in the Farmes according unto the order of good house-wiferie, and then boile them on a soft and gentle fire, and as they swell, pricke them with a great pin,
or

or small Awle, to keepe them that they burst not; and when you serve them to the Table (which must be not untill they be a day old) first, boile them a little, then take them out and roast them browne before the fire, and so serve them, trimming the edge of the dish either with salt or Sugar,

Take the Liver of a fat Hogge, and parboile it, then shred it small, and after beate it in a mortar very fine; then mixe it with the thickest and sweetest Creame, and straine it very well through an ordinary strainer, then put thereto fixe yolkes of egges, and two whites, and the grated crummes of neere-hand a penny white loafe, with good store of *Currants, Dates, Cloves, Mace, Sugar, Saffron, Salt*, and the best *Swine* suet, or *Beefe* suet, but *Beefe* suet is the more wholesome, and lesse loosening; then after it hath stood a while, fill it into the Farmes, and boile them as before shewed: and when you serve them unto the table, first boyle them a little, then lay them on a gridyron over the coles, and broile them gently, but scorch them not, nor in any wise breake their skinnes, which is to be prevented by oft turning and tossing them on the Gridyron, and keeping a slow fire.

Puddings of
Hogs liver.

Take yolkes and whites of a dozen or foureteene egges, and having beat them very well, put unto them the fine powder of *Cloves, Mace, Nutmegges, Sugar, Cinnamon, Saffron* and *Salt*; then take the quantity of two loaves of white grated Bread, *Dates* (very small shred) and great store of *Currants*, with good plenty either of *Sheepes, Hogges*, or *Beefe*-suet beaten and cut small: then when all is mixt and stirred well together, and hath stood a while to setle, then fill it into the Farmes as hath been before shewed, and in like manner boyle

To make bread
puddings.

Rice Puddings.

boyle them, cooke them, and serve them to the Table. Take halfe a pound of Rice, and steepe it in new milke a whole night, and in the morning draine it, and let the milke drop away: then take a quart of the best, sweetest and thickest Creame, and put the Rice into it, and boyle it a little; then set it to coole an houre or two, and after put in the yolkes of halfe a dozen Egges, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great store of Beefe Suet well beaten, and small shred, and so put it into the Farmes, and boyle them as before shewed, and serve them after a day old.

Another of Liver.

Take the best Hogs Liver you can get, and boyle it extremely till it be as hard as a stone; then lay it to coole, and being cold, upon a bread-grater grate it all to powder; then sift it thorow a fine meale sieve, and put to it the crummes (at least) of two penny loaves of white bread, and boyle it all in the thickest and sweetest Creame you have till it be very thicke; then let it coole, and put to it the yolks of halfe a dozen egges, a little Pepper, Cloves, Mace, Currants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beefe and Swines suet great plenty, then fill it into the Farmes, and boyle them as before shewed.

Puddings of a Calves Mugget.

Take a Calves Mugget, cleane and sweet drest, and boyle it well; then shred it as small as is possible, then take of Strawberry leaves, of Endive Spinage, Succory, and Sarnell of each a pretty quantity, and chop them as small as is possible, and then mixe them with the Mugget; then take the yolkes of halfe a dozen Egges, and three whites, and beate them into
it

it also; and if you finde it is too stiffe, then make it thinner with a little Creame warmed on the fire, then put in a little Pepper, Cloves, Mace, Cinamon, Ginger, Sugar, Currants, Dates and Salt, and worke all together, with casting in little pieces of sweet Butter one after another, till it have received good store of Butter, then put it up in the Calves bagge, Sheepes bagge, or Horse bagge and then boyle it well, and so serve it up.

Take the blood of an Hogge whilest it is warme, and steepe it in a quarte, or more, of great Oate-meale-grotes, and at the end of three daies with your hands take the Groats out of the bloud, and draine them clean; then put to those Grotes more then a quart of the best Creame warm'd on the fire: then take mother of Time, Parsley, Spinnage, Succory, Endive, Sorrell and Strawberry leaves, of each a few chopt exceeding small, and mixe them with the Grotes; and also a little Fennell-seed finely beaten: then adde a little Pepper, Cloues and Mace, Salt and great store of suet finely shred, and well beaten: then therewith fill your Formes, and boyle them, as have beene before described. A Blood Pudding.

Take the largest of your chines of Porke, and that which is called a Lisse, and first with your knife cut the leane thereof into thinne slices, and then shread small those slices, and then spread it over the bottome of a dish or wodden platter: then take the fatte of the Chine and the Lisse, and cut it in the very selfe same manner, and spread it upon the leane, and then cut more leane, and spread it upon the fatte, and thus doe one leane upon another, till all the Porke bee shred, observing to begin and end with the leane: then with your sharpe knife scotch it through and through Links.
divers

divers waies, and mixe it all well together: then take good store of Sage, and shred it exceeding small, and mixe it with the flesh, then give it a good season of Pepper and Salt; then take the farmes made as long as is possible, and not cut in pieces as for Puddings, and first blow them well to make the meat slip, and then fill them: which done, with threads devide them into severall linkes as you please, then hang them up in the corner of some Chimney cleane kept, where they may take ayre of the fire, and let them dry there at least foure daies before any be eaten; and when they are served up, let them be eyther fryed or broyled on the Gridyron, or else roasted about a Capon.

Of boyld meates
ordinary.

It resteth now that wee speake of boyld meates and broths, which for asmuch as our Housewife is intended to be generall one that can as well feed the poore as the rich, we will first begin with those ordinary wholesome boyld meates, which are of use in every good mans house: therefore to make the best ordinary Pottage, you shall take a racke of Mutton cut into pieces, or a leg of Mutton cut into pieces; for this meate and these joynts are the best, although any other joynt, or any fresh Beefe will likewise make good Pottage: and having washt your meat well, put it into a cleane pot with faire water, & set it on the fire, then take *Violet* leaves, *Succory*, *Strawberry* leaves, *Spinage*, *Langdebeese*, *Mari-gold-flowers*, *Scallions*, and a little *Parshy*, and choppe them very small together: then take halfe so much Oat-meale well beaten as there is Hearbs, and mixe it with the Hearbs, & chop all very well together: then when the pot is ready to boyle, scumme it very well, and then put in your Hearbs, and so let it boyle with a quicke fire

fire, stirring the meate oft in the pot, till the meate be boyled enough, and that the Hearbs and water are mixt together without any separation, which will bee after the consumption of more than a third part: Then season them with Salt, and serve them up with the meate eyther with sippets or without.

Some desire to have there Pottage greene, yet no Hearbs to be seen in this case, you must take your Hearbs and Oat-meale, and after it is chopt, put it into a stone Morter, or Bowle, and with a wooden pestell beate it exceedingly, then with some of the warme liquor in the pot straine it as hard as may be, and so put it in and boyle it.

Pottage without sight of hearbs.

Others desire to have Pottage without any hearbs at all, and then you must onely take Oat-meale beaten, & good store of Onyons, and put them in, and boyle them together, and thus doing you must take a greater quantity of Oat-meale than before.


Pottage without hearbs.

If you will make Pottage of the best and daintiest kind, you shall take Mutton, Veale or Kidde, & having broke the bones, but not cut the flesh in pieces, & wash it, put it into a pot with faire water, after it is ready to boyle, and thoroughly skum'd, you shall put in a good handfull or two of small Oate-meale: and then take whole Lettice of the best & most inward leaves, whole Spinage, Endive, Succory, & whole leaves of Coleflower, or the inward partes of white Cabage, with two or three slic't Onyons: and put all into the Pot and boyle them well together till the meate bee enough, and the Hearbs so soft as may be, and stirre them oft well together; and then season it with Salt and as much Verjuyce as will onely turne the taste of the Pottage; and so serve them up, covering the meate with the whole

Pottage with whole hearbs.

To make ordi-
nary stewd-
broth.

whole hearbes, and adorning the dish with sippets. To make ordinary stewd broth, you shall take a necke of Veale, or a leg, or mary-bones of Beefe, or a Pullet, or Mutton, and after the meate is washt, put it into a pot with faire water, and being ready to boyle, skumme it well: then you shall take a couple of Manchets, and paring away the crust, cut it into thicke slices, and lay them in a dish, and cover them with hot broth out of the pot: when they are steapt, put them and some of the broth into a strainer, and straine it, and then put it into a pot: then take halfe a pound of Prunes, halfe a pound of Raisins, and a quarter of a pound of Currants cleane pickt and washt, with a little whole Mace, and two or three bruised Cloves, and put them into the pot, and stirre all well together, and so let them boyle till the meate bee enough, then if you will alter the colour of the broth, put in a little Turnesole, or red Saunders, and so serve it upon sippets, and the fruit upermost.

 A fine boyld
meate.

To make an excellent boyled meate: take foure peeces of a racke of Mutton, and wash them cleane, and put them into a pot well scoured with faire water: then take a good quantity of Wine and Verjuice and put into it: then slice a handfull of Onyons and put them in also, and so let them boyle a good while, then take a peece of sweete Butter with Ginger and Salt and put it too also, and then make the broth thicke with grated bread, and so serve it up with sippets.

To boyle a
Mallard.

To boyle a *Mallard* curiously, take the *Mallard* when it is faire dressed, washed and trust, and put it on a spit and rost it till you get the gravy out of it: then take it from the spit and boyle it, then take the best of the broth into a Pipkin, and the gravy which
you

you saved, with a piece of sweet Butter and Currants, Vinegar, Sugar, Pepper and grated bread: Thus boyle all these together, and when the Mallard is boyled sufficiently, lay it on a dish with sippets, and the broth upon it, and so serve it forth.

To make an excellent *Olepotrige*, which is the onely principall dish of boyl'd meate which is esteemed in all *Spaine*, you shall take a very large vessell, pot or kettell, and filling it with water, you shall set it on the fire, and first put in good thicke gobbets of well fed Beefe, and being ready to boyle, skumme your pot; when the Beete is halfe boyled, you shall put in Potato-roots, Turneps, and Skirrets: also good gobbets of the best Mutton, and the best Porke, after they have boyled a while, you shall put in the like gobbets of Venison, Red and Fallow, if you have them; then the like gobbets of Veale, Kidde and Lambe; a little space after these, the fore-parts of a fat Pigge, and a cramb'd Pullet; then put in Spinage, Endiue, Succory, Mari-gold-leaves, and flowers, Lettice, Violet-leaves, Strawberry-leaves, Buglosse and Scallions, all whole and unchopt; then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quails, Railes, Blacke-birds, Larkes, Sparrowes, and other small birds, all being well and tenderly boyled, season up the broth with good store of Sugar, Cloves, Mace, Cynamon, Ginger and Nutmegge mixt together in a good quantity of Verjuyce and Salt, and so stir up the pot well from the bottome, then dish it up upon great Chargers, or long *spanish* dishes made in the fashion of our *English* wooden-trayes, with good store of sippets in the bottome; then cover the meate all over with Prunes, Raisins, Currants, and blanch'd

G

Almonds,

To make an-
excellent Ole-
potrige

Almonds, boyled in a thing by themselves; then cover the fruit and the whole boyled herbs, and the herbs with slices of Orenge and Lemons, and lay the rootes round about the sides of the dish, and strew good store of Sugar over all, and so serve it forth.

To make the
best white-
broth.

To make the best white broth, whether it be with Veale, Capon, Chickens, or any other Fowle or fish: First boyle the flesh or fish by it selfe, then take the value of a quart of strong Mutton broth, or fat Kidde broth, and put it into a Pipkin by it selfe, and put into it a bunch of Time, Marjorem, Spinage, and Endive bound together; then when it seethes, put in a pretty quantity of Beefe-marrow, and the marrow of Mutton, with some whole Mace, and a few bruised Cloves; then put in a pint of White-wine with a few whole slices of Ginger; after these have boyled a while together, take blanch'd Almonds, and having beaten them together in a mortar with some of the broth, straine them and put it in also; then in another pipkin boyle Currants, Prunes, Raisins, and whole Cinnamon in Verjuce and Sugar, with a few sliced Dates; and boyle them till the Verjuice be most part consumed, or at least come to a sirrup; then draine the fruit from the sirrup, and if you see it be high coloured; make it white with sweet creame warmed, and so mixe it with your wine broth; then take out the Capon, or the other Flesh or Fish, and dish it up dry in a dish; then powre the broth upon it, and lay the fruit on the top of the meat, and adorne the sides of the dish with very dainty sippets; first Orenge, Lemons, and Sugar, and so serve it forth to the Table.

To

To boyle any wild Fowle, as Mallard, Teale, Widgeon, or such like : First boyle the Fowle by it selfe, then take a quart of strong Mutton-broth, and put it into a pipkin, and boile it; then put into it good store of sliced Onions, a bunch of sweet pot-herbs, and a lump of sweet Butter; after it hath boyled well, season it with Verjuice, Salt, and Sugar, and a little whole Pepper; which done, take up your Fowle and breake it up according to the fashion of carving, and sticke a few Cloves about it; then put it into the broth with Onions and there let it take a boyle or two, and so serve it and the broth forth upon sippets, some use to thicken it with toasts of bread steeped and strained, but that is as please the Cooke.

To boile any wild Fowle.

To boyle a legge of Mutton, or any other joynt of meate whatsoever; first after you have washt it cleane, parboile it a little, then spit it and give it halfe a dozen turnes before the fire, then draw it when it begins to drop, and presse it betweene two dishes, and save the gravy; then slash it with your knife, and give it halfe a dozen turnes more, and then presse it againe, and thus doe as often as you can force any moisture to come from it; then mixing Mutton-broth, White-wine, and Verjuice together, boyle the Mutton therein till it be tender, and that most part of the liquor is cleane consumed; then having all that while kept the gravy you tooke from the Mutton, stewing gently upon a Chaffing-dish and coales, you shall adde unto it good store of Salt, Sugar, Cinnamon and Ginger, with some Lemmon slices, & a little of an Oringe pill, with a few fine white-bread-crums: then taking up the Mutton, put the remainder of the broth in, and put in likewise the gravy,

To boyle a legi of Mutton.

and then serve it up with sippets, laying the Lemmon
slices uppermost, and trimming the dish about with
Sugar.

An excellent
way to boyle
Chickens.

If you will boyle Chickens, yong Turkies, Pea-hens,
or any house Fowle daintily, you shall after you have
trimmed them, drawne them, trust them, and washt
them, fill their bellies as full of Parsly as they can
hold; then boyle them with Salt and Water onely till
they be enough: then take a dish and put into it Ver-
juice, and Butter, and Salt, and when the Butter is
melted, take the Parsly out of the Chickens bellies, and
mince it very small, and put it to the Verjuice and But-
ter, and stirre it well together; then lay in the Chic-
kens, and trimme the dish with sippets, and so serve it
forth.

If you will make broth for any fresh fish whatso-
ever, whether it be Pike, Breame, Carpe, Eele, Barbell,
or such like: you shall boyle Water, Verjuice and Salt
together with a handfull of sliced Onions; then you
shall thicken it with two or three spoonetull of Ale-
barme; then put in a good quantity of whole Barberies,
both branches and other, as also pretty store of Cur-
rants: then when it is boyled enough, dish up your Fish,
and powre your broth unto it, laying the fruit and O-
nyons uppermost. Some to this broth will put Prunes
and Dates slic't, but it is according to the fancy of the
Cooke, or the will of the House-holder.

A broth for any
fresh fish.

Thus I have from these few presidents shewed you the
true art and making of all sorts of boild-meates, and
broths; and though men may coine strange names, and
faine strange Art, yet be assured she that can do these,
may make any other whatsoever; altering the taste
by the alteration of the compounds as shee shall see
occasion

occasion: And when a broth is too sweete, to sharpen it with verjuice, when too tart, to sweeten it with sugar: when flat and wallowish, to quicken it with Orenge and Lemons; and when too bitter, to make it pleasant with herbs and spices.

Take a Mallard when it is cleane dressed, washed and trust, and parboyle it in water, till it be skum'd and purified: then take it up, and put it into a Pipkin with the necke downward, and the rayle upward, standing, as it were, upright: then fill the Pipkin halfe full with that water, in which the Mallard was parboyled, and fill up the other halfe with white Wine: then pill and slice thin a good quantity of Onyons, and put them in with whole fine herbes, according to the time of the yeere, as Lettice, Strawberry-leaves, Violet-leaves, Vine-leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard taste, and a pretty quantity of currants and Dates sliced: then cover it close, and set it on a gentle fire, and let it stew, and smoare till the Herbes and Onyons be soft, and the Mallard enough: then take out the Mallard, and carve it as it were to goe to the Table, then to the Broth put a good lumpe of butter, sugar, cynamon, and if it be in Summer, so many Goose-berries as will give it a sharpe taste, but in the Winter, as much wine Vinegar, then heat it on the fire, and stirre all well together: then lay the Mallard in a dish with tippers, and pour all this broth upon it, then trim the edge of the dish with sugar, and so serve it up. And in this manner you may also smoare the hinder parts of a Hare, or a whole old Cony, being trust up close together.

After your Pike is dress and opened in the backe, and laid flat, as if it were to fry, then lay it in a large dish

Additions:

To boyle

meats.

A Mallard

smoared, or a

Haire, or old

Cony.



To stew a pike.

for the purpose, able to receive it; then put as much white Wine to it, as will cover it all over; then set it on a chaffing-dish and coales to boyle very gently, and if any skum arise, take it away; then put to it Currants, Sugar, Cynamon, Barbary-berries, and as many Prunes as will serve to garnish the dish; then cover it close with another dish, and let it stew till the fruit be soft, and the Pike enough; then put to it a good lumpe of sweete Butter; then with a fine skummer take up the fish, and lay it in a cleane dish with sippets; then take a couple of yolks of Eggs, the filme taken away, and beate them well together with a spoonefull or two of Creame, and as soone as the Pike is taken out, put it into the broth, and stirre it exceedingly, to keepe it from curding; then poure the broth upon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barberries, slices of Orenge or Lemons, and so serve it up. And thus may you also stew Rochets, Gurnets, or almost any sea-fish; or fresh-fish.

To stew a
Lambes head &
Purtenance.

Take a Lambs-head and Purtenance cleane wastt and pickt, and put it into a Pipkin with faire water, and let it boyle, and skumme it cleane; then put in Currants and a few sliced Dates, and a bunch of the best fering herbs tyed up together, and so let it boyle well till the meate be enough: then take up the Lambs-head and Purtenance, and put it into a cleane dish with sippets; then put in a good lumpe of Butter, and beate the yolkes of two Egges with a little Creame, and put it to the broth with Sugar, Cynamon, and a spoonefull or two of Verjuice, and whole Mace, and as many Prunes as will garnish the dish, which should be put in when it is but halfe boyl'd, and so poure it upon the Lambes-head, and Purtenance, and adorne the sides of the dish

dish with Sugar, Prunes, Barberies, Orenge, and Lemons, and in no case forget not to season well with Salt, and so serve it up.

Take a very good breast of Mutton chopt into sundry large pieces, and when it is cleane washt, put it into a pipkin with faire water, and set it on the fire to boyle; then skum it very well, then put in of the finest Parsneps cut into large pieces as long as ones hand, and cleane washt and scrapt; then good store of the best Onions, & all manner of sweet pleasant Pot-herbs and Lettice, all grossely chopt, & good store of Pepper & Salt, and then cover it, and let it stew till the Mutton be enough; then take up the Mutton, and lay it in a cleane dish with sippets, and to the broath put a little Wine-vinegar, and so powre it on the Mutton with the Parsneps whole, and adorne the sides of the dish with Sugar, and so serve it up: and as you doe with the Breast, so you may doe with any other Ioynt of Mutton.

A breast of Mutton shewd.

Take a Neates foote that is very well boyld (for the tenderer it is, the better it is) & cleave it in two, & with a cleane cloth dry it well from the Soule-drinke; then lay it in a deepe earthen platter, and cover it with Verdjuice; then set it on a chaffing-dish and coales, and put to it a few Currants, and as many Prunes as will garnish the dish, then cover it, and let it boile well, many times stirring it up with your knife, for feare it sticke to the bottome of the dish; then when it is sufficiently stewed, which will appeare by the tenderesse of the meat and softnesse of the fruit; then put in a good lump of Butter, great store of Sugar and Cinamon, and let it boile a little after: then put it altogether into a cleane dish with Sippets, and adorne the sides of the dish with Sugar and Prunes, and so serve it up.

To shew a Neates foot.

Of Roast-
meats.

Observations
into roast-meats.

Spitting of
roast-meats.

Temperature
of fire.

To proceed then to roast meates, it is to be understood, that in the generall knowledge thereof are to be observed these few rules. First, the cleanly keeping and scowring of the spits and cobirons; next, the neate picking and washing of meat before it be spitted, then the spitting and broaching of meate which must bee done so strongly and firmly, that the meate may by no meanes either shrink from the spit, or else turne about the spit: and yet ever to observe, that the spit doe not goe through any principall part of the meate, but such as is of least account and estimation: and if it bee birds, or fowle which you spit, then to let the spit goe through the hollow of the body of the fowle, and so fasten it with prickes or skewers under the wings about the thighes of the fowle, and at the feete or rumpe, according to your manner of trussing and dressing them.

Then to know the temperatures of fires for every meate, and which must have a slow fire, yet a good one, taking leasure in roasting, as chines of Beefe, Swannes, Turkies, Peacocks, Bustards, and generally any great large Fowle, or any other joynts of Mutton, Veale, Ducke, Kidde, Lambe, or such like: whether it be Venison red, or fallow, which indeed would lie long at the fire, and soake well in the roasting, and which would have a quicke and sharp fire without scorching, as Pigs, Pullets, Pheasants, Partridges, Quails, and all sorts of middle sized, or lesser fowle, and all small birds, or compound roast-meats, as Olives of Veale, Haslets, a pound of butter roasted; or puddings simple of themselves, and many other such like, which indeed would be suddenly and quickly dispatcht, because it is intended in Cookery, that one of these dishes must be made ready

ready whilst the other is in eating. Then to know the complections of meats, as which must be pale and white roasted, yet thorowly roasted, as Mutton, Veale, Lamb, Kid, Capon, Pullet, Pheasant, Partridge, Quaile, and all sorts of middle and small land or water Fowle, and all small Birds; and which must be browne roasted, as Beefe, Venison, Porke, Swanne, Geese, Pigges, Crane, Bustards, and any large fowle, or other thing whose flesh is blacke.

The complexi-
ons of meat.

Then to know the best bastings for meat, which is sweet Butter, sweet Oyle, barrell Butter, or fine rendered up seame with Cinamon, Cloves, & Mace. There be some that will baste onely with Water, and Salt, and nothing else; yet it is but opinion, and that must be the worlds Master alwaies.

The best ba-
stings of meats.

Then the best dredging, which is either fine white bread-crumbs, well grated, or else a little very fine white meale, and the crums very well mixt together.

The best dred-
ging.

Lastly, to know when meat is roasted enough; for as too much rawnesse is unhollesome, so too much drinesse is not nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too dry, you shall observe these signes first in your large joynts of meate, when the steam or smoke of the meat ascenderth, either upright or else goeth from the fire, when it beginneth a little to shrinke from the spit, or when the gravy which droppeth from it is cleare without bloodinesse; then is the meat enough.

To know when
meat is enough.

If it be a Pigge when the eyes are fallen out, and the body leaveth piping: for the first is when it is halfe roasted, and would be singed to make the coate rise, and crackle, and the later when it is full enough and would bee drawne: or if it bee any kinde of Fowle
you

you roſt, when the thighes are tender, or the hinder parts of the pinions at the ſetting on of the wings, are without blood: then bee ſure that your meat is fully enough roaſted: yet for a better and more certaine aſſuredneſſe, you may thruſt your knife into the thickeſt parts of the meat, and daw it out againe, and if it bring out white gravy without any bloodineſſe, then aſſuredly it is enough, and may bee drawne with all ſpeed convenient, after it hath beene well baſted with butter not formerly melted, then dredged as aforeſaid, then baſted over the dredging, and ſo ſuffered to take two or three turnes, to make criſpe the dredging: Then diſh it in a faire diſh with ſalt ſprinckled over it, and ſo ſerve it forth. Thus you ſee the generall forme of roaſting all kind of meate: therefore now I will returne to ſome particular diſhes, together with their ſeverall ſawces.

Roasting Mutton with Oyſters.

If you will roaſt Mutton with Oyſters, take a ſhoulder alone, or a legge, and after it is waſht, parboyle it a little: then take the greateſt Oyſters, and having opened them into a diſh, draine the gravy cleane from them twice or thrice, then parboyle them a little: then take Spinage, Endive, Succory, Strawberry-leaves, Violet-leaves, and a little Pariſley, with ſome Scallions: chop theſe very ſmall together: then take your Oyſters very dry, drain'd, and mixe them with an halfe part of theſe hearbes: then take your meate, and with theſe Oyſters and hearbes farce or ſtop it, leaving no place empy, then ſpit it and roaſt it, and whiſt it is in roaſting, take good ſtore of Verjuice and Butter, and a little Salt, and ſet it in a diſh on a chaffing-diſh and coales: and when it beginnes to boyle, put in the remainder of your hearbs without Oyſters, and a good quantiry

quantity of Currants, with Cinamon, and the yolke of a couple of egges: And after they are well boyled and stirred together, season it up according to taste with Sugar: then put in a few Lemon slices, the meate being enough, draw it, and lay it upon this sawce removed into a cleane dish, the edge thereof being trimmed about with Sugar, and so serve it forth.

To roast a legge of Mutton after an outlandish fashion, you shall take it after it is wash'd, and cut off all the flesh from the bone, leaving onely the outmost skinne entirely whole and fast to the bone; then take thicke Creame, and the yolkes of Egges, and beate them exceedingly well together; then put to Cinamon, Mace, and a little Nutmegge, with Salt, then take bread-crummes finely grated and searst, with good store of Currants, and as you mixe them with the Creame, put in Sugar, and so make it into a good stiffnesse: Now if you would have it looke greene, put in the juyce of sweete herbes, as Spinage, Violet-leaves, Endive, &c. If you would have it yellow, then put in a little Safforne strained, and with this fill up the skinne of your legge of Mutton in the same shape and forme that it was before, and sticke the outside of the skinne thicke with Cloves, and so roast it thorowly, and baste it very well, then after it is dredg'd, serve it up as a legge of Mutton with this pudding, for indeed it is no other: you may stop any other joynt of meate, as breast or loyne, or the belly of any Fowle boyled or roast, or Rabbet, or any meate else which hath skinne or emptinesse. If into this pudding also you beate the inward pith of an Oxes backe, it is both good in taste, and excellent soveraigne for any disease, ach or fluxe in the raines what-soever.

To roast a leg
of Mutton o-
therwise,

To

To roast a
Gigget of
mutton.

To roast a Gigget of Mutton, which is the legge splatted and halfe part of the loyne together, you shall after it is washt, stop it with Cloves, so spit it, and lay it to the fire, and tend it well with basting: then you shall take Vinegar, Butter, and Currants, and set them on the fire in a dish or pipkin; then when it boiles, you shall put in sweete herbes, finely chopt, with the yolke of a couple of Egges, and so let them boyle together: then the meate being halfe roasted, you shall pare off some part of the leanest and brownest, then shred it very small, and put it into the pipkin also: then season it up with Sugar, Cynamon, Ginger, and Salt, and so put it into a cleane dish. Then draw the Gigget of Mutton and lay it on the sauce, and throw salt on the top, and so serve it up.

To roast Olives
of Veale.

You shall take of a legge of Veale, and cut the flesh from the bones, and cut it out into thinne long slices; then take sweete herbes, and the white parts of scallions, and chop them well together with the yolkes of Eggs, then role it up within the slices of Veale, and so spit them, and roast them: then boyle Verjuice, Butter, Sugar, cynamon, currants, and sweete herbes together, and being seasoned with a little salt, serve the Olives up upon that sauce with salt cast over them.

To roast a pig.

To roast a Pigge curiously, you shall not scald it, but draw it with the haire on, then having washt it, spit it, and lay it to the fire so as it may not scorch, then being a quarter roasted, and the skinne blistered from the flesh, with your hand pull away the haire and skin, and leave all the fat and flesh perfectly bare: then with your knife scotch all the flesh downe to the bones, then baste it exceedingly with sweete butter and creame, being no more but warme: then dredge it with
fine

fine Bread-crums, Currants, Sugar and Salt mixt together, and thus apply dredging, upon basting, and basting upon dredging, till you have covered all the flesh a full inch deep: Then the meate being fully roasted, draw it, and serve it up whole.

To roast a pound of Butter curiously and well, you shall take a pound of sweete Butter and beate it stiffe with Sugar, and the yolkes of Egges, then clap it roundwise about a spit, and lay it before a soft fire, and presently dredge it with the dredging before appointed for the Pigge: then as it warmeth or melteth, so apply it with dredging till the Butter be overcome, and no more will melt to fall from it, then roast it browne, and so draw it, and serve it out, the dish being as neatly trim'd with Sugar as may be.

To roast a pound of butter well.



To roast a pudding upon a spit, you shall mixe the pudding before spoken of in the legge of Mutton, neither omitting Hearbs, nor Saffron, and put to a little sweet Butter and mixe it very stiffe: then fold it about the spit, and have ready in another dish some of the same mixture well seasoned, but a great deale thinner, and no Butter at all in it, and when the pudding doth begin to roast, and that the Butter appeares, then with a spoone cover it all over with the thinner mixture, and so let it roast: then if you see no more Butter appeare, then baste it as you did the Pigge, and lay more of the mixture on, and so continue till all be spent: And then roast it browne, and so serve it up.

To roast a pudding on a spit.

If you will roast a chine of Beefe, a loyne of Mutton, a Capon, and a Larke, all at one instant and at one fire, and have all ready together and none burnt: you shall first take your chine of Beefe and parboyle it more then halfe through: Then first take your Capon, being large

To roast a chine of Beefe, Loyn of Mutton, Larke, and Capon at one fire, and at one instant.

large and fat, and spit it next the hand of the turner, with the legges from the fire, then spit the chine of Beefe, and the Larke, and lastly the loyne of Mutton, and place the Larke so as it may be covered over with the Beefe, and the fat part of the loyne of Mutton, without any part disclosed: Then baste your Capon and your loyne of Mutton with cold water and Salt, the chine of Beefe with boyling Larde: Then when you see the beefe is almost enough, which you shall hasten by schotching and opening of it: then with a cleane cloath you shall wipe the Mutton and Capon all over, and then baste it with sweet Butter till all bee enough roasted: then with your knife lay the Larke open which by this time will be stewed betweene the Beefe and Mutton, and basting it also with dredge all together draw them, and serve them up.

To roast Veni-
son.

If you will roast any Venison, after you have washt it, and cleansed all the blood from it, you shall sticke it with Cloves all over on the out side; and if it be leane, you shall larde it either with Mutton-larde, or Porkelarde, but Mutton is the best: then spit it and roast it by a soaking fire, then take Vinegar, bread-crummes, and some of the gravy, which comes from the Venison; and boyle them well in a dish: then season it with Sugar, Cinnamon, Ginger and Salt, and serve the Venison forth upon the sauce when it is roasted enough.

How to roast
fresh Sturgeon.

If you will roast a piece of fresh Sturgeon, which is a dainty dish, you shall stop it with cloves, then spit it, and let it roast at great leasure, plying it continually with basting, which will take away the hardnesse: then when it is enough, you shall draw it, and serve it upon Venison sauce, with Salt onely throwne upon it.

The

The roasting of all sorts of meats, differeth nothing but in the fires, speed and leasure as is aforefaid, except these compound dishes, of which I have given you sufficient presidents, and by them you may performe any worke whatsoever: but for the ordering, preparing and trussing your meates for the spit or table, in that there is much difference: for all joynts of meate except a shoulder of Mutton, you shall crush and breake the bones well, from Pigs and Rabbers you shall cut off the feete before you spit them, and the heads when you serve them to the Table, and the Pigge you shall chine, and divide into two parts: Capons, Pheasants, Chickens, and Turkies you shall roast with the Pinions foulded, and the legges extended; Hennes, Stockedoves and House-doves, you shall roast with the pinions foulded up, and the legges cut off by the knees, and thrust into the bodies: Quailes, Partridges, and all sorts of small birds, shall have their pinions cut away, and the legges extended: all sorts of Waterfowle shall have their pinions cut away, and their legges turned back-ward: Wood-cockes, Snipes and Stints shall be roasted with their heads and neckes on, and their legges thrust into their bodies, and Shovelers and Bitterns shall have no neckes but their heads onely.

Ordering of
meats to be
roasted.

Take a Cowes Udder, and first boyle it well: then sticke it thicke all over with Cloves: then when it is cold, spit it, and lay it to the fire, and apply it very well with basting of sweet Butter, and when it is sufficiently roasted and browne, then dredge it, and draw it from the fire, take Vinegar and Butter, and put it on a Chaffing-dish and coales, and boyle it with Whitebread-crummes, till it be thick; then put to it good store

To roast a
Cowes Vdder.

of

of Sugar and Cynamon, and putting it in a cleane dish, lay the Cowes Udder therein, and trim the sides of the dish with suger, and so serve it up.

To roast a fillet of Veale,

Take an excellent good legge of Veale, and cut the thicke part thereof a handfull and more from the knuckle: then take the thicke part (which is the Fillet) and pierce it in every part all over with Strawberry-leaves, Violet-leaves, Sorrell, Spinage, Eardive and Succory grossely chopt together, and good store of Onyons: then lay it to the fire, and roast it very sufficiently, and browne, casting good store of salt upon it, and basting it well with sweete Butter: then take of the former herbes, much finer chopt then they were for piercing, and put them into a Pipkin with Vineger, and cleane wash'd Currants, and boyle them well together: then when the herbes are sufficiently boyl'd and soft, take the yolkes of foure very hard boyl'd Egges, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the gravie which drops from the Veale, and boyle it over againe, and then put it into a cleane dish, and the Fillet being dredg'd and drawne, lay upon it, and trimme the side of the dish with suger, and so serve it up.

