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Contributors

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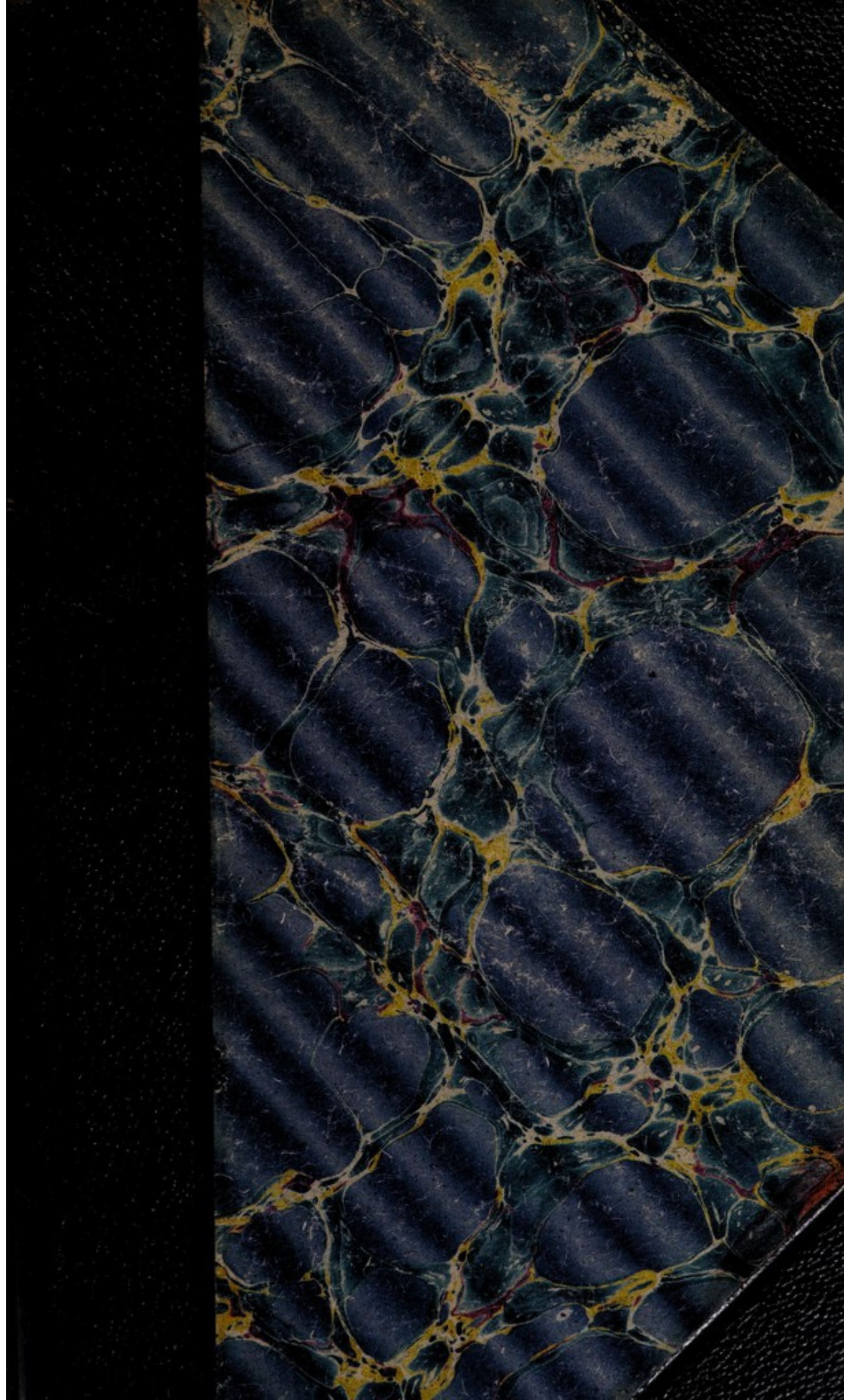
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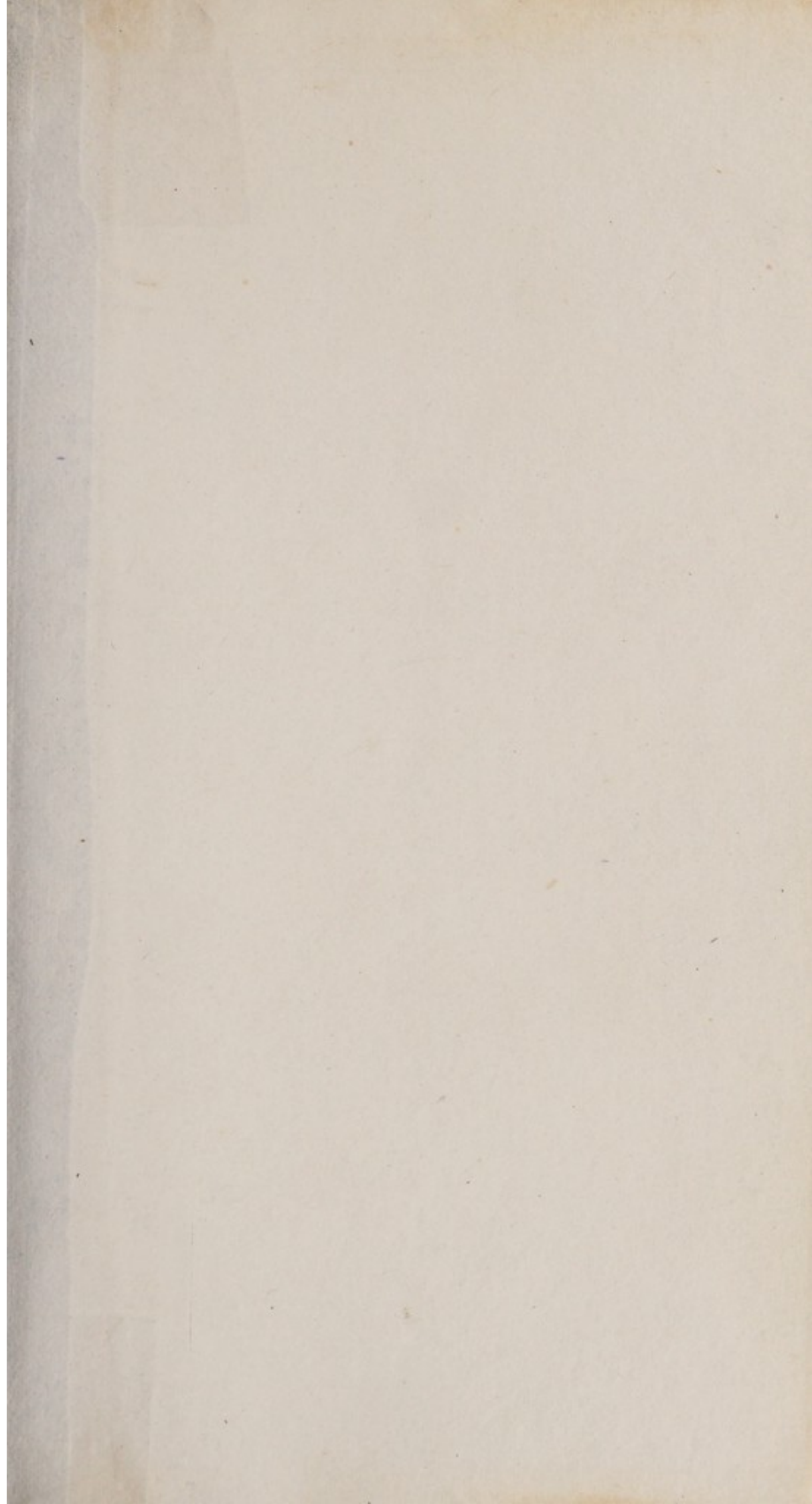
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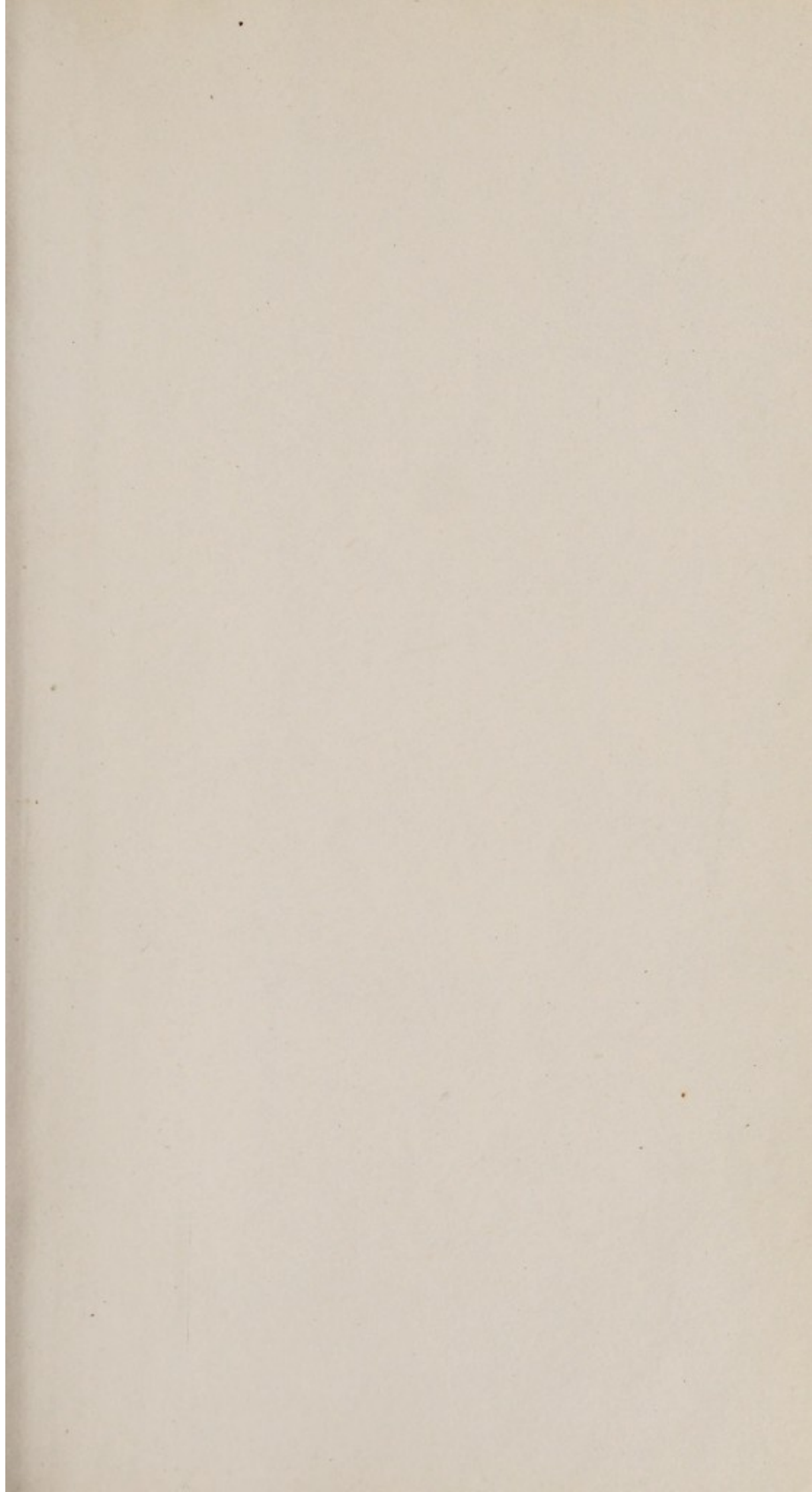


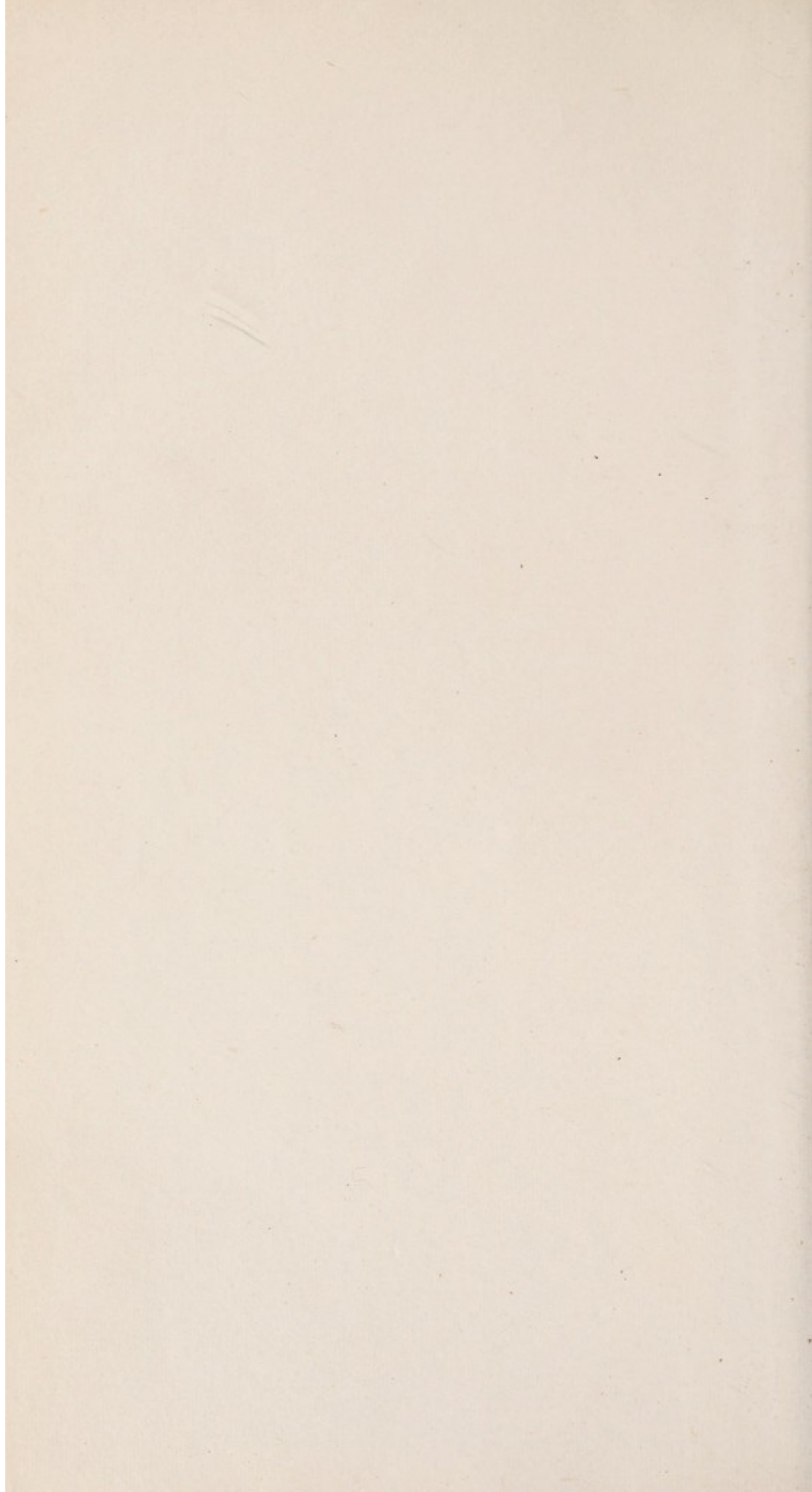
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Dictionary Domesticum,

Being a NEW and COMPLETE

Household Dictionary.

For the Use both of

CITY and COUNTRY.

S H E W I N G,

- I. The whole Arts of BREWING, BAKING, COOKERY, and PICKLING. Also CONFECTIONARY in its several Branches.
- II. The Management of the KITCHIN, PANTRY, LARDER, DAIRY, OLITORY, and POULTRY. With the proper Seasons for Flesh, Fowl and Fish.
- III. The HERDSMAN: Giving an Account of the Diseases of Cattle, Poultry, &c. And the most approved Remedies for their Cure.
- IV. The *English* VINEYARD; being the best Method of making *English* Wines and of Distilling most Kinds of Simple and Compound Cordial Waters.
- V. The APIARY: Or, The Manner of Breeding, Hiving and managing of BEES.
- VI. The *Family* PHYSICIAN and HERBALIST: Containing the choicest Collection of Receipts for most Distempers, incident to Human Bodies, hitherto made Publick; with the Qualities and Uses of Physical Herbs and Plants of *English* Growth.

By N. B A I L E Y,

Author of the Universal Etymological *English* Dictionary.

L O N D O N :

Printed for C. HITCH at the *Red-Lion*, and C. DAVIS, both in *Pater-Noster-Row*; and S. AUSTEN at the *Angel and Bible*, in *St. Paul's Church-Yard*.



THE
P R E F A C E.

THE Subject Matter of this Book relates to the providing, and well ordering of those Necessaries that are for the Sustainance, Preservation, or Recovery of the Health of Families, and especially of that Part which is most peculiarly the Province of the Mistress of it; Nature or at least Custom of the most Civilized and Polite Nations has distributed this Oeconomy into two principal Parts, which are commonly the Offices of the Master and Mistress.

To the First, the more arduous and difficult Part is properly enough allotted, as most agreeable to his more robust Constitution and superior Qualifications; This is the procuring the necessary Supplies of the House; whereas the easier Task of the Mistress, is to take Care that the Provisions be frugally and housewifely ordered; both as to Matter and Manner.

As to the Office of the Master, it not properly being the Business of these Sheets, I shall forbear to say any Thing more of it.

THE Mistress of a Farm, may find Directions for furnishing the House with the most common Necessaries of Life, as Bread, Drink, Flesh, Fish, Fruits, and ordering them after the most frugal Manner: nor will a Lady be at a Loss for the ordering the greatest Delicacies in a more genteel and elegant Manner, besitting a more noble Table.

The P R E F A C E

HERE are not only Instructions for the ordering the Dairy, Pantry and Larder, with Flesh, &c. but the Cellar likewise with all Sorts of *English* Wines, Potable Liquors; and also the Closet with the best and most exquisite Cordials and other distilled Liquors, Pickles, Confectionary, &c. Again, as for the Preservation or Restoration of Health in a Family, here will be found an Account of the Vertues and Efficacies of all or the most known *English* Herbs and Plants, with Directions for their Preparations and Manner of Application in most of the Maladies, to which *British* Constitutions are liable.

AND beside these you have numerous practical and easy Prescriptions of the most approv'd and experienc'd Physicians, for most Distempers incident to Human Bodies.

By which a well disposed and generous Gentlewoman may be enabled, not only to be her own Family Physician, but with a small Charge render herself useful and gain the Affections and merit the Thanks of her poor afflicted Neighbours.

IN the Use of this Dictionary, I would apprise the Peruser, that in consulting it, they would turn to all the particular Materials and Parts or Branches of the Operation; which will be found in their proper Places Alphabetically: As for Example, in the Article *Brewing*, turn to the Articles *Malt, Water, Hops, Boiling, Fermentation, Wort, Yeast, Tunning, &c.* and so for the Particulars of any other Article.



T H E

FAMILY *Dictionary*, &c.

A B

ABSCESS, a disease to which poultry are incident. It is not an easy matter to perceive when this distemper seizes on hens, but by their being pensive and melancholic; upon which you are to examine their rumps, in which place the Abscess is commonly form'd, which when it has been for some time, it will breed corrupt matter, and be painful to them.

This disease proceeds from their being over heated and co-fiveness, which corrupt the whole mass of blood, obliging nature to discharge it self of what is burthensome to it, to some part or other, and chiefly upon this part.

The readiest method of cure, if not the only remedy, is to open or cut the Abscess with a pair of scissars, and to press out the corruption with your fingers; which being done, give them to eat lettuce or blites chopp'd small, mix'd with bran, keep'd in water, sweetened with a little honey. See *Poultry*.

ABSCESS [in *Human Bodies*] See *Imposthumation*.

An Old **ACHE**, mix two drams of oil of turpentine, with an ounce of *Lucatellus's* balsam, warm it and anoint the part affected, laying a piece of new flanel upon it.

For **ACHES** and Bruises, *an Ointment*.

Put a quart of oil into a stone jar, that will contain two quarts; then take camomile, sage, southernwood and worm-wood, of each two handfuls, the quantity of half a quarter of a peck of red-rose-buds; cut off the white and shred all the herbs together grossly, and put them into the oil; where let them remain for 9 or 10 days, stirring them every day; and when the *Lavender Spike* is ripe, put in two handfuls of the tops,

A

cover

cover it close, and it having stood three or four days, boil them upon a slow fire for an hour; stirring it frequently; then add a quarter of a pint of the strongest *Aqua vite*, and boil it an hour more; then strain it through a cloth, and having stood till it is cool, put it up into glasses for use; warm a little in a spoon, and anoint the part affected.

Another.

Take adder's spear, alehoof, agrimony, amber leaves, Bay-leaves, camemile, hart's-tongue, unset hyssop, bone-wort, ladies-mantle, goats-rue, plantain, southernwood and wormwood, of each an handful, shred them and stamp them all together; then mix them with a pound and half of butter, that has no salt in it, and make it up into balls, and let it lie for a week or 10 days, then boil it over a gentle fire, and when it looks very green, strain it off and keep it for use.

ACORNS are of great use in feeding some animals, and especially *Swine*; and some tell us, that a peck a day and a little bran will make a hog increase in weight a pound a day for two months together.

They are also given to *Oxen*, mix'd with *Bran*; but the Acorns are first to be chopp'd, or otherwise they will be apt to sprout and grow in their bellies.

Some advise first to macerate them in water, in order to extract a certain malignity in them, which they say many times has kill'd cattle without this precaution.

Being chopp'd small, they will fatten pigeons, peacocks, turkeys, pheasants and other poultry.

As to their physical use, both the Acorn and husk, are us'd in many astringent medicines; they are good against the cholick, the gripings in women in childbed, and the dysentery.

It is to be separated from the husk and powder'd; the dose may be from one scruple to four, given in some liquor that is also proper for the disease for which it is given.

ADDERS TONGUE is very good to heal wounds, and even ruptures, and the falling down of the guts, especially in children, for which it is excellent; the whole plant being boiled in unferme wine, is good for running eyes; being often wash'd with its decoction; an oil is also made of it, as the oil of roses, which serves for the same purposes.

ADDERS TONGUE Ointment, to make. Take as much of the herb *Adders Tongue* as you think convenient, and a third part of that quantity of male *Plantain*; bruise them together

together in a mortar very well, then add to it fresh butter from the churn, well beaten from the butter-milk; but not so much of it as to make it loose its green colour; mix it very well with the herbs; put it into an earthen vessel, and let it stand three weeks or a month in some cool place, till it is grown mouldy, and then melt it down over a gentle fire, till the herbs grow crisp, then strain it out into a proper vessel, and keep it for use.

You may, if you please, when it comes off from the fire, dissolve into it some fine and clear turpentine; which will make it the better.

It is a sovereign and excellent remedy for any beast that has been stung or bit by any venomous creature, or for any bite of a snake, or any other accident; and likewise for any hard swellings in any part of the body, and especially good for a *Garget* in a cows bag, being chafed in with your hand twice a day.

This ointment can be made only in the months of *April* or *May*, the herb being then to be found and in its prime; whereas it soon perishes with a little heat.

AFTER-BIRTH } is the same that is by men-mid-
AFTER-BURDEN } wives and surgeons call'd *Placenta*,
being a skin or membrane in which the child is wrapp'd in the womb, and which comes out or is brought away after it. It is a kind of piece of flesh formed at the top of the womb, from whence it draws the nourishment, which is imparted to the child through a long gut, that abuts at the navel.

To assist in bringing away the *After-Birth*, give the woman some of the juice of the leaves of fresh smallage, pounded in the quantity of a good glass of white wine.

This is also very good for bringing away a dead child, and also very helpful in a *Tympany*.

If it be winter time, the seeds pounded and boil'd in wine or broth, and afterwards strain'd and given the woman, will have the like effect.

Some recommend the powder of a horse's testicles, and given in broth or the like, as a wonderful remedy in this case.

AFTER-BIRTH, to bring away. Give the woman 30 or 35 drops of oil of *Juniper*.

AFTER-PAINS, to prevent. Toast a quarter of an ounce of nutmegs before the fire, and half an ounce of good cinnamon, mix it with the white of an egg, by beating them together in a porringer; let the woman take every morning the quantity of a nutmeg, and the like at night, and after it drink a draught of the following candle.

Take half a pint of *Alicant* wine or *Tent*, half a pint of *Red-rose* water, and half a pint of plantane water; mingle these altogether, and having beaten six new laid eggs, make a caudle of them both yolks and whites; add half an ounce of cinnamon, which boil in the wine and water before you put in the eggs; sweeten all with an ounce of double-refin'd sugar, mixing all well together; then add a dram of the powder of knot-grass; give of this six spoonfuls morning and evening after the electuary.

Another for the Same.

Boil a little *Bole-Armoniack* in new milk, and give it the woman morning and evening, whether she is in child-bed or with child.

Also wrap some hog's dung in a fine linnen rag; warm it well, and lay it to the lower part of the belly, and it will give ease immediately.

AGARIC, an excrescence growing in the form of a mushroom, on the trunks and biggest branches of the largest trees, and old oak. It is of two sorts, both *male* and *female*, the former of which is chiefly used by dyers; but the latter in medicine.

Agaric is hot and astringent, it gives ease in the gripes, *Sciatica*, and suffocation of the matrix.

A syrup made of it, is good for the same indispositions; and also purges away choler, melancholy and flegm; affords relief in the diseases of the brain, falling sickness, pains in the stomach and spleen, and provokes urine.

Some prescribe it to be taken for an ague, a little before the coming on of the ague fit, and say it will keep off the cold fit.

It may be taken by it self; but it will be better, if taken infus'd in water or wine. The dose is from one dram to two, according to the strength of the patient; but in an infusion, from one dram to a dram and a half.

AGNUS CASTUS, *q. d.* the *Chaste Lamb*, a plant call'd the chaste plant or tree, of which some pretend that it will keep persons chaste, either by being eaten or drank, or being put into their beds.

The seed is good for increasing milk in nurses, provoking womens *Menses*, and causing sleep.

The dose is a dram in a little wine.

Being mix'd with a little oil and vinegar, and apply'd to the head, it is good for lethargick and frenzical persons.

The same dose as before, being given before the coming of the fit of an ague, will cure it.

AGRIMONY, the seed being drank in wine, is good for the liver, bloody flux, and stinging of adders; the decoction made with wine, and taken inwardly, to the quantity of six ounces, is excellent against the retention of urine: A water distill'd from its leaves, is good for a cough, the stomach, jaundice, fever, and especially for the cholick.

AGUE is an intermitting fever, which is of several kinds as *Quotidian*, *Tertian*, *Bastard Tertian* or *Quartan*.

The *Quotidian* is so call'd from the fit or fever coming every day, usually holding the person affected about 18 hours, and in the interval of 6 hours, the person is so far from being easy and comfortable, that on the contrary he finds himself as much fatigued and dispirited as if he was still in the height of the fit.

The *Quotidian Ague*, does not always proceed from the indisposition of the stomach; but sometimes from rotten phlegm, which is at first perceiv'd in the extreme parts of the Body; but by degrees disperses it self through the whole and renders it, as it were of an icy coldness; but yet without any considerable shaking. After this a heat succeeds, which also is not violent.

The taste of the person who is affected becomes insipid, his mouth clammy; his countenance pale, livid or of a lead colour: he feels a weakness in his stomach and a pain in the side from the spleen; his pulse is weak and slow; and is not uneven and irregular but upon the approach of the fit.

His urine is at first clear and thin; but when the matter is caked, it becomes troubled, high coloured, thick and plentiful; the cold fit diminishes it, and the hot increases it.

If the patient do sweat at all, it is not till towards the end of the distemper.

This ague holds sometimes for the space of 18 days in the same degree, nor does it begin gradually to diminish in less than 18 days more.

This siezes persons rather at the end of autumn and in winter than in summer and the spring.

In this distemper it will be best to eat only light food and but little of it, especially at first; but a little after the person may add a fourth or a fifth part more; his diet may be prepared of some eggs, a sop with a little nutmeg or capers on it; and now and then a few olives and raisins of the sun, or bisket soaked in spanish wine. Let his drink be one part white wine and two parts water.

Let the patient be kept awake for 4 hours before the return of the fever, and rather be diverted or employ'd, than be suffered to sleep, if possible at the beginning of the fit; nor will it be amiss to put him into a passion, for that by agitating the humour will be assistant in digesting the phlegm.

When the fit diminishes, a glister may be given him made of *Camomile Flowers*, *Melilot*, *Fennel*, *Anise*, *Coarse Sugar*, *Violets*, *Honey* and *Sena*; and after 7 or 8 days, half an ounce of *Aloes* may be put into the glisters.

It may not be improper also to take away some blood about the fourth or fifth fit.

If the patient be affected with a suppression of the emrods or a stoppage of the *Menses*, or the head-ache in the hinder part of the brain, there need not be any scruple made of bleeding in the foot; and if the urine be high coloured this may be done the more freely.

After the discharge of the glister the patient may be permitted to drink a dram of treacle in a little wine or cordial water.

No vomits are to be given before the 7th or 8th day of the patients sickness; but however if any sign of digestion or disposition to it may be perceiv'd, you may do it with the more freedom.

After the eighth day the patient may be purged with half an ounce of the tables of *Diacarthamum*, half an ounce of *Diaphenic* diluted in a glass of the infusion of 2 drams of *Sena*, a pinch of little *Centaury*, *Wormwood* or *Rice*.

This medicine may be repeated according to the patients strength, and the dose must be greater or lesser according to the respective ages of the patients.

Some have recovered of this distemper in a short time by taking the following potion in the midst of the fit.

Mithridate and *Treacle* of each a dram in half a glass of *Carduus Benedictus*, water, or *white Wine*, sweetened with half an ounce of Sugar.

Others have been perfectly cur'd by taking a glass of *Wormwood Wine*, an hour before the going off of the ague fit.

A *Tertian AGUE* is a distemper which returns every third day, proceeding from corrupt choler dispers'd through the body.

It seizes the person suddenly, with a severe shaking
that

that reaches all the parts of the body, and frequently towards the end of the fit causes vomiting.

The hot fit that succeeds is general and violent, it affects the patient with a violent head-ache, difficulty of breathing, a continual thirst, impatience, and oftentimes with ravings.

In the beginning of the cold fit the pulse is small, low, rare and thick; but when the fit is over it becomes light, frequent, quick and extended; and upon the decline of it, it returns to its natural temperament and the urine of the patient will be inflamed yellow and of an ill smell.

If there appears a white sediment at the bottom of the patients urine on the first or second day, the ague will either end with the third or the seventh, or if it continue beyond that time, it will hold him a long time.

For the cure of this ague, you may administer a cooling glister at the end of the second fit; and take from the patient two porringers of blood after the glister has been discharg'd.

If the fever does not end the third or fourth day, take the following ptisan; *Sena* and mineral crystal of each half an ounce; liquorice bruised and cut into bits 2 drams; infuse all cold in a pint of water for 24 hours, strain it and take a glass of the infusion after the cold fit is over, and the rest one hour after another, and drink nothing else. Some affirm that this liquor will readily cure this ague.

The patient may during the height of the sweat in the preceeding fits drink *white Wine* mixd with twice the quantity of barley water, made of dog's tooth, or of the roots of asparagus, mallage, parslly or fennel. But if notwithstanding these applications it continues you must have recourse to the jesuits bark.

The bastard TERTIAN may be distinguish'd from the true, by these symptoms, that the cold fit is not so severe tho' it holds the patient longer; nor the hot fit neither; nor does it affect all the parts of the body; but this may afflict a person whole months.

This ague may proceed from a mixture of choler and flegm, which siezes on robust men in the prime of their years, who are of a more bilious than unactive disposition; who watch much, drink little pure wine, and eat high seasoned food. It siezes such persons more usually in autumn and moist weather, than in other seasons.

For the cure of this *Ague* it is not proper to let blood till

after the end of the fourth fit; and if in *Autumn*, bleed in the left arm; but if in *Summer*, in the right.

Give the patient glisters made with a decoction of *Mercury Leaves*, *Flowers of Camomile*, *Melilot* and *Fennel* or *Anniseed*, 4 ounces of common *Honey* and an ounce of *Diaphenick*.

The next day after the fit give the patient a purge of an ounce of cleanted *Cassia*, half a dram of *Rhubarb*, two drams of *Diaphenick*, and half a dram of *Agarick*, reduc'd to powder; make these into a bolus, to be swallow'd in a wafer; or you may mix them in a glass of barley water.

Repeat the purging 4 or 5 times, and afterwards give a dram of the jesuits powder in a glass of white wine with an ounce of sugar.

This must be given 4 hours after eating, and the patient must not eat for 4 hours after; and this must be repeated 4 or 5 days successively at the beginning of the cold fit; but if the person be in a place where it cannot be had then the patient may take a vomit as soon as he finds a little digestion in his stools and urine. Vomits alone have cured several.

It is a general rule in all *Tertian Agues*, that if the choler comes away by stool, it is to be forwarded and assisted by glisters and purges; but if it comes away by urine, it must be forwarded by ptisans made of *Pellitory of the Wall*, *Burdock*, juice of *Lemons*, *Cream of Tartar* or mineral crystal; or by emulsions made of the seeds of citrons, melons, cucumbers, gourds, purslain and lettuce.

In the last place. If it comes away by vomiting, you must promote it by giving the patient some emetick wine in 2 ounces of *Barley Water*; 3 ounces of the decoction of *Radishes*, an ounce of *Honey*, and half an ounce of *Oil*, the whole being mixed together, and drank a little warm is a gentle vomit.

A *Quartan AGUE* is one the fit of which returns every fourth day; there are two sorts of *Quartans*, the first has its seat in the spleen, being generated by a simple melancholick humour very incident to aged persons who are naturally cold, dry, sad and lumpish, and therefore it generally siezes on them in the autumn.

The second proceeds from black choler ingendered in the liver, to which the spleen always contributes; this distemper most usually siezes on young people and those who are in the vigour of their age, and also in summer time.

The fits of that kind of *Quartan*, which proceeds from the spleen, are very much like to those of the *Tertian*; saving that they are worse in respect to thirstiness, the head-ache
and

and want of rest; and there may be reason to fear a dropfy, which frequently happens to old people.

In this case they must out of hand take to a regimen, feed on good food, moderately seasoned with salt, pepper, nutmeg, cloves, thyme, hyssop or mustard, and drink good white wine; But they must take care not to eat any raw fruit, sallat, lettuce, nor fish, and also be very regular on the fifth day.

The patient must not be let blood till after the fourth or fifth fit; and if the blood be black, then this bleeding must be repeated; but if it be red, bleed no more.

As for such persons who have had some old emrods, tho' they have been thoroughly cured, the best way is to open them with leeches, and afterwards to take the following purge, fasting in the morning, the day after bleeding.

Take two drams of *Polypody*; *Balm-gentle*, *Fennel* and hops, of each two pinches; boil the whole together in a pint of water, till one half is consumed; strain the decoction and put in six drams of double *Catholicon*, and an ounce of the compound syrup of apples.

You may repeat this purge four times between the fits, adding to the third and fourth, two drams of *Sena*, and half an ounce of the confection *Hameck*, and two drams of double *Catholicon*, and after that give the *Bark*; after the usual manner.

But the surest way is to make an opiate with half an ounce of *Rhubarb* pulveriz'd, mixt with syrup of succory, of which let the patient take the quantity of a nutmeg in the morning fasting.

There are besides these several other *Agues*, which are more irregular than a *Quartan*, yet are to be dealt with after the same manner; as for example,

An *Ague* that comes two days together, and does not on the third; or one which comes on the fifth, after a respite of four days, and so others which are more or less slow; and therefore without being puzzled in regard to the cure of such different *Agues*, follow the directions before given for *Quartane Agues*, which takes its rise from the spleen.

There are likewise other successful remedies for a *Quartan*.

Take the leaves and flowers of yellow *July-flowers*, pound them with a little salt, and when the cold fit comes on, put the whole upon the future of the head, between two linnen cloths; and there let it continue for 24 hours: Or,

Sow a penny-worth of *Camphire* in a piece of scarlet cloth, with silk of the same colour; hang this about the patient's neck;

neck ; so that the whole may lie upon the stomach, and as the *Camphire* diminishes, so will the ague also diminish ; and when the *Camphire* is quite wasted put more into the cloth.

To cure an AGUE, mix the powder of white *Hellebore* roots with right *Venice Turpentine*, till it is stiff enough to spread on leather. Lay the plaister over the wrist, and over the ball of the thumb, six hours before the coming of the fit.

Another for the Same.

Pound *Olibanum*, *Plantane*, *Ribwort*, *Rue* and *Smallage* all together, with a little *Bay-Salt* ; put them into a thin bag, lay it to the wrist of the patient, a little before the coming of the cold fit

Another for the Same.

Give the patient as much *Virginian Snake-root* dry'd and powdered, as will lie upon a shilling, in a glass of *Sherry* or *Sack*, just before the coming on of the cold fit ; repeat this two or 3 times, till the ague is gone.

Another for the Same.

Infuse an ounce and a half of the best refin'd *Aloes* in a quart of brandy for 48 hours ; and let the patient take four spoonfuls just before the coming of the fit.

Another for the Same.

Put an ounce of white *Sugar Candy* into a pint of *Red Rose* water ; squeeze in the juice of 3 *Sevil* oranges ; all being mixt together, drink it off an hour before you expect the coming of the fit, and it will cure in once or twice taking.

Another for the Same.

Pound nine cloves of garlick with tobacco dust and foot, of each equal quantities, which mix with soap into a pretty stiff paste, of which make two cakes, something broader than a shilling, but thicker ; lay them on the inside of the wrists, and bind them on with a linnen cloth, about an hour before the coming on of the fit, If it does not cure the first time, repeat it in three or four days with fresh.

Another

Another for the Same.

Take two pounds of rue, the same quantity of green walnuts, before the shell is hard; two pounds of good figs, bruise all and distil them. Take a draught of this before the coming of the fit, and endeavour to sweat after it.

AIR is one of the four elements; that which we breathe in about the earth, is fill'd with vapours, which slide away continually from different parts of the earth.

This *Air* enters into our lungs, and mixes it self with the parts of our blood, to which it is necessary to facilitate the circulation of it, from the heart to the extreme parts of the body, and back again to the heart.

The air does also contribute to the good or bad state of our health, by the vapours and exhalations contain'd in it; so far as they are capable of corrupting the blood, or keeping it in the state it ought to have, that so it may run freely in our veins: Nor is there any thing that can more easily alter our bodies and spirits, than the air; for upon the qualities of the air, the good or bad disposition of our spirits, humours and all the parts of our bodies do entirely depend; and therefore in order to prolong life and preserve health, we should endeavour to breathe in a wholesome air, and avoid a bad, or if that cannot be, we should endeavour to correct it.

The air revives our spirits, exhilarates the heart, subtilizes the senses, sharpens the understanding, and strengthens the limbs in such a manner, that all the parts, as well animal and vital as natural, are made more perfect in their actions, and of consequence, what is opposite to them, produces quite contrary effects.

If the air be corrupted or unhealthful, and a person can't conveniently go out of it, he may purify it by art, by burning *Rosemary, Cypress, Juniper, Laurel, Vine-Twigs, Aloes, Saunders* or *Aromatick* gums; as, *Frankincense, Styrax, Calamus, Benjamin* and the like.

ALDER TREE. Authors tell us, that the fresh leaves of *Alder* apply'd to the naked sole of the foot, infinitely refreshes the furbated traveller.

The inner rind of the black alder, being dry'd in the shade and not us'd green, purges all hydropick and ferous humours; and the decoction let stand to settle two or three days before it is drank, being beaten with vinegar, it perfectly cures the itch.

The root of *Alder* is accounted opening and incisive, helps digestion and womens *Menses*, is good for asthmatick and cold

cold stomachs ; its bark and fruits are reckoned astringent, cooling, and proper for inflammations in the throat.

The leaves bruised are good for dissolving tumours, stop and qualify enflamed humours: Some scrub bedsteads with the decoction, to kill fleas.

The Method of brewing ALE or BEER.

Put 16 gallons of water into your copper, strew over it as much bran as will cover it, make it scalding hot, then put a third part of it into the mashing tub, where let it stand till the steam is so far spent, that you can see your face in the liquor; then put to it a bushel of malt, stir it very well into the liquor: In the mean while, make the rest of the water left in the copper, boil; then either damp or put out the fire under the copper, that the liquor may be allay'd in its heat; and then put it into the mashing tub, and stir it all well together: If you suspect any ill taint in the malt, you may put in a shovel or two of hot coals to take it off.

While this liquor stands upon the malt in the mashing tub, heat 16 gallons more of liquor; and having drawn off your first wort, put part of it upon the grains, and put in three pecks more of fresh malt; then put upon it the liquor in the copper, stirring it as before; then put the first wort into the copper again, make it scalding hot, and put part of it into a second mashing tub, and when the steam is over, stir in it three pecks more of fresh malt; then put in the rest of the water and stir it well, letting it stand two hours: Then heat another 16 gallons of water; and after that which was put into the first mashing tub has stood two hours, draw it off, and also that wort which is in the second mashing tub, and put the grains out of the second mashing tub into the first; and into it, the liquor in the copper, and let it stand an hour and a half.

If you would have beer, boil the first wort with half a pound of hops for two hours, or till it looks curdled: and if for ale, boil the second wort with three ounces of hops for an hour and a half; and boil the hops of both worts for an hour and a half, in the other liquor for table beer.

To make a purging ALE.

Take garden *Scurvy-grass*, *Burdock-Roots*, bruised, and blue currants, of each six ounces; of *Horse-radish* roots scraped, and *Rhubarb* slic'd, of each an ounce; the roots of
sharp-

sharp-pointed *Dock*, and monks *Rhubarb*, of each two ounces; of *Mechoacan* and *Sena* two ounces and something more, *Anniseeds*, *Carraway seeds*, *Coriander* and *Daucus* seeds, bruised, of each an ounce, and add two *Sevil* oranges sliced.

Put all these ingredients into a canvas bag, with a stone in it, and hang it in two gallons of new ale in an earthen stean, let it work, and in three days it will be fit to drink.

The draught of it should be a pint in a morning.

To make Dr. Butler's purging ALE.

Take *Polypody* of the oak, and *Sena*, of each a quarter of a pound, *Sarsaparella*, two ounces; anniseeds and carraway seeds, of each an ounce; of *Scurvy-grass* half a bushel; *Agrimony* and *Maiden-hair*, of each a handful; bruise all these moderately in a mortar, and put them into a canvas bag, and hang them in three gallons of ale; let it stand three days, and it will be drinkable.

ALE of HEALTH, according to the Recipe of the Viscount St. Albans.

Take *Sarsaparilla*, 3 ounces, *Sassafras-wood* and *China* root, of each half an ounce; white *Saunders* and *Champitytyon*, of each an ounce; of mace a quarter of an ounce: Let the wood be sliced as thin as can be, and all be bruised together in a mortar.

Then add *Roman Wormwood*, *Hops* and *Cowslip* flowers, of each two handfuls; *Sage*, *Rosemary*, *Sweet-Marjoram*, *Balm*, *Mugwort* and *Betony*; all together four handfuls.

Boil all these together in six gallons of ale, till it is consumed to four; then put the wood and ale into six gallons of ale of the second wort, and boil it to four gallons.

Then let all the ale run from the dregs, mix it together, and put it up in a vessel.

Scurvy-grass ALE.

To three gallons of ale, put a quarter of a pound of *Sena*, three quarters of an ounce of *Rhubarb*, one ounce and a half of *Polypody* of the oak, two ounces and half of winter *Cinnamon*; an ounce and half of *Bay-berries*, an ounce and half of *Anniseeds*, an ounce of sweet *fennel* seeds, an ounce and half of *Juniper* berries, an ounce and half of *Horse-radish*,
and

and fix *Sevil* oranges cut in pieces; put all these ingredients into a bag, into which put a stone to make it sink; then take a pint or pint and half of the juice of scurvy-grass, clarify it over the fire, and when it is cold, put it into the ale and run them; let them all work together for 24 hours, then stop the vessel close, let it stand six days, and drink of it a pint in a morning fasting, and as that works you may either add or diminish the quantity,

When the liquor is out, you may put in three gallons more of ale; fresh *Scurvy-grass* and oranges.

To restore decay'd ALE or BEER, or to BOTTLE it.

When the briskness and liveliness of malt liquors in the cask fails, and they begin to turn faint, deadish or vapid, let them be drawn off and bottled up.

The best method of bottling beer is to take a quart of clean water, to which put half a pound of clean sugar, boil them gently and scum it, then add a few cloves, or cinnamon and mace, let it cool, then put yeast to it, and work it well, scum it again, and while it is in a smiling state, put three spoonfuls of it into every bottle, then fill them up with the drink, and cork them well, or put a few crystals of *Tartar* into each bottle, or the essential spirit of barley or wine will have the same effect; or if you have not these, a lump of loaf-sugar, or four or five raisins bruis'd, or a few grains of barley bruis'd.

If you would have your ordinary beer flower in the cup, boil a little wheat bran in the wort; or if bottled, put in some grains of wheat or barley, or raisins, or a bit of loaf-sugar, &c. in every bottle; or if you would have your beer keep better, add a little wheat to the malt, it will enrich the wort, and add spirit to the malt.

If Ale be drawn off, either for drinking or bottling, while the barmy or yeasty crust is falling down, it will be thick, muddy and unpleasant, but as the crust falls down, it clarifies the liquor, for it attracts the grosser parts to it self, and so clears and fines it.

Or if the ale be drawn off after the barm is fallen down, it is flat, weaker and more disagreeable; for during the fermentation, the spirituous parts of the liquor being broken small by the action, it rises up, and is entangled in the crusty scurf, which after it is precipitated to the bottom, the ale begins to work or feed upon its own dreg or mother. It re-imbibes the spirit it had thrown off, and rises up into the yeast,

yeast, and leaves the last impoverish'd of its entangled spirits.

When the ale has re-absorb'd this spirit, it becomes fine, sparkling, transparent and spirituous; and this 'is what is meant, when we say it is ripe; but a new and unseasoned cask, drinks in those same spirits which the liquor should have back again.

ALISMA, a plant growing in mountainous places, is sudorifick, and dissolves coagulated blood. The root is good against the biting of venomous creatures, and the distempers of the womb, The decoction of it is said to break the stone in the kidneys, provokes urine and womens *Menses*.

Spirit of ALKERMES.

Take proof spirits, three quarts; water two quarts, in which put to macerate and infuse orange peel and cinnamon of each two ounces; bitter almonds; lemon peel; nuts and rosemary flowers, of each one ounce. Distil these and add the juice of *Chermes*, half a pound, double refin'd sugar half a pound, amber-grease rubb'd and mix'd in the same sugar, half a scruple; digest these for some days, filter and add half an ounce of leaf gold.

ALLELULA, a wood or *French* sorrel, is a plant of singular use in fevers and agues, defending the heart from all infection.

To make ALMOND Bisket.

Take three quarters of a pound of blanch'd almonds in cold water, beat them well with rose-water; to keep them from oiling, and having beaten the yolks of six, and whites of 12 eggs very well for an hour, beat them with three pound of fine sugar, put in your almonds with about 15 spoonfuls of grated bread or fine flour; make this paste up into proper shapes, and set them on plates, sift some sugar over them, and set them into an oven moderately hot.

To order or prepare blown ALMONDS.

First, Scald and blanch the almonds, then stir them about in the white of an egg, then put them into powdered sugar, and roll them well in it.

Having iced them over once, if you find that they are not done

done enough, dip them again in the white of an egg, and then again into the powdered sugar.

Then you may lay them upon a sheet of paper, and bake them in an oven with a gentle fire.

To burn ALMONDS.

Set a pound of *Jordan* almonds before a hot fire, or in an oven, till they are become very crisp; then having put an ounce of chocolate, and 12 ounces of fine sugar into a quarter of a pint of water; boil them almost to a candy; and then put in the almonds, and as soon as ever they are just hot take them off the fire and stir them, till the sugar grows dry and hangs about them: Put them out of the pan, and separate them from one another.

To make ALMOND Butter.

Take eight eggs, beat them very well and strain them, put them into a pint of cream, set them on a slow fire and keep stirring them continually, and when it is ready to boil, put in two spoonfuls of sack, still keeping stirring it till it comes to a curd; then strain the whey from it very clean, and having ready two ounces of blanch'd almonds, beaten with rose-water, put the curd into either a wooden or stone mortar, with a few of the almonds by degrees; and pound it with 12 ounces of fine sugar, till you have put in all the curds and almonds, and being beaten enough, put it into pots or glasses, and eat it with bread. It will keep good two or three months.

Another Way.

Pound half a pound of almonds very fine, mix them with a pint of good cream; strain the cream, and get out as much of the pulp of the almonds as you can through the strainer; set it on the fire, and when it is ready to boil beat the yolk of six eggs, and but two of the whites, very well, put them in and stir it on the fire till it turns to a curd; then add a quarter of a pint of cold milk, stir it well and strain away the whey, and when it is cold, sweeten it to your palate.

ALMOND CAKES.

Blanch two pounds of almonds in cold water, then beat
them

them well with rose-water, till they have lost their glistering; then add a pound of fine sifted sugar; and pound all together till they are very well mix'd; then having ready the whites of four eggs, and four spoonfuls of fine flour, well beaten together, pour in your almonds; and having butter'd the plates and dusted them with flour and fine sugar, set them into an oven till they are become brownish; then draw them out, let the oven cool a little, and they will become much whiter than before.

An ALMOND CAUDLE.

Put half a quarter of an ounce of cloves and mace into a quart of new ale; and also some slices of white bread; then put in ten ounces of blanch'd almonds well beaten, and three quarters of a pint of white wine; let these all boil well together, and scum them well; and when it is grown thick enough, sweeten it to your palate. This is nourishing and good for a consumption.

ALMOND CHEESE.

Having pounded a proper quantity of almonds very fine, make a posset with sack and cream; then mingle the curd with the pounded almonds, and set it over a chafing-dish of coals, adding a sufficient quantity of rose-water and double-refin'd sugar; then fashion it in the shape of a cheese or a pye plate; put it into a dish, scrape fine sugar over it, and let it stand till it is cold, and then serve it up.

ALMOND Cream.

Put a pound of harts-horn in five pints of water, and boil it to the consumption of almost one half, strain it through a jelly bag; to this put 12 ounces of almonds, pounded to a fine paste, with two spoonfuls of good orange-flower water, and 12 or 16 spoonfuls of thick sweet cream; then put it into a skillet, with near the same quantity of cream to the jelly, and all the juice of the strain'd almonds; and having sweetened it to your taste with double refin'd loaf-sugar, set it over the fire, and keep stirring it till it is cold; then pour it into narrow bottom'd drinking glasses, let them stand a day, and when you would turn out your cream, put the glasses into warm water for the space of a minute, and it will turn out readily in the form of a sugar-loaf.

Another ALMOND Cream.

Blanch and beat half a pound of almonds very fine, put to them a quart of cream; then boil them both together, then sweeten it, and add the whites of four eggs well beaten; set it on the fire till it is just ready to boil and grow thick.

Another Way.

Having blanch'd and pounded a pound of almonds very fine with a little orange flower water; and having ready two quarts of cream, boil'd, cool'd, and sweetened put the almonds into it, and having well mix'd them pass the liquid through a canvass bag; then set it on the fire, stir it till it thickens and pour it into glasses; you may if you please put in two grains of amber-grease,

Raw ALMOND CREAM.

Blanch and beat half a pound of almonds (either sweet or bitter) very well, mix them with two quarts of cream and the juice of six or eight lemons; sweeten it to your taste, and whip it in a tray with a whisk; as the froth rises, put it into a hair sieve that it may grow stiff; then put it into glasses or basons.

A rich ALMOND CREAM to jelly.

Having first made a strong jelly of harts-horn of half a pound of harts-horn to a quart and half a pint of water, boil it to the consumption of near half, then pass it thro' a jelly bag; and having six ounces of almonds well pounded with a spoonful of orange flower water and six or eight spoonfuls of very thick cream, mix pretty near equal quantities of cream and jelly in a skillet, strain in the almonds and sweeten it to your palate, set it on the fire. Stir it with care till it is ready to boil, take it off, keep stirring it till it is almost cold, then pour it into narrow bottomed drinking glasses, in which let it stand a whole day; when you have a mind to turn it out, put the glasses into warm water for a minute and it will turn out in the form of a sugar loaf. This is call'd steeple cream.

An ALMOND CUSTARD.

Take a pound of almonds blanch and pound them fine with rose water, then strain them with a quart of cream, the whites of 10 eggs, and half a pound of fine sugar; put the custard into cups or crust, and bake them in a slack oven; when bak'd set them on a dish; strow on them biscuits red or white; stick muscadines red and white, and scrape on them double refin'd sugar.

To ice ALMONDS.

Blanch the *Almonds*, put them into an ice that has been prepared with the white of an egg, powdered sugar, orange or lemon flowers and *Sevil* oranges, roll them well in this compound, so as that they may be neat, then dress them on a sheet of paper and bake them in a campaign oven, with a gentle fire both at top and underneath.

ALMOND LOAVES.

Having pounded a pound of almonds very fine, mix them with three quarters of a pound of sifted sugar; set them over the fire, keep continually stirring them till they grow stiff; then add to them the rind of a lemon grated; make the mass up into little loaves; shake them very well in the whites of eggs, beaten up to a very stiff froth, that the egg may hang about them.

Then put them into a pan with a pound of fine sugar sifted, shake them, till they are well covered with the sugar, if they stick together part them, adding more sugar till they begin to be smooth and dry, and when you put them on papers in order to baking, shake them in a pan that is just wet with the white of eggs, and bake them after biscuit on papers or tin plates.

ALMOND PASTE.

Lay two pound of almonds all night in water; the next morning warm water to blanch them; afterwards pound them very fine with rose-water; allowing for each pound of almonds a pound and quarter of fine sugar, wet the sugar with water, and boil it to a candy height, then add the juice of a couple of lemons and the rind grated; keep stirring it while it is

upon the fire and drop it on glass and set it in a hot stove. It will be dry in 12 hours; then turn it that it may dry on the other side.

To make ALMOND-PASTE bitter or sweet.

Blanch a pound of almonds, pound them, moistening them with a little rose-water, just enough to keep them from oiling; and having boil'd a pound of fine sugar to near but not quite a candy height, put in the almonds, let them stand on a slack-fire, stirring it till it comes to a very dry stiff paste and almost cold and set it by till it is quite cold; then pound it well in a mortar, and add to it a pound and half of fine sugar finely powdered.

Rub these very well together, and make it up with a spoonful of well steep'd gum-dragon and the whites of eggs whipp'd into a froth; then squirt it and bake it in in a cool oven. Bake them on papers and tin-plates.

Into the sweet almonds put in the rind of a lemon grated but not any into the bitter.

If the first paste be not made stiff it will run about the oven.

ALMOND PUDDING.

Pound half a pound of good sweet almonds with a little orange flower water to keep them from oiling, mixing with them three or four grated biscuits half a pound of butter and four or five spoonfuls of sack, the yolks of eight and whites of four eggs, and a quart of cream, sweeten these with sugar to your palate; lay a puff paste at the bottom of a dish, garnish the edge with paste, pour in your mixture and bake it.

Another way very delicate.

Boil a quart of cream and when it is cold, put to it the whites of seven new laid eggs, that they may be beaten to a froth, blanch five bunches of fine jordan almonds, and beat them fine with a little orange flower water (or you may pound the almonds with a little fair water and a little nutmeg to keep them from oiling) then mix them with the cream and whites of eggs, sweeten it with fine powdered sugar, and lay on the top some thin slices of orange, lemon and citron peel, neatly cut.

Lay a thin crust in the dish, pour it in and garnish the brim with the same.

Let it be bak'd in a gentle oven, and when the crust is bak'd it will be enough.

ALMOND PUFFS.

Blanch a quarter of a pound of almonds, pound them very well with orange flower water and sifted sugar till they are become very fine, then whip the whites of six eggs and mix with them, and add as much sifted sugar as will make it into a paste; then make it into cakes and bake them in a slack oven.

An ALMOND Tart.

Having rais'd a very good paste an inch deep and in form fix cornered, and the almonds being ready blanch'd and finely beaten with rose-water, allowing an equal weight of sugar to that of the almonds; also a little cream, grated bread, nutmeg, and as much juice of spinage strained as will give the almonds, &c. a green colour; bake it in a gentle oven; not shutting the door; when you draw it stick it with orange or citron.

To preserve ALMONDS a la Siamoise.

When you have dry'd your almonds and brought them to a reddish colour in the oven, throw them into par-boil'd sugar, stir them about in the pan without setting them over the fire: then lay them in order upon a grate, and set them in a stove; if you would have them serv'd up in that manner.

Otherwise take them out of the pan, roll them up one by one in powdered sugar, and stir them continually about, that they may be covered on all sides with the sugar. Then afterwards take them out and stove them upon paper.

To put ALMONDS in Sugar.

To do this see the article *pared* APRICOCKS and observe the same directions: Thus for every two ladles full of clarified sugar take one of water, till you have a quantity sufficient for soaking your *Almonds* or rather more, because it will afterwards serve to augment the syrup in other boilings or for some other uses.

Heat the sugar and water as hot as you can well endure your finger in it, and pour it upon the *Almonds* in an earthen pan, and let them stand thus till the next day; then having put all into a copper pan, set it over the fire, and heat it till

it is just ready to boil; then turn them out again into earthen pans, or leave them in the copper pan till the next day, and then drain them in a cullender, and give the syrup seven or eight boilings, augmenting the quantity of it with a little sugar. Then throw in the almonds some time after and let them simmer together.

The same thing you must repeat for four or five days successively, giving the syrup some other boilings, augmenting it with sugar every time, that the fruit may be always equally soaked.

Last of all boil the syrup till it has attained its pearled quality, and if there be need, add other pearled sugar to it, so that the fruit may be conveniently slipped into the pan and have a covered boiling.

Then take it off the fire scum it, and when the almonds are cooled lay them in a cullender to drain in order to be laid on plates or boards to be dry'd in the stove.

The next day turn them on the other side, and afterwards put them up in boxes, when you find they are become firm and dry.

An ALMOND TANSEY.

Take a quart of new milk two ounces of the flower of sweet almonds; half an ounce of lime juice, and half a quarter of a pint of the juice of strawberries; to which put half a pound of fine sugar and half a pint of canary, stir all together and beat them till they froth, and be of a pleasant colour.

To cleanse and boil green ALMONDS.

Set over the fire water in a pan with new ashes; and scum off the coals that swim at the top; let them boil till you find the liquor to be sweet and slippery, and then take the pan off the fire, and let it stand for some time in order to settle, that you may have clear liquor.

Then set it on the fire again till it begins to boil, then throw in three or four almonds, and take notice whether the flocks or husks that cover them be well clear'd, if not you may conclude that the lye is not good; and you must either render that better by putting in fresh ashes or make new lye: or else you will find the almonds will only open and split, and not be cleansed.

But if on the contrary you find that the husks slip off easily, you may put the rest of the almonds into this lye; but
you

you must prevent them from boiling 'by keeping them continually stirred about, with the handle of the skimmer.

As soon as you perceive that the husks will easily rub off, you must take them out and shake them a little in a linnen cloth, holding it at both ends; then open one of the ends of the cloth, drop the almonds into a pan of fair water; wash them well. Pierce them through the middle with a knitting needle, or some other the like instrument; and as you do them throw them into other fair water.

This way of preparing and cleansing *Almonds* is more certain, than giving them some boiling in the lye, before they are taken out: or to put them into it with the ashes; for if a great care be not taken, there is danger that it will caute them to open.

To bring ALMONDS to their green colour again.

To do this, it will be necessary to change the fair water and to boil them in it over a quick fire.

They may be also scalded or stew'd by degrees, without being boiled at all: In order to do which

Put the *Almonds* into a pan of water, and lay upon them a dish almost of the same size with the mouth of the pan, to keep them from rising on the top; and consequently from turning black, and when the liquor is ready to boil, pour in some cold water by degrees.

By either of these methods, it may be easily known when the *Almonds* are sufficiently prepar'd, by their slipping off from the pin, at which very instant they ought to be taken off the fire and set by to cool.

To make ALMONDS become green.

Some advise not to use any salt to them as to apricocks, but to make a lye either of ashes or lees of wine: Then wash the almonds and cleanse them well and throw them into the boiling water, and try whether they are boil'd enough with a pin, because they will in that case burst; then throw them into cold water, and afterwards set them to drain.

In the next place, they are to be put into clarified sugar, which should be light; and when it boils, that they may take a green colour, dispatch the work for fear they should turn black; and to preserve them, put pound for pound of sugar to them, and take care that the syrup be neither too much boil'd, nor quite enough.

To crisp ALMONDS of a white colour.

Having scalded and blanch'd the almonds, put them into sugar boiled to the fifth degree, called the *crack'd boiling*, keeping continually stirring them, till they have had a walm or two, that the sugar may stick closely to them.

ALMONDS *of the Throat* is a glandulous substance, like two kernels, plac'd on each side the *Uvula*, at the root of the tongue; being covered with the common Tunic of the mouth, having veins and arteries from the *Carotides* and *Jugulars*.

The substance of them is soft and spongy, and they have several sinews within them, which contain the liquor call'd *Saliva*, which they receive from the brain, and do moisten and lubricate those parts by dispersing it to the larynx, jaws and tongue.

When these are inflam'd or swell'd by a cold &c. they very much straiten the passage of the throat and render swallowing painful and difficult, and help to cause what is call'd a sore throat, and is vulgarly call'd the coming down of the *Almonds of the throat or ears*.

ALMONET or WHITE JELLY.

Take a pound of almonds, blanch them and pound them very fine with a little orange flower water; just enough to keep them from oiling; then mix them up with some jelly that has not been much weaken'd with wine and lemon (see harts horn jelly) this will colour three pints of jelly; pass this through a very fine hair sieve often, and stir it till it grows thick; that the colour of the almond may not settle to the bottom, pour it into pretty sharp glasses, that it may look handsome, when turn'd out on *China* plates.

AMBER. The simple preparation of it by grinding it upon a porphyry to a powder, is good for the brain, stomach; bowels and womb, and on all occasions where there is a necessity of binding.

The oil extracted is of use in apoplexies, epilepsies, convulsions, palsies and all the cold distempers of the brain, and even in those of the womb. It is also very much esteem'd as good against worms, and against a bad air, as well as when taken inwardly from one or two to five or six drops mixt with some powdered sugar and dissolv'd in some convenient liquor; as also by anointing the nostrils, temples and other places where the sutures of the skull are, with it.

EXTRACT of AMBER.

Take ambergrease three drams, sugar³ candy the same quantity, of civet nine grains, of musk 18, put all these together in a bottle with a glass stopper; then pour upon them six ounces of highly rectified spirit of wine; let it in warm embers for 24 hours; while it is warm separate the clear from the dross.

This extract is much better for all sorts of uses than amber-grease; five or six drops in any thing, give a most noble perfume.

It is proper in all families distant from *London*, being often prescrib'd in cordials.

AMBER of LIFE an excellent medicine for the preservation of youth and health, and to bring to a good old age.

Put three drams of amber and four and a half of sugar candy, finely powdered into a matrafs with a long neck and in a mortar powder a quarter of a pound of yellow amber put it to the former ingredients, upon which pour so much hot spirit of juniper berries, as shall float two fingers thick over it.

Fit a rencounter to the long neck, lute the junctures very close and set it into a *Balneo maris* for four or five days, then strain it through a fine linen cloth, that has been dip'd in spirit of wine, pour the straining into a very clean matrafs, and pour upon it four ounces of liquid amber; fit the rencounter to it, lute the junctures, circulate it for four or five days, then put it into a bottle and stop it close.

The dose is eight or ten drops in broth, and two hours after eating of victuals.

This medicine purifies the whole mass of blood, revives the spirits, refreshes the heart and brain, fortifies the nerves and membranes, resists the falling sickness, prevents faintings, dispels the venom of contagious diseases, by transpiration and sweating, cleanses the liver; stops the spitting of blood, restores the tone of the breast and stomach, provokes urine, cleanses the reins and bladder; strengthens the womb, preserves the sight.

This deserves to be call'd the true balsam of nature, and is suited to the radical moisture and radical heat, which supports life in its vigour, retards old age, and prolongs life.

Some drops of this mixt with pomatum, preserves the delicateness of the complexion.

AMBER GREASE, a precious matter, found in pieces of a different bigness floating upon the water in several parts of the ocean. It is dry, light, opaque, grey and odoriferous, almost as hard as a stone.

You ought to reject that which is moist, soft and salt: But chuse that which is very dry, and variegated within with small black spots, and that has a sweet and agreeable smell: Tho' it will yield a much finer smell, when it is reduc'd to powder and mixt with other drugs, than when it is whole.

It is a strengthener of the heart, stomach and brain; but it is apt to render persons of a tender constitution vaporish, such as women, hard students, &c.

However it enters into the composition of perfumes for men and increases seed.

The dose is from half a grain to four grains: Of it are made extracts, essences and tinctures.

ANASARCA, is one of the three kinds of dropfies that proceeds from the liver, which being cool'd to so great a degree, instead of producing blood it engenders a watery and so icy a matter, that by degrees it extinguishes the heat of the natural parts, and therefore makes the body to swell, and be puff'd up, grow softish, and look so wan that it resembles a dead carcass, and if a finger be laid upon the flesh it will leave an impression behind, and if the person walk or work never so little, he will be presently dejected and faint.

His water will be clear white and very raw. Yet this dropfy is not so dangerous as some others; but may be easily cur'd by taking the following course.

First, the practice of abstinence is necessary; let the person afflicted eat no boil'd meat, raw fruits, milk-meats nor legumes, nor drink raw water, beer or cyder: Open a vein to give air to the vessels and spirits, and this may be done with the more certainty, if the anasarca is caus'd by a suppression of the *Menses* in women or by the piles, or by high feeding.

Let the patient take two glasses of the decoction of *Guaiacum*, *Sassafras* and *Sarsaparilla*, morning and evening.

Purge him once a week with six grains of *Rhubarb* as much *Agarick* and half an ounce of *Lemon Lozenges*, all steeped in a glass of the decoction of *Elder Leaves* or of *Smallage*.

The use of *Wormwood* wine may be allow'd, or a dram of *Treacle* in a morning fasting.

To keep ANCHOVIES for a long time.

Chuse Anchovies that are large, fresh brought over, and such as feel firm to the finger; it will be best for the heads to be taken off, for if they are on they will the sooner turn rancid and stink; likewise it is not good to have too many at a time, for the frequent opening of the pot will subject them to change.

In order to prevent this, add vinegar to them as the liquor wastes, and this will preserve them firm and from rotting for a year or two.

To make ANCHOVY sauce.

Wash them, bone them, mince them small, put them into a sauce-pan with a little thin cutlet of veal and ham, season with pepper. Heat it hot, add a little vinegar and use it with roast meat.

The bones of anchovies that have been us'd may be put into a paste made with flower and white wine or water, one or two eggs and a little melted butter, all mingled together, which being fry'd may be us'd for garniture for other things; or may serve for an out-work with orange and fry'd parsley.

To make artificial ANCHOVIES.

Take the fish call'd *Bleaks* which are softer, tenderer, more oily and much better than sprats; cleanse them and cut off their heads and lay them in an earthen glaz'd pan, with a layer of bay salt under them and another over them, then lay another layer of *Bleaks*, and another of salt, and continue to do this till the pan is full and in a month they will be fit for use, and afterwards put vinegar to them. Tho' they will be like anchovies without vinegar; but the vinegar will keep them; turn them often for the first fortnight.

ANET or *Dill*; a plant much resembling fennel, and is cultivated in gardens, the seed whereof has a sharp taste, expels wind, provokes urine, encreases nurses milk, cures the hiccough, and helps digestion.

To preserve ANGELICA Roots.

First wash the roots, then cut them into thin slices and lay them to steep in fair water, which shift every day for three days;

days; then put them in a pot and set them with water over a fire of warm embers over night; the next morning pour off the water, and to every pound of roots put in two quarts of water, and two pounds of sugar; in this boil the roots, and when they are enough, take them out and boil the syrup gently.

ANGELICA Water.

Take roots of *Angelica* one pound; the leaves of *Carduus Benedictus* the same quantity, *Sage* and *Balm* about three quarters of a pound, of the seeds of *Angelica* a pound and a quarter, of sweet *Fennel* seeds a pound and half; powder these grossly, and add of the species call'd *Aromatic Rosat* a quarter of a pound, of *Diamosch* the same quantity; infuse all these for 48 hours in 16 gallons of *Spanish* wine, distil them with a gentle fire, and add a quarter of a pound of sugar dissolv'd in rose-water to every quart.

Another.

Take proof spirits six quarts, water three quarts, *Angelica* roots slic'd four ounces, *Angelica* seeds and *Carraway* seeds, of each half an ounce, bruise them, macerate them all night in the *Still*, and draw off all clear till the faints come, dulcify with three quarters of a pound of sugar, and make up with liquor, as directed. See *Distillation*.

To Candy ANGELICA.

Take young *Angelica*, and having cut it into fit lengths, boil it till it is pretty tender, keeping it close covered; then take it out, peel off the strings; then put it into the water again, simmer it and scald it till it is very green; then take it up, and having dry'd it in a cloth, weigh it, and for every pound of the herb, allow a pound of finely powdered and sifted double-refin'd sugar; lay the *Angelica* into an earthen pan, strew the sugar over it, and let it stand for two days; then boil it till it looks very clear; drain the syrup from it in a colander. Then take a little double-refin'd sugar, and boil it to a sugar again, then throw in the *Angelica*, but let it not be long before you take it out, lay it on glass-plates, and set it either in a stove or an oven, after pyes are drawn, to dry.

To dry ANGELICA.

Boil *Angelica* stalks till they are tender, then set them by to drain, and having scrap'd off all the thin skin, put them into scalding water; let them be kept close covered, let the fire be gentle, so as not to make them boil before they are become green; then drain them well, put them into a very thick syrup, made of their weight, and half as much more of sugar, but put them not in before the syrup is cold; warm the syrup every day till it is clear, then lay them out to dry, sift sugar over them.

Lay out as much as you use at a time, and scald the rest.

ANNISEED. Chuse that which is largest, biggest and plumpest, newly dry'd, of an agreeable smell, and of a sweet taste, but a little pungent; but reject that which is bitter.

The vertues of this Seed : It will appease the rumblings of the belly, the gripes, lask, vomiting and the hiccough; it provokes urine, encreases nurses milk, helps digestion, and will also ripen tumours.

The seeds eaten in the morning by persons troubled with the gripes in the stomach and guts, are an excellent remedy, they also sweeten the breath, give a good complexion, and help digestion after meals.

To make ANISEED Water.

Take two handfuls of aniseeds, cleanse them well, and infuse them in two quarts of water, sweetened with half a pound of sugar; when the water has been sufficiently impregnated with the seeds, strain it off, and if you please, you may add a little brandy to enrich it. This is a proper liquor for the winter season.

An aniseed water for the summer time may be made by steeping only the leaves of the plant, especially the tops, for a considerable time.

Another Way.

Take aniseeds three ounces, carraway seeds one ounce and a half, proof spirits six quarts, river or spring water three quarts: Put them into the *Still*, let them infuse all night, the next morning draw off the water with a gentle fire, but no longer than it will run proof, sweeten it with a pound of brown sugar.

N. B.

N. B. Always put about one third of water in proportion to your spirits, for this will make the distill'd water come off cleaner, and in a larger quantity from the still, without faints.

To make Essence and Spirit of ANISEED.

Put two pounds of *Spanish* aniseeds with three quarts of brandy into a matrafs that will hold five quarts of liquor; set it to infuse in the evening upon a hot fire, and cover it well, and the next day distil it on a furnace, chafing-dish or trevet, with a gentle and even coal fire, always taking care to keep it in the same degree of heat, and that the liquor do not pass into the helm; and from these three quarts draw three pints or thereabouts of good essence, and as soon as you see a white drop come out, take it off the fire, or else it will be apt to smell of scorching, which chymists call the *Empyreuma*.

ANODINE of King CHARLES the Second, to make it.

Take three quarters of an ounce of choice *Opium*, which cut into little pieces; bark of *Elder*, and bark of *Sassafras*, of each a quarter of an ounce; powder them and put them into a glass bottle, upon which pour half a pound of spirit of wine, and stop the bottle with brown paper, several times folded; pricking holes in it with a pin; set the bottle by the fire, but not too near, or in the sun when it shines; let it stand to infuse three or four days, shaking it from time to time, afterwards strain it out, and put it into a bottle for use.

The common dose of this anodine is from 15 to 16 drops in *Spanish* or other wine, in *Scorzonera* or wild *Poppy*, *Balm-gentle*, &c. water.

If this medicine has not its effects the first time, repeat it after 24 hours, increasing the dose to two or three drops more.

But take notice, that it is to be taken two or three hours after meals; tho' except in case of urgent necessity the evening is the most proper time, in which it may be given at any hour, but at the same distance before and after meals.

But if the distemper does not give way to it, you may augment the dose to 40 drops; but never increasing it by more than two drops at a time every 24 hours.

This anodine liquor gives relief to the acutest pains, burning fevers, pains of the stomach, head-ache, megrims, cough, cholick, rheumatism, violent gouts, painful hurts;
and

and composes those to rest, who are subject to wakefulness, and in a word, is a remedy for any thing that obstructs rest.

ANTI-SCORBUTIC WATER.

In a gallon of proof spirits and two quarts of water, digest six handfuls of garden scurvy-grass, brook-lime and water-creffes, of each a handful, horse-radish root one pound slic'd, three lemons slic'd, *Arum* root a pound, fresh *Briony* root two pounds, mustard seed three ounces, nutmegs half an ounce, and gently distil off the proof spirit.

For St. ANTHONY's Fire.

Fill a bottle as full as it can hold with elder-flowers, in the spring of the year. then wet them with linseed oil, set the bottle in the sun; press out these very hard, and add to four ounces of this half a dram of soft soap, and boil them to an ointment, and just before you take it off the fire, stir in an ounce of *Ceruss*.

When you use it, warm it and anoint the place, dip soft paper in the ointment, and cover it when you dress it, which must be twice a day: Wash it with spirit of wine in which a little *Venice Treacle* has been mixt.

ANULA, a tumour proceeding from a thick and viscid flegm, and sometimes from a melancholy humour which falls upon the root of the tongue.

This distemper is incident to young children, and renders sucking painful to them, and also speaking troublesome when they are grown up.

As soon as this is perceiv'd, it must be cut, and immediately some powder of *Mastick* or *Frankincense* apply'd with the hair of a hare burnt, or calcin'd egg-shells, for if it be neglected, it will grow so hard as to be incurable.

APIARY, a place where bees are kept, for which purpose a convenient one in a garden ought to be chosen.

It is customary for those who have but a few bees, to place them in any corner of their garden, back-sides, courts, and some in closes adjoining to their houses, while others for want of convenient room without doors, set them in lofts or upper rooms, which are no wise places proper for them.

After a place has been pitch'd upon, and it is design'd to have a considerable stock of bees, make a square plat, proportionable to the stock you intend to raise, but rather too large than

than too little, and longer from east to west than from north to south; let this be separate from the rest of the garden, and facing to the south, rather inclining to the west than to the east, that the bees, returning late home, may not want light.

Some indeed are for letting them have the first sun in the morning, that they may go early abroad, that being the most proper time for gathering honey, and it is indeed the surest method for their thriving, to let them have as much of the morning and evening sun, as the places and fences will allow.

An *Apiary* ought to be securely defended from high winds on either side, either naturally by hills, trees, &c. or artificially by houses, walls, barns, &c. and the highest fences should be to the north, the other being low and far distant, that they may not hinder the sun nor the flight of the bees; nor must there be any ill smells or savour near the *Apiary*, nor must poultry be suffered to frequent the place. The ground ought not to be digged or paved, because it would be too hot in summer, and too cold in winter, but kept mowed.

It will also be convenient to plant several trees at reasonable distances from the *Apiary*, that the bees in swarming time may pitch nearer home, and not be in danger of being lost for want of a lighting place; but if these should be wanting, you may stick green branches of trees in the ground, for the bees to pitch upon: Nor should the *Apiary* be at any great distance from your home, that you may the more frequently visit the bees at swarming times, and on other necessary occasions.

In the next place you must furnish your *Apiary* with stools or benches, the former being the most proper, which must be either of wood or stone, but wood is the best, because stone will be both too hot in summer and too cold in winter.

These should be plac'd at different heights, some on the ground, others at the height of two foot, or rather one foot, which is a good height; these ought to stand a little shelving, that the rain may run off; they also should be wider by two or three inches than the hives that are set upon them, and also should have a place in the front a little broader for the bees to light on,

The hives should stand at least five foot distant from one another, taking the measure from the middle of each in strait ranks from east to west, which ranks had need be six or eight foot asunder, if placed one behind another; and the stools of the one rank should be plac'd against the open parts or intervals of the other; nor must they be too near the fences on either side.

But

But if you would make a compleat *Apiary*, that shall answer your care and pains, you may make a square cot or house about two foot square, and two and a half high, for every stock of bees that you intend to keep, standing on four legs, about 10 inches above the ground; and five or six within the ground, and covered over with boards or tiles to cast off the rain; the back or north side being closed up, and the sides, open to the east and west, having doors to open and shut at pleasure, with latches or hasps to them; the fore or south side to have a falling door, to cover one side of it, which may be lifted up at pleasure, and will serve in the summer time for a pent-house, and not only to keep off the beating rains from the hives, but also to defend them from the violent heat of the sun, which is apt about noon to melt the honey.

The other lower half should have two doors to open, to either hand, which will serve to defend the doors or holes of the hives from injurious winds, and upon the approach of the winter, when the cold winds are like to be hurtful to the bees, all the doors may be shut up and fastened; so that by these they will be defended as well from the extremity of cold in winter, as from the extremity of heat in summer.

But you must not forget to make a little open square at the bottom of the little doors, just against the see hole, that the bees may have liberty to fly abroad, after the doors have been shut.

There will here be no occasion for any hackle to defend the hive from rain; nor is there any cause to fear their being annoy'd by any wet or cold; and by means of the side doors, especially if the west door be made to open to the right hand, a person may set safe and see the several workings of the bees in glass hives, if such are us'd; but if not, they may be ordered, view'd and observ'd better at these places, than when they stand on naked stools; and not only with more security to one's self, but also with less offence to the bees.

If the *Apiary* stand so cold in the winter, that there is reason to fear that the bees may be injured by the extremity of the frost, you may stuff good sweet straw about the hive within these doors, to keep them the warmer; but bees are not so much hurt by the extremity of the cold in winter, as they are by wet; from which they will be defended by these cases, as well as from light, and the warm beams of the sun; at such times when there is no provision abroad for them; against which this house or cot is a certain defence, for the doors being shut in such months as you would not have them go abroad, tho' the sun do shine; they being in the dark are

not very sensible of so small an heat, the hive standing five or six inches within the doors; whereas in the common way of benches or stools, the sun casts rays to their very doors, whose warmth and light together, excite them to go forth, at the expence of their provision, and loss of many of their lives, as is found by frequent experience; the greatest number of bees being starv'd and destroy'd by the mildest and clearest winters; when on the contrary they have not been near so much injured by the coldest and most frozen winters.

There are also in the spring time several days, wherein it is not fit for bees to be abroad; and at such times the doors should be shut up, and only the under passage left open, by which, such as list may go forth and take the air; tho' the greatest part by far lie still insensible that the spring is near: But when you perceive that the weather is good, and that the willow-withy will yield them employment, you may set open the under doors, that they may be excited to work by the warmth and light of the sun and air; otherwise their early breeding will be obstructed, and the bees made slothful, See BEE-HIVE. BEES. GENERATION of Bees, &c.

APOPLEXY. Those persons that are seiz'd with a middling apoplexy, must be brought into a sitting posture, and their heads must be held up as high as may be; put some salt in their mouths, and at the same time let the Cephalick vein be opened in both their arms; afterwards apply blistering plaisters behind their ears, give them glysters, a decoction of sage, betony, marjoram, rice, centaury, and half a handful of white betony, dissolve in each decoction an ounce of *Carduus Benedictus*, two ounces of *Mercurial* honey, and as much *emetick* wine,

APPETITE, a *depraved Appetite*, is when a person desires to eat and drink things that are unfit for food; as when persons take pleasure in eating earth, mortar, chalk, and such like things.

Women and maids are more subject to this than men; especially certain women, whom this fit takes in the first month of their pregnancy, and continues upon them till the fourth. Maidens are affected with it because they have not their *Menses*.

The depraved appetite of women may be cured by giving them inwardly the juice of vine buds, or else give them quite green to be eaten by them; or give them olives, comfited mulberries or almonds before meals; and goose-berries, quinces or medlars, pears and other fruits, the last thing at dinner

dinner or supper: As for those that are big, you may help them to vomit with a little honey-water.

A little good wine will also be proper for them; and also 15 or 20 grains of *Rhubarb* in powder, mingled with half a dram of confection of hyacinth in the morning fasting.

APPLES. The apple amongst our *English* fruits ought deservedly to have the pre-eminence, both for its universality of place; scarce a country parish through the kingdom, but in some part or other it will thrive, and also for its use, being both meat and drink. See *Cyder*.

Apples are wholesome and laxative, when they are fully ripe; boil'd apples are better for the stomach than raw, and those that are eaten in winter are more wholesome than those that are eaten sooner; and the more they are gilded, the more wholesomer they are.

Unripe apples breed ill juices in the body, and produce abundance of bilious humours, and are causes of sicknesses, and especially agues; but such as are full ripe afford better nourishment, and breed better juices; for they are more easily evacuated by stool, than when they are sharp and sour, which are more astringent.

Sharp apples are not amiss, when the stomach has been weakened by means of too much heat and superfluity of moisture; those which have been kept over the winter and till summer comes, are very often good for sick persons; but ought to be covered over with a crust made of flour and water, and bak'd in an oven or roasted at a fire; or a little mortify'd with the vapours of hot water; they may also be eaten roasted with sugar, cinnamon, &c.

Apples also may be good after meals, and may be eaten with bread, to strengthen the stomach of such as have lost their appetite, and do not well digest their victuals; and also by such as are subject to a vomiting and looseness, whether the flux be with or without blood: The sharpest are the best for this purpose, for being manag'd as directed, they are moderately astringent.

To make APPLE Jelly.

Take two dozen of *Rennets*, cut them into small pieces, and put them into a pan; then put in three quarts or more of water, and boil them till you have boil'd them to the consumption of near one half; then strain and press it very hard through a strong linnen cloth, and put to them eight pound of sugar; which is also to be boil'd to a jelly, and you may

if you please, sharpen the taste by putting in lemon juice, and also the raspings of a citron.

This is very pleasant; and you may cover white liquid comfits with this apple jelly or verjuice, and this is that which does preserve them.

An *Apple* jelly may likewise be made by it self, by extracting the juice of the rinds and cores, but the kernels must be separated from them before you boil them.

When you have boil'd the whole in water, pass it through a sieve and press it well, and add a sufficient quantity to the juice; boil it to a good consistence, keeping it continually stirring, and strain it through a linnen cloth, and run it into boxes to keep it as you do *Quiddenny*, or upon plates to be serv'd in at table.

Cappendu APPLES and RENNETS, may be pared and comfited whole or in halves; but the cores must be taken out, and a jelly made with their rinds, as before.

If you have a mind to put wine to either the one or the other, put *Claret* to the *Calville*, with *Cinnamon* and *Clove*; and *white Wine* with some *Fennel* to the other.

To counterfeit PLUMS with APPLES.

Cut them into quarters, and form a small pellet of each quarter, and round it into a point at both ends, in the shape of a plum; then par-boil them and draw a juice from their peelings to thicken the jelly in comfiting of them as before.

When they are ready they are to be dress'd on plates, in the form of a spire or pyramid: It is a dish that is very pleasing to the sight, and at first view will surprize such as never saw it before, they not knowing what it is.

To make Compotes of APPLES in Jelly.

Pare and cut *Rennets* into quarters, take out the cores and put them into fresh water; this being done, you may with the parings put in four or five apples, cut into pieces, and boil them in a quart of water; when they are well boil'd, strain them through a sieve or linnen cloth, and afterwards put half or three quarters of a pound of sugar into the water, and set it over the fire; and into it put your apples cut into quarters; take care not to boil them too much, lest they should run into marmalade.

When they are enough take them off the fire, and take
them

them out one by one, press them gently between two spoons to get out the juice, and lay them in order on a plate.

Then set the syrup on the fire again, and boil it till it comes to a jelly, taking great care lest it should burn to.

Take it off, let it stand to cool, stir it well with a spoon; and cover the apples with it, and thus they will keep four or five days.

A Compote of APPLES, after the Portugueze Way.

Cut your apples in halves, core them, and lay them in a pan tinn'd over, strew powdered sugar both over and under them; then set them on the fire, and cover them with a lid, upon which you are to put some fire, and let them boil so long till the sugar becomes red enough and caramell'd; but take care they do not burn to.

Take them out of the pan and lay them in a silver dish, and serve them up as hot as possibly you can.

To make a Compote of APPLE à la Bouillome.

Cut the apples in halves, take out the cores and range them orderly in a pan or skillet, put a quart or about three pints of water to them, with a quarter of a pound or six ounces of sugar, cover them well with a dish or plate, and set them on the fire, and let them boil so long 'till there is almost no juice left, then dress them and serve them up to table.

APPLE DUMPLINS.

Take ripe golden *Rennets*, pare, core and cut them into small pieces, then grate in a quince with a large grater, having first pared and cored it; for if the quince were only slic'd, it requiring twice the time 'of boiling that apples do, it would not be boil'd equally with the apples.

When enough, sugar and butter them to your palate, and it will eat like a marmalade of quince.

As for the paste or crust, let it be puff paste, with some butter rubb'd into the flour, and other part broken into it, roll it three times, and then put in the apples, flour a cloth, and having made them up, boil them.

APPLE DUMPLINS *made with Sweet-meats.*

Let the apples be fair and ripe; pare, core and slice them

them thin, and with a large grater, grate in some candied orange or lemon peels; you may also add cloves or cinnamon powdered, and a little grated quince, or quince marmalade.

Put these into a puff paste, tie them up in cloths and boil them. When enough, butter and sugar them to your palate.

APPLE JELLY, for all Sorts of Sweet-meats.

Put water into your pan, make it boil, pare the apples and quarter them, put them into the boiling water; let there be no more water than just to cover them, and let it boil as fast as possible; when the apples have boil'd to pieces, put in a quart of water more, and boil it for half an hour longer; then pass it through a jelly bag.

In the *Summer* time codlins are best; in *September* golden rennets; and in *Winter*, pippins.

To bake an APPLE PUDDING.

Coddle a dozen of large pippins over a very slow fire, so that they may not crack; when they are grown soft, peel, core and pulp them through a cullender; add to the pulp three spoonfuls of orange-flower-water, half a score eggs well beaten and strain'd, and half a pound of melted butter; sweeten it very well; add to it candied orange, citron or lemon peel: Lay a sheet of puff paste into a dish, and pour in the pudding; bake it in a moderate oven. It will be done in half an hour.

APRICOCKS, a very delicious fruit, very good, and of an exquisite smell.

To make Marmalade of APRICOCKS.

Take ripe apricocks, boil them in sugar, put a quart of water to every pound of sugar, and a pound and a half of apricocks; boil the whole to a proper consistence, then put it into pots or cups, cover it and keep it for use.

Another Marmalade of APRICOCKS.

Take apricocks that are thorough ripe, pull off the rough coat, spots, or any rottenness that may be about them; cut them into pieces, and put them into the pan, before you put in the marmalade; put in the quantity of six pound of apricocks

apricocks, which are to be wasted till they come to three; then having ready three pounds of powdered sugar, take off the pan and weigh it, that you may know if the apricocks are reduc'd to their design'd weight; if so, put in your three pounds of sugar, and mix them with a ladle; then set them on the fire to melt the sugar, and that the apricocks and sugar may incorporate the better; this will take up but a small time, perhaps while you can deliberately repeat the Lord's prayer; then take it off, and you may either put it into pots or dress it in tin moulds, or otherways.

APRICOCK *Marmalade*, à la mode de FRANCE.

Take ripe apricocks, fit for eating, peel them well, put them into boiling water, and take care to keep them as near together as you can, set them to drain over a searle or sieve, till they are so dry'd as to swallow up their moisture; then to every pound of this marmalade, add a pound of clarified sugar, make it boil, and after it hath lain by a little put in the marmalade, stir it with a ladle, and set it for a moment over the fire, in order to incorporate; but great care is to be taken that it be boil'd neither too much nor too little, which if so will be good, appear clear and transparent; then put it into pots, let it clarify and stop it well.

To dry APRICOCKS.

Chuse the large *Turkey* or *Roman* apricock, almost ripe, take out the stones, pare them and throw them into cold water with the parings; weigh the pared apricocks, and prepare an equal weight of fine sugar powdered, then put some of the water the apricocks were steep'd in to the sugar, and boil it to a candy'd height; then put in the apricocks, and boil them till they are clear; then let them lie a few days in the syrup, and afterwards lay them out upon a fine wire sieve, and dry them in a warm place, and when they are dry put them into oaken boxes with papers between them.

Another Way.

Take apricocks that are full ripe, squeeze out the stone at the end of the fruit without otherways opening them, preserve them intire, flat them unopen'd, and dry them as peaches are dry'd. See PEACHES.

Another Way.

Put a knob of sugar about the bigness of a pea in the place where the stone was before it was taken out, fill an earthen vessel with them; cover this over with a lid made of paste; set them into an oven when the bread is browned, and let them stand there till it is grown cold. Afterwards take them out, lay them upon slates, and when they are dry enough, strew them with powdered sugar, while they are yet hot; and after they have been dry'd two days, lay them up.

Another Way.

Take 30 large apricocks, stone them and pare them; cover them all over with four pound of sugar, finely powdered; put some of the sugar on them as you pare them, the rest after: Let them lye four or five hours, till the sugar is near melted; then set them on a slow fire till the sugar is quite melted; then boil them, but not too fast.

As they grow tender, take them out on an earthen plate, till the rest are done; then put in those that you laid out first, and give them a boil together: Put a paper close to them, and let them stand a day or two; then make them very hot, but not boil; put the paper on them as before, and let them stand two days, then lay them on earthen plates in a stove, with as little syrup on them as you can; turn them every day till they are dry, and scrape off the syrup, as you turn them; lay them between paper, and let them not be too dry before you lay them up.

To dry APRICOCKS in Quarters.

Take two pound of the halves or quarters, pare them and put to them a pound and a half of powdered sugar; strew some of them on it as you pare them, and cover them with the rest; let them lie four or five hours, afterwards set them on a slow fire till the sugar is melted; then boil them, but not too fast, till they are tender, taking out those that are first tender, and putting them in again, give them a boil together; then having laid a paper close to them, scald them very well, and let them lie a day or two in the syrup: Lay them on earthen plates, with as little syrup to them as you can, turn them every day till they are dry; at last lay them between paper in boxes.

To preserve APRICOCKS.

Take two dozen of large apricocks, stone them, pare them, and cover them with a pound and half of fine beaten sugar, strewing on some as you pare them; let them stand at least six or seven hours; then set them on a slow fire; and boil them till they are clear and tender; if some of them are clear before the rest, take them out, and put them in again, when the rest are come to be so too.

Let them stand with a paper close to them till the next morning; and having prepar'd a very strong codlin jelly, boil a quart of jelly and two pounds of sugar, till it jellies, and in the mean time make the apricocks scalding hot, and pour the jelly on the apricocks; then give them a gentle boiling together, and when the apricocks rise in the jelly, and they jelly very well, put them into pots or glasses with papers close to them.

To make APRICOCK PASTE.

Pare four pounds of apricocks and allow two pounds of sugar finely powdered, put them into the sugar till it is melted; then boil them well in the sugar, mashing them very small; add to them two quarts of codlin jelly; boil all together, and to every pound add a pound and quarter of fine sifted sugar; but boil the paste before you put in the sugar, and then let it scald till the sugar is melted, pour it into pots and dry it in a sieve, turning it as other paste.

To make APRICOCK CHIPS.

When you are paring the apricocks, lay by the clearest parings, and throw a little sugar on them, half a pound is enough for a pound of parings; set them on the fire, till they begin to boil, then take them off till the next day; drain the syrup from them, and make a syrup with a pound of sugar, and near half a pint of water; boil the sugar well and put as much to the chips when it is cold as will cover them; let them stand in the syrup all night, and the next day make them scalding hot, let them stand till they are grown cold, and then lay them out on boards, sift sugar over them, and turn them on sieves.

APRICOCK *clear Cakes.*

Pare two dozen of apricocks, then put to them three quarters of a pound of fine sugar, and boil them to pieces, then put to them a quart and half a pint of codlin jelly; boil these together very fast for a quarter of an hour; pass it through a jelly bag, and to a quart of jelly put three pound of sugar finely sifted through a hair sieve; shake in the sugar while the jelly is boiling, and let it scald till the sugar is melted; then pass it through a thin strainer into a broad earthen pan; fill it into pots and dry it as directed for other clear cakes.

If you would have some with pieces of apricock, cut some of the dry'd quarters small, and after the strainer has taken off the scum, take some of the jelly in a pan, put in the pieces, make it scalding hot again and fill it out.

APRICOCK JAM.

Take four pound of apricocks, and a quart of codlin jelly, boil them very fast together, till the jelly is almost wasted; then put to it three pound of fine sugar, and make it boil very fast, till it jellies, put it into pots or glasses.

You may also make fresh clear cakes with this and pippin jelly, in the winter time.

To preserve green APRICOCKS.

The apricocks should be taken before the stones are hard; wet them and lay them on a coarse cloth; put to them three or four handfuls of salt; rub them till you have freed them from their roughness, then throw them into scalding water; set them on the fire till they are ready to boil; then take them off again, let them stand till they are near cold: Repeat this two or three times; then cover them close, and when you find they look green, boil them till they are tender; weigh them, take their weight in sugar, and allowing half a pint of water to a pound of sugar, make a syrup of it. Set it by till it is almost cold, then put in the apricocks and boil them very well till they are clear.

Warm the syrup every day till it is pretty thick.

You may put them into a codlin jelly, or hart's-horn jelly, or dry them as you use them.

To make a Compote of ripe APRICOCKS.

Cleave a couple of dozen of apricocks in the middle, break the stones and take out the kernels, peel them and have 'em in readines; then put a pound of sugar in a pan, melt it, boil it, and put in the split apricocks, letting them have about 30 walms, and then throw in their kernels, then take them off the fire and stir them very gently, to bring the scum together, which take off with paper; let the apricocks be drain'd, and then set them on the fire again, and let them have 10 or 12 walms more, then set them by to cool, and they will be fit for use.

If you have a mind to peel them, you may: they indeed do appear best so; but do not eat so well as when the skin is on.

Remember that your sugar must be boil'd to a syrup before you put in your apricocks, or else it will become all marmalade.

To make a Compote of Grill'd APRICOCKS:

Grill the apricocks on a chaffing-dish that is hot on all sides, and be as quick as you can in peeling them with your fingers, and lay them in a very clean earthen or silver dish; strew over them a handful or two of powdered sugar with a little water; then set them on the fire and stir them, giving them four or five boils, that the sugar may be melted; then take them off, and set them by to cool, and when you use them put some orange or lemon juice upon them.

To make a Compote of green APRICOCKS.

Take fresh gathered green *Apricocks*, pound a handful of salt as fine as possible, and strew it upon the apricocks; let them lie in a napkin, moistening them with a spoonful of water or vinegar, which will facilitate the coming off of their outer coat; then throw them into fair water to wash them well.

Set the first water to settle, pour off the clear, boil it to take off the salt; and after the apricocks have been wash'd in the fresh water, put them again into other fresh water to wash them better; then set other water in a pan over the fire, and the apricocks having been well dry'd in a searse or sieve, throw them into the boiling water, manage them with a skimmer from time to time, and prick them with a pin, and if it enters into them easily (for you must take great

care

care that they be not boiled too much) take them off the fire and throw them into fresh water with a skimmer.

Then having ready clarified sugar, make it boil, and before it is too much done put the apricocks into it, set them to boil over a slow fire, and they will in a very small time become green and beautiful: Let them lie a little that the water may drain off and that they may receive the sugar. Let them lie a little longer and then you may put them up and they will retain their greenness.

Another Way.

First make a lye of green wood ashes, which when they have been well boil'd, throw your apricocks into it, without pouring it out from the ashes, and boil them, until by a little rubbing them with your hands, they will cast off their outer coat; but if you have not good ashes, you may make a lye with a pound of ashes made of burnt wine lees, commonly call'd gravelled ashes; then throw them into fresh water, and wash them well in that, and a second water to clean them and take off the skin. But the first method with the use of salt is the rather to be chosen, because it will make them the greener and more beautiful. And when you preserve them, allow a pound of sugar to a pound of fruit.

Another Way.

Fill a kettle or stew-pan half full of water, into which put two or three shovels full of green wood ashes, or else a penny-worth or two of *Gravelled-Ashes*, let them have seven or eight boilings, throw in a quart of green apricocks, and stir them gently with a skimmer, when you perceive them ready to cast off their skins, take them out immediately with a skimmer, and throw them into cold water; then clean them better with your fingers and throw them again into fair water; then put some of the boiled water into a pan, and drop them into it in order to be boiled, try them with a pin to know whether they are done enough, which you may know by its easy entrance, and if so lay them on a sieve or cullender to drain.

Then having melted a pint of sugar in a skillet, when it boils put in your *Apricocks* and give them between 20 and 30 walms, and when you perceive they begin to grow green, give them seven or eight smart boils and take them off the fire. Stir them, skim them, let them cool, and they will be fit for use.

Confitures of green APRICOCKS.

Take apricocks while they are tender, and before the stone begins to grow hard; put them into fair water with a little good *Tartar*, in order to take off their hairy coat, then wipe them one by one, and preserve them, putting a pound of sugar to a pound of fruit; but if they are to be eaten in compotes, half a pound of sugar is enough to a pound of fruit.

Another Confiture of APRICOCKS, that are between ripe and green.

Make with a knife a small incision at the bottom, take out the stones, and having boiling water on the fire, throw in six pounds of apricocks; this is what is call'd blanching them. Take care they do not burst in the water; which when you apprehend they are ready to do, take them immediately out with a skimmer, and lay them in a sieve to drain, and having ready six pounds of clarified sugar boil'd, put in your apricocks gently one after another, and set them on the fire; give them but three or four boilings, and then take them off, and let them stand to cool; and their moisture being by that means drain'd off, they will the better take the sugar.

The sugar being drain'd off, boil it a second time, and having had six or seven boilings, put in the apricocks, and give them five or six boilings more; then set them by for two or three hours, and if it be at night, till the next morning, then set them on the fire again.

You may either keep them moist in their syrup in pots, or if you would have them dry (which is what they call half sugared) dress them upon plates, let them drain, and then strew finely powdered sugar through a piece of silk over them, and set them in the stove.

When they are dry, lay them on a sieve or some such thing, and sugar them as before, and being quite dry and cold, put them up in boxes with white paper about them.

Another Way.

Some preserve apricocks at their full growth, peeled and unpeeled: The stones are taken out of those that are the greenest, and they have a small boiling to make them green, and then without drying they are taken out with a skimmer, and put into pounded sugar, with a little water, and so they are preserv'd and manag'd in the same manner through-

throughout as plums are: A pound of fruit will require a pound and a quarter of sugar.

Another Way.

Such as are over-ripe, either peeled or unpeeled, they are to be put into powder sugar with a very little water, without being first par-boil'd; and there will be no danger of their falling to pieces; for the strength of the sugar renders them firm, that they may be taken out of the pan intire.

Some put to them the kernels of the stones placing them one after another between the apricocks in their heaps; which if you would do, it will be best to preserve them apart in a little sugar; because if they should be put in without boiling they would spoil the sweat-meats and make them grow musty.

Another Way.

Peel the apricocks, and without putting them in water, strew pounded sugar upon them, and let them stand to imbibe it a day or two, till the sugar is melted in; then set them over the fire, make them boil once, then take off the vessel and let them lie in their syrup for two days more, then give them another boiling; put them up in a pot, and having given the syrup another boiling, pour it upon them.

Another Confiture of APRICOCKS.

Prick them all over with a pin, that the sugar may the more easily penetrate them in boiling; then throw them into water, take them out of this and boil them in a fresh water, and when they begin to rise, take them off the fire, and let them stand to cool; and in order that they may have a greenish colour, which is essential in this way, they are to be taken off the fire and set over a more gentle one, keeping the vessel well covered, and must be watch'd that they may not boil; because that would reduce them to a marmalade.

When the apricocks have attain'd their proper colour, put them into water to refresh them; and then put into that water two spoonfuls of sugar to one of water, which you must continue to do till the apricocks are lightly immerg'd in it, and let them stand in that state till the next day, then put them in a pan and set them over the fire, and let them only simmer; but suffer them not to boil, preventing the boiling by constantly stirring them.

The

The next day drain the apricocks, give the syrup seven or eight boilings, and put the fruit in gently, and set them on the fire, let them simmer, then take them off, and set them by till the next day, and then give them 15 or 20 boilings, adding more sugar.

The next day boil the syrup to that quality, that dipping your finger in it, and applying it to your thumb, and presently opening them again, a string will reach from the one to the other, and will break instantly and stand on a drop upon your finger.

Then let it stand till the next day, and give the syrup some boilings, that it may be of a greater consistence; then put in the apricocks, let them only simmer; then boil the syrup once more and slip in the apricocks, give them seven or eight boilings, keeping them well covered and skimming them often, and then put them up in pots.

Another confiture of APRICOCKS with the Skins on.

Put some new ashes in a pan, wash them, set them over the fire, skim off the bits of coal well that rise to the top and when this lye has boil'd, take it off and let it stand when it has settled pour off the clear, and set it on the fire again, and as soon as it begins to boil throw two or three apricocks into it, and if the hairy coat that sticks to the skin comes off easily; then put in the rest, take them out again and lay them on a cloth, and with it rub them clean; then put them into fresh water, and wash them well.

Then prick the apricocks with a small bodkin and throw them into another water and again into a third, and boil them well over a fire till they are enough: Which you may know by their easily giving way to the pressure of the fingers,

Then set some clarified sugar over the fire and when it begins to boil put in your *Apricocks* after they have been drain'd set them over a slow fire, till they begin to grow green; and when they have imbib'd the sugar, lay them to drain; then pour upon them as much syrup as will immerse them, and set them by till the next day, then put the whole into a pan, set it on the fire and make it simmer and put the apricocks into an earthen vessel and drain them the day following in a cullender. In the mean time give the syrup seven or eight boilings, adding a little more sugar to it, then throw in the *Apricocks*; but let them only simmer; repeat the same for the space of five hours, augmenting the syrup every time you set it to simmer, and put in the fruit as often.

In

In the last place boil them till you find the syrup thick enough, then take them out in order to lay them up.

To make APRICOCK WINE.

Boil six pounds of sugar in six quarts of water, skim it well, pare and stone your apricocks, and put into the liquor 12 pound of fruit; when they have been boil'd tender take them out; and they will be fit to eat for the present use; but will not keep long unless they be managed as in preserving apricocks.

The apricocks being taken out, and the liquor having stood till it is cold, the liquor may be bottled; and you may put into it a sprig or two of flowered *Clary* before it is bottled, and it may have a walm or two more after the *Clary* is in.

It will be fit to drink in six months, but if it be kept longer it will attain a better body, and will keep good two or three years; but if you perceive any sediment in the bottles after it has been bottled a week, pour of the fine into fresh bottles; which you may repeat again as you see occasion.

The apricocks that are taken out may be made into marmalade, and will be very good for present spending; but will not keep long unless they be manag'd as in preserving.

Another Way.

For every quart of water allow a pound and half of apricocks, that are not too ripe, wipe them clean and cut them in pieces; and boil them till the liquor has a strong flavour of the apricocks, then strain the liquor through a sieve and to every quart allow a quarter of a pound or five ounces of sugar; then boil it again, and keep skimming it till it rises, and when no more will rise, pour it out into an earthen pot; and the next day bottle it, putting to every bottle a bit of loaf sugar the quantity of a nutmeg, this will presently be fit for drinking.

AQUA MIRABILIS.

Take proof, spirits six quarts, water three quarts; *Balm*, *Rosemary*: *Cowslip* flowers; *Mint* and *Sage*; of each a small handful; *Calamus Aromaticus*, *Cubebs* *Galangal* and *Ginger* of each three quarters of an ounce; *Cardamums*, *Cloves* and
Nutmegs;

Nutmegs of each a quarter of an ounce, macerate, distil and dulcify with three quarters of a pound of fine sugar.

Another Way.

Take six quarts of rectify'd spirits, three quarts of water; *Celandine* four ounces and *Cowslip* flowers; *Ginger*, *Cloves* and *Nutmegs* of each half an ounce; *Marjoram* and *Penny Royal* of each two ounces, infuse these for a night in the spirits, distil, make it up high proof, and sweeten with a pound of fine loaf sugar.

Another according to the College.

Take *Rarifi'd* spirits two gallons, water one gallon, *Cardamums*, *Cloves*, *Cubebs*, *Galangal*, *Ginger*, *Mace* and *Nutmegs* of each half an ounce, juice of *Celandine* two pounds, distil and sweeten with loaf sugar.

Another Way.

Take proof spirits five quarts, water five pints; *Cardamums*, *Cubebs*, *Galangal* and *Nutmegs*, of each a dram; *Cloves* half a dram; white *Ginger* and *Grains of Paradise* each a quarter of an ounce, *Caraway* seeds half an ounce, distil and sweeten with a pound of fine sugar.

AQUA MIRABILIS.

Take *Cardamums*, *Cinnamon*, *Cloves*, *Cubebs*, *Galangal*, *Mace* and *Mellilot* flowers of each two ounces, *Cowslip* flowers, *Rosemary* flowers and *Spear Mint*, of each four handfuls, of the juice of *Celandine* four quarts, of brandy two gallons, of *Canary* the same quantity, of white wine two gallons, infuse them, and distil them off in a glass still with a gentle sand heat.

AQUA MIRABILIS according to Dr. Willoughby.

Take *Cardamums*, *Cloves*, *Cubebs*, *Galangal*, *Ginger*, *Mace* and *Saffron*, of each two ounces, pound them and bruise them well, mix them with a gallon of *Aqua Vitæ*, six quarts of white wine, and a quart of the juice of *Celandine*; put all into a glass still, let them infuse for twelve hours and distil them off in a gentle sand heat.

To make AQUA VITÆ.

Take well brew'd beer, that is strongly hop'd and that has been well fermented, and distil it in a serpentine worm in a large hogshhead of cold water, or if you have not that in an Alembick; thus do till it come off an insip'd water, let it stand for seven days, then distil it again, which is called Rectification; by which you may bring it to brandy proof, which is to be known by throwing some of it in the fire. It may also be rectified again in *Balneo*, and that will free it the better from the phlegm.

Another Way.

First brew beer, hop it strongly and ferment it well, but if it is not fully rich of the malt, distil it as soon as it has been fermented, lest it should flatten; but if it be very strong, it may be kept as long as you please.

Put into a still with a serpentine worm, in a cask of cold water, to condense the spirits (or you may use an alembick) let your fire be gentle at the first, but increase it gradually and draw off the spirits as long as they will run good, which may be known by the taste, for they will at last run only an unsavoury water, when all the spirit is drawn off.

The spirit thus drawn off is called low wine. Let this stand a week and distil it over again.

These low wines or spirits are proper for making most sorts of waters.

Another Way.

Take *Cinamon*, *Cloves* *Cubebs*, *Galangal*, *Ginger* and *Nutmegs* of each an ounce and a half, *Sage* nine ounces, maccerate these in three gallons of proof spirits, adding to them a sufficient quantity of water. and draw off with a gentle fire, till you see the faints appear; sweeten it with a sufficient quantity of sugar according to your palate.

This cordial water was in great esteem with Mr. *Gallus*, Physician to the emperor *Charles V.* and by the use of which he is by *Gesner* and *Rantzovius* reported to have liv'd 124 Years.

Another

Another Way.

Take the best of *Cinamon* one ounce and a half, *Cloves* and *Nutmegs* of each half a dram, white *Ginger* three drams, black *Pepper* one scruple, *Grains of Paradise* two scruples, powder them grossly and infuse them for six days in a gallon of proof spirits (or if you please with *French* brandy) then put them into a still with a sufficient quantity of river water, lute the joints well, and draw the spirits off with a moderate fire.

If you please you may aromatize this cordial with a little *Musk* and *Ambergrease* ty'd up in a rag and hung in the Bottle, and sweeten it with loaf sugar.

Several physical authors write, that the lives of many persons have been prolonged by the use of this cordial.

These cordials are chiefly useful to people in years and cold constitutions; and the decay of natural heat, but may be prejudicial to young and cholerick constitutions.

To make AQUA VITÆ REGIA.

Take the peels of *Oranges* and *Lemons* of each three quarters of an ounce, of the roots of the *Carline Thistle*, *Valerian* and *Zedoary* of each an ounce; *Fennel* seed the lesser, *Cloves* and *Cardamums* of each half an ounce, of *Lignum Aoes* an ounce; of *Sage*, *Rosemary* and *Marjoram* in the flower, of each two handfuls; bruise what requires bruising and put them in two quarts of Malmsey, and two quarts of spirits of wine; let them be stopt up close in a matrafs and lie to infuse for nine days over a gentle fire then distil them and dissolve in the distill'd water, musk and ambergrease of each a dram and a half; then bottle it up for use.

These cordials are by very eminent physicians, highly recommended, who tell us that they resist putrefaction, promote concoction, recreate the vital spirits with an unusual vivacity; comfort the brain by stirring up the natural heat, strengthen the memory, and preserve the mechanism of a human body from sinking under an Apoplexy.

ARI or CUCKOW PINT.

Is a very early spring plant, and extremely pungent and volatile, insomuch that the least touch of its juce upon the tongue is scarce bearable and almost caustick.

This quality recommends it in all viscidities, phlegmatick and scorbutick cases, because it is penetrating and rarefying of
D 2 tough

tough concretions and stuffing of the Glands and Capillary vessels.

It is good for persons in *humorous Asthmas* and obstructions of the *Bronchia*, and by the great force and activity of its parts, it breaks through, and wears away those little stoppages in the extremities and cutaneous *Glands*, which cause itchings and scabs, and is therefore justly rank'd amongst the most powerful antiscorbuticks.

Some assert that a dram of this root fresh powder'd, and taken in any proper vehicle is a most excellent remedy against the poison and plague.

Van Helmont gives it great commendations, being mixt with vinegar for bruises and falls, by its preventing the blood from stagnating and falling into grumes or clods in the injur'd parts.

Matthiolus, also recommends highly a cataplasim made of it mix'd with fresh bruised cow dung, and apply'd in arthritic or gouty pains; for that such a composition cannot but do all that can be effected by the most penetrating substances.