Of Sauces, and first for a roast Capon or Turkey.

To make an excellent sauce for a roast Capon, you shall take Onyons, and having sliced and pilled them, boyle them in faire water with pepper, salt, and a few bread-crumme: then put into it a spoonfull or two of Claret-wine, the juyce of an Orenge, and three or foure slices of a Lemon pill; all these shred together, and so powre it upon the Capon being broke up.

Sauces for a Hen or Pullet.



To make sauce for an old Hen or Pullet, take a good quantity of beere and salt, and mixe them well together with a few fine bread-crummes, and boyle them
on

on a chaffing dish and coales, then take the yelkes of three or foure hard Egges, and being shred small, put it to the Beere, and boyle it also: then the Hen being almost enough, take three or foure spoonefuls of the gravy which comes from her and put it in also, and boyle all together to an indifferent thicknesse: which done, suffer it to boyle no more, but onely keepe it warme on the fire, and put it into the Iuyce of two or three Orenge-s, and the slices of Lemmon pils shred small, and the slices of Orenge-s also having the uper rine taken away: then the Henne being broken up, take the braines thereof, and shredding them small, put it into the sauce also, and stirring all well together, put it hot into a cleane warme dish, and lay the Henne (broke up) in the same.

The sauce for Chickins is divers, according to mens tastes: for some will onely have butter, Veriuiice, and a little Parsley rosted in their bellies mixt together; others, will have Butter, Verjuice and Sugar boyld together with toasts of bread: and others will have thicke sippets with the Iuyce of Sorrell and Sugar mixt together.

The best sauce for a Pheasant is water & Onyons slic't, Pepper and a little Salt mixt together, and but stewed upon the coales, and then powred upon the Pheasant or Partridge being broken up, and some will put thereto the Iuyce or slices of an Orenge or Lemmon, or both: but it is according to taste, and indeed more proper for Pheasant then a Partridge.

Sauce for a Quaile, Raile, or any fat big Bird, is Claret wine and Salt mixt together with the gravy of the Bird, and a few fine Bread-crummes well boyld together and eyther a Sage-leave, or Bay-leave crusht among it according to mens tastes.

Sauce for
Chickens.

Sauce for a
pheasant or
Partridge.

Sauce for a
Quaile, Raile,
of big bird.

H

The

Sauce for Pigeons.

The best sauce for Pigeons, Stockdoves, or such like, is Vinegar and Butter melted together, and Parsley roasted in their bellies, or Vine-leaves roasted and mixed well together.

A generall sauce for wild Fowle.

The most generall sauce for ordinary wild-fowle roasted, as Duckes, Mallard, Widgen, Teale, Snipe, Sheldrake, Plovers, Puets, Guls, and such like, is onely Mustard and Vinegar, or Mustard and Verjuice mixt together, or else an Onyon, Water, and Pepper, and some (especially in the Court) use onely Butter melted, and not with any thing else.

Sauce for Greene-Geese.

The best Sauce for greene Geese is the juyce of Sorrell and Sugar mixt together with a few scalded Feberries, & served upon sippets, or else the belly of the green Goose fild with Feberries, and so roasted, and then the same mixt with Verjuice, Butter, Sugar, and Cinamon, and so served upon sippets.

Sauce for a stubble Goose.

The sauce for a stubble Goose is diverse, according to mens minds. for some will take the pap of roasted Apples, and mixing it with Vinegar, boyle them together on the fire with some of the gray of the Goose, and a few Barberies and Bread crummes, and when it is boyled to a good thicknesse, season it with Sugar and a little Cinamon, and so serve it up: some will adde a little Mustard and Onyons unto it, and some will not roast the Apples, but pare them and slice them, and that is the nearer way, but not the better. Others will fill the belly of the Goose full of Onyons shred, and Oat-meale-groats, and being roasted enough, mixe it with the gravy of the Goose, and sweet hearbs well boyled together, and seasoned with a little Verjuice.

A Gallantine. Sauce for a Swan, Bitter.

To make a Gallantine, or sauce for a Swan, Bitter, Shovellet, Herne, Crane, or any large foule, take the blood of the

the same fowle, and being stird well, boyle it on the fire, then when it comes to be thicke, put unto it Vinegar a good quantity, with a few fine bread-crummes, and so boyle it over againe: then being come to good thicknes, season it with Sugar & Cinamon, so as it may taste pretty and sharpe upon the Cinamon, & then serve it up in saucers as you do *Mustard*: for this is called a Chauder or Gallantine, & is a sauce almost for any fowle whatsoever.

Shoveler, or
large Fowle.

To make sauce for a Pigge, some take Sage and roast it in the belly of the Pigge, then boyling Verjuice, Butter and Currants together, take & chop the Sage small, and mixing the braines of the Pig with it, put all together, and so serve it up.

Sauce for a
Pig.

To make a sauce for a Ioynt of Veale, take all kind of sweete Pot-herbs, and chopping them very small with the yelkes of two or three Egges, boyle them in Vinegar and Butter, with a few bread crummes, and good store of Currants; then season it with Sugar and Cinamon, and a Clove or two crusht, and so powre it upon the Veale, with the slices of Orenge and Lemons about the dish.

Sauce for
Veale.

Take Orenge and slice them thin, and put unto them White-wine & Rose-water, the powder of Mace, Ginger & Sugar, and set the same upon a chaffing dish and coales, & when it is halfe boyled put to it a good lumpe of Butter, & then lay good store of soppets of fine white bread therein, and so serve your Chickens upon them, and trimme the sides of the dish with Sugar.

Additions
unto Sauces.
Sops for Chickens.

Take faire water and set it over the fire, then slice good store of Onyons & put into it, and also Pepper & Salt, and good store of the gravy that comes from the Turkey, and boyle them very well together: then put to it a few fine crummes of grated bread to thicken it;

Sauce for a
Turkey.

a very little Sugar, and some Vineger, and so serve it up with the Turkey: or otherwise take grated white bread and boile it in white Wine till it be thicke as a Gallantine, and in the boyling put in good store of Sugar and Cinamon, and then with a little Turnesole make it of a high murrey colour, and so serve it in Saucers with the Turkey in the manner of a Gallantine.

The best Gallantine.

Take the blood of a Swan, or any other great Fowle, and put it into a dish; then take stewed Prunes and put them into a strainer, and strayne them into the blood; then set it on a chaffing dish and coales, and let it boyle, then stirring it till it come to be thicke, and season it very well with Sugar and Cinamon, and so serve it in Saucers with the Fowle, but this sauce must be served cold.

Sauce for a Mallard.

Take good store of Onyons, pill them, and slice them, and put them into Vinegar, and boyle them very well till they bee tender; then put into it a good lumpe of sweet Butter, and season it well with Sugar and Cinamon, and so serve it up with the Fowle.

Of Carbonados.

Charbonados, or Carbonados, which is meate broyled upon the coales (and the invention thereof first brought out of France, as appeares by the name) are of divers kinds according to mens pleasures: for there is no meat eyther boyled or roasted whatsoever, but may afterwards be broyled, if the master thereof be disposed; yet the generall dishes for the most part which are used to be Carbonadoed, are a breast of Mutton halfe boyled, a shoulder of Mutton halfe roasted, the Leggs, Wings, and Carcasses of Capon, Turkey, Goose, or any other Fowle whatsoever, especially Land-fowle.

What is to be Carbonadoed.

And lastly, the uttermost thicke skinne which covereth the ribbes of Beefe, and is called (being broyled)

broyed) the Inns of Court-Goose, and is indeed a dish used most for wantonnesse, sometimes to please appetite: to which may also be added the broyling of Pigs heads, or the braines of any Fowle whatsoever after it is roasted and drest.

Now for the manner of carbonadoing, it is in this sort: you shall first take the meat you must carbonadoe, and scotch it both above and below, then sprinckle good store of salt upon it, and baste it all over with sweete Butter melted, which done, take your broyling-iron, I do not meane a Grid-iron (though it be much used for this purpose) because the smoake of the coales, occasioned by the dropping of the meate, will ascend about it, and make it stinke; but a plate-iron made with hookes and pickes, on which you may hang the meate, and set it close before the fire, and so the Plate heating the meate behinde, as the fire doth before, it will both the sooner, and with more neatnesse be ready: then having turned it, and basted it till it be very browne, dredge it, and serve it up with Vineger and Butter.

The manner of carbonadoing.

Touching the toasting of Mutton, Venison, or any other Ioynt of meate, which is the most excellent of all carbonadoes, you shall take the fattest and largest that can possibly be got (for leane meate is losse of labour, and little meat not worth your time) and having scorcht it, and cast salt upon it, you shall set it on a strong forke, with a dripping-pan underneath it, before the face of a quicke fire, yet so farre off, that it may by no meanes scorcht, but toast at leasure; then with that which falls from it, and with no other basting, see that you baste it continually, turning it ever and anon many times, and so oft, that it may soake and

Of the toasting of Mutton.

browne at great leasure, and as oft as you baste it, so oft sprinkle salt upon it, and as you see it toast, scotch it deeper and deeper, especially in the thickest and most fleshly parts where the blood most resteth: and when you see that no more blood droppeth from it, but the gravie is cleare and white; then shall you serve it up, either with Venison sauce, or with vinegar, pepper and sugar, cynamon, and the juyce of an orange mixt together and warmed with some of the gravie.

Additions,



Vnto Carbo-
nados.
A rasher of
Mutton or
Lambe.

Take Mutton or Lambe that hath been either roasted or but parboyl'd, and with your knife scotch it many waies, then lay it in a deepe dish, and put to it a pint of white-wine, and a little whole mace, a little slic'd nutmegge, and some sugar, with a lumpe of sweet butter, and stew it so till it be very tender: then take it forth, and browne it on the Grid-iron, and then laying sippets in the former broth, serve it up.

How to carbo-
nado tongues.

Take any tongue, whether of Beefe, Mutton, Calves, red Deere or Fallow, and being well boyl'd, pill them, cleave them, and scotch them many waies; then take three or foure egges broken, some surgar, cynamon and nutmegge, and having beaten it well together, put to it a lemon cut in thin slices, and another cleane pill'd, and cut into little foure-square bits, and then take the tongue and lay it in: and then having melted good store of butter in a Frying-pan, put the tongue and the rest therein, and so fry it browne, and then dish it, and scrape sugar upon it, and serve it up.

Additions,



For dressing
of Fish.
How to souce
any fresh-fish.

Take any fresh-fish whatsoever (as Pike, Breame, Carpe, Barbell, Cheain, and such like, and draw it, but scale it not; then take out the Liver and the refuse, and having opened it, wash it, then take a pottle of faire water, a pretty quantity of white-wine, good store of salt, and

and some Vinegar, with a little bunch of sweet hearbs, and set it on the fire, and as soone as it begins to boile, put in your fish, and having boild a little, take it up into a faire vessell, then put into the liquor some grosse pepper and Ginger, and when it is boild well together with more salt, set it by to coole, and then put your fish into it, and when you serve it up, lay Fenell thereupon.

To boyle small fish, as Roches, Daces, Gudgeon or Flounders, boyle White-wine and water together with a burch of chose hearbs, and a little whole Mace; when all is boyled well together, put in your fish, and skum it well: then put in the foale of a manchet, a good quantity of sweet butter, and season it with pepper and verjuice, and so serve it in uppon sippets, and adorne the sides of the dish with Sugar.

First, draw your fish, and either split it open in the backe, or joynt it in the backe, and trusse it round, then wash it cleane, and boyle it in water and salt, with a bunch of sweet hearbs: then take it up into a large dish, and powre unto it Verjuice, Nutmeg, Butter & pepper, and letting it stew a little, thicken it with the yolkes of Egges: then hot remove it into another dish, and garnish it with slices of Oreniges and Lemons, Barberies, prunes and Sugar, and so serve it up.

After you have drawne, washt and scalded a faire large Carpe, season it with pepper, salt, and Nutmeg, and then put it into a coffin with good store of sweet Butter, and then cast on Ray sins of the Sunne, the juyce of Lemons, and some slices of Orange-pils; and then sprinkling on a little vinegar, close up and bake it.

First, let your Tench blood in the tayle, then scour it, wash it, and scald it, then having dried it, take the fine crummes of bread, sweet Creame, the yolkes of

Egges, Currants cleane washt, a few sweet hearbs chopt small, season it with Nutmegs and Pepper, and make it into a stiffe paste, and put it into the belly of the Tench: then season the fish on the outside with Pepper, Salt and Nutmeg, and so put it into a deepe coffin with sweet Butter, and so close up the pye and bake it: then when it is enough, draw it, and open it, and put into it a good piece of preserved Orenge minst: then take Vinegar, Nutmeg, Butter, Sugar, and the yolke of a new layd egge, and boyle it on a Chaffing-dish and coales, alwaies stirring it to keepe it from curding; then powre it into the pye, shake it well, and so serve it up.

How to stew
a Trout.

Take a large Trout, faire trim'd, and wash it, and put it into a deepe pewter dish, then take halfe a pinte of sweet wine, with a lumpe of butter, and a little whole Mace, Parsley, Savory and Time, mince them all small, and put them into the Trouts belly, and so let it stew a quarter of an houre: then minse the yolke of an hard Egge, strow it on the Trout, & laying the hearbs about it, and scraping on Sugar, serve it up.

How to bake
Eeles.

After you have drawne your Eeles, chop them into small pieces of three or foure inches, and season them with Peper, Salt and Ginger, and so put them into a coffin with a good lumpe of Butter great Rayfins, Onyons small chopt, and so close it, bake it, and serve it up.

Of the pastery
and baked
meats.

Next to these already rehearsed, our *English Housewife* must be skilfull in pastery, and know how and in what manner to bake all sorts of meat, and what paste is fit for every meat, and how to handle and compound such pasts: As for example, red Deere venison, wilde Boare, Gammons of Bacon, Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, wold

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be bak't in a moyſt, thicke rough, courſe, and long laſting cruſt, and therefore of all other your Rye paſte is beſt for that purpoſe: your Turkie, Capon, Pheaſant, Partridge, Veale, Peacocks, Lambe, and all ſorts of water-fowle which are to come to the Table more then once (yet not many daies) would be bak't in a good white cruſt, ſomewhat thicke; therefore your wheat is fit for them: your Chickens, Calves-feet, Olives, Potatoes, Quinces, Fallow Deere and ſuch like, which are moſt commonly eaten hot, would be in the fineſt, ſhorteſt and thinneſt cruſt; therefore your fine wheate flower, which is a little baked in the oven before it be kneaded is the beſt for that purpoſe.

To ſpeake then of the mixture and kneading of paſts, you ſhall underſtand that your rye paſte would be kneaded onely with hot water and a little butter, or ſweete ſeame and Rye-flower very finely ſifted, & it would be made tough and ſtiſſe, that it may ſtand well in the riſing, for the coſſin thereof muſt ever be very deep; your courſe wheat cruſt would be kneaded with hot water, or Mutton broth, and good ſtore of Butter, & the paſte made ſtiſſe and tough, becauſe that coſſin muſt be deep alſo; your fine wheat cruſt muſt bee kneaded with as much Butter as Water, and the paſte made reaſonably the and gentle, in which you muſt put three or foure Egges or more, according to the quantity you blend together, for they will give it a ſufficient ſtiſſening.

Now for the making of Puff-paſt of the beſt kind, you ſhall take the fineſt wheat flower after it hath bin a little bak't in a pot in the oven, and blend it well with egges whites and yelkes all together, and after the paſte is well kneaded, roule out a part thereof as thinne as you pleaſe, and then ſpread cold ſweet butter over the ſame

Of the mixture
of paſts.

Of puff-paſte.

same, then upon the same butter role another leafe of the paste as before; and spread it with butter also; and thus role leafe upon leafe with butter between till it be as thicke as you thinke good: and with it either cover any bak't meate, or make pastie for Venison, Florentine, Tart or what dish else you please and so bake it: there be some that to this paste use Sugar, but it is certaine it will hinder the rising thereof; & therefore when your puff-paste is bak't, you shall dissolve Sugar in Rose-water, and drop it into the paste as much as it will by any meanes receive, and then set it a little while in the oven after and it will be sweet enough.

Of baking red
Deere, or Fal-
low, or any
thing to keepe
cold.

When you bake red Deere, you shall first parboyle it and take out the bones, then you shall if it be leane larde it, if fat save the charge, then put it into a presse to squeeze out the blood; then for a night lay it in a meare sauce made of Vinegar, small drinke and Salt, and then taking it forth, season it well with pepper finely beaten, and salt well mixt together, and see that you lay good store thereof, both upon and in every open and hollow place of the Venison; but by no meanes cut any slashes to put in the pepper, for it will of it selfe sinke fast enough into the flesh, and be more pleasant in the eating: then having raised the coffin, lay in the bottome a thicke course of butter, then lay the flesh thereon and cover it all over with butter, and so bake it as much as if you did bake great browne bread then when you draw it, melt more butter with three or foure spoonesfull of Vinegar, and twice so much Claret wine, and at a vent hole on the toppe of the lidde powre in the same till it can receive no more, and so let it stand and coole; and in this sort you may bake Fallow-Deere, or Swanne, or whatsoever else you please

please to keepe cold, the meare sauce onely being left out which is onely proper to red Deere: And if to your meare sauce you adde a little Turnesole, and therein steepe Beefe, or Ramme mutton: you may also in the same manner take the first for red Deere Venison, and the latter for Fallow, and a very good judgement shall not be able to say otherwise, than that it is of it selfe perfect Venison, both in taste, colour, and the manner of cutting.

To bake Beefe
or Mutton for
Venison.

To bake an excellent Custard or Dowset: you shall take good store of egges, and puting away one quarter of the whites, beate them exceeding well in a Bason, and then mixe with them the sweetest and thickest creame you can get, for if it be any thing thinne, the Custard will be wheyish; then season it with salt, sugar, cinamon, cloves, mace, and a little nutmegge; which done, raise your coffins of good tough wheate paste, being the second sort before spoke of, and if you please, raise it in pretty workes, or angular formes, which you may doe by fixing the upper part of the crust to the nether with the yolkes of egges: then when the coffins are ready, strow the bottomes a good thicknesse over with Currants and Sugar, then set them into the Oven, and fill them up with the confection before blended, and so drawing them, adorne all the tops with Carraway-Cumfets, and the slices of Dates pickt right up, and so serve them up to the table. To prevent the wheyishnesse of the Custard, dissolve into the first confection a little Iffinglasse and all will be firme.

To bake a Cu-
stard or Dow-
set.

To make an excellent Olive-pie: take sweet herbs, as violet-leaves, Strawberry-leaves, Spinage, Succory, Endive, Time and Sorrell, and chop them as small as may be, and if there be a Scallion or two amongst them

To bake an
Olive-pie.

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it will give the better taste, then take the yolkes of hard Egges with Currants, Cynamon, Cloves and Mace, and chop them amongst the herbes also; then having cut out long Olives of a legge of Veale, role up more then three parts of the herbes so mixed within the Olives, together with a good deale of sweete butter; then having raised up your crust of your finest and best paste, strow in the bottome the remainder of the herbes, with a few great Raisins, having the stones pick'd out: then put in the Olives, and cover them with great Raisins, and a few Prunes: then over all lay good store of Butter, and so bake them: then being sufficiently bak'd, take Claret wine, Sugar, Cynamon, and two or three spoonefull of wine Vinegar, and boyle them together, and then drawing the pie, at a vent in the top of the lid put in the same, and then set it into the Oven againe a little space, and so serve it forth.

To make a
Marrow-bone
Pye.

To bake the best Marrow-bone pie, after you have mixt the crusts of the best sort of pastes, and raised the coffin in such manner as you please: you shall first in the bottome thereof lay a course of marrow of Beefe mixt with Currants: then put upon it a lay of the soales of Artichokes, after they have beene boyl'd, and are divided from the thistle; then cover them over with marrow, currants, and great raisins, the stones pickt out: then lay a course of Potatoes cut in thicke slices, after they have beene boyled soft, and are cleane pild: then cover them with marrow, currants, great raisins, sugar and cynamon: then lay a layer of candied Eringo-roots mixt very thicke with the slices of Dates: then cover it with marrow, currants, great raisins, sugar, cynamon and dates, with a few damake-prunes, and so bake it: and after it is bak'd, poure into it as long as it

it will receive it, white-Wine, Rosewater, Sugar, Cinamon and Vinegar, mixt together, & candy all the cover with Rosewater and Sugar onely, and so set it into the Oven a little, and after serve it forth.

To bake a Chicken pie, after you have trust your Chickens, broken their legges and breast-bones, & rased your crast of the best paste, you shall lay them in the coffin close together with their bodies full of Butter: then lay upon them, & underneath them Currants, great Raisins, Prunes, Cinamon, Sugar, whole Mace, and Salt: then cover all with great store of Butter, and so bake it; after powre into it the same liquor you did in your Marrow-bone-pie with yelkes of two or three Eggs beaten amongst it; and so serve it forth.

To bake a
Chicken-pie.

To make good Red-Deere Venison of Hares, take a Hare or two, or three, as you can or please, and picke all the flesh from the bones; then put it into a mortar either of wood or stone, and with a wooden pestle let a strong person beate it exceedingly, and ever as it is beating, let one sprinkle in Vinegar and some Salt; then when it is sufficiently beaten, take it out of the mortar, and put it into boyling water and parboyle it: when it is parboyld, take it and lay it on a table in a round lumpe, and lay aboard over it; and with weights presse it as hard as may be: then the water being prest out of it, season it well with Pepper and Salt: then lard it with the fat of Bacon so thicke as may be: then bake it as you bake other Red-Deere, which is formerly declared.

Additions:
to the Pastery.
Venison of
Hares.

Take a Hare and pick off all the flesh from the bones, and only reserve the head, then parboile it well: which done, take it out and let it coole, as soone as it is cold, take at least a pound and halfe of Rayfins of the Sunne, and take out the stones: then mixe them with a good quantity

To bake a
Hare-pie.

quantity of Mutton suet, and with a sharpe shredding knife shred it as small as you would doe for a Chewet: then put to it Currants and whole Rayfins, Cloves, and Mace, Cinamon and Salt: then having rayfed the coffin long wise to the proportion of a Hare, first lay in the head, and then the foresayd meate, and lay the meate in the true proportion of a Hare, with necke, shoulders, & legs, and then cover the coffin and bake it as other bak't meates of that nature.

A Gammon of
Bacon-pie.

Take a Gammon of Bacon and onely wash it cleane, and then boyle it on a soft gentle fire, till it be boyled as tender as is possible, ever and anon fleeting it cleane, that by all meanes it may boyle white: then take off the sward, and searse it very well with all manner of sweete and pleasant serfing herbs: then strow store of Pepper over it, and pricke it thicke with Cloves; then lay it into a coffin made of the same proportion, and lay good store of Butter round about it, and upon it, and strow Pepper upon the Butter; that as it melts, the Pepper may fall upon the Bacon: then cover it, and make the proportion of a Pigges head in paste upon it, and then bake it as you bake red Deere, or things of the like nature; onely the Paste would be of Wheate-meale.


A Hering-pie.

Take white pickled Herrings of one nights watering and boyle them a little: then pill off the skinne and take onely the backs of them, and picke the fish cleane from the bones, then take good store of Raisins of the Sunne, and stone them, and put them to the fish: then take a Warden or two, and pare it; and slice it in small slices from the chore, and put it likewise to the fish: then with a very sharpe shredding-knife shred all as small and fine as may bee: then put to it good store of Currants, Sugar, Cinamon, slic't Dates, and so put it

it into the Coffin, with good store of very sweet Butter, and so cover it, and leave onely a round vent-hole on the top of the lid, and so bake it like pies of that nature: When it is sufficiently bak't, draw it out, & take Claret-wine and a little Verjuice, Sugar, Cinamon, and sweet Butter, and boyle them together; then put it in at the vent-hole, and shake the pie a little, and put it againe into the Oven for a little space, and so serve it up, the lid being candied over with Sugar, and the sides of the dish trimmed with Sugar.

Take the Iole of the best *Ling* that is not much watred, A Ling-pie. and is well sodden and cold, but whilst it is hot take off the skin, and pare it cleane underneath, and picke out the bones cleane from the fish: then cut it into grosse bits and let it lie: then take the yelkes of a dozen Egges boild exceeding hard; and put them to the fish, and shred all together as small as is possible: then take all manner of the best, and finest pot herbes, & chop them wonderfull small, and mixe them also with the fish; then season it with Pepper, Cloves, and Mace, & so lay it into a coffin with great store of sweet Butter, so as it may swimme therein, and then cover it, and leave a vent-hole open in the top when it is bak't, draw it, & take Verjuice, Sugar, Cinamon and Butter, and boyle them together, and first with a feather annoynt all the lid over with that liquor, and then scrape good store of Sugar upon it; then powre the rest of the liquor in at the vent-hole, and then set it into the Oven againe for a very little space, and then serve it up as pies of the same nature, and both these pies of fish before rehearsed, are speciall Lenten dishes.

Take a pint of the sweetest and thickest Creame that can be gotten, and set it on the fire in a very cleane scowred


A Norfolk
foole.

scowred skillet, and put into it *Sugar*, *Cinamon* and a *Nutmegge* cut into foure quarters, and so boyle it well: then take the yelkes of foure *Egs*, and take off the slimes, and beate them well with a little sweet *Creame*: then take the foure quarters of the *Nutmegge* out of the *Creame*, then put in the *Egges*, and stirre it exceedingly, till it be thicke: then take a fine *Manchet*, and cut it into thin shives, as much as will cover a dish bottome, and holding it in your hand; powre halfe the *Creame*, into the dish: then lay your bread over it, then cover the bread with the rest of the *Creame*, and so let it stand till it be cold: then strow it over with *Carraway Comfets*, and pricke up some *Cinamon Comfets*, and some slic't *Dates*; or for want thereof, scrape all over it some *Sugar*, and trim the sides of the dish with *Sugar*, and so serve it up.

A wife.

Take a pint of the best and thickest *Creame*, and set it on the fire in a cleane *Skillet*, and put into it *Sugar*, *Cinamon*, and a *Nutmegge* cut into foure quarters, and so boyle it well: then put it into the dish you intend to serve it in, and let it stand to coole till it bee more then luke-warme: then put in a spoonefull of the best *earning*, and stirre it well about, and so let it stand till it be cold, and then strow *Sugar* upon it, and so serve it up, and this you may serve eyther in dish, glasse, or other plate.

A Calves foot-
pie.

Take *Calves feete* well boild, and picke all the meate from the bones: then being cold shred it as small as you can, then season it with *Cloves* and *Mace*, and put in good store of *Currants*, *Raisins*, and *Prunes*: then put it into the coffin with good store of sweet *Butter*, then breake in whole stickes of *Cinamon*, and a *Nutmegge* slic't into foure quarters, and season it before with *Salt*:
then

then close up the coffin, and onely leave a vent-hole. When it is bak'd, draw it, and at the vent-hole put in the same liquor you put in the *Ling-pie*, and trim the lid after the same manner, and so serve it up.

Take of the greatest *Oysters* drawne from the shells, *Oysterpie* and parboyle them in *Verjuice*: then put them into a cullander, and let all the moylture runne from them, till they be as dry as possible: then raise up the coffin of the pie, and lay them in; then put to them good store of *Currants*, and fine powdred *Sugar*, with whole *Mace*, whole *Cloves*, whole *Cynamon* and *Nutmegge* slic'd, *Dates* cut, and good store of sweete *Butter*: then cover it, and onely leave a vent-hole: when it is bak'd, then draw it, and take *White wine*, and *white wine Vinegar*, *Sugar*, *Cynamon*, and sweete *Butter*, and melt it together; then first trim the lid therewith, and candy it with *Sugar*; then poure the rest in at the vent-hole and shake it well, and so set it into the Oven againe for a little space, and so serve it up, the dish edges inu'd with *Sugar*. Now some use to put to this pie *Onions* sliced and thred, but that is reared to discretion, and to the pleasure of the taste.

Take strong *Ale*, and put to it *Wine-vinegar* as much as will make it shewe: then set it on the fire, and boyle it well, and skumme it, and make of it a strong brine with *Bay-salt*, or other salt: then take it off, and let it stand till it be cold; then put your *Venison* into it, and let it lie in it full twelve houres: then take it out from that mere sauce, and presse it well; then parboyle it, and se-on it with *Pepper* and *Salt*, and bake it, as hath been before shewed in this Chapter.

Take the brawnes and the wings of *Capons*, and *Chickens* after they have beene roasted, and pull away the skin;

To recover Venison that is tainted.



A Chewer pie

skin; then shred them with the *Mutton-suet* very small; then season it with *Cloves*, *Mace*, *Cynamon*, *Sugar* and *Salt*: then put to *Raisins* of the Sunne, and *Currants*, and slic'd *Dates*, and *Orenge-pills*, and being well mixt together, put it into small coffins made for the purpose, and strow on the top of them good store of *Carramaj-comfets*: then cover them, and bake them with a gentle heate, and these *Chewets* you may also make of roasted *Veale*, seasoned as before shewed, and of all parts the loyne is the best.

A minc'd-pic.

Take a legge of *Mutton*, and cut the best of the flesh from the bone, and parboyle it well: then put to it three pound of the best *Mutton-suet*, and shred it very small: then spread it abroad, and season it with *Pepper* and *Salt*, *Cloves* and *Mace*: then put in good store of *Currants*, great *Raisins* and *Prunes* cleane wash'd and pick'd, a few *Dates* slic'd, and some *Orenge-pills* slic'd; then being all well mixt together, put it into a coffin, or into divers coffins, and so bake them: and when they are served up, open the lids, and strow store of *Sugar* on the top of the meate, and upon the lid. And in this sort you may also bake *Beefe* or *Veale*; only the *meate* would be par-boyl'd, and the *Veale* will aske a double quantity of *Suet*.

A Pippin pie.

Take the fairest and best *Pippins*, and par them, and make a hole in the top of them; then prick in each hole a *Clove* or two, then put them into the coffin, then breake in whole stickes of *Cynamon*, and slices of *Orenge-pills* and *Dates*, and on the top of every *pippin* a little piece of sweet *Butter*; then fill the coffin, and cover the *Pippins* over with *Sugar*; then close up the Pie, and bake it, as you bake Pies of the like nature

and

and when it is bak'd, annoint the lidde over with store of sweete butter, and then strow Sugar upon it a good thicknesse, and set it into the oven againe for a little space, as while the meate is in dishing up, and then serve it.

Take of the fairest and best *Wardens*, and pare them, and take out the hard cores on the top, and cut the sharpe ends at the bottome flat; then boyle them in *White wine* and *Sugar*, untill the sirrup grow thicke: then take the *Wardens* from the sirrup into a cleare dish, and let them coole; then set them into the coffin, and pricke *Cloves* in the tops, with whole sticks of *Cinnamon*, and great store of *Sugar*, as for *Pippins*, then cover it, and onely reserve a vent-hole, so set it in the oven and bake it: when it is bak'd, draw it forth, and take the first sirrup in which the *Wardens* were boyld, and taste it, & if it be not sweet enough, then put in more *Sugar* and some *Rosewater*, and boyle it againe a little, then powre it in at the venthole, and shake the pie well; then take sweet *Butter* and *Rosewater* melted, and with it annoint the pie-lid all over, and then strow upon it store of *Sugar*, and so set it into the oven againe a little space, & then serve it up. And in this manner you may also bake *Quinces*.

Take the best and sweetest worte, and put to it good store of *Sugar*, then pare and core the *Quinces* cleane, and put them therein, and boyle them till they grow tender: then take out the *Quinces* and let them coole, & let the pickle in which they were boyld, stand to coole also; then straine it through a raunge or five, then put the *Quinces* into a sweet earthen pot, then poure the pickle or sirrup unto them, so as all the *Quinces* may be quite covered all over; then stoppe up the pot close,

To preserve
Quinces to
bake all the
yeere.

and set in a dry place, and once in fixe or seven weekes looke unto it; and if you see it shrinke, or doe begin to hoare or mould, then powre out the pickle or sirrup, and renewing it, boyle it over againe, and as before put it to the Quinces being cold, and thus you may preserve them for the use of baking, or otherwise all the yeere.

A pippin Tart.

Take Pippins of the fairest, and paire them, and then divide them just in the halves, and take out the chores cleane: then having rold the coffin flat, and raised up a small verdge of an inch, or more high, lay in the Pippins with the hollow side downeward, as close one to another as may be: then lay here and there a Clove, and here and there a whole sticke of Cinamon, & a little bit of Butter: then cover all cleane over with Sugar, and so cover the coffin, and bake it according to the manner of Tarts; and when it is bak't, then draw it out, and having boyled Butter and Rosewater together, annoynt all the lid over therewith, and then scrape or strow on it good store of *Sugar*, and so set it in the oven againe, and after serve it up.

A codlin Tart.

Take greene Apples from the tree, and codle them in scalding water without breaking; then pill the thin skin from them, and so divide them in halves, and cut out the chores, and so lay them into the coffin, and doe in every thing as you did in the Pippin-tart; and before you cover it when the Sugar is cast in, see you sprinkle upon it good store of Rose-water, then close it, and doe as before shewed.

A codling pie.

Take Codlins as before said, and pill them and divide them in halves, and chore them, and lay a leare thereof in the bottome of the pie: then scatter here and there a Clove, and here and there a piece of whole Cinamon; then cover them all over with Sugar, then lay another

another leare of *Codlins*, and doe as before said, and so another, till the coffin be all filled, then cover all with *Sugar*, and here and there a *Clove* and a *Cinamon-sticke*, and if you will a slic'd *Orange-pill* and a *Date*; then cover it and bake it as the *Pyes* of that nature: when it is bak'd, draw it out of the *Oven*, and take of the thickest and best *Creame* with good store of *Sugar*, and give it one boyle or two on the fire: then open the *Pie*, and put the *Creame* therein, and mash the *Codlins* all about; then cover it, and having trimm'd the lid (as was before shewed in the like *Pies* and *Tarts*) set it into the *Oven* againe for halfe an houre, and to serve it forth.