Dr. *Crew*, tell us, if the root be kept long dry it loses its efficacy, the volatile parts in which it consists flying away, and therefore the common powder that bears the name of it in apothecaries shops is of little or no value, unless such care is taken of the ingredients, and especially this, that it be as suddenly dry'd and powder'd as possible and then the mixture kept in a close stopt phial.

It may be easily known whether it has been so manag'd as before directed, that the volatile parts have been retain'd; for if it be put into *Electuaries* or *Bolus's*, it will quickly work them up like yeast; but as it is generally found in Apothecaries shops, it will lie quiet enough in these forms.

ARSNICK is a violent poison, which never can be taken inwardly, but if any one happens to have so done, the remedies are to drink good quantities of melted grease and oil as soon as possible, they being proper to incumber and involve the points of this burning salt, and to cause a discharge of it upwards and downwards; after which, let the patient drink a great quantity of milk, to complete the allaying the vigour of this poison.

The *white Arsnick* which is the most dangerous of all the three sorts, does not begin to have its effects 'till half an hour after it has been taken; but then it causes great pains, rendings, inflammations in the bowels, violent vomit-
ings

ings, restlessness, convulsions. a general faintness, and at last, if not timely reliev'd, death it self.

Arsenic will consume and eat flesh, some apply it to corns on the feet, and its caustick oil is used in consuming the proud flesh of wounds.

ARSMART, an herb extremely hot and penetrating, insomuch that the taste is hardly tolerable on the tongue, hence it is good in scorbutick cases, hypochondriac affections, and all disorders proceeding from a sluggish circulation of the blood, It is also used in belly aches, cholic, scurvy, spleen and all chronic diseases.

Mr. Boyle, and others, commend the distill'd water for the stone.

ARTICHOKES. The young buds of them may be eaten with pepper and salt, as usually figs, mellons, &c. are eaten; and the *Chard* being blanch'd and made tender, is by some persons accounted an excellent dish; and so are the roots, stalks, and leaves, if blanch'd and preserv'd while they are young and tender.

Artichokes are accounted to be very windy, to produce melancholy humours, injurious to the head, and hinder digestion, &c. But yet if they be boil'd in broth and eaten with pepper and salt at the end of a dinner; they will be less hurtful and more pleasant to the stomach.

The stalks are blanch'd in Autumn and the pith eaten either raw or boil'd.

The way to preserve them fresh all winter, is to separate the bottom from the leaves, and afterwards to parboil them and afterwards to allow to every bottom an earthen or glass pot, burying all over in fresh melted butter; or you may put more into a larger pot layer upon layer, each parted from the other by a layer of butter.

You may also preserve them by stringing them on a packthread, and putting a clean paper between every bottom to keep them from touching one another and so hang them in a dry place.

To keep ARTICHOKE Bottoms.

Let the artichokes be the small sort about *Michaelmas*; boil them so long till you can take off all the leaves and chokes; then lay them on tin plates and set them into an oven after things have been drawn and is so cool that it will not in the

least discolour them; repeat this till they are dry; then put them into an earthen pot to keep.

Tie them down close, and set them in a dry place; when you would use them put them into some scalding water till they are tender, cut them in large dice, they will look white and eat very well all the winter.

ARTICHOKES *To keep all the Year.*

Take Artichokes at the latter end of the season, and having half boil'd them, dry them in a kiln upon a hair cloth for 48 hours, and being very dry, lay them in a dry place; when you use them lay them in soak all night in water, and when you boil them, boil them tender.

Another way to Preserve them.

Cut the bottom with a sharp knife clear of their leaves and chokes and fling them immediately into cold water, to prevent their turning black, let them lie for half a quarter of an hour, then wash them and drain them a little, and put them into wheat or barley flour, covering them all over with it, then lay them upon wire sieves or pieces of wicker work to dry in an oven gently till they are quite dry and hard; then lay them up in a dry place, when you use them lay them in water 24 hours, and then boil them till they are tender, and they will eat as well as if they were fresh cut.

Of gathering ARTICHOKES.

When you gather Artichokes, observe whether the leaves of the Artichokes point inwards, and lie close at the top, for if so, the bottom is large and full; but if many of them be spread from the top, then the choke is shot so much, that much of the heart of the artichoke being drawn out, the bottom will be the thinner.

When you cut them, cut them with long stalks, that they may be the better clear'd from the strings when you use them, otherwise it will spoil the goodness of the bottom.

When you have pull'd the stalks from the chokes, lay them in cold water for an hour, and then put them into a kettle of cold water to boil, till they are tender that you can separate the bottom from the chokes, then lay them on a cullendar or some such thing to drain; then lay them on a wire sieve and set them in a gentle oven till they are by degrees

greens grown as hard as wood, then lay them by in a cool place and they will keep good twelve months.

When these are to be dress'd, they must first be laid in warm water, often repeating it to them 48 hours, and this will bring them so to themselves, that when they are scalded they will be as if they were fresh gather'd.

To preserve them by Pickling.

The artichokes being gather'd and prepar'd as before, put them and boil them with a reasonable quantity of salt, then take the kettle from the fire, and set by till the salt is settled to the bottom; then pour off the water clear into a glaz'd earthen vessel in which you design to keep them, taking off the leaves and chokes from the bottom, wash them well in two or three waters and put them into the brine or pickle that they were boil'd in, when both are quite cold; upon which pour as much oil as will cover them half an inch thick, or you may do the same with melted butter. This being done only to keep the air from the artichokes.

Some add vinegar to the water they were boil'd in, every one as to that may do as she pleases, then cover the top of the pot close with paper and lay a board over it to keep it from the air, or else cover it with a wet bladder and tie it down close.

They will keep good till the next season, and when us'd are to be laid a steep in cold water without salt, to do which the better, the water may be shifted two or three times.

Of the small suckers of Artichokes, or small Artichokes

Gather the young heads of artichokes, these should be no bigger than middling apples; and boil them with salt and water till they are tender, split each into four or six parts, flouer them well, and fry them in hogs lard, and eat them with butter and pepper and a little orange jucie or verjuice.

To fry ARTICHOKES.

Cut the thick bottoms into quarters, and having peel'd them till you come to the white, form the pieces into the thickness of an inch, and when the trash has been taken off and the points of the leaves, put the pieces into water till you have a mind to fry them.

When you fry them, powder them in flour, and fry them in hogs lard very hot, or in some good oil or butter half burnt; take care you do not burn them, take them out and strew some fine salt over them, moisten them with vinegar, and cover them with fry'd parfly; put gently into the pan, and taken out with a scummer and drain'd.

To Fricassee ARTICHOKES.

Take off all the leaves, and cut the bottom in pieces or quarters of a middling thickness, and having blanch'd them, almost parboil them in water, with a little salt, savoury and chibouls; then take them out, dry them, and put them into half burnt butter, adding to it a little salt and mushrooms; after this boil them sufficiently, and last of all, add to them a little verjuice, vinegar or white sauce with eggs and some vinegar, and having dress'd them, scrape some nutmegs upon them. Or thus,

Take the bottom of *Artichokes*, pull off the choke and throw them into water, and let them lie a quarter of an hour; change this water once or twice: if they are hard it will be proper to give them a boil or two in water with a little salt, but they will not taste so well.

Dress the *Artichokes* in an earthen dish with butter, salt, and a clove or two, keeping them cover'd; and when they are half done, add a little verjuice or vinegar; some put in wine and chippings of bread; when they are enough grate a little nutmeg over them.

To dress ARTICHOCES.

Few are ignorant that in dressing *Artichokes*, they are first to be boil'd in water, then they are to be drain'd with their bottoms upwards, and when they are grown cool, so as you can handle them, open them and take out the choke, and serve ~~them~~ up in sauce made of butter, salt, pepper, vinegar, and nutmeg.

To Pickle ARTICHOKES.

Give them a boiling, then pick off the leaves and chokes clean, and put the bottoms into cold water; take them out and give them a boil, then put them into an earthen pan, and pour upon them water that has been well salted, so as to cover them three fingers thick; some put half water and
half

half vinegar ; then pour on good oil two fingers thick, or butter that is not much more than melted.

Set the the pot upon a board in a cellar, and cover it with a linnen cloth doubly folded.

When these Artichokes are to be eaten, take them out with a stick, steep them in water over night, and dress them as pickl'd Artichokes are to be.

Another way of keeping ARTICHOKES.

Take them, as before, out of the water, put them between two napkins, that they may be thoroughly drain'd, then pot them with verjuice or vinegar, so that it may be 3 inches thick above them, adding some salt, and the next day oil, and put them in a cellar as before ; but the Artichoks thus done, will have but little taste, they having lost it in the vinegar.

Artichokes may be kept a fortnight or longer, if they be boil'd in water, salt and butter, so as to swim thereon a finger thick ; but they must have five or six boils together, and be thus kept in butter.

To preserve the Stalks of ARTICHOKES

They may be done as *Asparagus* are, by half boiling them and laying them along in a pan, and pouring on them butter two fingers thick . They may also be kept raw five or six days that they may wither, ; then lay them at their length in a pan, and cover them with a pickle, and pour oil or butter upon them.

After they have been pickled, and nothing left behind but what is good, cut them into bits, wash them and blanch them in water, with some salt, pepper, vinegar, and slices of bacon, take them out and use them with sauce made of butter thickned with flour, salt and vinegar ; or else put mutton gravy into a copper pan with sweet herbs and ox marrow chopp'd small, season'd with salt and pepper, when they are done enough, dress them in a dish with salt and vinegar.

Another Way.

Cut thin fine white stalks into pieces of five or six inches length take away the strings, both within and without ; tie them up in little bunches, boil them in water with salt
adding

adding some crumbs of bread and a little butter, that they may be the whiter, and have a better taste; having boil'd and drain'd them well, put to them butter sauce, seasoned with salt vinegar and nutmeg.

An ARTICHOKE Pye.

Take the bottoms of six artichokes; boil them, scrape them and cleanse them well from the core, divide each of them into six pieces, and season them with a little salt, cinnamon, nutmeg and sugar; lay them into your pye; then having the marrow of three bones, dip it into yolks of eggs and grated bread; season it as you did the artichokes, and then lay the marrow on the top and between the artichokes; and upon all, lemon, barberries, large mace and butter, then close up the pye and bake it, and when it is drawn pour in a lear of white wine, sack and sugar, thicken'd with yolks of eggs and a bit of butter; pour it in, shake it together, and serve it up hot.

The Vertues of ARTICHOKEs are: They are a cordial, sudorifick, opening, restorative, nourishing, and proper for purifying the blood; the roots boil'd in wine and drunk, is a sovereign remedy for removing difficulty and stoppage of urine, and are good for dropfical people; it will also take away the stench of the arm-pits.

ASARABACCA, is a plant of a heating quality, provokes urine; six drams of its roots boil'd in honey'd water, purge choler and flegm upwards and downwards, and therefore are very good for the dropfy.

ASCITES, this is one of the three kinds of dropfies more dangerous than the *Tympany*, and the *Tympany* than the *Anasarca*.

This distemper proceeds from a great deal of serosity and very little blood, by reason of the weakness of the liver and reins, which being spread between the *Epiploon* and *Peritoneum*, float in the belly, as wine does in a bottle that is but half full.

The body in this disease sinks and grows lean, the patient breathes with difficulty, makes thick and red water, and has no inclination to make water, and tho' his fever be small, yet it is without intermission.

For the cure of this malady, bleeding plentifully is necessary, and therefore it may be done from time to time : Also give glisters of the herb *Mercury*, *Leeks*, *Mallows* and *Camomile*, mix'd with some leaves of *Rue* and *Annise*, with four ounces of coarse sugar, a pinch of salt, with three spoonfuls of the oil of olive.

Purge him once or twice a week with a dram of *Rhubarb*, and as much *Agaric*, half pounded and infus'd for a night in hot ashes, in a glass of the decoction of *Agrimony* and *Betony*. The next day having strain'd this infusion, dissolve in it six drams of the double *Catholicon*, or else of the juice of *Flower-de-luce* or garden flag, to the quantity of what may be contain'd in half an egg-shell, with two drams of *Rhubarb* reduc'd into powder, and four ounces of honeyed water, mix'd together, to be taken in a morning fasting, twice a week: Or,

He may take an ounce of the juice of the root of *Palma Christi*, with as much sugar, fasting,

He may every morning in some broth take half a dram of *Fern* root, or of the root of wild *Cucumbers* powdered, or three drams of *Wall-wort* seed in white wine, or five ounces of broom water, before he eats any thing.

But if he makes water with difficulty, give him five grains of the ashes of crickets, found about bakers ovens.

ASHEN KEYS, to pickle.

Let them be as young as you can get them, put them in a pot with salt and water; then pour over them green whey hot, let them stand till they are cold; then cover them and let them stand, when you use them boil them in fair water, till they are tender; then put them in salt and water.

ASPARAGUS to pickle.

Lay them in an earthen pan, and pour on them a brine made with salt and water, so strong that an egg will swim in it, and then cover them close; when you use them hot, first put them in cold water for two hours, then boil them and butter them for the table; but if they are to be us'd as a pickle, first boil them and then lay them in vinegar.

To preserve ASPARAGUS.

First cut away all the hard part, and just boil up the rest with butter and salt, then fling them into cold water, but
take

take them out again immediately and lay them to drain, and when they are cold, put them into a gallipot, large enough for them to lie without being bended; adding vinegar and water in equal quantities, as much as will cover them half an inch; season it with salt and whole cloves; then spread a piece of linnen cloth single, on the surface of the water, and pour melted butter over it, and keep them in a temperate place: When you would use them, first lay them in steep in warm water, and dress them as you would do fresh asparagus.

ASPARAGUS in Cream.

Break the tops of your asparagus in small pieces, and blanch them a little in boiling water, or parboil them; then put them in either a stew or frying-pan, with either butter or hog's lard, and let them stand for a little while over a brisk fire, taking care that they be not too greasy, but very well drain'd; then put them into a clean stew pan with cream and milk, seasoning lightly with salt and spice, and a bunch of sweet herbs, when they are just almost enough, add to them the yolks of two or three eggs, beaten with a little cream to bind the same.

ASTHMA, an indisposition of the lungs, that happens frequently without a fever, with a cough, occasioned by gross, thick and viscous humours, which have for a long time been collected in the cavities, which stop, embarrass and straiten the air-pipes.

A person may be mistaken as to the difficulty of breathing, and fancy that they are troubled with an *Asthma*; whereas it ought to be considered, that the *Liver*, *Spleen*, *Womb* and *Hypochondria*. as well as in the *Dropsy*. *Ulcers* or *Abscess* of the lungs, by their flagginess fastening themselves to the sides, may cause a difficulty of breathing; which are not to be accounted as a common *Asthma*, but as diseases that ought to have their particular cures.

Those persons who are subject to *Defluetions* and *Catarrhs*, as also aged persons, and such as have narrow and ill-form'd breasts, are subject to it, and cannot be cur'd of it.

Women-kind are not so subject to an *Asthma* as men, and when affected with it are sooner cured: To effect which, it will be proper to bleed them in the foot, if their *Menses* are stopt; and as for such as are in the prime of their years, they should have some blood taken from them from time to time, and purged with *Aloes*, *Agarick* or *Rhubarb*.

Let them also take six drams of *Diaphenicum* in a glass of the decoction of *Polypody*, from day to day; when they are going to bed or sit down to supper, or else in the morning.

They may also take glysters made of the broth of an old cock, with half an ounce of *Aloes* in powder, four spoonfuls of common oil, and a pinch of salt.

In the morning when they rise, let them take in at the nose the juice of *Leeks*, mix'd with the juice of *Elder Leaves*, with half a dram of *Nutmeg* grated in it.

They may also take a handful of common wood-lice, which being wrapt in a linnen cloth, infuse them in a pint of white wine for four hours, and now and then drink half a glass of it.

In a common fit, take *Mastick*, *Frankincense*, *Storax*, *quick Sulphur*, of each a dram, and having mix'd them with the yolk of an egg, and a dram of *Turpentine*, make the whole into a paste, of which put some on the end of a stick, set it on the fire, and let the patient receive the smoke and vapour into his mouth.

When the fit is at the height, the following remedy is very proper: Take a pure, white and well grown leek, chop it small, and mix it with two ounces of fresh butter, an ounce and half of sugar, and the yolk of an egg, let them be mix'd together for the space of an hour, and let the patient take the quantity of a nutmeg at a time.

Another for the Same.

Boil the juice of *Elecampane* root and *Hyssop*, of each half a pound to a syrup, with double their weight of *Sugar-candy*, of which take one spoonful in two spoonfuls of *Hyssop-water*, and one spoonful of compound *Briony-water*, three time a-day.

Another for the Same.

Take *Hyssop-water* and *Poppy-water*, of each six ounces, *Oxymel* of *Squills*, syrup of *Maiden-hair*, rather more than an ounce; of this take one spoonful, when you find any difficulty of breathing.

In a strong fit of the ASTHMA.

Take three ounces of *Linseed* oil, cold drawn; one ounce of the syrup of the balsam of *Tolu*, shake them very well together, drink it all up, or as much as you can, fasting; it will

will give a vomit, and perhaps a stool or two; but it has often afforded relief when *Squills* (which are esteem'd almost a specifick for that distemper) have fail'd.

Another for the ASTHMA.

Roast four cloves of garlick till they are soft; then bruise out the pulp, and put it into four spoonfuls of honey; two spoonfuls of powder of *Elecampane*; of *Anniseeds*, *Coriander*, and *Liquorice* all finely powdered and sifted, one spoonful and a half, of which take the quantity of a nutmeg, morning and evening,

B.

BAKING, is the art of making *Bread*, which is either *simple* or *compound*; the *simple* is that made wholly of one sort of grain; the *compound*, that made of wheat and rye mix'd; or wheat, rye and barley mix'd together; of these meals, that which is oldest is best and yields most, provided it be sweet and untainted; and in order to preserve it so, it must be kept in sweet vessels.

For the *baking* of simple meal, the best and principal bread is *Manchet*, which is order'd as follows.

The meal having been ground on black stones, if that can conveniently be had, will make the whitest flour; bolt it through a very fine bolting cloth; then put it into a clean kneading trough, and make a hollow place in the middle of the heap, and pour in the quantity of three pints to a bushel, of the best ale, with barm and salt to season it; let your liquor be pour'd in moderately warm, and mix and knead all well together with both your hands; and through the brake, or for want of that, wrap the dough in a cloth, and tread it well for a considerable time with your feet; then let it lie an hour or more to swell, then take it out and mould it into round and flat *manchets*; scotch them about the middle to give way to their rising, and also prick the dough with a knife at the top, and then set it into a gentle oven to be baked.

In order to bake the best wheaten bread, which is also wholly made of wheat, the meal may be dress'd and bolted through a coarser bolter, than that us'd in making *manchet*; Put it into a clean kneading trough or vessel, and take a
piece

piece of four leaven ; that is a piece of such leaven that has been sav'd from a former batch, and well filled with salt, and so laid up to four : Break this four bread in small bits into warm water, which strain into the hollow place that you have before made in the heap of flour, and mix it well together with your hand, with some part of the flour, till it is as thick as batter design'd for pancakes ; then cover it all over with meal, and leave it in that state all night ; the next morning stir that and the rest of the flour all well together, and season it with a little more warm water, barm and salt, and bring it to a perfect leaven, stiff and firm : After this, knead, break and tread it, as is before order'd for the *manchets*, and then mould it up into loaves of a convenient size, and bake it in a pretty hot oven.

After the manner of these two examples may be baked either leaven or unleavened bread, either all wheat or all rye, or wheat and rye mix'd ; or wheat and barley, or rye and barley ; or any other mixt white corn ; but rye being a stronger grain than wheat, it will require the water to be a little hotter than wheat does.

3. For *Oven Bread*, which is the coarsest sort for man's use ; take a bushel of barley, a peck of peas, half a peck of wheat or rye, and half a peck of malt, all which let be ground together, and dress'd through a meal sieve ; then put it into a four trough, and having liquor ready boil'd, let one person put in the water, and another mash with the rudder, stir some of the flour therewith, but let it be first seasoned with salt ; after which let it lie till the next day ; then put in the rest of the flour, and work it up into stiff leaven, and then mould it ; and bake it in large loaves in a well heated oven.

If the trough be not four enough of it self to four the leaven ; then let it lie the longer in the trough, or else take the help of a four leaven with the boiling water ; for by how much the liquor is the hotter, by so much less will be the smell or rankness of the peas perceiv'd.

BALDNESS. If the hair falls off by reason of the headache or other distempers. *First*, Wash the head with a decoction of *Maiden-hair*, *Beet* and *Myrrh*, and then rub the root of the hair with the following oil.

Take an equal quantity of *Juniper-berries*, *Laudanum*, *Wormwood* and *Maiden-hair* ; boil them in a pint of wine, and half a pound of *Myrrh*, till the wine be almost consumed, and use it morning and evening. Or,

You may steep mice dung in vinegar, and rub the hair with it ; rats dung is likewise good for this purpose. Or,
Boil

Boil black *Venus* hair, and with the decoction wash the head and rub it with *Bear's-grease*.

BALM, a garden, odoriferous herb, whose leaf when tender, is part of sallet furniture.

Is is of a healing and exhilarating cordial quality; sovereign for the brain, strengthening the memory, and powerfully driving away melancholy; the sprigs being fresh gathered and put into wine or other drink, during the heat of the summer, give it a wonderful quickness; and besides an excellent wine may be made of it after the same manner as cowslip wine.

BALM GENTLE, is exhilarating to the heart and discharges the spirits of melancholy the juice may be apply'd with success to fresh wounds which it will close and heal: it is also good against the bites and stings of venomous creatures and also the plague which way soever you use it. It is a singular remedy to be taken by those who suspect they have eaten some venemous food as mushrooms, &c.

If *Bee-hives* be rubb'd with *Balm-gentle*, it will bring back a stock of bees that have left their hives; and those who have a mind to make them swarm, rub their hives with *Feverfew*.

To procure the Spirit of BALM GENTLE.

Put the leaves into brandy, and set them in a cellar to infuse; let them be covered with the brandy two fingers thick, when they have fermented for eight days, distil them in a *Balneo marie*. This spirit is exceeding good to strengthen the brain, and consume its superfluous humidity.

The same method may be us'd in procuring the spirit of *Wormwood*, which is good to help digestion; that of *Holy-Thistle*, a preservative against the plague, and that of *Camomile*, which is resoluteive.

BALM WATER. *to make.*

Bruise the plant, sprinkle it with white wine, and distil it in a *Balneo marie*, there not being moisture enough to do it otherwise, and when it is drawn off, stop it very close. After the same manner may be distill'd any other odoriferous plants.

BALM of the male BALSAM *Apple*, is good for the cure of all sorts of wounds, and particularly for those in all the nervous parts; it heals and consolidates chops in nipples, especially if a little *Camphire* be added to it; it cures burns; allays

allays the pains of emrods, and being mix'd with a little oil of eggs, it effaces scars in the skin.

To make this *Balm* or *Balsam*, take the flowers, leaves, and fruit of the plant, of each two ounces; the roots of the large *Groundsel*, *Valerian*, *Adders-tongue* and round *Aristolochia*, of each one ounce, the leaves of *Periwinkle* and *Sannicle*; the flowery tops of *St. John's wort*, *Birdlime*, found in the husk of elms, and the juice of the river *Crevise*, of each three quarters of an ounce, and two pounds of oil of *Olives*; pound all that is to be pounded, and put all into a glass vessel with a cover, and expose it to the sun-beams for 12 days in the summer time; then make a decoction of them boiling in a *Balneo marie*, till the moisture is consumed; then strain, press it; and clarify the oil; then mix with it half a pound of oil distill'd with *Gum*, *Sandarach*, and the balsam is finish'd.

BALM or BALSAM of Gilead, or OPOBALSAMUM, or BALM of MECCA, so call'd because it is brought to us from thence.

It is about the consistence of a syrup; but of extreme small and subtile parts, tho' of the turpentine kind, and very fragrant.

It is extremely valued, being accounted a valuable present from the governour of *Mecca* to the Grand Seignior, &c. and when genuine is a very noble medicine; but its price and scarcity makes it comes to us sometimes very much adulterated.

It is an admirable opener of obstructions of the lungs, and healer of erosions by acrimony, and ulcerations of the worst kind: It is excellent in *Asthmas* and *Pleurisies*, and whatsoever maladies want expectorations; nor does any other medicine exceed it in these.

It affords relief in all inward decays; is particularly good for diseases in the reins and urinary passages, it passing quickly through them, as may be easily perceiv'd by the smell of the urine.

Used externally it gently deterges and incarnates; and with the yolk of an egg it will easily mix with any liquid, and is us'd with linseed oil for the same intentions: or with barley-water or any liquid of the same kind.

BALSAM, call'd the FRYARS BALSAM.

Take a quart of spirit of sack, cut a quarter of a pound of *Sarsaparilla* short, two ounces of *China-root* slic'd; then

one ounce of *Virginian Snake-weed* cut small; put all these into a two quart bottle, and set it in the sun, shaking it two or three times a-day, till the spirit be tinged as yellow as gold; then clear off the spirit into another bottle, and put to it half a pound of gum *Guaiacum*, then set it in the sun again, shaking it very often till all the gum is dissolv'd, except the dregs, which will be in 10 or 12 days; then clear it again from the dregs, and put to it an ounce of the natural balsam of *Peru*; shake it well together, and set it in the sun for two days, then put in an ounce of balm of *Gilead*; shake all well together again, and set it in the sun again for a fortnight, and then it will be fit for use.

Among its virtues, which are too many to enumerate here, it is good taken inwardly in most distempers, and proper for all sores and wounds, by pouring in some drops and binding lint thereon.

The dose taken inwardly is from half a spoonful to a whole one in sugar, or in any liquid vehicle for consumptions or any inward ulcer, use moderate exercise with it.

BALSAM or BALM of PARACELSUS, to make.

Take four ounces of spirit of *Turpentine*, *Aloes wood* three ounces, *Bdellium*, *Myrrh*, *Gum Armoniac*, *Calamint*, *Olibanum*, *Mastick in tears*, *Cinnamon*, *Storax*, *Cloves*, *Nutmeg*, *Galangal*, *Gum of Ivy*, *Cubeb* and *Zedoaries*, of each two ounces, *Trochisks of Vipers of Austria* an ounce; the juice of *Figs*, three ounces; *Treacle of Andromache* two ounces; *Bay berries* and *Saffron* of each two ounces: Pound what are proper to be pounded and sift them, and put all into a retort, stop it, and let it infuse for the space of eight days, then fit a recipient to it, and distil it with a slow sand heat, and you will soon perceive a viscous water of a yellow colour, swimming on the surface of the phlegm, and after that an oil, that is in the balm; which you are to rectify with the balsam of *Peru*, in order to take away its ill scent.

As for the juice of figs before-mentioned, take notice that they are to be cut into small pieces, and not to be pounded and put into a matras with spirit of wine, covering them the thickness of two fingers; stopp'd up and expos'd to the sun for eight days; then strain'd through a linnen cloth, and gently press'd; then the liquor being put into a limbeck is to be distill'd to a pretty thick consistence.

This balsam being taken inwardly, repairs the digestive faculty, strengthens the stomach, and is good in difficulty of breath.

breathing, an *Asthma* and the palpitation of the heart; repairs the disorders of the breast, and distempers of the lungs; and the immoderate fluxes of women.

It is likewise good for sore eyes, hysterical distempers, vomiting, pains in the stomach; spleen, apoplexy and falling sickness, and allays the pains of the gout.

It may be given in broth to women in child-bed, for all disorders that attend them on such occasions; and if need be may be repeated, and also to those who are troubled with cancers and dangerous maladies.

The dose is from three to five drops.

It being applied to wens, ulcers, gangrenes and the itch, cures them; is good to strengthen weak nerves, and for the cure of the leprosy.

A drop of this balsam put into the ear morning and evening, cures deafness and pains in the ears.

The French King's BALSAM.

Take red *Sage* and *Rue*, of each four ounces; young *Bay-Leaves* and *Wormwood*, of each two ounces; stamp them unwash'd in a mortar with 12 ounces of sheep's-suet, hot from the sheep, till it is all of a colour, then add to it a pint of *Olive* oil, working that with the rest; then put it into an earthen pot well stopp'd for eight days; then boil it on a gentle fire; when it is just ready to be taken off the fire put in an ounce and a half of oil of *Spike*; boil them together for a little while, taking care that it do not burn; then strain it and keep it for use.

This must be made in *May*, and will keep good many years.

This balsam chaf'd into the small of the back, gives ease in the stone. It cures strains or stiffness; as also bruises or over-stretching of veins: It eases the cramp; is good to assuage the anguish or swelling of wounds. The quantity of a pea chaf'd into the ear and stopp'd with black wool, helps pains there. It is a useful balsam in a family.

BALSAM of PERU. Of this there are reckon'd three sorts, the first is call'd the *dry Balsam*, and is an hard dark red rosin, which distils from the branches of a small tree, growing plentifully in *Peru*.

The second is call'd the *white Balm of Peru*, and is a white odoriferous liquor that distils from the stalk and great branches of the same tree, by incisions made in them.

The third is viscous and of the consistence of turpentine, of a brown darkish colour, and of an agreeable smell.

This is extracted by boiling the leaves and boughs of the same shrub for some time in water, and then setting the decoction by till it is cold, when the *Balsam* will be found swimming at the top; which is taken off and kept in bottles.

This is the balsam most in use with physicians and perfumers.

The virtues of these three balsams are to strengthen the nerves, fortify the brain, heart and stomach; to cleanse and heal wounds, to expel ill humours by transpiration, and dissolve cold tumours or swellings. It is likewise good against the scurvy.

When given inwardly the dose is from one drop to six.

The oil of *Amber* is us'd instead of it inwardly, and the oil of *Hypericon* and *Turpentine* outwardly.

BALSAM of CAPIVY } is a balm or balsam that di-
BALSAM of COPAHU } stils from a tree growing in
America, by incisions made therein: The first that issues out resembles clear, white oil, and has the scent of rosin; and that which issues out last, is thicker than turpentine, and of a dark yellow colour.

Both these have the virtue of cleansing and consolidating wounds; are good to strengthen the nerves, to dissolve and stop *Gonorrhæas*; are useful in rheumatisms, fractures and dislocations.

A BALSAM for inward or outward Sores.

Take *Linseed* and *Sallad* oil, of each equal quantities, to a pint and half of this put eight ounces of *Chio* turpentine, well wash'd in *Red-rose-water*, four ounces of red *Saunders*; four ounces of yellow *Bees Wax*; and a quarter of an ounce of *Mastick*, a quarter of an ounce of *Cockineal*, and half a pint of spirit of *Sack*: Simmer these over a gentle fire, till all are well incorporated; then put it up, and stop it close for use. The dose is the quantity of a nutmeg, fasting an hour before or after.

BARA PICKLET. Bread made of fine flour, and kneaded up with barm, which makes it very light and spungy, its form is round and about a hand's breadth.

To pickle BARBERRIES.

Let the *Barberries* be pick'd in dry weather, then lay them in bunches into a glaz'd earthen pot; then make a good quantity of water strong with salt, boil it and scum it as it rises; then set it by till 'tis quite cold; then pour it on the barberries, so as to cover them an inch, and cover them up close. Some use half vinegar and half water.

BARDS, broad slices of *Bacon*, with which pullets, capons, pigeons, and other sorts of fowls are sometimes covered, before they are roasted, bak'd or otherwise dress'd.

A Tincture of the BARK.

Put an ounce of the finest *Bark* in large pieces, into four ounces of spirit of *Sal Armoniack*; stop it up close, and set it in the sun, or on warm embers for 24 hours; then pour it off clear, and keep it for use.

This is to be taken in agues or fevers, from 10 to 40 drops, according to the age or strength of children, women or men, in wine and water.

It must be repeated every four hours, as doses of the *Bark* are.

This is commended as the safest and most effectual medicine for these distempers.

BARLEY, a grain whose principal use is for making beer; as being the sweetest and most pleasant grain for that purpose: It is likewise the best grain for fattening hogs; either boil'd with no more water than it will drink up, or ground in a mill and wetted into a paste, or made into a mash.

Barley is of great use in physick, for opening stoppages of the bladder, by its absterfive faculties, and by its other qualities allays the sharpness of the humours.

It is likewise good for many infirmities of the breast; and cakes made of it are good for allaying thirst.

The best *Barley* is that which is thick, weighty, smooth, white, betwixt old and new.

BARLEY CREAM.

Boil a quarter of a pound of pearl-barley, in four or five waters, till it is very tender; then rub it through a hair sieve, and put it into a quart of cream, with a couple of eggs well

beaten; sweeten it to your taste and boil it; and, if you please, you may leave some of the barley whole in it.

A very good BARLEY GRUEL.

Put six ounces of pearl barley into two quarts of water, shift it once or twice, if it is not white; add half a pound of currants well pick'd, wash'd and plump'd, pouring the gruel out to cool a little, then beat up the yolks of half a dozen eggs, put them in with a pint of white wine and a pint of new thick cream; the peel of a lemon or two, and sweeten all to your palate; set these over the fire, stir them gently, till they are as thick as cream.

BARM, *Yeast*, the head or working out of ale or beer.

BARRENNESS *in Women.*

Distil *Sage*, extracting a water from it, and let the person drink a small glass full in a morning, for four or five mornings, with a very little common salt.

This is not to be done till her *Menses* are quite over, nor ought she to have to do with her husband till the time of taking the medicines is quite over.

2. Take *Mistletoe* of the oak, with some *Sparrow* dung, and let the woman drink it in some convenient liquor, when the *Menses* are past, and (some affirm) she will conceive.

3. Reduce hart's-horn into powder, and mix it with cow's-gall, and let the woman always have it by her, when she is with her husband and it will do.

4. Some tell us, that if a woman does (unknown to her) drink mare's-milk instead of asses-milk, she will conceive upon her copulation with her husband.

BAY BERRIES. The berries of the *Bay-tree* are emollient, sovereign in distempers of the nerves; cholic, gargarisms, baths, salves, perfumes, &c. And some use the leaves instead of cloves.

To blanch BEANS.

Boil the beans, so that the skins may come off; then fry some thin slices of bacon, and some parsley, to lay round the beans, toss up the beans with melted butter, and so serve them hot.

To pickle French BEANS.

Take them before they are too old, and boil them tender, then put them into a pickle made with vinegar and salt, and so keep them; it is a very good and pleasant fallad.

To make BEAN'D BREAD.

Take a pound of *Almonds* and having blanch'd them, slice them thin the long way; lay them in rose-water all night; in the morning take them out, and drain them, set them before the fire; stirring them till they are grown a little dry, and very hot; then give them as much fine sifted sugar, as will hang about them. Take notice that they must not be so wet as to make the sugar like paste; nor so dry but that the sugar may hang together.

Then lay them in lumps on wafer papers, and set them on papers in an oven after puffs or pies have been baked in it, that is very cool.

BEARS BREECH or *Brank Ursine*, is an herb of singular use in physick, for ruptures; as also for the gout and cramp.

BEATING of *Hemp*. Hemp is first to be swingled twice, and the hurds laid by, then you must take strikes, and divide them into dozens and half dozens, and make them up into great thick rolls; then you must as it were broach and spit them on long sticks, and set them up in the corner of a chimney, where they may receive the heat of the fire, that they may be very well dry'd.

Then they are (as many as conveniently can) to be laid in a round trough made for that purpose; and there they are to be beaten with beetles exceedingly well, till they handle both within and without as pliant as may be, so that no hardness or roughness can be felt or perceived: After this they must be taken out of the trough, the rough roller opened, and the striker divided severally, as at first; and if any of them has not been sufficiently beaten, roll them up and beat them as before.

BEECH-TREE. The leaves gathered about the fall; before they have been much frost bitten, will make the best and easiest matrasses in the world, to lay under quilts instead of straw, because besides their softness, they will continue to

be sweet for seven or eight years, and are not unpleasant to lye on alone.

The stagnant water in the hollow of a beech-tree, is good for the cure of the most obstinate tetter-scabs and scurfs, either in man or beast, the part being fomented with it.

The leaves being chew'd are good for the gums and teeth, and the mast is good for the feeding of hogs, about the latter end of *August*.

The leaves are astringent, the decoction of them when they are tender, will stop a looseness; the kernel of the fruit being eaten, is good to allay pains in the kidneys, and to bring away the stone and gravel. When fresh they are apply'd to inflammations, and are also good in gargarisms for the throat; and being pounded and apply'd, fortify benumbed members.

BEEF ALAMODE.

Take a fleshy piece of beef, without fat, and beat it well with a rolling-pin; then lard it with pretty large pieces of fat bacon, and if you please, put it over the fire a little to fry, till the outside is brown, and put it to stew in a deep stew-pan or glaz'd earthen vessel, with salt, pepper, bay leaves, or *Jamaica* pepper; some lemon peel, half a dozen large mushrooms, two cloves of garlick, or four or five cloves of shalot, a pint of water, and half a pint of wine; cover it close and let it stew gently till it is tender; when it is enough, fry some flour in hog's lard, and add to it some lemon juice or a little verjuice.

This is very good hot, but it is for the most part eaten cold, cut into slices about half an inch thick.

BEEF ALAMODE, to eat hot.

Take the round of a buttock of beef from the under skin, about three inches thick; rub it over with salt petre (if you will have it red) then take off the fat and chop it with thyme, sweet marjoram and a little onion; season it also with salt, pepper, cloves and mace, work it up into the form of sausages; then cut some fat bacon into slips of the same thickness; and cover it over with salt and spice without the herbs; cut the beef into holes, at about two inches one from another, and quite through the beef; stuff into one the slips of bacon, and into the other the forc'd meat, till you have fill'd them all; strew salt all over it; put it into a stew-pan, adding also half
a pound

a pound of butter; set it over a brisk fire that it may be brown and harden on the outside; turn and flour it, that both sides may be alike; then put in half a pint of water and cover it close; then set it on a gentle fire, thus it may stew leisurely for seven or eight hours; when you perceive it grow dry, add water or gravy.

For sauce take the liquor it is stew'd in, clear it from the fat, and shake it up with claret.

You may also add sweet-breads, artichoke-bottoms, mushrooms and what you please for garnish; but the gravy and claret are sufficient to make it as savoury a dish as well can be eat.

To POT BEEF.

Take a piece of lean buttock of beef, rub it over with salt petre; and so let it lie all night; then salt it very well with white and bay-salt; put it into a pot just fit for it, and cover it with water, and so let it lie for four days longer; then take it out and wipe it well with a cloth, and rub it with pepper finely beaten; put it down close into a pot without any liquor, cover the pot with a paste and bake it with household bread for six hours.

Then take it out, let it stand till it is cold, then pick it clean from skins and strings, and pound it very well in a stone mortar; seasoning it with nutmegs, cloves and mace, pounded very fine, pouring in melted butter, which work up with it like a paste; put it down close and even in the pots, and pour clarified butter over it.

To POT a Leg of BEEF.

Take off the skin as whole as you can, then cut off all the flesh, and season it with pepper, salt and all spice; having broken the bone, mix the marrow with the slices of beef, being put into a deep earthen pot, lay the skin over the meat, and the bones over the skin; and cover the pot with a paper, and tie it down close; bake it with household bread, and let it stand in the oven all night.

When it is bak'd, take off the bones and skin and clear it as well as you can from the liquor, and having put the meat into a wooden bowl or mortar, pound it as fine as you can with a wooden pestle; putting in every now and then a piece of butter, and some of the fat of the marrow, that will swim upon the gravy; but let none of the gravy be put into it.

Having

Having pounded it enough while it is warm, butter the bottom and sides of the pan, in which you intend to keep it and press the meat down in it as hard as possible, then cover it over with melted butter,

If you desire your meat to look red, rub it with a little *Salt Petre* before you season it. After the same manner you may pot venison, mutton or what flesh meat you please.

Taking notice that you must use only the muscular parts let these meats be set in a dry place and they will keep good several months.

To SALT BEEF or PORK for boiling immediately after its coming from the Market.

First salt it very well before you put it into the pot; then put it up close, tying it close with a coarse linnen cloth which must be very well flour'd.

Then put it into the pot, but not before it boils, and boil it the same time as you would other beef or pork of the same bigness, that has lain in salt, and when it is done, it will come out of the pot as meat that has been salted 4 or five days.

But the pieces ought not to be above five or six pounds.

But if to half a pound of common salt you add an ounce of nitre or salt petre, it will strike a redness into the beef; but the salt petre must be pounded fine and well mixt with the common salt,

To make DUTCH BEEF.

Take ten pound of buttock of beef; rub it all over with half a pound of coarse sugar; let it lie two days, then wipe it a little; then take half a pound of salt petre powder'd, a pint of petre salt, and a pint of white salt; rub it well in and let it lie three weeks, rubbing and turning it every day; then sew it up in a cloth and hang it up in the Chimney to dry; turn it upside down every day that the brine do not settle; boil it in pump water till it is very tender.

Dutch hung BEEF.

It's customary in *Holland* about the months of *September* to kill cows or heifers, and having the flesh cut to pieces of such a size as may be proper for a family, they lay them in the following brine.

Take

Take five handfals of common falt, three handfals of bay falt, and rock petre and petre falt of each one handfal, boil thefe in pump water to a full height, that it is ftrong enough to bear eggs; to which when it has flood till it is cold add half a pint of the beft vinegar, which will make the beef tender.

Lay the pieces according to their bignefs in this brine then take them out and falt them well, with equal quantities of bay falt, rock falt, petre and petre falt for a week or fortnight; then roll, and then wrap it in three, four or five fheets of brown paper, if you burn fea coal and hang it up in a chimney, where it may neither be too hot nor too cold.

Turn it every day for a week, then once in two or three days till it is well dry'd, then either fend it or keep it in a dry place.

If it be hung by a wood fire, it need not be paper'd. It may be dry'd with faw duft as neats tongues are; but it will not then be fo white.

To ftew a Rump of BEEF.

Take a fmall Rump of Beef, lay it in a long pan, deep enough to allow the beef to be covered, then put in a quart of claret, a pint of ale, half a pint of verjuice or the juice of two large lemons and then add as much water as will make the liquor cover it; put in a cruft of bread, an anchovy, fome bits of lemon peel and a bunch of fweet herbs, two large gut turnips, cut into dice, and two large onions cut in halves.

Season with falt, pepper, fome mace, a few cloves, and fome nutmegs flic'd.

Cover this up very clofe and let it ftew at leaft five hours; then lay your beef in a difh and ftain the liquor through a fieve, and fill the difh with it. Garnifh it with turnips cut into dice boil'd tender, and then fry'd in hogs lard and flic'd lemon.

Or if you please, you may bake the rump of beef, for it will be much the fame

After the fame manner you may drefs a leg of beef, or an ox cheek; only let the bone of the leg of beef be broken, and take out all the bones of the ox cheek.

Another Way.

First boil the rump till it is half enough, then take it up
and

and pull off the skin of the fleshy side; then having first prepar'd a seasoning of salt, beaten pepper, grated nutmegs, mace, parsley, thyme, majoram, and savory, finely shred; stuff it into large holes made in the fat; lay the rest on the seasoning all over the top; and to cause it to keep on, spread over it the yolks of two or three eggs.

Take care to save the gravy that runs out while you are stuffing it, and add to it a pint of claret, and some vinegar; put it into a pan that is deep, but not too large; and let it be fill'd with the liquor up to the top, set it into an oven, and bake it for two hours, then lay it out in a dish, and pour in the gravy and wine, that it was bak'd in all over it.

To Collar BEEF.

Cut a piece of flank beef square; strip off all the inner skin; and having made a brine of water and bay salt as strong as will bear an egg to the breadth of a sixpence, lay the beef in it for a week or eight days; then rub it all over with salt petre, and let it lie three days longer, then having grossly pounded one large nutmeg, the same weight of mace, and the weight of both of cloves, strew it upon the Beef, then roll it up hard, and tie it up with a tape, and sew it up in a cloth, then lay it in a long earthen pan, fill it up with half water and half claret; cover it with a coarse cloth, and bake it for 12 hours in a very hot oven; it cannot be bak'd too much, then take off the tape and roll the cloth very hard round it again, tie it up and hang it up to drain and cool.

If you like it you may add to your seasoning thyme, sweet marjoram and parsley cut small; but it will not roll so close as without.

Another Way.

Cut a round or flank of beef to the length of about 12 inches; take out the bones, if any, and having mix'd two ounces of *Salt petre* with a good handful of common salt, then carbonade the outward skin of the Beef, and rub the whole well with the salts; and let it be 24 hours in them before it is collared; but turn it twice if not three times in that time.

Then shred small some sweet *Marjoram*, *Winter Savoury*, *Sage Leaves* and a little *Thyme*, season with them and an ounce of pepper ground fine, half an ounce of *Cloves* and *Mace*, and a handful of salt, strewing the mixtnre thick
over

over the inside of the meat, so that when it is roll'd up, it may be equally bound in with the turnings of the beef, and lay some thin slices of the same beef before the first turn, that the collar may not be hollow in the middle.

Roll it up as hard as you can, that every part may be equally press'd to each other; then bind the collar of the beef hard about in the manner of a screw with such wide tape, till the collar is closed from top to bottom as tight as can be; binding the top and bottom in an extraordinary manner with strong packthread.

Put the collar into a well glaz'd pan, pouring in as much claret as will cover it; and laying a coarse paste over all, and let it stand five or six hours in the oven.

When it comes out, take out the collar and set it upright till it is cold, and then take off the tape and packthread, and keep it for use.

Thus may other flesh be collar'd, observing that they must either be bak'd or boil'd till all the gravey is out of them.

This is to be cut in slices, and eaten with vinegar as other collar'd meats are.

To make CAKE SOUP of a Leg of BEEF.

Take a leg or shin of Beef, strip off the skin and fat, take all the muscular or fleshy part from the bones, boil the flesh gently in such a quantity of water and so long a time, till the liquor will make a strong jelly when it is cold; when you think the jelly is as strong as it well can be, strain the liquor through a sieve and let it settle, then having a large stew-pan with water, and some cups either of *China* or other well glaz'd earthen ware; fill these cups with the jelly separated very clearly from the settlings at the bottom; set them into the stew-pan of water, and make the water boil gently till the jelly becomes as thick as glue, then let them stand to cool, and then turn out the glue upon a new piece of flannel, which will draw the moisture out of it, turn them in six or eight hours, and put them upon a new piece of flannel, continuing to do this till they are quite dry and keep it in a warm place.

This will grow so hard, that it will be as stiff as glue in a little time, and may be carried in the pocket without any inconvenience.

When this is used a piece of glue or cake about the bigness of a walnut is to be boil'd in a pint of water, and stir-
red

red with a spoon till the cake dissolves, and it will make a very strong good broth.

As for the seasoning, any one may add pepper and salt as they please, for there must nothing of that kind be put among the meat when this glue is made.

Persons may when they make this gravey broth with boiling the cake in water, add what spice or sweet herbs they please, then having been boil'd first in plain water, and that water pour'd on the cake gravey, instead of water, so may a dish of soup be made with a little trouble, and almost at any time and that without meat.

This is likewise to be done with veal, which may probably suit better with some weak stomachs.

Some would have added to the beef-glue or gravey, the flesh of a couple of old hares and old cocks to strengthen it the more.

To stew a Brisket of BEEF.

Rub the Beef well with the quantity of an ounce of petre to a pound of salt, and let it lie for a week; then lard the skin of it with slips of bacon, and lay it in a stew pan, cover it close, and cut a lemon in two with the rind, and lay it on each side the beef; put in a quart of water, a pint of claret, and half a pound of butter; season with some pepper, half a nutmeg sliced, some whole cloves, and a bundle of sweet herbs, shut the pan close, and stew for five or six hours, or till it be very tender.

Then fry some boil'd turnips, cut into dice and flower'd, brown; and having poured off the liquor the Beef was stewed in, and strain'd it through a sieve, thicken it with burnt butter, mixing it with the dic'd turnips, pouring it all over the beef.

Garnish with slic'd lemon and raspings of bread sifted, and serve it hot: It is an excellent dish.

A Hash of Raw BEEF.

Cut thin slices of tender beef, set them over the fire in a stew-pan with a little water. a bunch of sweet herbs, an onion, a little lemon peel, season with salt, pepper, and nutmegs, cover them close and let them stew till they are tender, then pour in a glass of claret, clear the sauce of the herbs

herbs and spices, and thicken it with burnt butter. Serve it hot, and garnish it with slices of lemons, red beets, capers, and the like.

BEEF *Collops stew'd.*

Cut raw beef into slices after the same manner of *Scotch* collops of veal, with a slice or two of fat bacon, put them into a dish with a little water, a glass of wine, a shallot, sweet marjoram, powdered salt and pepper, cover them with another dish. You may if you please add a little mushroom gravey.

To dress it, set the dish the brims resting on the backs of two chairs, or any other such conveniency, and taking half a dozen sheets of whited brown paper and having cut or torn it into slips, light one and hold it under the dish, and so continue to do till the six sheets of paper is burnt out, and by that time the stew will be enough.

Stew'd BEEF in Soup.

Take three pounds of indifferently lean Beef, cut it into half a dozen pieces, put them in a stew-pan that will cover close, with two quarts or better of water, and three quarters of a pint of white wine, season with salt, pepper and sweet marjoram dried and powder'd, a few cloves, and four or five small turnips cut into dice; also some carrot cut into dice, the white part of a leek shred small, some leaves of white beets, a couple of fallary shred, and a crust of burnt bread; cover the pan close, and let it stew for five or six hours, serve it up hot, garnishing with slices of lemon.

Another way of BEEF Stakes.

Season stakes of a rump of Beef with salt and pepper, pour in a little water, with a bunch of sweet herbs, an Anchovy, an onion, a little lemon peel, a little bit of butter or fat bacon and a little verjuice, and a glass of white wine; let these stew gently till they are tender, then strain the sauce, flower the stakes, and fry them, dish them, thicken the sauce and pour over them.

A BEEF or MUTTON PASTY as good as VENISON

Take a rump or piece of sirloin of Beef, bone it if it be a rump. Or

Or if you please you may take either a loin or shoulder of mutton, and bone them, beat the meat with a rowling pin, then to the quantity of ten pounds of meat, rub on a quarter of a pound of sugar, and let it lie 24 hours; then either wipe it very clean, or wash it off with a little claret, and season it high with salt, pepper and nutmeg, and lay it in a crust, and to every five pounds of meat put in a pound of butter, put on a covering of crust, and let it have as much baking as venison; also set the bones into the oven, with just water enough to cover them that you may have a little good gravey to the pasty, if it wants it when it is drawn.

The sugar gives it a shortness and tenderness, scarcely to be believ'd, if not try'd, and if well wash'd or wiped off leaves a delicacy in taste equal to venison.

BEE-HIVES. There are several sorts of them in use in different countries; but we in *England* generally make use of but two sorts; and these are either wicker hives, made with spleets of wood, and daub'd with cow loom, temper'd up for that purpose; or straw hives made of good wheat straw bound with bramble, which are the best and most in use.

The wicker hives are ever faulty, for the loom moulders away upon every accident, which is by no means good for the bees, which are not for having any vents open but their doors.

Persons are of different opinions, as to the forms and sizes of bee-hives; some giving the preference to those of the height of three feet, and breadth of one foot; others to these of two feet in breadth and two in height; others say neither of these can be convenient; but esteem that the fittest size for that purpose, which is of the roundest form, and in capacity about half a Bushel; and these indeed are in most common use.

There may also be other hives made of boards. either of an octogonal or a square form join'd together or hoop'd round with hoops like a milk pail; flat on the top, and in such the bees will delight, provided the wood has no unfavoury smell or taste; and will breed in them as well as in either of the others.

These hives will last many years, and are not so liable to be injur'd by the weather, and less liable to other casualties, provided they are made of dry season'd wood, that is not apt to shrink.

In these wooden hives may be made several glass windows at what height or distance you please, not only for the pleasure of seeing them work, whereby with much ease may be perceiv'd how far they proceed; and in what time, but that they may have the more light, which is a principal help and encouragement to their labour: And to every one of these windows, there should be a small light wooden shutter to hasp on the outside in cold weather, and at such times as the sun shines on that part of the hive, it being expos'd to the extreme of both heat and cold; yet so as they may be taken down at pleasure for the conveniency of inspection, and such as are from the sunwards, must be always let down during the summer.

Mr. Hartlib from Mr. Mew, of *East Lindon in Gloucestershire*, furnishes us with an experiment of these sort of hives, which you have in his own words as follows.

The invention (says he) is a fancy that suits with that sort of creature; they are much taken with their grandeur, and *double their task with delight*: I took, continues he, *14 quarts out of the transparent hives; double the quantity of others, they quickly paid all their charges with their profit, and doubled it with pleasure.* (He also adds) *they serve only to give an account of the daily incomes, whereby if I spend half an hour after dinner or supper, I know what has been done that day: I can shew my friends the queen's bed, sometimes her person and retinue: She afforded me 14 quarts or near upon, in one year; and if the rest afford so a piece, I think it a fair gain; there is not a hive to be seen about my house, nor a child stung in a year. My Apiary consists of a little row of houses, two stories high and two feet apart, which I find as cheap at seven years end as straw hackles, and far more handsome.*

And farther in the said book, there is a description of an hive of an octogonall form, with a glass window on the back-side for the conveniency of observing their working, the rest of the inside of the hive lin'd with bushes; three of these were set on the other, with open passages betwixt them; two swarms were put in together in *May*, and places to go in, left open only in the lowermost; but all the passage holes open from box to box: They first began their comb in the middlemost, then in the lowermost before the middlemost was full; and so continued till they had fill'd both; but before they had quite finish'd, they began to make two little combs in the upper box; these in the lower stories, were in a little time well replenish'd with honey, and in a short

time ; but they quite deserted those little combs in the upper box or part.

There are several other forms and descriptions of bee-hives that may be useful ; which I shall not mention ; but rather proceed to the manner of trimming new hives before swarms be put into them ; the inside must be as smooth as may be from sticks, straws and jags, which are very much offensive to bees, which will spend a great deal of their time in gnawing them off ; as may be observ'd a few days after their being first hiv'd ; and when the greatest sticks and straws have been pick'd out, the inside must be rubb'd with a sand stone, and then sing'd with Brimstone, and afterwards clean wip'd.

It is also necessary to say something as to the spleeting wooden hives ; omitting that of common straw hives, which every countryman is well acquainted with.

For wooden or glass hives, some place three down right sticks from the top to the bottom, and two small hoops fastened into them at convenient distances, which will serve very well for the fastening and supporting the combs.

The best way is to let the perpendicular sticks reach to the bottom ; that the bees may the more easily crawl up by them into the comb ; but you may place only down right sticks, or any otherwise, as shall best suit with the form of the hive, so that there be not too wide intervals between them.

To conclude, your hives must be kept close for defence of the Bees, first from the cold by mixing cow dung with lime or ashes and sand, with which you must stop the edges of the hive round about ; and when winter is coming on, place a wicket of a small piece of wood in which there are three or four notches cut, just big enough for the bees to go in and out at, that no vermin may get in to them.

BEEES are small, but numerous insects which make honey and wax, they have four wings, a long tongue, small teeth and their sting sticks in their belly ; they are very numerous, and scarce ever idle but in the extremest cold, and in wet seasons ; but to gather honey they go out early in the morning, where they may be heard like swarms humming on the lime-trees, as early as the rising of the sun, when the fragrant scent exhales from the blossoms ; and return home late in the evening, from their hard but pleasant labour.

It is very observable that idleness is so hateful a vice among them, that they will tolerate it in none but their sovereign ; but every one is busily employ'd either abroad

in getting their food and gathering honey, or at home in building combs, feeding their young, or some other necessary employment.

It is observable that there is no creatures living, who live with more unity than bees, all things being in common among them, and the one is ready to revenge the injury done to another.

They go not to their labour by compulsion; nor is there any living creatures that can be kept about a house that will afford more pleasure and profit, and so little charge; they take up so little room, provide their own food, and require no attendance.

A small hive is supposed to contain eight or ten thousand bees, and a larger from ten to twelve thousand. And a certain author observes that there are three sorts of bees in all hives.

1. Those which are properly call'd bees, and which are in a manner the whole swarm, which are arm'd with stings and do all the work of the hive.

2. The drones who are one third longer and thicker than the bees, and are also distinguish'd from them by being of a darker colour, and without any sting.

3. The king of the bees, who is yet longer than the drones, but not thick in proportion to his length; but of a more lively colour, and has a more grave gait. This says our author, is the parent of all the rest, and there is ordinarily but one of them in a hive.

As to the second sort commonly call'd drones, Mr. *Warder* says as follows, *The opinion that most prevails among the bee mistresses is, that they are bees that have lost their sting, and so growing to that prodigious bigness (out of all proportion to the other bees) they become drones.*

This mistake, says he, is occasion'd by their seeing that they do not work, nor cannot sting, and that the smaller bees bear rule over them, and therefore they give them that contemptible name of drones.

But he informs us, that he differs in opinion concerning that noble creature, which instead of drone he calls a *male bee*, and says that he is very industrious in the work that nature has design'd for him; which is not only procreation, but great usefulness in sitting on and hatching eggs and by his great heat doth keep warm the brood when it is hatch'd, thereby giving the working bees the more liberty to follow their labours abroad whilst they supply their place at home; so that the male bee is not only of great use, but of ab-

Others are of opinion. that if the hives were made narrower at the bottom than upwards, they would then be more apt to swarm, than when the bottom is broad.

But if you try all these methods, and none of these cause them to swarm; but that they still lie forth; then raise the hive enough to let them in, and loom up all the skirts but the door, and if this experiment fails, you may conclude there is no remedy.

Of after Swarms.

The signs of these are more certain; for when the prime swarm is gone, about the eighth or tenth evening after, when another brood is ready, the hive being again over fill'd, the next prince will begin to tune with his treble voice, a mournful note, and a day or two after that, the queen will be heard to make her craving in a base note as it were a musical concord.

In the morning before they swarm, they draw near to the stool and call somewhat longer, and descend to the stool at the same time of swarming, where they answer one another with great earnestness in notes both quick and shrill; and then the multitude come forth in a hasty manner.

But if the prime swarm shall happen to be broken; the second will both call and swarm the sooner for it, and that sometimes the second, third or fourth day; but generally within a fortnight, and now and then it so happens, that a swarm will cast another the same year.

At the rising of the swarm the customary method is to play them a fit of mirth upon a warming-pan, kettle, or some such other instrument, in order to gather them together, and to settle; tho' some on the contrary are of opinion that this practice begets fear in them, and that makes them light or settle upon the next place; tho' others think, it proceeds from the delight they take in the noise; tho' experience has prov'd that this is a ridiculous, needless, injurious joy, because all noise disquiets and is injurious to them.

But if they fly aloft, and are in danger of going away, the best way is to fling dust among them, and bring them down.

As for the Hiving of Bees.

When a swarm has pitch'd upon a place to settle on, where they will soon be seen to knit together in the form
of

of a cone or cluster of grapes, and that they are there well settled ; and the cone has been for some time at the biggest, take a hive proportionable to the largeness of the swarm, so that the bees may go near to fill it that year ; but take notice that a swarm should rather be under-hiv'd than over-hiv'd.

Then the hive having first been well rubb'd with sweet Herbs ; such as *Thyme*, *Savoury*, *Balm*, *Hysop*, &c. and taking a branch of the same tree where the swarm settled, or of *Hazel*, *Oak*, or *Willow*, wipe the hive clean with it ; and dip the sprig or branch into mead, or fair water, with a little honey or milk and salt, or salt only, and besprinkle the hive with it.

Let the person who is to hive them, first drink a cup of good beer and wash his hands and face in some of the same or defend himself, by some other means, and if the bees hang upon a bough, he must shake them into the hive and then set it down on a mantle or cloth on the ground ; or if the bough be small it may be cut off and laid on the cloth or mantle, &c. and the hive set over it ; which is the better way of the two.

If the bees shall happen to alight near the ground, lay the cloth under them, and hold the hive over them, and gently wipe such as gather together without the hive with a brush towards the hive ; and if they take to any other place, wipe them off gently with a brush and rub the place with *Mugwort*, *Archangel*, *Wormwood*, or other ill scented herbs : Then set the swarm as near as may be to the lighting place, till all be quiet, and every one knows his own way home.

If the swarm happens to separate and the parts settle near one another, let the bigger part alone and disturb the lesser, who will fly to their fellows ; but if the parties do settle not in sight of one another ; then they are to be both hiv'd in two several hives brought together, and shaken out of one hive on the mantle on which the other stands, then the full one being plac'd upon them, they will also take to it.

If it shall so happen that the swarms come late as after the middle of *June*, and they are small, as under the quantity of a peck, then put two or three of them together, whether they rise in the same day or in divers ; for being thus united they will labour industriously, gather store of wealth and defend themselves stoutly against all enemies.

The way of uniting Swarms.

These are various: Some in the dusk of the evening having spread a mantle on the ground, near the stool where the united swarm is to stand, set a pair of rests or two supporters for the hive, and strike down the hive, out of which they would remove their bees upon the rests; then lifting up the hive a little, they clap it between their hands to get out the bees that stick in it, and lay it down sideways by those bees to which they would unite them and set the stock or swarm to which they would add them upon the supporters or rests over them: Upon the doing of which they will immediately ascend into the hive; and those that remain in the empty hive by clapping it will hasten to their companions.

When the bees are all got in, place the hive on the stool either that night or the next morning, and dispose it in good order: The best method is to place the hive into which you have newly put the swarm that you intend to drive into another place, so that the skirts may be uppermost, and set the other upon it; binding them about the skirts with a long towel, and let them stand thus till the next morning, and the bees will all ascend, and the next morning you may set the receiver upon a stool; and after this manner you may unite three or four swarms together, but they must be put together the same evening that they swarm or the next at farthest; lest if they shall have begun to make combs; they should be more unwilling to leave them.

As soon as the swarm has enter'd the hive they will immediately (If the weather permit) set about gathering wax and making combs; so that in a few days time they will have several large ones ready; about which they lie so thick that it is impossible one quarter of them can be employ'd at once till the combs are brought to a considerable length; then a great part may be employ'd in filling them; while the rest finish their cells or combs.

And in transparent hives it may be seen through the glass how they carry up their burdens, what a mighty bustle they make, and how perpetually busy they are; and on a fine day when the greatest part of them are abroad especially towards the end of summer you may discern their combs and cells to be fill'd with bright and clear honey; when the young bees are fit for service and are abroad; which are those chiefly which do obstruct the discovering so much of their combs.

The numbers of bees begin to decrease towards the end of summer, they being most numerous and in prosperity at their
swarming

swarming time and soon after; but on the contrary in autumn and winter, as is easy to be discern'd between the quantity and number of a swarm, and those that are kill'd when you take them; for the bees of the last years breed do now perish by degrees; their wings decaying and failing them by reason of their extraordinary labour; so that the common age of a bee is but something more than a year; and the young only of the last spring survive and preserve the kind till the next.

Things injurious or annoyances to Bees.

Noise is troublesome to bees as the rattling of coaches or carts, the sound of bells, echoes, &c. tho' all these may oftentimes be prevented by the apiary being rightly situated, see APIARY; smoak and ill smells are also very offensive to them; also bad weather; as winds rain, heat, cold &c.

In order to defend the bees from Robbers.

Which are very numerous both in spring and autumn, the method is to make the doors very small and cloom up the hives; and when the season of the year will permit you may widen and strengthen them.

Some authors give us the following account of the causes of the bees robbing one another as follows.

That when the bees in the spring begin to get a little strength, and yet cannot find food enough abroad, the strong plunder the weak, take away their honey, gorge themselves with it, and afterwards grow sick upon it; the honey which they eat in too great a quantity, causing them at last to be troubled with a distemper, which may be observ'd when they dung at the entrance into the hive; for when they are in health they never do dung there nor in their hives, but only in the air as they fly.

M. Chomel says, that he kept some bees close shut up for four months successively in the winter time, and that at the end of that time could not find that they had all that time dung'd in their hives; which might probably be that perhaps they had liv'd sparingly at their own expence, and the whole had been wasted by the heat of their stomachs.

The fore-mentioned sickness having been thus caus'd, rendering those that were before strong weak, others that were strong and in health, have come and plundered them, and by this millions perish if no remedy be apply'd.

The first thing necessary in this case is to be able to distinguish

guish the plunderers from the plundered; the former will have large bellies full of honey, which may be easily press'd forth with your thumb; when they return to the hive in the plundering season, which is usually the months of *March*, *April* and *May*, when they do not bring any honey with them out of the fields.

Those that are plundered may also be known by the extraordinary number of bees that may be seen to go in and out with noise and tumult, as so many robbers who go in empty with small bellies, and come out with full ones.

Likewise, there may be seen in the evening, when the peaceable bees are retir'd, a great number about the plundered, flying up and down, and also in the morning before the others beat the fields.

Therefore the hives should be visited, morning, noon and night, after sun-set; and the plunder'd hive should be taken into the pressing place, and the remains of the plundered bees should be fum'd to death with the smoke of brimstone; for if they are but newly begun to be plundered, it is very rare that any of them can be sav'd, though the hive has been remov'd to the farthest part of the inclosure, plac'd in the shade, nay and under a covert too: But that when the heats come, the strong plundered them again, or else they were starv'd to death for want of food; for if they should have food given them, it would be to little purpose, otherwise than to draw robbers thither.

And as for those strong *Bees* that go a plundering, they will burst themselves with the honey, if it be not prevented; to do which you must in the beginning of the spring shut them up for two or three days, by a little tin-door made for that purpose, with holes made in it like a sugar grater, so that the air only may pass thro' it, and three or four holes at the bottom of it, for the bees to pass in and out, and but just big enough for a bee to go through.

Of removing old Stocks.

The most proper time for this is a little after *Michaelmas*, or if it has been neglected at that time, about the end of *February* or the beginning of *March*, in fair weather; and if it be done in the evening, do it in the following manner.

Take a board about the breadth of the bottom of that hive you intend to remove, and in the evening two or three days before the stock is remov'd, lift it up and brush the bees that are on the stool forwards, the board being a little supported by

by two ledges, to prevent the death of those that are on the stool; set the stock on this board, and so let them stand till they are removed; then stop the door of the hive, and set the board on which the hive stands on an hand-barrow, and carry it to the place you have prepar'd for it; and so the bees will not be disturb'd, nor a single bee hurt; nor the hive nor comb crush'd by the squeezing of a cloth.

Of the feeding of BEES.

When your bees shall be in distress for want of convenient food, they must be fed; which may be done various ways.

1. By certain troughs made in small canes or keckses slit in the middle, into which food being put are to be convey'd into the hives; or a dish or plate may be set directly under the bees: This must be done daily till the spring of the year will furnish them with provision abroad; because at that time their combs are full of young ones.

Honey is the best and most natural food for them; which may be mixt with a moderate quantity of good sweet wort, which will make the honey go the further: But some approve of giving them bread toasted and sopp'd in strong ale, which being convey'd into the hive, they will not leave a crum of it: Others put bean-flour or dry meal into their hives, and others bay-salt and roasted apples; all which are very good food for them: They also feed much upon buck-wheat, and anniseed is a delicacy to them.

A singular Way to improve BEES.

' Take a handful of the herb *Balm*, a dram of *Camphire*,
' half a dram of *Musk*, which dissolve in *Rose-water*; take
' of yellow *Bees-wax* and oil of *Roses*, equal quantities,
' stamp the two first very well, and put them into the wax;
' having first melted it, and so make it up into a mass; let it
' cool, and then put the *Musk* to it.'

Put into the bee-hive the quantity of a hazle-nut, and this (as Mr. *Worlidge* asserts) will much increase the number of bees; and that there will be found three times the quantity of honey and wax, that you would otherwise have had.

It will be a considerable advantage to an *Apiary*, to have fields lying about it, sown with *Brank*, *Coleseed*, or *Turnips*, from which the bees will extract great quantities of honey; and the blossoms of beans are very good for them.

The Time of breeding BEES.

The forward stocks begin to breed in *February*, and the latter stocks, or those that are not so lusty, leave not off till the latter end of *July*; so that there are six months in which they breed; and the sooner they begin, the sooner they leave off; tho' there are more bees bred in two months (which are for the most part *May* and *June*) than in the other four; but yet this is not always certain, but happens according to the forwardness or backwardness of the spring.

Of the Drone or Male BEE.

This bee, tho' he is so often mistaken, being accounted a dull over-grown slug, who has lost his sting, is about half as big again as the female honey-bee, somewhat longer, and not quite so dark-coloured about the head and shoulders; his voice is much louder and deeper; his head and eyes much larger; but his tongue is much shorter than that of the female; so that he cannot work, if he would, his tongue not being long enough to reach the honey out of the socketed flowers.

These male bees are notwithstanding very industrious in the work to which nature has appointed them, which is not only procreation; but they are very necessary and careful in sitting upon and hatching the eggs, and keeping the brood warm, that the working bees may be the more at liberty to follow their labours abroad, while they supply their place at home by looking after their young; so that the male bee is very injuriously call'd a drone, seeing he is not only very useful, but also absolutely necessary both for the being and welfare of the whole colony of bees.

Of his Sovereign the Queen BEE.

This queen bee is the most remarkable of all insects: Her body is a great deal bigger and much longer, yet her wings are no longer than that of the honey bee, which shews that she is not design'd by nature for labour or long flights, which is the continual business of her subjects. As to her shape and colour, her upper parts are of a lighter brown than the rest, having the resemblance of a velvet cape or fur-gorget about her shoulders; her hinder-part from the waste (which is very small) as it is much longer than the drone or the honey-bee, so she is much more taper than they; and whereas the drone
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and common bee are brown all over the hither part, the queen in that part is as black as jet or polish'd black marble; and whereas the two great legs of the commons are quite black, hers are as yellow as gold, as also she is all along the under part of her belly.

The egg of which the princess is bred, is cast in a stately round cell or matrix, made by her vassals in a different form from all the rest; neither is this royal palace in a comb among other cells; but always by itself; and rais'd from a large foundation from about the middle of the hive, leaving room for her attendance to come about her.

There is always one of these palaces in every hive, and in some two and others three; but that is rarely to be seen.

As for her power the grand Seignior, with all his train of Janizaries about him ready to execute his most severe and hazardous commands, is not more absolute than the queen of bees: For all things are done by her express direction, as working, fighting, swarming, &c. her subjects being as naturally inclin'd to obedience, as is their sovereign to give orders.

Of keeping BEES without destroying them.

The chief aim of those who keep bees, being the profit of their wax and honey, many have endeavour'd to find out a method to effect this, one of which is driving them thus:

Let the hive you design to take be fixed with the bottom upwards, between three or four stakes; and set the hive you would drive the bees into over it, binding them about the skirts with a towel, and in the evening often clap the under hive with your hands, and let the hives both stand thus till the next morning: then set the full hive on the stool, somewhat bolstered up, that the bees may have free egress and ingress; then clap the hive again, and get as many bees out as you can, which will repair to the other hive.

This way, tho' something troublesome, yet is good to be follow'd where there is a great stock of honey and but few bees in one hive, and but a small stock of honey in another; for by this means the lives of the bees are sav'd, who will readily exchange their barren habitation for one that is more plentiful. But this method has often fail'd.

This may be done in *September*, or any time after they have done breeding (or otherwise the honey will be corrupted by the skaddons or young bees that are in the combs.)

The common usage is to kill the bees at the taking of the combs

combs. About two or three hours before sun-setting, dig a hole in the ground about nine inches deep, and almost as wide as the skirts of the hive, laying the finer earth round about the edges. Then having a small stick, slit at one end, and stript at the other, put into the slit a brimstone match five or six inches long, and about the thickness of your little finger, which set in the middle or side of the holes, so that the top of the match may stand even with the brims of the pit, or within an inch of it. Having done this, fix another stick by it, dress'd after the same manner, if the first be not sufficient,

Set fire to the match or matches at the upper end, then set the hive near it, and immediately shut it up close at the bottom, that no smoke may come out, and it will kill all the bees in a quarter of an hour.

Take away the hive, house it, lay it gently on the floor upon the side, not the edges of the combs; then loosen the ends of the splints with your finger, and the edges of the combs (where they stick to the sides of the hive) with a wooden slice; and having taken them out one after another; wipe off the half dead bees with a goose-feather; break the combs while they are warm into several pieces, in order to get out the honey and prepare it for use. See EXSECTION and GENERATION of BEES.

Of the Diseases of BEES.

1. A *Looseness*. Bees are oftentimes affected with a *Looseness*, and this is chiefly in the spring of the year, after they have endured hunger all the winter, and the milk-thistle being then in bloom, and the young elms producing their seed, they will eat so greedily of them, being great lovers of these flowers, that it will kill them, if a present remedy be not apply'd.

To cure this malady, having some of the bark or seed of pomegranate; pound it, sift it, mix it with honey, and moisten it with good sweet wine; or else with dry'd or pound'd raisins, mixed with good sweet wine or mead, in which rosemary has been boil'd; or *Marseilles* figs, put in whole in wooden troughs or pipes, that they may eat and drink it.

Bees will also sometimes become consumptive, and waste away almost to nothing, after having suffered some great heat or cold.

This their distemper may be easily known; by your frequently seeing them carrying the dead bodies of their fellows

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out of the hive, and others lying in a melancholy posture without humming: For a remedy, mix gall or dry'd roses with honey, and give them.

They likewise are apt sometimes to grow sick in those years in which flowers abound, they applying themselves more industriously in gathering honey than in propagating their kind; and so many of them die through their over fatiguing themselves in that labour, and because that those of them that do survive are not recruited and increased with young, they all perish.

And therefore in the spring of the year, when the fields are all colour'd with flowers, it would not be improper to stop the holes and entrance of the hive, every third day, leaving only some small holes open so little that they cannot pass through them, that they may be diverted from their delightful work of gathering honey; and so finding that they are not able to fill all their combs they will apply themselves to breeding young *bees*.

Bees are also sometimes infested with lice or worms, which are ingender'd from their ordure: To destroy these, make a perfume of the branch of a pomegranate or wild fig-tree.

Sometimes there are so many combs made by the bees in their hives; that they do not fill them all; which by remaining empty do rot, which rottenness spoils the honey, and that destroys the bees: To remedy this, you must put two swarms into one hive; or cut off the corrupted part of the comb with a sharp instrument.

The Enemies of BEES and their Remedies.

Bees have many enemies, some for one reason, and some for another, which often prove very destructive to them.

The mouse is a pernicious Enemy to them, and destroys many hundred hives of them in a year in *England*.

The bees indeed are pretty safe all the summer, while they are in their vigour from these kind of vermine; but in autumn when the hives grow more empty by reason of the death of the old bees; and those that are left being become more torpid and dull by the approach of cold weather, the mouse will venter in at the mouth of the hive; and they will begin with gnawing the lowermost part of the honey-comb, where there is but here and there a little honey; but the cold increasing, and the bees being more still, they will grow more bold, and ascend up into the hive, and seize on those combs, which are next to the sides of the hive, which
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are commonly the richest in honey; they will eat holes through them, and so come and go to them at pleasure; the combs being thus broken by them and the honey set a running exposes these bees to new enemies: that is the bees of other stocks, who smelling the fresh honey, come in like thieves and plunder them likewise.

And the smell of the mice is so detestable to them, that it causes them to take a distaste to their hive, that in a warm day they will all fly away together, leaving the remainder of their honey behind them.

A mouse will shelter himself between the hackle and the hive, and will there make his nest, and at length make a hole through the crown of the straw-hive, and so break bulk with his teeth that way to the honey.

The Remedy.

1. Hive no swarms in very old hives; for mice cannot make their way so easily, if they can at all through the crown of a new hive, as they can when the straw of an hive is almost grown rotten with age.

2. Lay a good large flint stone on the top of the hive betwixt the hackle and the hive; which by its coldness and unfitness for that purpose, will prevent the mouse from making its nest there.

3. Examine the Case of every hive by taking out the hackle once a month at least or oftener, (especially in the months of *March* and *April*) lest the mouse had intruded and destroy'd the brood of young bees, and the same sandarach or bee-bread, both which they are extremely fond of, if not more than honey.

4. As for the mouse entering in at the mouth of the hive, 'tis occasion'd by the ill custom of cutting a deep gash thro' one of the rounds of straw, about an inch and a half high, and the same in breadth: The way then to remedy this is, not to leave room enough for a mouse to enter.

And when you buy a new hive, try it upon your stool where it is to stand, whether there be not a hollowness some where or other in the skirt, deep enough for the bees to go in and out at; (and there are few so exactly made, but will be found to have such hollows) if so the work is done to your hand without cutting; if this hollowness be almost half an inch high, neither must it be any less nor very much more; if less the male bees cannot pass in and out; if much more a mouse may get in: but if the hive have not such a hollow-

ness; cut a notch in it not more than half an inch in depth or four inches in length, or you may raise the hive half an inch in the forepart, by putting two pieces of tobacco pipes under it, and then plaster up all but four inches in the front with lime and hair: But the best way will be to send the hives to the cooper to have a narrow hoop of an inch set on them and holes drill'd through the edge of the hoop, and so driving wooden pins like skewers so that they may drive two or three inches into the skirt of the straw hive, and to cut a notch in the hoop, of half an inch in height and four broad.

The *wing'd moth* is also an enemy to *bees*, which is apt to convey his eggs under the skirt of the hive, where being kept warm by the heat of the bees; they become a very large grey maggot, which will perplex, offend and injure the bees, and in time will get into the combs and breed on that side where are the fewest bees.

To prevent this mischief, plaster the skirt of your hive all round with lime and hair, to keep them out: But besides this, it will be necessary to examine all the weak hives in *March* and *September*, by taking them up in your hand and sweeping the place where they stood with a wing, clean from maggots, or dead bees, or any other filth, and setting them on again gently.

The *Earwig* is both an offensive and pernicious enemy to bees, these lay their young under the edges of the hive, just in the same manner as the moth does. These sometimes enter the hives, and to the very combs themselves, these are defended by their coat from the assaults of the bees, their stings not being able to penetrate it.

The remedy against these is the same as that against the moth.

The *Wasp* is another dangerous enemy to bees, especially if they are numerous, as they commonly are in dry summers; these indeed are not very mischievous in *May* and *June*; but in *June* and *July* they will enter a hive and rob and steal.

The remedy against these robbers which some prescribe is, to set verjuice, beer, &c. in the bee-course or parts covered with a small post in the middle which will catch many of them; but others disprove of these methods, because they say they will draw together many more wasps than they will entrap; but the best way they say is to destroy those large ones that are in *May* (but never appear but one at a time) those being the mother wasps, and carries their nest

about them ; so that you destroy as many nests as you do wasps ; and whenever you hear of a nest of wasps in your neighbourhood, destroy them with scalding water, or tread the ground hard upon them, or with brimstone and matches if in a tree.

The *Hornet* is also an enemy to bees, tho' perhaps they will not get into the hive for honey ; but they will seize on and destroy single bees ; the remedy against them is to kill them wherever you find them, either about your hives or elsewhere, and also to destroy their nests when you happen to know of any.

The *Sparrow* is also an enemy to bees, especially in their breeding time, they seize upon them flying ; these they carry to their young, and come again for more, this they do all the time they have any young.

The *Swallow* is also a great destroyer of bees, they catching them flying carry them to their young ones ; the remedy against this is the destroying their nests.

BEEES STINGING. These creatures are apt to sting severely, such persons who come in their way, especially any who are uncleanly or have any ill scent about them ; there such ought to be cautious of tampering with them.

Some defend themselves by only drinking a cup of beer and find that a sufficient safeguard, others wash their hands and face with it : Others for the same purpose, cover their faces with boughs and herbs.

But the safest method is to have a net wove of fine silk with such small meshes that a bee cannot get through, this net must be large enough to come over your hat and to reach down to the collar : and defended by this you may see what you do without danger, defending your hands at the same time with a pair of thick gloves of which woollen ones are the best.

But when a person shall happen to be stung by a bee ; pick out the sting as soon as may be ; and some advise the the person to wet the part with his own spittle, which they say will effectually prevent the swelling ; some direct to lay on it leaves of *Marigold*, *Houseleek*, *Rue*, *Mallows*, *Ivy*, or *Hollyhocks*, *Salt* and *Vinegar*, &c. But the most certain remedy is, to heat a piece of *Iron* in the fire, or to hold a live coal as near to it and as long as you can bear it, and this will sympathetically extract the venom which was left in the sore by sting, or force it out of the part afflicted, and afterwards anoint the part with honey or mithridate.

*To Fine and Preserve BEERS and ALES by boiling an
Ingredient in the Wort.*

Put two quarts of whole wheat as soon as you can into a barrel of wort, that it may be steep'd before it is made to boil, than strain it through a sieve, when you put the wort into cooling tubs; and if you will you may boil the wheat in a second copper: By this means a gluey consistence will be extracted, which being incorporated with the wort by boiling, will give it a more thick and ponderous body, and when in the cask, will soon make a sediment or lee, as the wort is more or less loaded with the weighty particles of this fizy body; but if this wheat were first parch'd, or bak'd in the oven it would do better, in that it is rather too raw when it comes from the ear.

Another Way.

If you boil ivory shavings or hartshorn in the wort, it will fine the drink expeditiously, sufficiently to bear a glass, and maintain a little while a high froth, though it be as soon as it has done working; they will likewise preserve the beer from growing stale and sour. It will likewise be of service for the same use, if they are put into the cask when you bung it down.

To render BEER, ALE or any other Malt Liquors fine.

Put half an ounce of unslak'd lime into a pint of water and having mixt them well together, let them stand three hours and by that time the lime will have settled to the bottom; pour off the clear water from the lime, and put it into ale or beer, first mix'd with half an ounce of isinglass, first cut small and boil'd, and in five hours time or less, the beer in the barrel will be settled and clear.

To put a stop to BEER upon the Fret.

Pour a quart of black-cherry-brandy into a hoghead of beer, and stop it up close.

An Artificial LEE for STOUT or Stale BEER to feed on.

The common fault of butt or other keeping Beers drinking so hard and harsh, is partly owing to the nasty foul feces
lying

lying at the bottom of the cask, compounded of sediments of malt hops and yeast, which are all clogg'd with gross, rigid salts, which by their long lying in the butt or vessel do tincture the drink as to make it partake of all their raw natures.

For this purpose the following composition is very good : Take a quart of brandy either *French* or *English*, that has no burnt tang or other ill taste, and that is full proof, mix with this as much wheat or bean flour as will make it fit to be kneaded into dough, which being roll'd in long pieces, put it into the bung-hole as soon as the beer has done working or afterwards, and let it fall gently piece by piece to the bottom of the butt, this will maintain the drink in a mellow freshness, prevent it from growing stale for some time, and will add to the strength of it, as it grows in age.

Another Way.

Mix a pennyworth of treacle or honey with a pound of dry'd oyster-shells finely powder'd, or so much fat chalk, and put them into the butt, as soon as it has done working or some time after, and bung it well; and this mixture will both fine and preserve the beer in a soft smooth condition for a long time.

Another Way.

Dry half a Peck of egg-shells in an oven, break them and mix them with two pounds of fat chalk, and then with water in which four pound of coarse sugar has been boil'd, and put this into the butt as before describ'd.

As to Using WHEAT for this Purpose.

Many put wheat into beer to preserve and feed it, taking it to be a substantial *Alkali*.

But it has been found by experience, that such wheat, in about three years time, has eaten into the very wood of the cask, and there honey-comb'd it by making little hollow cavities in the staves.

Others hang a bag of wheat in the vessel, so that it may not touch the bottom; but in both these cases, it has been found by experience, that the wheat has absorb'd and collected the saline acid qualities of the Beer, yeast and hop, by which it is impregnated with their sharp qualities: And this whole wheat being loaded with the qualities of the un-wholesome

wholesome settlements or grounds of the beer, becomes of such a corroding nature, as to do this mischief. And for that reason some persons in the north of *England*, hang a bag of flour or malted oats, peas or beans in the cask of beer, as being a lighter and mellow body than wheat or its flour and more natural to the liquor.

But it is supposed that whether the wheat be raw or malted after it has emitted its alcalous properties to the beer, and taken in all it can of the acid qualities of it, that such beer will by length of time prey upon that again, and so communicate its pernicious effects to the bodies of the drinkers; therefore it is adviseable that such butt, or keeping beer be tap'd at nine or ten months old at furthest, and then an artificial lee will have a due time allow'd it to do good and not harm.

To recover BEER that is flat or dead.

Take four gallons out of a hoghead, and boil it with five pound of honey, scum it, let it be cool'd, and put it to the rest, stop it up close, and it will make it pleasant quick and strong.

To make Stale BEER drink new.

Stamp the herb horehound, strain the juice, and put a spoonful of it to a quart or three pints of beer, cover it and let it stand two hours and then drink it.

To fry the roots of the Red BEETS

First wash the roots, and lay them in a glaz'd earthen-pan; bake them in an oven, and then peel the thin skin off them, and slip them from the top to the tail, cutting them in the shape of the fish called a sole, a little above a quarter of an inch thick; dip them into a thick batter made with white wine, fine flour, sweet cream, the whites and yolks of eggs; but more yolks than whites, season'd with salt, pepper, and cloves pounded fine.

As they are dipped in the batter, they must be strew'd over thick with fine flour mix'd with grated bread and parsley shred small and so fryed in lard; when they are enough let them them dry; garnish with lemon and serve them up.

These may be laid about stew'd carp, tench or roasted

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jacks, by way of garnish with scrap'd horse radish and pickled barberries.

To pickle Red BEETS.

Boil them, slice them, and put them in a pickle of vinegar only, and you may keep them to garnish salads of small herbs.

BEETS. Beet-raves are made use of to colour wine and several other liquors, for which purpose they take a caldron full of water, heat it till it is ready to boil, and having cut the beet-raves in pieces, as if for a salad; put them in the water, boil them for a moment, set off the cover, and let it stand a day and a night, then take out the raves; put the water into a cask, and it will acquire a red tincture, and may be used for colouring other liquors.

To dress BEET RAVES.

First boil them in water, or set them into an oven, or roast them in ashes, take off the skin, and cut them into slices, and eat them either with oil olive, vinegar and salt; or you may fry them in butter, and add some sliced onions to them, when fry'd season them with salt and pepper, add a little vinegar and serve them up.

Beets are of an attenuating and mollifying quality; they help digestion, open the body, and purify the blood; these are their effects being eaten. The juice of the white beet put up the nostrils is good to promote sneezing and clear the brain.

The leaves give great relief in the piles, when much enflamed, and will either make them suppurate, or gently go off.

BETONY, is said to be good for all internal distempers of the body. The Jaundice, Epilepsy, Palsy and Sciatica. Betony in white wine, allays pains in the kidneys; the leaves pounded and made into a cataplasm, are good for suddenly closing up wounds in the head; also, if to this be added hogs grease it will bring ancomas and impostumes to a suppuration. Pounded with salt they heal ulcers and cancers.

BIRCH TREE, *of the Sap of which, is made BIRCH WINE, a curious Liquor.*

About the begining of *March*, when the buds begin to be proud and turgid ; and before they open the leaves, cut a slip in the tree with a chizzel and mallet, almost as deep as the pith ; cut it oblique, and not long ways, putting in a small stone, or a chip to keep the wound open a little.

Sir *Hugh Platt*, is of opinion, that the best way is to tap these trees within a foot of the ground, the first rhind being taken off, and then the white bark slit over thwart no farther than to the body of the tree.

Let the wound be made in that part that looks to the south west, or between these quarters ; because little or no sap arises from the northern side.

Into this slit put a leaf of the tree fitted to the dimensions of the slit, from which the sap will distil in the manner of a filtration ; take away the leaf, and the bark will close again, a little earth being clap'd into the slit.

Where there is good store of birch trees many gallons of juice in a day may be gathered from the boughs, by cutting them in such manner that their ends were fitted to go into bottles, the liquor will distil plentifully into them : So that some say in 12 or 14 days the liquor that issues out, will weigh more than the tree it self. That liquor is the best which is thus produc'd from the branches, and is better than that from the trunk, the latter not being so pure and ærial as the former ; that from the branches has had a longer time in the tree, so as to be the better digested, and to acquire more of its flavour than if it were extracted from the trunk.

Some are of opinin, that the best method to procure store of the liquor, is to cut the tree almost quite through at the circles on both sides the pith, leaving only the utmost circle and the bark on the north and north east side unpeirc'd, and that the larger these holes are bor'd, in the greater plenty it will distil ; which if it be through or under a large arm near the ground it will be done with the greatest advantage, and will not stand in need of either stone or chip to keep it open, nor a spiggot to direct it to the vessel that is to receive it : Thus it will in a little time afford liquor enough to brew with, and in some of those sweet saps one bushel of malt will make as good ale, as four in ordinary water,

The season for performing this work is, from the latter end of *February* to the end of *March*, while the sap rises and before the leaves shoot out, for when the sap is forward and the leaves begin to appear, the juice by reason of a long digestion in the branch grows thick and colour'd, which before was thin and clear.

To preserve this juice in the best condition for brewing, till you have got a sufficient quantity of it, set what runs first in the sun, till the rest is procur'd, to prevent its growing sour.

It ought immediately to be stop'd up in the bottles in which it is distill'd, and the corks well wax'd and expos'd in the sun till you have a sufficient quantity. Then let so much rye-bread toasted dry; but not burnt, be put into it to set it a working, and when it begins to ferment, take it out and bottle it immediately with a few cloves or the like to steep in it, and it will keep a whole year. It extracts the taste and tincture of the spice in a very little time. Mr. *Boyle*, proposes a sulphureous fume to the bottle.

The liquor of the *Birch* is accounted to have all the virtues of the spirit of salt, without the danger of its acrimony, most powerful for dissolving the stone in the bladder.

The wine is a rich cordial, curing consumptions and such inward diseases as accompany the stone in the bladder or reins.

And Dr. *Needham* affirm'd that he had often cur'd the scurvy with the juice of it boil'd with honey and wine.

The ways of making BIRCH WINE are thus,

To every gallon of the juice of *Birch*, put a quart of honey, stir them well together, and boil them with a few cloves and a little lemon peel for almost an hour taking care to scum it well all the while it is boiling; when it is boil'd and has stood till it is grown cold, put in three or four spoonfuls of new ale yeast to make it work, which it will do like new ale, and when the yeast begins to settle, bottle it up. It will in a competent time become a most brisk and spirituous drink, which will open powerfully, and works wonders in the cure of the phthisick.

This wine may be made as well with a pound of sugar to a gallon of juice, or it may be sweeten'd with raisins and made a raisin wine.

The author of the *Vinetum Britannicum*, directs the boiling of it but a quarter or half an hour, and then to set it
by

by to cool, and to add a very little yeast to purge it, and then to put it up in a barrel with about a quarter of an ounce of cinnamon, and the like quantity of mace to 10 gallons; to stop it up close for a month before it is bottled. The bottles must be set in a cool place, to preserve them from flying.

This wine is rather for present drinking than long keeping, unless the place where it is set be extraordinary cold.

This wine being exquisitely made, is so strong, that the common sort of stone bottles cannot preserve the spirits, they are so subtle and volatile, and yet is gentle and harmless in its operation.

Another Way.

For every gallon of fresh *Birch-water*, allow two pounds of good clean sugar, making the water boil before you put the sugar in, and keep it boiling over a clear fire for an hour and a half; then take it off, and when it is almost cool, put some yeast to it, and let it work (in a vessel with an open head) for three or four days.

Then to each gallon of liquor add a pound of *Malaga* raisins, pick'd clean from the stalks and shred; then put it up into a well seasoned cask, stop it very close, and let it stand a month before it is bottled.

If this *Birch-wine* be made with a fine powder or loaf-sugar, it will in time become as rich as white wine.

Some make this wine without raisins, allowing three pound and a half of loaf-sugar to every gallon of new drawn *Birch-water*; this must be boil'd a while and clean scummed, before the sugar is put to it; and then the boiling is to be continued as above directed, and scummed as it rises, till the liquor is perfectly clear, and when it is taken from the fire, let it be fermented with yeast in an open vessel for four or five days; in the mean time stir it often about; then put it in a cask that it will just fill, stop it up close and let it stand till *Michaelmas*, before you rack it from the lees, and either put it into another seasoned cask, or into bottles.

Another Way.

Put a pound of sugar to each gallon of liquor, and half a pound of raisins of the sun stoned, and the peel of a large lemon to every five gallons, and 30 or 40 fresh large cloves; boil all these together, scumming it well, then pour it out in a vessel to cool, and put yeast to work it; then put it up in
a cask

a cask, but do not stop it close till it has done working, and in a months time it will be ready to bottle.

To make Fruit BISCUIT.

Scald your fruit, dry it well from the water, and rub it through a hair sieve; set it in a pan over a slow fire, and stir it till it is pretty dry; then sift fine sugar through an hair sieve; and having a spoonful of *Gum-dragon* very well steep'd and strain'd, and about a quarter of a pound of fruit, mix it well with two pounds of sugar, beating it with a biscuit-beater; then having the whites of 12 eggs beaten up to a very stiff froth, put it in by little and little at a time, beating it till it is all in, and looks as white as snow, and very thick; drop this on papers, and set them into a very cool oven, and shut it up to make them rise.

The lemon biscuit is made the same way, only instead of fruit put in the juice of three lemons; less will make two pound; it must have juice enough to make it to a paste, and the rinds of two lemons grated, and when it has been beaten enough, you may put in a little *Musk* or *Ambergrease*, and drop and raise it in the oven as the other.

To make LONG BISCUIT.

Break 28 eggs, take the whites of 14 and beat them very well with two spoonfuls of rose-water, to which add three pound of sifted sugar; beating it all the while the oven is heating, and having dry'd two pounds and a quarter of fine flour, put it in cold, and put in two eggs; stir it well and drop it.

It must have a very quick oven; bake it almost as fast as you can fill the oven; laying the papers on tin-plates, or else they will be apt to burn at the bottom.

This biscuit was what was usually eaten by queen *Mary*, king *William's* queen; and was her seed biscuit, by the addition of half a pound of carraway-seeds, and bak'd in large square tin-plates, the pans being buttered. It is best baked in a cool oven, after the baking of the aforefaid drop biscuit.

ROUND BISCUIT, *with Coriander-Seed.*

Beat the yolks of 10 eggs, and the whites of five of them very well; put to them eight or nine spoonfuls of rose-water and as much of orange-flower-water; beat the eggs and wa-

ter for a quarter of an hour; then put in a pound of sifted sugar, and three quarters of a pound of fine flour well dry'd; keep beating these all together for an hour and a half; then add two ounces of *Coriander*-seeds a little bruised, bake them in a cool oven, putting them into round tin pans buttered, and sifting sugar over them before they are set into the oven.

To make SPUNGE BISCUIT.

Beat the yolks of 20 eggs well, and whip the whites of 10 to a froth, then beat them together; put to them two pound and a quarter of sugar sifted, and having half a pint of water and four spoonfuls of rose-water, boiling hot; while you are beating the eggs and sugar, put in the hot water, by a little and little at a time; then set the biscuit over the fire (these must be beaten either in a brass or silver pan) continuing to beat it, till it is so hot you can't hold your finger in it; then take it off the fire, and beat it till it is almost cold; then put in a pound and half, or better of flour well dry'd, and the rind of a couple of lemons grated.

Bake it in six long pans buttered, and in a quick oven; sift sugar over them before they are set in the oven.

Sauce for a BISK of Fish.

To a pint of gravey allow two or three spoonfuls of mushroom ketchup, and a couple of pickled mushroom, a gill of white wine, a couple of anchovies shred, some cloves and mace, and an onion, and a slice of lemon with the peel.

Boil these together for seven or eight minutes, then take out the lemon and onion, and thicken the liquor with two or three pound of butter rubb'd in flour, Then add to it the body of a lobster or crab, oysters, shrimps, and mushrooms, and it is ready to pour over the fish; tho' some serve it in basons.

The fish being well dispos'd in the dish, garnish with fry'd bread, fry'd parsley, lemon slic'd and pickled, horse-radish scrap'd, red beet-root slic'd, and serve it up hot.

BITTERS to be drank with Wine.

To a quart of clean spirits or good brandy, put an ounce of *Gentian* root sliced; an ounce and half of dry'd orange peel, and one dram of *Virginian* snake-root; add to this half a dram of *Cochineal*, and half a dram of loaf-sugar, with
a dram

a dram of loaf-sugar, which last will heighten the bitter to admiration. A little of this bitter in a glass of white wine, will create an appetite.

An excellent AROMATICK BITTER.

Take of *Gentian* root four ounces, slice and cut it small; orange-peel dry'd and cut small two ounces, *Virginian* snake-root an ounce; *Cochineal* a little bruised and saffron, of each four drams. Infuse these in two quarts of *French* brandy for a week or 10 days, then strain off the clear tincture for use.

You may afterwards make a second infusion from the same ingredients by putting to them a quart more of brandy, which will be a good bitter, tho' not altogether so strong.

You may also if you please, add to the first infusion *Centaury* and *Roman* wormwood, of each a pugil, which will add to its bitterness, and make it a better stomachick.

But if instead of these you add an ounce of the root of *Cassumunar* or *Zedoary*, it would much improve it.

BITTER WINE.

Take *Gentian* root a dram and a half; *Centaury*, *Camomile* flowers, tops of *Carduus*, *Roman* wormwood of each three drams; *Rhubarb* one dram, yellow peel of orange half a pound; *Cloves*, *Mace* and *Nutmegs*, of each one dram; infuse all these two days and nights, and then strain it; drink a glass fasting and another before dinner or supper. If you think proper you may add two ounces of filings of steel.

BLACK-BERRY WINE.

Take ripe black-berries, and bruise them before you put any water to them; and to every quart of berries (measured before they are bruised) allow a quart of boiling water; let them stand 24 hours, stirring them about two or three times a-day. Then pass the liquor through a hair sieve, and to every gallon allow two pounds and a half of powder sugar, let it stand 24 hours or more in the vessel unstopt, and stir it now and then; then stop it up well and let it stand for three months, then draw it off into a clean vessel, and put a lump of sugar into it. Stop it up close, and in a weeks time, if it be fine enough it may be bottled off.

This wine, if it be well made and be allowed time to ripen and deposite its more fixed and earthy parts, comes the nearest

rest in taste and goodness to *French* claret of any that can be produc'd from fruits of the *English* growth.

Another Way.

To every three quarts of *Black-Berries*, allow two quarts of spring-water; first boil the water and let it stand till it is cold; then pour it on the berries, and let it stand for eight hours; then draw off the liquor while it will run clear, and strain the rest through a jelly bag, and to every quart of this liquor put three quarters of a pound of good sugar; put it in a cask, stop it up close, and after it has stood three months, clear it from its settlement, and filter the settlement through a bag; clean the same cask well, and put the wine up again with a lemon slic'd, and add to each gallon of wine half a pound of loaf-sugar, then let it stand till *March*, and bottle it off.

BLACK PUDDINGS, *an excellent Way.*

Boil the umbles of a hog till they are very tender, and take some of the lights and the heart and all the flesh about them; take out the sinews, and mince the rest very small, do the like by the liver; add the yolks of four or five eggs, a pint of sweet cream, and a quarter of a pint of canary, a little rose water; season with a nutmeg grated, cloves, mace and cinnamon finely powdered, and a few carraway-seeds, a pretty quantity of hogs fat and some salt, roll it up about two hours before you put it into the hogs guts; and having rins'd the guts in rose-water, fill them with your meat.

BLACK PUDDINGS, *to make, a la mode de FRANCE.*

Take the blood of an hog before it is clotted; put it into an earthen pan with a little milk, and a spoonful or two of good fat broth, season them with salt, pepper and a little thyme, adding the leaf of the hog chopp'd small: The guts having been well cleansed, fill them with the aforesaid meat; then boil them, pricking them to let the wind out, or else they would burst; and when nothing comes out but the fat they are enough; then broil them and eat them hot.

The BLADDER is subject to the *Gravel*, *Stone* and *Ulcers* which cause a weakness or stoppage of urine, either with or without pain.

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The stone in the bladder is sometimes convey'd thither from the kidneys thro' the ureters; or else it is bred there from a gross and very crude humour, which flows from the veins with the urine into it; and there becomes dry and hardened with heat.

The signs of the stone in the bladder are the pains which the patient feels in the neck of it, when he goes to make water, a great itching at the end of the yard, an inclination to make water and to go to stool, without being able to do either the one or the other; a great uneasiness either in walking, standing, sitting or lying down,

The cure for the gravel or stone in the kidneys, will also serve for the same in the bladder: and you ought to remember that when you are about to bring away the stone in the bladder, you should always begin with light opening barley-waters; and these are to be taken always fasting, or four hours after meals.

The following Prescriptions may be safely us'd.

1. Take two drams of the powder of wood-lice, in an ounce of brandy, and a pint of the decoction of chich-peas: Divide this quantity into half, to be taken two mornings together fasting. Or,

2. Take a dram of the powder of wood-lice, and half a dram of the shells of new laid eggs; mix them together in a glass of wine, and add a spoonful of the juice of white onions.

3. Let the patient drink a glass of distill'd onion water, every morning for six weeks together.

4. Chop very small two ounces of the roots of *Celandine*, and infuse them in a pint of white wine, and let the patient take half a glass of it every morning fasting, and the longer he continues the taking this remedy, the more good he will find by it.

But if none of these medicines succeed, then recourse must be had to cutting.

A BLANC MANGER, or BLAMAGE.

Steep two ounces of *Isinglass* all night in rose-water; then take it out and put a quart of milk to the water, and five or six leaves of laurel, breaking the leaves in two or three pieces; boil this till all the *Isinglass* is dissolv'd, and the milk wasted to the quantity of half a pint; then add to it a quart of cream, making it boil for half an hour; then straining it through a
thin

thin strainer, and leave as little of the *Isinglass* in the strainer as you can; sweeten it to your taste, and add a little orange-flower water; pour it out into a *China* dish or broad earthen one, and the next day when you are to use it, cut it with a small jagging iron into long slips, and lay it in knots on the dish or plate it is to be serv'd up in.

BLEACHING or WHITENING *Linnen*.

As they come from the loom, while they are yet raw, lay them in steep a day in clear water; then wash them out of their filth, and throw them into a bucking-tub, fill'd with a cold lixivium or lye. When you take them out of the lye you must wash them in clear water again, and spread them on the grass, and water them from time to time with water. Whitsters who have meadow grounds on purpose, interspers'd with little dikes or canals, water the cloths lying on the grass with little wooden scoops.

After they have lain a certain time on the ground, you are to pass them through a new lye pour'd on them hot, then you must wash them out again in clear water, and spread them on the ground a second time, and repeat every thing as before: Afterwards you are to pass them thro' a soft gentle lye, to dispose them to resume the softness, which the fore-mentioned harsher lyes had taken from them, and then to wash them again in clear water with black soap, and that soap is again to be wash'd out in clear water: Then having ready cows milk that has stood till the cream has gathered, which being well skimmed off, steep the linnen in it, and this finishes the whitening, and then scouring gives them a softness, and makes them cast a little nap. When they are taken out of the milk, they are to be wash'd again in clear water for the last time.

When all this has been done, you may give the linnen its first blue by passing it through a water, in which a little *Starck*, *Smalt* and *Dutch Lapis* have been steep'd.

In the last place the proper stiffness and lustre may be given with *Starck*, *pale Smalt*, and some gums, the quantity and quality of which is to be proportion'd to the quantity and quality of the linnen.

In fine weather, the whole process of *bleaching* linnen may be perform'd in a months time; but in bad weather it will require six weeks and sometimes more.

To BLEACH or WHITEN coarse Linnen.

When these come from the loom they are to be laid in wooden troughs full of cold water, where they are beaten with wooden hammers, work'd by a water-mill, and by this means are wash'd and purg'd of their filth, then they are to be spread on the ground, to receive the dew for eight days, which takes off more of their rawness; after this they are to be put in wooden tubs, and hot lye is to be poured on them. Having been thus lixiviated they are to be returned to the mill and cleans'd, then laid on the ground again, and having lain eight days more, are to pass through a second lye, and all things before-mentioned repeated, they will have their just degree of whiteness.

To BLEACH Woollen Stuff.

Stuffs are whitened after three manners. The first is with water and soap, the second is with the vapour of sulphur, and the third is with chalk, indigo and vapour of sulphur.

As for the first manner; when the stuffs are come from the fulling-mill, they must be put into soaped water pretty hot, and work'd a-fresh by force of arms on a bench, which finishes the *whitening* that was begun by the fulling-mill; and lastly they are to be wash'd out in clear water and dry'd, which is call'd the natural way of *Bleaching*.

The second method of *bleaching* stuffs is begun by washing the stuff in river water, and afterwards hanging it to dry on poles, till being become half dry, when it is to be hung up in stoves, well closed, wherein sulphur is burnt; the vapour of which diffusing it self, it sticks by little and little all over the stuff, and gives it a fine *whiteness*. This is commonly call'd *Bleaching by the flower*.

The third method is; the stuffs are first wash'd, and then thrown into cold water, impregnated with *Chalk* and *Indigo*, in which they are to be well agitated, and then wash'd again in *Elder-water*, and then hung on poles till they are half dry, and afterwards hung up in a stove to receive the vapour of the *Sulphur*, and this finishes the *bleaching*.

But this method of *bleaching* is not esteemed the best, tho' it is agreeable enough to sight: And besides when a stuff has once receiv'd the steam of sulphur, it will scarce receive any beautiful dye, but *black* and *blue*.

BLEACHING *raw Silk.*

Put it into a thin linnen bag, throw it into a vessel of boiling river water, in which soap has been dissolved, and then boil'd two or three hours, the bag being turned several times; then it is to be taken out and beaten, and wash'd in cold water, wrung out slightly and thrown into a vessel of cold water mix'd with soap and a little indico, the indico gives it the blueish cast, always seen in white silks.

After it is taken out of the second vessel, it is to be wrung out so as to free it entirely from the water and soap, and shook out to untwist and separate the threads, and then hung up in a kind of stove made on purpose, in which sulphur is burnt; the steam or vapour of which gives the last degree of whiteness to the silk.

BLEEDING, *to stop immediately.*

Dip a piece of black bays in the sharpest vinegar, and lay it to the patient's groin, as it grows warm dip it again.

It gives a sudden check, and is the practice in the *West-Indies* among the Blacks, who are subject to this distemper, and often lost by the violence of it. And this does seldom fail in extremity.

BLIND NETTLE, call'd also *Pile-wort*, or *Fig-wort*, is of a heating, drying, digestive and incisive quality; it is very bitter, and the chief use of it in physick, is for the king's evil, piles, and the cures of ulcers in the *Anus*.

It is also good in cancerous ulcers, in the *Itch*, and being apply'd outwardly, is singular good for glowing and malignant ulcers.

The root being reduc'd to a fine powder, and taken to the weight of a dram, is good to kill the worms, and being fresh is exceeding helpful in the evil and piles.

To make an ointment of it for these distempers, do as followeth.

Pound the root well with fresh butter; put it into a new earthen pot, cover it close, and set it in a moist place for 15 days; then melt the butter over a gentle fire, and put it up for use.

BLUE BOTTLE, is of two sorts, the great and the small; both the one and the other are of a cold, dry nature, and sovereign in inflammations of the eyes.

There is a water extracted from them, especially the great, which being suffered to digest two or three days in a sufficient quantity of rain or snow water, before it be quite dry, strengthens the sight, so that you may readily quit your spectacles. The eyes are to be bathed with this water, and a little is to be suffered to enter into them.

A glass of that decoction being mix'd with as much of that of *Plantane* or *Shave-grass*, or great *Groundsel*, being drank, will stop the spitting of blood.

BOTTLING of Beer.

Take clear water, or such as is impregnated with the essence of any herb, and add half a pound of *Nevis* sugar to every quart of water; boil it gently and scum it; then add a few cloves, and let it stand fit to put yeast to, and when it works, scum off the scum again, and while it is in a smiling condition, put three spoonfuls to each bottle, fill them and cork them down.

A few crystals of *Tartar* do also very well in bottled beer, adding a few drops of the essence of barley or wine.

BOTTLING of Cyder.

If bottles are musty, put them into a vessel of cold water, to prevent their cracking; boil them, and when you take them out, set them on straw or something soft, and not on the hard and cold ground.

If you bottle cyder that is new and not absolutely fine, let the bottles stand a while before you stop them close, or else open the cork two or three days after, to give the cyder air, which will prevent the breaking of the bottles, against the next turning of the wind to the south.

The poorer cyder is more apt to break the bottles than the richer, being of a more eager nature, and the spirits more apt to fly, having not so solid a body to detain them, as richer cyders.

If any of the bottles break through the fermentation of the cyder, open the corks of the rest, and give them vent, and stop them up again a while after.

If the corks are steep'd a while in scalding water before they are us'd, they will the better comply with the mouths of the bottles, than if forced in dry; the moisture also of the cork does much contribute to keep in the spirits.

Therefore the laying of the bottles side-ways, where the liquor

liquor is fine, so that the raising of them may not disturb the settling, nor the lye beget any new fermentation in them, is a great advantage to any liquor.

The Method of colouring BRANDY.

You must take notice, that all brandies when first made are as clear as water, and do grow higher coloured by long keeping; but are artfully made of any colour by several ways.

To make a light straw-colour, use *Turmerick*, or you may use a little *Treacle*; but the best way is to give it a colour or tincture with a little burnt sugar, made to a consistence; or syrup of elder-berries may be us'd, which gives an admirable colour, and may be made deeper or lighter, according to the quantity put in.

BRAWN. For this you should make choice of an old boar, for the older he is, the more horny will the brawn be.

For the feeding of the boar, you must be provided with a *Frank* (as the farmers call it) built very strong, to keep him in.

The *Frank* should be in form, something like a dog kennel, a little longer than the boar, which is to be put up so close on the sides that the boar cannot turn about in it; the back of the *Frank* must have a sliding board to open and shut at pleasure, for the conveniency of taking away his dung, which should be done every day.

This *Frank* should be in some place distant from other hogs, so that he may neither see nor ever hear them, for if he does, he will pine and lose more flesh in one day than he will get in 10.

He must be fed plentifully with peas, as many as he will eat; and skimm'd milk or flitten milk.

This must be done till he declines his meat, or eats but a very little of it, and then the peas must be left off, and he must be fed with paste, made of barley meal, made up into balls as big as large hens eggs; but still continue to give him skim milk, and in a little time you will find he declines that likewise, which when he does, he is then fit to be killed for brawn.

While he is thus feeding, you must take care that he has always meat before him, for neglect in this will spoil the whole design.

The Method of preparing BRAWN.

The boar being killed, it is the flitches only without the legs that are made brawn, the bones of which are to be taken out, and then the flesh sprinkled with salt and laid in a tray, that the blood may drain off; then it is to be salted a little and roll'd up as hard as possible; so that the length of the collar of brawn, be as much as one side of the boar will bear, and to be, when it is roll'd up, 9 or 10 inches diameter.

The collar being thus roll'd up, is to be boil'd in a copper or large kettle in a good quantity of water, till it is so tender that you can run a straw through it; then set it by till it is thoroughly cold, and put it into the following pickle.

To every gallon of water put a handful or two of salt, and as much wheat bran; boil them well together, then drain the brawn as clear as you can from the liquor, and when the liquor is quite cold, put the brawn to it.

This pickle must be made a-fresh for it every three weeks.

Some put half small beer and half water, but the small beer must be such as is brew'd with pale malt.