Take the fairest *Cherries* you can get, and picke them cleane from leaves and stalkes: then spread out your coffin, as for your *Pippin-tart*, and cover the bottome with *Sugar*; then cover the *Sugar* with *Cherries*, then cover those *Cherries* with *Sugar*, some stickes of *Cinamon*, and here and there a *Clove*: then lay in more *Cherries*, and so more *Sugar*, *Cinamon* and *Cloves*, till the coffin be filled up: then cover it, and bake it in all points as the *Codlin* and *Pippin-tart*, and so serve it: and in the same manner you may make *Tarts* of *Gooseberries*, *Strawberries*, *Rasberries*, *Bilberries*, or any other Berry whatsoever.

Take *Rice* that is cleane picked, and boyle it in sweet *Creame*, till it be very soft: then let it stand and coole, and put into it good store of *Cinamon* and *Sugar*, and the yolkes of a couple of *Egges*, and some *Currants*, stirre and beate all well together: then having made the coffin in the manner before said, for other *Tarts*, put the *Rice* therein, and spread it all over the coffin: then breake many little bits of sweet *Butter* upon it all over,

and scrape some Sugar over it also, then cover the Tart, and bake it, and trim it in all points, as hath beene before shewed, and so serve it up.

A Florentine.

Take the Kidneys of Veale after it hath beene well roasted, and is cold; then shred it as fine as is possible; then take all sorts of sweet pot-herbes, or fearsing-herbs, which have no bitter or strong taste, and chop them as small as may be, and putting the Veale into a large dish, put the herbes unto it, and good store of cleane wash'd Currants, Sugar, Cinamon, the yolkes of foure Egges, a little sweete Creame warmed, and the fine grated crummes of a halfe penny loafe and Salt, and mixe all exceeding well together: then take a deepe Pewter-dish, and in it lay your paste very thine rol'd out, which paste you must mingle thus: Take of the finest wheat-flower a quart, and a quarter so much Sugar; and a little Cinamon; then breake into it a couple of Egges, then take sweet Creame and Butter melted on the fire, and with it kneed the paste, and as was before said, having spread Butter all about the dishes sides: then put in the Veale, and breake pieces of sweet Butter upon it, and scrape Sugar over it; then role out another paste reasonable thicke, and with it cover the dish all over, closing the two pastes with the beaten whites of Eggs very fast together; then with your knife cut the lid into divers pretty workes according to your fancy; then set it in the Oven, and bake it with Pies and Tarts of like nature: when it is bak'd, draw it, and trim the lid with Sugar, as hath beene shewed in Tarts and so serve it up in your second courses.

A Prune Tart.

Take of the fairest Damaske Prunes you can get, and put them in a cleane Pippin with faire water, Sugar, unbrused Cinamon, and a braunch or two of Rosemary,

mary, and if you have bread to bake, stew them in the oven with our bread: if otherwise, stew them on the fire: when they are stewed, then bruise them all to mash in their sirrup, and strayne them into a cleane dish; then boyle it over againe with Sugar, Cinamon, and Rose-water, till it be thicke as Marmalad: then set it to coole, then make a reasonable tuffe past with fine flower, Water, and a little Butter, and role it out very thinne: then having patterns of paper cut into divers proportions, as Beasts, Birds, Armes, Knots, Flowers, and such like: Lay the patternes on the paste, and so cut them accordingly: then with your fingers pinch up the edges of the paste, and set the worke in good proportion: then pricke it well all over for rising, and set it on a cleane sheert of large paper, and so set it into the Oven, and bake it hard; then draw it, and set it by to coole: and thus you may doe by a whole Oven full at one time, as your occasion of expence is: then against the time of service comes, take off the confectiō of prunes before rehearsed, and with your Knife, or a spoone fill the coffin according to the thicknesse of the verge; then strow it over all with Carraway comfets, and pricke long comfets upright in it, and so taking the paper from the bottome, serve it on a plate in a dish or charger, according to the bignesse of the tart, and at the second course, and this tart carrieth the colour blacke.

Take apples and pare them, and slice them thin from the chore into a pipkin with White-wine, good store of Sugar, Cinamon, a few Saunders and Rosewater and boyle it till it be thicke; then coole it, and straine it, and beate it very well together with a spoone: then put it into the coffin as you did the Prune tart, and

Apple-tart.

adorne it also in the same manner, and this tart you may fill thicker or thinner, as you please to raise the edge of the coffin, and it carrieth the colour red.

A Spinage tart.

Take good store of Spinage, and boyle it in a pipkin, with White-wine till it be very soft as pap: then take it and straine it well into a pewter dish, not leaving any part unstrained: then put to it Rose-water, great store of Sugar and Cinamon, and boyle it till it be as thicke as Marmalad, then let it coole, and after fill your coffin, and adorne it, and serve it in all points as you did your Prune-tart, and this carrieth the colour Greene.

A yellow tart.

Take the yolkes of egges, and break away the filmes, and beate them well with a little creame: then take of the sweetest and thickest creame that can be got, and set it on the fire in a cleane skillett, and put into it sugar, cinamon and rose-water, and then boyle it well: when it is boyld, and still boyling, stirre it well, and as you stirre it, put in the eggs, and so boyle it till it curdle; then take it from the fire, and put it into a strainer, and first let the thinne whay runne away into a by dish, then straine the rest very well; and beate it well with a spoone, and so put it into the tart coffin, and adorne it as you did your Prune-tart, and so serve it: this carrieth the colour yellow.

A white tart.

Take the whites of eggs and beat them with rose-water, and a little sweet creame: then set on the fire good thicke sweet creame, and put into it sugar, cinamon, rose-water, and boyle it well, and as it boyles stirre it exceedingly and in the stirring put in the whites of eggs; then boyle it till it curdle, and after doe in all things as you did to the yellow tart; and this carrieth the colour white, and it is a very pure white, and therefore would be adorned with red carraway comfets, and as this so
with

with blanched Almonds like white Tarts and full as pure. Now you may (if you please) put all these severall colours, and severall stufes into one Tart, as thus: If the tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another, and the talents of another: and so of birds, the body of one colour, the eyes another, the legges of another, and every feather in the wings of severall colour according to fancy: and so likewise in armes, the field of one colour, the charge of another, according to the forme of the Coat armour; as for the mantles, trailes and devices about armes, they may be set out with severall colours of preserves, conserves, marmalads, and goodinyakes, as you shall finde occasion or intention; and so likewise of knots, one traile of one colour, and another of another, and so of as many as you please.

Take sorrell, spinage, parsley, and boyle them in water till they be very soft as pap, then take them up, and presse the water cleane from them, then take good store of yolkes of Egges boild very hard, and chopping them with the hearbs exceeding small, then put in good store of currants, sugar, and cynamon, and stirre all well together; then put them into a deep tart coffin with good store of sweet butter, and cover it; and bake it like a pippin tart, and adorne the lid after the baking in that manner also, and so serve it up.

Take a quart of the best creame, and set it on the fire, and slice a loafe of the lightest white bread into thin slices, and put into it, and let it stand on the fire till the milke begin to rise; then take it off, and put it into a bason, and let it stand till it be cold: then put in the yolkes of foure egges, and two whites, good store of currants, Sugar,

An herbe tart.

To bake a pudding-pie.

sugar, cinamon, cloves, mace, and plenty of *sheepes* suet finely shred, and a good season of salt; then trimme your pot very well round about with butter, and so put in your pudding, and bake it sufficiently, then when you serve it, strow sugar upon it.

A white-pot.

Take the best and sweetest creame, and boile it with good store of sugar, and cinamon, and a little rose-water, then take it from the fire and put into it clean pickt ryce, but not so much as to make it thick, and let it steep therein till it be cold; then put in the yolks of six egges, & two whites, currants, sugar, cinamon, and rose-water, and salt, then put it into a pan, or pot, as thin as if it were a custard; and so bake it and serve it in the pot it is baked in, trimming the top with sugar or comfers.

Of banqueting
stufte and conceited
dishes.

There are a world of other Bak't meats and Pies, but for as much as whosoever can doe these may doe all the rest, because herein is contained all the Art of seasonings, I will trouble you with no further repetitions, but proceede to the manner of making of Banqueting stufte and conceited dishes, with other pretty and curious secrets, necessary for the understanding of our English Houf-wife: for albeit they are not of generall use, yet in their due times they are so needfull for adornation, that whosoever is ignorant therein, is lame, and but the halfe part of a compleat Houf-wife.

To make paste
of Quinces.

To make paste of Quinces: first boyle your Quinces whole and when they are soft, pare them and cut the Quinces from the core; then take the finest sugar you can get finely beaten and searsed, and put in a little Rosewater and boile it together till it be thicke: then put in the cut Quinces and so boyle them together till it be stiffe enough to mould, and when it is cold, then role it and print it; a pound of Quinces will

will take a pound of Sugar, or neere there abouts.

To make thin Quince-cakes, take your Quince when it is boyled soft as before said, and dry it upon a Pewter-plate with soft heat, and be ever stirring of it with a slice till it be hard; then take searced Sugar quantity for quantity, and strow into the Quince, as you beat it in a wooden or stone mortar; and so role them thin & print them.

To make thin quince cakes.

To preserve Quinces: first pare your Quinces, and take out the cores, and boyle the cores and parings all together in faire water, and when they begin to be soft, take them out and streyne your liquor, and put the weight of your Quinces in Sugar, and boile the Quinces in the sirrup till they be tender; then take them up and boyle your sirrup till it be thicke: If you will have your Quinces red, cover them in the boyling, and if you will have them white, doe not cover them.

To preserve Quinces.

To make Ipocras, take a pottle of wine, two ounces of good Cinamon, halfe an ounce of Ginger, nine Cloves, and six Pepper corns, & a Nutmeg, and bruiſe them, and put them into the wine with some *Rosmary-flowers*, and so let them steep all night, and then put in Sugar a pound at least, & when it is wel settled, let it run thorow a woollen bag made for that purpose: thus if your wine be Claret, your Ipocras will be red, if white, of that color also.

To make Ipocras.

To make the best Ielle, take Calves-feet and wash them and scald off the haire as cleane as you can get it: then split them and take out the fat and lay them in water, and shift them; then boyle them in faire water untill it will jelly, which you shall know by now and then cooling a spoonfull of the broth; when it will jelly then streyne it, and when it is cold then put in a pint of Sacke and whole Cinamon and Ginger slic'd, and Sugar and a little Rose-water, and boyle all well together againe: Then

To make jelly.

Then beate the white of an *EGGE* and put it into it, and let it have one boyle more : then put in a branch of *Rosemary* into the bottome of your jelly bagge, and let it runne thorow once or twice, and if you will have it coloured, then put in a little *Townesall*. Also if you want *Calves feet*, you may make as good *Jelly* if you take the like quantity of *Istringlasse*, and so use no *Calves feet* at all.

To make
Leach.

To make the best *Leach*, take *Istringlasse*, and lay it two houres in water, and shift it, and boyle it in faire water, and let it coole : Then take *Almonds* and lay them in cold water till they will blanch : And then stampe them and put to new *Milke*, and straine them, and put in whole *Mace* and *Ginger* slic'd, and boyle them till it taste well of the spice ; then put in your *Istringlasse* and *Sugar*, and a little *Rose-water* : and then let them all runne thorow a strainer.

To make Gin-
ger-bread.

Take *Claret wine*, and colour it with *Townesall*, and put in *Sugar*, and set it to the fire ; then take *Wheat-bread* finely grated and sifted, and *Licoras*, *Aniseeder*, *Ginger* and *Cinamon*, beaten very small and searled ; and put your bread and your spice all together, and put them into the wine and boyle it, and stirre it till it be thicke : then mould it and print it at your pleasure, and let it stand neither too moyst, nor too warme.

Marmalade of
Quinces red.

To make red *Marmelade* of *Quinces* : take a pound of *Quinces* and cut them in halves, and take out the cores and pare them : then take a pound of *Sugar*, and a quart of faire water, and put them all into a pan, and let them boyle with a soft fire, and sometimes turne them, and keepe them covered with a *Pewter-dish*, so that the stemme or ayre may come a little out : the longer they are in boyling, the better colour they will have : and when

when they be soft take a knife and cut them crosse upon the top, it will make the sirrup goe through that they may be all of the like colour: then set a little of your sir- rope to coole, and when it beginneth to be thicke then breake your quinces with a slice or a spoone so small as you can in the pan, and then strow a little fine sugar in your boxes bottome, and so put it up.

To make white Marmalade you must in all points use your quinces as is before said; only you must take but a pint of water to a pound of quinces, and a pound of Sugar, and boyle them as fast as you can, and cover them not at all.

Marmalad
white.

To make the best Iumbals, take the whites of three egges and beate them well, and take of the froth; then take a little milke and a pound of fine wheat flower and sugar together finely sifted, and a few Aniseeds well rub'd and dried; and then worke all together as stiffe as you can worke it, and so make them in what formes you please, and bake them in a soft oven upon white Papers.

To make Jum-
bals.

To make Bisket bread, take a pound of fine flower, and a pound of Sugar finely beaten and searled, and mix them together; Then take eight egges and put foure yolkes and beate them very well together; then strow in your flower and sugar as you are beating of it, by a little at once it will take very neere an houres beating; then take halfe an ounce of Aniseeds and Coriander- feeds and let them be dried and rubbed very clean, and put them in; then rub your Bisket-pans with cold sweet butter as thin as you can, and so put it in and bake it in an oven: but if you would have thinne Cakes, then take fruit-dishes and rub them in like sort with butter, and so bake your Cakes on them, and when they

To make Bis-
ket-bread.

they are almost bak'd, turne them, and thrust them downe close with your hand. Some to this Bisket bread will adde a little Creame, and it is not amisse, but excellent good also.

To make finer
Lumballs.

To make Lumballs more fine and curious than the former, and neerer to the taste of the Macaroon: take a pound of sugar, beate it fine, then take as much fine wheat flower and mixe them together, then take two whites and one yolke of an egge, halfe a quarter of a pound of blanched Almonds, then beate them very fine all together with halfe a dish of sweet butter, and a spoonfull of Rose-water, and so worke it with a little Creame till it come to a very stiffe paste, then roule them forth as you please: And hereto you shall also, if you please, adde a few dried Aniseeds finely rubbed and strewed into the paste, and also Coriander seed.

To make drye
Sugarleach.

To make dry sugar Leache, blanch your Almonds and beat them with a little Rose-water and the white of one egge, and you must beat it with a great deale of sugar, and worke it as you would work a piece of paste: then roule it and print it as you did other things, onely bee sure to strew sugar in the print for feare of cleaving too.

To make leach
Lumbard.

To make Leache Lumbard, take halfe a pound of blanched Almonds, two ounces of Cinamon beaten and searsed, halfe a pound of sugar, then beate your Almonds, and strew in your sugar and Cynamon till it come to a paste, then roule it and print it, as aforesaid.

To make fresh
Cheese.

To make an excellent fresh cheese, take a pottle of Milke as it comes from the Cow, and a pint of Creame: then take a spoonefull of runnet or earning, and put it unto it, and let it stand two houres: then stirre it up,
and

and put it into a fine cloth, and let the whey drayne from it: then put it into a bowle, and take the yolke of an *EGGE*, a spoonfull of *Rose-water*, and bray them together with a very little *Salt*, with *Sugar* and *Nutmegges*, and when all these are brayed together, and searst, mixe it with the curd, and then put it in the *Cheese-fat* with a very fine cloth.

To make course *Ginger-bread*, take a quart of *Hony*, and set it on the coales and refine it: then take a penny worth of *Ginger*, as much *Pepper*, as much *Licoras*, and a quarter of a pound of *Aniseeds*, and a penny-worth of *Saunders*: All these must be beaten and searfed, and so put into the *Hony*: then put in a quarter of a pint of *Claret-wine* or old *Ale*; then take three penny *Manchets* finely grated and strow it amongst the rest, and stirre it till it come to a stiffe paste, and then make it into cakes, and dry them gently.

To make ordinary *Quince-cakes*, take a good piece of a preserved *Quince*, and beate it in a Morter, and worke it up into a very stiffe paste with fine searst *Sugar*; then print it, and dry them gently.

To make most Artificiall *Cynamon-stickes*, take an ounce of *Cynamon*, and pound it, and halfe a pound of *Sugar*: then take some *Gumme Dragon*, and put it in steepe in *Rose-water*, then take thereof to the quantity of a *Hassall nut*, and worke it out and print it, and role it in forme of a *Cynamon-sticke*.

To make *Cynamon-water*, take a pottle of the best *Ale*, and a pottle of *Sack-lees*; a pound of *Cynamon* sliced fine, and put them together, and let them stand two daies; then distill them in a *Limbecke*, or *Glasse-Still*.

To make *Wormewood water*, take two gallons of good *Ale*, a pound of *Aniseedes*, halfe a pound of *Licoras*,

How to make
course Ginger-
bread.

How to make
Quince-cakes
ordinary.

How to make
Cynamon-
stickes.

How to make
Cynamon-
water.

How to make
Wormewood-
water.

coras, and beate them very fine; And then take two good handfulls of the crops of *Wormewood*, and put them into the *Ale*, and let them stand all night, and then distill them in a *Limbecke* with a moderate fire.

To make Sweet water.

To make *Sweet water* of the best kinde, take a thousand *Damaske Rosés*, two good handfulls of *Lavender-tops*, a three peny weight of *Mace* two ounces of *Cloves* bruised, a quart of *running water*: put a little water into the bottome of an earthen-pot. and then put in your *Rosés* and *Lavender*, with the spices by little and little, and in the putting in, alwaies kneed them downe with your fist, and so continue it untill you have wrought up all your *Rosés* and *Lavender*, and in the working between put in alwaies a little of your water; then stop your pot clos, and let it stand foure daies, in which time every morning and evening put in your hand, and pull from the borome of your pot the said *Rosés*, working it for a time: and then distill it, and hang in the glasse of water a graine or two of *Muske* wrapt in a piece of *Sarcenet* or fine cloth.

Another way.

Others to make *Sweet water*, take of *reos* two ounces, of *Calamus* halfe an ounce, of *Cipresse roots* halfe an ounce, of yellow *Saunders* nine drams, of *Cloves* bruised one ounce, of *Beniamin* one ounce, of *Storace* and *Calamint* one ounce, and of *Muske* twelve graines, and infusing all these in *Rose water*, distill it.

To make Date Leach.

To make an excellent *Date Leach*, take *Dates*, and take out the stones and the white rinde, and beat them with *Sugar*, *Cinnamon* and *Ginger*, very finely, then worke it as you woul worke a piece of paste, and then print them as you please.

To make sugar plate.

To make a kinde of *Sugar plate*, take *Gumme Dragon*, and lay it in *Rose-water* two daies: then take the powder

der of faire Heps and Sugar, and the juyce of an O-
range; beat all these together in a Morter, then take it
out and worke it with your hand: and then print it at
your pleasure.

To make excellent spice-cakes, take halfe a pecke of
very fine wheat-flower, take almost one pound of sweet
Butter, and some good Milke and Creame mixt toge-
ther, set it on the fire, and put in your Butter, and a
good deale of Sugar, and let it melt together; then
streine Saffron into your Milke a good quantity; then
take seven or eight spoonfulls of good Ale-barme, and
eight Egges with two yolkes and mixe them together,
then put your Milke to it when it is somewhat cold, and
into your flower put salt, Aniseeds bruised, Cloves and
Mace, and a good deale of Cinamon: then worke all to-
gether good and stiffe, that you need not worke in any
flower after; and then put in a little Rose-water cold,
then rub it well in the thing you kneed it in, and worke
it throughly: if it be not sweet enough, scrape in a little
more Sugar, and pull it all in pieces, and hurle in a good
quantity of Currants, and so worke all together againe,
and bake your Cake as you see cause in a gentle warme
Oven.

To make spice
cakes.

To make a very good Banbury Cake, take foure
pound of Currants, and wash and pick them very cleane,
and dry them in a cloth: then take three Egges, and put
away one yolke, and beat them, and streine them with
Barme, putting thereto Cloves and Mace, Cinamon and
Nutmegges, then take a pint of Creame, and as much
mornings Milke, and set it on the fire till the cold be ta-
ken away; then take flower, and put in good store of
cold Butter and Sugar, then put in your Egges, Barme,
and Meale, and worke them all together an houre or

To make a
Banbury cake.

K

more :

more : then save a part of the paste, and the rest breake in pieces, and worke in your Currants; which done, mold your Cake of what quantity you please; and with that paste which hath not any Currants cover it very thin both underneath and aloft. And so bake it according to the bignesse.

To make the
best March-
pane.

To make the best March-pane, take the best Iordan Almonds and blaunch them in warme water, then put them into a stone-morter, and with a wooden pestell, beate them to pappe, then take of the finest refined Sugar well searst, and with it Damaske Rose-water, beate it to a good stiffe paste, allowing almost to every Iordan Almond three spoonfulls of Sugar; then when it is brought thus to paste, lay it upon a faire Table, and strowing searst Sugar under it, mold it like leaven, then with a roling-pin role it forth, and lay it upon wafers washt with Rose-water; then pinch it about the sides, and put it into what forme you please; then strow searst Sugar all over it; which done, wash it over with Rose-water and Sugar mixt together, for that will make the Ice; then adorne it with Comfers, guilding, or whatsoever devices you please, and so set it into a hot stove, and there bake it crispie, and so serve it forth. Some use to mixe with the paste Cinamon and Ginger finely searst, but I referre that to your particular taste.

To make paste
of Genoa, or
any other paste

To make paste of *Genoa*, you shall take Quinces after they have beene boyled soft, and beate them in a Morter with refined Sugar, Cinamon and Ginger finely searst, and *Damaske Rose-water*, till it come to a stiffe paste; and role it forth and print it, and so bake it in a stove; and in this sort you may make paste of *Peares*, *Apples*, *Wardens*, *Plummes* of all kindes, *Cherries*, *Barberries*; or what other fruit you please.

To

To make conserve of any fruit you please you shall take the fruit you intend to make conserve of: and if it be stone-fruit you shall take out the stones: if other fruit take away the paring and core, and then boyle them in faire running water to a reasonable height: then draine them from thence, and put them into a fresh vessel with Claret wine, or White wine, according to the colour of the fruit: and so boyle them to a thicke pap all to mashing, breaking and stirring them together: then to every pound of pap put to a pound of Sugar, and so stirre them all well together, and being very hot straine them through faire strainers, and so pot it up.

To make any
Conserve.

To make conserve of flowers, as Roses, Violets, Gilliflowers, and such like: you shall take the flowers from the stalkes, and with a paire of sheeres cut away the white ends at the rootes thereof, and then put them into a stone mortar or wodden brake, and there crush or beate them till they be come to a soft substance: and then to every pound thereof, take a pound of fine refined sugar well searst and beate it all together, till it come to one intire body, and then pot it up, and use it as occasion shall serve.

To make con-
serve of flow-
ers.

To make the best Wafers, take the finest wheat-flower you can get, and mixe it with creame, the yolkes of Egges, Rose-water, Sugar and Cinamon till it be a little thicker then Pan-cake-batter; and then warming your wafer-irons on a charcoale-fire, annoint them first with sweet butter, and then lay on your batter and presse it, and bake it white or browne at your pleasure.

To make Wa-
fers.

To make an excellent Marmalade of Oranges, take the Oranges, and with a Knife pare off as thin as is possible the uppermost rinde of the Orange: yet in such

To make Mar-
malade of
Oranges.

sort, as by no meanes you alter the color of the Orange; then steepe them in faire water, changing the water twice a day, till you finde no bitternesse of taste therein; then take them forth, and first boile them in faire running water, and when they are soft, remove them into rosewater, and boyle them therein till they breake: then to every pound of the pulpe put a pound of refined sugar, and so having masht and stirred them all well together, straine it through very faire strainers into boxes, and so use it as you shall see occasion.

Additions,
to banqueting
stiffe.
To make fine
Cakes.

Take a pottle of fine flower, and a pound of Sugar, a little Mace, and good store of water to mingle the flower into a stiffe paste, and a good season of salt, and so knead it, and role out the cake thinne and bake them on papers.

Fine bread.

Take a quarter of a pound of fine sugar well beaten, and as much flower finely boulded, with a quantity of Aniseeds a little bruised, and mingle altogether: then take two egges and beate them very well, whites and all; then put in the mingled stuffe aforesaid, and beat all together a good while, then put it into a mould, wiping the bottome ever first with butter to make it come out easily, and in the baking turne it once or twice as you shall have occasion, and so serve it whole, or in slices at your pleasure.

To preserve
Quinces for
kitchin service.

Take sweet Apples and stampe them as you doe for Sider, then presse them through a bagge as you doe verjuice; then put it into a ferkin wherein you will keepe your Quinces, and then gather your Quinces, and wipe them cleane, and neither chore them nor pare them, but onely take the blacks from the tops, and so put them into the ferkin of Sider, and therein you may keepe them all the yeere very faire, and take them not out
of

of the liquor, but as you are ready to use them, whether it be for pies, or any other purpose, and then pare them, and core them as you thinke good.

To preserve
Quinces.

Take a gallon of Claret or White-wine, and put therein foure ounces of Ginger, an ounce and a halfe of Nutmegges, of Cloves one quarter, of Sugar foure pound; let all this stand together in a pot at least twelve houres, then take it, and put it into a cleane bagge made for the purpose, so that the wine may come with good leasure from the spices.

To make Ipo-
cras.

Take Quinces, and wipe them very cleane, and then core them, and as you core them, put the cores streight into faire water, and let the cores and the water boyle; when the water boyleth, put in the Quinces unpared, and let them boyle till they be tender, and then take them out and pare them, and ever as you pare them, put them streight into *sugar* finely beaten: then take the water they were sodden in, and strein it thorow a faire cloth, and take as much of the same water as you thinke will make sirrup enough for the Quinces, and put in some of your *sugar*, and let it boyle a while, and then put in your Quinces, and let them boyle a while and turne them, and cast a good deale of *sugar* upon them; they must see the apage, and ever as you turne them, cover them still with *sugar*, till you have bestow'd all your *sugar*; and when you thinke that your Quinces are tender enough, take them forth, and if your sirrup be not stiffe enough, you may see the it againe after the Quinces are forth. To every pound of Quinces you must take more then a pound of *sugar*; for the more *sugar* you take, the fairer your Quinces will be, and the better and longer they will be preserved.

To preserve
Quinces.

To keep
Quinces
longer.

Conserve of
Quinces.

Take two gallons of faire water, and set it on the fire, and when it is luke-warme, beate the whites of five or sixe Eggs, and put them into the water, and stire it well, and then let the water scethe, and when it riseth up all on a curd, then scumme it off: Take Quinces and pare them, and quarter them, and cut out the cores: then take as many pound of your Quinces as of your Sugar, and put them into your liquor, and let it boyle till your liquor be as high coloured as *French Wine*, and when they be very tender, then take a faire new canvase cloth faire wash'd and streine your Quinces through it with some of your liquor; (if they will not goe thorow easily,) then if you will make it very pleasant, take a little Muske, and lay it in Rose-water, and put it thereto; then take and scethe it, untill it be of such substance, that when it is cold, it will cut with a knife; and then put it into a faire boxe, and if you please, lay leafe-gold thereon.

To keepe
Quinces all
the yeere.

Take all the parings of your Quinces that you make your Conserves withall, and three or foure other Quinces, and cut them in pieces, and boyle the same parings, and the other pieces in two or three gallons of water, and so let them boyle till all the strength be foddren out of the said Quinces and parings, and if any skumme arise whilest it boyles, take it away: then let the said water runne thorow a streiner into a faire vessell, and set it on the fire againe, and take your Quinces that you will keepe, and wipe them cleane, and cut off the uttermost part of the said Quinces, and picke out the kernells and cores as cleane as you can, and put them into the said liquor, and so let them boile till they be a little soft, and then take them from the fire, and let them stand till they be cold: then

then take a little barrell, and put into the said barrell, the water that your Quinces be sodden in; then take up your Quinces with a ladle, and put them into your barrell, and stop your barrell close that no ayre come into them, till you have fit occasion to use them; and be sure to take such Quinces as are neither bruised nor rotten.

Take of the best Sugar, and when it is beaten, searse Fine Ginger-cakes. it very fine, and of the best Ginger and Cinamon, then take a little Gum dragon, and lay it in Rose-water all night, then powre the water from it, and put the same with a little white of an Egge well beaten into a brassemortar, the Sugar, Ginger, Cinamon, and all together, and beat them together till you may worke it like paste; then take it and drive it forth into cakes, and print them, and lay them before the fire, or in a very warme Stove to bake. Or otherwise, take Sugar and Ginger (as is before said) Cinamon and Gum-dragon excepted, in stead whereof, take onely the whites of Egges, and so doe as was before shewed you.

Take Curds, the paring of Lemons, of Orenge or To make Suckers. Pouncitrons, or indeede any halfe ripe greene fruite, and boyle them till they be tender in sweet wort; then make a sirrup in this sort: take three pound of Sugar, and the whites of foure Egges, and a gallon of water, then swinge and beate the water and Egges together; and then put in your Sugar, and set it on the fire, and let it have an easie fire, and so let it boyle fixe or seven walmes, and then streine it thorow a cloth, and let it seethe againe till it fall from the spoone, and then put it into the the rindes or fruits.

Take a quart of Hony clarified, and seethe it till it be Course Ginger-bread. browne, and if it be thicke put to it a dish of water:

then take fine crummes of white bread grated, and put to it, and stirre it well, and when it is almost cold, put to it the powder of Ginger, Cloves, Cinamon, and a little Licoras and Aniseedes: then kneed it, and put it into moulds and print it; some use to put to it also a little Pepper, but that is according unto taste and pleasure.

To Candy any
roote, fruit or
flower,

Diffolve *Sugar*, or *Sugar-candy* in *Rose-water*, boyle it to an height, put in your roots, fruits, or flowers, the *sirrup* being cold, then rest a little, after take them out and boyle the *sirrup* againe, then put in more roots, &c. then boyle the *sirrup* the third time to an hardnesse, putting in more *sugar*, but not *Rose water*, put in the roots, &c. the *sirrup* being cold, and let them stand till they candy.

Ordering of
Banquets.

Thus having shewed you how to Preserve, Conserve, candy, and make pastes of all kinds, in which foure heads consists the whole art of banqueting dishes; I will now proceed to the ordering or setting forth of a Banquet, wherein you shall observe, that *March-panes* have the first place, the middle-place and last place; your preserved fruits shall be dish'd up first, your pastes next, your wet Suckets after them, then your dried Suckets, then your *Marmalades*, and *Goodiniakes*, then your *Comfets* of all kindes; Next your *Pearres*, *Apples*, *wardens* back'd, raw or roasted, and your *Orenge*s and *Lemons* sliced; and lastly, your *Waser-cakes*. Thus you shall order them in the closet: but when they goe to the Table, you shall first send forth a dish made for shew only, as *Beast*, *Bird*, *Fish*, *Fowle*, according to the invention: then your *March-pane*, then preserved fruites, then a Paste, then a wet Sucket, then a dry Sucket, *Marmalade*, *Comfets*, *Apples*, *Pearres*, *Wardens*, *Orenge*s and *Lemons*, sliced; and then *Wasers*, and another dish of preserved fruites, and so

so consequently all the rest before, no two dishes of one kinde going or standing together, and this will not onely appeare delicate to the eye, but invite the appetite with the much variety thereof.

Now we have drawne our *House-wife* into these severall Knowledges of Cookery, in as much as in her is contained all the inward offices of houshold, wee will proceede to declare the manner of serving and setting forth of meat for a great Feast, and from it derive manner, making a due proportion of all things: for what availes it our good *House wife* to be never so skilfull in the parts of Cookery, if shee want skill to marshall the dishes, and set every one in his due place, giving precedence according to fashion and custome: It is like to a Fencer leading a band of men in rout, who knowes the use of the weapon, but not how to put men in order. It is then to be understood, that it is the office of the Clerk of the Kitchin (whose place our *House-wife* must many times supply) to order the meat at the Dresser, and deliver it unto the Sewer, who is to deliver it to the Gentlemen and Yeomen-waiters to beare to the Table. Now because wee allow no offices but our *House-wife*, to whom wee onely speake in this Booke, shee shall first marshall her Sallets, delivering the grand Saller first, which is evermore compound: then greene Sallets, then boild Sallets, then some smaller compound Sallets. Next unto Sallets, she shall deliver forth all her Fricases, the simple first; as Collops, Rashers, and such like: the compound Fricases; after them all her boyl'd meats in their degree, as simple broths, stew'd-broth, and the boyling of sundry fowles. Next them, all sorts of roast-meats, of which the greatest first: as chine of Beete, or Surloyn, the gigger or legges of Mutton, Goose, Swan, Weale,

Ordering of
great Feasts,
and proportion
of expence.

Veale, Pig, Capon, and such like. Then bak'd-meats, the hot first, as Fallow-deere in Pasty, Chicken, or Calves-foot-pie and Dowset. Then cold bak'd-meats, Pheasant, Partridges, Turkey, Goose, Wood-cocke, and such like. Then lastly, Carbonadoes, both simple and compound. And being thus marshall'd from the Dresser, the Sewer upon the placing them on the Table, shall not set them downe as he received them, but setting the Sallets extravagantly about the Table, mixe the Fricases about them; then the boyl'd-meats amongst the Fricases, rost-meats amongst the boyl'd, bak'd-meats amongst the rost, and Carbonadoes amongst the bak'd, so that before every trencher may stand a Sallet, a Fricase, a boyl'd meat, a rost meat, a bak'd meat, and a Carbonado, which will both give a most comely beauty to the table, and very great contentment to the Guesse. So likewise in the second course, shee shall first preferre the lesser wilde-fowle, as Mallard, Tayle, Snipe, Plover, Wood-cocke, and such like: Then the lesser land-fowle; as Chicken, Pigeons, Partridge, Raile, Turkey, Chickens, young Pea-hens, and such like.