N. B. The boars-head being well clean'd, may be boil'd and pickled as the brawn is done.

BRAWN of PIG, to make.

Let the pig be pretty large and fat; but by no means spotted, scald it, draw and bone the whole, except the head; then cut it into collars overthwart both the sides, wash it and let it lie in soak two hours in salt and water, dry it with a clean cloth and season the inside with salt and lemon peel mingled, and roll the two sides up even at both ends; put them up into clean cloths, and tie them about very tight; make your water boil, put them in with some salt, keeping the pot clean scummed, and when boil'd enough hoop them and keep them in an even frame, and when they are grown cold, put them into a souce drink, made of whey and salt or oatmeal boiled and strained; and then put them into such vessels in which they may be closely stopp'd up from the air,

BRAWN, to Souce.

Take fat brawn about three years old, cut the head close to the ears, and bone the sides, and cut fine collars of a side bone and hinder legs, an inch deeper in the belly than in the back; bind them up equally at both ends, and lay them in
fair

fair water and salt for 24 hours; then having boiling water ready, put them in, keeping the pot continually scummed; and after they have had one brisk boiling, let them boil but leisurely, and as the water boils away put in more, and so lessening the fire by degrees let them stand all night. When they are between hot and cold take them out, put them in hoops; bind them about with pack-thread, and put them into a souce drink made of oatmeal, either ground or pounded, and bran boil'd in fair water: When it is cold strain it thro' a sieve, and season is with salt and vinegar; close up the vessel tight, and keep it for use.

If you would have this pickle to continue good, and the brawn preserv'd through the whole year, put to it a quart of spirit of wine or strong brandy to every gallon of souce drink,

BREAD. That which is made of good wheat, well leavened and baked, seasoned with a little salt, is generally reputed the best; but that which is not thoroughly kneaded and bak'd, and without salt is accounted very unwholesom, especially to those who inhabit in smoaky cities.

Also unleavened bread, and cakes bak'd under the ashes, is not good, in that it is apt to cause obstructions and is hard of digestion.

Bread made of *Darnel* and *Cockle*, procures the head-ache, injures the sight, and makes the eyes dazzle; and bread made of *Spelt* is hard of digestion,

Of the three parts of bread reckoned, the crust, the crum and the pith, the crust is the best, of the most solid nourishment and the most wholesom.

We have bread made of several sorts, as wheat, rye, maslin, barley, oats, vetch, and other grains to help out, especially by poor people, and in a time of scarcity.

Authors are of opinion, that that corn that grows in gravelly and light grounds, whose stalk is thick and strong, is much better to make bread of than that which grows in deep and low grounds, which is subject to be lodg'd, and has a long and weak stalk.

New corn always makes the most agreeable bread in point of colour, and better tasted than that made of old corn; but at the same time it yields more bran, by reason that old corn having been often stirr'd in the granary, looses much of its husky part, which crumbles into dust.

That corn which is ground the quickest is the best; because the precipitation crushes the corn the better, without grinding the bran, than that which is ground slowly; and old ground flour, especially that which has been ground a month

before it is us'd, is more profitable than that which is new ground.

Flour ought to be well laid up in bins or casks, and kept close from the air, and in excessive heats of summer, set in a cellar or some other cool place, which is best to keep it well.

Water is one of the principal things necessary in making good bread, therefore great care should be taken in the choice of it (if that can be done) that water which is the lightest is the best; and if you have a mind to make trial of them, you may weigh a pint of them, whether river, spring, pool or rain water.

As for common bread, the more wheat there is in it, the better it will be.

As for the oven, that should be built very thick, and of good mason's work above, below, and on the sides; the mouth should be narrow, the vault low, and care should be taken that it be evenly heated, and long a heating, that the heat may penetrate the walls.

Pieces of thick dry wood, and especially of beech, are better for heating an oven than faggots or other fuel, because they produce too much ashes; which should be frequently taken off the hearth, that it may be evenly heated with the rest; and the hearth will be better when made of plain earth, than when pav'd or laid with square tiles.

As for the manner of working the dough, see the article BAKING.

In heating the oven, care is to be taken that the wood does not burn every where at the same time; but sometimes on one side, and sometimes on another.

You may know when the oven is hot enough, by frapping a pole against the hearth, &c. because if it be hot enough sparks will arise; then taking out the brands, sweep it clean with old linnen cloth, at the end of a pole, and wetted in fair water; but wrung before you use it: The oven being swept clean, stop it up, and let the heat abate a little, otherwise it will turn the bread black; then opening it a little after, set the bread in as quick as you can, setting the biggest loaves on the bottom and sides of the oven, and finish in the middle.

When the bread is set in, stop up the oven very well, and hang wet linnen cloths about it, in order to preserve its heat.

Large loaves will require about four hours baking; and to know whether the batch be sufficiently baked, you may take out one loaf, which you may try by frapping it with your fingers, and if it resound, it is time to draw, for if the bread

bread be let stand longer in the oven, after it is sufficiently baked, it will become red on the inside, nor will the taste be so pleasant.

Having drawn your bread, lay it down on that part which is most bak'd, that it may soften as it cools, and if it is equally bak'd in every part, set it against a wall, and on that side that seems to be most bak'd; and let it be cold before you set it up in bins, &c. and then always sideways, that they may equally receive the air; and set them in a proper place to preserve them from growing mouldy.

Those loaves ought to be first eaten that are worst made, and less bak'd; for those that are most baked will grow softer in time.

That bread which is most bak'd is easiest of digestion, because what the heat does in baking, forwards the comminution of the most viscid parts, which is to be finish'd in the stomach; the salt and heat, and whatever is added to it as leaven, to give it a gentle ferment, very much assists to the same end, therefore the lighter it is the better.

All stale bread being set into an oven again, will in some measure recover the goodness it had lost since it had been first bak'd; and provided it be eaten soon after it has been drawn a second time, it will seem to have been new made; but if it be kept long, it will grow much less than before.

There is another sort of bread made, which some persons recommend as better, which will keep a month longer than the common sort of bread; in which there is us'd *Citruls*, boil'd so long in common water, till the water becomes clammy; and the flour being kneaded with it, will besides the other good qualities mentioned, yield a quarter part more; it is of a yellow colour, and good for those that want cooling, and to keep the body open.

Some having procur'd a number of snails and caus'd them to cast their slime, dry them and pound them to powder, with which they make a bread, a piece of which (they say) being eaten, will sustain a man eight days, without eating any more.

To make an Old English BREAD PUDDING.

Grate all the crum of a penny-loaf, and pour upon it a pint of boiling milk or cream; cover it and let it stand to scald; beat the yolks of five and whites of three eggs; with salt and sugar a little of each; strain this to the bread and milk; when that is pretty cool, grate in a nutmeg, and mix

all well together, pour it into small wooden dishes that have been buttered, and are of a size, tie them up in cloths, but flour the cloths first, very tight. They will require an hours boiling.

You may if you please in the spring, add juice of *Spinage*.

FRENCH BREAD.

To two quarts of flour, put six spoonfuls of ale yeast, of milk and water, warm'd in equal quantities; a bit of butter, of the quantity of two good walnuts and a little salt, make them pretty light and drop them on tin-plates, set them before the fire to rise, then bake them in a quick oven; rasp them.

Some put the yolks of six and the whites of two eggs to this quantity; but others think the eggs take from the shortness of it, and make it tough.

For a SORE BREAST.

Take *Smallage*, *Spear-mint* and *Wormwood*, of each a good handful; boil all in milk, and thicken it with oatmeal to a poultice, and lay it on the breast as hot as it can be borne, and when it grows hard or dry, repeat it again. This will either break the breast, if there be occasion, or heal it without any other salve.

SHORTNESS of BREATH.

Take half an ounce of powder of *Elecampane* root, an ounce of powder of *Liquorice*, and the same quantity of flour of *Brimstone* and powder of *Aniseed*, and a quarter of a pound of *Sugar Candy* powdered; make all up into a mass, with a sufficient quantity of *Tar*, of which take four pills when you are going to rest.

This is likewise an excellent medicine for an *Asthma*.

Another for the Same.

Take *Elecampane* root finely powdered, and flour of *Brimstone* in equal quantities; mix them into an electuary with clarified *Honey*, and take it whenever you are seiz'd with the cough, or find a difficulty of breathing.

Another

Another Way.

Take *Elecampane* roots two ounces, *Hysop* and *Ground Ivy*, of each two handfuls, *Saffron* half an ounce: Boil these in four quarts of water, till about half is consum'd, strain it, and sweeten it with sugar candy, of this take three spoonfuls very frequently.

Another Way.

If the breath be very bad, it will be best for the patient to lose nine or ten ounces of blood, if he can bear it, before he takes the following medicine, which is a pretty hot one.

Then let him take a couple of spoonfuls of syrup of *Garlick*, or the cloves of *Garlick* preserv'd, both are very good.

Another for the same.

Take a spoonful of *Linseed* oil new drawn, the first thing in the morning, and the last at night.

Another of the same, especially for young Ladies

Take *Annis-seeds*, and *Caraway* seeds, of each an ounce, *Liquorice* half an ounce, one ounce of prepar'd *Steel*, one large *Nutmeg*, and two ounces of double refin'd sugar, reduce all to a very fine powder, and take as much as will lie on a shilling in a morning fasting, and at five in the afternoon, and use exercise.

BREW-HOUSE, or place for brewing, should be so situated that the smoak may not be an annoyance to any of the apartments of the dwelling-house; the furnace should be made close and hollow, for saving the firing, and having vent for the passage of the smoak, that the liquor may not be tainted thereby; and a copper is better than a leaden boiler. The mash fat ought to be placed near to the head of the cooler, and the cooler near to the mash fat, and the guile-fat under the cooler, and all your clean tubs for receiving the worts and liquors, should stand near the mash fat and cooler.

In order to brewing good drink, great care is to be taken in the choice of the water, malt, and hops, and no less in the manner of mixing and fermenting them.

1. As to water, pond water and other standing waters in fat grounds, if clear and sweet, will make stronger drink with less malt than will pump or conduit waters; tho' any of those waters are good that will bear soap and lather without breaking.

Rain-water which lathers the best of any, if it be saved from lead, where it brings no salt from the mortar over which it may pass, will do very well for brewing ale that is to be drank new; but will not be proper for drinks that are to be long kept, it being very apt to change; and unless it be kept cool and in great quantities, as is done in the leaden cisterns at *Amsterdam*, will corrupt and putrify sooner than any other water.

As for *Thames-water*, if it be taken up about *Greenwich* where it is free from all the brackishness of the sea, and has in it all the richness and suillage of the city of *London*, will make a very strong drink.

This water being carried to sea, will of it self alone ferment admirably; and after it has had its due purgations, and has stunk three times, it will continue sweet, and will be so strong, that several sea commanders assert, that it would fuddle their men, and even burn like brandy.

But notwithstanding it is generally allow'd that *Thames* water is by no means proper for brewing strong beer to keep; for tho' the drink that is brew'd therewith be never so clear it will be apt to ferment and grow foul upon every considerable and sudden change of the weather.

And this may be taken for a rule, that no malt drink is truly good, which is not perfectly fine.

The best liquor for brewing, is that of a small clear rivulet or brook that is undisturb'd by navigation or fording; and that is taken up in dry weather, when the banks have not been wash'd by rain.

Some are of opinion that the best water in *England* is that at *Castleton* in *Derbyshire*, commonly call'd the *Devils-arse* in the *Peak*; which ouzes out of a great rock cover'd over with a shallow earth, bearing short grass at the top.

It is scarce credible that such a quantity of water should draw through such a vast quantity of one rocky stone, if it were not visible to the sight of any one that goes into *Pool's hole*, how the water is continually dripping through the top and running down the sides, till it makes a kind of chrystal rivulet at bottom of that prodigious rocky concave.

Ale brew'd at *Castleton*, has been found as clear in three days after it was bared, as the spring water it self, and so

so that it has not been possible by the eye, in a glass, to distinguish it from a glass of canary.

Those who brew, should if they can have choice, be as curious in chusing their water as may be, for some waters will never make good ale or strong beer; but however, if the best water cannot be had without great trouble and charge, the best water that is to be had near at hand may serve well enough for second and third worts, which are to be quickly spent and for table-beer.

Dr. *Mead* is of opinion, that the inhabitants of *London* are in the wrong in brewing beer of stagnating and impure well water; indeed he owns that such water has a greater force and aptness to extract the tincture of malt than that of soft waters and rivers; but that for this reason it ought not, unless upon meer necessity to be made use of; because this quality is owing to the mineral particles and aluminous salts, with which it is impregnated.

As for the *Malt*, those of the north country are esteemed the best; as *Nottingham*, *Derbyshire*, *Leicestershire*, *Lancashire*, &c. are accounted the best, especially for ale; but are generally flack dried for brewing *March* and *October* beer, which ought to be kept at least six months before it is drank.

The goodness of the northern malts is owing partly to the grain it self, that growing on grounds that have more rest than in more southern countries, where the rents are higher and the grounds more worn by continual sowing, and partly from the making of it, for they allow more time in malting than in other places, and dry it more leisurely, with pit-coal chark'd, which in some places, and in others *culm*; which is sweet and give a gentle and certain heat.

Whereas in the southern parts of *Britain* many dry their malt with straw, with which it is no easy matter to keep it in a moderate equal heat: And in the western counties, they do it with wood which gives it an ungrateful taste to such as are not familiariz'd to it by custom.

Besides in the north countries, they do not run out their malt to such lengths in malting as in other places; and also set their upper millstone so high in grinding it, that it only breaks off the tops of the clevel, which contributes much to the making their drink so fine.

Some say that malt mix'd of several kinds make the best drink, and that it ought to be ground in the sacks three or four days before it is us'd.

3. As for hops, chuse such as are of a bright colour, well scented,

scented, well dry'd, cured and bagg'd, and about a year old ; which are generally the best.

The ingredients being prepar'd, the liquor or water should first be made to boil as soon as can be, and when it has been brought to boil with the greatest violence, the fire must be damp'd or put out, or the liquor presently emptied out into some proper vessel, to stand to cool till the height of the steam or vapour be so far diminish'd, that a person may see his face in it ; then put it into a mashing tub to the malt, such a quantity only as that it will be so thick that you can but just row it up, and so let it remain a quarter of an hour ; then put in another portion of liquor to it, and row it well a second time, for the adding the liquor to the malt gradually will better extract the virtue of the malt ; then add the remainder of the liquor : After this let it stand two or three hours, more or less according to the strength of the wort or difference of the weather, and set it a running into the receiver ; and afterwards mash again so the second wort, which ought to be somewhat cooler than the first, and must stand but half the time : Then add these two worts together, and put in the quantity of hops you design and the liquor into the copper ; to which you should put on a blind head fitted ; shut up all fast, that nothing may evaporate, and let it gently boil for the space of an hour or two, according to the goodness or badness of your menstruum is ; then remove the lid and let the liquor into the receiver and strain the hops from it into the coolers ; and then you will have wort wherein the whole virtue of the grain or hop is, let it stand till it is fit for barm, and when it has work'd tun it up.

If it be design'd for small beer for servants, it must be mash'd a third time with liquor almost cold, and let to stand three quarters of an hour and not longer ; then hop it and boil it at discretion ; and if this liquor be a little austere and harsh it may be moderated with a little molosses or honey, and being boil'd with hops, wormwood, or any other preserving herb, it will be an excellent drink.

As for double ale and beer, the two first worts are to be used instead of liquor to mash again with fresh malt ; and then it only extracts the sweet, friendly balsamick qualities from it, its hunger being partly satisfied before ; by which means its particles are rendered globular, so as to defend themselves from corruption ; for being thus brew'd, it may be transported to the *Indies*, and will keep in its full goodness, nay it will rather grow richer than otherwise ; for which reason it is necessary it should contain three times the
strength

strength of the single beer, if not extraordinary well brew'd will soon corrupt, rope, and sour.

If the first wort be design'd for strong ale, or *March* or *October* beer, you may allow a bushel of malt to every five gallons of drink, or 11 of malt to every hogshead of ale or beer.

But you ought to take notice, that in so great disproportion of malt drink as eight to five, almost a third part of your first liquor will be absorb'd by the malt, never to be return'd, and about a sixth part is to be allow'd for evaporation in boiling; so that if you would have a hogshead or 54 gallons of clear drink from your first wort, there must be near 90 gallons of liquor be put in your malting tub.

But as for the second or third worts, the malt being wet before, there need be no more liquor put on it, than you intend to have drink; allowing about a tenth part for waste, that not requiring to be boil'd so long as the first wort,

And there may of the second wort, be made a hogshead of good middling beer or ale, as strong as the common ale-house drink in *London*: And of the third wort, may be made a hogshead of good small-beer.

In this case, we propose the drawing of three worts, because of the great quantity of malt us'd in a small quantity of liquor; but otherwise in ordinary brewings, where you aim not to have such very strong drink, six or seven bushels of malt, will make a hogshead of good strong, and another of small-beer; and such brewings, two moaks's or mashes, will extract the virtue of the malt, as well as three of the other.

The proportion of hops, may be half a pound to a hogshead of strong ale; and one pound to an hogshead of ordinary strong beer for present spending; and two pounds to an hogshead of *March* or *October* beer; and as for the after-worts which are not to be kept long, the hops of the first wort are sufficient to be boil'd with them.

If a larger proportion of hops be put into the first wort, boil'd all the while, they will make the beer too bitter; but you may double the proportion by taking out the first parcel when the wort has boil'd half the time you intended it, and then adding the same quantity of fresh hops; and boil them till the wort comes out of the copper. So much for the quantities.

As to the putting the Materials together.

First put the liquor into the copper, then strew two or three handfuls of bran or meal to hasten the boiling of it, for otherwise the liquor of it self will be the longer before it boil.

But you ought to take your liquor out of the copper when it begins to simmer, and not suffer it to boil, if it be only to save the expence of firing and time, since you are not to put it boiling hot into the malt, which would make the malt cake and clot together, and the most floury part of it run whitish, gluey, and fizy, which if so will never give out its virtue equal to the liquor.

It is the custom of many persons, first to put the malt into the mash fat, and so pour the liquor upon it for the first wort, which indeed is necessary to be done in the second and third worts; but the contrary practice of putting in the liquor first, has the following advantages.

1. You can then guess when your liquor is just cool enough to be mingled with the malt.

2. In pouring the malt upon the liquor, it remains the longer hot, and the malt sinks gradually distributing the strength to the liquor equally without matting; and if the malt does not descend fast enough of it self, you should press it down with your hand or rudder. This ought to be done gradually.

And after the malt is settled and the liquor appears above it, you are to put in as much more hot water out of the copper, as will make it up 90 gallons for one hoghead; and then keep it stirring continually in the mash fat for two hours.

This being done, pull out your rudder and puting a little dry malt on the top, cover it close, and let it stand undisturb'd half an hour, that it may run off clear, and the malt being sunk to the bottom, the liquor that was at the top will run through it again, and bring away with it the strength of the malt.

After this open your tap-staff, and let out about a gallon not into the tub underneath, or under back which is to receive the wort, but into a bucket or pail, and put it up back again, stopping the tap-hole.

This may be done two or three times, till you find it runs clear; throughout the whole course of your brewing, you must do all you can to promote the clearness and fineness of the drink.

As to the Fineness and Clearness of Drink.

Much the best drink is made in the north of *England*, and there they take the utmost care to make their drink fine; in order thereto, they let their first wort stand in the receivers till it is very clear; and the gross parts be sunk to the bottom; this takes up about three hours in summer, and about ten or eleven in winter; which they call blinking: After this, they lade only the clear wort into the copper, leaving the sediment behind.

When all is run out into the receiver or under back, they lade or pour out the second liquor, order'd so, as to be just then ready to boil on the moaks: and putting the first wort into the copper again; they boil it pretty briskly, which boiling, the hops being put on, it does much hasten; for about an hour and an half, if it be *March* or *October* beer to be kept long, and an hour for strong ale that is to be drank new.

The wort ought rather to be boil'd moderately fast for the time, than to stand long to simmer, that it may waste the less, and it also will ferment the better after boiling that time, than simmering a longer.

The first wort being thus boil'd, is to be pump'd or laded off into one or more coolers, in which the suillage is to be left behind, taking care to let none run off but the fine.

The more coolers it runs into, and the sooner it cools (especially in hot weather) the better the drink will be.

Let it run from the cooling backs into the tun very cool, and set it not there to work in summer, till it is as cool as water; but in the winter it must be near blood warm at the least; the bowl in which the yeast is put in order to set it a working, must have a mixture of wort hot enough to make it all ferment.

When you see it begins to work up thick to a yeast, mix it again, and when it has wrought it self a second time to a yeast, if it be ale and for present or speedy drinking, then beat in the yeast every five hours for two days together in the summer time or more, in the winter, three or four, or according as the weather is, covering the fat close that it fall not in the working tun.

When the yeast begins to work sad, and upon turning of the hollow of the bowl downwards, sticks fast to the inside, cleanse the rest into the vessel, leaving all the dregs in the bottom of the tun, putting up none but what is clear; and after

after it has fermented a few days in the cask, it will be fine and fit for drinking.

If you brew in *March* or *October*, and hop it for long keeping, you are then upon its second working up to a yeast (after you have beaten it in once) to put it up into your vessel with the yeast in it, filling it up still as it works over, and leave a good thick head of yeast to stop it up, when you stop it up.

For *March* and *October* beer it will be requisite to have large vessels well bound with iron hoops containing two, three or four hogsheads, if you brew so large a quantity; this sort of drink keeping, digesting and mellowing best, being kept together in large quantities.

If the vessels be not hoop'd with iron, this *March* beer will be in danger of being spoil'd or lost; to leave the vent peg always open palls it, and if it happen to be fastened but six hours together in the summer, a sudden thunder or stormy night, you may perhaps the next morning find an empty vessel, and a cover'd floor.

Some will have it that *March* is the best month in the year for brewing; but it has been found by experience, that *October* being succeeded by so many cold months to digest it in, proves the better drink by much, and does not require so much watching and tending as *March* beer does, in opening and stopping the vent-hole on every change of weather.

As to beer of five or ten or more years old, it is true, more malt and hops as has been before proposed, will keep drink but to small purpose; *March* beer broach'd at *Christmas*, and *October*, at *Midsummer*, are generally at the best; but will keep very well in bottles a year or more; but the bung-hole ought to be stop'd close, not with clay but with cork, and let there be a little vent-hole stop'd with a spile near the bung-hole; which should never be pull'd out but when a quantity is drawn off together.

And by being kept so close stop'd, it will flush violently out of the cock for about a quart, and then stop on a sudden, and pearl and smile in a glass like bottled beer, altho' it be in winter.

But if the vent-peg be once pull'd out to draw a quantity, it will lose its briskness and be some time before it recover it.

It is imagin'd that the Reason why common brewers seldom brew good drink, is the under boiling of their strong worts, therefore to remedy this, some have boil'd it three hours
without

without any advantage but to their detriment, which is three times as long as is requisite; but the chief reason is, that they wet more malt at once than they have vessels and servants to work it well, and set it cool enough to ferment kindly: and besides brew so often, that they have not sufficient time to cleanse and scald their brewing vessels and barrels, and allow them due time to dry; but that they retain such a restiness, that they will spoil and sour the drink.

A good sort of drink may be made not only from malt, but it may be also made from *Molosses* in the manner following.

The liquor is to be prepar'd in the same manner as for brewing beer, and eighteen or twenty gallons of liquor to half an hundred of molosses, which are to be put in, and stirr'd well together till they are sufficiently incorporated.

Thus it is to be put into the copper, with a pound and an half of *Lignum Vitæ*, half a pound of dry'd *Balm*, and two ounces of *Nutmegs*, *Cloves* and *Cinnamon*, all together; then clap on a blind-head, lute it well, and let it digest 24 hours; then let it run into its receiver, and when it is fit to be set to work, put in the yeast, and let it stand and work thoroughly; and when it is to be tun'd up suffer it to have age to mellow and become brisk to drink, and it will be excellent liquor; and wholesome.

Drink also may be brew'd of *Buck Wheat*, *Oats*, and a small quantity of *Beans* mixt with *Malt*, will not be amiss; but if with too great a quantity, it will give the drink a smack.

Some persons for want of yeast to ferment drink, have used flour and eggs, others castile soap; but the true essential oil of barley will do the business effectually, so that there will be no want of ferment at any time, that being always to be had.

The quintessence of malt is not to be slighted, nor the quintessence of wine; but more especially that call'd *Sal Paranissus* above all supplies the deficiency of yeast in all and every part thereof, if rightly used.

As for the orderings Vessels for preserving Beer.

They ought not at one time to be scalded, and at another time wash'd with cold water, for that is the direct way to make the beer have a twang of the vessel; for the scalding the vessel, does not so much wash away the smell of the tilts and grounds, as it stirs up the grumous resinous and
oily

oily part of the wood in the external parts; and as that finds something to operate with, it must be doing, and gives it an hidden ferment, and causes the beer to receive the effects of the twang.

This they are seldom sensible of in *Holland*, their way of cleansing their barrels, is to take out one head, and so take them to a river to wash them well with a broom, and then to rub every chink with a brush, and then set them an end to drain.

Others rub them with hop leaves that come out of the wort and then rinse them, set them in the air to dry, and head them again; then they take a long piece of canvas, and dipping it in brimstone make matches, and with a few coriander seeds set fire to it, and opening the bung let the match burn into the vessel, keeping in as much as they can of the sulphurous flame by laying the bung lightly on, and when the match is burnt they stop it close for a little time; and when it is open'd, and the air let in, the cask is as sweet as a violet.

BREWING. If you would brew ale or beer to keep long and good, you ought to brew it in winter: Because in the first place, the water is not so much rarefied by the rays of light and heat, therefore not so fit to insinuate it self into, attenuate, dissolve, and bring forth the fine parts and oil of the grain; and for that reason you will be under a necessity of using, either a greater quantity of malt or less water in winter than in summer.

For notwithstanding the warmth of the water with which you mash your malt, may seem to make amends for this rarefaction, yet it is to be considered, that the parts of the malt, especially its fine oil and spirit (which are what is expected, should be communicated to the water) are more condensed and locked up during the time of an intense cold, than in warmer weather, when the air is more rarefied; and so of consequence the air in the grain, bears a proportion with the circumambient air.

And besides the leak liquor thrown on afterwards, is either over-boil'd; by which means its finest and softest parts are exhal'd: hence it cannot open or soften the malt so much; or if it be cold it constricts the body of the grain, and shuts up the fine parts which the warmth hath begun to dissolve and set at liberty.

Secondly.

Secondly. The vegetable exhalations are shut up during the winter and suffered freely to evaporate or diffuse themselves in the air.

Thirdly. The air or atmosphere is too heavy in winter.

The summer is a very improper time for brewing good keeping ale or beer: For altho' the water be rarefied by the light and heat, and the air lighter and loaden with vegetable exhalations; yet is the atmosphere so light and rarefied for a regular fermentation, which will rise too high and cause the spirits of the liquor to exhale; the ale must continue turbid, and will soon turn flat and vapid.

Therefore, spring and autumn must necessarily be the most proper times for brewing: for malt brewed alone in summer, is so disposed to run into a violent fermentation, that there is a necessity of mixing some crude barley or other grain with it, ground down to a coarse meal, to check the too violent disposition of the malt to fermentation, otherwise its vinous spirits would exhale and be lost in the fermentation to the prejudice of the ale. But by brewing in winter, the expence of the mixing of ground barley with the malt may be saved.

Of BREWING in order to DISTILLATION.

First heat the water a little more than blood warm, and having put the malt into a mashing-tub, put to it just liquor enough to wet it; then stir it and row it stiffly, employing as many hands as are requisite for the quantity for half an hour together, till it is all equally mixt; when you have done this, add to it what quantity of liquor you think fit; but the thicker the mashing is, the better it will be; then strew it over with a little fresh malt, and let it stand for an hour and a quarter or thereabouts, then let it off into the receivers, and mash it again with fresh liquor and let it stand about an hour, rowing it as before, so a third time.

Some indeed do mash a fourth time; but then it must not stand above half an hour; but three times is enough.

Some persons boil the liquor, and let it cool again: every wort that comes in, is pump'd up out of the under back into the cooler there to cool, and then from the cooler into the wash backs, and there they remain till the three worts come together. But here you must observe, that this is neither hopp'd nor boil'd as for beer.

When the liquors are down in the backs in a proper coolness and fit to be set, there must be put to it a sufficient quantity of yeast to work it well, as is done for ale, and as the yeast rises, beat it down again and keep it all in, and let it work so for three, four or five days, according to the season of the year, and temperament of your back; for a back of wash either too hot or too cold set, may easily be helped, by adding cold or hot liquor.

The time when the washes are come, being exactly known, the thick yeast may be taken off to set other backs with.

It works it self down flat, and then the thick yeast will stick to the bottom, and what lies a top will be a hoary or yeasty head, and here you must take notice, that the wash must be neither sour nor sweet, but in a medium between both; for in this state it will be most profit to the distiller.

The manner of working the liquor into low Wines and Proof Spirits.

Pump the liquor out of the wash-back into the still, till it is fill'd as high as the upper nails, or thereabouts; and care must be taken in the pumping it up, that a person at the same time row all up together, so that that in the bottom may come into the still thick and thin; but the nose of it is not yet to be put into the worm.

A good fire must be made under it at first to make it boil, and thus a great part of the *Gases* will go off as much as possibly can without decoction.

Then as soon as the beak begins to drop, the nose is to be put into the worm, and luted well with a paste made of whiting and dry flour.

When the still has been brought to work, if it should run too fast, the still must be immediately damp'd with wet coals or ashes.

And after this manner they proceed to the first extraction of low wines.

Here you may take notice, that some malt will run off one cann, nay two or three of proof spirits, and then it generally runs long; others will not run at the beginning so fully proof, yet it will yield indifferently well.

The low wines being thus distill'd, are suffered to lie 10 or 14 days to enrich themselves; then they proceed to a second extraction into proof goods, and so on to a third rectification.

General

General Directions for BREWING OCTOBER BEER

1. Take care that the *malt* be sound and good, and such as has lain two months in the heap after it has been malted, that it may become of such a temper, that the kernel may melt readily in the mashing.
2. The well dressing of the *malt* ought to be one chief care, for unless it be freed from the tails and dust, the drink will not to be so fine and mellow as it will when the malt has been dress'd.
3. Again regard ought to be had to the grinding of the malt, according as it has been dry'd high or low; for if it be high dry'd, then a gross grinding will be best, otherwise it may be ground smaller; for the care in grinding consists in this, lest too much of the husk being ground small should mix with the liquor, which will make a gross dreg, and of consequence the drink will have no fierce fermentation, and by that means it will become acid, or what is called stale.
4. After the malt is ground, let it stand in the sacks 24 hours at least, to the end that the heat in grinding may be allay'd, it being supposed that by so standing the kernel will dissolve the more easily.
5. Let the quantity of hops and malt for three hog-sheads of beer be five quarters of malt, and 18 pound of hops and the malt be pale dry'd, than allow three or four pound more of hops.
6. The next thing is the *Liquor*, the choice of which is of considerable advantage in brewing good drink, the softest and cleanest to be preferr'd; hash water not being to be made use of.
7. Boil the first liquor, with a handful or two of hops, and before you strike it over with the goods or malt, cool in it as much liquor, as will bring it to a temper, not to scald the malt, for it is an error not to take the liquor as high as possible, but so as not to scald the malt.
8. The next liquor do the same; and indeed all liquors ought to be taken as high as may be, so as not to scald.
9. When the wort is let from the malt into the under-back, put to it a handful or two of hops, it will preserve it from that accident which brewers call *blinking* or *Foxing*.
10. In boiling worts, boil the first wort high or quick; for the quicker the first wort is boil'd the better it is.
11. Boil the second more than the first, and the third more than the second.

12. In cooling the worts lay them thin, and let each be well cool'd, and take care to let them down into the tun leifurely, that as little of the fediment or feces (which caufes the fermentation to be fierce or mild) may come with the worts.

13. Take notice, that there are in all fermented liquors a falt and fulphur, and fo keep thefe two bodies in a due proportion; that the falt does not exhale it felf above the fulphur, confifts a great part of the art of brewing.

14. When your wort is firft let down into the tun, put a little yeast to it, fuffering it to work by degrees quietly; and if you find it to work moderately, whip in the yeast two or three times or more, till you perceive the drink has been well fermented; for without the body be fully opened by fermentation, it will not be perfectly fine, nor will it drink clean and light.

15. In cleanfing, let it be done by a cock from the tun, place'd 6 inches from the bottom, to the end, that the greateft part of the fediment may be left behind, which fediment may be thrown on the malt to mend the fmall-beer.

16. When you tun your drink fill your vefel full, and let it work out at the bung-hole, keeping a referve in a fmall cask to fill it up; and not put any of the drink that will be under the yeast, after it is work'd over into the vefel; but put it up by it felf in another cask, for it will not be fo good as your other drink in the cask.

17. Having done this, wait for the end of the fermentation, then ftop it up close, and let it ftand till the fpring of the year; for if it be brewed in *October* (as it ought to be) it will have time to fettle and digeft all the winter feafon.

18. In the fpring of the year the vent-hole ought to be unftopp'd, that you know whether the drink ferments or not; for as foon as the weather grows warm the drink will ferment again, which fermentation when it is over, ftop it up well again, and let it ftand till the *September* following, but not longer; then peg it, and if you find it pretty fine, the hop well rotted, and of a good pleafant tafte for drinking.

19. Then and not before, draw out a gallon of it; and put to it two ounces of ifinglafs, cut fmall and well beaten that it may melt, ftirring it often, and whipping it with a whifk, till the ifinglafs is melted, than ftrain it, and put it into the vefel, and ftir it well together, then ftop the bung, but do it but flightly, for this will caufe a new but fmall fermentation, which when it is over ftop it close, leaving a
vent-

vent-hole a little stopp'd, let it stand. and in ten days or a little more it will be transparently fine, and you may drink of it out of the vessel till you have drawn off two third parts, and then bottle the rest, which will in a little time drink very well.

20. If the drink be well condition'd for taste, but not fine in *September*, and you would drink it presently, rack it off before you put the isinglass to it, and then it will fine the better and drink the clearer.

A Prescription to make BEER, &c. fine quickly.

Separate the liquor from the feces, when you let your wort out of the tun into the under-back, which may be done in the following manner.

When the wort is let out of the tun into the under-back, catch the wort in some tub so long and so often, as you find it run foul; then put that you so catch'd on the malt again, and repeat this till the wort run clear into the under-back, this is a very good way, for it is the feces which cause the fierce and violent fermentation, and the hindering the coming of them with the wort is in some measure the way to have fine drink.

Take notice of this, that the finer you render your wort the sooner will the drink be fine.

Some that have been very curious in brewing, have caused flannels to be plac'd, that all the wort has run through one or more of them into the tun before working, by which method the drink was rendered both very fine, and well tasted.

BROOM, is of a provoking and subtilizing quality, and though it is injurious to the heart and stomach yet the water distill'd from the flowers is good for the stone; and the seed of it pounded and drunk to the quantity of half a dram. and corrected with *Fennel* or *Aniseed*, (that it may not be prejudicial to any parts of the body) it will work upwards and downwards; and not only bring away phlegm, but also the superfluous humours of the reins.

For a BRUISE.

Make a poultice of bran and urine, and apply it as hot as you can bear; if it be very bad repeat it as it cools, and

do it as soon after the hurt as you can, to prevent its swelling which the air is apt to cause.

A Drink for an inward BRUISE.

Take *Agrimony, Avens, Bonewort, Wood Betony, Bramble Buds, Bugloss, Comfrey, Cinquefoil, Dasy Roots, Dandelion, Hawthorn Buds, Wild Honey-suckle, Sanicle, Scabious, Rib-wort*, of each one handful; to these put two quarts of white wine, and four quarts of running water, and boil all till the half be consumed; then strain it, and add to it a quart of honey, let it boil again for some time, set it to cool, and then bottle it, cork it close and keep it for use. The dose is two or three spoonfuls in the morning. This is good for sores, wounds and hurts new or old, in men, women or children.

It will keep many years, and is necessary for all families.

An Oil for a BRUISE.

Take the tender tops of *Bay-tree, Red Sage, Lavender, Wormwood, Plantane, Rue, Tormentile, Scabious, Comfrey, Broom, Osmond-royal, Cammomile, Charity, Rape, Southernwood, St. John's wort, Rosemary, Solomon's-Seal, Adder's-spear, Amber, Herb Robert, Golden Rod, Ground Sanicle and Bugle*, of each one handful; shred all these very small, and infuse them in a quart of oil olive, and three pints of neat oil; put them into a glass vessel, stop them close, and let them infuse for ten or twelve days in the heat of the sun; stir them every night when you take them in: Afterwards boil it over a gentle fire, till the oil become green; then strain it off from the herbs, and add to the oil about half a handful of the herbs as before, shred, with an ounce of the oil of turpentine, one ounce of natural balsam, and an ounce of oil of worms, digest all in the sun as before; boil and strain it, and keep it close stoppt for use.

N. B. This must be made in *May*.

BUGLE. If this plant be taken in some liquid it will draw the blood out of the vessels, and is good for all inward ruptures; the juice is excellently good for all ulcers in the mouth and gums.

BUGLOSS

BUGLOSS, is in quality much like borage, but something more astringent ; the flowers of both, with the intire plant, are greatly restorative, being preserv'd

BUGS, to kill.

Take of the highest rectified spirit of wine (*viz.* lamp spirits) that will burn all away dry, and not leave the least moisture behind, half a pint ; newly distill'd oil or spirit of *Turpentine*, half a pint ; mix them together, then take half an ounce of *Camphire*, and break it into little bits, put this into the spirits, &c. and it will dissolve in a few minutes ; shake them well together, and with a piece of sponge or a brush dipt in some of it, wash well the bedstead or furniture in which those vermin harbour and breed, and it will infallibly kill and destroy both them and their knits, altho' they swarm never so much,

But then the bed and furniture must be well and thoroughly wet with it (having first brush'd the dust off them very clean, and they have been well shaken) and then it will neither stain, soil, or in the least hurt the finest silk or damask bed that is,

The ingredients here prescrib'd will not cost more than a shilling, and will be sufficient to clear any one bed of bugs, tho' it swarm never so much with them.

If you drop but one drop of this upon the largest live bug, you will see it dead in an instant.

And if any bug or bugs should appear after the using of it, it will only be for any part of the lacing about it having not been well wetted or some of the foldings, linings or tapes of the curtains, near the rings, or some of the joints or holes in and about the bedstead or head-board, &c. in which the bugs nestle and breed, and then if you wet such places well over again with the same liquor, pouring some of it into the joints and holes where the brush cannot reach, will not fail absolutely to destroy them all, and the liquor dries in as fast as it is put on.

Indeed some beds that have much wooden work, as carving, &c. about them, cannot be well cured without being taken down ; but others that can be drawn out, or that you can well get behind, may.

As to the smell this mixture occasions, it will be all gone in two or three days time, which yet is very wholesome, and to many persons agreeable enough.

Remember when you use the mixture to shake it well together, and use it in the day time and not by candle-light,

light, least the subtlety of the mixture should catch the flame as you are using it and cause damage.

Several Ways to destroy BUGS.

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

2. Paint the bedstead over with *Verdegrease*, ground in *Linseed* and *Turpentine* oil, and the bugs will not harbour in it.

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

4. Take *Cyprus* galls, pound them and infuse them in oil, covering them with it two fingers thick, set it out in the sun and air for 48 hours; then strain out the oil, and pressing the galls very hard, rub your bedstead with it.

5. Take ox gall and hemp oil; mix them together, and rub the joints and bedstead with it, and the bugs will never come near the places you have rubb'd.

6. Take black soap and common soap in equal quantities, pound them well, then add an equal quantity of quick-silver; mix them well together, making them into an ointment, and with it rub the places where the bugs frequent.

Take a good quantity of the juice of *Wormwood*, and oil of *Olives*; boil them together till all the juice is consumed; then strain the oil, and mix some quick *Sulphur*, and rub the bedstead and chinks with it.

To preserve BULLACE.

Take bullace, before the frost hath siezed them; let them be fresh gathered and clear fruit, scald them in water, then weigh them, and take their weight in fine sugar and a little water, and boil it to a syrup; then put in your bullace and boil them till the syrup is very thick, and the fruit is clear; then put them up in gallipots or glasses and cover them.

BURDOCK *the larger*, is of a diaphoretick and deterfive quality; and somewhat astringent, from whence it comes to pass that the same is vulnerary: it is given in asthma's, the stone, spitting of blood, swelling of the spleen and other parts, as also inveterate ulcers; the seed of it is accounted an excellent *Lithonriptick*. The

The leaves are apply'd to old wounds, to dislocated joints and burns; they are also used in inflammations of the legs, proceeding from St, *Anthony's* fire, to draw out the heat.

The root is accounted a *Diaphoretick* and an *Antipleure-tick*. It is to be cut into slices to be boiled, and the decoction has the same effect as *Squine* and *Sarsaparilla*.

BURDOCK *the lesser*, is discutive, the leaves are us'd outwardly to take out the fire of an inflamed cancer; and its root is good for discussing the piles, and all sorts of tumours.

For a BURN, an Ointment.

Take *House-leek*, *Green Elder*, and smooth *Plantane* leaves, of each half a pound, the eighth part of a pint of wine, vinegar, and a spoonful and a half of urine; two ounces of old tallow candle, and a pint and a half of olive oil; boil all these together for two or three hours, keeping them continually stirring with a stick; then strain it through a new canvas strainer, and set it on the fire again, adding two ounces of yellow bees wax, sliced thin; let it boil for half an hour, and then pour it into pots, and tie it close down with bladders, and it will keep several years.

When you have occasion to use it, rub a piece of white paper till it is soft, then spread it over with this ointment, and anoint the burn with the ointment, first with a feather, and lay the paper over it.

Let this be repeated morning and evening, till the burn is quite well. It will take out the fire, and give ease in a quarter of an hour, skin over the wound; and you need not, nor should not use any thing else.

To take the Fire out of a BURN.

Take an 'apple, pare it, core it, and pound it well with fallad oil, till it is a pretty soft poultice; bind it on the part, and as it dries lay on fresh.

If the skin be off, nothing is better than this.

BUSTARD, is at present only a wild fowl, and is only found upon large heaths or plains, it is a most noble bird, and may certainly be bred tame about the farm, with less trouble than the common turkeys; their eggs have been often found, and may be set under turkeys, and be allow'd to run at liberty as soon as they are hatch'd.

Or

Or else they may be fed with rotten eggs boil'd hard, and chopp'd small, like young pheasants, but they ought to be pinioned as soon as they have gain'd a little strength, lest they fly away.

How this may be done, see the article PHEASANT.

Some affirm that the crois strain, between the turkey and the *Virginian* bustard, are at liberty to fly and breed in a gentleman's park.

These bustards may likewise be caponiz'd, as well as turkeys, to make them larger; the best time to do which will be a little after harvest.

Bustards are common in the plains of *Norfolk*, *Cambridgeshire*, *Salisbury* plain, and upon the *Downs*, and their eggs may be found in *April*.

BUTTER. For the making of it; when it has been churn'd and gathered well together in the churn, open the churn, and let the housewife with both hands gather it well together, and take it out of the butter milk, and lay it into a very clean bowl or earthen pan, sweetened for that Purpose; and if the butter be design'd to be spent sweet and fresh, fill the pan with very clean water, and work the butter very well in it with the hand, turning and tossing it to and fro, till by that labouring all the butter-milk is beaten and wash'd out, and the butter is brought to a firm substance of it self without any moisture.

When this has been done, the butter is to be taken out of the Water and scotch'd and slic'd over with the point of a knife, every way as thick as you possibly can, not leaving any part through which the knife has not pass'd; this is to be done to fetch out the smallest hair, mote, bit of a rag, strainer, or any other thing that may have happen'd to fall into it.

Then spread the butter thin in a bowl, and take such a quantity of salt as you think fit; but if it be for sweet butter, but a very little, and sprinkle it on the butter, and then with the hand work it very well together, and make it up into dishes, pounds, half pounds, or what quantities and forms you please.

For the Powdering or Potting of BUTTER.

The butter-milk in fresh butter must not by any means be wash'd out with water; only work'd clear with the hands, for water will make it rusty or reesy.

When

When this has been done, the butter must be weigh'd, that you may know how many pounds there is of it; because if this be done after it is salted, you will find your self much deceiv'd in the weight; then open the butter, and salt it very well and thoroughly, beating it with your hand, till it be generally disperfed through the whole mass of butter.

Afterwards take clean earthen pots very well glazed, least the brine should leak through them, and lay salt in the bottom of it, then put in the butter, pressing it close down with your hands, and when you have fill'd the pot, cover the top with salt, so that no butter may be seen; close up the pot, and set it where it may stand cool.

But if the dairy be so small, that you cannot fill up the pot at once, then having potted up what you have, cover the butter over with salt, and the next time you churn lay in more, as before, till the pot is full.

But in large dairies, where the quantity of butter is too much to be contain'd in pots, then you must put it in barrels that are very close and well made, and salt the butter very well, as before, and fill the barrels, and with a small clean stick, make holes in it, down through the butter, even to the bottom of the barrels; then having made a strong brine of salt and water, so that it will bear an egg, which must be well boil'd, scummed and be let stand till it is cold, pour it on the top of the butter, till it swims upon it, and so leave it to settle.

Some boil a branch of rosemary in the brine, and that is not amiss, but wholesom and pleasant: But tho' butter may be potted at any time between *May* and *September*, yet the best season of all is *May*, the air being then most temperate, the butter will take salt the best, and will be the least subject to reefings.

There is butter of different colours and seasons; the yellow, which is naturally of that colour, is accounted the best, but as for that which is tinged with *eel pouts*, it not only deceives the sight, but is very often disagreeable to the taste.

It is easy for those that deal in butter, to distinguish the butter that is of a natural yellow colour, from that which is made so by art; the latter being of a deeper colour than the other. There is also butter of a pale yellow, that is not bad, but not so good as the other.

Butter of a white colour is neither so well tasted, nor so profitable as the other, *May Butter* is that which has always the best taste, and is most in esteem.

BUTTER. In *Cambridgeshire*, when the butter is come, they take it out and wash it, if it be for present use, otherwise not, and with a fleeting dish draw it backwards and forwards in a bowl, a little at a time, to let out the butter-milk; and by how much the cleaner that is got out, by so much the better the butter will be; then they salt it, allowing about a pint of salt to 15 pound; but some put more, and some less; and having salted it, they draw it over again with a fleeting dish, once or twice, and then weigh it into pounds, and roll it into long rolls of three quarters of a yard long, or more, then if it be hot weather, they put it into a basket, and hang it all night in a well, within a yard or yard and half of the water; which renders it stiff; and in these long rolls it is carried to market, to be cut out in such sizes as is thought proper.

Some have made their butter into balls, of 30 or 40 pound weight, and salt it a little more than for fresh butter, and this they have laid in the middle of a bin of flour, and it has kept good all the winter.

Some churn new milk, which makes the best butter, but it will not keep. If salt butter be well wash'd and then beaten up with new milk, it will taste like fresh butter.

You must take notice of this, that some grounds will never produce good butter, and others again will not produce good cheese, altho' the dairy should be manag'd never so well.

There is one sort of cattle, which tho' they be fed in the finest sort of grass, and the best pasture, will never yield a rich milk; and on the other hand, others will yield a rich milk in any pasture.

Again, if the cows feed upon *Crow Garlick*, *Alliaria* or *Saxifrage*, the butter will be ill tasted.

If the cows feed upon short, fine grass, there will be more cream in the milk, than if they fed upon long rank grass; indeed the long rank grass will yield more milk than the short, but less butter, and worse too.

Again, the milk of one cow will give richer and better butter than the milk of others, tho' they all feed on the same pasture, so that the milk of one cow will enrich the butter made from the milk of 9 or 10 cows; the 9 cows will produce only a pale, lean butter, while the milk of the other cow will make a butter of a rich yellow colour.

In many places in *England*, it is the custom to set milk in brass pans, which gives an ill taste to the milk, and some again set the cream in brass kettles over the fire, and as it warms, stroke the butter as it rises to the edges of the kettle;

tle ; this is a very bad way; because the brass will without doubt, spoil the taste of the cream.

The best and surest way is to set the milk in glaz'd earthen pans, or else in leaden ones; tho' the earthen ones are to be preferr'd before those of lead.

A dairy ought to be kept very cool, especially in hot weather, which will very much contribute to the advantage of the butter.

Some have streams of water running through the dairies; and instead of glass windows, have had no lights at all to them; but through wires and shutters to them, to be opened or shut as the sun chang'd his course.

Thatching also is a much cooler covering than tiling: in some parts of *England* they scarce know the use of the churn, tho' that is certainly the best way of making butter, than by that means, or something equivalent to it, that is by beating the cream, so that the oily or fat parts separate from the watery parts, in the most constant and gentle way that is possible; for to use this beating of the cream too violently, will make the butter like grease; whereas a gentle beating of the cream, will render it more firm and stiff; and when the cream is beaten with too much hurry, the butter will ferment, and have a very bad taste; but if it be gently beat or churn'd, it will be firm and keep the better.

And whereas the intent of churning or beating of cream, is only to separate the oily from the watery parts, so when once the churning or the beating of the butter is begun, it must be continued in the most constant manner that can be, till the butter is made.

For if the cream had been churn'd or beaten perhaps within three or four minutes of its becoming butter, if the work be left off but one minute, the oily and watery parts would return to one another again, and would require as much labour as before to separate them; it is like oil and vinegar that has been mix'd by labour, and then let rest for a minute or two, they will divide and separate from one another, as much as if they had never been mix'd; but yet the beating of it too violently, will make the butter oily. Nay, the very beating of cream with a spoon in a small bowl will bring it to butter.

In great dairies in *Holland*, where one farmer keeps 4 or 500 cows, they put the cream into a large well, lin'd with lead, and having a large beam set with cross bars, which is turn'd in the cream by a horse; but the violence of the motion renders the butter rather like oil than butter, and the
confe-

consequence is, that it will not keep long, and as it is reported, will not melt well; nothing like the butter that is churn'd by more gentle means.

Where butter is churn'd with a gentle motion, it will cut like wax, and it should especially be well wrought with the hands, as soon as it is taken out of the churn and salted for common use; for if the milk be not well work'd out of it, it will not keep.

But if butter does begin to decay in goodness or change to an ill taste, if it be work'd well and wash'd in water, it will come to it self again, and will bear salting and potting as well as fresh butter; but it ought to be remembred that different sorts of butters, must not be put together into the same pot or vessel.

Again, butter that was good originally, and well potted, may be wash'd and beaten in the winter, so as to be made more sweet and palatable than fresh butter, made in many places at that time of the year, and this is frequently practised about *London*.

It is worth notice, that the best managers of a dairy frequently fill up their churns with cold water, before they put in the cream in the heat of the summer, for fear of overheating the butter in the making; and in the winter they heat their churns with warm water before they use them; but if the churn be over heated it spoils the butter; the best is to set the bottom of the churn in warm water, when the weather is cold, to save trouble.

To recover BUTTER, turn'd to Oil.

Pour the oiled butter into a porringer, let it stand a little, while you melt a little fresh, and as soon as it is liquid, pour into it by gentle degrees, at times, some of the butter that was oil'd before; keeping the sauce-pan continually shaking all the time; and if you find it difficult to be recovered, pour in a little milk, and shake them together, and it will recover.

If the sauce-pan be very thin at bottom, it will be apt to oil the butter.

BUTTER MILK. The milk that remains after the butter is come by churning. Of this may curds be made in the manner following. Put it into a clean earthen vessel, larger than will hold it, and having set a third part of the quantity of new milk on the fire, when it is ready to rise take it off, let it cool a little, and then pour it into the butter-milk, stir
it

it about and let it stand; when you have a mind to use the curds (for the longer it stands, the better the curds will eat) take them out with a fine skimmer, put them into a cullender, and let them be drain'd from the whey. They may be eaten either with cream, wine, ale or beer.

As for the whey, that must be kept in a clean stone vessel, and is an excellent cooling, wholesom drink, to be drank in the summer time instead of other drink, and will quench thirst better than beer.

BUTTER-BUR. The root of this plant is esteem'd a singular remedy against the plague, by reason of its desiccative vertue; for being dry'd, reduc'd to powder and drank in wine, it expels all venom from the heart, by causing a plentiful sweating.

For this purpose, the bark or rind is to be cut off, and the core of the roots steep'd in vinegar, and a drink is made of this vinegar, or it may be mix'd with the juice of rue and treacle, and given in pestilential fevers.

The powder of this root drank in wine, is very good for the suffocation of the matrix and the gripes.

This powder will also kill worms, cure malignant ulcers, scurf, kibes, &c. being taken inwardly or outwardly, either in its juice or decoction.

To make Spanish BUTTER.

Boil a gallon of milk, and while it is boiling, put in a pint of cream; let it boil afterwards, then put it in two broad pans or trays, letting it stand for two or three days; then take the cream off into a silver or wooden bowl, and put to it a spoonful of orange flower-water, with a perfum'd pastel or two melted in it, and sweeten it a little with sifted sugar. Then beat it either with a wooden beater or silver ladle, till it is stiff enough to lie as high as you would have it.

Take care to beat it all one way, not changing your hand.

C.

CABBAGE. Authors say, that if cabbage be eaten but too little boil'd, it renders the body open and laxative; but that if it is much boil'd, costive; if eaten raw before supper with vinegar, it will prevent drunkenness; if eaten after the injurious effects of wine; but some again say,

K

That

That cabbage is injurious to the teeth, gums, and eyesight, causes a stinking breath, &c. but that it is less injurious when eaten boil'd, if after it has been boil'd in one water, is presently put into some other hot water, or into meat broth with *Fennel*, *Pepper*, *Cinnamon* or *Coriander* seed.

Red cabbage also eaten with butter or oil without salt, is good to open the body, ripen a cold, and mend the voice; and if a little sugar be added to this broth it is good for *Asthmas* and other distempers of the lungs.

Cabbage seed in broth, is good against worms in Children.

Cabbage strew'd over with long pepper and eaten with some good broth, much increases nurses milk.

The juice of cabbage being drank resists poison, proceeding from the eating of mushroom's.

The pith of cabbage boil'd with almonds, and mix'd with clarified honey, and used in the form of a fyrup, is good for shortness of breath,

A Cabbage Pudding.

Take a piece of boil'd beef that is not boil'd enough, that part of it which is least done, and chop it small, and take the same quantity of boil'd cabbage as you have of meat, and chop that as small as the beef, add two or three eggs beaten; season the whole with salt and pepper. and whatever other seasoning you like, mix all together in the manner of forc'd meat, then put the mixture in a linnen cloth, and boil it till it is enough, which for time must be according to the size of the pudding, the quantity of a half quartern loaf may require an hour, then serve it up to table.

This is better made with raw salt beef, makes an extraordinary paste, and is much softer and fuller of gravy.

A good SEED CAKE.

Dry a quarter of a peck of flour before the fire, with 12 ounces of sugar; pound four ounces of almonds, with two spoonfuls of orange-flower-water, mix these with the flour and sugar; then add a pound and a half of butter, rub in one half dry, and melt the other in a pint of cream; but before you mix it, put in a pint of good ale yeast to half a pint of sack, and let it be before the fire to rise, let the butter and cream but just melt over a gentle fire, and when it is pretty cool make a hole in the middle of the flour, and
pour

pour in the butter, cream, sack, yeast, with the yolks of nine and the whites of four eggs beaten and strain'd; mix all well together and set it before the fire to rise; and when it is ready put it into the hoop, mix in a pound and an half of smooth carraways, and half a pound of candy'd orange, citron and lemon peel cut into long bits, strewing them into the middle of the cake.

You may if you please put in more sweet-meats and ice it too.

A CARRAWAY CAKE *without Yeast.*

Take two pounds and a half of flour, two pounds of single refined sugar, pounded and finely sifted, to these add 12 ounces of carraway seeds; allow to this two pound of butter work'd in four spoonfuls of orange-flour-water till it is perfectly mix'd and looks like cream; beat the yolks of ten eggs and the whites of five very well, adding to them while beating three spoonfuls of sack, strew in the flour, sugar and seeds by little and little into the eggs and butter, with half a pound of candy'd citron, lemon and orange peel; mix all well together, keeping beating of the stuff till you put it into the hoop, which is to be done at the very time that the oven is ready; let the fierceness of the oven be over, before you set in the cake for fear of scorching it.

You may if you please abate half the carraway seeds.

PORTUGAL CAKES.

Take yolks of six and whites of four eggs, and having with your hand work'd them well into a pound of butter, till the eggs are intirely mix'd with it, add a pound of fine flour dry'd and a pound of loaf sugar sifted, mix all well together; butter your pans, fill and bake them in so gentle an oven that will not colour a white paper.

CALF, the young of a cow, and distinguished into a bull calf, and a cow calf. The best time for calving in reference to a dairy, is the latter end of *March* and all *April*, for then the grass begins to spring in its perfect goodness, and will occasion the greatest increase of milk.

It is better to wean calves at grass than at hard meat; and those that have several pastures for their kine and calves, shall do well; and rear with less cost than others; for then

the weaning calves with hay and water will make them have great bellies, because they do not stir so well with them as with grafs, and they will rather rot when they come to grafs, and in the winter they are put into houses rather than stay abroad, and have hay given them in the night, and turn'd out in the day time, it be the best way,

Calves are very subject to scouring during their sucking kine; and to cure them, take a pint of verjuice, and clay that is burnt till it is red, or very well burnt tobacco pipes which must be pounded to powder, and being very finely sear'd, put to it a little powder of charcoal, blend all together, and give it the calf, he will certainly mend in one nights time.

Gelding being a work to be done to calves, some use it when they are young, others let them run a year or more before they geld, which is counted the more dangerous practice; therefore the best way is to do it under their dams, and after to keep them in good pastures, and in case there grows any imposthume after gelding, burn his stones to ashes, and cast that powder therein and it will cure him. See *Cow* and *Veal*.

To Roast a CALF's HEAD.

Wash and pick the head very nicely having taken out the brains and tongue, and having prepared a good quantity of forc'd meat with veal and suet well seasoned, fill the hole of the head with this forc'd meat; skewer it and tie it together upon the spit, and roast it for an hour and half.

Beat up the brains with a little sage and parsley shred fine, a little salt and the yolks of 2 or 3 eggs; boil the tongue, peel and cut into large dice and fry that and the brains and also some of the meat made up into balls with slices of bacon.

Let the sauce be strong broth with oysters, mushrooms, Capers, and a little white wine thickened.

To Hash a CALF'S HEAD

Boil the head till the meat is almost enough for eating; then cut it in thin slices; then take three quarters of a pint of good gravy or strong broth, and add half a pint of white wine; half of a nutmeg, a couple of anchovies a small onion stuck with cloves and a little mace; boil these up in the liquor for a quarter of an hour, then strain it, and
boil

boil it up again; then put in the meat with a little salt to your palate, and a little lemon peel shred fine, let it stew a little, and if you will you may add some sweet breads, and make some forc'd meat balls of veal; mix the brains with the yolks of eggs and fry them to lay for garnish.

When the head is ready to be sent in, shake in a bit of Butter.

To Bake a CALF'S head.

Divide the calf's head, wash it clean, and having the yolks of four or five eggs well beaten, with a quill daub the outside of the head all over with them, and on that strew raspings of bread sifted, flour, salt, pepper, nutmegs and mace powdered; and also sweet herbs powdered, a little sage shred small, and the brains cut in pieces and dipp'd in thick butter; then cover the head with some bits of butter, pour into the pan some white wine and water, with as much gravey and cover it close.

Let it be baked in a quick oven, and when it is serv'd up, pour on some strong gravey, and garnish with slices of lemon, red beet root pickled, fry'd oysters and fry'd bread.

To make a CALF'S HEAD PYE.

Divide the calf's head, clean it, parboil it, then cut it in to large slices, and slit the eyes, season with salt, pepper nutmegs, and sweet herbs dry'd and powder'd, than lay it in the paste with pepper and salt at the bottom, and some bits of butter; then put in 12 hard eggs, and the following forc'd meat.

Shred lean veal small, and season buttered eggs with salt and pepper and other spice beaten, and sweet herbs powdered, mix this with the yolks of two or three raw eggs beaten and make it into a paste, then roll it into balls, and put it into the pye with the meat; you may if you please add half a pound of currans well pick'd and only rubb'd in a cloth, and not wash'd.

Then close the pye, and just before it goes into the oven pour in a gill of white wine and half a pint of water; bake it and serve it hot, and you may if you please add the following liquor.

Take half a pint of white wine and the same quantity of water and the juice of a lemon having boil'd these two or three minutes beat the yolks of four eggs well, add a quar-

ter of a pound of butter and as much fugar as will make it to your palate, mix these all together taking care that it does not curdle, and pour it into the pye just before you serve it up.

Into this pye may be put cocks-combs blanch'd, and some citrons or lemon peel candied, if you would have it a sweet pye.

To dress a CALF'S HEAD in a Grand Dish.

Let your calf's head be large and fair, let it be cleft in two and cut off the chop or muzzle, and wash it well; wash also the brains dry and flour them, tie them up in a cloth parboil them; in the mean time cut the flesh off one side the head in slices, as if for hash'd meat; but let the other side of the head remain whole, but only mark'd with a sharp knife cross ways. Let the brains lie till the rest are prepared.

Then having hashed the slices, put into their liquor a glass of white wine, a little mushroom ketchup, season with salt pepper nutmeg, mace beaten fine, and a little lemon peel grated; stew them together with a bunch of sweet herbs and butter.

When this is enough, put in a little juice of lemon thicken it with cream and butter in some of the same liquor with liquor of oysters parboil'd, a pint of oysters, and as many mushrooms which you are to toss up with your sauce, when you thicken it, not forgetting to cut the eye into pieces among the hash.

The other side of the head, the flesh of it having been cut cross and cross in the manner of diamonds, about an inch square, paste it over with a feather with the yolks of two or three eggs beaten, and then drudge upon it the following mixture.

Mix well together raspings of bread sifted, with flour a little salt and pepper, mace and nutmeg powder'd, and a little sweet marjoram powdered or shred small, put them into an oven with some bits of butter upon it till is enough, or before a brisk fire till the drudging is become brown; lay this in the middle of the dish and the hash round it.

Having cut the brains, strew them with a little red sage minc'd small, season them with salt and spice, then dip them into thick batter made of flour, eggs and milk, fry them well in hogs lard or hot beef suet.

Then

Then having ready some oysters which have been stew'd a little in their own liquor, with a little whole pepper and mace, take off their fins, dip them in the same batter, and fry them as directed for the brains.

You must also have pieces of bread cut the length of a finger and fry'd crisp, all these to be used by the way of garnish.

As for the other part of the garnish, let it be red beets pickled and slic'd, and lemon slic'd.

You may also boil some skirret roots, and peel and fry them crisp.

CALF'S FOOT BROTH.

Boil the calves feet in as much water as will make a good jelly; strain it, then set the liquor on the fire again, with two or three blades of mace, and to each quart put a quarter of a pint of sack and a quarter of a pound of currants clean pick'd and wash'd; when they are plump'd, beat up the yolk of an egg, and mix it with a little of the cool liquor; and set it on a gentle fire to thicken; put in salt, and sugar to your palate, stir in a bit of butter a little before you take it off the fire, put in the juice and peel of a fresh lemon.

Another Way.

Boil two calves feet, with a bit of veal, a bit of beef, and the bottom of a white loaf, put in no seasoning but a little salt, two or three blades of mace, and some nutmeg slic'd; when it is boil'd enough, strain it from the bones, and having ready some rice boil'd tender, stir it in; lay a boil'd chicken in the middle of the dish, and also sippets.

To stuff and roast a CALF's LIVER,

Take a fresh calves liver and having made a hole in it with a large knife run in lengthways, but not quite thro' it, and having ready a forc'd meat or stuffing for it, of the liver parboil'd, and fat of bacon minc'd very fine, fresh lemon peel grated, sweet herbs powdered, and some eggs butter'd, to be mix'd with the other ingredients, add to these some grated bread and spice finely powder'd with pepper and salt.

With this stuffing fill the hole in the liver, and you may if you please, make another hole and stuff it; then if you (please lard the liver with fat bacon, and then roast it, flouring it well, and basting it with butter till it is enough. Others brush it over with the white of an egg after it has been stuffed, and strew upon it rasplings of bread sifted and some flour, and sweet herbs dry'd and powdered and some spice; and then inclose the whole in a veal caul and so roast it; and it is an excellent dish.

This is to be serv'd up hot, either with venison sauce made of claret boil'd with cinnamon, and sweeten'd with sugar or with gravey sauce with a little wine in it.

Another Way.

Stuff the liver as before directed, with only this addition in the stuffing, that is, some veal suet shred very small, with a little grated bread, spice and dry'd herbs, finely powdered, with some currants plump'd, and a little salt; make this into a paste with some beaten eggs, and when you have stuffed what parts you please with the mixture, roast it, baste it well with butter, and strew on now and then some of the abovemention'd mixture as far as it can be in powder or admit of strewing; when it is roasted enough, serve it up hot with melted butter and lemon juice, or verjuice, and garnish with lemon slic'd, and pickl'd barberries.

CALTROP is two fold, the *land Caltrop* and the *water Caltrop*.

The first of these is good for the breaking the stone in the kidneys, and also to resist poison, being in powder, its dose is from a scruple to a dram. The decoction of it will kill fleas.

The second or *water Caltrop*, is cold and astringent and good for stopping inflammations or fluxes of blood; the fruit being drank in proper liquor, is good for dissolving the stone in the kidneys, half a dram taken in wine, is good against the stinging of vipers and poisons; the same will also serve if apply'd plaisterwise.

CALVES. Some wean their calves at first, and suckle them with milk and whey, with a little bran or flour in it, and by this means bring them up till they are able to feed.

But

But whether you design to raise your calves for breed, labour or feeding, they ought not to want store of good pasture; for if the pasture be scanty at first, they will never come to be of large growth.

Some geld their calves at three months old, fowing up the wound and anointing it with fresh butter.

In the cutting of calves, they must be tied up to a frame, and before they be cut a couple of small sticks like a pair of tongues must be fastened about the strings where the testicles hang, and taking hold by them, cut away the testicles, so that a little of the upper parts may remain with the fore-said strings; for by this means, the calf does not run so much hazard by over bleeding, nor does it quite take away its stomach.

You must not suffer the calf to drink the first day, but only give him a little nourishing meat; and the next three days you must diet him according to his weakness, with the young boughs of elm and sweet grass cut for him, and take care not to suffer him to drink too much.

You ought while calves are young, to enure them to be familiar, and to suffer them to be handled and stroaked and ty'd up to the manger, that when they come to be broken they be handled with more ease and less danger.

In the fattening of calves for veal the *Essex* way, the following particulars are generally observed. *viz.*

That the calf be kept cool and dry; that their sucking times be never neglected; but that they always have their milk given them at constant hours. Nor are they suffer'd to suck any thing except it is a chalk stone now and then, tho' some are of opinion it would be better to debar them of that too, and rather to give them chalk finely scraped at times in their milk in small quantities.

For this they have pens on purpose, with floors rais'd two or three foot above the ground, to keep them from the damp of the ground, and so disposed that their urine may easily drain off.

These are so far open in the front, that they may receive as much air as possible, and so well covered on the top that they cannot receive any injury from storms of rain.

They customarily bleed them frequently, design'd as is supposed, to make their flesh white; but this ought not to be done to that excess that some do it;

Of the Lask, Scouring, or Looseness in sucking CALVES.

Take a quart of new milk from the cow, and simmer or boil in it gently a handful of marsh-mallows, or if you have not them, common mallows, for about half an hour; strain the milk from the herbs, and put in the powder of liquorice and anniseeds, of each a quarter of an ounce, and of treacle and butter, each an ounce; mixing all well together, and giving half to the calf one morning, and the other half the next.

To prevent the Striking of CALVES.

Take *Rue*, the smaller *Centaury*, *Featherfew*, *Ragwort* and *Celandine*, of each half a handful; tye them in bunches, and boil them in five quarts of middling beer, that is clear and well freed from the yeast, or the same quantity of water, and add to these three pints of malt; boil them for a quarter of an hour, and strain out the herbs till no liquor will run from them; then add a quarter of a pound of flour of *Brimstone*, *Anniseed*, *Madder*, and powder of *Liquorice*, of each two ounces; stir all together, and being milk-warm, divide it into five parts, and give a fifth part to a calf.

CALVING. The best time of calving in reference to a dairy; is the latter end of *March* and all *April*; for then grass begins to spring in its perfect goodness, which will occasion the greatest encrease of milk that may be; yet the calves thus calved, are not to be weaned, but suffered to feed upon their dams best milk, than to be sold to the butchers, and certainly the profit will equal the charge.

But for those calves which fall in *October*, *November*, or any time in the depth of winter; they may well enough be weaned up for breed; since the main profit of the dairy is then spent, and such breed will hold up any calves, which are calved in the prime days, they being generally subject to the disease, called the *Sturdy*, which is dangerous and mortal.

Now some are for the way of rearing to be upon the finger with flitten milk, and not suffer the calves to run with their dams; more particularly, if the husbandman go with an ox plough, it is meet at least he should breed one or two calves or cow calves yearly, to keep up his stock, and if he can do so, it will be the more profit to him.

If any cows happen to calve in the month of *March*, put them into the house the same day, and keep them there till the

the next day, and give them what water is necessary a little warm.

In the warmest part of the following day, they may be turn'd out to grafs; but then take them into the house again at night for a week or 10 days, and before they go abroad in the day time give them warm water.

It is best for the dairy when cows calve in *March* or *April* and the calves of these months will make the strongest cattle; because the cows now begin to give store of milk and the calves will be well nourished and be grown strong before winter.

It is best to let the calves run with the cows for the first year, if they are design'd to be bred for large or strong cattle; and not to wean the calves too early.

CAMPHIRE, is a light, white, volatile and combustible gum, the medicinal vertues ascrib'd to it are; that it cures the inflammations of the eyes, and allays the pains of burns; being mix'd with some *Rose*, *Plantain*, or *Morel* water, eases the head-ache proceeding from heat.

To CAMPHORISE Spirit of Wine.

Put an ounce of *Camphire*, into half a pint of high rectified spirit of wine; set it in the sun, and always keep it close stopp'd; as soon as it is dissolv'd it is fit to be employ'd in several uses, as chilblains, kibes, head-aches, and many sort of sores that want drying.

It is sometimes dissolv'd in *Hungary* water. A family should not be without it.

CAMOMILL. The roots, flowers and herbs it self are hot and attenuating; either being taken in drink or apply'd by way of fomentation, they will forward the *Menses* and help women in labour, and likewise bring away gravel. It will cure the *Faundice* and several other symptoms of the livers being affected: a decoction of them is good to make fomentations for the diseases of the bladder. That which has the red flower, and is the largest is best for the stone.

For a CANKER in the Mouth or Gums.

Mix 20 drops of spirit of *Vitriol*, in half an ounce of honey of *roses*; keep the sore place always moist with this mixture, and it is a certain cure,

Another

Another for the Same.

Take the juice of *Sage* and *Honey-suckle*, of each three spoonfuls; of white wine vinegar one spoonful; *Rock Allum* half an ounce: take double the weight of the whole of honey, boil it to a thick syrup; scum it very clean, and when it is cold, put it up for use. This with syrup of *Mulberries* is good for any sore mouth.

Another.

Take a quarter of a pound of *Honey*, the quantity of a walnut of *Allum*, finely powdered; the leaves of *Briar*, *Columbine*, *Woodbine*, and red *Sage*, of each a handful, two or three sprigs of *Rue*; stamp all the leaves, strain the juice and boil it with the honey and allum; scum it clean and wash the mouth often with it.

To make BLACK CAPS.

Take 12 large *French* pippins or golden rennets, cut them in half, and lay them the flat sides down to your mazarine, single, as close by one another as they will lie, squeeze a lemon into two spoonfuls of orange flower-water over them; having shred some lemon peel, strew it between and grate over them double refin'd sugar; set them into a quick oven, and they will be done in half an hour.

CAPON is a young cock gelded: this is perform'd by making an incision near the genital parts; and thrusting the finger through the wound, and expeditiously taking out the testicle; then stitching up the wound, and rubbing it with fresh butter, or the fat of fowl; he may be turn'd loose among the rest of the poultry; but he will be sad and pensive for some days.

If this operation be perform'd in very hot weather, sometimes the bird will be seiz'd with a gangrene; which, if he has not been artfully gelded, will kill him.

Some say the best time to geld a cock chicken, is as soon as his dam has left him, if his stones be come down, or else as soon as he begins to crow.

Capons are made for two purposes, the first is to be fed for the dish, and that either at the barn door; or else in pens in the house, by cramming them with barley meal, moderately sifted and mix'd with new milk, made first into a good stiff dough,

dough, and then into long crams, bigger in the middle, and smaller at both ends, and being first wetted with lukewarm milk, and given to a full gorge, three times a day, *i. e.* morning, noon and night, he will be fat in a fortnight or three weeks time.

The other is to lead young chickens, ducklings, turkies, pea-hens, pheasants, partridges, &c. which a capon will do naturally and kindly, and by the largeness of his body will cover or brood 30 of them, and defend them against birds of prey better than a hen can.

The way to make them like him, is with a fine small briar or sharp nettle to beat and sting all his breast and nether parts at night, and then in the dark to set the chickens under him, whose warmth taking away the smart, it will make the capon in love with them.

To dress a CAPON or other FOWL.

The capon, &c. being truss'd for roasting, cover the breast with a thin slice of fat bacon, and put an onion stuck with cloves into the belly of it, with salt and pepper; roast it and when it is enough take off the bacon, and strew it with grated bread till it is brown.

For sauce you may eat it either with orange juice and salt, or with oysters stew'd in white wine, spice and a little butter. Or,

Small beer and water, of each a quarter of a pint, slic'd onion, pepper and salt, and an ounce of either mutton or beef boil'd, till there is not above a quarter of a pint.

Capons, pullets or other of this sort of fowl, may, if roasted be larded with bacon; except water fowl, which must not.

To make a CAMEL.

Peel and divide *China* oranges into quarters, but take care not to break the skins, lay the quarters before the fire and turn them till the skin is very dry; then having ready a pound of sugar sifted through a fine sieve, put it in a brass pan or silver dish, and set it over a very gentle fire, keep stirring it till all is melted, and looks pretty clear; then take it off the fire, and put in the quarters of oranges one at a time; then take them out again as quick as you can with a little spoon, and lay them on a dish, which must be buttered, or they will stick to it. After this manner may roasted chest-

nuts be done, or any other fruit in summer; first laying the fruit before the fire, to toughen the skin, for if any wet come out, the sugar will not stick: this is to be done just before they are to be eaten, for these things will not keep.

CARBONADING. Take a pigeon, chicken, &c. split it quite along the breast; open it and powder the inside with crumbs of bread, salt and pepper mix'd together; then broil it on a gridiron, and make a sauce with some vinegar; you may also add some onion, if you like it.

After the same manner you may dress steaks or slices of raw flesh (being beaten flat) and if you please, you may first stick them with cloves and a little laurel.

CARDAMUM.

Take proof spirits six quarts; water three quarts; carraway, coriander seeds and pimento, and lemon peel, of each two ounces; distil and sweeten with three quarters of a pound of sugar.

CARDOONS. Pick them well, cut them in pieces; wash them and scald them in water, with a little salt, slices of lemon, beef suet, and thin slices of bacon; drain them, and put them into some good gravy in a stew-pan, with a bunch of sweet herbs, minc'd beef and marrow, and let them stew; when enough, pour in a little vinegar or verjuice, having clear'd them well from the fat.

To make a CARP PYE.

First rub half a pound of butter into a quarter of a peck of flour, and make it into a paste with water; then roll in one pound more of butter, at two or three times; lay the paste on a dish, putting some bits of butter in the bottom paste, with salt and pepper at discretion.

Then the carp being scald'd and gutted, wash it in vinegar, dry it well and put into the belly of it the following pudding.

Mince the flesh of an eel very small; mix it with grated bread, dry'd sweet marjoram powdered, a small anchovy minc'd, two buttered eggs; salt, pepper, and a little nutmeg grated; mix all well together, and put it in, and what is left of this minc'd fish, make it into balls; then cut off the tail and fins of the carp, and lay it into the crust, with the balls about it; some mushroom buttons, oysters with their

fins

fins taken off, and shrimps; some thin slices of fat bacon, and slices of lemon; some bits of butter, and a little mace, then close it, and before it is set into the oven, pour in half a pint of claret. This pye is to be serv'd up hot.

To stew CARPS or TENCH.

Having a brace of live carps, scale, gut and wash them; bleed them in the tail, saving the blood, because be it never so little it is to be made a part of the sauce.

Lay the fish in a stew-pan, with the blood, a pint of beef gravy, as much claret, an onion stuck with cloves, three or four anchovies, salt, pepper, a bunch of sweet herbs; the peel of half a large lemon, and two or three spoonfuls of vinegar: the carps ought to be very nearly covered with the liquor, which you must see to by adding the liquor in proportion: Set the stew-pan over the fire, cover it close, till the under side of the fish is stew'd enough; then turn them and stew them as before, being close covered till they are enough; then lay them in a dish upon fry'd sippets of bread, strain the sauce and thicken it with burnt butter, and pour it over the fish. Garnish the dish with the roe or milt, barberries and slices of lemon.

Whereas carps have commonly a muddy taste, they delighting in a dark, deep standing water; you may cure them by putting them into a clear water, to purge them for a week before you use them.

This may be done by putting them in a hamper, and plunging it into a river, where there is a clear stream or trench, that is fed by a spring.

The same may be done with tench and eels.

The former method of dressing carp, may be used in stewing large roach, dace and chub; but a tench stew'd this way is much better than a carp.

The back and head of this fish are the pieces most in esteem, and especially the head is presented as a complement to the greatest stranger.

To bake roach, dace and chub, &c. is as good a way as stewing them, if it be done with the above mentioned ingredients.

Another Way.

Having first scaled and wash'd the carps; clean and open them; slit them neatly, preserving their blood in vinegar; be
cautious

cautious in taking out their insides, lest you break any thing for they must not be wash'd on the inside; then put into their bellies whole pepper, salt and a blade of mace; lay them in a stew-pan or dish, and cover them with half claret and half water, with spices, sweet herbs, and a bit of horseradish; let them stew gently, and turn them when they are enough; take them out, lay them on a dish to drain, and boil up the sauce they were stew'd in with two anchovies bon'd and wash'd, and a pound of good butter; thicken it with flour before you put in the butter.

To force a CARP.

Bone a couple of soles and a pike, mince the flesh with a few onions, season with salt, pepper, nutmeg and fine spice; adding fresh butter and crumbs of bread boil'd in cream or milk; thicken the minced flesh with yolks of eggs, and the whites whip'd up to snow.

Fill a large carp with the minc'd flesh of the fish, and stew it in an oval stew-pan in white wine, and over a gentle fire, season'd with salt, pepper, cloves, a bunch of sweet herbs and sweet butter.

Have also in readiness a large ragoo made with mushrooms, truffles, morilles, bottoms of artichokes, soft roes of carps and craw fish tails; let it be pretty thin but palatable; put to it a good cullis of what sort you please, dish the fish with the ragoo and serve it up hot.

To broil a CARP.

It having been scaled and gutted, slice it upon the back, rubbing it with melted butter, and seasoning it with salt and pepper, then broil it.

Add to it a ragoo made with mushrooms, soft roes, artichoke-bottoms, with onions and capers. When you are ready to serve it, dish it with the ragoo over it, and serve it up hot.

To hash CARPS.

Let them be scaled, gutted and the skins taken off, bone them, and lay by the flesh, mince it very fine, with the flesh of eels, mushrooms and truffles; season with salt, pepper, and sweet herbs cut very small; blanch it in a stew-pan
with

with good fresh butter, a little fish broth; when it is enough serve it up with lemonjuice.

A CARP larded with Eels in ragoo.

Having scaled the carp, lard it with slices of eel, then put it into a stew-pan; season with salt, pepper, nutmeg, a bunch of sweet herbs; and add half a ladle of water, and a pint of white wine, and if you have them, you may add mushrooms and truffles, and also small onions blanch'd, stew these gently, and when enough, add capers, anchovies, and a lump of butter, roll'd in flour; let it stew a little, and serve it up hot, the ragoo being well thickened and of a good taste.

To roast a CARP.

Let the carp be one with a soft roe, and as large and fat as you can get, make a stuffing with roes, the flesh of eels, mushrooms, onions, thyme and parsley; season with salt, pepper and pounded cloves, adding good fresh butter: Fill the carp with that stuffing; sew it up, and wrap it up in clean paper well buttered.

Spit the carp, and while it roasts, baste or besprinkle it with white wine and butter, and when enough, serve it up with a ragoo made with mushrooms, carps roes, asparagus or with a sorrel sauce.

CARRAWAY WATER.

Take proof spirits six quarts, water three quarts, carraway feeds six ounces; draw off and dulcify with 12 ounces of sugar.

Another Way.

Take proof spirits six quarts; water three quarts; carraway feeds bruised, a quarter of a pound; lemon (or orange) peel dry'd, three drams; distil and dulcify with a pound of sugar.

How to clean and sweeten CASKS.

If the cask be a butt, then first rinse out the lees clean
L with

with cold water ; and having boiling water ready, put it in, and scrub the bottom with a long handled birch broom very well ; and with a shorter broom cleanse the sides very well, either with water, sand or ashes ; likewise cleanse it well about the bung hole, lest the yeast as it works over carries some of its filth with it.

But if it be a barrel, kilderkin, firkin or pin, the custom is in large brew-houses to put them over the copper-hole for a night together, that the steam of the boiling water or wort may penetrate into the wood.

But this method is so violent a searcher, that unless the cask has been new hoop'd just before, it will be apt to fall to pieces.

Another Way.

Put two quarts or more of lime stones into the cask, pour some water upon it, stop it up directly and shake it well about.

Another Way.

Dip a long linnen rag, in melted brimstone, light it at the end, and hang it in the cask, the upper part of the rag being fastened to a wooden bung. This way is both quick and sure, and at the same time will not only sweeten the cask, but help to fine the drink.

The Vintner's Way.

Take a quarter of an ounce of stone brimstone, one ounce of burnt alum, and two ounces of Brandy ; melt all these together in an earthen pan over the fire, then dip into the mixture a slip of canvas, sprinkle upon it nutmegs, cloves, corriander and anniseeds powdered, set it on fire, and hang it in the cask, fastened at the end with the wooden bung, stopping it so close that no smoke can come out.

For a musty CASK.

Boil pepper in water, and fill the cask with it scalding hot.

For

For a very stinking CASK.

The remedy is to let the head of the cask be taken out by the cooper, and the inside be scrap'd or new shaved and let him fire it afterwards,

To prepare new CASKS for Malt Liquor.

Some ignorant people chuse new casks for strong drink after they have once or twice scalded with water, but this is not good; for the beer or ale will be sure to taste of the cask for half if not a whole year afterwards, such is the twang of the oak and its bark.

To prevent this, when your brewing is over; put up some water scalding hot and letting it through the grains, then boil it and fill up the cask, stop it well, and let it stand till it is cold, do this twice, then take the grounds of strong drink, and having boil'd in it green walnut leaves and new hay or wheat straw, put all into the cask, full and stopping it close; having done this use it for small beer half a year together, and it will be thoroughly sweet, and fit for strong drinks.

Another Way.

Dig a hole in the ground deep enough for it to lie half depth with the bung upwards, let it lie thus for a week and it will greatly help either, or any stinking cask.

WINE CASKS, are many of them good casks for malt liquors; because those of sack and white wine are already season'd to hand and will greatly improve beer, and ales that are put in them; but by no means use Rhenish wine casks for strong drink; for the wood of them is so tinctured with this sharp wine, that it will scarce ever be free of it; and therefore such casks are rather to be us'd for small beer.

Claret casks will much sooner be made fit for strong drink, by being scalded two or three times with grounds of barrels, and afterwards used for small beer for some time.

To cure a claret cask of the colour and taste, put a peck of stone lime into a hogshead, and pour upon it three pails of water; bung up the cask immediately with a bung of wood or cork, and shake it well about for a quarter of

an hour, and let it stand a day and night, and it will take off the red colour, and alter the taste of the cask very much.

CATARACT, a distemper incident to hogs, making their eyes to water, and a moisture to ascend up into their heads: It proceeds commonly from their eating raw fruit, that fall off the trees, or when there is great store of them.

The remedy is, to give them some old capers in their wash or other meat, or red and white coleworts amongst their food, or marsh mallows mixt with their meat, or liverwort boil'd in honey water.

CATCHUP *that will keep good 20 Years*

Take 2 quarts of strong stale beer, and half a pound of anchovies, wash them clean, cloves and mace of each a quarter of an ounce, of pepper half a quarter of an ounce, a race or 2 of ginger, half a pound of shallots, and a pint of flap mushrooms well boil'd and pickl'd. Boil all these over a slow fire; till one half is consum'd, than run it through a flannel-bag; let it stand till it is quite cold, then put it up in a bottle and stop it close.

One spoonful of this to a pint of melted butter, gives both taste and colour above all other ingredients; and gives the most agreeable relish to fish sauce.

It is esteem'd by many, to exceed what is brought from *India*.

CATCHUP of MUSHROOMS.

Fill a stew-pan full of the large flap mushrooms, and the tops of those that are commonly wip'd for pickling, set it on a gentle fire with a handful of salt; they will yield a great deal of liquor; strain it, and add a quarter of a pound of shallots, two cloves of garlick, pepper, ginger cloves, mace and a bay leaf; boil and scum it very well, let it stand till it is quite cold; bottle it and stop it close.

To make a CAVIAR or Spawn of Sturgeon.

First wash the sturgeon well in venigar and water, and then lay it in salt and water two or three days, then boil it in fresh water and salt; and when it is cold put it up for use.

A good CAUDLE.

To two quarts of water put half a pint of whole oatmeal; let it boil very flow for five or six hours at least; then strain it out, and to two quarts put three large blades of mace, three quarters of a pint of white or Rhenish wine; and sweeten it to your palate, and just when you take it off the fire, cut away all the white of half a lemon and put it in, you may put in just the yellow of the peel.

CELANDINE. The juce being taken in at the nose, purges the brain; a water distill'd from it is good for the king's evil, the root of it or herb alone, applied with the urine of a sick person, is recommended as good for the piles.

The juice of its flowers being mix'd with honey, woman's milk, or somewhat else that will qualify its acrimony, will take away the specks in the eyes, dry up sores and ulcers, tetters, scabby heads, and scald heads in children.

The leaves pounded with camomile roots, and applied to the navel, is good for the cure of the cholick.

CENTAURY, is something astringent; the decoction of it being taken, purges by stool; it is good against tertian agues, the jaundice, spleen and sciatica. It kills worms and brings them away; it is also good in consumptions and cramps, and all nervous diseases; the same being used with honey, clears the sight.

A Good CERECLOTH

Take four ounces of red lead, two ounces of white lead, two ounces of castle soap, bees wax, oil of bays and barrows grease of each an ounce, boil the red and white lead in 3 quarters of a pint of fallad oil, till they look brown, then put in the rest of the ingredients, let it boil five hours keeping it stirring till it works; then oil your hands; make up in rolls.

Of making CHEESE.

In the first place I shall consider the way of managing the *Rennet*

Rennet is made of a calves bag, which is to be taken out as soon as the calf is kill'd, and scoured inside and outside

with salt, after it has been first discharg'd of the curd that is always found in it; wash the curd with water in a cullender, and pick out any hairs in it, washing it till it becomes very white; then put the curd into the bag again, adding to it two good handfuls of salt; then close up the mouth of the bag with a skewer; and lay the bag in an earthen pan; and it will remain fit for use 12 months.

When you are to use this bag, salt a quart of water till it is strong enough to bear an egg, then boil it, then set it by till it is quite cold, and pricking the bag into a great many small holes, put it into a pan for use.

While this rennet is fresh, one spoonful of the liquor will turn or set about 16, 18 or 20 gallons of milk; but the longer it is kept the weaker it grows, and requires a greater quantity: this rennet will last good about a month. This is the method us'd in *Essex* and *Herefordshire*.

Others prepare rennet bags as follows: They wash and scour the calf's bag as before with salt, and in like manner the curd, and then having salted it well, they hang it up in a kitchen chimney corner and dry it; and when they use it, boil salt and water as before, filling the bag with it, making holes in the bag as before, and keeping it in a clean pan.

You ought to take notice; that the calf's bag, which is the part that receives the milk, is so disposed as to change milk into curd as soon as it is received into it, and the curd which is found in it, partaking of that quality of the bag, which disposes it to harden the milk; these are therefore preserv'd for the same use in turning common milk into curd; and that as the calf's bag is naturally when it receives the milk from the cow, which then curdles in the bag; so in like manner when you would turn or set milk for cheese or any other use, the milk ought to be just of the same warmth as the body of the calf was, and the milk it self when the calf receiv'd it from the cow.

If the the milk be too hot, when the rennet is put to it, there is great danger, for then it sets or turns to curd very quick, and that will make the cheese hard; but it will be best to have the milk of such a warmth only, as that it will not come too soon, as they term it in dairys but to let it be of just such a warmth that it may come moderately, for the quicker the curd comes, the harder it is, and the harder will the cheese be.

Besides this some regard is to be had to the pasture where the cows feed; for those cows that feed in rank grass have

have more watery parts in their milk, than those cows that feed on short grass.

Again, if cows feed upon *Crow-garlick*, or the *Aliaria*, or *Sauce alone* or *Jack in the Hedge*, or *Goose-grass*, or *Clivers*, or *Rennet wort*, than milk will be ill tasted or else turn or curdle of it self, although it be a good while after the cow calved; and if the goose-grass or clivers happen to be the occasion of the turning of the milk, then you ought to use a lesser quantity of the rennet; it being the only use of rennet to fix milk and turn it to curd; and if there be already in the milk it self an equivalent to rennet by means of the cows eating the beforementioned herbs, then a little of it will do.

It should also be remembered that where cows feed upon long rank grass, the milk being watery will not contain two thirds of the cream, or richness that there is in the same quantity of milk from cows fed upon fine short grass.

It ought also to be observed, that when cows feed upon such weeds as *Clivers*, &c. which turn their milk, the curd is always hard and scattered, and never comes into a body as pure milk will do, that is set with rennet, and consequently the cheese will be hard.

It ought also to be observ'd, that as the bag of which rennet is made happens to be good, so will the rennet will be good in proportion.

And the bag will be good, when the milk of the cow which suckled the calf is good.

But besides the goodness of the milk and the rennet, if a cheese is over press'd, it will be hard and unpleasant; but then again, the harder the cheese is press'd the longer it will keep, longer than those that are gently press'd, and bear being transported through the hottest climates, which the tender made cheeses will not without corrupting, unless they are put into oil.

Take notice also of the rennet bag, that the calf should suck it full about an hour before it is kill'd, that there may be the more and fresher curd in it; tho' in the killing of calves it is a rule to let them fast some time before they are kill'd.

Let the curd be broke by gentle degrees, and as equally as possible every where; the little pains extraordinary, will be paid in the goodness of the cheese, for then it will not be full of eyes and hollows.

Some make an artificial rennet, which will also do very well for making of cheese, and this is by boiling goose-grass otherwise call'd *Water-Rennet-Wort* in water, to which some add the tops of sweet bryar; a spoonful of which decoction, or boiled liquor will turn about five gallons of milk, without any other help.

Now whether you use the calfs bag rennet, or this last, if you would give your cheeses any rich flavours, then you may put in such sweet-herbs as you like in the water, while you are boiling it for them, or such spices as you have a mind to.

To make a plain SAGE CHEESE.

Bruise the tops of young red sage in a mortar, till you can press the juice out of them; bruise likewise some leaves of spinach or spinage, and having squeez'd out the juice, mix it with that of the sage to render it of a pleasant green colour which the juice of the sage alone, will not make it, and this will also allay the bitter taste of the sage.

Having prepar'd the juice put the rennet to the milk, and at the same time mix with it as much of the sage, &c. juice as will give the milk the green colour you desire, putting in more or less of the sage juice to that of the spinage juice according as you would have the cheese taste stronger or weaker of the sage.

When the curd is come, break it gently, and when it is all equally broken, put it into the cheese vat or mote and press it gently, and the gentle pressing will make it eat tender, and mellow when on the contrary the pressing of it hard will make it eat hard; when it has stood in the press about eight hours it must be salted.

To make a SAGE CHEESE in Figures.

To do this you must be provided with two cheese vats of the same size, and the milk must be set to turn in two different vessels; one part with plain rennet only and the other with rennet and sage juice.

These must be made as you would do two distinct cheeses and put into the presses at the same time.

When each of these cheeses have stood in the press for half an hour, take them out and cut out some square pieces or long slips, quite out of the plain cheese, and lay them by on a plate; then cut the same number of pieces out of the sage cheese of the same figure and size, and immediately put

put the pieces of the sage cheese into the places that you cut out of the plain cheese, and the pieces cut out of the plain cheese into the places cut out of the sage cheese; for this purpose some have a tin plate made into figures of several shapes, by which they cut out the pieces of the cheeses so exactly that they fit without any trouble.

Having done this they put the cheeses into the presses again and manage them like common cheeses; and so there will be one sage cheese with white or plain figures in it, and another a white cheese with green figures in it.

Great care must be taken that the curd be very equally broke, and also that both the cheeses be press'd as equally as it is possible before the figures are cut out, or otherwise when they come to be press'd for the last time, the figures will press unequally and lose their shapes.

These cheeses should be made not above two inches thick, for if they are thicker, it will be more difficult to make the figures regular.

These cheeses must after they are made be frequently turn'd and shifted on the shelf and often rubb'd with a coarse cloth. These cheeses will be fit to be eaten in about eight months.

To make slip Coat CHEESE otherwise call'd
CREAM CHEESE.

Take twelve quarts of new milk and a quart of cream, put it together with two spoonfuls of rennet (or less according to its strength) just warm, and it having stood till the curd is come lay a cloth in the cheese vat, and cut out the curd with a skimming dish, and put it into the vat till it is full, turning the cheese cloth over it, and as the curd settles lay more on till you have laid on as much as will make one cheese.

When the whey is drain'd out turn the cheese into a dry cloth, and then lay a weight of a pound upon it, at night turn it out into another cloth, and the next morning salt it a little, then having made a bed of nettles or ash leaves to lay it on, cover it with the same, shifting them twice a day; till the cheese is fit to eat, which will be in about 10 days.

To imitate CHESHIRE CHEESE.

The milk being set and the curd come; do not break it with a dish as is customary in making other cheeses; but
draw

draw it together with your hands to one side of the vessel, breaking it gently and regularly; for if it be press'd roughly a great deal of the richness of the milk will go into the whey. Put the curd into the cheese vat or mote as you thus gather it, and when it is full, press it and turn it often, salting it at several times.

These cheeses are to be made seven or eight inches thick, and will be fit to be eat in a year. You must turn them and shift them frequently upon a shelf, and rub them with a dry coarse cloth and at the years end you may bore a hole in the middle and pour in a quarter of a pint of sack, and stop the hole close with some of the same cheese, and set it in a wine cellar for six months to mellow, and you will find the sack will be all lost and the hole will be in a manner closed up.

To imitate GLOCESTER SHIRE CHEESE.

Set the milk as is before directed for other cheeses; and break the curd as equally and tenderly as you can, put it in a cloth into the vat, and set it in the press for an hour; then take it out of the vat and cut it into small pieces, about the bigness of a nutmeg into a pan of scalding water, and sprinkle them with salt, to what quantity you think fit.

Then set them again into the cheese vat, where let them stand till the next morning, and when they are taken out, set them by, not forgetting to turn them and wipe them very often, till they are grown very dry; or else when you have press'd one of these cheeses two hours, salt it on the upper side and turn it at night, and salt the side that lies uppermost to lie in the press till the next morning; but the first way is accounted the best; the cheeses done the first way, i. e. by cutting the cheese, will be smooth coated, they will be fit for eating in eight months time.

To make a Marygold CHEESE.

Having gathered marygold flowers in a dry day, pick the golden coloured leaves off; pound them in a mortar or grind them and strain out the juice; put this into your milk at the same time that you put in your *Renner*, stir them together. The milk being set and the curd come, break it as gently and as equally as you possible can, put it into the cheese vat, and press it with a gentle weight, there being such a number of holes in the bottom part of the vat, as will
let

let the whey easily out, or else let there be a spout to carry off the whey; tho the holes will be the best.

The cheese which is made in a cloth; must be us'd like other cheeses made after that manner.

To make BUCKINGHAM CHEESE.

Procure a cheese vat of a square figure six inches over and nine inches deep, full of small holes for the conveniency of letting out the whey, when the curd is put into it. Then mix the nights cream with the mornings milk, and put the rennet to it to cool.

When the curd is come take it gently out of the whey and with it fill the cheese vat, and as that sinks fill up the cheese vat with curds, doing this once every hour till night.

The next morning turn the cheese up side down, turning it every night and morning till it shrinks from the cheese-vat, and is grown stiff enough to be taken out without breaking, and then lay it upon a shelf to be turn'd and shift it night and morning, till it is dry and fit for use.

Angelot CHEESE.

Having the strokings of three or four cows, set it with rennet, as soon as it has been milked, and when it is come take it up with a skimming dish without breaking the curd, and then by degrees fill a narrow high cheese mote or vat, continually filling as the curd sinks, till the mote or vat is full.

If you would have it thick, the vat ought to be six, eight or ten inches deep; you must keep continually filling for three or four hours, then strew a little salt on the top, let it stand all night and clapping a board or trencher to that end of the vat, turn it up and salt the other end, then set it by for nine or ten days without removing it, lest it should crack and break, by which time it will sink and shrinking will slip easily out of the vat, then set it in a temperate place that it may dry by degrees.

The time to make this cheese is in the beginning of *May* or in *September*. If you would have it richer, you may add a fourth part of cream.

Cheddar CHEESE.

Cheddar is a town in *Somersetshire* seated on the south side of *Mendip* hills in a warm and fertile soil for pasturage; whereby

whereby *Cheddar* is rendered famous for cheese; and it has been a long custom there as well as in some adjacent parishes for several neighbours to join their milk together to make one cheese of a larger size than ordinary, and exceeds in goodness most cheese in *England*, if kept from two to five years old. The size of these cheeses are generally from 30 to an hundred pound.

Cream CHEESE.

Strain the milk into a cheese tub often in the fields, and to 15 gallons of milk, put about two spoonfuls of rennet, and it will come in about half an hour.

It must not be set, when just hot from the cows, for then it will be apt to be tough, but luke-warm.

When it is come break it gently with a fleeting dish, stirring it well from the bottom; for if it be mash'd altogether every way, it will be lean, that is, the butter will run more in the whey. This being done, let it stand to settle about half an hour, and then loosen a plug, that stops a hole in the middle of the tub, to let out the whey into clean vessels.

Then put the curd into a canvass cloth and let two persons roll it up and down gently, till the whey is well drain'd from it. Then tie up the cloth and hang it up to drip, and when it has done dripping, put it into a cheese-vat, that is big enough, lay a board over it, and upon the board set a 14 pound weight and so let it stand all night.

In the morning the cheese will turn out seven or eight inches thick, then cut it into cheeses of half an inch thick with a long filken shread; lay them on smooth boards and salt them lightly, turning them twice a day for the first four days, then lay them on nettles near the ground, and turn them twice a day for eight days, and the next day lay them on boards to dry.

They are finish'd in eight days in hot weather, in cooler in four.

Thick Square CREAM CHEESE *as at Newport.*

The vat must be made four square a quarter and half high, neither bottom nor top must be fastened in; with holes all over; then with rennet, as for common cheese, set a gallon of milk, two quarts of stroaking, and two quarts of good thick cream; and when it is come, take out the curd with a *China* faucer,

faucer, and put it into the vat ; strew a little clean dry salt in two or three places as it is laid in ; and as the curd sinks, fill up the vat ; till you have put all in, press it as you do other cheese : let it stand in the vat two or three days, till all the whey has drain'd out, turning it often while it is in ; salt it two days : take it out ; let it lie to dry without rubbing it. The best time for this is in *May*.

STILTON CHEESE.

Take two Gallons of morning milk and five gallons of sweet cream, beat them well together and add as much boiling spring or river water as will make the whole a little warmer than milk from the cow ; then put in the rennet made strong of mace by boiling a good quantity of mace in the rennet liquor.

To make MORNING-MILK CHEESE.

Take the milk as it comes from the cow in the morning and fyle it into a clean tub ; then take all the cream off from the milk that was milk'd in the evening, and strain it into the new milk, and having made a good quantity of fair water scalding hot, pour it also into the milk, to scald the cream and milk together, and let it stand and cool it with a dish, till it be no more than luke-warm, then go to the pot where the earning bag hangs, and take so much of the earning from thence, without stirring the bag, as will serve for the proportion of the milk, and strain the same carefully into it ; for if the least mote of the curd of the earning, fall into the cheese, it will make it rot and mould.

When the earning is put in, cover the milk and let it stand for half an hour or thereabouts ; and in that time it will come, if the earning be good ; but if it was not, you must put in more ; and when it is come, break and mash the curd together with a dish in your hand, passing and turning it divers ways ; and when you have broke it well very gently with your hand, press the curd down into the bottom of the tub, then with a thin dish, take the whey from it as clear as you can ; and the cheese-vat being ready according to the proportion of the curds, put the curd upon it with both your hands joined together, and break it, pressing it hard down into the vat, till it is full.

Then lay the hard cheese board upon the top of the curd, and a small weight upon that, that the whey may drop from
it

It into the under vessel, and when it has done dropping, take a large cheese cloth and having wetted it in cold water, lay it on the cheese board, and then turn the cheese upon it, and then lay this cloth into the cheese vat, and put the cheese into it again; and with a thin slice, thrust the same down on every side, then lay the cloth over the top, lay on the cheese board, carry it to the press, and press it under a sufficient weight for half an hour, then take it out and turn it into a dry cloth, or put it into the press again and let it remain there till the next day in the evening, and when you turn it, the last time, turn it into the dry vat without any cloth at all.

When it has been press'd enough, and is taken out of the vat, then lay it in a rimnel, rubbing it first on the one side, and then on the other with salt, and so let it stand all night; the next morning do the same again, and so turn it out upon the brine which comes from the salt two or three days more according as the cheese is in largeness.

After this lay it upon a clean flat table or shelf to dry, not omitting to rub it all over every day with a clean cloth and turning it till such time as it is thoroughly dry and fit to go into the cheese treck; at first it must be laid in a place where it will dry hastily; but afterwards where it may dry more at leisure.

To make a cheese of two meals of the mornings new milk and the evenings cream milk, you must do also the same, and so you must, if you make a simple morning milk cheese, which is all of new milk and nothing else, except only that you must put in the evening as soon as the milk is syl'd, if it has any warmth in it; and not scald it; but if the warmth be gone it must be put into a kettle and receive the warmth of the fire.

To make a fine NETTLE CHEESE, which eats very fine in summer time.

This is to be made of new milk, and as before directed in the new milk cheese compound, only the curd must be put into a very thin cheese-vat, that is not much more than half an inch deep, and when it is drain'd from the brine, and you are to dry it, lay it upon fresh nettles, and cover it all over with them, and set it to dry where it may have the air; let them ripen therein, renewing the nettles once in two days, and every time you renew them turn the cheese; let the
net-

nettles be gathered as much as may be without stalks : for the fewer wrinkles there is in the cheese, and the evener it is, the more curious is the housewifery accounted.

A CHEESE CAKE without Curd.

Take two quarts of cream, and 14 eggs both yolks, and whites beat half a dozen of the eggs, and mix with them as much rice flour as will make them as thick as a paste : then put in the other eight eggs, having beaten them a little ; and stir all well together ; set the cream on the fire, put in the eggs and rice, stirring it all the while it is boiling ; till it comes to be a pretty thick curd : let it stand till it is cold, and into one part put in sugar and currants ; and to the other part, put two or three spoonfuls of orange flower water amber grease and sugar. Put this meat into a very good crust. It will be bak'd in a very little time.

A good CHEESE CAKE with Curd.

To three pound of cheese curd add a pound and a quarter of butter : pound both in a mortar till all looks like butter ; then add half a pound of almonds blanch'd and pounded with orange flower water, two pound of butter, the yolks of 16 eggs, the whites of eight, a little beaten mace, and a little cream, beat all together, put it in puff-paste, and they will be baked in a quick oven in a quarter of an hour.

A CHEESE CURD PUDDING.

Take the Curd of three quarts of new milk well drain'd from the whey ; pound it very well in a mortar with six ounces of butter, then having beaten the yolks of five eggs, and the whites of two, strain them to the curd ; grate a couple of *Naples* biscuits, and add half a pint of flour having mixed all together, sweeten it to your taste.

Butter patty-pans, fill them and set them in a gentle oven, when you turn them out, pour over them some sack, butter and sugar melted very thick ; stick slips of 'candy'd orange or citron peel in them ; and if you would have some without sweet-meats, slice blanch'd almonds for them.

Lemon CHEESE CAKES.

Beat the yolks of eight eggs, into these grate the rind of a large lemon, add to these four ounces of fine sugar well powdered and sifted, and a quarter of a pound of fresh butter, warm all these gently over the fire, keeping stirring it all the while, till it begins to thicken; then take it off and put it into the coffins, made of puff-paste, and bake them in a gentle oven.

Another Way.

First boil the rind of a large lemon or orange in four or five waters till it is very tender, and has lost its bitterness; then pound it in a mortar or shred it small, and beat it with the yolks of eight hard eggs, six ounces of loaf sugar finely powdered, and a spoonful of orange flower water: then mix this with as much cream and two eggs beat, as will make it of the consistence of cheesecake meat, before it is baked, then put it into coffins and bake them in a gentle oven.

You may put in currants, if you please, but then they must be first well cleansed and plump'd a little over the fire in sugar and water.

The best way of making these cheese cakes is in patty pans and to fill them with meat near an inch thick.

Another Way from a Lady.

Drain a quart of tender curd from the whey, then break it small, and add a quarter of an ounce of mace finely powdered, and have a pound of sugar finely sifted; the yolks of eight eggs well beaten, and a quarter of a pound of blanch'd almonds well pounded in a marble mortar with rosewater or orange flower water, then grate four penny Naples biscuits, into a pint of cream, and boil them over a gentle fire, stirring them all the while, till it is as thick as an hasty pudding; then mix with it half a pound of butter, and put it to the curd but not too hot, then having mixed all together, put it into your paste.

ORANGE CHEESE CAKES.

Blanch a pound of sweet almonds; pound them very fine with four spoonfuls of orange flower water, a pound of sugar pounded and sifted and a pound and half of melted butter: put

put to the rest when almost cold 16 eggs, leaving out half the whites; pound and strain them; boil the peel of a couple of *Sevil* oranges, till all the bitterness is out; pound it well and mix it with the rest: put it into a very light crust and bake it.

To dry CHERRIES.

Stone the cherries, weigh them, and allow to every three pound of cherries, a pound and a quarter of sugar finely powdered, shake the cherries and sugar very well together; set them on the fire, till the sugar is well melted, and let them have a boil or two; then put them into an earthen pot, and let them stand till the next day, then make them scalding hot, let them cool again, and then lay them on sieves; and set them in a moderate oven, to stand all night, and in the morning turn them and set them in again. The oven must not be hotter than it is after small bread or pyes. When they have been sufficiently dry'd, keep them in a box very close, and without any paper between them.

To dry CHERRIES *without Sugar.*

Stone the Cherries, set them on the fire, without any liquor but what comes out of them; let them boil up seven or eight times; shaking them while they are boiling, then put them into an earthen pan; the next day give them a scald, set them by till they are cold, and then lay them on sieves; and set them in a moderate oven to dry.

Any sort of cherries will be dry'd by the ovens being twice heated.

To dry CHERRIES *in Bunches.*

The cherries, may be either *Kentish* or *Morella*; tie 10 or 12 in a bunch with a thread, and when you have dry'd your other cherries; put the syrup that they come out of to the bunches; give them just one boil, cover them close, and the next day give them a scald, set them by till they are cold, then lay them in sieves in a cool oven, turn them after they are dry on one side, and heat the oven daily till they are thoroughly dry.

To make Jam of CHERRIES.

Stone six pound of cherries ; boil them ; and as they are boiling break them ; and when all the juice is so boil'd away that you can see the bottom of the pan, put in a pound and half of sugar finely powdered, stir them well together, and give them two or three rolls ; then put the juice into glasses or pots.

To make CHERRY *Paste.*

Stone and boil the cherries, breaking all the while, boil them till they are very dry, and for every pound of cherries allow a pound and quarter of sugar finely powdered and sifted ; put in the sugar to the cherries when they are hot ; set it on the fire till the sugar is thoroughly melted ; put it into a bread pan or earthen plates, set them in a stove till it is candy'd ; drop it on glass, and when they are dry on one side turn them.

To preserve CHERRIES.

If the cherries be either *Morellas* or *Cornelians*, &c. stone them and for *Morellas* take the jelly of white currants drawn with a little water ; and pass a pint and half of the jelly, and eight pounds of fine sugar through a jelly-bag ; then set it on a quick fire, till it boils, then scum it and put in two pounds of the stoned cherries ; they must not be suffered to boil too fast at first ; take them off the fire now and then, and when you perceive they are tender make them boil very fast till they jelly, and are very clear ; then put them in glasses or pots.

If the cherries are *Cornelians*, they must have red currant jelly ; and if white currants are not to be had, codlin jelly will serve for the *Morellas*.

To make CHERRY WINE.

Let the cherries be gathered in dry weather, when they are full ripe, pick them from the stalks, and bruise them well with your hands, till they are all broken, then put them into a hair bag, and press them as much as you can, without breaking the stones.

To every gallon of the juice put a pound of powder sugar, stir them well together ; boil it and scum it as long as any
scum

scum will rise; then set it in a cool place till it is quite cold, and put it up in a cask, and it will presently begin to work.

When it has done working stop the vessel close, and let it stand four Months, if it holds the quantity of 20 Gallons or more or less according as your quantity is, then bottle it off and put a lump of loaf sugar into each bottle. It will keep two or three years, if it be set in a cool place.

BLACK CHERRY WINE.

Take a quarter of a hundred weight of *Malaga* raisins, put to them two gallons of water: let them stand several days to ferment, as is done for *clary Wine* (which see) when you draw off the liquor add six pound of black cherries to every gallon: let them be fermented together three or four days, or until the liquor is deeply tinged; draw it off, and to this quantity, when you put it up add half an ounce of roch alum finely powdered, and the whites of two eggs well beaten into a froth; mix all well together and stop it up close. After this manner you may make elder wine. After the liquor has been drawn from the cherries, they may be put into a still with a sufficient quantity of water, and distilled with a gentle fire, and from it extract a fine spirit. You may also do the same with goose-berries and currants.

Another Way.

Boil three gallons of water an hour, bruise 12 pounds of black cherries, but do not break the stones; pour the water, boiling hot on the cherries, stir the cherries very well in it, and let it stand for 24 hours, then strain it off and to every gallon put near two pounds of good sugar; mix it well with the liquor, and let it stand 24 hours longer, then put it up in a clean sweet cask and stop it up close, bottle it not before you find it to be very fine.