Then the greater wild-fowle; as Bitter, Hearne, Shoveler, Crane, Bustard, and such like. Then the greater land-fowles; as Peacocks, Pheasant, Puets, Gulls, and such like. Then hot bak'd meats; as Marrowbone-pye, Quince-pye, Florentine and Tarts.

Then cold bak'd-meats, as red Deere, Hare-pye, Gammon of Bacon-pie, wild Bore, Roe-pie, and such like, and these also shall be marshall'd at the Table, as the first course not one kinde all together, but each severall sort mixt together, as a lesser wild-fowle and a lesser land-fowle; a great wild-fowle, and a great land-fowle; a hot bak'd meat and a cold: and for made dishes

dishes and *Quelquechoses*, which lie on the invention of the Cooke, they are to be thrust in into every place that is empty, and so sprinkled over all the Table: and this is the best method for the extraordinary great feasts of Princes. But in case it be for much more humble meanes, then lesse care and fewer dishes may discharge it: yet before I proceede to that lower rate, you shall understand, that in these great feasts of Princes, though I have mentioned nothing but flesh, yet is not fish to be exempted; for it is a beauty and an honour unto every feast, and is to be placed amongst all these severall services, as thus; as amongst your *Sallets*, all sorts of sousted-fish that lives in the fresh water; amongst your *Fricases*, all manner of fried-fish; amongst your boyl'd-meats, all fish in broths; amongst your rost-meats, all fish served hot, but dry; amongst the bak'd-meates, all Sea-fish that is soust'd; as *Sturgion*, and the like; and amongst your *Carbonadoes*, fish that is broyl'd. As for your second course, to it belongeth all manner of shell-fish, either in the shell, or without; the hot to goe up with the hot meate, and the cold with the cold.

And thus shall the feast be royall, and the service worthy.

Now for a more humble feast, or an ordinary proportion which any good man may keepe in his family for the entertainment of his true and worthy friends, it must hold limitation with his provision, and the season of the yeere: for Summer affords what Winter wants, and Winter is master of that which Summer can but with difficulty have: it is good then for him that intends to feast, to set downe the full number of his full dishes, that is, dishes of meat that are of substance, and not empty, or for shew; and of these fixteene is a good

good proportion for one course unto one messe, as thus for example : First, a shield of Brawne with mustard : Secondly, a boyl'd Capon : Thirdly, a boyl'd piece of Beeffe : Fourthly, a chine of Beeffe roasted : Fifthly, a Neats-tongue roasted : Sixthly, a Pig roasted : Seventhly, chewets bak'd : Eighthly, a Goose roasted : Ninthly, a Swan roasted : Tenthly, a Turkie roasted : the eleventh, a haunch of Venison roasted : The twelfth, a Pastie of Venison : The thirteenth, a Kid with a pudding in the belly : The fourteenth, an Olive Pie : The fifteenth, a couple of Capons : The sixteenth, a Custard or Dowfers. Now to these full dishes may be added in Sallers, Fricases, Quelquechoses, and devised paste, as many dishes more, which make the full service no lesse then two and thirty dishes, which is as much as can conveniently stand on one Table, and in one messe : and after this manner you may proportion both your second and third course, holding fulnesse in one halfe of the dishes, and shew in the other, which will be both frugall in the splendour, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great Feasts and ordinary contentments.

CHAP. 3.

Of Distillations, and their Vertues, and of perswining.

WHen our English House-wife is exact in these rules before rehearsed, and that she is able to adorne and beautifie her table, with all the vertuous illustration meet for her knowledge, she shall then sort her mind to the understanding of other house-wisely secrets, right profitable and meet for her use, such

such as the want thereof may trouble her when need, or time requires.

Therefore first I would have her furnish her selfe of very good Stils, for the distillation of all kinds of Waters, which stils would either be of Tinne, or sweete Earth, and in them she shall distill all sorts of waters, meete for the health of her Household, as Sage-water, which is good for all Rhumes and Chollickes; Radish-water, which is good for the stone, Angelica water good for infection, Celadine-water for sore eyes, Vine-water, for itchings, Rose-water, and Eye-bright-water for dim sights, Rosemary-water for Fistuloes, Treacle-water for mouth cankers, water of Cloves for paine in the stomacke, Saxifrage-water for gravell and hard urin, Allum-water for old Ulcers, and a world of others, any of which will last a full yeere at the least: Then she shall know that the best waters for the smoothing of the skin, and keeping the face delicate and amiable, are those which are distilled from Beane-flowers, from Strawberries, from Vine-leaves, from Goats-milke, from Asses milke, from the whites of Egges, from the flowers of Lillies; from Dragons, from calves feete, from bran, or from yolkes of Egges, any of which will last a yeere or better.

Of the nature
of waters.

First distill your water in a stillatory, then put it in a glasse of great strength, and fill it with those flowers againe (whose colour you desire) as full as you can, and stop it, and set it in the stillatory againe, and let it distill, and you shall have the colour you distill.

Additions
to distillations.
To distill water
of the colour of
the herbe or
flower you de-
sire.
To make Aqua
quavite.

Take of Rosemary flowers two handfuls, of Marjoram, Winter-savory, Rosemary, Rew, unfer Time, Germanander, Rybwort, Harts-tongue, Mouseare, white Wormwood, Buglosse, red Sage, Liver-worte, Hoarehound,

hound, fine Lavender, Iſop-crops, Penny-royall, Red-fennell, of each of theſe one handfull : of Elicompane-roots, cleane pared and ſliced, two handfulls : Then take all theſe aforeſaid and ſhred them, but not waſh them, then take foure gallons and more of ſtrong Ale, and one gallons of Sack-lees, and put all theſe aforeſayd herbs ſhred into it, and then put into it one pound of Licoras bruifed, halfe a pound of Aniſeeds cleane ſifted and bruifed, and of Mace and Nutmegs bruifed of each one ounce : then put together into your ſtilling-pot cloſe covered with Rye-paſte, and make a ſoft fire under your pot, and as the head of the Limbecke heareth, draw out your hot water and put in cold, keeping the head of your Limbecke ſtill with cold water, but ſee your fire be not too raſh at the firſt, but let your water come at leaſure; and take heed into your ſtilling that your water change not white: for it is not ſo ſtrong as the firſt draught is; and when the water is diſtilled, take a gallon glaſſe with a wide mouth, and put therein a pottle of the beſt water and cleereſt, and put into it a pottle of Roſa-ſolis, halfe a pound of Dates bruifed, and one ounce of graines, halfe a pound of Sugar, halfe an ounce of ſeedpearle beaten, three leaves of fine gold, ſtirre all theſe together well, then chop your glaſſe and ſet it in the ſunne the ſpace of one or two month, and then clarifie it and uſe it at your diſcretion: for a ſpoonfull or two at a time is ſufficient, and the vertues are infinite.

Another excellent Aquavita.


Fill a pot with red wine cleane and ſtrong, and put therein the pouders of Camomile, Gilli-flowers, Ginger, Pellitory, Nutmeg, Gallengall, Spicknard, Que-nebits, graines of pure long pepper, blacke Pepper, com-

Commin, Fennell-seede, Smalledge, Pasley, Sage, Rew, Mint Calamint, and Horshorn, of each of them a like quantity, and beware they differ not the weight of a dram under or above: then put all the powders above-said into the wine, and after put them into the distilling pot, and distill it with a soft fire, and looke that it be well luted about with *Rye paste*, so that no fume or breath goe forth, and looke that the fire be temperate: also receive the water out of the Limbecke into a glasse-Vyall. This water is called the water of Life, and it may be likened to *Balme*, for it hath all the vertues and properties which *Balme* hath: this water is cleere, and lighter then *Rose-water*, for it will fleet above all liquors; for if oyle be put above this water it sinketh to the bottome. This water keepeth flesh and fish both raw and sodden in his owne kind and state, it is good against aches in the bones, the poxe, and such like, neither can any thing kept in this water rot, or putrifie, it doth draw out the sweetnesse, savour, and vertues of all manner of spices, roots and herbes that are wet, or laid therein, it gives sweetnesse to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the Palsie, or trembling joynts, and stretching of the sinewes; it is good against the cold goute, and it maketh an old man seeme young, using to drinke it fasting, and lastly, it fretteth away dead flesh in wounds, and killeth the canker.

Take *Rosemary, Time, Issop, Sage, Fennell, Nip,* roots of *Elicompane*, of each an handfull, of *Mariorum* and *Penny-royall*, of each halfe a handfull, eight slips of red *Mint*, halfe a pound of *Licoras*, halfe a pound of *Aniseedes*, and two gallons of the best *Ale* that can be brewed, wash all these herbes cleane, and put into the

To make aqua-
composita.

the *Ale*, *Licoras*, *Aniseedes*, and herbes into a cleane brasse-pot, and set your Limbecke thereon, and paste it round about that no ayre come out, then distill the water with a gentle fire, and keepe the Limbecke coole above, not suffering it to runne too fast; and take heed when your water changeth colour, to put another glasse under, and keepe the first water, for it is most precious, and the latter water keepe by it selfe, and put it into your next pot, and that shall make it much better.

 A very principall aqua composita.

Take of *Balme*, of *Rosemary* Flowers tops and all, of dried red *Rose leaves*, of *Penny-royall*, of each of these a handfull, one root of *Elicompane* the whitest that can be got, three quarters of a pound of *Licoras*, two ounces of *Cinamon*, two drams of great *Mace*, two drams of *Gallendgall*, three drams of *Coliander-seedes* three drammes of *Carraway-seedes*, two or three *Nutmegges* cut in foure quarters, an ounce of *Aniseedes*, a handfull of *Borage*; you must chuse a faire sunny day, to gather the herbes in; you must not wash them, but cut them in sunder, and not too small; then lay all your herbes in soufe all night and a day, with the spices grossely beaten or bruised, and then distill it in order afore said, this was made for a learned Physitians owne drinking.

To make the Emperiall water.

Take a gallond of *Gascoine-wine*, *Ginger*, *Gallendgall* *Nutmegges*, *Graines*, *Cloves*, *Aniseedes*, *Fennell seedes*, *Carraway seedes* of each one dramme, then take *Sage*, *Mints*, red *Roses*, *Time*, *Pellitory*, *Rosemary Wilde-time*, *Camomile*, and *Lavender*, of each a handfull, then bray the spices small, and the herbs also, and put all together into the wine, and let it stand so twelve houres, stirring it divers times, then distill it with a Limbecke, and keepe the first water, for it is best: of a gallond of wine

wine you must not take above a quart of water; this water comforteth the vitall spirits, and helpeth inward diseases that commeth of cold, as the palsie, the contraction of sinewes, also it killeth wormes, and comforts the stomacke; it cureth the cold dropisie, helps the stone, the stinking breath, and maketh one seeme young.

Take a pottle of the best Sack, and halfe a pint of *Rose-water*, a quarter and halfe a pound of good *Cinamon* well bruised, but not small bearen; distill all these together in a glasse-still, but you must carefully looke to it, that it boile not over hastily, and attend it with cold wet cloths to coole the top of the still if the water should offer to boyle too hastily. This water is very soveraigne for the stomacke, the head, and all the inward parts; it helps digestion, and comforteth the vitall spirits.

To make Cinnamon water.

1 Take *Fennel*, *Rew*, *Vervine*, *Endive*, *Bettony*, *German-der*, *Red-rose*, *Capillus Veneris*, of each an ounce; stampe them, and keepe them in white *Wine* a day and a night; and distill water of them, which water will divide in three parts: the first water you shall put in a glasse by it selfe, for it is more precious then gold, the second as silver, and the third as Balme, and keepe these three parts in glasse: this water you shall give the rich for Gold, to meaner for Silver, to poore men for Balme: This water keepeth the sight in clearenesse, and purgeth all grosse humours.

Size most precious waters, which Hippocrates made, and sent to a Queen sometimes living in England.

2 Take *Salgemma* a pound, and lap it in a greene docke leafe, and lay it in the fire till it be well roasted, and waxe white, and put it in a glasse against the ayre a night, and on the morrow it shall be turned to a white water, like unto Chrystall: keepe this water well in a glasse, and put a drop into the eye, and it shall cleanse

L

and

and sharp the sight: it is good for any evill at the heart, for the Morphew, and the Canker in the mouth, and for divers other evils in the body.

3. Take the rootes of *Fennell*, *Parsley*, *Endive*, *Bettony*, of each an ounce, and first wash them well in luke-warme water, and bray them well with white wine a day and a night, and then distill them into water: this water is more worthy then *Balme*; it preserveth the sight much, and cleanseth it of all filth, it restraineth teares, and comforteth the head, and avoydeth the water that commeth through the paine of the head.

4. Take the seede of *Parsley*, *Achannes*, *Vervine*, *Carawayes* and *Centuary*, of each ten drams, beate all these together, and put it in warme water a day and a night, and put it in a vessell to distill: this water is a precious water for all sore eyes, and very good for the health of mans or womans body.

5. Take *Limmell* of *Gold*, *Silver*, *Lattin*, *Copper*, *Iron*, *Steele*, and *Lead*, and take *Lethargie* of *Gold* and *Silver*, take *Calamint*, and *Columbine*, and steepe all together, the first day in the Urin of a man-child, that is betweene a day and a night, the second day in white wine, the third day in the juyce of *Fennell*, the fourth day in the whites of Eggs, the fift day in womans milke that nourisheth a man-child, the sixt in red wine, the seventh day in the whites of Egges, and upon the eight day bind all these together, and distill the water of them, and keepe this water in a vessell of *Gold* or *Silver*: the vertues of this water are these: First, it expelleth all rhumes, and doeth away all manner of sicknesse from the eyes, and weares away the pearle, pin and web, it draweth againe into his owne kinde the eye-lids that have beene bleared, it easeth the ache of the head, and if a man
drinke

drinke it, maketh him looke young even in old age, besides a world of other most excellent vertues.

6 Take the Goldsmiths stone, and put it into the fire, till it be red hot, and quench it in a pint of white-wine, and doe so nine times, and after grind it, and beate it small, and cleanse it as cleane as you may, and after set it in the Sunne, with water of *Fennell* distilled, and *Perwine*, *Roses*, *Cell-dine* and *Rew*, and a little *Aquavite*, and when you have sprinkled it in the water nine times, put it then in a vessell of glasse, and yet upon a reversion of the water distill it, till it passe over the touch foure or five inches; and when you will use it, then stirre it all together, and then take up a drop with a feather, and put it on your nasse, and if it abide, it is fine and good: then put it in the eye that runneth, or annoint the head with it if it ake, and temples, and beleeeve it, that of all waters, this is the most precious, and helpeth the sight, or any paine in the head.

The water of *Chervile* is good for a sore mouth.

The water of *Calamint* is good for the stomacke.

The vertues of
severall waters.

The water of *Plantain* is good for the fluxe, and the hot dropie.

Water of *Fennell* is good to make a fat body small, and also for the eyes.

Water of *Violets* is good for a man that is sore within his body, and for the reines, and for the liver.

Water of *Endive* is good for the dropie, and for the jaundise, and the stomacke.

Water of *Borage* is good for the stomacke, and for the *Iliacapassio*, and many other sicknesses in the body.

Water of both *Sages* is good for the palsie.

Water of *Bettony* is good for old age and all inward sicknesses.

Water of *Radish* drunke twice a day, at each time an ounce, or an ounce and a halfe, doth multiply and provoke lust, and also provoketh the tearmes in women.

Rosemary water (the face washed therein both morning and night) causeth a faire and cleare countenance: also the head washed therewith, and let dry of it selfe, preserveth the falling of the haire, and causeth more to grow; also two ounces of the same drunke, driveth venome out of the body in the same sort as *Mithridate* doth; the same twice or thrice drunke, at each time halfe an ounce, rectifieth the mother, and it causeth women to be fruitfull: when one maketh a Bath of this decoction, it is called the Bath of life; the same drunke comforteth the heart, the braine, and the whole body, and cleanseth away the spots of the face; it maketh a man looke young, and causeth women to conceive quickly, and hath all the vertues of Balme.

Water of *Ren* drunke in a morning foure or five daies together, at each time an ounce, purifieth the flowers in women: the same water drunke in the morning fasting, is good against the griping of the bowels, and drunke at morning and at night, at each time an ounce, it provoketh the termes in women.

The water of *Sorrell* drunke, is good for all burning and pestilent fevers, and all other hot sicknesses: being mixt with Beere, Ale, or Wine, it slaketh the thirst: it is also good for the yellow laundise, being taken fixe or eight daies together: it also expelleth from the liver, if it be drunke, and a cloth wet in the same, and a little wrung out, and so applied to the right side over against the liver, and when it is dry, then wet another, and apply

apply it; and thus doe three or foure times together.

Lastly, the water of *Angelica* is good for the head, for inward infection, either of the Plague or Pestilence, it is very soveraigne for sore breasts; also the same water being drunke of twelve or thirteene daies together, is good to unload the stomacke of grosse humours and superfluities, and it strengtheneth and comforteth all the universall parts of the body: and lastly, it is a most soveraigne medicine for the gout, by bathing the diseased members much therein.

Now to conclude and knit up this Chapter, it is meet that our House-wife know that from the eighth of the Kalends of the Moneth of *April*, unto the eighth of the Kalends of *July*, all manner of herbes and leaves are in that time most in strength, and of the greatest vertue to be used and put in all manner of medicine, also from the eighth of the Kalends of *July* unto the eighth of the Kalends of *October*, the stalkes, stems, and hard branches of every herbe and plant is most in strength to be used in medicines; and from the eighth of the Kalends of *October*, unto the eighth of the Kalends of *April*, all manner of roots of herbes and plants are the most of strength and vertue to be used in all manner of medicines.

To make an excellent sweet water for perfume, you shall take of *Basill*, *Mints*, *Marioram*, *Corre-flagge-roots*, *Issop*, *Savory*, *Sage*, *Balme*, *Lavander*, and *Rosemary* of each one handfull, of *Gloves*, *Cinamon* and *Nutmegges* of each halfe an ounce, then three or foure *Pomecitrons* cut into slices, infuse all these in o *Damaske-rose* water the space of three daies, and then distill it with a gentle fire of char-coale, then when you have put it into a very cleane glasse, take of fat *Muske*, *Civit*,

An excellent
Water for per-
fume.

and *Amber-greece*, of each the quantity of a scruple, and put into a ragge of fine *Lawne*, and then hang it within the water: This being either burn'd upon a hot pan, or else boyled in perfuming pans with *Cloves*, *Bay leaves*, and *Lenimon pills*, will make the most delicatest perfume that may be without any offence, and will last the longest of all other sweet perfumes, as hath been found by experience.

To perfume
Gloves.

To perfume *Gloves* excellently, take the oyle of sweet *Almonds*, oyle of *Nutmegges*, oyle of *Beniamin*, of each a dram, of *Amber-greece* one graine, fat *Muske* two graines: mixe them all together, and grinde them upon a painters stone, and then annoint the *Gloves* therewith: yet before you anoint them, let them be dampishly moistened with *Damaske Rose-water*.

To perfume a
Ierkin.

To perfume a Ierkin well, take the oyle of *Beniamin* a penny-worth, oyle of *Spike*, and oyle of *Olives*, halfe penny-worths of each, and take two Spunges and warme one of them against the fire and rub your Ierkin therewith, and when the oyle is dried, take the other Sponge and dip it in the oyle, and rub your Ierkin therewith till it be dry, then lay on the perfume before prescribed for *Gloves*.

To make wash-
ing Balls.

To make very good washing Balls, take *Storax* of both kindes, *Beniamin*, *Calamus Aromaticus*, *Labdanum* of each a like; and bray them to powder with *Cloves* and *Arras*; then beate them all with a sufficient quantity of Sope till it be stiffe, then with your hand you shall worke it like paste, and make round balls thereof.

To make a
Muske Ball.

To make Muske-balls, take *Nutmegs*, *Mace*, *Cloves*, *Saffron* and *Cinamon*, of each the waight of two-pence, and beat it to fine powder, of *Mastick* the waight of

of two-pence halfe-peny, of *Storax* the weight of six-pence; of *Labdanum* the weight of ten-pence; of *Amber-greece* the weight of six-pence; and of *Muske* foure graines, dissolve and worke all these in hard sweete *Sope* till it come to a stiffe paste, and then make balls thereof.

To make a good perfume to burn, take of *Beniamin* one ounce, *Storax*, *Calamint* two ounces, of *Masticke*, white *Amber-greece*, of each one ounce, *Ireos*, *Calamus Aromaticus*, *Cypresse-wood* of each halfe an ounce, of *Camphire* one scruple, *Labdanum* one ounce: beate all these to powder, then take of *Sallow Charcole* fixe ounces, of liquid *Storax* two ounces, beate them all with *Aquavite*, and then you shall roule them into long round roubles.

A perfume to burne.

To make Pomanders, take two penni-worth of *Labdanum*, two penny-worth of *Storax* liquid, one penny-worth of *Calamus Aromaticus*, as much Balme, halfe a quarter of a pound of fine waxe, of Cloves and Mace two penny-worth, of liquid Aloes three penny-worth, of Nutmegs eight penny-worth, and of Muske foure graines; beate all these exceedingly together till they come to a perfect substance, then mold it in any fashion you please and dry it.

To make Pomanders.

To make excellent strong Vinegar, you shall brew the strongest Ale that may be, and having tunned it in a very strong vessell, you shall set it either in your garden or some other safe place abroad, where it may have the whole Summers day Sun to shine upon it, and there let it lie till it be extreme sower, then into a Hoghead of this Vinegar put the leaves of foure or five hundred Damaske Roses, and after they have laid for the space of a Moneth therein, house the Vi-

To make Vinegar.


the Vinegar, and draw it as you neede it.

To make dry
vinegar.

To make dry Vinegar which you may carry in your pocket, you shall take the blades of greene corne, either Wheat or Rie, and beat it in a Mortar with the strongest Vinegar you can get, till it come to paste; then roule it into little balls, and dry it in the Sunne till it be very hard, then when you have any occasion to use it, cut a little piece thereof and dissolve it into Wine, and it will make strong Vinegar.

To make Ver-
juice.

To make Verjuice, you shall gather your Crabs as soone as the kernels turne blacke, and having laid them a while in a heape to sweat together, take them and picke them from stalkes, blackes and rottennefle: then in long troughs with beetles for the purpose, crush and breake them all to mash: then make a bagge of course haire-cloth as square as the presse, and fill it with the crush'd crabs, then put it into the presse, and presse it while any moisture will drop forth, having a cleane vessell underneath to receive the liquor: this done, tun it up into sweet Hogsheads, and to every Hogshead put halfe a dozen handfuls of Damaske Rose-leaves, and then bang it up, and spend it as you shall have occasion.

 Additions,
to concealed
secrets.

Many other pretty secrets there are belonging unto curious *Housewives*, but none more necessary then these already rehearsed, except such as shall hereafter follow in their proper places.

To make sweet
powder for
bagges.

Take of *Arras* fixe ounces, of *Damaske Rose leaves* as much, of *Mariorum* and sweet *Basil*, of each an ounce, of *Clives* two ounces, yellow *Saunders* two ounces, of *Citron pills* seven drammes, of *Lignum Aloes* one ounce, of *Beniamin* one ounce, of *Storax* one ounce, of *Muske* one dramme: bruise all these, and put them into a bagge.

bagge of silke or linnen, but silke is the best.

Take of *Arras* foure ounces, of *Gallaminis* one ounce, To make sweet
of *Ciris* halfe an ounce, of *Rose leaves* dried two hand- bagges.
fuls, of dried *marioram* one handfull, of *Spike* one hand-
full, *Cloves* one ounce, of *Beniamin* and *Storax*, of each
two ounces, of white *Saunders* and yellow of each one
ounce: beate all these into a grosse powder, then put to
it *Muske* a dram, of *Civet* halfe a dram, and of *Amber-
greece* halfe a dram; then put them into a *Taffata-bag*
and use it.

Take of *Bay leaves* one handfull, of red *Roses* two hand-
fuls of *Damaske Roses* three handfuls, of *Lavender*
foure handfuls, of *Basil* one handfull, of *Marioram*
two handfuls, of *Camomile* one handfull, the young
tops of sweet *Erjer* two handfu's, of *Mandelion tansy*
two handfuls, of *Orange pils* six or seven ounces, of
Cloves and *Mace* a groats-worth: put all these toge-
ther in a pot of new *Ale* in cornes for the space of
three daies, shaking it every day three or foure times,
then distill it the fourth day in a still with a continuall
soft fire, and after it is distilled, put into it a graine
or two of *Muske*.

How to make
sweet-water.

Take a quart of *Malmsey* lees, or a quart of *Malmsey*
simply, one handfull of *Marioram*, of *Basil* as much,
of *Lavender* foure handfuls, *Bay leaves* one good hand-
full, *Damaske Rose-leaves* foure handfuls, and as many
of red, the pils of *Orenges*, or for want of them,
one handfull of the tender leaves of *Walnut trees*, of
Beniamin halfe an ounce, of *Calamus Aromaticus* as
much, of *Camphire* foure drammes, of *Cloves* one
ounce, of *Ballanum* halfe an ounce; then take a
pottle of running water, and put in all these spices
bruised into your water and *Malmsey* together in a
close

A very rare and
pleasant Da-
make-water.

close stopped pot, with a good handfull of *Rosemary*, and let them stand for the space of sixe daies: then distill it with a soft fire: then set it in the Sunne sixteen daies with foure graines of *Muske* bruised. This quantity will make three quarts of water, *Probatum est.*

To make the
best Vinegar.

Take and brew very strong *Ale*, then take halfe a dozen gallons of the first running, and set it abroad to coole, and when it is cold, put *Rest* unto it, and head it very strongly; then put it up in a ferkin, and distill it in the Sunne: then take foure or five handfulls of *Beanes*, and parch them in a pan till they burst: then put them in as hot as you can into the Ferkin, and stop it with a little clay about the bung-hole: then take a handfull of cleane *Rye-leaves* and put in the Ferkin; then take a quantity of *Barberies*, and bruise and straine them into the Ferkin, and a good handfull of *Salt*, and let them lie and worke in the Sunne from *May* till *August*; then having the full strength, take *Rose-leaves* and clip the white ends off, and let them dry in the Sunne; then take *Elder-flowers* and picke them, and dry them in the Sunne, and when they are dry, put them in bagges, and keepe them all the Winter: then take a pottle-pot, and draw forth a pottle out of the Ferkin into the bottle, and put a handfull of red *Rose leaves*, and another of the *Elder-flowers*, and put into the bottle, and hang it in the Sunne, where you may occupy the same, and when it is empty, take out all the leaves, and fill it againe as you did before.

To perfume
Gloves.

Take *Angelica-water* and *Rose-water*, and put into them the powder of *Cloves*, *Amber-greece*, *Muske*, and *Lignum Aloes*, *Beniamin* and *Calamus Aromaticus*: boyle these till halfe be consumed: then straine it, and put your *Gloves* therein; and then hang them in the Sunne to dry,

dry, and turne them often: and thus three times wet them, and dry them againe: Or otherwise, take *Rose-water*, and wet your *Gloves* therein, then hang them up till they be almost dry; then take halfe an ounce of *Beniamin*, and grind it with oyle of *Almonds*, and rub it on the *Gloves* till it be almost dried in: then take twenty graines of *Amber-greece*, and twenty graines of *Muske*, and grind them together with oyle of *Almonds*, and so rub it on the *Gloves*, and then hang them up to dry, or let them dry in your bosome, and so after use them at your pleasure.

CHAP. 4.

The ordering, preserving, and helping of all sorts of Wines, and first of the choyce of Sweet Wines.

I Doe not assume to my selfe this knowledge of the *Vintners* secrets, but ingeniously confesse that one profest skilfull in the Trade, having rudely written, and more rudely disclosed this secret, and preferring it to the Stationer; it came to me to be polished, which I have done, knowing that it is necessary, &c.

It is necessary that our *English House-wife* be skilfull in the election, preserving and curing of all sorts of Wines, because they be usuall charges under her hands, and by the least neglect must turn the *Husband* to much losse: therefore to speake first of the election of sweete Wines, shee must be carefull that her *Malmseys* be full Wines, pleasant, well hewed and fine: that *Bastard* be fat, and if it be tawny it skils not. for the tawny *Bastards* be alwaies the sweetest: *Muskadine* must be great, pleasant, and strong, with a sweet sent and with Amber colour. *Sacke* if it be *Seres* (as it should be) you

you shall know it by the marke of a corke burned on one side of the bung, and they be ever full gaged, and so are no other Sackes, and the longer they lye, the better they be.

To make Mus-
kadin, and
give it a flaver.

Take a pleasant But of *Malmsey*, and draw it out a quarter and more; then fill it up with fat *Bastard* within eight gallons, or thereabouts, and parell it with fixe Egges, yolkes and all, one handfull of *Bay salt*, and a pint of *Conduit-water* to every parell, and if the Wine be high of colour, put in three gallons of new *Milke*, but skimme off the Creame first, and beate it well, or otherwise, if you have a good But of *Malmsey*, and a good pipe of *Bastard*, you must take some empty But or pipe; and draw thirty gallons of *Malmsey*, and as many of *Bastard*; and beate them well together: and when you have so done, take a quarter of a pound of *Ginger* and bruise it, and put it into your vessel; then fill it up with *Malmsey* and *Bastard*: Or otherwise thus, if you have a pleasant But of *Malmsey*, which is called *Ralt more*, you may draw out of it forty gallons, and if your *Bastard* be very faint, then thirty gallons of it will serve to make it pleasant: then take foure gallons of new *Milke* and beate it, and put it into it when it lacketh twelve gallons of full, and then make your flaver.

How to flaver
Muskadins.

Take one ounce of *Colianders*, of *Bay salt*, of *Cloves*, of each as much, one handfull of *Savory*: let all these be blended and bruised together, and sow them close in a bagge, and take halfe a pint of *Damaske-water*, and lay your flaver into it, and then put it into your but, and if it fine, give it a parell and fill it up, and let it lie till it be fine: or else thus, Take *Coliander* roors a peny-worth, one pound of *Aniseeds*, one peny-worth of
Ginger

Ginger: bruisse them together, and put them into a bagge as before, and make your bagge long and small, that it goe in and out at the bung-hole, and when you doe put it in, fasten it with a thread at the bung: then take a pint of the strongest *Damask-water*, and warme it luke-warme, then put it into the But, and then stop it close for two or three daies at least, and then, if you please, you may set it abroad.

Take seven whites of new laid Egges, two handfulls of *Bay-salt*, and beate them well together, and put therein a pint of Sacke or more, and beate them till they be as short as snow; then over-draw the But seven or eight gallons, and beate the Wine, and stirre the Lees, and then put in the parell and beate it, and so fill it up, and stop it close, and draw it on the morrow.

Draw out of a Pipe of Bastard ten Gallons, and put to it five gallons of new milke, and skim it as before, and all to beate it with a parill of eight whites of Egges, and a handfull of *Bay-salt*, and a pint of conduit-water, and it will be white and fine in the morning. But if you will make very fine Bastard, take a white-wine Hogs head, and put out the Lees, and wash it cleane, and fill it halfe full and halfe a quarter, and put to it foure gallons of new milke, and beate it well with the whites of sixe Egges, and fill it up with white-wine and Sacke, and it will be white and fine.

Take two gallons of the best stoned hony, and two gallons of white-wine, and boyle them in a faire pan, skimme it cleane, and streine it thorow a faire cloth that there be no moats in it: then put to it one ounce of *Colianders*, and one ounce of *Aniseedes*, foure or five *Orange-pills* dry and beaten to powder, let them lye three daies: then draw your Bastard into a cleane pipe, then

To apparell
Muskadine
when it comes
new to be fi-
ned in twenty
four hours.

To make white
Bastard.

How to helpe
Bastard being
cager.

then put in your honey with the rest, and beate it well: then let it lye a weeke and touch it not, after draw it at your pleasure.

To make Bastard white, and to rid away Lagges,

If your Bastard be fat and good, draw out forty gallons, then may you fill it up with the lagges of any kind of white Wines or Sacks; then take five gallons of new Milke, and first take away the creame, then streine it thorow a cleane cloth, and when your pipe is three quarters full, put in your Milke; then beate it very well, and fill it so, that it may lacke fifteene gallons, then aparell it thus: take the whites onely of ten Egges, and beat them in a faire tray with *Bay salt* and *Conduit water*; then put it into the pipe and beate it well, and so fill it up, and let it stand open all night: and if you will keepe it any while, you must on the morrow stop it close, and to make the same drinke like *Ossey*, give it this flaver: Take a pound of *Aniseeds*, two pence in *Colianders*, two pence in *Ginger*, two pence in *Cloves*, two pence in *Graines*, two pence in long *Pepper*, and two pence in *Licoras*; bruiſe all these together: then make two bagges of linnen-cloth, long and small, and put your spices into them, and put them into the pipe at the bung, making them fast there with a thread, that it may sinke into the Wine, then stop it close, and in two daies you may broach it.

A remedy for Bastard if it pricketh.

Take and draw him from his Lees, if he have any, and put the Wine into a *Malmsey But* to the Lees of *Malmsey*; then put to the *Bastard* that is in the *Malmsey But*, nigh three gallons of the best *Woor* of a fresh tap, and then fill him up with *Bastard* or *Malmsey*, or *Cute*, if you will; then aparell it thus: First, parell him, and beate him with a staffe, and then take the whites of foure new laid Egges, and beate them with a handfull of
Salt

sack till it be as short as *Mosse*, and then put a pint of running water therein, and so fill the Pipe up full, and lay a little stone on the bung, and set it abroad within foure and twenty houres if you will.

If you have a good But of *Malmsey*, and a But or two of *sacke* that will not be drunke: for the *sacke* prepare some empty But or Pipe, and draw it more than halfe full of *sacke*, then fill it up with *Malmsey*, and when your But is full within a little, put into it three gallons of Spanish *Cute*, the best that you can get, then beat it well, then take your taster, and see that it be deep coloured; then fill it up with *sacke*, and give it a parell, and beate it well; the apearell is this: Take the yolkes of ten Egges, and beate them in a cleane Basen with a handfull of *Bay salt*, and a quart of *Conduit-water*, and beate them together with a little piece of *Birch*, and beate it till it be as short as *Mosse*, then draw five or sixe gallons out of your But, then beate it againe, and then fill it up, and the next day it will be ready to be drawne. This apearell will serve both for *Muskadine*, *Bastard*, and for *sacke*.

If you have two principall Buts of *Malmsey*, you may make three good Buts with your lagges of *Claret* and of *sacke*, if you put two gallons of red Wine in a But, it will save the more *Cute*: then put two or three gallons of *Cute*, as you see cause; and if it be Spanish *Cute*, two gallons will goe further then five gallons of *Candy Cute*, but the *Candy Cute* is more naturall for the *Malmsey*: also one But of good *Malmsey*, and a But of *sacke* that hath lost his colour, will make two good Buts of *Malmsey*, with the more *Cute*; and when you have fill'd your Buts within twelve gallons, then put in your *Cute*, and beate it halfe an

houre.

To make
Malmsey.

To shift *Malmsey*, and to rid away ill wines.

If Sacke want
his colour.

houre and more : then put in your parell and let it lye.
First, parell him as you did the Bastard, and order him as shall be shewed you for the white-wine of *Gascogne* with milke, and so set him abroach.

For Sacke that
is tawny.

If your Sacke have a strong lee or taste, take a good sweet But, faire washed, and draw your Sack into it, and make unto it a parell as you doe to the Bastard, and beate it very well, and so stop up your But : and if it be tawny, take three gallons of new milke and streine it cleane, and put it into your Sacke, then beat it very well, and stop it close.

For Sacke that
doth rape and
is browne.

Take a faire empty But with the Lees in it, and draw your Sacke into the same from his Lees fine : then take a pound of Rice flower, as fine as you can get, and foure graines of Camphire, and put it into the Sacke : and if it will not fine, give it a good parell, and beate it well : then stop it and let it lie.

To colour
Sacke, or any
white wine.

If any of your Sackes or white Wines have lost their colour, take three Gallons of new milke, and take away the Creame : then over-draw your wine five or six gallons, then put in your milke and beate it ; then lay it a foretarke all night, and in the morning lay it up, and the next day if you will you may set it abroach.

If Alligant be
growne hard.

Draw him out into fresh Lee, and take three or foure gallons of stone Hony clarified, and being coole, put it in and parell it with the yolkes of foure Egges, whites and all, and beat it well, and fill it up, and stop it close, and it will be pleasant and quicke as long as it is in drawing.

For Alligane
that is sower.

Take three gallons of white hony, and two gallons of red Wine, boyle them together in a faire pan, and skimme it cleane, and let it stand till it be fine and cold, then put it into your Pipe : yet nothing but the finest ;
then

then beate it well, and fill it up, and stop it close, and if your Allegant be pleasant and great, it will doe much good, for the one Pipe will rid away divers.

There are two sorts of *Rhenish wines*, that is to say, *Elstertune* and *Barabant*: the *Elstertune* is best, you shal know it by the Fat, for it is double barr'd and double pinn'd; the *Barabant* is nothing so good, and there is not so much good to be done with it as with the other. If the wines be good and pleasant, a man may rid away a Hogshead or two of white Wine, and this is the most vantage a man can have by them: and if it be slender and hard, then take three or foure gallons of stone-honey and clarifie it cleane; then put into the honey foure or five gallons of the same wine, and then let it seethe a great while, and put into it two pence in Cloves bruised, let them seethe together, for it will take away the sent of honey, and when it is sodden, take it off, and set it by till it be thorow cold, then take foure gallons of Milke and order it as before, and then put all into your wine and all to beate it; and (if you can) roule it, for that is the best way; then stop it close, and let it lie, and that will make it pleasant.

How to order
Rhenish wine.

The Wines that be made in *Burdeaux* are called *Gascogne* Wines, and you shall know them by their hazell hoopes, and the most be full gage and sound Wines.

Of what coun-
tries Wines
are by their
names.

The wines of the high countries, and which are called high-countrie wine, are made some thirty or forty miles beyond *Burdeaux*, and they come not downe so soone as the other; for if they doe they are all forfeited, and you shall know them ever by their hazell hoopes, and the length gage lackes.

Then have you wines that be called *Gallaway* both in Pipes and Hogsheads, and be long, and lackes

M

two

two Sesternes in gage and a halfe, and the Wines themſelve are high coloured. Then there are other Wines which are called white Wine of *Angulle*, very good Wine, and lackes little of gage, and this is alſo in Pipes for the moſt part, and is quarter-bound. Then there are *Rockell* Wines, which are alſo in Pipes long and ſlender: they are very ſmall hedge-wines, ſharpe in taſte, and of a pallid complexion; Your beſt Sackes are of *Seres* in *Spaine*, your ſmaller of *Galacia* and *Portugall*: your ſtrong Sackes are of the Iſlands of the *Canaries*, and of *Malligo*; and your Muſkadine and Malmſeys are of many parts of *Italy*, *Greece*, and ſome ſpeciall Iſlands.

Notes of ga-
ging of Wines,
Oyles and
Liquors.

Every Terſe is in depth the middle of the knot in the miſt.

The depth of every Hogſhead is the fourth pricke above the knot.

The depth of every Puncheon is the fourth pricke next to the Punchener.

The depth of every Sacke-but is the foure prickes next to the Puncheon.

The depth of the whole Hogſhead is at the loweſt notch, and accounted one.

The depth of the halfe Terſe is at the ſecond notch, and is accounted two.

The depth of the halfe Hogſhead and halfe pipe, is at the third notch, and accounted three.

The depth of the halfe But is at the fourth notch, and is accounted foure.

x. The

1. The full Gage is marked thus.



The markes of
Gaging.

2. The halfe Sesterne lacketh, thus



3. The whole Sesterne lacketh, thus



4. The Sesterne and halfe lag.



5. The two Sesterne, thus.



6. The two and a halfe Sesterne, thus.



The contents
of all manner
of Gascoigne
wines, and
others.

A But of *Malmsey* if he be full gage, is one hundred and twenty fixe gallons.

And so the tun is two hundred and fifty two gallons. Every Sesterne is three gallons.

If you sell for twelve pence a gallon, the tun is twelve pound, twelve shillings.

And *Malmsey* and *Renish* wine at ten pence the gallon, is the tun ten pound.

Eight pence the gallon, is the tun eight pounds.

Six pence the gallon, is the tun six pounds.

Five pence the gallon, is the tun five pounds.

Four pence the gallon, is the tun four pounds.

Now for *Gascoigne* wine, there goeth foure Hogheads to a tun, and every hoghead is sixty three gallons, the two hogheads are one hundred twenty six gallons, and foure hogheads are two hundred fifty two gallons; and if you sell for eight pence the gallon, you shall make of the tun eight pounds, and so forth looke how may pence the gallons are, and so many pounds the tun is.

Now for *Bastard* it is at the same rate, but it lacketh of gage two Sesterne and a halfe, or three in a Pipe, and then you must abate fixe gallons of the price, and so in all other wines.

To choose
Gascoigne
wines.

See that in your choice of *Gascoigne* wines you observe that your Clarret wines be faire coloured, and bright as a Ruby, not deepe as an Amethyst; for though it may shew strength, yet it wants neatnesse: also let it be sweete as a Rose or a Violet, and in any case let it be short; for if it be long, then in nowise meddle with it.

For your white wines, see they be sweete and pleasant at the nose, very short, cleere and bright, and quicke in the taste.

And A

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Lastly,

Lastly, for your red Wines, provide that they be deep coloured and pleasant, long and sweete, and if in them, or Claret Wines be any default of colour, there are remedies enough to amend and repaire them.

If your Clarret Wine be faint, and have lost his colour; then take a fresh hoghead with his fresh lees which was very good wine, and draw your wine into the same, then stop it close and tight, and lay it aforetake for two or three daies that the lees may run thorow it, then lay it up till it be fine, and if the colour be not perfect, draw it into a red wine hoghead, that is new drawne with the lees, and that will colour of himselfe, and make him strong; or take a pound of Tournsell or two, and beate it with a gallon or two of wine, and let it lie a day or two, then put it into your hoghead, draw your wine againe, and wash your clothes, then lay it aforetake all night, and roule it on the morrow; then lay it up, and it will have a perfect colour.

To remedy
Clarret wine
that hath lost
his colour.

And if your Clarret wine have lost his colour, take a penyworth of Damsens, or else blacke Bullasses, as you see cause, and stew them with some red wine of the deepest colour, and make thereof a pound or more of sirrup, and put it into a cleane glasse, and after into the hoghead of Clarret wine; and the same you may likewise doe unto red wine if you please.

A remedy for
Gascoigne
wine that hath
lost his colour.

And if your white wine be faint, and have lost his colour, if the wine have any strength in it; take a hoghead so much as you intend to put in, out of the said Milke, and a handfull of Rice beaten very well, and a little Salt, and lay them aforetake all night, and on the morning lay them up againe, and set it abroach in any wise the next wine you spend, for it will not last long.

A remedy for
white wine,
that hath lost
his colour.

Take three gallons of new Milke, and take away the

For white wine
that hath lost
his colour.

Creame off it; then draw five or sixe gallons of Wine, and put your Milke into the Hogshead, and beat it exceeding well, then fill it up, but before you fill it up, if you can, roule it, and if it be long and small, take halfe a pound of Roach Allum finely beaten into powder, and put it into the vessell, and let it lie.

A remedy for
Clarret, or
white wine
that drinks
foule.

Take and draw it into new lees of its own nature, and then take a dozen of new Pippins, and pare them, and take away the cores, and then put them in, and if that will not serve, take a handfull of the Oake of Ierusalem, and stampe it, then put it into your wine, and beat it exceeding well, and it will not onely take away the foulenesse, but also make it have a good sent at the nose.

For red wine
that drinks
faint.

If your red wine drinke faint, then take a Hogshead that Allegant hath beene in with the lees also, and draw your wine into it, and that will refresh it well, and make the wine well-coloured; or otherwise draw it close to fresh lees, and that will recover it againe, and put to it 3. or 4. gallons of Allegant, and turne it on his lees.

For red Wine
that wanteth
colour.

If your red Wine lacke colour, then take out foure gallons, and put in foure gallons of Allegant, and turne him on his lees, and the bung up, and his colour will returne and be faire.

To make tyre.

Take a good But of Malmsey, and over-draw it a quarter or more, and fill him up with fat Bastard, and with Cute a gallon and more, then parell him as you did your Malmsey.

If Osey, corn-
plete, or Ca-
prock have lost
their colour.

You shall in all points dresse him, as you did dresse your Sacke, or white Wine in the like case, and parell him, and then set him abroach: And thus much touching Wines of all sorts, and the true use and ordering of them, so farre forth as belongeth to the knowledge, and profit of our *English House-wife*.

CHAP. 5.

Of Wooll, Hemp, Flax and Cloth, and Dying of colours. of each severall substance, with the knowledges belonging thereto.



OVr English House-wife after her knowledge of preserving, and feeding her family, must learne also how out of her owne endeavours, she ought to cloth them outwardly and inwardly for defence from the cold and comeliness to the person; and inwardly, for cleanlinesse and neatnesse of the skinne, whereby it may be kept from the filth of sweat, or vermine; the first consisting of woollen cloth, the latter of linnen.

To speake then first of the making of woollen cloth, it is the office of the Husband-man at the sheering of his sheepe, to bestow upon the House-wife such a competent proportion of wooll, as shall be convenient for the clothing of his family, which wooll as soone as she hath received it, she shall open, and with a paire of sheers (the fleece lying, as it were, whole before her) shee shall cut away all the course locks, pitch, brands, tarr'd locks, and other feltrings, and lay them by themselves for course Coverlids, or the like: then the rest, so cleansed, she shall breake into pieces, and tose it every locke by locke, that is, with her hands open, and so divide the wooll, as not any part thereof may be feltred or close together, but all open and loose; then so much of the wooll as shee intends to spinne white, shee shall put by it selfe, and the rest which she intends to put into colours shee shall waigh up, and divide into severall quantities, according

Of making
woollen cloth.

Of tosing
wooll.

The dying of
Wooll.

ding to the proportion of the web which she intends to make, and put every one of them into particular bagges made of netting, with tallies or little pieces of wood fixed on them, with privie markes thereon, both for the weight, the colour, and the knowledge of the same wooll when the first colour is altered: this done, she shall, if she please, send them unto the Diers, to be died after her owne fancy; yet for as much as I would not have our *English House wife* ignorant in any thing meete for her knowledge, I will shew her here before I proceed any further, how she shall die her wooll her selfe into any colour meete for her use.

To dye Wooll
blacke.

First then to die wooll blacke, you shall take two pound of Gals, and bruise them, then take halfe so much of the best Greene Coperas, and boile them both together in two gallons of running water: then shall you put your wooll therein and boile it, so done, take it forth and dry it.

To dye Wooll
of haire colour.

If you will die your wooll of a bright haire colour; first boile your wooll in Allum and water; then take it forth, and when it is cold, take chamber-lye and chimney-soote, and mixing them together well, boile your wooll againe therein, and stirre it exceeding well about, then take it forth, and lay it where it may conveniently dry.

To dye Wooll
red.

If you would die your wooll into a perfect red colour, set on a pan full of water, when it is hot, put in a pecke of Wheat-bran, and let it boile a little, then put it into a tub, and put twice as much cold water unto it, and let it stand untill it be a weeke old: having done so, then shall you put to ten pounds of wooll, a pound of Allum, then beate your liquor againe, and put in your Allum, and so soone as it is melted, put in your wooll, and

and let it boile the space of an houre: Then take it againe, and then set on more branne and water: Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken, put in the wooll and open it, and when it commeth to be very hot, then stirre it with a staffe, and then take it out and wash it with faire water; then set on the panne againe with fait water, and then take a pound of Saradine bucke, and put it therein, and let it boile the space of an Egge seething; then put in the wooll, and stirre it three or foure times about, and open it well, after dry it.

To die Wooll blew, take good store of old chamber-lye, and set it on the fire, then take halfe a pound of blew Neale, Byse or Indico, and beat it small in a Mortar, and then put it into the Lye, and when it seethes, put in your wooll. To dye Wooll blew.

To die Wooll of a Puke colour, take Galls, and beate them very small in a Mortar, put them into faire seething water, and boile your wooll or your Cloth therein, and boile them the space of halfe an houre: then take them up, and put in your Coperas into the same liquor: then put in your wooll againe, and doing thus once or twice, it will be sufficient. To dye a Puke

And if you will die your wooll of a Cinder colour, which is a very good colour, you shall put your red wooll into your puke liquor; and then it will faile-lesse be of a Cinder colour. To dye a Cinder colour.

If you will die your wooll either greene or yellow, then boyle your Woodward in faire water, then put in your wooll or cloth, and the wooll which you put in white, will be yellow, and that wooll which To dye greene or yellow.

which you put in blew will be greene, and all this with one liquor : provided that each be first boiled in Allum.

Handling of
wooll after
dying.

When you have thus died your wooll in those severall colours meete for your purpose, and have also dried it well; then you shall take it forth, and tuse it over againe as you did before : for the first tusing was to make it receive the colour or die : this second is to receive the oile, and make it fit for spinning; which as-soone as you have done, you shall mixe your colours together, wherein you are to note, that the best medly,

The mixing of
colours.

is that which is compounded of two colours onely, as a light colour, and a darke : for to have more is but confusion, and breeds no pleasure but distraction to the sight : therefore for the proportion of your mixtures, you shall ever take two parts of the darker colour, and but a third part of the light. As for example, your Web containes twelve pound, and the colours are red and greene : you shall then take eight pound of the greene wooll, and but foure pound of the red, and so of any other colours where there is difference in bignesse.

Mixing of
three co-
lours.

But if it be so that you will needs have your cloth of three colours, as of two darke and one light, or two light and one darke : As thus, you will have Crimson, Yellow, and Puke; you shall take of the Crimson and Yellow, of each two pound, and of the Puke eight pound for this is two light colours to one darke; but if you will take a Puke, a greene and orange-tawny which is two darke and one light; then you shall take of the puke and green, and the orange-tawny of each a little quantity : that is to say, of either foure pounds when you have equally divided your portions, then you shall spread upon the ground a sheete, and upon the same first lay a
thin

thin layre or bed of your darker colour, all of one even thicknesse: then upon the same layre, lay another much thinner of the brighter quantity, being so neere as you guesse it, hardly halfe so much as the darker: then cover it over with another layer of the sad colour or colours againe, then upon it another of the bright againe: And thus lay layer upon layre till all your wooll be spread: then beginning at one end to roule up round and hard together the whole bed of wooll; and then causing one to kneel hard upon the roule, that it may not stirre nor open, with your hands tose, and pull out all the wooll in small pieces: And then taking a paire of Stockecards sharpe and large, and bound fast to a forme, or such like thing, and on the same Combe, and Card over all the wooll, till you see it perfectly and undistinctly mixed together, and that indeed it is become one entire colour of divers without spots, or undeviated lockes or knots; in which doing you shall be very carefull, and heedfull with your eye: and if you finde any hard knot, or other felter in the wooll, which will not open, though it be never so small, yet you shall picke it out and open it, or else being any other fault cast it away: for it is the greatest art in *House-wifery* to mixe these woolls aright, and to make the cloth without blemish.

Your wooll being thus mixed perfectly together, you shall then oile it, or as the plaine *House-wife* termes it, grease it: In this maner being laid in a round flat bed, you shall take of the best Rape oile, or for want thereof either well rayd red Goose grease, or Swines grease, and having melted it with your hand, sprinkle it all over your wooll, and worke it very well into the same: then turne your wooll about, and doe as much on the other side,

Of the oyling
of Wooll.

side, till you have oyled all the wooll over, and that there is not a locke which is not moystened with the same.

The quantity
of oyle.

Now for as much as if you shall put too much oyle upon the wooll, you may thereby doe great hurt to the web, and make't that the thread will not draw, but fall into many pieces; you shall therefore be sure at the first to give it little enough: and taking some thereof, prove it upon the wheele: And if you see it drawes dry, and breaketh, then you may put more oile unto it; but if it draw well, then to keepe it there without any alteration: but because you shall be a little more certaine in the truth of your proportions, you shall know, that three pound of grease or oile, will sufficiently anoint or grease ten pounds of wooll: and so according to that proportion, you may oile what quantity you will.

Of the tum-
ming of wooll.

After your wooll is oil'd and annointed thus, you shall then tumme it, which is, you shall pull it forth as you did before, when you mixe it. and card it over againe upon your Stock-cards: and then those cardings which you strike off, are called tummings, which you shall lay by, till it come to spinning. There be some *House-wives* which oile it as they mix it, and sprinkle every layer as they lay it, and worke the oile well into it: and then rouling up as before said, put it out, and tumme it; so that then it goeth once over the Stock-cards which is not amisse: yet the other is more certaine, though somewhat painfull.

Of spinning
Wooll.

After your wooll is thus mixed, oiled and tummed you shall then spinne it upon great wooll wheeles, according to the order of good *House-wifery*: the action whereof must be got by practice, and not relation; only this you shall be carefull, to draw your thread according

ding to nature and goodnesse of your wooll, not according to your particular desire: for if you draw a fine thread from wooll which is of a course staple, it will want substance when it comes to the Walke Mill, and either there beate in pieces, or not being able to bed, and cover the threadswell, be a cloth of a very short lasting. So likewise if you draw a course thread from a wooll of a fine staple, it will then so much over thicke, that you must either take away a great part of the substance of your wooll in flocks; or else let the cloth weare course, and high, to the disgrace of the good House-wifery, and losse of much cloth, which else might have beene saved.

Now for the diversities of spinning, although our ordinarie *English House-wives* make none at all, but spin every thread alike, yet the better experienc'd make two manner of spinnings, and two sorts of thread; the one they call warpe, the othe west, or else wooffe; the warpe is spunne close, round and hard twisted, being strong and well smoothed, because it runnes thorow the fleies, and also indureth the fretting and beating of the beame, the west is spunne open, loose, hollow, and but halfe twisted; neither smoothed with the hand, nor made of any great strength, because it but onely crosseth the warpe, without any violent straining, and by reason of the softnesse thereof beddeth closer, and covereth the warpe so well, that a very little beating in the Mill bringeth it to perfect cloth: and though some hold it lesse substantiall than the web, which is all of twisted yarne, yet experience findes, they are deceived, and that this open west keepes cloth longer from fretting and wearing.

The diversity
in spinning.

After the spinning of youre wooll, some *House-wives* use

Winding of
woollen yarne.

use to winde it from the broch into round clewes for more ease in the warping, but it is a labour may very well be saved, and you may as well warpe it from the broch as from the clew, as long as you know the certaine weight, for by that onely you are to be directed in all manner of cloth making.

Of warping
Cloth.

Now as touching the warping of cloth, which is both the skill and action of the Weaver, yet must not our *English House-wife*, be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done must not be beyond her knowledge, both to bridle the falshood of unconscionable worke-men, and for her owne satisfaction, when shee is rid of the doubt of anothers, evill doing. It is necessary then that shee first cast by the weight of her wooll, to know how many yards of cloth the web will arise: for if the wooll be of a reasonable good staple, and well spunne, it will runne yard and pound, but if it be course, it will not runne so much.

Now in your warping also, you must looke how many pounds you lay in your warpe, and so many you must necessarily preserve for your weft: for House-wives say, the best cloth is made of even and even; for to drive it to greater advantage is hurtfull to the cloth: there be other observations in the warping of cloth; as to number your portusses, and how many goes to a yard: to looke to the closenesse, and filling of the sleie, and such like, which sometimes hold, and sometimes faile, according to the art of the worke-man; and therefore I will not stand much upon them; but referre the House-wife to the instruction of her owne experience.

Now after your cloth is thus warped, and delivered
up

up into the hands of the Weaver; the House-wife hath finish'd her labour: for in the weaving, walking, and dressing thereof shee can challenge no property more, than to entreat them severally to discharge their duties with a good conscience; that is to say, that the Weaver weave close, strong, and true; that the Walker or Fuller, mill it carefully, and looke well to the scowring-earth, for feare of beating holes into the cloth; and that the Cloth-worker, or Sheere-man burle, and dresse it sufficiently, neither cutting the wooll too unreasonable high, whereby the cloth may weare rough, nor too low, lest it appeare thread-bare ere it come out of the hands of the Tailer. These things forewarn'd and performed, the cloth is then to be used at your pleasure.

Of weaving cloth, walking and dressing it.

The next thing to this, which our *English House-wife* must be skilfull in, is in the making of all sorts of linnen-cloth, whether it be of Hempe or Flaxe, for from those two onely, this is the most principall cloth derived, and made both in this, and in other Nations.

Of Linnen cloth.

And first touching the soile fittest to sow Hempe upon, it must be a rich mingled earth of clay and sand, or clay and gravell well tempered: and of these the best serveth best for the purpose, for the simple clay, or the simple sand are nothing so good; for the first is too tough, too rich, and too heavie, bringeth forth all Bunne, and no rinde, the other is too barren, too hot, and too light, and bringeth forth such slender withered increase, that it is nothing neere worth the labour: briefly then the best earth is the best mixt ground, which Husband-men call the red hazell ground, being well ordered and manured: and of this earth a principall place to sow Hempe on, is in old stackeyards, or other places

The ground best to sow Hempe on.

places kept in the winter time for the laire of sheepe or cattle; when your ground is either scarce, or formerly not imployed to that purpose: but if it be where the ground is plenty, and onely used thereunto, as in *Holland*, in *Lincoln-shire*, the Isle of *Axham*, and such like places, then the custome of the Country will make you except enough therein: there be some that will preserve the ends of their corne-lands, which butt upon grasse for to sow Hempe or Flaxe thereon, and for that purpose will manure it well with sheep: for whereas corne which butteth on grasse hads, where cattle are teathered is commonly destroyed, and no profit issuing from a good part thereof; by this meanes, that which is sowne will be more lase and plentifull, and that which was destroyed, will beare a commodity of better value.

The tillage of
the ground.

Of sowing of
hempe or flax.

Now for the tillage or ordering of the ground where you sow Hempe or Flaxe, it would in all points be like unto that where you sow Barley, or at the least as often broke up, as you doe when you sow fallow wheat, which is thrice at least, except it be some very few mellow, and ripe mould, as stacke-yards, and usuall Hemp-lands be, and then twice breaking up is sufficient: that is to say, about the latter end of *February*, and the latter end of *April*, at which time you shall sow it: and herein is to be noted, that you must sow it reasonable thick with good sound and perfect seed, of which the smoothest, roundest, and brightest with least dust in it is best: you must not lay it too deepe in the earth, but you must cover it close, light, and with so fine a mould as you can possible breake with your Harrowes, clotting-beetles, or sleighing: then till you see it appeare above the earth, you must have it exceeding carefully tended, especially an
houre

houre or two before the Sunne rise, and as much before it set, from birds and other vermine, which will otherwise picke the seed out of the earth, and so deceive you of your profit.

Now for the weeding of hempe, you may save the labour, because it is naturally of it selfe swift of growth, rough, and venomous to any thing that growes under it and will sooner of its owne accord destroy those unwholesome weedes then by your labour: But for your Flaxe or line which is a great deale more tender, and of harder increase, you shall as occasion serveth weede it, and trimme it, especially if the weedes overgrow it, but not otherwise: for if it once get above the weedes, then it will save it selfe.

Of weeding
of Hempe and
flaxe.

Touching the pulling of Hempe or Flaxe, which is the manner of gathering of the same: you shall understand that it must be pulled vp by the rootes, and not cut as Corne is, either with sithe or hooke: and the best time for the pulling of the same is, when you see the leaues fall downward, or turne yellow at the tops, for that is full ripe, and this for the most part will bee in *July*, and about *Mary Maudlins* day. I speake now touching the pulling of hempe for cloth: but if you intend to saue any for seed, then you shall saue the principal bunnies, and let them stand till it bee the latter end of *August*, or sometimes till mid *September* following: and then seeing the seede turned browne and hard, you may gather it, for if it stand longer, it will shed suddenly: as for flaxe, which ripeneth a little after the hempe, you shall pull it as soone as you see the seed turne browne, and bend the head to the earthward, for it will afterward ripen of it selfe as the bunne drieth.

The pulling of
hempe or flax.

Now for the ripening, and seasoning of Hempe or

N

Flaxe

The ripening
of hempe and
flaxe.

Flax, you shall so soone as you have pulled it, lay it all along flat, and thinne upon the ground, for a night and a day at the most, and no more; and then as *Housewives* call it, tye it up in bailes, and reare them upright till you can conveniently carry it to the water, which would be done as speedily as may bee. Now there bee some which ripen their Hempe and Flaxe upon the ground where it grew, by letting it lye thereon to receive dewes and raine, and the moystnesse of the earth, till it be ripe: but this is a vile and naughty way of ripening, it making the hempe or flaxe blacke, rough, and often rotten: therefore I would wish none to use it, but such as necessity compelleth thereunto, and then to bee carefull to the often turning thereof, for it is the ground onely which rots it.

The watering
of hempe or
flaxe.

Now for the watering of the Hempe or Flax, the best water is the running streame, and the worst the standing pit, yet because Hempe is a poysonous thing, and infecteth the water, and destroyeth all kinde of fish, it is more fit to imploy such pits and ditches as are least subject to annoyance, except you live neere some great broad and swift streame, and then in the shallow parts thereof, you may water without danger: touching the manner of the watering thereof, you shall according to the quantity, knock foure or sixe strong stakes into the bottome of the water, and set them square-wise, then lay your round baits or bundles of Hempe downe under the water, the thicke end of one bundle one way, and the thicke ends of another bundle another way; and so lay baite upon baite, till you have laid in all, and that the water covereth them all over; then you shall take over-lyers of wood and binding them overthwart to the stakes, keepe the Hempe downe close, and especially

cially, at the foure corners; then take great stones, gravel, and other heavy rubbish, and lay it betweene, and over the over-lyers, and so cover the Hempe close, that it may by no meanes stirre, and so let it continue in the water foure daies and nights, if it be in a running water, but if it be in a standing water, then longer, and then take out one of the uppermost baits and wash it; and if in the washing you see the leafe come off, then you may bee assured the Hempe is watered enough: as for Flaxe, lesse time will serve it, and it will shead the leafe in three nights.

The time it
shall lie in the
water.

When your Hempe or Flax is thus watered enough, you shall take off the gravel, stones, over-lyers of wood, and unloosing it from the stakes, take and wash out every baite or bundle severall by it selfe, and rub it exceeding cleane, leaving not a leafe upon it, nor any filth within it; then set it upon the dry earth upright, that the water may drop from it, which done, load it up, and carry it home; and in some open Close, or piece of ground reare it upright either against hedges, pales, wals, back-sides of houses, or such like, where it may have the full strenght or reflection of the Sunne, and being thoroughly dried, then house it; yet there be some *House-wives*, which as soone as their Hemp comes from the water, will not reare it upright, but lay it upon the ground flat and thinne, for the space of a fennight, turning it at the end of every two daies; first on the one side, then on the other, and then after reare it upright, dry it, and so house it, and this *House-wifery* is good and orderly.

Of washing
out of Hempe
or Flax.

Now although I have hitherto ioyned Hempe and Flaxe together, yet you shall understand that there are some particular differences between them; for whereas your Hempe may within a night or two after the pul-

Speciall orde-
ring of Flax.

ling be carried to the water, your flaxe may not, but must be reared vp, and dried and withered a weeke or more to ripen the seede, which done, you must take ripple combs, and ripple your flaxe ouer, which is the beating, or breaking off from the stalkes the round belles or hobs, which containe the seede, which you must preferue in some dry vessell or place till the spring of the yeare, and then beate it, or thresh it for your vse, and when your flax or line is ripled, then you must send it to the water as aforesayd.

The braking
for hempe flax

After your hempe or flaxe hath beene watered dried and housed, you may then at your pleasure break it, which is in a brake of wood (whose proportion is so ordinary, that euery one almost knowes them) breake and beate out the dry bunne, or kexe of the Hempe or flaxe from the rinde which couers it, and when you brake either, you shall doe it, as neere as you can, on a faire dry Sun shine day, obseruing to set forth your hempe and flaxe, and spread it thinne before the Sunne, that it may be as dry as tinder before it come to the brake; for if either in the lying close together it shall giue againe or sweate, or through the moystnesse of the ayre, or place where it lies receiues any, dampishnesse, you must necessarily see it dried sufficiently againe; or else it will neuer brake well, nor the bunne breake and fall from the rinde in order as it should: therfore if the weather bee not seasonable, and your need much to vse your hempe or flaxe, you shall then spread it vpon your kilne, and making a soft fire vnder it, dry it vpon the same, and then brake it: yet for as much as this is oft times dangerous, and much hurt hath beene receiued thereby through casualty of fire, I would wish you to sticke foure stakes in

The drying of
Hempe or
Flaxe.

in the earth at least five foote aboue ground, and laying ouer them small ouer layers of wood, and open fleakes or hurdles vpon the same; spreade your Hempe, and also reare some round about it all, but at one open side; then with straw, small shauings, or other light dry wood make a soft fire vnder the same, and so dry it, and brake it, and this without all danger or mistrust of euill; and as you brake it, you shall open and looke into it, euer beginning to brake the roote ends first; and when you see the bun is sufficiently crushed, fallen away, or at the most hangeth but in very small shiuers within the hempe or Flaxe, then you shall say it is brak't enough, and then terming that which you called a baite or bundle before, now a strike, you shall lay them together and so house them, keeping in your memorie either by score or writing, how many strikes of hempe, and how many strikes of Flaxe you brake vp euer day.

When it is
brak't enough.

Now that your hempe or Flaxe may brake so much the better, you must haue for each seuerall sort two seuerall brakes, which is an open and wide toothed, or nickt brake, and a close and straight toothed brake: the first being to crush the bun, and the latter to beate it forth. Now for Flaxe, you must take first that which is the straightest for the hempe, and then after one of purpose, much straighter and sharper for the bunne of it being more small tough and thinne, must necessarily be broken into much lesse peeces.

Diversity
of brakes.

After your hempe and Flaxe is brak't, you shall then swingle it, which is vpon a swingle tree blocke made of an halfe inch boord about foure foote aboue ground, and set vpon a strong foote or stocke, that will not easily moue and stir, as you may see in any *House-wives*

Of swingling
hempe and
flaxe.

house whatsoever better then my words can expresse : and with a peece of wood called the swingle tree dagger, and made in the shape and proportion of an old dagger with a reasonable blunt edge ; you shall beate out all the loose buns and shivers that hang in the hemp or flaxe, opening and turning it from one end to the other, till you have no bunne or shiver to be perceived therein, and then strike a twist, and fould in the midst, which is ever the thickest part of the strike, lay them by till you have swingled all ; the generall profit whereof, is not onely the beating out of the hard bunne, but also an opening, and softning of the teare, where by it is prepared and made ready for the Market.

Vse of swin-
gled, first
hurds.