BLACK CHERRY BRANDY.

Take a gallon of strong claret, and eight pounds of black cherries full ripe, stamp them and put them to the wine with angelica, balm and carduus of each, four handfuls, mint two handfuls and as many rosemary flowers; six handful of clove gilliflowers, four ounces of cinnamon cut small and two ounces of nutmegs; put all these together in a stean

or deep earthen or rather jar and cover it so close that no air may get in; let it stand for 24 hours, then put it into a still, lute it close, and distil off as much as runs good; sweeten it with sugar candy to your palate; this is an excellent cordial good against melancholy and the vapours.

To preserve CORNELIAN Cherries.

Let the cherries be full ripe, put them into a preserving-pan with their weight in fine sugar powdered, laying a layer of sugar and another of fruit; and so on till you have laid all in, then cover them with sugar; then pour upon them half a pint of white-wine, and set it on the fire, and as soon as the sugar is all melted make them boil up quick, scumming it as the scum rises, stirring them every now and then, and when the fruit is clear they are enough, then put them into glasses and cover them with papers.

To make Marmalade of CORNELIAN Cherries.

Take ripe cherries, stone them, allow a pound of powdered sugar to every pound of cherries.

Wet the sugar with white wine and boil it to a candy height, then put in the cherries with that juice that comes from them, and boil them up very quick, stirring it often, and scumming it clean; and when you find it to be clear and of a good consistence, put it into a glaz'd earthen pan, and when it is almost cold put it into glasses, cover them with white paper and keep it in a dry room.

CHICKENS.

As soon as they are hatch'd if any be weaker than the rest, wrap them in wool, and let them have the air of the fire; it will also be very good to perfume them with rosemary; so the first hatch'd chickens may be kept in a sieve till the rest are disclos'd, for they will have no meat for two days; for some shells being harder than others they will require so much distance of time in opening: but unless the chickens are weak or the hen unkind, it will not be amiss to let them alone under her, for she will nourish them kindly.

When they are two days old, give them very small oat-meal, some dry and some steep'd in milk or else crumbs of fine white bread, and when they have gain'd some strength, curds, cheese parings, white bread, crusts soak'd in drink or
milk,

milk, barley meal or wheat bread soak'd in drink or milk, barley meal or wheaten bread, scalded or the like soft meat that is small and will be easily digested.

It will be proper to keep them in the house for a fortnight, and not suffer them to go abroad with the hen to worm; also green chives chopp'd among their meat is very good, and will preserve them from the rye and other diseases in the head, and never let them want clean water for puddle water will be apt to give them the pip.

Nor must you let them feed upon tares, darnel or cockle, for these are very dangerous to young ones, nor let them go into gardens till they are six weeks old.

If you would have them cramm'd, coop them up when the dam has forsaken them and cram them with dough made of wheaten meal and milk, which dip in milk and thrust down their throats; but let them not be too big lest they choke them, they will be fat in a fortnight.

To distinguish whether a chicken is good or not. After a chicken is kill'd it will be stiff and white, and firm in the vent if new kill'd; but tender and green in the vent if stale.

If you rub your finger on the the breast of a scalded chicken, if it be new kill'd it will feel rough; but if stale slippery and slimy.

A cramm'd chicken if it be fat will have a fat rump and a fat vein upon the side of the breast of her like a pullet.

To fatten CHICKENS.

Put them into coops and feed them with barley meal; put a small quantity of brick dust into their water, which they ought never to be without, this last will give them an appetite to their meat, and fatten them very soon. For in this case it must be considered that all fowls and birds have two stomachs as they may be call'd, the one is their crop that softens their food and the other the gizzard that macerates their food; in the last we always find small stones and sharp sand, which help to do that office, and without them or something of that kind a fowl will be wanting of its appetite to eat; for the gizzard cannot macerate (or as it may be said) grind the food fast enough to discharge it from the crop, without such sand or stones, and in this case the brick dust is assisting.

To FRICASSY CHICKENS or SWEETBREADS.

Take two or if small three chickens, wash them clean from the blood, cut them to pieces: but not too small; set them on the fire with just water enough to cover them; as they boil up scum them very clean, take them out and strain the liquor; part of it season with salt and pepper both whole and beaten, a blade or two of mace, a small onion stuck with three or four cloves and a little lemon peel; add to it a quarter of a pint of white wine warm'd.

Boil all these together till the chickens are enough, then take three spoonfuls of cream, and a little flour mix'd with it and put it to the chickens; shake it well over the fire till it begins to thicken.

Then having the yolks of a couple of eggs well beaten with a little grated nutmeg and juice of lemon, mix these with the liquor gently by little and little, for fear it should curdle; put in half a pound of good butter, and shake it together till it is melted.

Another.

Play three chickens, cut them in pieces, put them into a stew-pan, with as much gravy and water as will just cover them; put in some salt, whole pepper, a blade of mace, a small onion with a few cloves; stew them, and when they are near enough, take them out of the liquor, and fry them but a very little in vinegar, strain the liquor and take as much of it as you shall want for sauce, to which add a little sorrel, parsley and thyme boil'd green and shred small; to these add half a pint of thick cream, the yolks of a couple of eggs well beaten and a little grated nutmeg; stew all over the fire till it is thick; put to these half a pound of butter, and shake it till it is melted.

A Brown or white FRICCASSEE of CHICKENS.

As soon as the chickens are kill'd, strip off their skins, draw them, cut their wings, legs and most fleshy parts in pieces, then fry them in a little hogs lard, afterwards stew them in a little butter and gravy if you would have a brown fricassy, or in butter and water if for a white fricassy; and to either of these add a glass of white wine, seasoning with salt, pepper, nutmeg and chervil cut small, and three or or four young

young onions whole, that they may be taken out when the fricassée is enough.

Then brown the same with some of the same lard you fry'd the chickens in and thicken it with burnt flour; to which you may add some fryd or stew'd mushrooms.

But if it be for a white fricassée instead of the browning with the sauce, with the yolks of three or four eggs and a little verjuice; or else when the fricassée has stew'd enough, take off the fat as clean as you can, and toss it up with cream. This will serve for a fricassée of rabbits.

CHICKWEED is of a cooling quality without binding, and if given children in the heat of their distempers, it will preserve from many accidents; and a water distil'd, from it is good for the phthisick.

CHILBLAIN to cure: Take lard or goose grease, melt it and mix with it a sufficient quantity of brandy, stirring it with a stick till it grows cold and with it anoint the sore morning and evening before the fire.

For a CHINCOUGH.

Take oil of amber and spirits of hearts-horn in equal quantities, but do not exceed half an ounce at a time because it decays by being often opened.

With this anoint the child's palms of his hands, pit of the stomach, and soles of his feet for a month together, and let no water come near any of the parts anointed.

You may wipe the child's fingers and back of his hands with a wet cloth.

CHITTERLINGS are made either of hogs or calves guts, for the first.

Take the great gut of the hog, and cut off the thick end of it, and lay it to steep in water for a day or two; then wash it out and parboil it in other water with a little salt and some slices of onion and lemon, slit this gut and put a little white wine upon it, to take away the ill favour, when it is parboil'd, put it into fresh water and take it out, and cut it into the lengths you would have them.

Thus they may be made with half of the one and half of the other, being season'd as much as is needful, then take the skirts from the inside of which the small gut ought to be cut off, cleanse them and scrape them well for some

time to take away the ill taste, then cut them of the same length with the chitterlings; put them into a kettle of water with slices of onion, and having tied up the ends of every one, put them neatly into the skirts, so that they may be covered and bound up in them.

When the chitterlings are made, put them into a kettle of water with slices of onion, an onion stuck with cloves two bay leaves, a little leaf fat out the hogs belly; boil them gently and scum them well, and then pour in a glass or two of white wine; let them stand in the same liquor till they are cold; then take them out carefully, not to break them.

They are usually broild on a gridion with paper under them.

CHOCOLATE. To the quantity of a good dish, put an ounce of chocolate scrap'd fine, to which being boil'd in the water in a chocolate pot, put an ounce of sugar or according to your palate, mill it well when it is boild with a chocolate mill to make it froth.

The vertues of this liquor are said to be that it fortifies the stomach and breast, keeps up the natural heat, dispels humours; strengthens and keeps up the voice, and many other things.

CHOCOLATE PUFFS.

Grate four ounces of chocolate, sift it thro' an hair sieve, mix this with a pound and a quarter of fine sifted sugar; make it up into a paste with the whites of eggs whipp'd to a froth; then pound it well in a mortar and make it up into loaves or in what forms you please, set it into a cool oven on papers and tin-plates.

For the CHOLICK.

Infuse an ounce of *hiera picra* in a quart of double distill'd anniseed water; stop it very close, and let it stand near the fire for some days, shaking the bottle twice a day, take three or four spoonfuls of this in a fit when it is new; if it stands a year or more less will serve.

Another for the Same.

Infuse an ounce of very good rhubarb in a quart of sack for 12 hours or more, then drink four large spoonfuls, and
fill

fill the bottle up again, thus you may do once a day for six weeks or two months at least; and when you perceive the vertue of the rhubarb is exhausted, you may put in fresh, this ought to be continued constantly, till the bowels and blood are strengthened.

This has cured persons who could find no ease in opiates nor bathing. It has done such remarkable cures, that it cannot be too much commended.

For the stone CHOLICK.

Infuse three pounds of haw-berries into three quarts of strong white wine, for 24 hours, then draw off in a cold still three pints very strong, and what runs after keep by it self; a quarter of a pint of the strongest has given ease in very bad fits at the first taking; but if it comes up, you must repeat it, till it does stay.

For a convulsive CHOLICK.

Take yellow transparent amber grossly powdered and ginger cut small, with these fill a tobacco pipe, and smoke three or four pipes while you are in pain and always going to rest.

Another.

Boil four spoonfuls of good *Irish* usquebaugh in half a pint of ale, slice a little ginger and sweeten it with syrup of rhubarb. It is a pretty certain cure, and seldom fails to give present ease.

Another.

Take the thin peel that comes off the kernels of ripe walnuts, dry it and pound it to powder; then the yellow peel of orange; powder it and put equal quantities of it in a cup of hot ale and drink it up a small spoonful of powders, mix'd it a dose.

CHURNING, The cream being neatly and cleanly kept, is to be strain'd through a strong and clean cloth into the churn, and set in a place fit for the action to be perform'd in it, as in the summer in the coolest place of the dairy, and either very early in the morning or very late in the

the evening ; but in the winter, in the warmest part of the dairy, and in the most temperate hours, as about noon or a little before or after.

Churn it with smart quick strokes, so that the noise may be solid, heavy and intire, till you hear it alter, and the sound of it is grown light, sharp, and more sprightly ; and after this you will find that the butter breaks, which is to be perceiv'd by the sound and the lightness of the churn staff, and the sparks and drops which will appear yellow about the sides of the churn.

The the inside and lid of the churn is to be cleansed and all being put together, the churn is to be covered again, than the butter is to be gathered together into one intire lump and body with easy strokes round, but not to the bottom, leaving in pieces thereof sever'd or unjointed.

There may many disadvantages happen to butter in the churning by reason of the tenderness of its body ; it not being capable of bearing much heat or much cold : For if it be over-heated it will look white and crumble, and be bitter in taste ; and if it be too cold it will not come at all.

To avoid the first, it will not be amiss if in summer time the churn be set in a vessel of cold water as deep as the cream rises in it, and the strokes in churning should be slower, and the churn should be cold when the cream is put in, and the churn may be warm'd by scalding in the winter-time, the cream being put in before it is cold again, and plac'd within the reach of the warmth of the fire, and churn'd with as swift strokes and as fast as may be, for much labouring it will keep it in a constant warmth and the butter will be good. *See Butter.*

CHURNING. In the best butter countries, they usually churn twice a week, taking off the cream with a fleeting dish, every morning, and putting it into glaz'd vessels which keeps it from sowering, and produces the sweetest butter.

Some use leaden cisterns, and some brass vessels ; but these are apt to give the milk an ill taste ; therefore it will be best to set the milk in glaz'd earthen vessels and to keep their cream till churning time, also in glaz'd earthen vessels.

For if cream remains too long in leaden cisterns, it will certainly be ruin'd and have an ill flavour.

In *Devonshire*, they commonly set their milk in brass vessels, but in these the cream changes much sooner.

It is sometimes difficult to have a dairy so situate as to be cool enough in summer to raise and keep the cream in good order, and at the same time to be warm enough in winter, to do the same thing; by which it may rationally be supposed, that a certain temperature of air, or degree of warmth is necessary for diverting the oily or buttery parts from the aqueous or watery parts of the milk.

And whereas it has in hard winters been difficult for cream to rise upon the milk, or even to churn that cream into butter; some have at such times remov'd their dairy under ground into a vault where the external cold air is excluded; by which the cream of the milk did not only rise in as great quantity, and in the same time as it us'd to do in summer; and likewise the butter come as soon by churning in the most severe weather in that place as it us'd to do in the summer time in the dairy.

The time of churning should be early in the morning in the summer time; because too much heat will prevent the temperature of the butter from the milk, as too much cold will prevent the same in the winter.

Some in the winter set their churn near the fire while they are churning; to bring the butter the sooner. Others warm their churns with hot water; before they put the cream into them. Others set their churns in hot water: But the best and most approv'd expedient seems to be. To churn in cold weather in a warm vault, because it not only saves abundance of trouble; but also the milk being set for cream will not turn rank or rancid, as butter that is made otherwise will do.

If butter be churn'd too near the fire it will change the butter in taste, colour and stiffness, but in a room about four or five foot from the fire may do well enough.

CINNAMON WATER.

Take rectified molossus spirits six quarts, water three quarts, and choice cinnamon bruised six ounces; macerate it for 24 hours, and then distil and draw off the proof spirits till the faints appear; dulcify with loaf sugar one pound and a quarter, and make it up full proof.

Another Way.

Take strong rectified proof spirits six quarts, river water three quarts, the best cinnamon bruised half a pound, nutmegs

megg half an ounce, bay salt two ounces, macerate them, and draw off as above directed, and dulcify with the best loaf sugar a pound and six ounces, and make it up high proof.

Another Way.

Take proof malt spirits six quarts, water three quarts, small cinnamon and cassia lignea of each two ounces, bruise the barks and let them infuse all night in the spirits, then distill as before, and dulcify with a pound and a half of fine loaf sugar.

When you make a second cinnamon water, it will be best done as soon as the double cinnamon water is drawn off, and the wash being pour'd off from the still; put the bruised cinnamon along with the spirits, &c. as above directed) upon the magma of the double cinnamon water, left in the still, which dulcify as before, by this means it will be stronger of the cinnamon, than it would otherwise have been.

Care ought to be taken in drawing it off, for if the cassia be drawn low it is very subject to an empyreuma.

A Barley CINNAMON Water.

Boil two pound of pearl barley in four quarts of spring water; draw it off in a cold still as long as it runs sweet; then infuse in it half a pound of cinnamon, and add a quart of canary; sweeten it, and you may drink a draught of it at any time, either in a looseness or fever.

Alexipharmick CINNAMON Water.

Take three gallons of proof spirits, and two gallons of river water, put in one pound of cinnamon, four ounces of citron peel, a handful of the tops of balm, and half an ounce of angelica seeds, distil these according to art, And it will be a pleasant compound, cinnamon water, which you may sweeten with double refined loaf sugar in a sufficient quantity of rose water when you put it up into the cask.

CLARY and EGGS.

Beat eight or ten Eggs in a porringer very well, then chop the leaves of clary small and add to them a little pepper.

per and salt, and a little onion chopt small, fry it hot in hogs lard or hogs seam, and serve it with slices of lemon.

To make CITRON WATER.

To a gallon of *French* brandy or clear spirit, put four ounce of citrons, lemons or orange flowers, and two pounds of white sugar-candy finely powdered, add to these six ounces of citron or lemon peels, and let them steep in the spirits till the liquor is tinged strong enough, then strain it thro' a sieve: You may if you please, add a quarter of a dram of musk to the quantity of three gallons of liquor.

CITRON WATER.

Take good proof spirits six quarts, water three quarts, the peel of 15 lemons, fresh figs seven pound, infuse them a night and distil and dulcify with a pound and a quarter of refined loaf sugar.

Another Way.

Take strong proof spirits six quarts, the best lemon peel bruised two ounces and a half, nutmegs bruised two ounces, macerate, and distil, then dulcify with a pound of double refined sugar.

The former of these is what is usually sold in *London* for *Citron-water*, and is not to be distinguished from the true, but by a nice palate.

CITRON WATER *as made in Barbadoes.*

Take the flowers of citrons, or large lemons or oranges a quarter of a pound, to a gallon of *French* brandy, or good clean spirit, with two pounds of white sugar candy pounded fine; then add six ounces of the best citron or lemon peels, and put them to steep in the spirits till the liquor is strong of every ingredient, and strain it off through a sieve.

Some put about half a dram of musk to six gallons of liquor,

To preserve CITRONS,

Let the citrons be the largest of the *Malaga* ones, cut them

them into quarters, scrape the rind a little, but not all the yellow off; take out all the meat, and lay the rind in water all night; then; boil them till they are very tender, and lay them in water again all night; then take them out, lay them in a sieve to drain very well, and to two pound of citrons, put three pound of fine sugar and three pints of water; make the water and sugar just warm; put in the citrons, let it boil for half an hour, than take it off and set it by till the next day; then boil it again till it is very clear, and add a pound more of sugar; just wet it with water, making it boil briskly till it is melted, then put in the juice of three lemons, and put it into large pots.

CITRON MARMALADE.

Let the citrons be boil'd very tender, cut off all the yellow rind, stamp the white very well in a wooden bowl, shred the rind, and to two pound of the pulp and rind, take three pound of sugar and a pint of water; make these boil, and then put in the citrons, make it boil a great pace till it becomes clear; then add' a pint of pippin jelly, and boil it till it jellies very well; then add the juice of a couple of lemons. Put it in pots or glasses.

CITRON CREAM.

Take a pound of green citron, and having cut it into very narrow pieces of an inch long; put in a quart of cream, with some of the rind of a lemon, and let it boil for a quarter of an hour; then sweeten it to your taste, and put in a couple of eggs well beaten, then set it on the fire again, till it is very well thickened; then squeeze in the juice of a lemon, and stir it till it is cold.

To make a CLARET *or* NECTAR

Take four quarts of the best wine, white sugar two pounds, cinnamon 12 drams, cloves six drams, white ginger an ounce mace and cardamums of each a dram, corriander seed three drams, mix them well together and set them in a convenient vessel close cover'd for two days. Then press out all the liquor from the ingredients, and run it often through the flannel bag, it will become fine and of a beautiful transparent colour, and if you desire it to be very rich hang a little musk and lignum aloes rasped in the vessel, ty'd up in

a little piece of scarlet silk; which will aromatize it with a very rich and delicious flavour, and if you please for beauties sake, you may break a few leaves of gold lightly into it.

To extract Spirit of CLARY.

Take leaves of clary, fresh gathered and in the prime, three or four pound, either bruise it or cut it small, then put it into a wooden vessel, with as much water warm as will just cover it, let it stand for three or four days, then distil it, and with a due degree of heat, bring off all the water as long as it hath any taste of the ingredient.

Then take off the still head, and press out the liquor that remains in the bottom of the still, and with the distill'd water pour it upon a like quantity of clary bruised as before, then having clean'd the alembick from the remains of the plant you distill'd before, put them all together into a still or any other proper vessel and let them infuse for four or five days longer, in order to extract the whole vertue of the plant; then add to it a gallon of rectified proof spirits, lute the joints of the head close, and the refrigeratory, and with a morderate and equal fire draw off all the clean proof spirits; and reserve the faints or after runnings a part for another distillation.

Spirit of CLARY by Fermentation.

Take clary fresh gathered and in its prime, what quantity you please, either bruise it well, or cut it small, and having put it into a wooden vessel, set it near the fire, then pour upon it about twelve times its quantity of river water made warm, with two pounds of sugar to a gallon of liquor, stir them well together, then cover up the vessel and let it stand pre-ty warm.

If it ferments well, which you may know by the continual hissing noise of the liquor, with the herb thrown up to the top with a froth, you have no more to doe till it is compleated; which will be in a week or ten days, according to the season of the year and heat of the weather.

But if you find it requires a longer time, then add a little ale yeast to it, and a little more sugar if need require, and if it be cold set it near the fire, and when the fermentation is compleated, and that the herbs sink to the bottom, then put the liquor into a still, half filling it with it, and then proceeding in all respects as before directed as long as
the

the liquor hath any taste of the spirit ; and if the first runnings appear clear, keep it by it self for use.

Another way more expeditious then the former.

Having bruised or cut the clary, to two pound of the herb, put six pound, of spirit of wine, and distil in a glass still to a driness. Pour this distill'd spirit upon a like quantity of fresh clary, and let it infuse for a night in the still, and the next morning distil it with a gentle fire taking special care to avoid an *Empyreuma*.

The spirit thus distill'd, brings over with it all that is to be desired in the ingredients, and is a pleasant and fine cordial, of a very agreeable and citron like flavour.

If you put a spoonful of this distill'd spirit into a glass of cyder, mead, raisin wine, or any other artificial wines, it will give them the true flavour of foreign wines ; so that an experienc'd palate shall scarcely know the difference.

Three spoonfuls of the spirit of clary and a lump of sugar put into a bottle of cyder, when you bottle it off, will in a short time impart its flavour to the whole, so as scarce to be distinguished from true canary wine.

CLARY WINE.

Take a quarter of a hundred of *Malaga* raisins, to which put nine gallons of water ; let them stand to ferment for several days, till the liquor tastes strong and vinous, or till the sweetness thereof is almost lost.

Then put the liquor into a close cask, with two ounces of cream of tartar, and half an ounce of isinglass ; and to give it a flavour, some days before all the liquor is drawn off from the fruit, draw off a quart, and in a well stopp'd bottle infuse a good quantity of the flowers of *Clary*, with a part of which you may impregnate the rest of the liquor before you stop it up, observing to put in but just enough of the *Clary* liquor to give it a true flavour.

This will come the nearest of any to Rhenish wine.

CLEAR-STARCHING.

To wash muslins. Take your muslin aprons, hoods, neck-cloaths, and yards of muslin, fold them four double, putting the two selvages together, then the ends together, and wash it the way the selvedge goes, to prevent the fraying ;
then

then take very clear water, let it not be too hot, for that makes them yellow, and strain the water through a clean cloth into a pan; then take the best soap a small quantity as your wash is, put it upon a clean stick, beat up your lather; but let it not be with a whisk, because it will make the water yellow, and also leave splinters in the water, which will tear the muslins.

After the lather is beat, put in your foulest muslins, one by one till you have put all in, so let them stand to soak out the dirt; then wash them one by one to prevent tearing, whilst the water is warm, then squeeze them very hard between both hands, for fear of leaving the dirty suds in them and as you wash them out, shake them open into the earthen dish, you put them in; then let your second lather be beat up as your first, only let the water be hotter, but not scalding hot; but wash whilst they are warm, and squeeze them as before; then as to your third lather, let your water be scalding hot but not boiling, for that makes the water yellow; then take of powder blue a small quantity, put it in a cup, and put water to it, a little more than will wet it, then shake the cup about, afterwards pour into the scalding water, and stir it about till you perceive it blue enough; then take soap and beat up your lather as before, and put your yellowest muslins in first, then let them be covered over with a clean cloth; you may wash them out whilst warm, or let them stand all night, it will do them no harm but clear them.

Observe when you wash them out, to take care and wash the blue out, then lay them in clear pump water, and if you have not time to starch them all at once, put no more in your starch than you can finish in one day, for lying in the starch makes them look yellow.

But let them be put in pump water, till you have time to finish them, but do not exceed two days.

Most starchers boil their muslins; but they shou'd not by reason it wears them out; but the scalding and letting the muslins lie in them, do them more good than a boil; likewise observe, never to soap your muslins, for washing out the soap will cause you to fray the muslins.

To rinse your MUSLINS before you Starch them.

Take pump water in a clean pan, then take a small quantity of blue in a cup, and put a little pump water to it, shake it about in the cup, and pour a little of it into the

rinsing water, than put your hand into the rinsing water and stir it about; put your whitest muslins in first, one by one, squeezeing them out one by one as you put them in; but put no more in than two or three at a time, by reason the blue will settle upon them: and in case any blue shou'd settle, rub them with your hand lightly in the water, and it will come off; and if any of your muslins be yellow, you must make the rinsing water a little bluer; after you have rinsed them all out, squeeze them one by one between your hands very hard, because they will not take the starch if any water is left in them, and pull them out with very dry hands one by one, double them, lay them upon a clean dry cloth in order to starch them: Some people starch them dry, but they ought not, for it makes them look yellow and stiff, and is also very apt to fray them.

To make the Starch for the Heads and Muslins.

Take a pint of pump watter to a quarter of a pound of starch, put the water in a clean skillet, and put it over a clear fire till it is lukewarm, than put in your starch, keep it stirring slowly one way till it boils one boil and no more; if it boils too much it makes it yellow, than pour it into a clean pan, cover it with a clean plate till it is cold, when it is cold, take some upon your hand, and some blue in the other hand, then mix them together, but make it not too blue, for the least blue the better, so it looks a little blue 'tis enough, you need not make any more at a time, for if you keep it above a week, it will make your muslins look yellow; take your muslins doubled as before, one by one in your left hand, and with your right spread the starch, but not too thick; first on the one side and then on the other but not open it, then blue the finest heads first and then the thick heads for the starch that comes out of the finest will starch the thick ones, and the same starch that comes out of the heads will starch aprons, caps, handkerchiefs, neck-cloths, or turnovers, for thin starch is best for them, because they must not be too stiff.

When you have starch'd the heads, lay them in the same earthen dish kneading them with your double fist, till the starch sticks about your hands, then wringing them very hard, wiping them with a dry cloth; after that open them, and rub them very slightly through your hands.

To clap the heads; when you have opened them, and rubb'd them through your hands, take the two ends of the
lappits

lappits to the middle of the pinner, and so clap them between your hands altogether; clap them very hard, but wash your hand, as often as you perceive any starch or wet upon them; pull out the pinner very well with both hands, to you and from you, to prevent the fraying: Be sure your hands are exceeding dry.

For if any of the starch remain on the hands, it will fray the muslin, so that you must wash your hands twice in pulling out the length of a pinner, drying them very well, and as you pull them out, hold them against the light, to see if they are clapped enough.

But if you observe any thing that looks shining, that is the starch, you must rub it over gently with your hands, but always dry, so that when they are clapped enough you will observe them to fly asunder and not stick to your hands: But observe to clap very quick and very hard, for if you let them dry they will be limber: So that when you see no shining they are clapp'd enough; you must never clap them single, for that frays and tears them, neither clap by the fire but in frosty weather, for that spoils the colour.

As for the ironing of plain heads, when you find they are clapp'd sufficiently, wash your hands, and dry them very well, pull them out, and take the two ends of the lappets, laying the pinner at length double on the board, as smooth and even as you can, and so on till you finish six pinner one upon another, then with your box-iron, iron the under one first; because that is the driest, and should be very dry, but not quite dry, that you may iron them even and prevent fraying: Let fine plain muslin be ironed upon a clean soft woollen cloth: but if you have any that is coarse or thick, you must first iron them upon a damp cloth, and then afterwards upon your ironing cloth- the wrong side.

For edged heads, when you find they are clapped sufficiently, which will as easily be done as the plain heads, you must have a board the length of the pinner, with cloths nail'd round the edges thereof, very streight upon your board, then pull out your pinner, holding it by the edging, with dry and clean hands lest you fray it, then pin it down to the board; but let your pins be in the edging, for if you stick them in the muslin, the holes will not come out; and by this rule you may pin down three or four pinner according as your board is in size; let them be pinned till they are quite dry, then pull out your pins; pick out the edgings upon the board, and take care that you pick out every li-

tle purl thereof and picking them well over, lay it upon a damp cloth, and iron it with an iron not too hot.

As for cambricks and lawns, in the washing and rinsing, do it as you do muslins, but you must make a very thin starch, but not water starch, dip them in, and squeeze them out very hard, wipe them with a dry cloth very hard, and clap them very carefully, for they are very apt to slip; then fold them up, and put them into a dry clean pan when they are clap'd enough; if you touch them with any wet, it will leave a sort of thick look, and so will also muslins; you may iron them on a damp cloth like the muslins, but not with too hot an iron and also iron them on the wrong side as you do the thick muslins.

You must not starch with starch left from other heads; therefore take care and make fresh starch as before, and see that the same be a very small matter bluer than before directed.

As for hoods, aprons and turnovers, you must starch them in a very thin starch, which comes from the heads; but it must be thicker than water starch, a small matter of clapping serves them; but observe that they are clear, you must also put them out towards the gathers, to prevent the fraying them then put them out. Every way double them, and lay them on the board as even as you can, and let them lie till they are pretty near dry, then put them even and iron them on the wrong sides; as to the turnovers, you must take the two ends of the neckcloths or turnovers exactly and beat them against the board to make the fringe stick out.

The best way of washing fringed heads, is to take the fringe off the head, and wash it by itself in three lathers, the two last pretty blueish; then take a long bit of clean board, and wind it upon it, combing it as you wind it upon the board, then dip it in two or three clear pump waters, letting the water run off the right way of the fringe; put it as it is upon the board in two or three more dry clothes till it is dry.

Another way there is, though not so good, which is to wash it as before, then so hanging it on a line to dry, and afterwards comb it, which makes them furze; it is the soonest done this way, but it tears the fringe to pieces: As to the knotted fringes, you may wash them as directed before, and then open them with a bodkin; in order to whiten them, you must boil them with powder-blue and soap and hang them up in the air.

If you wash the fringe upon the heads; you must take a needle and pick out every fringe thread by thread, which is very tedious; but this way of washing them, will not be above three times as they will not last above three times.

As for laced heads, you must starch only the muslin on both sides, but the pinner must be doubled; then gather up the lace in your right hand and put it in a dry cloth to keep it dry, so wring the starch out of the muslin with your left hand; for in clapping the head, it will make the lace stiff enough.

The same is to be done to ruffles, hoods, aprons, or very broad edgings.

But when you pin the lace to the board, pin in the middle of the lace, not at the edge, for it will tear the edging, and make it look all in nooks.

To do lace the best way, you must sew tape to each side of the lace, then wash it amongst muslins or others, or by it self in three lathers; and if it looks not white, put it into warm butter-milk, and let it lie a day, then hang it up to dry; and if it is not white enough, you must put it into scalding hot butter-milk, and so let it lie till it is cold; then wash it out in two or three lathers, according as you see occasion; but the lathers must be very blue; when so done, rinse it in pump-water very blue; after which take it out, and pin it upon your board by the tapes very even; then take muslin the length of the lace, and dip it in water starch, and so lay it upon the lace till it is dry; observe not to squeeze any of the starch out of the muslin, lay it as directed.

When the lace is dry take off the tapes; after which pick out the purls and the foot very tenderly.

If you open the purls, you must make a round hardish pillow, and lay the paper on it, with will shew the purls the plainer; afterward lay your lace upon the paper, and with a long slender needle, with a bit of wax at the head; so with very clean hands you may easily open them, if they are well picked out at first; after you have opened them, lay them upon the board, with a muslin over them, and iron them with an iron not too hot.

To get up Child-bed Linnen: You must wash them in three lathers, the two last very blue, and boil them in a very blue water, putting the clouts in first, soaping them as you put them in, then put your small things in a pillow-bier, and put them in last; let them boil extraordinary well; then take the small things out first, and wash them thro, a

clean lather without blue : After which put them into pump-water ; so likewise do your clouts, rinse them out, and hang them up to dry ; when dry, take them and wash them again in a clean lather, and then give them a scald, but the scald must have no blue in it, afterwards let them stand all night ; the next day rinse them out in pump-water with blue in it ; fold the clouts and plain things down, and clap them with your hands very hard, then hang them up in a clean place where no smoak may come at them, when dry take them down, iron them, and hang them to the fire to harden ; when hardened iron them over again, and lay them up ; as for caps, you must lay them in a dry cloth till they are half dry ; then take a very thin starch, and holding the cloth of the caps in a dry cloth, starch only the muslin ; wring it out very hard with your finger and thumb, then wipe the muslin with a dry cloth, and take hold of the caull of the cap and clap it ; observe not to leave much starch in the muslin, because it will make marks in the cap ; let them lie till near dry, and then iron them on the wrong side.

To take out iron moulds, or stains of claret, ink, &c. out of muslins, table linnen, &c. If your muslins be iron moulded, take a chafing dish of clear coals, set a plate over it, with some sorrel in it, then put some salt upon the sorrel and lay the stained place upon the plate ; afterwards take some more sorrel in a bit of muslin, and squeeze the juice upon it ; let it lie till it is very hot, so take the stained place and squeeze it very hard ; then take fresh sorrel and salt, and so use it as before, till the stain is gone out ; the minute you see the stain got out, wash it in three or four lathers, till it has done looking green.

If stained by claret, take milk the quantity that will cover the stains, warm it very hot, so lay it in three or four times for three or four days together, each time with milk, till the stains are quite out, (sour milk will do as well as other.)

If stained by ink, lay them in fresh chamber-ly for three or four days together, rubbing them out every time you change the water, washing them the minute as before directed.

As to what is usually put into starch ; as to the use of gum, it is commonly put in the water, when set on the fire, and so dissolves.

The use of isinglass is the same, only strain the water first, before you put in the starch. The alum is to be used the same way you do the gum ; and also the mutton suet.

But

But for the use of candle, nasty fluts stir it about before the starch boils.

As to the use of any of the forementioned, none of them is of any general use but the allum, which makes the muslins look very white and clear, and keep some thing longer; tho' a great many people, put nothing in the starch, except those that make it their business, because they can clap a great many more heads: but the heads will wear a great deal longer without any thing put in them.

To clear the water where good water, is not to be had, take a pint of water in a sauce-pan, set it over the fire, put into it a piece of alum about the bigness of a walnut, let the water boil; then take and pour it into a pan, which contains three pails of water, cover it over, let it stand 12 hours, by that time the thickness will settle to the bottom, and then you may wash, make starch, rinse your muslin, laces, or linnen, and they will do extraordinary well without doing any damage.

For the lace after the manner it is done in *Holland*, you must pick your lace off the muslin, then take a clean piece of glass, and sew a thick piece of muslin over it, (but let the glass be square) then roll the lace very even upon the glass, and between every roll soap it with soap; when it is all soaped and rolled up, take another piece of thick muslin, and let it lie till the water is cold, which will soak out the dirt; then put it in a large sauce-pan of water, and boil it, and let the lace be covered with the water so and boil it a little while, which do twice more; but in your last boil you must put in the water, soap and powder-blue enough to make a lather; when you have done boiling it, lay it in a dry cloth to soak out the suds, when you perceive the suds to be out of it, and it appears a little dry on the outside rinse it in two clear pump-waters, with blue in them, and lay it in a dry cloth as before, to soak out the water till it is almost dry; then lay it in starch of a pretty thickness, and letting it lye a very little while, take it and wipe the starch off on the outside, then take it between your hands, and squeeze it not too hard to make the starch come thro' to the glass, then set it against the sun, or a clear fire to dry; because if it is too long a drying, it will make it look yellow: let it be a little damp when you take it off the glass, or else if quite dry, it will stick one roll to another, and be apt to tear; then lay it on a clean dry cloth, and pull out the purls where you see occasion; if your lace be new the purls will open; next sew it upon the muslin, and rub it open with a

warm iron, that it may not look tumbled; your lace will look as white as snow, and as like new as possible.

Some have done them on a board, but that makes them look yellow, and is apt to iron-mould them.

This is a very excellent way to do any fringes; but they must not be starched.

White CLOVE WATER.

Take six quarts of proof spirits and three quarts of water, cloves, one dram, cortex Winteriana, three drams; pimento half an ounce; infuse these all night, draw off the next day till the faints appear, and dulcify with three quarters of a pound of fine sugar for use.

The best Red CLOVE WATER.

Take proof spirits, six quarts, cloves bruised, three drams, *Jamaica* pepper three quarters of an ounce, macerate them, and distil till the faints come down, and dulcify with brown sugar, or treacle a pound and a quarter and colour it with elder juice, a quart or three pints, to the colour of claret wine.

Some allow, half an ounce of cloves, and a quarter of an ounce of carraway seeds, dulcifying it as above, and colouring it with red faunders or poppy flowers.

CLOVEN PESIL, a disease in lambs for which there is no other remedy but to keep them clean, till the lamb be big enough to kill, and to anoint it with tar, and then to kill him for he will at length dye.

CLOUTED CREAM.

Set a gallon of milk on the fire, let it just boil up, then put in a pint of cream, and when it begins to boil again, put it into a pan and let it stand three days; then take it from the milk in a skimmer full of holes and lay it in the dish that you serve it up in, laying it high in the middle and a large handsome piece on the top to cover all the rest.

For a Cow that is CLUE BOUND.

To half a pound of *Castile* commonly call'd castle soap
and

and treacle and butter of each a like quantity; put these into three pints of soft water wherein chalk has been infus'd; when the whole is dissolv'd and mixt give it to the cow in a morning before she has drank, and keep her in the house till noon; repeat this again the next morning.

But if the cow is still too much bound in her body or the medicine should not operate give her some balls of butter and ruff sand.

To pickle CODLINS.

Let the codlins be but half grown and without spots, for if they are spotted they are commonly worm eaten; scald them in water till the skin will come off easily, then put them again into cold water, and a small piece of alum, to green in a brass pan over the fire; which they will soon do, if they are kept close covered.

Some advise that the codlins be green but near to their full growth, first scald them in a soft water, till the skin will peel off, and then having made a pickle of vinegar and bay salt, allowing a large spoonful of salt to a quart of vinegar, a quarter of an ounce of slic'd ginger, three or four cloves of garlick, and a quarter of an ounce of white pepper; boil this in a brass pan with a piece of alum as big as a horse bean, for a quarter of an hour, and pour it hot upon your codlins, covering the mouth of the jar with a cloth, and let it stand by the fire side; boil the pickle till your codlins are as green as can be desired, and when they are quite cold, cork them close, and set them by in a dry place.

But there is one thing must however be observ'd in all picklings is; that if the pickles do not come to their fine green colour presently by boiling often the pickle at first, yet by standing three or four weeks, and then boiling the pickles a fresh they will come to a good colour and the pickles will keep the longer, when they are not brought to a colour too soon.

To pickle CODLINS like MANGO.

First make a brine of salt and water, strong enough to bear an egg; into this put a quarter of a hundred of very fair large codlins, at their full growth; but let them lie in this brine for nine or ten days, shifting the pickle every other day, then take them out and dry them, and scoop out the core neatly.

Take

Take out the stalk so whole and neat that it may fit in again, and if you do not put the scoop quite through, you may leave the eyes in ; fill the apples in the room of the core with ginger in thin slices, and cut short a clove of garlick, and as much whole mustard seed as it will hold ; put in the pieces and tie them up tight.

Let the pickle be made with as much, white wine vinegar as will cover them, with slices of ginger, cloves of garlick, and whole mustard seed: pour this pickle boiling hot upon them every other day for 14 or 21 days.

Fresh COD in a Ragoo.

Scale the cod, boil it in water and vinegar ; bitter lemon, bay leaves salt and pepper ; make a sauce with butter and fry'd flour, capers, oysters and pepper ; let it be white when it is serv'd up.

A salt CODS Tail dress'd in a stew-pan.

Scale it and take off the skin downwards, take off some slices of the flesh and fill up the hollow places with good forc'd meat made with the flesh of carps and eels, season'd with salt, pepper, sweet-herbs, all well minc'd together with butter and crumb of bread boil'd in cream, then draw the skin over it again, that it may retain the shape of a cods tail, strew it with crumbs of bread, put it in a baking-pan, put it into an oven, let it have a good colour, and serve it hot.

If you would fry it, then put it in hot water without letting it broil that so it may be kept whole, drain it, strew it with flour, and fry it in drawn butter, serve it up with lemon juice and pepper ; or else with an anchovy and capers sauce.

Salt COD the Dutch Way.

Let the fish be well scaled and the whitest that can be got ; the salt being taken off ; boil some small carrots in water and put the cod cut into slices into it ; when the cod is done dish it up, and with each slice of cod two or three small carrots.

Wash and mince some parsley small ; put it into a sauce boat, and also melted butter in another, you may also put mustard into the butter (if you like it) serve it up hot.

To dress a COD'S HEAD.

Let there be six inches of body to the head, boil it in salt and water, with at least a pint of vinegar, a bunch of sweet-herbs, some onions cut in slices, and some cloves.

Let the head be ty'd with packthread before it is put to boil, when it is enough take it out, drain and dish it up having the following sauce ready.

Blanch what number of oysters you please in their own liquor, then put them in a sieve to drain and keep the liquor for making your sauce, then put the oysters into fresh water and lay them one by one to drain on the backside of a sieve.

Then put a pound of good butter into a stew-pan with a dust of flour, a little nutmeg, salt, pepper and mace, a little vinegar and some of the oysters liquor, parfly blanch'd and shred small, and three or four anchovies cut, thicken the sauce upon the fire, make it relishing and having put in the white of the oysters, pour the sauce over the cods head, and serve it up hot.

To dress COD with Sweet-herbs.

Boil the fish in white wine, seasoned with salt, pepper, bay leaves, fine spices, sweet basil, thyme and when it is boild dish it, with a sauce over it, strew crumbs of bread on the top and bake it.

Let the sauce be made with butter, salt, pepper, a little nutmeg, a little vinegar, the yolk of a couple of eggs; thicken it upon the fire, and pour it over the fish, and serve it up hot.

To Fricassee COD.

Take the sounds roes, &c. of several cods, split them and scrape them well, blanch them and put them in fresh water, wash them clean and cut them into square pieces about the bigness of the end of a thumb.

Then having put some butter into a stew-pan, toss it up with an onion or two cut small, afterwards put in your pieces, and give them two or three tosses; then put a little flour over them and moisten them with a little fish broth, season'd with salt, pepper, fine spice, sweet-herbs, and let it stew gently.

When

When it is enough, thicken it with the yolks of eggs, parfly cut small, a little vinegar or verjuice, and serve it hot.

To dress a COD'S HEAD.

Wash it and pick it very clean; tie it up tight with a broad filleting, to keep it together; so as to come out as whole as may be.

Boil it in a pint of vinegar and the rest water, enough to cover it; put in three onions quartered; whole pepper, mace and sweet-herbs; and when it boils put in a handful of salt; if the salt were put in at the first it would be apt to discolour it.

When you have scum'd it clean and it tastes well of the spice; put in the head, and let it simmer at least for half an hour; then take it out and place it on a dish, setting it over a chafing dish of coals to drain very dry; prick the eyes and other parts to let out the liquor, soaking up all the liquor with a sponge.

For the sauce take a pint of water, half a dozen anchovies, a large onion, four or five blades of mace, some whole pepper, and a nutmeg, a bit of lemon peel and some horseradish if you like it; when the anchovies are dissolv'd then strain off the liquor and add to it the liver of the cod bruise'd; the body of a lobster and not less than a pound of very good butter, that it may mix and be all of a colour add the juice of lemon or vinegar; the rest of the lobster cut in dice; some shrimps and oysters fry'd and scalded and fry'd flattish round the head.

COFFEE. Many virtues are ascrib'd to this berry; first that it relieves those that are dropfical by a quality it has to purify the blood, and therefore cures the itch, resists the scurvey moderates the heat of the heart, and the frequent palpitation of it; it is of a drying quality and is good for those who are too fat and purfy; it strenghtens the liver, and expels wind. It comforts the stomach, whets the appetite, removes the obstruction of the spleen and bowels; succours the worm and forwards womens menses.

Coffee is also good for all the cold dispositions of the brain and defluxions that fall upon the lungs; helps digestion, revives the spirits, and rejoices the heart.

Its vapours receiv'd into the eyes stop the defluxions of them.

An excellent recipe for the cure of COLDS.

Take half a dram of venice treacle, powder of snake-root 12 grains, powder of saffron 6 grains, volatile salt of harts thorn four grains, of syrup of clove gilliflowers, a quantity sufficient to make a bolus.

Take this when you are going to rest, and drink a large draught of large mountain wine whey after it, or you may drink treacle posset drink.

As for such constitution as cannot be easily provok'd to sweat, the opening of vein or a gentle purge will be of service.

To make COMFITS of various Sorts.

Whatsoever your seeds are, either let them be dry, or dry them well upon the side of your hanging bason.

For every two ounces of seeds use a pound of fine sugar beaten; except aniseeds which use but half the quantity.

At the beginning of this work, put into the bason half a pint of water, and a pound and half of sugar, or proportionable according to your quantity of seeds, stir it well together till the sugar is wet, then boil it gently till the sugar will rope from the ladle like turpentine and then it is enough.

But keep it warm, over warm embers, that it may run freely in a ropy way from the ladle upon the seeds.

When this is ready, move the seeds briskly in the bason, flinging on them half a ladle full of hot sugar at a time keeping constantly moving the seeds for some time, which will make them take the sugar the better, and be sure to dry them well after every covering, by moving the bason and stirring the comfits.

Thus you may sugar seeds to the quantity of three pound of comfits in an hours time. You are continually to keep casting sugar on them till they are as large as you would have them, and dry them well after every coating of sugar.

If you would have your comfits ragged or rough, make the sugar so liquid that it will run from the ladle, and let it fall upon the seeds half a yard high.

Let it also be very hot for the hotter the sugar is, the rougher the comfits will be. Put on at each time, but only one ladle full of sugar, and repeating this ten times, the comfits will be cooled perfectly.

The melted sugar ought not be too hot nor too thick at first for plain Comfits; nor hold not the ladle too high in pouring it

it on the feeds ; but the last two or three coverings may be thicker and hotter.

As for coriander seeds which are large, a quarter of a pound of them will take up three pounds of sugar.

While you are at work, you must take care to keep the melted sugar in good temper, that it may not gather into lumps or burn to the bottom of the pan ; and if you perceive it to grow too thick at any time, put to it a spoonful or two of water, stirring it gently now and then with your ladle, and let the fire be kept very clear under the pan.

When the comfits are finished, lay them on papers in dishes, and either set them before the fire or in a cool oven, this will make them as white as snow ; and when they are cool put them either in crystal glasses or boxes, and keep them close stopt from the air and in a dry place.

To make Comfits of various Colours.

If you would have the comfits *red* infuse some red *Saunders* in the water, till it is of as deep a colour as you desire it ; or if you please *Cochineal* ; or syrup of *Mulberries*.

If *green*, boil the juice of spinage with the sugar.

If *yellow*, put saffron in the water that you mix with the sugar.

For a CONSUMPTION a good Drink.

Take St. *Johns* wort, the great daisy flower (call'd ox-eyes) and scabious, of each a handful, boil these in two quarts of spring-water, till it be wasted to one half, then strain it and sweeten it with clarified honey to your palate ; take a quarter of a pint of this in half a pint of new milk ; making the liquor just milk warm, and take it in a morning and at four in the afternoon.

This drink is highly commended, and also upon long experience.

A Powder for the same.

Take 10 or 12 dozen of the smallest grigs, wipe them very clean and bake them in a well glazd earthen pot all night, and set them into the oven again till they are so dry, that they may be powdered, then pound them to a very fine powder of which take as much as will lie on an half

crown

crown three times a day, drinking with it a glass of old *Malaga* or *Canary*; this is a great restorative.

For Sweating in the Night in a CONSUMPTION.

Drink a glass of tent or old *Malaga* with a toast every morning early, and sleep an hour after it.

This is good for consumptive persons or such as are weak in recovering after a long sickness.

SNAIL Water for a CONSUMPTION.

Take half a peck of shell-snails, wipe them and bruise them, shells and all in a mortar; put to them four quarts of new milk; as also balm, carduus, hyssop, burrage, unset hyssop of each one handful; raisins of the sun ston'd, dates and figs of each a quarter of a pound; slice all these and put them to the milk, and distil them in a cold still with a quick fire.

These ingredients will yield near four quarts of distill'd water very good.

Into every quart bottle, put two ounces of white sugar candy; and let the water drop on it, while it is distilling stir the herbs now and then, and keep it covered on the head with wet cloths.

The dose may be five spoonfuls at a time fasting in the morning, at four in the afternoon and going to bed.

For CONVULSION FITS.

Mix simple penny and black cherry water in equal quantities, the quantity of a draught, into which for a child, put of spirits of hartshorn five drops, if for a woman 20; if for a man 30.

Another for the same.

Infuse turneps in a pot close stopp'd, and set it into a kettle of water, and boil it till they are tender enough to squeeze; then take the liquor clear from them; of which take three spoonfuls with one spoonful of old rich *Malaga* this seldom fails in children, and has cur'd the falling sickness in grown people.

Another

Another for the same.

Take a quart of small black-cherry-water and four pound of black cherries, stones and all, but only bruised in a mortar: put these with the water into an earthen jug, adding eight tops of spearmint, and four blades of mace; then having stopp'd the jug close, set it into a kettle of water; set it on the fire, let it simmer for three hours, then strain it out, and boil it to a syrup with a pound and half of *Lisbon* sugar to each pint of liquor.

An admirable Method for CONVULSION FITS.

Take onion and black pepper of each an equal quantity, stamp them pretty small and lay it to the soles of the patient's feet, letting it lie there for seven hours, let him or her not take any thing during that time; only if it be a child anoint the wrists, palms of the hands and temples with mithridate, and if a man or woman with spirit of amber.

Between the fits give black-cherry-water, sweetened with the syrup of male piony, and syrup of clove-july-flowers, and for a week after the fit give it them constantly twice a day; let it wear a necklace of male piony-root about its neck.

Another for the same.

Give a Child five or six drops of the kings drops or spirit of harts-horn in two spoonfuls of black cherry water, sweetened with the syrup of male piony; repeat this whenever you see a fit coming, and twice a day before and after every change of the moon; purge the child once in 10 days or a fortnight, with a spoonful or two of syrup of rhubarb or with manna, after the following manner.

Dissolve an ounce of rhubarb in four ounces of barley water, strain it and give the child two spoonfuls at a time, every third hour, till it begins to work: then forbear and give it thin chicken broth or water gruel in the working, the child may be purg'd thus before the drops are given: if the child start or grow pale, that you apprehend a fit is coming on, lay a blister behind and below the ear, and give it a glister of milk and sugar and a few camomile leaves, and anniseeds and as much diascordium as a small nutmeg, then strain and give it; if you purge with the manna, add to it an ounce of sweet almonds new drawn, which mix well with the barley water

water and manna that it may work off smoothly and take off all gripings.

A Powder for CONVULSION FITS.

Take of milletoe of the oak one dram, of piony roots two drams, white amber prepar'd, coral prepar'd and pearl prepar'd of each half a dram; of bezaor two grains, to these add five leaves of gold; reduce all these to a very fine powder, and give to a child a month old as much as will lie upon a three-pence, and proportionable to an older, mixt in a spoonful of black-cherry-water, sweetened with syrup of black cherries.

Give it three days successively at every change of the moon to prevent returns.

COQUELUCHE a cough which most frequently siezes young children, and is caus'd by a salt flegm that falls from the brain, and by fumes from the belly but oftener by sharp and subtil blood; as soon as it siezes them, they fall into fits, and are all in a muck sweat, and several have died of it for want of present relief; but to prevent that fatal accident,

Take two ounces of the syrup of white poppies, one ounce of brandy, two spoonfuls of the decoction of mint or horehound and mix all together, and give the child by intervals, but more particularly at night when it goes to bed.

GOLDEN CORDIAL.

To a gallon of the best *French* brandy add two ounces of spirit of saffron, and two drams of the confection of *Alkermes*, and one dram of the oil of cloves, one pound of double refin'd sugar, and one grain of musk, and the same quantity of ambergrease.

Mix the confection of *Alkermes* in a marble or glass mortar with a little of the said brandy, and incorporate the oil of cloves with the sugar by dropping it thereon, and grinding them together; then putting the brandy into a wide mouth'd bottle with the rest of the ingredients, shake them together and cover the mouth of the glass with a wet bladder and leather, shaking the bottle every day.

Then suffer the liquor to settle and pass it through a jelly bag, let it stand some time and decant off the clear liquor, and into every quart put three leaves of gold.

If the colour be not high enough, you may make it of a
O beautiful

C O
beautiful gold colour by hanging a little saffron in the bottle ;
this is a very rich cordial.

COSTIVENESS.

Preserve green walnuts before the shell is hard, after they have lain a day and a night in water, having been first prick'd full of holes ; boil them and shift the water often till they are tender ; stick in each a bit of candy'd, orange-peel and take their weight in good *Lisbon* sugar ; boil them up and take two or three or four of these, when you are going to rest.

They are a gently, wholesome and certain purge, and help a costive hot habit of Body.

Another.

Roast apples, and eat them with carraway comfits every night.

Another.

Take a spoonful of syrup of peach blossoms, in a glass of the water distill'd from the leaves, or in which the leaves and wormseed have been decocted, and this last will also be a safe and certain remedy for worms in children.

Another.

Having in the spring made a good quantity of wood-forrel-water, sweeten it with syrup of violets.

An ounce of syrup to a quarter of a pint of water is a dose for any body, and may be taken with safety in a fever or lying in, but a lesser quantity will serve a child.

Another.

Boil a few mallows in a porringer of water gruel, strain it out and instead of salt, put in a pugil of cream of tartar ; let this be the mornings draught.

COUCH-GRASS, the root of this plant being pounded and apply'd is good for wounds ; the decoction being drank cures the griping of the guts, difficulty of making water, and the bloody flux, and even expels the excrementitious parts

parts that breed the stone: the leaves promote urine, and stop vomiting and looseness. It is us'd in the obstructions of the liver, spleen, ureters, and spitting of blood.

It is good us'd outwardly to allay the head-ache, and for inflammations and the influxions of the eyes.

For a COUGH.

Boil elecampane roots very tender, then pulp them thro' a sieve; then take as much of the pulp of coddled pippins, and if there be a pound weight of both together, boil it in a pint and half of clarified hony for half an hour; then take an ounce of powder of liquorice, and as much powder of anniseeds; mix all these well together, and take of it a dram in a morning, in the afternoon and at night. This is also an excellent medicine in an asthma and shortness of breath.

Another.

Take a quarter of a pound of the leaves of colts-foot, pound it in a mortar to a perfect conserve with two ounces of brown sugar-candy, two ounces of raisins of the sun ston'd; when it is fine and well mix'd, add two ounces of conserve of roses, and 10 drops of spirit of sulphur, and five of spirit of vitriol; mix all these well together, and take the quantity of a large nutmeg as often as you please.

But it should seem that the juice of the coltsfoot mixt with the sugar-candy would be better than the leaves.

Another.

Take a large lemon, roast it without burning, and when it is thoroughly hot, cut and squeeze it into a cup upon three ounces of sugar-candy finely powdered; of this you may take a spoonful, whenever the cough is troublesome.

Another.

Mix an ounce of syrup of poppies with an ounce of syrup of red roses, and of this take a spoonful for three nights when you go to bed.

Another.

Make tea of alehoof very strong, sweeten it with sugar-candy,

candy, then pour it upon a white toast well rubb'd with nutmeg, and drink it the first thing in the morning and the last at night.

For a consumptive COUGH.

Beat and sift a pound of double refin'd sugar; wet this with orange-flower-water, and boil it up to a candy height, then stir in two ounces of cassia earth reduc'd to a fine powder. If you love perfume, you may add a couple of grains of ambergrease, which will be very good; drop this in small cakes on a mazarine dish that has been buttered and wip'd.

This has cur'd those that have spit blood.

For a CHIN COUGH.