Now after you have swingled your Hempe and Flax over once, you shall take and shake up the refuse stuffe which you beate from the same severally, and not onely it, but the tops and knots, and halfe brackt buns which fall from the brake also, and drying them againe cause them to be very well threshed with flayles, and then mixing them with the refuse which fell from the swingle tree, dresse them all well with threshing and shaking, till the bunnies be cleane driven out of them ; and then lay them in some safe dry place till occasion of use : these are called swingle tree hurds, and that which comes from the hempe will make window-cloth, and such like course stuffe, and that which comes from the flax, being a little towed againe in a paire of wooll-cards, wil make a course harding.

The second
swingling.

But to proceed forward in the making of cloth, after your hempe or flaxe hath beene swingled once over, which is sufficient for the market, or for ordinary sale, you shall then for cloath swingle it over the second time, and as the first did beate away the bun, and soften the

the rind, so this shall breake and divide, and prepare it fit for the heckle; and hurds which are this second time beaten off, you shall also save: for that of the hempe (being toased in wooll cards) will make a good hempen harden) and that commeth from the flaxe (used in that manner) a flaxe harden better then the former.

After the second swingling of your Hempe, and that the hurds thereof have beene layd by, you shall take the strikes, and dividing them into dozens, or halfe dozens, make them up into great thicke roles, and then as it were broaching them, or spitting them upon long sticks set them in the corner of some chimney, where they may receive the heate of the fire, and there let them abide, till they be dried exceedingly, then take them, and laying them in a round trough made for the purpose, so many as may conveniently lye therein, and there with beetles beate them exceedingly, till they handle both without and within as soft and plyant as may be, without any hardnesse or roughnesse to be felt or perceived; then take them from the trough, and open the roler, and divide the strikes severally as at the first, and if any be insufficiently beaten, role them up, and beat them over as before.

When your Hempe hath beene twice swingled, dried, and beaten, you shall then bring it to the heckle, which instrument needeth no demonstration, because it is hardly unknowne to any woman whatsoever: and the first heckle shall be course, open and wide toothed, because it is the first breaker or divider of the same, and the layer of the strikes even and straight: and the hurds which come of this heckling you shall mixe with those of the latter swingling, and it will make the cloth much better; then you shall heckle it the second time through

of Beating
hempe.

of heckling
hempe.

a good straight heckle made purposely for hempe, and be sure to break it very well and sufficiently thereupon, and save both the hurds by themselves, and the strikes by themselves in severall places.

Now there bee some very principall good *House-wives*, which use onely but to heckle their hempe once over, affirming, that if it be sufficiently dried and beaten, that once going over through a straight heckle will serve without more losse of labour, having bene twice swingled before.

Dressing of
Hempe more
fine.

Now if you intend to have an excellent peece of Hempen cloth, which shall equall a peece of very pure Linnen, then after you have beaten it, as before said, and heckled it once over, you shall then roule it up againe, dry it as before, and beate it againe as much as at the first; then heckle it through a fine flaxen heckle, and the towe which falles from the heckle, will make a principall hemping, but the teare it selfe a cloth as pure, as fine *House-wives* Linnen, the indurance and lasting whereof is rare and wonderfull: thus you see the uttermost art in dressing of hempe for each severall purpose in cloth making till it come to the spinning.

of heckling
Flaxe.

Flaxe after it hath been twice swingled needeth neither more drying nor beating as hempe doth, but may be brought to the heckle in the same manner as you did hempe; onely the heckle must be much finer and straiter, and as you did before, the first heckle being much courser than the latter, holding the strike stiffe in your hand, breake it very well upon that heckle: then the hurdes which comes thereof, you shall save to make fine hurden cloth of, and the strike it selfe you shall passe through a finer heckle; and the hurds which come from thence, you shall save to make fine midlen cloth

cloth of, and the teare it selfe for the best linnen.

To dresse Flaxe for the finest vse that may be, as to make faire Holland cloth of greate price, or thread for the most curious purpose, a secret hitherto almost concealed from the best *House-wives* with us; you shall take your Flaxe after it hath been handled, as is before shewed, and laying three strikes together, plat them in a plat of three so hard and close together as it is possible, joyning one to the end of another, till you have platted so much as you thinke convenient, and then begin another plat, and thus platte as many severall plats as you thinke wiil make a roule, like unto one of your Hempe roubles before spoke of, and then wreathing them hard together, make up the roule; and so many roubles more or lesse, according to the purpose you dresse them for: this done, put the roubles into a hempe-trough, and beat them soundly, rather more than lesse than the hempe: and then open & unplat it, and divide every strike from other very carefully; then heckle it through a finer heckle than any formerly used: for of heckles there be ever three sorts, and this must be the finest: and in this heckling you must be exceeding carefull to doe it gently, lightly, and with good deliberation, least what you heckle from it should runne to knots, or other hardnes, as it is apt to doe: but being done artificially as it ought, you shall see it looke, and feele it handle like fine soft cotton, or Iersie wooll; and this which thus looketh and feeleth, and falleth from the heckle, will notwithstanding make a pure linnen, and run at least two yards and a halfe in the pound; but the teare it self will make a perfect strong, and most fine holland, running at least five yards in the pound.

The dressing
of flaxe to the
finest use.

After your teare is thus drest, you shall spinne it either
upon

of the spinning
of hempe.

upon wheele or rock, but the wheele is the swifter way, and the rocke maketh the finer thread; you shall draw your thread according to the nature of the teare, and as long as it is even, it cannot be too small, but if it be uneven, it will never make a durable cloth. Now for as much as every House-wife is not able to spin her owne teare in her owne house, you shall make choyce of the best Spinners you can heare of, and to them put forth your teare to spinne, weighing it before it goe, and weighing it after it is spun and dry, allowing weight for weight, or an ounce and a halfe for waste at the most: as for the prises for spinning, they are according to the natures of the country, the finenesse of the teare, and the dearenesse of provisions: some spinning by the pound, some by the lay, and some by day, as the bargain shall be made.

of reeling of
yarn.

After your yarne is spunne upon spindles, spooles, or such like; you shall then reele it upon reeles, of which the reeles which are hardly two foot in length, and have but onely two contrary crosse barres are the best, the most easie and least to be troubled with ravelling, and in the weaving of your fine yarne to keep it the better from ravelling, you shall as you reele it, with a Ley-band of a bigge twist, divide the slipping or skeane into divers Leyes, allowing to every Ley 80. threds, and 20 Laies to every slipping, the yarne being very fine, otherwise lesse of both kinds: but if you spin by the Ley as at a pound a Ley or so, then the ancient custome hath beene to allow to the reele which was 8. yards all above 160. threads to every Ley, and 25 Leyes, and sometimes 30 Leyes to a slipping, which will ordinarily amount to a pound or thereabouts; and so by that you may proportion forth the price for any manner of spinning

ning whatsoever: for if the best thus, then the second so much bated; and so accordingly the worst.

After thus your yarne is spunne and reeld, being in the slipping, you shall scowre it: I therefore first to fetch out the spots, you shall lay it in lukewarme water, and let it lie so three or foure dayes, each day shifting it once, and wringing it out, and laying it in another water of the same nature; then carry it to a well or brooke; and there rinse it, till you see that nothing commeth from it, but pure cleane water; for whilst there is any filth within it, there will never be white cloth; which done take a bucking tub, and cover the bottome thereof with very fine Ashen-ashes: then opening your slippings, and spreading them, lay them on those ashes; then cover those slippings with ashes againe, then lay in more slippings, and cover them with ashes as before, and thus lay one upon another, till all your yarne be laid in; then cover the uppermost yarne with a bucking cloth, and lay therein a pecke or two (according to the bignesse of the tub) of ashes more: then powre into all through the uppermost cloth so much warme water, till the tub can receive no more; and so let it stand all night: the next morning, you shall set a kettle of cleane water on the fire; and when it is warme, you shall pull out the spigget of the bucking tubbe, and let the water therein runne into another cleane vessell, and as the bucking tubbe wasteth, so you shall fill it up againe with the warme water on the fire, and as the water on the fire wasteth, so you shall fill it up againe with the lie which commeth from the bucking tubbe, ever observing to make the lie hotter and hotter till it seeth; and then when it so seetheth, you shall as before apply it with boyling lie, at least foure houres together; which is called

Of the scowring of yarne.

Bucking yarne.

Whitening of
yarne.

led, the driving of a bucke of yarne : All which being done you shall take off the Buckling cloth, and then putting the yarne with the lie ashes into large tubbes or boales, with your hands as hot as you can suffer it to posse, and labour the yarne, ashes, and lie a prety while together; then carry it to a well, river, or other cleane scouring water, and there rinse it as cleane as may bee from the ashes, then take it, and hang it up upon poales abroad in the ayre all day, and at night take the slippings downe, and lay them in water all night, then the next day hang them up againe, and if any part of them drie, then cast water vpon them, obseruing euer to turne that side outmost which whiteth slowest, and thus doe at least seuen daies together, then put all the yarne againe into a bucking tubbe without ashes : and couer it as before with a bucking cloth, and lay thereupon good store of fresh ashes, and drive that buck as you did before, with very strong seething lies, the space of halfe a day or more, then take it forth, posse it, rinse it, and hang it vp as you did before on the daies, and laying it in water on the nights another weeke, and then wash it ouer in faire water, and so dry it vp : other waies there are of scouring and whiting of yarne; as steeping it in branne and warme water, and then boyling it with *Ozier* sticks, wheate straw, water and ashes, and then possing, rinsing, and bleaching it vpon hedges, or bushes; but it is a foule and vncertaine way, and I would not wish any good *Howse-wife* to vse it.

Of winding
yarne.

After your yarne is scourd and whited, you shall then winde it vp into round balles of a reasonable bignesse, rather without bottomes then with any at all, because it may deceiue you in the waight, for according

ding to the pounds will arise your yards and lengths of cloth.

After your yarne is wound and weighed, you shall carry it to the Weavers, and warpe it as was before shewed for woollen cloth, knowing this, that if your Weaver bee honest and skilfull, hee will make you good and perfect cloth of even and even, that is iust the same weight in weft that then was in warpe; as for the action of weaving it selfe, it is the worke-mans occupation, and therefore to him I referre it.

Of warping
and weaving.

After your cloth is woven, and the web or webs come home, you shall first lay it to steepe in all points as you did your yarne, to fetch out the soyling and other filth which is gathered from the Weaver; then rinse it also as you did your yarne, then bucke it also in lie and ashes as before said, and rinse it, and then having loopes fixt to the selvedge of the cloth spread it upon the grasse, and stake it down at the uttermost length and breadth, and as fast as it dries water it againe, but take heed you wet it not too much, for feare you mildew or rot it, neither cast water upon it till you see it in a manner drie, and be sure weekly to turne it first on one side and then on the other, and at the end of the first weeke you shall bucke it as before in Lie and Ashes: againe then rinse it, spread it, and water it as before; then if you see it whites apace, you neede not to give it any more buckes with the ashes and the cloth mixt together: but then a couple of cleane bucks (as was before shewed in the yarne) the next fortnight following; and then being whitened enough, dry up the cloth, and use it as occasion shall require; the best season for the same whitening being in *April* and *May*. Now the course and worst house-wives scoure and white their cloath with water and

The scouring
and whitening
of Cloth.

and bran, and buck it with lie and greene hemlocks: but as before I said, it is not good, neither would I have it put in practice. And thus much for Wooll, Hemp, Flax, and Cloth of each severall substance.

CHAP. 6.

Of Dairies, Butter, Cheese, and the necessary things belonging to that Office.

THere followeth now in this place after these knowledges already rehearsed, the ordering and government of Dairies, with the profits and commodities belonging to the same. And first touching the stocke wherewith to furnish Dairies, it is to bee understood, that they must be Kine of the best choice and breed that our *English Housewife* can possibly attaine unto, as of big bone, faire shape, right bred, and deepe of milke, gentle, and kindly.

Of Kine.

Bignesse of Kine.

Touching the bignesse of bone, the larger that every Cow is, the better she is: for when either age, or mischance shall disable her for the paile, being of large bone, shee may bee fed, and made fit for the shambles, and so no losse, but profit, and any other to the paile as good and sufficient as her selfe.

Shape of Kine.

For her shape, it must a little differ from the Butchers rules; for being chose for the Dairy, shee must have all the signes of plenty of milke; as a crumpled horne, a thinne necke, a hairy dewlap, and a very large udder, with foure teats, long, thicke, and sharpe at the ends; for the most part either all white, of what colour soever the Cow be; or at least the fore part thereof, and if it be well haired before and behind, and smooth in the bottome, it is a good signe also.

As

As touching the right breed of Kine through our nation, it generally affordeth very good ones, yet some countries doe farre exceed other countries; as *Ches-shire*, *Lancashire*, *Forke shire*, and *Darbie shire*, for blacke Kine; *Glocester shire*, *Somerset-shire*, and some part of *Wilt-shire* for red Kine, and *Lincolne shire* pide Kine: and from the breeds of these Countries generally doe proceede the breeds of all other, howsoever dispersed over the whole Kingdome. Now for our *House-wifes* direction, she shall choose her Dairy from any of the best breeds before named, according as her opinion and delight shall govern her, onely observing not to mixe her breeds of divers kinds, but to have all of one intire choice without variation, because it is unprofitable; neither must you by any meanes have your Bull a forreiner from your Kine, but either of one country, or of one shape and colour: againe in the choice of your kine, you must looke diligently to the goodnesse and fertility of the soile where in you live, and by all meanes buy no Kine from a place that is more fruitfull then your owne, but rather harder; for the latter will prosper and come on, the other will decay and fall into disease; as the pissing of bloud and such like, for which disease & all other you may find assured cures in the former booke, called *cheape and good*.

For the depth of milke in Kine (which is the giving of most milke) being the maine of a *House-wifes* profit, shee shall bee very carefull to have that quality in her beasts. Now those Kine are said to bee deepest of milke, which are new bare; that is, which have but lately calved, and have their milke deepe springing in their udders, for at that time she giveth the most milke; and if the quantity then bee not convenient, doubtlesse the Cow cannot be said to be of deepe milch: and for the quantity

The breed of
Kine.

Depth of milk
in Kine.

Quantity of
Milke.

Of the going
dry of Kine.

Of the gentle-
nesse of Kine.

quantity of milke, for a Cow to give two gallons at a meale, is rare, and extraordinary; to give a gallon and a halfe is much, and convenient, and to give but a gallon certaine is not to be found fault with: againe those Kine are said to bee deepe of milke, which though they give not so exceeding much milke as others, yet they give a reasonable quantity, and give it long as all the yeere through, whereas other Kine that give more in quantity, will goe dry, being with calfe some three moneths, some two, and some one, but these will give their usuall measure, even the night before they calve; and therefore are said to be Kine deepe of milke. Now for the retained opinion, that the Cow which goeth not dry at all, or very little, bringeth not forth so good a Calfe as the other, because it wanteth much of the nourishment it should enjoy, it is vaine and frivolous; for should the substance from whence the milke proceedeth convert to the other intended nourishment, it would bee so superabundant, that it would convert either to disease or putrefaction: but letting these secret reasons passe, there bee some kine which are so exceedingly full of milke, that they must bee milkt at least thrice a day, at morning, noone, and evening, or else they will shed their milke, but it is a fault rather then a vertue, and proceedeth more from a laxativenesse or loosenesse of milke, then from any abundance; for I never saw those three meales yet equall the two meales of a good Cow, and therefore they are not truly called deepe of milke.

Touching the gentlenesse of kine, it is a vertue as fit to be expected as any other; for if she be not affable to the maide, gentle and willing to come to the paille, and patient to have her dugs drawne without skittishnesse, striking or wildnesse, she is utterly unfit for the dayry.

As

As a Cow must be gentle to her milker, so she must be kind in her own nature; that is, apt to conceive, & bring forth, fruitfull to nourish, and loving to that which springs from her; for so she bringeth forth a double profit; the one for the time present which is in the Dairy; the other for the time to come; which is in the maintenance of the stocke, and upholding of breed.

Of kindlinesse
in K^e.

The best time for a Cow to calve in for the dairy, is in the latter end of *March*, and all *Aprill*; for then grasse beginning to spring to its perfect goodnesse, will occasion the greatest increase of milke that may be: and one good early Cow will countervale two latter, yet the Calves thus calved are not to be reared, but suffered to feed upon their Dams best milke, and then to be sold to the Butchers, and surely the profit will equall the charge; but those Calves which fall in *October*, *November*, or any time of the depth of winter may well be reared up for breed, because the maine profit of the Dairy is then spent, and such breed will hold up any Calves which are calved in the prime daies, for they generally are subject to the disease of the Sturdy, which is dangerous and mortall.

The best time
to calve in, for
the dairy or
breed.

The *House wife* which onely hath respect to her Dairy, and for whose knowledge this discourse is written (for we have shewed the *Grazier* his office in the *English Husband-man*) must reare her Calves upon the finger with flotten milke, and not suffer them to run with the dammes, the generall manner whereof, and the cure of all the diseases incident to them, and all other Cattell is fully declared in the booke called *Chape and good*.

Roaring of
Calves.

To proceed then to the generall use of Dairies, it consisteth first in the cattell (of which we have spoken sufficiently) then in the houres of milking, the ordering

The generall
use of Dairies.

of the milke, and the profits arising from the same.

The howers of
milking.

The best and most commended howres for milking, are indeed but two in the day, that in the spring and summer time which is the best season for the dairy, is betwixt five and sixe in the morning, and sixe and seven a clocke in the evening: and although nice and curious *Housewives* will have a third houre betwixt them, as betweene twelve and one in the after-noon, yet the better experientist doe not allow it, and say as I beleeve, that two good meales of milke are better ever than three bad ones; also in the milking of a Cow, the woman must sit on the neere side of the Cow, shee must gently at the first handle and stretch her dugges, and moysten them with milke that they may yeeld out the milke the better, and with lesse paine: she shall not settle her selfe to milke, nor fixe her paille firme to the ground till she see the Cow stand sure and firme, but be ready upon any motion of the Cow to save her paille from overturning; when she seeth all things answerable to her desire, she shal then milk the Cow boldly, & not leave stretching and straining of her teats, till not one drop of milke more will come from them for the worst point of *Housewifery* that can be, is to leave a Cow halfe mixt, for besides the losse of the milke, it is the onely way to make a Cow dry and utterly unprofitable for the Dairy: the milke-maid whilst she is in milking shall doe nothing rashly or suddenly about the Cow, which may affright or amaze her, but as she came gently, so with all gentlenesse she shall depart.

Manner of
milking.

The ordering
of Milke.

Touching the well-ordering of milke after it is come home to the Dairy, the maine point belongeth thereunto is the *Housewives* cleanlinesse in the sweet & neate keeping of the Dairy-house; where not the least moate
of

of any filth may by any meanes, appeare, but all things either to the eye or nose so void of sowerneffe or stutishnesse, that a Princes bed chamber must not excede it: to this must be added the sweet and delicate keeping of her milk-vesells, whether they be of wood, earth, or lead, the best of which is yet disputable with the best *House-wifes*; onely this opinion is generally received, that the wooden-vesell which is round and shallow is best in cold vaults, the earthen vessels principall for long keeping, and the leaden vessell for yeelding of much Creame: but howsoever, any, and all these must be carefully scalded once a day, and set in the open aire to sweeten, lest getting any taint of sowerneffe into them, they corrupt the milke that shall be put therein.

Ordering of
milke-vesells.

But to proceede to my purpose, after your milke is come home, you shall, as it were, straine it from all uncleane things, thorow a neate and sweete kept Syledish, the forme whereof every *House-wife* knowes, and the bottome of the Syle, thorow which the milke must passe, shall be covered with a very cleane wash'd fine linnen cloth, such an one as will not suffer the least moate or haire to goe thorow it; you shall into every vessell, syle a pretty quantity of milke, according to the proportion of the vessell, the broader it is, and the shallower it is, the better it is, and yeeldeth ever the most creame, and keepeth the milke longest from sowing.

Syling of
Milke.

Now for the profits arising from milk, they are three of especiall account, as Butter, Cheese, and Milke, to be eaten either simple or compounded: as for Curds, sower Milke or Whigge, they come from secondary meanes, and therefore may not be numbred with these.

Profits arising
from milke.

For your Butter, which onely proceedeth from the
O 2 Creame,

Of Butter.

Creame, which is the very heart and strength of Milke, it must be gathered very carefully, diligently, and painfully. And though cleanlinesse be such an ornament to a *House-wife*, that if she want any part thereof, she loseth both that and all good names else : yet in this action it must be more seriously imployed than in any other.

Of fleeting
Creame.

To beginne then with the fleeting or gathering of your Creame from the Milke, you shall doe it in this manner : the Milk which you doe milke in the morning, you shall with a fine thinne shallow dish made for the purpose, take off the Creame about five of the clock in the evening ; and the Milke which you did milke in the evening, you shall fleet, and take off the Creame about five of the clocke the next morning ; and the Creame so taken off, you shall put into a cleane sweete and well leaded earthen pot close covered, and set in a coole place : And this creame so gathered, you shall not keepe above two daies in the Summer, and not above foure in Winter, if you will have the sweetest and best Butter ; and that your Dairy containe five Kine or more ; but how many or few soever you keep, you shall not by any meanes preserve your Creame above three daies in Summer, and not above sixe in the Winter.

Of keeping
Creame.

Of churning
Butter, and the
daies.

Your Creame being neatly and sweet kept, you shall churme or churme it on those usuall daies which are fittest either for your use in the house, or the markets adjoyning neere unto you, according to the purpose for which you keepe your Dairy. Now the daies most accustomable held amongst ordinary *House-wives*, are Tuesday and Friday : Tuesday in the afternoone, to serve Wednesday morning market, and Friday morning to serve Saturday-market ; for Wednesday and Saturday are the most generall market-daies of this Kingdome,

dome, and Wednesday, Friday, and Saturday, the usu-
all fasting dayes of the weeke, and so meetest for the
use of butter. Now for churning, take your creame
and through a strong and cleane cloth straine it into the
churme; and then covering the churme close, and set-
ting it in a place fit for the action in which you are im-
ploid (as in the Summer) in the coolest place of your
dairy, and exceeding early in the morning, or very late
in the evening: and in the Winter, in the warmest place
of your dairy, and in the most temperate houres, as a-
bout noone, or a little before or after, and so churme it,
with swift strokes, marking the noise of the same which
will be solid, heavy and intire, untill you heare it alter,
and the sound is light, sharp, and more spirity: and then
you shall say that your butter breakes, which perceived
both by this sound, the lightnesse of the churme-staffe,
and the sparkes and drops, which will appeare yellow
about the lip of the churme, then clense with your hand
both the lidde and inward sides of the churme, and
having put all together, you shall cover the churme a-
gaine, and then with easie strokes round, and not to the
bottome, gather the butter together into one intire
lumpe and body, leaving no pieces thereof severall or
unjoyned.

Now for as much as there bee many mischiefes and
inconveniencies which may happen to butter in the
churning, because it is a body of much tenderneffe, and
neither will endure much heate, nor much cold: for if
it be over-heated, it will looke white, crumble, and be
bitter in taste; and if it be over-cold, it will not come at
all, but make you waste much labour in vaine, which
faults to helpe, if you churme your butter in the heate of
Summer, it shall not be amisse, if during the time of your
churning

Helpes in
churning

The handling
of butter.

Cleanfing of
butter.

Seasoning
of butter.

churning, you place your churne in a paille of cold water as deepe as your Creame riseth in the churne; and in the churning thereof let your strokes goe flow, and be sure that your churne be cold when you put in your Creame: but if you churne in the coldest time of winter, you shall then put in your Creame before the churne bee cold; after it hath bene scalded; and you shall place it within the aire of the fire, and churne it with as swift strokes, and as fast as may be, for the much labouring thereof will keepe it in a continuall warmth, and thus you shall have your butter good; sweet, and according to your wish. After your butter is churnd, or churnd and gathered well together in your churne, you shall then open your churne, and with both your hands gather it well together, and take it from the butter-milke, and put it into a very cleane boule of wood, or panshion of earth sweetned for the purpose, and if you intend to spend the butter sweet and fresh, you shall have your boule or panshion filled with very cleane water, and therein with your hand you shall worke the butter, turning and tossing it to and fro, till you have by that labour beaten and washt out all the butter-milke, and brought the butter to a firme substance of it selfe, without any other moisture: which done, you shall take the butter from the water, & with the point of a knife scotch and slash the butter over & over every way, as thick as is possible, leaving no part through which your knife must not passe; for this will cleanse and fetch out the smallest haire or mote, or rag of a strayner, and any other thing which by casuall meanes may happen to fall into it.

After this you shall spread the butter in a boule thin, and take so much salt as you shall thinke convenient, which must by no meanes bee much for sweet butter, and

and sprinckle it thereupon, then with your hands worke the butter and the salt exceedingly well together, and then make it vp either into dishes, pounds, or halfe pounds at your pleasure.

If during the moneth of *May* before you salt your butter you saue a lumpe thereof, and put it into a vessell, and so set it into the Sun the space of that moneth, you shall finde it exceeding soueraigne and medicinable for wounds, straines, aches, and such like grievances.

Of May-butter

Touching the poudring up or pottting of butter, you shall by no meanes, as in fresh butter, wash the butter-milke out with water, but onely worke it cleare out with your hands: for water will make the butter rusty, or reeffe; this done you shall weigh your butter, and know how many pounds there is thereof: for should you weigh it after it were salted, you would be deceived in the weight: which done, you shall open the butter, and salt it very well and thoroughly, beating it in with your hand till it be generally disperst through the whole butter; then take cleane earthen pots, exceedingly well leaded, lest the brine should leake through the same, and cast salt into the bottome of it: then lay in your butter, and presse it downe hard within the same, and when your pot is filled, then cover the top thereof with salt so as no butter be seene: then closing up the pot let it stand where it may bee cold and safe: but if your Dairy be so little that you cannot at first fill up the pot, you shall then when you have potted up so much as you have, cover it all over with salt, and pot the next quantity upon it till the pot be full.

Of poudring
up or pottting
of butter.

Now there be *Hous-wives* whose Dairies being great, can by no meanes conveniently have their butter con-

Of great Dai-
ries, and their
customs.

tained in pots; as in *Holland, Suffolke, Norfolke*, and such like, and therefore are first to take barrells very close and well made, and after they have salted it well, they fill their barrells therewith; then they take a small sticke, cleane and sweet, and therewith make divers holes downe thorough the butter, even to the bottome of the barrell: and then make a strong brine of water and salt which will beare an egge, and after it is boyl'd, well skimmed and cool'd, then poure it upon the top of the butter till it swimme above the same, and so let it settle. Some use to boile in this brine a branch or two of Rosemary, and it is not amisse, but pleasant and wholesome.

When to pot
Butter.

Now although you may at any time betwixt *May* and *September* pot up butter, observing to doe it in the coolest time of the morning: yet the most principall season of all is in the moneth of *May* onely: for then the aire is most temperate, and the butter will take salt the best, and the least subject to reeing.

Use of Butter-
milke.

The best use of butter-milke for the able *House-wife*, is charitably to bestow it on the poore neighbours, whose wants doe daily cry out for sustenance: and no doubt but she shall finde the profit thereof in a divine place, as well as in her earthly businesse. But if her owne wants command her to use it for her owne good, then shee shall of her butter-milke make curds, in this manner: she shall take her butter-milke and put it into a cleane earthen vessell, which is much larger than to receive the butter-milke onely; and looking unto the quantity thereof, shee shall take as it were a third part so much new milke, and set it on the fire, and when it is ready to rise, take it off, and let it coole a little: then poure it into the butter-mills in the same manner as you would

Of Butter-
milke-Curds.

would make a posset, and having stirred it about, let it stand: then with a fine skummer, when you will use the curds (for the longer it stands the better the curds will eate) take them up into a cullander and let the whey drop well from it, and then eate them either with Creame, Ale, Wine, or Beere: as for the whey, you may keepe it also in a sweet stone vessell: for it is that which is called whigge, and is an excellent coole drinke and Of Whigge. a wholesome; and may very well be drunke a summer through instead of any other drink, and without doubt will slake the thirst of any labouring man as well if not better.

The next maine profit which ariseth from the Dairy Of Cheefe. is cheefe, of which there be divers kinds, as new milke, or morrow-milke-cheefe, nettle-cheefe, floaten-milke-cheefe, and eddish, or after-math-cheefe, all which have their severall orderings and compositions, as you shall perceive by the discourse following: yet before I do begin to speake of the making of the cheefe, I will shew you how to order your *Cheeselep-bag* or *Runnet*, which is the most principall thing wherewith your cheefe is compounded, and giveth the perfect taste unto the same.

The *Cheeselep-bag* or *Runnet*, which is the stomacke- Of the Cheefe,
lep-bagge or
Runnet bagge of a yong suckling calfe, which never tasted other foode than milke, where the curd lieth undigested. Of these bagges you shall in the beginning of the yeere provide your selfe good store, and first open the bag and powre out into a cleane vessell the curd and thicke substance thereof; but the rest which is not curdled you shall put away: then open the curd and picke out of it all manner of mores, chiers of grasse, or other filth gotten into the same: then wash the curd in so many cold waters, till it be as white and cleane from all sorts

sorts of moates as is possible; then lay it on a cleane cloath that the water may draine from it, which done, lay it in another dry vessell, then take a handfull or two of salt, and rubbe the curd therewith exceedingly: then take your bagge and wash it also in diuers cold waters aill it be very cleane, and then put the curd and the salt up into the bag, the bag being also well rub'd within with salt: and so put it vp, and salt the outside alsoe ouer: and then close vp the pot close, and so keepe them a full yeare before you use them. For touching the hanging of them vp in chimney-corners (as course *Housewives* do) it is sluttish, naught, and unwholesome, and the spending of your runnet whilst it is new, makes your cheefe heavy and proue hollow.

Seasoning of
the runnets.

When your runnet or earning is fit to be used, you shall season it after this manner; you shall take the bag you intend to vse, and opening it, put the curd into a stone mortar or a bowle, and with a wooden pestle or a rolling pinne beate it exceedingly; then put to it the yolkes of two or three egges, and halfe a pint of the thickest and sweetest creame you can fleete from your milke, with a peny-worth of saffron finely dried and beaten to powder, together with a little Cloues and Mace, and stirre them all passing well together till they appeare but as one substance, and then put it up in the bagge againe: then you shall make a very strong brine of water and salt, and in the same you shall boile a handfull or two of Saxifrage, and then when it is cold cleare it into a cleane earthen vessell; then take out of the bag halfe a dosen spoonfulls of the former curd and mixe it with the brine, then closing the bagge up again, close hang it within the brine, and in any case also steepe in your brine a few Wall-nut-tree leaues, and so keepe
your

your runnet a fortnight after before you use it; and in this manner dresse all your bagges so, as you may ever have one ready after another, and the youngest a fortnight old ever at the least, for that will make the earning quicke and sharpe, so that foure spoonefuls thereof will suffice for the gathering and seasoning of at least twelve gallons of milke, and this is the choycest and best earning which can possiblie be made by any *Housewife*.

To make a new milke or morning-milke-Cheese, which is the best cheese made ordinarily in our Kingdome; you shall take your milke early in the morning as it comes from the Cow, and syle it into a cleane tubbe, then take all the creame also from the milke you milk'd the evening before, and straine it into your new milke: then take a pretty quantitie of cleane water, and having made it scalding hot, poure it into the milke also to scald the creame and it together, then let it stand, and coole it with a dish till it be no more than lukewarme; then goe to the pot where your earning bags hang, & draw from thence so much of the earning without stirring of the bag, as will serve for your proportion of milke, & straine it therein very carefully; for if the least mote of the curd of the earning fall into the cheese, it will make the cheese rot and mould; when your earning is put in, you shall cover the milke, and so let it stand halfe an houre or thereabout; for if the earning be good it will come in that space; but if you see it doth not, then you shall put in more: being come, you shall with a dish in your hand breake and mashe the curd together, passing and turning it about diversly: which done, with the flat palmes of your hands very gently presse the curde downe into the bottome of the tubbe, then with

To make a
new Milke
Cheese com-
pound.

a thinne dish take the whey from it as cleane as you can, and so having prepared your Cheese-fat answerable to the proportion of your curd with both your hands joyned together, put your curd therein and breake it and presse it down hard into the fat till you have fild it; then lay upon the top of the curd your flat Cheese-boord, and a little small weight thereupon, that the whey may drop from it into the under vessell; when it hath done dropping, take a large Cheese-cloth, and having wet it in the cold water, lay it on the Cheese-boord, and then turne the Cheese upon it; then lay the cloth into the Cheese-fat: and so put the Cheese therein againe, and with a thin slice thrust the same downe close on every side: then laying the cloth also over the top to lay on the Cheese-boord, and so carry it to your great presse, and there presse it under a sufficient waight: after it hath beene there prest halfe an houre, you shall take it and turne it into a dry cloth, and put it into the presse againe, and thus you shall turne it into dry cloaths at least five or sixe times in the first day, and ever put it under the presse againe, not taking it there from, till the next day in the evening at soonest, & the last time it is turned, you shall turne it into the dry fat without any cloth at all.

When it is prest sufficiently and taken from the fat, you shall then lay it in a kinnell, and rub it first on the one side, and then on the other with salt, and so let it lie all that night, then the next morning, you shall doe the like againe, and so turne it upon the brine, which comes from the salt two or three dayes or more, according to the bignesse of the Cheese, and then lay it upon a faire table or shelve to drie, forgetting not every day once to rubbe it all over with a cleane cloth, and then to turne it, till such time that it be thoroughly drie, and fit to goe
into

into the Cheefe hecke: and in this manner of drying, you must observe to lay it first where it may dry hastily, and after, where it may dry at more leisure: thus may you make the best and most principall Cheefe.

Now, if you will make Cheefe of two meales, as your mornings new Milke, and the evenings Creame, milke and all, you shall do but the same formerly rehearsed. And if you will make a simple morrow-milke Cheefe, which is all of new-milke and nothing else, you shall then doe as is before declared, onely you shall put in your evening so soone as the milke is fill'd (if it have any warmth in't) and not scald it: but if the warmth be lost, you shall put it into a Kettle and give it the aire of the fire.

A Cheefe of
two meales.

Cheefe of one
meale.

If you will have a very dainty nettle Cheefe, which is the finest Summer-cheefe which can be eaten, you shall do in all things as was formerly taught in the new-milke-cheese compound; Onely you shall put the curd into a very thinne cheese-fatt, not above halfe an inch, or a little better deepe at the most, and then when you come to dry them, as soone as it is drained from the brine, you shall lay it upon fresh Nettles and cover it all over with the same; and so lying where they may feele the aire, let them ripen therein, observing to renew your Nettles once in two daies, and every time you renew them, to turne the Cheefe or Cheeses, and to gather your Nettles as much without stalkes as may be, and to make the bed both under and aloft as smooth as may be, for the more even and fewer wrinkles that your Cheefe hath, the more dainty is your *Housewife* accounted.

Of Nettle
Cheefe.

If you will make floaten milke-cheese, which is the courtest of all cheeses, you shall take some of the milke and

Of floaten
milke Cheefe.

and heate it upon the fire to warme all the rest: but if it be so sowre, that you dare not adventure the warming of it, for feare of breaking, then you shall heate water, and with it warme it; then put in your earning, as before shewed, and gather it, presse it, salt it, and dry it as you did all other Cheeses.

Of eddish
Cheese.

Touching your eddish Cheese, or Winter Cheese, there is not any difference betwixt it and your Summer Cheese touching the making thereof onely, because the season of the yeere denieth a kindly drying or hardning thereof, it differeth much in taste, and will be soft alwaies; and of these eddish Cheeses, you may make as many kindes as of Summer Cheeses, as of one meale, two meales, or of milke that is floaten.

Of Whey and
the profits.

When you have made your Cheese, you shall then have care of the Whey, whose generall use differeth not from that of Butter-milke, for either you shall preserve it to bestow on the poore, because it is a good drinke for the labouring-man, or keepe it to make curds out of it, or lastly, to nourish and bring up your Swine.

Of Whey-
curds.

If you will make curds of your best Whey, you shall set it upon the fire, and being ready to boile, you shall put into it a pretty quantity of Butter-milke, and then as you see the curds arising up to the top of the Whey, with a Skummer skimme them off, and put them into a Cullender, and then put in more Butter-milke, and thus doe, whilest you can see any curds arise; then the Whey being drained cleane from them, put them into a cleane vessell, and so serve them forth as occasion shall serve.

CHAP.

CHAP. 7.

The Office of the Malster, and the severall secrets, and knowledges belonging to the making of Malt.



It is most requisite and fit that our *Houſwife* be experienced and well practiſed in the well making of Malt, both for the neceſſary and continuall uſe thereof, as alſo for the generall profit which accrueh and ariſeth to the *Huſband, Houſwife*, and the whole family, for as from it is made the drinke, by which the houſhold is nourished and ſuſtained, ſo to the fruitfull huſbandman (who is the maſter of rich ground, and much tillage (it is an excellent merchandize, and a commodity of ſo great trade, that not alone eſpecially Townes and Countries are maintained thereby, but alſo the whole Kingdome, and divers others of our neighbouring Nations. This office or place of knowledge belongeth particularly to the *House wife*, and though we have many excellent Men-malſters, yet it is properly the worke and care of the woman, for it is a houſe-worke, and done altogether within doores, where generally lieth her charge; the man only ought to bring in, and to provide the graine, and excuſe her from portage or too heaſie burthens, but for the Art of making the Malt, and the ſeverall labours appertaining to the ſame, even from the Fat to the Kilne, it is onely the worke of the *Houſwife* and the Maid-servants to her appertaining.

To begin then with the firſt knowledge of our Malſter, it conſiſteth in the election and choiſe of graine fit to make Malt on, of which there are indeed truly but two kinds, that is to ſay, Barley, which is of all other

Election of
Corne for
Malt.

other the most excellent for this purpose; and Oates, which when Barley is scant or wanting, maketh also a good and sufficient Malt: and though the drinke which is drawne from it be neither so much in the quantity, so strong in the substance, nor yet so pleasant in the taste, yet is the drinke very good and tolerable, and nourishing enough for any reasonable creature. Now I doe not deny, but there may be made Malt of Wheate, Pease, Lupins, Fetches & such like, yet it is with us, of no retained custome, nor is the drink simply drawne or extracted from those grains, either wholesome or pleasant, but strong & fulsome; therefore I think it not fit to spend any time in treating of the same. To speake then of the election of Barly, you shall understand that there be divers kinds thereof, according to the alteration of soiles, some being big, some little, some ful, some empty, some white, some browne, & some yellow: but I will reduce all these into three kindes, that is, into the Clay-barly, the Sand-barly, and the Barly which groweth on the mixt soile. Now the best Barly to make Malt on, both for yeelding the greatest quantity of matter, and making the strongest, best and most wholesome drinke, is the Clay-barly well drest, being cleane Corne of it selfe, without weede or Oates, white of colour, full in substance, and sweete in taste: that which groweth on the mixt grounds is the next; for though it bee subject to some Oates and some Weeds: yet being painefully and carefully drest, it is a faire and a bould corne, great and full; and though somewhat browner than the former, yet it is of a faire and cleane complexion. The last and worst graine for this purpose is the Sand-barly, for although it be seldome or never mixt with Oates, yet if the tillage be not painefully and cunningly handled,

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it is much subject to weedes of divers kinds, as tares, fetches, and such like, which drinke up the liquor in the brewing, and make the yeeld or quantity thereof very little and unprofitable: besides the graine naturally of it selfe hath a yellow, withered, empty huske, thicke and unfurnished of meale, so that the drinke drawne from it, can neither be so much, so strong, so good, nor so pleasant; so that to conclude, the cleane Clay-barley is best for profit in the sale drinke, for strength and long lasting.

The Barley in the mixt grounds will serve well for households and families: and the sandy barley for the poore, and in such places where better is not to be gotten. And these are to be knowne of every *Husband* or *House wife*: the first by his whitenesse, greatnesse and fulnesse: the second by his brownenesse, and the third by his yellownesse, with a darke browne nether ende, and the emptinesse and thicknesse of the huske (and in this election of Barley) you shall note, that if you finde in it any wild oates, it is a signe of a rich clay-ground, but ill husbanded, yet the malt made thereof is not much amisse, for both the wilde oate and the perfit oate give a pleasant sharpe relish to the drinke, if the quantity be not too much, which is evermore to bee respected. And to conclude this matter of election, great care must be had of both *Husband* and *House-wife*, that the barley chosen for malt, bee exceeding sweet, both in smell and taste, and very cleane drest: for any corruption maketh the malt loathsome, and the foule dresting affordeth much losse.

After the skilfull election of graine for malt, the *House-wife* is to looke to the situation, goodnesse and apt accommodation of the Malt-house; for in that con-

Of the Malt-house, and the situation.

sisteth both much of the skill, and much of the profit: for the generall situation of the house, it would (as neere as can be) stand upon firme dry ground, having prospect every way, with open windowes and lights to let in the Winde, Sunne, and Ayre, which way the Malster pleaseth, both to coole and comfort the graine at pleasure, and also close-shuts or draw-windowes to keepe out the Frosts and Stormes, which are the onely lets and hinderances for making the malt good and perfect: for the modell or forme of these houses, some are made round, with a court in the middle, some long, and some square, but the round is the best, and the least laborious; for the cesterne or Fats being placed (as it were) at the head, or beginning of the circle, and the pompe or well (but the pompe is best) being close adioyning, or at least by conveyance of troughes made as usefull as if it were neere adioyning, the Corne being steept, may with one persons labour and a shovell, bee cast from the fat, or cesterne to the floore and there coucht; then when the couch is broken, it may in the turning either with the hand or the shovell, be carried in such a circular house round about from one floore to another, till it come to the Kilne, which would also be placed next over against the pump and cesterne, and all contained under one rooffe; and thus you may empty steeping after steeping, and carry them with one persons labour from floore to floore, till all the floores be fild: in which circular motion you shall finde, that ever that which was first steept, shall first come to the Kilne, and so consequently one after another in such sort as they were steeped, and your worke may evermore bee constant, and your floores at no time empty, but at your owne pleasure, and all the
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the labour done onely with the hand and shovell, without carrying or recarrying, or lifting heavy burthens, is both troublesome and offensive, and not without much losse, because in such cases ever some graine scattereth.

Now over against the Kilne-hole or Furnace (which is evermore intended to bee on the ground) should a convenient place be made to pile the fuell for the kilne, whether it bee Straw, Bracken, Furres, Wood, Coale, or other fewell; but sweet Straw is of all other the best and neatest. Now it is intended that this malt-house may be made two Stories in height, but no heigher: over your Cesternes shall bee made the Garners, wherein to keepe your Barley before it bee steeped: in the bottomes of these Garners, standing directly over the Cesternes, shall bee convenient holes made to open and shut at pleasure, through which shall runne downe the Barley into the Cesterne. Over the bed of the Kilne can bee nothing but the place for the Haire cloth, and a spacious rooffe open every way that the smoke may have free passage: and with the least ayre bee carried from the Kilne, which maketh the malt sweet and pleasant. Over that place where the fewell is piled, and is next of all to the bed of the Kilne, would likewise bee other spacious Garners made, some to receive the Malt assoone as it is dried with the Combe and Kilne-dust, in which it may lye to mellow and ripen; and others to receive the Malt after it is skreened and drest up; for to let it bee too long in the Combe, as above three moneths at longest, will make it both corrupt, and breed Weevles and other Wormes, which are the greatest destroyers of malt that may be. And these garners should be so conve-

niently plac't before the front of the Kilne-bed, that either with the shovell or a small scuttle you may cast, or carry the malt once dryed into the Garners. For the other part of the floores, they may bee employed as the ground floores are, for the receiving of the malt when it comes from the cesterne: and in this manner, and with these accommodations you may fashion any malt-house, either round, long, square, or of what proportion soever, as either your estate, or the convenience of the ground you have to build on shall administer.

Of Malt-
floores-

Next to the cite or proportion of the ground, you shall have a principall care for the making of your malt-floores, in which (all the custome and the nature of the soile binds many times, a man to sundry inconveniences, and that a man must necessarily build according to the matter he hath to build withall, from whence ariseth the many diversities of malt-floores) yet you shall understand, that the generall best malt-floore, both for Summer and Winter, and all seasons, is the cave or vaulted arch which is hewed out of a dry and maine greetie rocke, for it is both warme in Winter, coole in Summer and generally comfortable in all seasons of the yeare whatsoever. For it is to bee noted, that all *House-wives* do give over the making of malt in the extreame heate of Summer, it is not because the malt is worse that is made in Summer than that which is made in winter, but because the floores are more unseasonable, and that the Sun getting a power into such open places, maketh the graine which is steeped to sproute and come so swiftly, that it cannot indure to take time on the floore, and get the right seasoning which belongeth to the same: whereas these kind of vaults being dry, and as it were coucht under

under the ground, not onely keepeth out the Sunne in Summer, which maketh the Malt come much too fast, but also defendeth it from frosts and colde bitter blasts in sharpe Winters, which will not suffer it to come, or sprout at all; or if part doe come and sprout, as that which lyeth in the heart of the bed; yet the upper parts and outside by meanes of extreame colde cannot sprout: but being againe dried, hath his first hardnesse, and is one and the same with raw Barley; for every *House-wife* must know, that if Malt doe not come as it were altogether, and at an instant, and not one come more than another, the Malt must needs bee very much imperfect: The next flower to the Cave, or dry sandy Rocke, is the flower which is made of earth, or a stiffe strong binding Clay well watered, and mixt with Horse-dung, and Soape-ashes, beaten and wrought together, till it come to one solide firmenesse; this Flower is a very warme comfortable Flower in the Winter season, and will helpe the graine to come and sprout exceedingly, and with the helpe of windowes to let in the colde ayre, and to shut out the violent reflection of the Sunne, will serve very conveniently for the making of malt, for nine months in the yeare, that is to say, from *September* till the end of *May*; but for *June*, *July*, and *August*, to imploy it to that purpose, will breed both losse and incumbrance: The next Flower to this of earth, is that which is made of plaster, or plaster of paris, being burnt in a seasonable time, and kept from wet, till the time of shooting, and then smoothly laid, and well levelled; the imperfection of the plaster flower is onely the extreame coldnesse thereof, which in frosty and cold seasons, so bindeth in the heart of the graine,

that it cannot sprout, for which cause it behooveth every Maltster that is compelled to these Floores, to looke well into the seasons of the yeere, and when hee findeth either the Frostes, Northerne blasts, or other nipping stormes to rage too violently, then to make his first couches or beds, when the graine commeth newly out of the Cesterne, much thicker and rounder than otherwise hee would doe; and as the cold abateth, or the corne increaseth in sprouting, so to make couches or beds thinner and thinner, for the thicker and closer the graine is coucht and laid together, the warmer it lieth, and so catching heat, the sooner it sprouteth, and the thinner it lieth the cooler it is, and so much the slower in sprouting. This floore, if the windowes be close, and guard off the Sunne sufficiently, will (if necessity compell) serve for the making of Malt tenne months in the yeare, onely in *July* and *August* which containe the Dogge-dayes, it would not bee employed, nor in the time of any Frost, without great care and circumspection.

Againe, there is in this floore another fault, which is a naturall casting out of dust, which much sullieth the graine, and being dried, makes it looke dun and foule, which is much disparagement to the Maltster; therefore she must have great care that when the Malt is taken away, to sweepe and keepe her floores as cleane and neate as may bee. The last and worst is the boarded floore, of what kind soever it be, by reason of the too much heat thereof, and yet of boarded floores the Oken boarded is the coolest and longest lasting; the Elme or Beech is next; then the Ashe, and the worst (though it bee the fairest to the eye) is the Firre, for it hath in it selfe (by reason of the Frankinsence and Turpen-

Turpentine which it holdeth) a naturall heat, which mixed with the violence of the Sunne in the Summer-time, forceth the graine not onely to sprout, but to grow in the couch, which is much losse, and a foule imputation. Now these boarded floores can hardly bee in use for above five months at the most, that is to say, *October, November, December, Ianuary and February*; for the rest, the Sun hath too much strength, and these boarded floores too much warmth; and therefore in the coolest times it is good to observe to make the couches thinne, whereby the ayre may passe thorough the corne, and so coole it, that it may sprout at leasure.

Now for any other floore besides these already named, there is not any good to malt upon; for the common floore which is of naturall earth, whether it bee Clay, Sand, or Gravell, if it have no mixture at all with it more than its owne nature, by oft treading upon it, groweth to gather the nature of saltnesse or Salt-peter into it, which not onely giveth an ill taste to the graine that is laid upon the same, but also his moisture and mouldinesse, which in the moist times of the yeare arise from the ground, it often corrupteth and putrefieth the corne. The rough paved floore by reason of the unevennesse, is unfit to malt on, because the graine getting into the crannies, doth there lye, and is not removed or turned up and downe as should be with the hand, but many times is so fixed to the ground, it sprouteth and groweth up into a greene blade, affording much losse and hinderance to the owner.

The smooth paved floore, or any floore of stone whatsoever, is full as ill; for every one of them naturally against much wet or change of weather, will

Imperfect
Floores.

sweate and distill forth such abundant moisture, that the Malt lying upon the same, can neither dry kindly and expell the former moisture received in the cestern, but also by that over-much moisture many times roteth, and comes to be altogether uselesse. Lastly, for the flower made of lime and liaire, it is as ill as any formerly spoken of, both in respect of the nature of the Lime, whose heat and sharpnesse is a maine enemy to Malt, or any moist corne, as also in respect of the weaknesse and brittlenes of the substance thereof, being apt to molder and fall in pieces with the lightest treading on the same, and that lime and dust once mixing with the corne, it doth so poison and suffocate it, that it can neither sprout nor turne serviceable for any use.

*Of the Kilne
and the building
thereof.*

Next unto the Malt flowers, our Malster shall have a great care in the framing and fashioning of the Kilne, of which there are sundry sorts of moddels, as the ancient forme which was in times past used of our fore-fathers, being onely made in a square proportion at the top with small splints or rafters, joyned within foure inches one of another, going from a maine beame, crossing the mid part of that great square: then is this great square from the top, with good and sufficient studds to be drawne slopewise narrower and narrower, till it come to the ground, so that the harth or lowest part thereof may bee not above a sixth part to the great square above, on which the Malt is laid to bee dried, and this harth shall bee made hollow and descending, and not leuell nor ascending: and these Kilns doe not hold any certaine quantity in the upper square, but may ever bee according to the frame of the house, some being thirty foot each way, some twenty, & some eighteene. There be other Kilnes which are made after
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this manner open and flope, but they are round of proportion; but both these kind of Kilnes have one fault, which is danger of fire; for lying every way open and apt for the blaze, if the Malster be any thing negligent, either in the keeping of the blaze low and forward, or not sweeping every part about the harth any thing that may take fire, or foreseeing that no strawes which doe belong to the bedding of the Kilne do hang downe, or are loose, whereby the fire may take hold of them, it is very possible that the Kilne may bee set on fire, to the great losse and often undoing of the owner.

Which to prevent, and that the Malster may have better assurance and comfort in her labour, there is a Kilne now of generall use in this Kingdome, which is called a French Kilne, being framed of a Bricke, Ashler, or other fire-stone, according to the nature of the soyle in which *Husbands* and *Houſewives* live: and this French Kilne is ever safe and secure from fire, and whether the Malster wake or sleepe, without extreame willfull negligence, there can no danger come to the Kilne; and in these Kilnes may bee burnt any kind of fewell whatsoever, and neither shall the smoke offend or breed illtaste in the Malt, nor yet discolour it, as many times it doth in open Kilnes, where the Malt is as it were, covered all over, & even parboyld in smoke: so that of all sorts of Kilnes whatsoever, this which is called the French Kilne, is to be preferred and onely embraced. Of the forme or moddell whereof, I will not here stand to entreat, because they are now so generally frequent amongst us, that not a Mason or Carpenter in the whole Kingdome but can build the same; so that to use more words thereof were tediousnesse to little purpose. Now there is another kind of

The perfect
Kilne.

Kilne

Kilne which I have seene (and but in the West-country onely) which for the profitable quaintnesse thereof, I tooke some speciall note of, and that was a Kilne made at the end of a Kitchin Raunge or Chimney, being in shape round, and made of Bricke, with a little hollownesse narrowed by degrees, into which came from the bottome and midst of the Kitchin-chimney a hollow tunnell or vault, like the tunnell of a Chimney, and ranne directly on the backe-side, the hood or backe of the Kitchin Chimney; then in the midst of the Chimney, where the greatest strength of the fire was made, was a square hole made of about a foote and a halfe every way, with an Iron thicke plate to draw to and fro, opening and closing the hole at pleasure; and this hole doth open onely into that tunnell which went to the Kilne, so that the Malt being once laid, and spread upon the Kilne, draw away the Iron plate, and the ordinary fire with which you dresse your meate, and performe other necessary businesse, is suckt up into this tunnell, and so conveith the heat to the Kilne, where it drieth the Malt with as great perfection, as any Kilne I saw in my life, and needeth neither attendance or other ceremony more, than once in five or fixe houres to turne the Malt, and take it away when it is dried sufficiently: for it is here to be noted, that how great or violent soever the fire bee which is in the Chimney, yet by reason of the passage, and the quantity thereof, it carrieth no more but a moderate heat to the Kilne; and for the smoke, it is so carried away in other loope-holes which runne from the hollownesse betweene the tunnell and the Malt-bed, that no Malt in the world can possibly be sweeter, or more delicately coloured: only the fault of these Kilns are, that they
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are but little in compasse, and so cannot dry much at a time, as not above a quarter or ten strike at the most in one drying, and therefore are no more but for a mans owne particular use, and for the furnishing of one settled family; but so applied, they exceede all the Kilnes that I have seene whatsoever.

When our Malster hath thus perfected the Malt-house and Kilne, then next looke to the well bedding of the Kilne, which is diversly done according to mens divers opinions; for some use one thing, and some another, as the necessity of the place, or mens particular profits draw them.

Bedding of
the Kilne.

But first to shew you what the bedding of a Kilne is, you shall understand, that it is a thinne covering laid upon the open rafters, which are next unto the heat of the fire; being made either so thinne or so open that the smallest heat may passe thorow it, and come to the corne: this bed must be laid so even and leuell as may bee, and not thicker in one place than another, least the Malt drie too fast where it is thinnest, and too slowly where it is thicke, and so in the taste seeme to bee of two severall dryings: it must also bee made of such stufte, as having received heat, it will long continue the same, and bee an assistant to the fire in drying the corn: it should also have in it no moist or dankish propertie, least at the first receiving of the fire, it send out a stinking smoke, and so taint the Malt; nor should it bee of any rough or sharpe substance, because upon this bed or bedding is laid the haire-cloth, and on the haire-cloth the Malt, so that with the turning the malt, and treading upon the cloth, should the bed bee of any such roughnesse, it would soone weare out the haire-cloth, which would bee both
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losse and ill *House-wifery*, which is carefully to bee eschewed.

But now for the matter or substance whereof this bedding should be made, the best, neatest, and sweetest, is cleane long Rye straw, with the eares onely cut off, and the ends layd even together, not one longer than another, and so spread upon the rafter of the Kilne as even and thinne as may be, and layd, as it were, straw by straw in a just proportion, where skill and industry may make it thin or thicke at pleasure, as but the thicknesse of one straw, or of two, three, foure or five, as shall seeme to your judgement most convenient, and then this, there can bee nothing more even, more dry, sweete, or open to let in the heat at your pleasure: and although in the old open Kilnes it bee subject to danger of fire, by reason of the quickenesse to receive the flame, yet in the *French* Kilnes (before mentioned) it is a most safe bedding, for not any fire can come neere unto it. There bee others which bed the Kilne with Mat; and it is not much to bee misliked, if the Mat bee made of Rye straw sowed, and woven together according to the manner of the Indian Mats, or those usuall thinne Bent Mats, which you shall commonly see in the Summer time, standing in Husbandmens Chimneyes, where one bent or straw is laid by another, and so woven together with a good strong packe-thread: but these Mats according to the old Proverbe (More cost more Worship) for they are chargeable to bee bought, and very troublesome in the making, and in the wearing will not outlast one of the former loose beddings; for if one thread or stitch breake, immediately most in that rowe will follow: onely it is most certaine, that during the
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time it lasteth it is both good, necessary and handsome. But if the matt bee made either of Bulrushes, Flaggs, or any other thicke substance (as for the most part they are) then it is not so good a bedding, both because the thickenesse keepeth out the heate, and is long before it can bee warmed; as also in that it ever being cold, naturally of it selfe draweth into it a certaine moysture, which with the first heate being expelled in smoke, doth much offend and breed ill taste in the malt. There bee others that bed the Kilne with a kinde of matt made of broad thinne splints of wood wrought checker-wise one into another, and it hath the same faults which the thicke matt hath; for it is long in catching the heate, and will ever smoke at the first warming, and that smoke will the malt smell on ever after; for the smoke of wood is ever more sharpe and piercing then any other smoke whatsoever. Besides this wooden matt, after it hath once bedded the Kilne, it can hardly afterward be taken up or removed; for by continuall heat, being brought to such an extreame drynesse, if upon any occasion either to mend the Kilne, or cleanse the Kilne, or doe other necessary labour underneath the bedding, you shall take up the wooden mat, it wou'd presently cracke, and fall to pieces: and be no more serviceable. There be others which bed the Kilne with a bedding made all of wickers, of small wands foulded one into another like a hurdle, or such like wandworke; but it is made very open, every wand at least two or three fingers one from another: and this kinde of bedding is a very strong kind of bedding, and will last long, and catcheth the heat at the first springing, onely the smoke is offensive, and the roughnes without great care used, will

will soone weare out your haire-cloth : yet in such places where straw is not to be got or spared, and that you are compelled onely to use wood for your fewell in drying your Malt, I allow this bedding before any other, for it is very good, strong and long lasting : besides, it may be taken up and set by at pleasure, so that you may sweepe and cleanse your Kilne as oft as occasion shall serve, and in the neate and fine keeping of the Kilne, doth consist much of the *House-wives* Art ; for to bee choakt either with dust, durt, soot or ashes, as it shewes fluttrishnesse and sloth, the onely great imputations hanging over a *House-wife*, so they likewise hinder the labour, and make the malt dry a great deale worse, and more unkindly.

Of fewell for
the drying of
Malt.

Next the bedding of the Kilne, our Malster by all meanes must have an especiall care with what fewell she dryeth the Malt ; for commonly according to that it ever receiveth and keepeth the taste, if by some especiall Art in the Kilne that annoyance be not taken away. To speake then of Fewels in generall, they are of divers kindes according to the natures of soyles, and the accommodation of places in which men live ; yet the best and most principall fewell for the Kilnes (both for sweetnesse, gentle heate, and perfect drying) is either good Wheat straw, Rye-straw, Barley-straw, or Oaten-straw ; and of these the Wheat-straw is the best, because it is most substantiall, longest lasting, makes the sharpest fire, and yeelds the least flame : the next is Rye-straw, then Oaten-straw, and last Barley-straw, which by reason it is shortest, lightest, least lasting, and giveth more blaze then heat, it is last of these white straws to be chosen, & where any of these faile, or are scarce, you may take the stubble or after-crop
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of them, when the upper part is shorne away; which being well dryed and housed, is as good as any of the rest already spoken of, and lesse chargeable, because it is not fit for any better purpose as to make fodder, meaneure, or such like, of more then ordinary thatching, and so fittest for this purpose. Next to these white strawes, your long Fenne-rushes, being very exceedingly well withered and dryed, and all the sappie moysture gotten out of them, and so either safely housed or staked, are the best fewell: for they make a very substantiall fire, and much lasting, neither are apt to much blazing, nor the smoke so sharpe or violent but may very well bee endured: where all these are wanting, you may take the straw of Pease, Fetches, Lupins, or Tares, any of which will serve, yet the smoke is apt to taint, and the fire without prevention dryeth too suddenly and swiftly. Next to these is cleane Beane-straw. or straw mixt of Beanes and Pease together; but this must be handled with great discretion, for the substance containeth so much heat, that it will rather burne then dry, if it bee not moderated, and the smoke is also much offensive. Next to this beane-straw is your Furrs, Gorse, Whinnes, or small Brush-wood, which differeth not much from Beane-straw; onely the smoke is much sharper, and tainteth the Malt with a much stronger savour. To these I may adde Braken or Braks, Ling, Heath, or Brome, all which may serve in time of necessity, but each one of them have this fault, that they adde to the Malt an ill taste or savour. After these I place Wood of all sorts, for each is alike noysome, and if the smoke which commeth from it touch the Malt, the infection cannot bee recovered; from whence amongst the best *Husbands* hath sprung this opinion, that

that when at any time drinke is ill tasted, they say straight, it was made of Wood-dryed Malt. And thus you see the generality of fuels, their vertues, faults, and how they are to bee employed. Now for Coale of all kindes, Turfe or Peate, they are not by any meanes to be used under Kilnes, except where the furnaces are so subtilly made, that the smoke is conveyed a quite contrary way, and never commeth neere the Malt; in that case it skilleth not what fuell you use, so it bee durable and cheape it is fit for the purpose, onely great regard must be had to the gentlenesse of the fire; for as the old Proverbe is (Soft fire makes sweet Malt) so too rash and hasty a fire scorcheth and burneth it, which is called amongst Malsters Fire-fangd; and such Malt is good for little or no purpose: therefore to keepe a temperate and true fire, is the onely Art of a most skilfull Malster.

When the Kilne is thus made and furnished of all necessities duely belonging to the same, our Malsters next care shall bee to the fashioning and making of the Garners, Hutches, or Holds in which both the malt after it is dried, and the Barly before it bee steeped, is to bee kept and preserved; and these Garners or Safes for Corne are made of divers fashions, and divers matters, as some of Boords, some of Bricks, some of Stone, some of Lime and Haire, and some of mud, Clay or Loame: but all of these have their severall faults; for Wood of all kindes breedeth Weevell and Wormes which destroy the Graine, and is indeed much too hot: for although malt would ever be kept passing drie, yet never so little over-plus of heate withers it, and takes away the vertue; for as moysture rots and corrupts it, so heate takes away and decayeth

decayeth the substance. Bricke, because it is layde with Lime, is altogether unwholesome, for the Lime being apt at change of weather to sweate, moysteneth the graine, and so tainteth it, and in the driest seasons with the sharpe hot taste, doth fully as much offend it: those which are made of Stone are much more noysome, both in respect of the reasons before rehearsed, as also, in that all Stone of it selfe will sweate, and so more and more corrupteth the graine which is harboured in it. Lime and haire being of the same nature, carrieth the same offences, and is in the like sort to bee eschewed. Now for mud, clay, or loame, in as much as they must necessarily be mixed with wood, because otherwise of themselves they cannot knit or binde together, and besides, that the clay or loame must bee mixt either with chopt hey, chopt straw, or chopt Litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences against mice, but easie to be wrought through, and so very unprofitable for any *Husband* or *House-wife* to use. Besides, they are much too hot, and beeing either in a close house neere the kilne, or the backe or face of any other Chimney, they drye the corne too sore, and make it dwindle and wither, so that it neither filleth the bushel, nor enricheth the liquor, but turnes to losse every way. The best Garner then that can bee made both for safety and profit, is to be made either of broken tile-threads, or broken bricks, cunningly and even layd, and bound together with Plaster of Paris, or our ordinary *English* Plaster, or burnt *Alabaster*, and then covered all over, both within and without, in the bottome, and on every side, at least three fingers thick with the same Plaster, so as no bricke or tyle-thread may by

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any meanes be seene, or come neere to touch the corne; and these Garners you may make as bigge, or as little as you please, according to the frame of your house, or places of most convenience for the purpose, which, indeed, would ever be as neere the Kilne as may be, that the aire of the fire, in the daies of drying, may come unto the same, or else neere the backs or sides of Chimneyes, where the aire thereof may correct the extreme coldnesse of the plaster, which of all things that are bred in the earth, is the coldest thing that may be, and yet most dry, and not apt to sweat, or take moisture, but by some violent extremity, neither will any Worme or Vermine come neere it, because the great coldnesse thereof is a mortall enemy to their natures, and so the safest and longest these Garners of plaster keepe all kinde of Graine and pulse in the best perfection.

The making
of Cesternes.

After these Garners, Hutches, or large Keeperes for corne are perfected and made, and fitly adjoynd to the Kilne, the next thing that our Maltster hath to looke unto, is the framing of the Fatts or Cesternes, in which the corne is to be steeped, and they are of two sorts, that is, either of Coopers worke, being great Fats of wood, or else of Masons worke, being Cesternes made of stone; but the Cesterne of stone is much the better; for besides that these great Fats of wood are very chargeable and costly (as a Fatt to containe foure quarters of Graine, which is but two and thirty bushells, cannot be afforded under twenty shillings) so likewise they are very casuall and apt to mischance and spilling; for and besides their ordinary wearing, if in the heate of Summer they be never so little neglected without water, and suffered to be
over-

over-drie, it is ten to one in the Winter they will be ready to fall in pieces; and if they be kept moist, yet if the water be not oft shifted and preserved sweete, the Fatt will soone taint, and being once growne faultie, it is not onely irrecoverable, but also whatsoever commeth to be steeped in it after, will be sure to have the same savour, besides the wearing and breaking of Garthes and Plugges, the binding, cleansing, sweetning, and a whole world of other troubles and charges doe so daily attend them, that the benefit is a great deale short of the incumbrance; whereas the stone Cesterne is ever ready and usefull, without any vexation at all, and being once well and sufficiently made, will not need trouble or reparation (more than ordinary washing) scarce in a hundred yeeres.

Now the best way of making these Malt-Cesternes, is, to make the bottomes and sides of good tyle-shreads, fixed together with the best Lime and Sand, and the bottome shall be raised at least a foot and a halfe higher than the ground, and at one corner in the bottome, a fine artificiall round hole must be made, which being outwardly stopt, the Malster may through it draine the Cesterne dry when hee pleaseth, and the bottome must be so artificiall level'd and contrived, that the water may have a true descent to that hole, and not any remaine behind when it is opened.

Now when the modell is thus made of Tile-shreads, which you may doe great or little at your pleasure, then with Lime & haire, and Beasts blood mixed together, you shall cover the bottome at least two inches thicke, laying it levell and plaine, as is before shewed: which

done, you shall also cover all the sides and toppe, both within and without with the same matter, at least a good fingers thickenesse, and the maine Wall of the whole Cesterne shall be a full foote in thicknesse, as well for strength and durablenesse, as other private reasons for the holding the graine and water, whose poise and weight might otherwise indanger a weaker substance. And thus much concerning the Malt-house, and those severall accommodations which doe belong unto the same.

The manner
how to make
Malt

I will now speake a litle in generall as touching the Art, Skill, and knowledge of Malt-making, which I have referred to the conclusion of this Chapter, because, whosoever is ignorant in any of the things before spoken of, cannot by any meanes ever attaine to the perfection of most true, and most thrifty malt-making: To beginne then with this Art of making, or (as some terme it) melting of Malt, you shall first (having proportioned the quantity you meane to steepe, which should ever be answerable to the continent of your Cesterne, and your Cesterne to your floores) let it either run downe from your upper Garner into the Cesterne, or otherwise be carried into your Cesterne, as you shall please, or your occasions desire, and this Barley would by all meanes be very cleane, and neatly drest; then when your Cesterne is filled, you shall from your Pump or Well, convey the water into the Cesterne, till all the corne be drench'd, and that the water float above it: if there be any corne that will not sinke, you shall with your hand stirre it about, and wet it, and so let it rest, and cover the Cesterne; and thus for the space of three nights you shall let the corne steepe in the water. After the third night is expired,
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the next morning you shall come to the Cesterne, and plucke out the plug or bung-sticke which stoppeth the hole in the bottome of the Cesterne, and so draine the water cleane from the Corne, and this water you shall by all meanes save, for much light Corne and others will come forth with this draine-water, which is very good Swines meate, and may not be lost by any good *House-wife*. Then having drained it you shall let the Cesterne droppe all that day, and in the evening with your shovell you shall empty the Corne from the Cesterne unto the Malt-flowre, and when all is out, and the Cesterne cleansed, you shall lay all the wet Corne on a great heape round or long, and flat on the top; and the thicknesse of this heape shall bee answerable to the season of the yeare; for if the weather be extreame cold, then the heape shall be made very thicke, as three or foure foote, or more, according to the quantity of the graine: but if the weather bee temperate and warme, then shall the heape be made thinner, as two foote, a foote and a halfe, or one foote, according to the quantity of the graine. And this heape is called of Maltsters a Couch or bed of raw Malt.

In this couch you shall let the corne lie three nights more without stirring, and after the expiration of the three nights, you shall looke upon it, and if you finde that it beginneth but to sprout (which is called coming of Malt) though it be never so little, as but the very white end of the sproute peeping out (so it be in the outward part of the heape or couch) you shall then breake open the couch, and in the middest (where the Corne lay neereft) you shall finde the sproute or Come of a greater largenesse; then with your shovell you shall turne all the outward part of the couch in-

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The drying of
Malt.

ward, and the inward outward, & make it at least three or foure times as bigge as it was at the first, and so let it lie all that day and night, and the next day you shall with your shovell turne the whole heape over againe, increasing the largeness, and making it of one indifferent thickness over all the floore, that is to say, not above a handfull thicke at the most, not failing after for the space of fourteene daies, which doth make up full in all three weekes, to turne it all over twice or thrice a day according to the season of the weather, for if it be warme, the Malt must be turned oftner; if coole, then it may lie looser, thicker, and longer together; and when the three weekes is fully accomplisht, then you shall (having bedded your Kilne, and spread a cleane haire cloth thereon) lay the Malt as thinne as may bee (as about three fingers thickness) upon the haire-cloth, and so drie it with a gentle and soft fire, ever and anon turning the Malt (as it drieth on the Kilne) over and over with your hand, till you finde it sufficiently well dried, which you shall know both by the taste when you bite it in your mouth, and also by the falling off of the Come or sprout, when it is thoroughly dried. Now as soone as you see the Come beginne to shed, you shall in the turning of the Malt rubbe it well betweene your hands, and scowre it, to make the Come fall away, then finding it all sufficiently dried, first put out your fire, then let the Malt coole upon the Kilne for foure or five houres, and after raising up the foure corners of the haire-cloth, and gathering the Malt together on a heape, empty it with the Come and all into your garners, and there let it lie (if you have not present occasion to use it) for a moneth or two or three to ripen, but no longer, for as the
come

come or dust of the Kilne, for such a space melloweth and ripeneth the Malt, making it better both for sale or expence, so to lie too long in it doth ingender Weevell, Wormes, and vermine which doe destroy the graine.

Now for the dressing and cleansing of Malt at such time as it is either to be spent in the house, or sold in the Market; you shall first winnow it with a good wind either from the aire, or from the fan; and before the winnowing, you shall rub it exceeding well betweene your hands, to get the come or sproutings cleane away: for the beauty and goodnesse of Malt is when it is most smug, cleane, bright, and likest to Barley in the view, for then there is least waste and greatest profit: for come and dust drinketh up the liquor, and gives an ill taste to the drinke. After it is well rubb'd and winnowed, you shall then see it over in a fine Sive, and if any of the Malt be uncleansed, then rub it againe in the Sive till it be pure, and the rubbings will arise on the top of the Sive, which you may cast off at pleasure, and both those rubbings from the Sive and the chaffe and dust which commeth from the winnowings should be safe kept, for they are very good Swines meate, and feede well mixt either with whey or swillings: and thus after the Malt is reed, you shall either sacke it up for especiall use, or put it into a well-cleansed Garner, where it may lie till there be occasion for expence.

Now there be certaine observations in the making of Malt, which I may by no meanes omit: for though divers opinions doe diversly argue them, yet as neere as I can, I will reconcile them to that truth, which is most consonant to reason, and the rule of honesty and equality.

The dressing
of Malt.

Observations
in the making
of Malt.

First, there is a difference in mens opinions as touching the constant time for the mellowing and making of the Malt; that is, from the first steeping untill the time of drying; for some will allow both Fat and Flowre hardly a fortnight, some a fortnight and two or three daies, and doe give this reason; first, they say, it makes the corne looke whiter and brighter, and doth not get so much the fulling and foulness of the Flowre, as that which lieth three weekes, which makes it a great deale more beautifull, and so more saleable: next, it doth not come or shoote out so much sprout, as that which lieth a longer time, and so preserveth more heart in the graine, makes it bold and fuller, and so consequently more full of substance, and able to make more of a little, than the other much of more; and these reasons are good in shew, but not in substantiall truth: for (although I confesse that Corne which lieth least time of the flowre must be the whitest and brightest) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection, and lesse than three weekes cannot ripen Barley: for looke what time it hath to swell and sprout, it must have full that time to flourish, and as much time to decay: now in lesse than a weeke it cannot doe the first, and so in a weeke the second, and in another weeke the third; so that in lesse than three weekes a man cannot make perfect Malt. Againe, I confesse, that Malt which hath the least Come, must have the greatest kernell, and so be most substantiall; yet the Malt which putteth not out his full sprout, but hath that moisture (with too much haste) driven in which should be expelled, can never be Malt of any long lasting, or profitable for indurance, because it hath so much moist substance

stance as doth make it both apt to corrupt and breed wormes in most great abundance: it is most true, that this hasty made Malt is fairest to the eye, and wil soonest be vented in the Market; and being spent assoone as it is bought, little or no losse is to be perceived, yet if it be kept three or foure moneths, or longer (unlesse the place where it is kept, be like a hot House) it will so danke and give againe, that it will be little better than raw Malt, and so good for no service without a second drying: besides, Malt that is not suffered to sprout to the full kindly, but is stopt as soone as it begins to peepe, much of that Malt cannot come at all, for the moistest graines doe sprout first, and the hardest are longer in breaking the huske; now, if you stop the graine on the first sprouts, and not give all leisure to come one after another, you shall have halfe Malt, and halfe Barley, and that is good for nothing but Hens and hogstrough. So that to conclide, lesse than three weekes you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for some (and those be the most men-Malsters whatsoever) turne all their Malt with the shovell, and say it is most easie, most speedy, and dispatcheth more in an houre, than any other way doth in three; and it is very true, yet it scattereth much, leaveth much behind unturn'd, and commonly that which was undermost, it leaveth vndermost still, and so by some comming too much, and others not comming at all, the Malt is oft much imperfect, and the old saying made good, that too much haste maketh waste. Now, there are others (and they are for the most part women-malsters) which turne all with the hand, and that is the best, safest, and most certaine way; for there is not a graine which the
hand

hand doth not remove and turne over and over, and laies every severall heape or row of such an even and just thicknesse, that the Malt both equally commeth, and equally seasoneth together without defect or alteration : and though he that hath much Malt to make, will be willing to harken to the swiftest course in making, yet he that will make the best Malt, must take such convenient leisure, and imploy that labor which commeth neereſt to perfection.

Then there is another especiall care to be had in the coming or sprouting of Malt, which is, that as it must not come too little, so it must not by any meanes come too much, for that is the grosseſt abuse that may be : and that which wee call comed or sprouted too much, is, when either by negligence, for want of looking to the couch, and not opening of it, or for want of turning when the Malt is spread on the floore, it come or sprout at both ends, which *Husbands* call Akerspiers ; such corne by reason the whole heart or substance is driven out of it, can be good for no purpose but the Swine-trough, and therefore you must have an especiall care both to the well tending of the couch, and the turning the Malt on the floore, and be sure (as neere as you can by the ordering of the couch, and happing the hardest graine inward and warmest) to make it all Come very indifferently together. Now, if it so fall out, that you buy your Barley, and happen to light on mixt graine, some being old Corne, some new Corne, some of the heart of the ſtack, and some of the ſtadle, which is an ordinary deceit with *Husband-men* in the Market, then you may be well assured, that this graine can never Come or sprout equally together ; for the new Corne will sprout before the old, and the ſtadle before that
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in the heart of the stacke, by reason the one exceedeth the other in moistnesse: therefore in this case you shall marke well which commeth first, which will bee still in the heart of the Couch, and with your hand gather it by it selfe into a separate place, and then heape the other together againe; & thus as it commeth and sprouteth, so gather it from the heape with your hand, and spread it on the floore, and keepe the other still in a thicke heape till all be sprouted. Now lastly observe, that if your Malt be hard to sprout or Come, and that the fault consist more in the bitter coldnesse of the season, than any defect of the Corne, that then (besides the thicke and close making of the heape or couch) you faile not to cover it over with some thicke wollen cloathes, as course Coverlids, or such like stuffe, the warmth whereof will make it come presently: which once perceived, then forthwith uncloth it, and order it as aforesaid in all points. And thus much for the Art, order, skill and cunning belonging to the Malt-making.

Now as touching the making of Oates into Malt, ^{Of Oate-} which is a thing of generall use in many parts of this Malt, Kingdome where Barley is scarce, as in *Cheshire, Lancashire,* much of *Darbishire, Devonshire, Cornwall,* and the like, the Art and skill is all one with that of Barley, nor is there any variation or change of worke, but one and the same order still to be observed, onely by reason that Oates are more swift in sprouting, and apter to clutter, ball and hang together by the length of the sprout then Barley is, therefore you must not faile but turne them oftner than Barley, and in the turning be carefull to turne all, and not leave any unmoved. Lastly, they will need lesse of the floore than Barley will, for in a full fortnight, or a fortnight and two or three

three daies you may make very good and perfect Oate-malt. But because I have a great deale more to speake particularly of Oates in the next Chapter, I will here conclude this, and advise every skilfull *House wife* to joyne with mine observations her owne tryed experience, and no doubt but she shall finde both profit and satisfaction.

CHAP. 6.

Of the excellency of Oates, and the many singular vertues and uses of them in a family.

Oats although they are of all manner of graine the cheapest, because of their generality being a grain of that goodnesse and hardnesse, that it will grow in any soile whatsoever, be it never so rich, or never so poore, as if Nature had made it the onely loving companion and true friend to mankinde; yet it is a graine of that singularity for the multiplicity of vertues, and necessary uses for the sustenance and support of the Family, that not any other graine is to be compared with it, for if any other have equall vertue, yet it hath not equall value, and if equall value, then it wants many degrees of equall vertue; so that joyning vertue and value together, no *Husband, Housewife*, or House-keeper whatsoever, hath so true and worthy a friend, as his Oates are.

To speake then first of the vertues of Oates, as they accrew to cattell and creatures without doore, and first to begin with the Horse, there is not any food whatsoever that is so good, wholesome, and agreeable with the nature of a Horse, as Oates are, being a Provender in which he taketh such delight, that with it he feedeth,

Vertue of
Oates to
Cattell.

feedeth, travelleth, and doth any violent labour whatsoever with more courage and comfort, than with any other food that can be invented, as all men know, that have either use of it, or Horses: neither doth the Horse ever take surfeit of Oates, (if they be sweet and dry) for albeit he may well be gluttet or stalled upon them (with indiscreet feeding) and so refuse them for a little time, yet hee never surfeith, or any present sicknesse follow after; whereas no other graine but gluts a Horse therewith, and instantly sicknesse will follow, which shewes surfeit, and the danger is oft incurable: for wee reade in *Italy*, at the siege of *Naples*, of many hundred horses that died on the surfeit of Wheat; at *Rome* also died many hundred horses of the Plague, which by due prooffe was found to proceed from a surfeit, taken of Peason and Fitches; and so I could runne over all other graines, but it is needlesse, and farre from the purpose I have to handle: suffice it, Oats for Horses are the best of all foods whatsoever, whether they be but onely cleane thresh'd from the straw, and so dried, or converted to Oat-meale, and so ground, and made into bread, Oates boild and given to a Horse whilest they are coole and sweet, are an excellent food for any Horse in time of disease, poverty, or sicknesse, for they scoure and fat exceedingly.

In the same nature that Oats are for Horses, so are they for the Asse, Mule, Camell, or any other Beast of burthen.

If you will feed either Oxe, Bull, Cow, or any Neate whatsoever, to an extraordinary height of fatnesse, there is no food doth it so soone as Oats doth, whether you give them in the straw, or cleane thresh'd from the sheafe, and well winnowed; but the winnowed Oats

is the best, for by them I have seen an Oxe fed to twentie pounds, to twentie foure pounds, and thirty pounds, which is a most unreasonable reckoning for any beast, onely fame and tallow hath beene precious.

Sheepe or Goats may likewise be fed with Oats, to as great price and profit, as with Pease, and Swine are fed with Oates, either in raw Malt, or otherwise, to as great thickenesse as with any graine whatsoever; only they must have a few Pease after the Oates, to harden the fat, or else it will waste, and consume in boiling. Now for holding Swine, which are onely to be preserved in good flesh, nothing is better than a thin mange made of ground Oates, Whey, Butter-milke, or other ordinary wash, or swillings, which either the Dairy, or Kitchen affordeth; nor is there any more soveraigne or excellent meate for Swine in the time of sicknesse, than a mange made of ground Oates and sweet Whey, warmed luke-warme on the fire, and mixed with the powder of Raddle, or red Oaker, Nay, if you will goe to the matter of pleasure, there is not any meate so excellent for the feeding, and wholesome keeping of a Kennell of hounds, as the mange made of ground Oats and scalding-water, or of Beefe-broth, or any other broth, in which flesh hath beene sodden; if it be for the feeding, strengthening and comforting of Greyhounds, Spaniels, or any other sort of tenderer dogges, there is no better meat than Sheepes-heads, haire and all, or other intralls of sheepe, chopt and well sodden, with good store of Oat-meale.

Now, for all manner of Poultry, as Cockes, Capons, Hens, Chickens of great size, Turkyes, Geese, Ducks, Swans, and such like, there is no food feedeth them better than Oates, and if it be the young breed of any
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of those kindes, even from the first hatching or disclo-
sing, till they be able to shift for themselves, there is
no food better whatsoever than Oat-meale greets, or
fine Oat-meale, either simple of it selfe, or else mixt
with milke, drinke, or else new made Vrine.

Thus much touching the vertues and quality of Oats
or Oat-meale, as they are serviceable for the use of Vertue of Oats
for man.
Cattle and Poultry. Now for the most necessary use
thereof for man, and the generall support of the family,
there is no graine in our knowledge answerable un-
to it; first for the simple Oate it selfe (excepting some
particular physicke helpes, as frying them with sweet
Butter and putting them in a bagge, and very hot
applied to the belly or stomacke to avoid collicke or
windinesse, and such like experiments) the most espe-
ciall use which is made of them, is for Malt to make
Beere or Ale of, which it doth exceeding well, and
maintaineth many Townes and Countries; but the
Oat-meale which is drawne from them, being the heart
and kernell of the Oate, is a thing of much rarer price
and estimation; for to speake troth, it is like Salt of such
a generall use, that without it hardly can any Family be
maintained: therefore I thinke it not much amisse to
speake a word or two touching the making of Oate-
meale: you shall understand then, that to make good
and perefekt Oat-meale, you shall first dry your Oates
exceeding well, and then put them on the Mill, which
may either be Water-mill, Wind-mill, or Horse-mill,
(but the Horse-mill is best) and no more but crush or
hull them; that is, to carry the stones so large, that they
may no more but crush the huske from the kernell: then
you shall winnow the huls from the kernels either with
shewind or a Fanne, and finding them of an indifferant
cleannesse

The vertue of
Oat-meale.Making Oat-
meale.

cleannesse (for it is impossible to hull them all cleane at the first) you shall then put them on againe, and making the Mill goe a little closer, runne them through the Mill againe, and then winnow them over againe, and such grectes or kirkels as are cleane huld and well cut you may lay by, and the rest you shall run through the mill againe the third time, and so winnow them againe, in which time all will bee perfect, and the grectes or full kirkels will separate from the smaller Oate-meale; for you shall understand, that at this first making of Oate-meale, you shall ever have two sorts of Oate-meales; that is, the full whole grecte or kirkell, and the small dust Oate-meale: as for the course hulles or chaffe that commeth from them, that also is worthy saving, for it is an excellent good Horse-provender for any plow or labouring Horses, being mixt with either Beanes, Pease, or any other Pulse whatsoever.

The vertue of
Oate-meale.

Now for the use and vertues of these two severall kinds of Oate-meales in maintaining the Family, they are so many (according to the many customes of many Nations) that it is almost impossible to reckon all; yet (as neere as I can) I will impart my Knowledge and what I have tane from relation: First, for the small dust, or meale Oat-meale, it is that with which all pottage is made and thickned, whether they bee meate-pottage, milke-pottage, or any thicke, or else thinne grewell whatsoever, of whose goodnesse and wholesomenesse it is needlesse to speake, in that it is frequent with every experience, also with this small meale oate-meale is made in divers Countries six severall kinds of very good and wholesome bread, every one finer than other, as your Anacks, Ianacks, and such like. Also there
is

is made of it both thicke and thin Oaten-cakes, which are very pleasant in taste, and much esteemed: but if it be mixed with fine wheat-meale, then it maketh a most delicate and dainty oate-cake, either thick or thin, such as no Prince in the world but may have them served to his table; also this small oat-meale mixed with bloud, and the Liver of either Sheepe, Calfe, or Swine, maketh that pudding which is called the Haggas or Haggus, of whose goodnesse it is in vaine to boast, because there is hardly to be found a man that doth not affect them. And lastly, from this small oat-meale by oft steeping it in water, and cleansing it; and then boyling it to a thicke & stiffe ielly, is made that excellent dish of meat, which is so esteemed of in the west parts of this Kingdome, which they call *Wash-brew*, and in *Cheshire*, and *Lancashire* they call it *Flamery* or *Flumery*, the wholesomenesse and rare goodnesse, nay, the very Physicke helps thereof, being such and so many, that I my selfe have heard a very reverend, and worthily renowned Physician speake more in the commendations of that meate, than of any other food whatsoever: and certaine it is, that you shall not heare of any that ever did surfeit of this *Washbrew* or *Flamery*; and yet I have seene them of very dainty and sickely stomaches which have eaten great quantities thereof, beyond the proportion of ordinary meates. Now for the manner of eating of this meate, it is of divers diversly used; for some eate it with honey, which is reputed the best sauce; some with Wine, either Sacke, Claret, or White; some strong Beere, or strong Ale, and some with milke, as your ability, or the accommodations of the place will administer. Now there is derived from this *Wash-brew* another courser meate, which is as it were the dregs, or

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grosser

grosser substance of the *Wash-brew*, which is called *Gird-brew*, which is a well filling, and sufficient meate, fit for servants and men of labour; of the commendations whereof, I will not much stand, in that it is a meate of harder digestion, and fit indeed, but for strong stomackes, and such whose toyle and much sweat, both liberally spendeth much humours, and also preserveth men from the offence of fulnesse and surfers.

Now for the bigger kinde of Oate-meale, which is called Greets, or Corne Oate-meale, it is of no lesse use than the former, nor are their fewer meates compounded thereof: for first, of these greetes are made all sorts of puddings, or pots (as the West-country tearmes them) whether they be blacke, as those which are made of the bloud of Beasts, Swine, Sheepe, Geese, Red or Fallow Deere, or the like, mixt with whole greets, suet and wholesome hearbes: or else white, as when the greetes are mixed with good creame, egges, bread-crummes, suet, currants, and other wholesome spices. Also of these greets are made the good Fryday pudding, which is mixt with egges, milke, suet, peni-royall and boyld first in a linnen bagge, and then stript and butterd with sweet butter. Againe, if you roste a goose, and stop her belly with whole greets beaten together with egges, and after mixt with gravy; there cannot be a better or more pleasant sauce: nay, if a man bee at sea in any long travell, hee cannot eat a more wholesome and pleasant meat, than these whole greetes boyld in water till they burst, and then mixt with butter, and so eaten with spoones; which although seamen call simply by the name of Lob-lolly, yet there is not any meat, how significant soever the name be, that is more toothsome or wholesome. And to conclude, there

is no way or purpose whatsoever, to which a man can use or imploy Rice: but with the same seasoning and order, you may imploy the whole greeves of Oatemeal, and have full as good and wholesome meate, and as well tasted; so that I may well knit up this chapter with this approbation of Oate-meale, that the little charge and great benefit considered, it is the Crowne of the *House-wives* garland, and doth more grace her table and her knowledge, than all graines whatsoever; neither indeed, can any Family or House-hold be well and thriftily maintained, where this is either scant or wanting. And thus much touching the nature, worth, vertues, and great necessity of Oates and Oate-meale.

CHAP. 8.

Of the Office of the Brew-house, and the Bake house, and the necessary things belonging to the same.

WHen our *English House-wife* knowes how to preserve health by wholesome Physicke, to nourish by good meate, and to cloath the body with warme garments, she must not then by any meanes be ignorant in the provision of Bread and Drinke; she must know both the proportions and compositions of the same. And for as much as drinke is in every house more generally spent than bread, being indeed (but how well I know not) made the very substance of all entertainment; I will first beginne with it, and therefore you shall know that generally our Kingdome hath our two kindes of drinke, that is to say, Beere and

Diversities of
Drinkes.

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Ale,

Ale, but particularly foure, as Beere, Ale, Perry and Cider; and to these we may adde two more, Meede and Metheglin, two compound drinkes of hony and herbs, which in the places where they are made, as in *Wales* and the marches, are reckoned for exceeding wholesome and cordiall.

Strong Beere.

To speake then of Beere, although there bee divers kinds of tastes and strength thereof, according to the allowance of *Malt*, *Hoppes*, and age given unto the same, yet indeed there can be truly said to be but two kindes thereof; namely, ordinary beere, and March beere, all other beeres being derived from them.

Of ordinary Beere.

Touching ordinary Beere, which is that where with, either Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeare; it is meete, first, that our *English Housewife* respect the proportion or allowance of Malt due to the same, which amongst the best *Husbands* is thought most convenient, and it is held, that to draw from one quarter of good Malt three Hogsheads of beere, is the best ordinary proportion that can be allowed, and having age and good caske to lie in, it will bee strong enough for any good mans drinking.

Of brewing ordinary Beere.

Now for the brewing of ordinary Beere, your Malt being well ground and put in your Mash-fat, and your liquor in your leade ready to boyle, you shall then by little and little with scoopes or pailles put the boyling liquor to the Malt, and then stirre it even to the botome exceedingly well together (which is called the mashing of the Malt) then the liquor swimming in the top, cover all over with more Malts and so let it stand an houre and more in the mash-fat, doring which space you may if you please heate more liquor in

in your lead for your second or small drinke, this done, plucke up your mashing stroame, and let the first liquor runne gently from the Malt, either in a cleane trough, or other vessells prepared for the purpose, and then stopping the Mash-fat againe, put the second liquor to the Malt, and stirre it well together; then your Leade being emptied, put your first liquor or wort therein, and then to every quarter of Malt, put a pound and a halfe of the best Hops you can get; and boile them an houre together, till taking up a dishfull thereof, you see the Hops shrink into the bottome of the dish; this done, put the wort thorow a strait Sive which may draine the Hops from it into your cooler, which standing over the Guile-fat, you shall in the bottome thereof, set a great bowle with your barme, and some of the first wort (before the Hops come into it mixt together) that it may rise therein, and then let your wort drop or runne gently into the dish with the barme which stands in the Guile-fat, and this you shall doe the first day of your brewing, letting your cooler drop all the night following, and some part of the next morning, and as it drops, if you find, that a blacke skum or mother riseth upon the Barme, you shall with your hand, take it off, and cast it away, then nothing being left in the cooler, and the Beere well risen, with your hand stir it about, and so let it stand an houre after, and then beating it & the Barme exceeding well together, tun it up into the Hogsheds, being cleane wash'd and scalded, and so let it purge: and herein you shall observe not to tun your vessells too full, for feare thereby it purge too much of the Barme away: when it hath purged a day & a night, you shall close up the bung-holes with clay, and onely for a day or two after keepe a vent-hole in it, and after close it up as close

as may be. Now for your second, or small drinke which are left upon the graine, you shall suffer it there to stay but an houre, or a little better, and then draine it off also, which done, put it into the Lead with the former Hops, and boile the other also, then cleere it from the Hops, and cover it very close, till your first Beere be tunned, and then as before, put it also to Barne, and so tun it up also in smaller vessels, and of this second Beere you shall not draw above one Hogshead to three of the better. Now there be divers other waies and observations for the brewing of ordinary Beere, but none so good, so easie, so ready and quickly performed, as this before shewed; neither will any Beere last longer, or ripen sooner, for it may be drunke at a fortnights age, and will last as long and lively.

Of brewing
the best March
Beere.

Now for the brewing of the best March-beere, you shall allow to a Hogshead thereof, a quarter of the best Malt, well ground; then you shall take a pecke of Pease, halfe a pecke of Wheate, and halfe a pecke of Oates, and grind them all very well together, and then mixe them with your Malt; which done, you shall in all points brew this Beere as you did the former ordinary Beere; only you shall allow a pound and a halfe of Hops to this one Hogshead: and whereas before you drew but two sorts of Beere: so now you shall draw three; that is, a Hogshead of the best, and a Hogshead of the second, and halfe a Hogshead of small Beere, without any augmentation of Hops or Malt.

This March beere would be brewed in the moneths of *March* or *April*, and should (if it have right) have a whole yeere to ripen in: it will last two, three and foure yeeres, if it lie coole and close, and endure the drawing to the last drop, though with never so much leisure.

Now

Now for the brewing of strong Ale, because it is ^{Brewing of strong Ale.} drinke of no such long lasting as Beere is, therefore you shall brew lesse quantity at a time thereof, as two bushels of Northerne measure (which is foure bushels, or halfe a quarter in the South) at a brewing, and not above, which will make foureteene gallons of the best Ale. Now for the mashing and ordering of it in the mash-fat, it will not differ any thing from that of Beere; as for Hops, although some use not to put in any, yet the best Brewers thereof will allow to foureteene gallons of Ale a good espen full of Hops, and no more, yet before you put in your Hops, as soone as you take it from the graines, you shall put it into a vessell, and change it, or blinke it in this manner: put into the wort a handfull of Oke-bowes, and a pewter-dish, and let them lie therein till the wort looke a little paler than it did at the first, and then presently take out the dish and the leafe, and then boile it a full houre with the Hops, as aforesaid, and then cleanse it, and set it in vessells to coole; when it is milke-warme, having set your Barme to rise with some sweete wort: then put all into the Guilefat, and as soone as it riseth, with a dish or bowle beat it in, and so keepe it with continuall beating a day and a night at least, and after tun it. From this Ale, you may also draw halfe so much very good middle Ale, and a third part very good small Ale.

Touching the brewing of Bottle-ale, it differeth no- ^{Brewing of bottle Ale.} thing at all from the brewing of strong Ale, onely it must be drawne in a larger proportion, as at least twenty gallons of halfe a quarter; and when it comes to be changed, you shall blinke it (as was before shewed) more by much than was the strong Ale, for it must be pretty and sharpe, which giveth the life and quick-
nesse

nesse to the Ale: and when you runne it, you shall put it into round bottles with narrow mouthes, and then stopping them close with corke, set them in a cold cellar up to the waist in sand, and be sure that the corkes be fast tied in with strong packe-thread, for feare of rising out, or taking vent, which is the utter spoile of the Ale.

Now for the small drinke arising from this Bottle-ale, or any other Beere or Ale whatsoever, if you keepe it after it is blinck'd and boiled in a close vessell, and then put it to Barme every morning as you have occasion to use it, the drinke will drinke a great deale the fresher, and be much more lively in taste.

Of making
Perry or Ci-
der.

As for the making of Perry and Cider, which are drinckes much used in the West parts, and other Countries well stored with fruit in this Kingdome; you shall know that your Perry is made of Peares onely, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to say, after your Peares and Apples are well pick'd from the stalks, rottennesse, and all manner of other filth, you shall put them in the presse-mill, which is made with a mil-stone running round in a circle, under which you shall crush your Peares or Apples, and then straining them thorow a bagge of haire cloth, tun up the same (after it hath beene a little settled) into Hogsheads, Barrells, and other close vessels.

Now after you have prest all, you shall save that which is within the haire-cloth bag, and putting it into severall vessels, put a pretty quantity of water thereunto, and after it hath stood a day or two, and hath beene well stirred together, presse it over also againe, for this will make a small Perry or Cider, and must be spent

spent first. Now of your best sider, that which you make of your summer or sweet fruit, you shall call summer or sweet cider or perry, and that you shall spend first also; and that which you make of the winter and hard fruit, you shall call winter and soure cider, or perry; and that you may spend last, for it will indure the longest.

Thus after our *English House-wife* is experienc't in the brewing of these severall drinckes, shee shall then looke into her Bake-house, and to the making of all sorts of bread, either for Masters, servants, or hindes, and to the ordering and compounding of the meale for each severall use. Of Baking.

To speake then first of meales for bread, they are either simple or compound; simple, as Wheat and Rye, or compound, as Rye and Wheat mixt together, or Rye, Wheate and Barley mixt together; and of these the oldest meale is ever the best, and yeeldeth most, so it be sweet and untainted for the preservation whereof, it is meet that you cleanse your meale well from the bran, and then keepe it in sweet vessels. Ordering of Meale.

Now for the baking of bread of your simple meales, Baking Man- chets. your best and principall bread is mancher, which you shall bake in this manner: First your meale being ground upon the blacke stones, if it bee possible, which make the whitest flower, and bolted through the finest boulting cloth, you shall put it into a cleane Kinnell, and opening the flower hallow in the midst, put into it of the best Ale-barme, the quantity of three pints to a bushell of meale, with some salt to season it with: then put in your liquor reasonable warme and knead it very well together with both your hands and through the brake, or for want thereof, fold it in a cloth, and with your

your feet, tread it a good space together, then letting it lie an houre or thereabouts to swell, take it forth and mold it into manchets, round, and flat, scotch them about the waste to give it leave to rise, and pricke it with your knife in the top, and so put it into an Oven, and bake it with a gentle heate.

Baking cheate
Bread.

To bake the best cheate bread, which is also simply of wheate onely, you shall after your meale is drest and boulded, through a more course boulder than was used for your manchets, and put also into a cleane tub, trough or kinnell, take a sower leaven, that is, a piece of such like leaven saved from a former batch, and well fild with salt, and so laid up to sower, and the sower leaven you shall breake into small pieces into warme water, and then straine it, which done, make a deepe hollow hole, as was before said, in the midst of your flower, and therein poure your strained liquor; then with your hand mixe some part of the flower therewith, till the liquor be as thicke as pancake-batter, then cover it all over with meale, and so let it lie all that night, the next morning stirre it, and all the rest of the meale well together, and with a little more warme water, barme, and salt to season it with, bring it to a perfect leaven, stiffe, and firme; then knead it, breake it, and read it, as was before said in the manchets, and so mold it up in reasonable bigge loaves, and then bake it with an indifferent good heate: and thus according to these two examples before shewed, you may breake leavened or unleavened whatsoever, whether it be simple corne, as Wheate or Rie of it selfe, or compound graine, as Wheate and Rye, or Wheate and Barley, or Rie and Barley, or any other mixt white corne; onely because Rie is a little stronger graine than Wheate, it shall bee good

good for you, to put your water a little hotter than you did to your Wheate.

For your browne bread, or bread for your hinder-servants, which is the coursest bread for mans use, you shall take of barley two bushels, of pease two peckes, of Wheate or Rie a pecke, a pecke of malt; these you shall grinde all together and dresse it through a meale sieve, then putting it into a sower trough set liquor on the fire, and when it boyles let one put on the water, and another with a mash rudder, stirre some of the flower with it, after it hath been seasoned with salt, and so let it be till the next day, and then putting to the rest of the flower, worke it up into stiffe leaven, then mold it, and bake it into great loaves, with a very strong heat: now if your trough be not soure enough to souer your leaven, then you shall either let it lie longer in the trough, or else take the helpe of a soure leaven with your boyling water: for you must understand, that the hotter your liquor is, the lesse will the smell or ranknesse of the pease be received. And thus much for the baking of any kinde of bread, which our *English House-wife* shall have occasion to use, for the maintenance of her family.

As for the generall observations to bee respected in the Brew-house or Bake-house, they bee these: first, that your Brew-house be seated in so convenient a part of the house, that the smoke may not annoy your other more private roomes; then that your furnace bee made close and hollow for saving fewell, and with a vent for the passage of smoake, lest it taint your liquor; then that you preferre a copper before a leade, next that your Mash-fat bee ever neere to your leade, your cooler neere to your Mash-fat, and your Gul-fat under

Baking of
browne bread.

Generall ob-
servations in
the brew-
house and
bake house.

under your cooler, and adioyning to them all severall cleane tubs to receive your worts and liquors: then in your Bake-house you shall have a faire bolting house with large pipes to boulte meale in, faire troughes to lay leaven in, and sweet safes to receive your bran: you shall have boulders, searfes, raunges and meale sives of all sorts, both fine and coarse; you shall have faire tables to mould on, large ones to brake in the soales thereof, rather of one or two intire stones than of many bricke, and the mouth made narrow, square, and easie to bee close covered: as for your peeles, cole-rakes, maukins, and such like, though they be necessary, yet they are of such generall use, they neede no further relation. And thus much for a full satisfaction to all the *Husbands* and *Housewives* of this Kingdome touching Brewing, Baking, and whatsoever else appertaineth to either of their offices.

The end of the English House-wife.

FINIS.