Dry some box-tree leaves very well, and pound them to a powder, and sift it fine, and give it the child in whatsoever it eats and drinks in which it can be disguis'd.

It is an excellent remedy.

An Electuary for a COUGH.

Take of syrup of horehound, white poppies and ground ivy of each two ounces, sperma ceti a dram, crabs eyes, two grains, mix and pound them very fine; of these take a small spoonful at any time the cough troubles you and also when you go to bed.

Another, a pleasant Medicine for the same.

Coddle a large lemon in water as you should do an apple over a gentle fire, so that it may not burst, as it will be very apt to do, if the fire be fierce, when it is grown soft take it out, cut it and take out the piece and soft pulp from the seeds, strings and rind; to this pulp add an ounce of sugar finely pounded, two ounces of oil of sweet almonds, and an ounce of syrup of poppies; mix all well together and take of it a large spoonful when ever the cough troubles you.

For a dry Husking COUGH.

Drink a pint of spring-water as hot as you can, at night going to bed.

This tho' it seems but a trifling remedy has far out done the expectations of those that have try'd it.

A Syrup for an old COUGH.

Take maiden-hair, liquorice and dry'd hyssop, of each an ounce, and one grain of anniseeds; infuse these in a quart of spring-water for 24 hours, then set them on a gentle fire and boil them, till one half be wasted, strain it out hard, and add to the liquor three quarters of a pound of clarified honey, and as much right white wine vinegar, as will make it pretty sharp; then boil it again, till it comes to a thick syrup, and keep it for use close stop'd.

If you drop in a drop or two of oil of cinnamon, it will not be amiss.

This is an excellent medicine to be taken in the morning and at going to bed.

For a consumptive COUGH.

Take marsh mallows and comfrey roots dry'd, of each six ounces; scorzonera and orange root candied, of each four ounces, cut all small and mix them well together; then divide them into several parts, that is an ounce on each paper; which put into a quart of spring-water, boil them gently and then add a pint of milk, and continue boiling it till the three pints comes to a quart, let it stand to cool, and drink half of this at a time twice a day for some time.

For a pleuritick COUGH.

Take four ounces of oil of turnep-seed, newly drawn, syrup of maiden-hair, and lemons of each an ounce, syrup of violets two ounces; beat all these with two ounces of sugar-candy; of this take a spoonful as often as you can, mixing it well when you take it, being apt to separate.

Oil of turneps can easily be had and exceeds all other oils that can be drawn.

For WHOOPING COUGHS *an excellent Remedy.*

Take leaves of dry'd coltsfoot a good handful, cut them small and boil them in a pint of spring-water, till half of it is boiled away, then take it off the fire, and when it is almost cold, strain it thro' a cloth, as dry as you can, and throw the herbs away, and in the liquor dissolve an ounce of brown sugar-candy, finely powdered, and give a child (of about three or four years old, and so in proportion) one spoonful of it cold or warm, as the season is, three or four times a day (or oftener, if the fits of coughing come frequently) till it is well, which will be in a few days: for it will presently almost abate the fits of coughing.

This medicine likewise is very helpful in shortness of breath and in the *Asthma* and *Phthisick*; it is also good in wastings or consumptions of the lungs by reason of its smooth, softening healing qualities, even where the person did spit blood, and had a rawness and foreness in the passages, with a hoarseness, &c. in blunting the acrimonious humours, which in such cases are almost continually dripping upon them.

N. B. Grown people may make it stronger than for children, the herb ought to be of the same years growth and drying in which you use it, and the larger the leaves are, as being fuller grown, the better.

It will be best to make it fresh as you use it, and not too much at a time, especially in warm weather.

COWS. In chusing cows make choice of such as are tall, long bodied, have large udders, broad foreheads, fine and smooth horns, and also that are young, for when they are past 12 years old, they are not good for breeding.

The country people commonly judge, that an old cow gives more milk than a young one; but this does not seem to be always agreeable to reason or experience.

You ought not to let a cow go to bull before she is three years old; if a cow happens to be with calf before, the calf ought to be put from her, and she must be milk'd for three days after, lest her udders be sore; afterwards forbear milking.

In many places they put the cow to bull about the end of *July* that they may calve in the *March* or *April* following.

To order some so that they may have plenty of milk, let them go to bull from spring to winter, and by so doing you will always have some to milk.

A cow commonly conceives at one bulling; but if she chance to fail, she will go to bull again in 20 days after.

If you have good store of pasture, you may let your cows go to bull every year; but you must have regard to the state of them that they are not too fat when they go to bull, or during the time they are with calf; in order to this it will be proper to keep the cow in short pasture, while she goes with calf; but no pasture can be too good for a bull to make him strong and vigorous.

Some advise in order to make a cow stand to the bull to stamp the root of squills or sea onions in water, and to rub her under the tail therewith.

A cow will give suck to a strange calf; but the calf should not be suffered to lye with her all night for fear of overlaying them.

COWS. It is to be observ'd that some grounds will never produce good butter; nor will others produce good cheese, altho' there be the best management in the dairy, again there is one sort of cattle which tho' they be fed with the finest grass and best pasture will never yield a rich milk for butter in any pasture: and especially if the cows feed upon crow garlick, alliaria or faxitrage. If cows feed upon short fine grass, there will be more cream in the milk than if they feed upon long rank grass, tho' the long rank grass will give more milk than the short; but the butter will not only be less but also worse.

Again the milk of one cow shall give richer and better butter than the milk of others; tho' they all feed on the same pasture, and so that the milk of one cow shall enrich the butter made of the milk of nine or ten other cows; and will make the butter of a rich yellow colour, full of fatness, when the others will only produce a pale lean butter: but all together will be good.

A COW SPICE.

Take anniseeds, cummin-seeds, liquorish and turmerick of each two ounces; coriander-seeds and grains of each half an ounce; pound or grind them small and mix them together; you may add also two ounces of madder finely ground and put it up in open mouth'd bottles stopp'd with glass stopples to preserve them from the air and set them in a dry place, it will keep good a year or two.

You may give a cow, &c. three large spoonfuls of this

in a quart or three pints of ale wort made warm or ale that is free from yeast.

When you use this, you may add a little butter and treacle, give it in a morning to the beast fasting, not suffering it to drink for five or six hours after.

A Fresh or green Wound in a COW.

If a cow or bullock happen to be staked or wounded any other ways.

Take hogs lard rendered fine six ounces, hony an ounce and half; bees wax and rosin, of each half an ounce; stir these over a gentle fire till they are melted; then add six or seven ounces of turpentine, and when that is well mix'd take it off the fire and stir in about six drams of verdegrease finely powdered, till the salve is almost cold.

Also ointment of tobacco is of excellent use upon this occasions.

To dress a COW-HEEL.

Take out the bones, clean it, cut it into pieces, wash it and flour it, strew over it a little salt and pepper, then fry it brown in hog's lard having first made it hot in the pan.

Having first prepar'd some small onions boil'd whole till they are tender, taking off the coats or skins till they appear white; make a sauce of gravey, some white wine, nutmeg and a little whole spice with a little salt and pepper, and thicken with burnt butter.

Having peel'd the onions, make them hot in milk and lay them whole in the dish with the cow heel and pour the sauce over the whole.

To CANDY COWSLIPS Orange-flowers in Bunches or Green.

First steep gum-arabick in gum-water, then wet the flowers with it, and shake them in a cloth that they may be dry; then dip them in fine sifted sugar, and hang them on a string ty'd cross a chimney in which a fire is kept; let them hang two or three days till the flowers are dry.

To make COWSLIP Wine.

To three gallons of wine, put six pound of sugar; boil them for half an hour, and as the scum rises take it off, then set the liquor to cool, and when it is quite cold, take a spoonful of the best ale-yeast and beat it well with three ounces of syrup of lemon; mix them very well with the liquor, and then put into it a pound and three quarters of the yellow part of the cowslip, cut from the stalks; but you must use no other part; let these infuse and work for three days in an earthen vessel, cover'd with a cloth; then strain them and put the liquor into a clean dry cask, and let it stand to settle three weeks or a month before you bottle it.

Another Way.

To every gallon of water allow three pounds of sugar; boil them for an hour and take off the scum as it rises, then pour the liquor boiling hot upon the pick'd cowslips (the quantity of two gallons to each gallon of liquor) cover up the vessel immediately with cloths, and let them infuse for 24 hours; then strain off the liquor from the flowers, and add a lemon or two to each gallon, with a little of the peel, pared thin and shred.

Put some new ale yeast to it, to set it a working; and when it has done, put the clear into a cask; but not the settlings, and let it work, and when it has done stop it up and let it stand for a month; then draw it off into a fresh vessel and put into it a pound of loaf sugar and two penny-worth of isinglass, then let it stand for a fortnight longer and bottle it.

Tho' some persons keep the flowers in the liquor for 2 months before they draw it off, 24 hours is sufficient for these or any other flowers, indeed a too long infusion does generally give an ill taste and disagreeable relish to the liquor.

To make CRACKNELS.

Put two pound of butter to two quarts of flour, grate a nutmeg; beat the yolks of eight eggs with eight spoonfuls of rose-water, put the nutmeg and eggs into the flour, and make it up into a stiff paste with cold water; then roll in the butter and make them into the form; put them into a kettle of boiling water; and when they swim take them

out

out and throw them into cold water; and when they are hardened, lay them out to dry and bake them on tin plates.

CRAMP a distemper in sheep, the cure of it is to boil cinquefoil or five leav'd grafs in wine and give it the sheep warm to drink, and to chafe their legs with oil and vinegar.

To dress CRABS.

The crabs being alive, boil them for about half an hour in a kettle with salt and water; when they are done take off the kettle, let them be cold, then take off their great shell to open them and put it on again; break their great claws and take off their little ones.

Lay a folded napkin in a dish, place the crabs in the middle with the broken claws round them.

Garnish the dish with parsley and serve it up.

To dress CRABS after the English Fashion.

Having boil'd crab fish as before, take off the great shell without breaking it, and take out the flesh of their bodies, and also that of their great claws, and mince it well.

Then having put some butter in a stew-pan with chibbols, parfly and mushrooms shred small, fry them a little on a stove, and then put in the minc'd crab-fish with salt, pepper, sweet-herbs, and half a glass of white wine; let all these stew very gently, and when done thicken the same with a bit of butter, dipt in fine flour or with some cullis.

Having made this relishing, mix the juice of a lemon with it, and with it fill the shells of the crab-fish.

Then place these fill'd shells in a baking-pan, strew some crumbled bread over them, set them in an oven to give them a colour, and serve them up.

CRAY-FISH *Soop.*

Having procur'd as many cray-fish as will serve for your design, boil them in salt and water, taking off the small claws and the ends of the great ones; pick their tails and garnish your dish towards the middle with the ends. Pick the rest very clean and pound the shells.

Then having a carp, scale, wash and cut it into quarters, then set a stew-pan over the fire with butter and onions cut in slices, put in the carp over it, and when it is a little coloured,

loured, moisten it with your soaking broth, season it with cloves, slices of lemons, mushrooms, sweet basil, parsley and a few crumbs of bread. Let the cullis be relishing, take out the carp and onions, and being mixt with the pounded shells, strain off the cullis, put it in a little kettle or sauce-pan to keep warm.

Then put the crust of a loaf in a stew-pan, with some soaking broth, let it soak a while, dish it up with the cray-fishes; lay a large crust in the middle, pour the cullis over it and serve it up hot.

A Cullis of CRAY-FISH.

Take small cray-fish, wash and boil them in a little water with onions cut in slices; seasoned with salt, pepper, a little thyme, parsley and a sprig of sweet basil, when the cray-fish are enough, take them out and pick them.

Reserve the tails for any other use you please, and pound the remainder with the shells.

Then put some butter into a stew-pan with three or four slices of onion, a carrot cut into slices and a parsnip, toss them up in the pan two or three times, moisten them either with fish broth or soaking broth.

Then put crumbs of bread in it, season it with parsley, chibbol, a sprig of sweet-basil, half a lemon peel'd and cut into slices.

Some of the general cullis us'd with fish may be put in; make the cullis relishing and take out the roots with a skimmer, mix the cullis with the pounded cray-fish and strain it presently.

CULLIS of CRAY-FISH for Soops.

Pound cray-fish shells well and having put butter into a stew-pan with slices of onions, carrots and parsnips, toss them up well over the fire, moisten them well with some good fish broth, and season them with sweet basil, chibbol and parsley, half a lemon peel'd and cut into slices and some crum of white bread.

The cullis being relishing take out the roots, mix it with the pounded cray-fish shells, strain it immediately, keep it warm in a little kettle.

This may be us'd with all sorts of soup, in which cullis of cray-fish is used.

A Ragoo of CRAY-FISH, for a Flesh Day.

Pick your cray-fish, put their tails on a plate with some small mushrooms, some slices of truffles and a bunch of sweet-herbs ; season all with salt and pepper, and fry it a little with melted bacon or butter, in a small stew-pan, moistening it with some gravey, letting it stew over a gentle fire, when it is enough take off the fat, and thicken it with some cullis of cray-fish ; set it on hot ashes ; but do not suffer it to boil, lest it should turn.

You may also, if they are in season, put therein several heads of asparagus and artichoke bottoms.

When the Ragoo is enough, dish it and serve it hot.

This Ragoo is to be used in all sorts of dishes with cray-fish.

A Ragoo of CRAY-FISH for Fish Days.

Having first boil'd the cray-fish, pick them, laying their tails on a plate, with small mushrooms and truffles cut into slices.

Put all together into a stew-pan with a little salt and pepper, and give them a short fry in some butter ; moistening it with some fish broth, let it stew on a gentle fire ; when the ragoo is done and relishing take off the fat, thicken it with a cullis of cray-fish, dish it up and serve it hot.

This is to be us'd in all sorts of dishes with cray-fish on fish days.

CRAY-FISH or PRAWN SOUP.

Take half a dozen of whittings, a large eel and half a thornback and having clean'd them, put them into a pot with as much water as will cover them ; after you have scummed the pot clean add whole pepper, ginger, mace, thyme, parsley and an onion stuck with cloves, and a little salt, and let all boil to mash ; then half an hundred of cray-fish or 100 of prawns, take off the tails and pick out the bag, and all the woolly parts that are about the body ; put all into a sauce-pan with water, and vinegar, lemon, salt and a bunch of sweet-herbs ; set them over a gentle fire and let them stew, and when they are ready to boil, take out the tails and set them by safe ; but beat all the other shells in the little liquor they were stew'd in ; beat these together with a *French* roll till the shells are become very fine ; when all the good-
ness

nefs has been washed out with their own liquor; pour the other fish liquor through the shells, and strain all clean from the fish and grit, then having ready a large carp, stewed, lay it in the middle of the dish, add the body of a lobster to the soup, and some strong gravy and burnt butter; heat the tails of the cray-fish in the soup, and pour all over the carp.

CHOCOLATE CREAM.

Break half a pound of chocolate into half a pint of boiling-water; mill it, and boil it till all the chocolate is dissolved, than put to it a quart of cream, and four eggs well beaten; make it boil, and keep milling all the time, let it stand to be cold, and then mill it again that it may go up with a froth.

CREAM.

Sweet and new cream will make very pleasant butter for spending; and if it stand till it is sour, the butter will be very good, and keep longer, if it be not overheated in the churn; but if it once grow bitter, it is good to spend it presently, for it will soon decay.

At the fall of the leaf, and in cold weather, cream will turn from sweet to bitter; and the reason is generally said to be, because the cattle eat the leaves.

But be that how it will, the best way to prevent bitterness, is by setting the milk a less time, and churning oftener.

STONE CREAM.

Boil in a quart of cream a blade of mace and a stick of cinnamon; put in eight spoonfuls of orange flower-water; sweeten these to your palate; boil it till it is thick, then pour it out, keeping it stirring till it is almost cold; then put in a spoonful of rennet, and put it into cups or glasses; make it three or four hours before you use it.

Remarks upon CREAM.

When the cows go first to grass, as in *April*, if a new milch cow give 12 quarts a day *Winchester* measure, it is accounted a good milking; and if this milk be well skimm'd,
it

it yields about a sixth part, or two quarts which will make near two pound of butter.

A very thick RAW CREAM,

Take a couple of trays, keep them boiling hot; and put the milk into one of the trays covering it with the other, and let it stand till the next day, when you will find a very thick cream.

FRY'D CREAM.

Having first butter'd your sauce-pan, set it on the fire with a quart of new cream, the yolks of seven eggs, a bit of lemon peel, two spoonfuls of sack, as much orange-flower-water and a nutmeg grated; keep stirring all the while it is on the fire with a little whisk, and while you are stirring sprinkle in flour very lightly, till it is thick and smooth; when it is boil'd enough pour it out upon a cheese-plate or mazarine; spread it with a knife exactly even about, half an inch thick, then cut it into diamond squares, fry it in a pan full of boiling sweet fuet.

Sweetmeat CREAM.

Take cream, sweeten it well with loaf sugar, then slice some preserv'd apricocks, or preserv'd peaches or plums into it, or you may sweeten it with thin syrup; mix them well, and serve them separately cold in *China* basons.

Garden CRESSES.

The garden cresses is of an opening, incisive, and deterfive quality, when it is taken inwardly, it helps respiration, and purifies the blood: It's good against the scurvy, and cures the itch, if you rub the part therewith: Moreover, it is ster-nutatory, and they use it in errhines to excite sneezing: The seed provokes urine, opens the body, purges the kidnes and bladder, if there is any stone there: It is useful in obstructions of the liver and spleen, and being taken with oil, expels poison. The juice of it being held in the mouth, brings away bad humours that are hurtful to the teeth: The seed of it being chew'd, gives relief to the palsey of the tongue, causes sneezing and revives the spirit and senses: Being boil'd in vinegar, and applied it cures the king's evil.

WATER-

WATER-CRESSES have a sharp and biting taste: The decoction thereof being drank, is good for swellings in the belly: It is also good against the ventosities of the womb, and to provoke the *menfes*, if applied to the belly after you have heated it with motherwort, and moistened it with pure wine, upon a tile. The juice being applied to the testicles, prevents nocturnal pollutions.

Water-cresses are eaten boil'd or raw, but raw are bad for the stomach, and therefore the other way is best, unless they be mix'd in sallads with lettuce, forrel, and other such like herbs.

To preserve green CUCUMBERS for slicing in the Winter.

Gather cucumbers when they are half grown, that is before they incline to be feedy, put them in water and salt for five or six days, shifting the water daily; then wipe them dry, and put them in vinegar with a little alum to green over the fire; then take out the cucumbers and boil the pickle to be poured over them, then cover the mouth of the jar with a coarse cloth, four or five times doubled, and set the jar near the fire.

When the pickle is quite cold, stop the jar close with a cork and leather over that.

These cucumbers may be used in water, pared and slic'd like those gathered fresh out of the garden, with vinegar, oil and pepper.

To pickle small CUCUMBERS.

Put them into salt and water, shift them every day till they change to a yellow, wipe them dry, and prepare a pickle, a piece of alum as big as a walnut to a gallon, ginger slic'd, mace, whole pepper, a few bay leaves and some dill seed which is better than the dill it self. tye up the seeds in a piece of muslin, that when the pickle is strong enough of it, it may be taken out, and pour the liquor, when it is season'd to your mind, upon the cucumbers, put them into a stone jar, and cover them as before with a coarse cloth doubled, set them by the fire, and repeat the boiling of them every day, stopping them up close as is directed for other cucumbers.

To

To preserve CUCUMBERS.

The cucumbers should be of the size of pickling cucumbers, and such as are fresh and green, and free from spots; first boil them in water till they are tender; then run a knitting needle through them the long way, and having scraped off the roughness, green them as follows.

Having made some water ready to boil, take it off the fire, and put to it a piece of good roch alum; set it on the fire and put in the cucumbers, let them be close covered, examining now and then when they come to look green; then take them out, and having weighed them, take their quantity of single refined sugar clarified, putting a pint of water to each pound; put in the cucumbers, boil them a little close; covered set them by and boil them a little every day for four days successively, then take them out of the syrup, and make a syrup of double refined sugar, a pound of sugar, and a pint of water to every pound of cucumbers; in this boil the cucumbers till they are clear; then add the juice of two or three lemons and a little orange-flower-water; let these have a boil all together.

These may be either laid out to dry, or kept in the syrup; but every time any are taken out, make the rest scalding hot, and thus they may be kept for two or three years.

To pickle large CUCUMBERS MANGO fashion

Let your cucumbers be as green as possible, first wash them in common water, and then either cut off their tops, and scoop out all the seedy part with a small spoon; and take care when you lay them down, to lay them so as not to mismatch the pieces you cut off, that they may be the better ty'd up after they have been fill'd with the spices, &c.

When a quantity sufficient to fill your earthen jar has been prepared, peel some garlick or shalots, putting one middling clove of garlick or two small shallots into each cucumber, and then a slice or two of horse radish, a slice of ginger and a tea spoonful of mustard seed.

Then put on the tops, and having tied them close with pack-thread, place them in your jar; then for your pickle, fill the jar with vinegar, bay salt, and whole pepper, slic'd ginger, and a slice or two of horse radish. Having boiled them in a brass vessel, for about a quarter of an hour, scum-
ming

ming it as it rises, then pour it upon your cucumbers, and cover the top of the vessel with a coarse linnen cloth, four or five times double, and set the vessel near the fire to keep it warm.

The next day you will find them of a yellow colour; but they will alter in a day or two to be greener than they were at first, if you manage them as follows.

Pour out all the pickle into a brass vessel, and add to it a piece of alum about the size of a walnut, and set it over the fire till it boils, then pour it upon the cucumbers, and repeat the boiling every day till they are become as green as you desire them.

When this is done the last time, let the vessel be only cover'd with a cloth till it is cold, then cork it and set it by in a dry place. Also cover the corks with glove leather, otherwise the pickle will be apt to grow musty.

To stew CUCUMBERS.

Take half a dozen of large green cucumbers that are not too full of seed, slice them; also shred a large onion moderately small.

Put these in a sauce-pan, set them over the fire add a little salt, stir them now and then till they are tender, then pour them into a cullender and let them drain as dry as they will be, then flour them and season them with pepper, Then burn some butter in a frying-pan and when it is very hot put in the cucumbers, and keep them continually stirring till they are brown; then pour to them a moderate glass of claret, mix them well, and serve them hot under roast mutton or lamb; or you may serve them up in a plate of fippets fry'd, and dipt in mutton or beef gravy.

To farce CUCUMBERS.

Pare large cucumbers, than scrape out all the seeds; having first cut off one end, then prepare the following farce for them.

Stew the hearts of some cabbage lettice tender in salt, and a little all-spice finely powdered, and some fat bacon chopt small.

Mix all these well together with an egg or too according to the quantity, and with it stuff the cucumbers; and having ty'd the ends that were cut off close with pack-thread, and stew them with water and salt till they are tender;
P then

then drain, flour and fry them brown in hogs lard very hot, and let them drain; then untie them, and lay them in a dish; and pour over them the following sauce.

Boil well season'd gravey with an equal quantity of claret, season with lemon peel and all spice, and thicken with burnt butter; these may be served up either alone, or with mutton cutlets.

CUD LOST, a distemper in black cattle, that sometimes lose the cud by chance, when they really mourn, and sometimes by sickness and poverty.

For the CURE.

Pound some four leaven and Rye bread and salt in a mortar, with man's urine and barm, and making a pretty large ball or two of it, put it down the throat of the beast.

Or,

Take some of the cud of another beast, and mix it with rye bread, four leaven, pound the whole in a mortar, make it into balls, and give it the beast.

CULLIS, is a strained liquor, made of any sort of meat or other things, pounded in a mortar and pass'd thro' a hair sieve; of which there are various sorts.

A CULLIS for different Pottages for Flesh-days.

Roast a piece of buttock of beef very brown; then pound all the brownest part hot in a mortar with crusts of bread and carcases of partridges and of other fowls, that are at hand; then being well pounded, soak it in good gravey; put it into a stew-pan, with gravey and strong broth; and season it with pepper, salt, cloves, thyme, sweet basil, and a piece of green lemon; give it four or five walms strain it through a hair sieve, and use it to pour upon pottages with lemon juice.

A CULLIS for Fish-days, or white-CULLIS.

Take a proper quantity of almonds, pound them in a mortar; and have ready some crumbs of bread, soak it in cream or milk, and some fish filets dress'd as white as possible; adding fresh mushrooms and white truffles, sweet basil and chibouls, and boil all in some clear broth for a
quarter

quarter of an hour, then strain it through a hair sieve, and use it for all sorts of messes that require white broth. Some have also carrots, onions, &c.

A Gammon CULLIS.

Take one half gammon and the other veal, and stew it in a pan, order it without lard as if it were for veal gravey; when it is boil'd enough, add to it some dry crusts, cloves, sweet basil, parsley and chibouls, and some very good broth, season it, and strain it pretty thick for use.

A CULLIS of HAM.

First cut three pounds of veal in the form of dice, and having taken off the sward and fat of a ham, and cut it into well shaped slices, put them with the dice into a stew-pan with a couple of carrots cut in two, and also a couple of onions cut thin, set the stew-pan on a gentle fire, cover it close, and when the meat sticks to the pan, uncover it and turn the slices of ham, that they may take a colour; then take out the slices both of veal and ham, and put a lump of butter in the pan, with a little flour, and stir it well with a wooden ladle; moisten it with good broth that is not salt and then put the ham and veal in again and season with some cloves of garlick and slices of lemon, and add some glasses of white wine.

Thicken this cullis with the usual cullis, skim off the fat, take out the meat, strain the essence through a fine strainer, and keep it for use.

This is to be used with all sorts of meat, and hot pastry made with meat, or fish dress'd with gravey.

Then put your slices of ham again into your essence, to be used on several occasions, *viz*, Being cut into dice, in putting over a piece of beef or artichoke bottoms when cut into slices for chickens young fowls or what you please.

Another CRAY-FISH CULLIS half brown for Soops.

Wash, boil, and pick the cray-fish, and pound the shell very thoroughly (you cannot do it too much) then put some slices of veal and ham into a stew-pan, with onions and bits of carrot; set them on the fire a sweating and when it grows clammy, moisten with some good broth, a little veal gravey; season with mushrooms, slices of pared lemon,

sweet herbs, and cloves; when all is stewed enough, take out the meat, and put in a ladle full of cullis, and see that it is relishing, clear it well from the fat; then put in the pounded shells and strain it; then put it in a small pot with the cray-fish tails pick'd, and keep it hot.

This cullis may be used with all sorts of soups that are made half brown.

CUMMIN is accounted good for the stomach, is warming, astringent and dislocative.

The oil of the wild cummin, has a particular vertue against the stinging of serpents, being taken in wine, it allays disorderly vomiting; and about three drams of it being taken in three glasses of wine, removes the suffocation of the matrix. The seeds expel wind.

A CULLIS of Cray-fish.

Set the middle sort of cray-fish over the fire, season'd with salt, pepper, sweet herbs and onions cut into slices, when they are enough, take them out, pick them, keep the tails, being scaled, and the rest pounded together with the shells in a mortar, the more they are pounded the better the cullis will be; then put in a piece of veal of about a pound, and a small piece of ham, and an onion divided into quarters, and let it sweat gently, and when it begins to stick to the pan, powder it a little, and moisten it with broth, adding cloves, sweet basil in sprigs, mushrooms, and a lemon pared and cut into slices. Then skim the fat clean off, make it relishing; take out the meat and thicken it a little with essence of ham.

Then put in the cray-fish, and strain it off, and keep it for use.

CULLIS a la Reine.

Take a piece of a fillet of veal and some slices of ham; both cut into dice, put them into a stew-pan, with a parsnip, and an onion cut into slices; moisten it with good broth of the whitest sort, and make all boil very gently; when the meat is boil'd enough, take it out, and put in a piece of crum of white bread; and having pounded the white of a fowl well, which if it be not found to be white enough, take a couple dozen of almonds, having first blanch'd them and taken off the skin, pound them very fine,
and

and mix them with the cullis, with all the white of the fowl ; adding a glass of boil'd milk ; when it is well tasted, strain it through a strainer and put it into a little pot, and keep it hot.

CULLIS *the Italian way*

Put half a ladle full of cullis, as much essence of ham, and half a ladle full of gravey and as much broth, with three or four onions cut in slices, four or five cloves of garlick a little beaten, coriander seed, and also a lemon, sweet basil, mushrooms and good oil ; set all over a gentle fire, and let it stew a quarter of an hour ; take the fat clean off, and make it palatable, and it may be us'd with all sorts of meat and fish ; particularly with larded and glaz'd fish, with chickens, fowls, pigeons, quails, ducklings, and any other fowl either tame or wild.

JELLY of CURRANTS.

Strip the currants from their stalks into a gally-pot ; set this into a Kettle of water over the fire till they are scalded enough, then pass it through a flannel jelly bag, but do not squeeze it ; add to the liquor its weight of double refin'd sugar ; boil them together over a gentle fire for a quarter of an hour, and put it into glasses.

To preserve CURRANTS in Jelly.

Let the currants be those of the *Dutch* sort, either white or red, and full ripe ; you may pick some of them from the stalks, and keep some of the fairest bunches whole ; but of one and the other, pick out the grains with a pin ; then take their weight in sugar, and having melted it with a little water, add a little syrup of raspberries to it, boil it to a syrup, keeping scumming it as it rises ; then put in the currents and boil them up quick, often giving them a shake and continuing to scum them.

When the syrup jellies they are enough, which may be known by setting by a spoonful of it to cool.

When it has stood to be cool enough pour it into glasses ; and if you preserve any in bunches, place the bunches as you would have them, and as the jelly cools they will remain in their situation, then cover the glasses with white paper.

The red currants ought to be done by themselves, and the white by themselves,

which proceeds in a great measure from the sugar not being thoroughly opened by fermentation.

Therefore to avoid these disadvantages and that the wines may be more fully impregnated with the essential flavour of the fruit, make use of the following methods.

First, According to the quantity of fair water you would add to your currants juice, put two pounds of loaf sugar: Add to it a quantity of new ale yeast, proportionable to that of the liquor. cover it up close and when it begins to ferment, stir down the yeast gently, but do not do this too often lest your liquor taste of it.

Let it stand to ferment three or four days, till you find the body of the sugar well divided, and that the liquor taste strong and spirituous.

At that time draw it off clear from the yeast, which must be done before the yeast sinks to the bottom, then having an open headed cask with a tap, and tap-owze at the bottom, into which put your fruit whole and thorough ripe, either currants, gooseberries, cherries, mulberries, &c. in proportion to the quantity of liquor before fermented; two pound will be enough for every gallon of liquor.

Pour the fermented liquor upon them first set it in a cool place, cover it up close with cloths and put on the head of the cask, and let them ferment for several days, stirring them gently down, and when you find the liquor tastes well impregnated draw it off into a close cask of such a size that it will almost fill it: And to every five gallons of this liquor thus drawn off, put in an ounce of tartar finely powdered and a quarter of an ounce of isinglass dissolved and strain'd, which in some time will fine it down, stop it up close, till it is fit for drinking.

To make CURRANT WINE.

Let the currants be full ripe and be gathered dry, whether they be white or red, it is much the same thing, the taste and goodness will be the same, they having both the same qualities except in colour.

Pick them from the stalks, and weigh them, that you may know how to proportion your water and sugar to them.

Then mash them with your hands very well, leaving none whole, and for every two pound of currants add a quart of water, stir all together, and let it stand for three hours, then strain the liquor through a sieve and for every three pounds of currants put a pound of powder sugar.

Stir

Stir this well together and boil it, scumming it as long as any scum will rise, afterwards let it stand to cool at least 16 hours, before you put it up in the vessel.

If the quantity be 20 gallons, it may stand three weeks before you bottle it; if 30, a month; when you bottle it put a lump of sugar in every bottle, and set it in a cool place so prevent its fretting.

Thus ordered it will be a strong and pleasant as well as a cheap wine, and will keep good many years.

Another Way.

Take currants either red or white (for the taste and goodness are pretty much the same) let them be gathered at their full ripeness and in a dry time, pick them from the stalks and weigh them, that you may proportion the water and sugar to them.

Bruise them with your hands, and for every three pound of currants, put to them a quart of water, stir them well together and let them stand three hours; then strain it off gently through a sieve and to every three pounds of liquor allow a pound of powder sugar.

Stir these well together, boil them, scum it very well, and set it by to cool for 18 hours before you put it up in the cask, and if you have the quantity of 20 gallons in a cask, let it stand three weeks before it is bottled off, and if the quantity be larger it requires longer time; when you bottle it, put a lump of sugar into each bottle; set them in a cool place to prevent the wine from fretting, and it will keep good several years and be a very strong and pleasant wine.

Very good CUSTARDS.

Boil a quart of cream, sweeten it with fine powdered sugar; beat the yolks of 16 eggs with 4 spoonfuls of orange-flower-water; stir these into the cream and strain all through a fine sieve; fill your cups or crust, bake them with care.

A CUSTARD SACK POSSET.

Boil a quart of cream, seasoning it with sugar to your taste; beat the yolks of 10 eggs and the whites of 2 very well, strain them into half a pint of sack, set these on the fire, stirring them carefully till they are very hot; then pour in the cream, holding

holding it up very high; and having stirr'd them very well together, cover it close and set it over a kettle of water till it comes to be as thick, and as smooth as a custard.

To make French CUTLETS.

Take the skin off a loin of mutton, cut it into stakes; then having some of the lean of a leg of beef, and its weight of beef suet; make holes in the lean of the stakes, and fill them with the following seasoning.

Take thyme, parsley, sweet-marjoram, onion and anchovies minc'd very fine, season with pepper salt and nutmeg; add also grated bread, and the yolks of a couple of eggs; spread this same stuffing all over the stakes; then having buttered as many pieces of white paper as you have cutlets, wrap them up severally by themselves; turning up the edges of the paper, so that none of the moisture may get out; letting the papers be large enough to turn up several times on the edges; and if you see occasion stitch them up, that all may be kept in; because this gravy is all the sauce they will have.

This done put them on a mazarine and bake them; when they are enough, take them out of the dish they are baked in, and lay them in a clean hot dish: do not take off the papers; but serve them up in them.

This is a very delicious savoury dish, and done with little danger of spoiling, if they be close wrapp'd up

If you please, you may have other sauce made of strong gravy, spice, onions, shred capers, and a little juice of lemon, shook up with a bit of butter; but they are very well alone, and many like them best so.

CUTS to cure: Take the leaf of tobacco pound it, and having squeez'd out the juice apply it; or else dry some leaves and steep them in hot wine and apply them.

2. You may do the same with prunell or hook heal or nettles.

3. Powder sugar well and apply it to the cut and wrap a piece of linen about it.

4. Apply the oil of sage by pouring it into the cut or cotton moistened with it, and it will have a wonderful effect; or put a little turpentine into the cut.

5. Wash the cut with warm wine and apply to it a bit of broil'd bacon chop'd very small with some sage leaves.

CYDER is a very proper vehicle to transfer the vertue of any aromattick or medicinal thing, as juniper, ginger, &c. juniper berries dry'd, and six or eight put in a bottle, or proportionably in a cask, is very good, tho' it is more wholesome than palatable.

Ginger will render cyder brisk and correct the windiness of it; dry'd rosemary, wormwood, juice of currants, a few drops of which, will tinge and add a pleasant quickness to it.

Juice of mulberries, blackberries, and elder berries are preferable, all being press'd among the apples: or if to the juice you add clove gilliflowers dry'd, will both for tincture and flavour make an excellent cordial.

Malaga raisins being stamp'd and milk put to them, and being strain'd thro' Hippocrates sleeve, a small quantity of this with a spoonful or two of syrup of clove gilliflowers will make an incomparable drink.

Honey or sugar, mix'd with some spices and added to cyder, that is flat will very much revive it.

Mixture of fruits is of so great advantage to cyder that the meanest apples mix'd, is accounted to make as good cyder as the best, always taking care that they be all of an equal ripeness; the best mixture, some say, is that of red streaks and golden rennets together.

If you would have a mixture of water with your cyder, let it be at the grinding of the apples, for it will then incorporate better with the apples than if put in afterwards.

BOILING of Cyder. Some are of opinion, that it gives the liquor a mighty strength; but then it ought not to be forgotten that it is much better for some sorts than for others; the best sort of cyder for boiling being that made of pippins Harvey apples, and the bitter sweet a *Dorsetshire* apple whose juice is much mended by boiling; especially when it is to be kept to be two years old. But it must not be made of fruit that has been long gathered. The method of boiling it is as soon as it is press'd, for if it be first fermented the boiling instead of strengthening it will cause the spirits to evaporate.

Let the juice be strain'd as it comes from the press, and while it is boiling, keep continually scumming it, and diligently observe the colour, not to let it boil any longer than till it comes to the colour of small beer, and when it is cold put it up into the cask leaving only a small vent, and when you find it begin to bubble up out of the vent; bottle it.

DAISIE

DAISIES of all sorts are suppos'd to have the same vertue; the juice of them being drank is good for *Wounds* and *Hurts*; the herb being eaten in fallads or otherwise, *loosens* the body, and will have the same effect if boil'd in broth; their flowers being apply'd to the part affected is good for the *Evil*; the leaves being eaten are good for healing *Ulcers* in the mouth or tongue; the same being apply'd fresh allay the *inflammations* of all sorts of ulcers and are good against the *Palsy* and *Sciatica*; daisies pounded either by themselves, or with *Wingwort* is good in the *gout* in the feet, the *Sciatica* and *palsy*; the leaves being pounded are good for allaying inflammations in the genitals and dissolve them.

JAM of DAMSONS.

Take a gallon of damsons full ripe, pick them from the stalks and leaves, and having weigh'd them, take near their weight in sugar, and about a quart of water and boil them well together; then put in the damsons and boil them till they are tender, breaking them all the while with a spoon till the whole is thickened.

Then put it into gallipots and set it to cool; then cover the pots very close with leather.

DAMSON WINE to imitate Claret.

Pour five gallons of water upon 18 pound of sound *Malaga* raisins well pick'd from the stalks.

While the water is yet hot put in four quarts of damsons full ripe, and clean pick'd to each gallon of water; then stir them all together in an open tub in which the infusion is made, stirring them continually twice a day for six days.

Let the tub be kept covered with a cloth all that time; then let it stand five or six days longer, without stirring it, and then draw it off, and if the colour be not deep enough add to it some syrup of mulberries and toast a piece of white bread and spread it with ale yeast and set it a working in an open vessel; then put it up in a cask, leaving the bung hole open till the wine has done singing in the cask.

Then

Then stop it up close and let it stand till it is clear, which will be in two or three months, then draw it off.

Another Way.

To every gallon of water allow two pounds and a half of sugar, which you must boil and scum for three quarters of an hour; and to every gallon allow five pints of damsons ston'd, boil them till the liquor is of a fine colour, then strain it through a sieve and work it in an open vessel for three or four days, then pour it off the lees, and let it work in that vessel as long as it will; then stop it up for six or eight months, and then, if it be fine, bottle it, and then it will keep a year or two.

DAMSONS to Candy.

After they have been preserved, dip them in warm brandy, to wash off the syrup, then sift fine sugar over them, and set them to dry in a stove or oven. Do this, taking them out three or four times, and sift sugar over them, but let them not be cold before they are quite dry.

To make marmalade of DAMSONS.

Take a gallon of large ripe *Damsons*; peel off the skins of three quarts of them, put the quart unskinn'd in the bottom of a earthen pan, and those that are skinn'd upon them; cover the pot so close that no water can get in; then set on a kettle of water; put in the damsons; boil them till they are tender, then take out their stones, and both skins and stones of the undermost: then take as much sugar as they weigh, put to the pulp, make it boil a pace, scum it well, and when it is boiled enough, put it in a pot for use.

Conserve of DAMSONS.

Take four quarts of damsons and pick them, put them with two quarts of wine or damask rosewater into a pot, cover them, and boil them well, stirring them well together; when they are boil'd tender, let them cool; then strain them with their liquor; set the pulp over the fire, add to it a sufficient quantity of sugar, let them boil till they are done enough, then put them up into your pots for use.

To Jelly DAMSONS.

Take eight pound of *Damsons*, put to them eight pound of fine sugar, and half a pint of water, boil them for half an hour over a gentle fire till the skins break ; then take them off, and set them by for an hour more ; set them by again for the same time, do so the third time : while they stand off the fire, set a weight upon them to keep them under the syrup. The last time you must boil them, till you perceive they are of a very high colour in the part where the skin is broke : then take them off, set them by to cool, and when cold, drain away the syrup, and make the jelly in the following manner.

Boil a good quantity of green apples, green gooseberries, and quince cores to a mash, then strain them thro' a hair sieve.

Take an equal quantity of this jelly, and the former syrup, and boil them together over a gentle fire till they jelly, but boil it not too high lest it should rope ; scum it well, and while it is hot, put it into glasses or pots.

To keep DAMSONS for Tarts.

Wipe the damsons, put them into an earthen pot, and as you lay them in, between every layer strew in fine powdered sugar ; two pound of sugar will be enough for six pound of damsons. When you have done, paste up the pot with rye dough ; bake them with six penny bread ; when it is drawn ; let it stand till it is cold , then cut a stick, put it down in the middle of your pot of damsons ; cut a piece of white paper just round, fit to cover them ; cut a hole in the middle for your stick to go thro' then melt fresh butter, and pour upon the paper, and when you want to take out any damsons take out the paper by the stick ; and when you have done, put it down again ; thus may you keep them all the year.

DAMSON Wine.

To every five quarts of damsons put two gallons of water, to which add five pounds of sugar ; stone your damsons, boil them till the liquor is of a fine colour ; then strain them thro a sieve ; then set it a working in an open vessel for three or four days ; then pour it off the lees, and let it work in that vessel as long as it will ; then stop it up for
half

half a year or more, till it is fine ; then bottle it, and let it stand a year or two before you drink it.

Another Way.

Take ripe damsons, put them into a tub, warm as much water as will cover them, put it to them, cover them close with cloths to keep them warm as long as you can, let them lie at least a day and a night till they are grown plump : then put more water to them, and boil them over a brisk fire for five or six hours ; then strain them.

Set your liquor a working with yeast or the lees of good wine : and when it has worked a little, put it up in a wine cask, and when it is fit to be stopped up, put into your cask a few fresh damsons ; then stop it up close, and set it in a cellar for two or three months.

DANDELION. If macerated in several waters to extract its bitterness, is very wholesome.

If eaten raw *opens* the stomach ; but if boil'd *closes* ; the decoction of the whole plant is good for the *Jaundice* ; and the juice is good for those that have a *Gonorrhœa* ; being boil'd in vinegar it cools the heat of the urine, and being boil'd with lentils is good for the bloody flux.

A la DAUBE. A certain way of dressing victuals with things, that will heighten thir relish : As to dress.

Beef a la daube (as the *French* call it) take a slice of beef of the thickness of two or three fingers, or a piece of a leg of mutton, you must first suffer it to mortify, and then beat it with a wooden roller to make it tender, take away the skin, make deep cuts in the flesh, and lard it along and cross ways with bits of fat bacon of the thickness of a finger, and pretty long. Then wrap it up in a linen cloth and put it into an earthen vessel or pot with a sufficient quantity of water, salt, sweet-herbs, and cloves, to which the *French* add chesnuts, and a piece of marrow, boil it till much of the liquor be wasted, then warm some wine and fill up the pot.

To beef you may add a little vinegar or verjuice while it is boiling ; because wine will be apt to make it hard. Let it cool in its own liquor, if you would eat it cold ; and take it out and wipe it dry with a cloth and set it by.

After the same manner may be dress'd turkeys, ducks and geese,

geese, without taking off the skin; and do not more than flat the breasts, and lard them with large bits of bacon, wrap them in a linen cloth and boil them as before.

A Daube of leg of Veal. First take off the skin, parboil it, lard it with small slips of bacon, steep it in white wine with verjuice, a bunch of sweet-herbs, salt, pepper, cloves, a bay leaf or two, and roast it and baste it with the same wine, verjuice and a little broth.

When it is roasted enough make sauce for it with the dripping, capers, mushroom juice, a little flour fry'd, and an anchovy, and let the leg of veal, soak it in for some time, before it is serv'd up to the table.

The same way you may do a leg of mutton.

To cure DEAFNESS.

Dip fine clean black wool in civet, and put it into the ear, and when it is grown dry, as it will in a day or two, dip it again and keep it moistened in the ear for three weeks or a month.

Another for the same.

Put your urine into a pewter dish and cover it with another; then put some coals under it; and when it is hot, brush off the clear water that hangs on the upper dish with a feather and drop it into the ear, this has done great cures.

It is also good for the noise in the head.

Another for the same.

Take a black boar cat, shut him up for the space of three days in a basket or hamper, or some vessel through which there is holes in the bottom; placing a vessel under it to receive his pifs; of which pour three drops with a feather into the ear of the deaf person morning and evening for a fortnight and it will effect the cure.

A DECOCTION is a boiling of herbs, roots, &c. in some liquor; this is sometimes done to make them tender; also sometimes to correct or take away some ill quality in them; but the greatest use of decoctions is to impart their vertue to some liquor, and to bring the qualities of several medicines into the same liquor.

DIABETES

DIABETES, is an involuntary discharge of urine, and very difficult to be cured; but what follows is a good medicine, if the distemper be taken in the beginning.

Cut off the neck of well blown sheep's bladders; put a good quantity of the remaining membranes one over another into a covered pot, where being gently dry'd and more sufficiently in a bakers oven, pound them to powder and let the patient drink as much of it at a time as will lie upon a fixpence in any proper liquor.

DISTILLATION, is an art which teaches by the help of fire or heat to separate the sulphureous, spirituous or watery parts from any substance whatsoever.

Chymists distinguish four sorts of matter in the composition of bodies, *viz.* salt, sulphur or oil, water or flegm and earth. Some have added a fifth substance, to which they have given the name of spirit; but it is easily discover'd by a nice examination that this spirit drawn from plants is nothing else but a sulphur dissolv'd in water, and being extracted from animals, it is salt steep'd in water.

The *Salts*, *Sulphur* and *Flegm* are rais'd up by the power of the fire, it is earth only that remains in the bottom of the vessel; there is no fire tho' it be never so strong, can raise this earth.

Chymists in distilling do only imitate that which daily happens in nature; the vapours of the earth are mounted up into the air by virtue of the sun, or the force of subterraneous fires; and when they have been rais'd to such an height, they are condens'd by the cold, they meet with there, and fall down in rain.

It is the same thing in distillation; the parts of the matters distill'd are rais'd up in the form of vapours, by the heat of fire as far as the sides and top of the retort or cucurbit where gathering together, and being sometimes assisted by a refrigerant or cooler, they fall down again drop by drop into the recipient.

Some general Rules for DISTILING.

1. When two third parts of the quantity of liquid that you put into the still has been drawn off, then try the distill'd liquor in a glass or vial, and if you find that the bell or proof immediately falls down, and does not continue a little time upon the surface, then change the receiver and place another vessel to receive the faints.

Which faints if they were suffered to run among the rest would give it a disagreeable relish, and be so much the longer in fining down.

2. It is common with distillers to throw into the still when they first charge it, about two ounces of bay salt, to every gallon of spirits, which is very useful in cleansing the distill'd liquor and causes the phlegmatick parts to separate the better, and the spirits so dephlegmated will ascend and come over much cleaner and finer in distillation.

When you have drawn off the still and design to have what the distillers call double goods, make then up to their first quantity with liquor; as if the still were at first charg'd with three gallons of proof spirits, they will yield two gallons without faints; which deficiency must be made up with a gallon of liquor (and sugar us'd in sweetening it).

And if you are to make up common or single goods you must then add a gallon and a half of liquor to dilute it.

3. You must also observe when you dulcify your spirits never to put dissolv'd sugar into the new distill'd goods before the dulcifying or sweetening be perfectly cold; for if it be mix'd hot with the distilled spirits, it will cause some of the spirits to exhale, and render the whole more foul and phlegmatick, than otherwise they would be.

If you have occasion to fine any new distill'd spirits speedily for present use for sale (especially such as are white or pale) add about two drams of crude alum finely powdered to the quantity of three gallons; rummage this well in it, and it will immediately depurate, and throw down the feces and make it clear and transparent. See *Fermentation*.

DOCK has the virtue of dissipating humours and of allaying pains by applying them to such parts as are swelled by the gathering of humours.

DOG'S TONGUE, a Plant.

The leaves being pounded and apply'd to burns or St. Anthony's fire, inflammations, old ulcers or wounds, pains, fluxes and piles is very good for them.

The juice of it with rose-hony and turpentine make an excellent ointment for wounds, and pills of it are good to stop violent rheums.

A decoction of the root drank in wine, morning and evening, loosens the body, and is good for a dysentery, a gonorrhœa

gonorrhœa and catarrhs: pills made of it being taken to the quantity of half a scruple two hours after supper promote sleep and stop defluxions.

The root apply'd outwardly will make the hair come again, in places from whence they have fallen off and are become bald.

For the DROPSY.

Mix six ounces of syrup of elder berries with three ounces of oil of turpentine; incorporate them well together and take a good spoonful of this mixture the first thing in a morning, and the last at night for a fortnight.

Some affirm that the constant eating sea biscuit and new raisins of the sun instead of suppers has cur'd the dropsy without physick; especially it will do it, if the patient can refrain from drinking small liquors.

Another Medicine for the DROPSY.

Burn broom by itself in a clean oven; separate the ashes from the stalks and coals that are not quite consum'd and put full two pounds of these ashes into a bottle that will hold two quarts, then fill the bottle up to the neck with old hock, but not so full, but that there will be room left for it to ferment, or else it will be apt to burst the bottle: set the bottle in warm ashes by the fire or in the sun to digest, and shake it often; after it has stood so for three or four days, pour off a quart of the clear lie: and if it is not perfectly fine, decant it again and again till it is so; fill the bottle up again with old hock, and do as before till all the strength of the ashes are out.

Drink this the first thing in a morning, and at four or five in the afternoon, and continue to drink it for some time, and it will carry off the dropfical humours while you are taking it let the meat, you eat be roasted dry, and your drink strong ale or wine.

For the DROPSY a Purging Ale.

Take saffraſas and tartar of each an ounce, jalop, liquorice, rhubarb, anniseed and coriander, of each half an ounce; cassia two ounces; polypodium a quarter of a pound; broom ashes a pint, and half an ounce of cloves; put all these in a bag with some little weight to sink it; [take also

scabious and agrimony of each two small handfuls; of the roots of Dane's wort half a handful; raisins of the sun ston'd half a pound, and a little ginger; put these ingredients into some sweet ale wort, just, when you put in the hops, let these all boil together for half an hour; then pour it scalding hot on the bag of drugs; and when it is cold enough, set it a working with yeast; when it has done working, stop it up for 12 days or a fortnight. Hang the the bag of drugs in the vessel, drink a glass of this in the morning and at four in the afternoon, unless you find it works too much at first; if it does you may lessen the dose; but take it daily, till you have taken a good quantity; you may make it stronger by doubling the quantity of the ingredients.

DUCKS, usually begin to lay in *February* naturally, and should have the conveniency of some pond or river, for without the benefit of water, they can scarcely subsist any more than without that of land; they likewise delight in pasture and meadow ground and in several herbs as clover, fenugreek wild lettuce, succory, &c. besides the worms, snails and slugs that they find there.

These are as beneficial to ducklings as to the older ducks, and they will feed on them as soon as they can run a broad.

And whereas they are a fowl that loves moisture, it will be best to give them any grain in water, as oats, barley, corn, &c. some say they love acorns too, and that by feeding on them they will grow exceeding fat, those that have the opportunity may try the experiment.

All places where there are reeds and such like water weeds to shelter are what they delight, in provided they be such as will not ensare or entangle them or obstruct their swimming and playing in the water, and among such water plants they find a considerable share of food.

And for these reasons in the winter time, when the waters are frozen and the snails, slugs and worms, and also the green herbs are wanting, they must be fed at home and tho' this is extraordinary to the nature of the ducks yet will they come to lay eggs much sooner in the spring than the wild ones, that have felt the scarcity of winter provision.

And in the management of ducks as well as other fowls it is to be considered that they are of a wild race, and therefore will always retain a great share of the wild nature; but the extraordinary food which they find about a farm, will afford them

them more nourishment than they could receive if they were to seek their living altogether abroad; and this home feeding will give them more warmth and strength of body; and this will cause them to breed sooner than the wild ducks.

The case is the same with most other animals, which have this additional home diet, for this forces them to breed sooner than nature alone would prompt them to do.

Ducks chuse to make their nests in private places near the water if they can, or in some shady places, but when they appear to be near laying, which may be easily discovered, then it will be proper to feed them at home two or three times a day with corn, a little at a time and chiefly at a place where you would have them lay; and make nests for them, and keep them in the house till about 10 a clock in the morning, for they generally lay by that time; and for the most part they lay them in the night, and when they are once brought to lay in a nest they will not forsake it.

The eggs of a duck may be taken away, one being left in the nest, till she is inclin'd to sit, and then put as many under her as you think she can cover, and rather her own than those of another duck; but if possible, let there be some of her own, and for the sake of those she will cover and bring up the rest.

You may likewise set duck eggs under common poultry hens and they will prosper well enough.

But it will be better to let ducks be hatch'd by their own dams and brought up by them; for almost as soon as they are hatch'd, the dam leads them to the waters, where they feed without trouble; but before use them to come home anights, to secure them from dangers and to render them tame.

To stew wild DUCKS.

Having first prepar'd the fowls for the fire rub the insides with salt, pepper and a little powder of cloves, a shallot or two with a lump of butter in the belly of each of them; then lay them in an earthen glaz'd pan that will just hold them, laying a good quantity of butter under and over them; pour in a good quantity of vinegar, with as much water, with salt, pepper, whole cloves, lemon peel, and a bunch of sweet-herbs; then cover the pan close and let them stew for three or four hours, then pass the liquor through a sieve, and pour it over the ducks and serve them up hot with garnish of lemon slic'd, and raspings of bread sifted.

The same way may easterlings, teal, widgeons, &c, be dress'd.

To keep wild DUCKS fresh.

After you have drawn them, pepper their insides well, then fill their bodies with red sage; and likewise pepper the inside of their mouths leaving on the feathers.

But if you happen to keep them too long, or by any means they have receiv'd a taint; then when they are pull'd wash the insides well with vinegar and water, and dry them well with a cloth, and scrape away if need be, what are call'd the kidneys; then strew the inside a-fresh with pepper, and hang them up an hour or two, where the air may pass through them.

Geese may be manag'd the same way; some in such cases put an onion into the belly which contributes to the restoring the freshness; then wash out all and prepare them for the spit.

To dress DUCKS with juice of Oranges.

The ducks being sing'd, pick'd and drawn, mince the livers with a little scrap'd bacon, some butter, green onions, sweet-herbs and parslly; season'd with salt, pepper, fine spice and mushrooms: these being all minc'd together, put them into the bodies of the ducks, and roast them, covered with slices of bacon and wrapp'd up in paper.

Then put a little gravy, cullis, the juice of an orange, and a few shalots minc'd into a stew-pan, shake in a little pepper; and when the ducks are roasted, take off the bacon, slice them on the breast and crush them between two dishes; put the gravy that comes out of them into your sauce dish them and pour your sauce with the juice of oranges over them and serve them up hot.

Farc'd DUCKS stuff'd.

Make a stuffing of the white of capons or pullets, and after the ducks are drawn, take off the skin from the flesh; then take off the breast and stuff it, and then stew it *a la braise*; and serve it up with any ragoo you please.

To dress DUCKS with Peas.

Make a ragoo with small peas, a little fresh butter, and a dust of flour, seasoned with salt and pepper, and moistened with good broth.

When you are ready to serve it up, thicken it with the yolk of an egg and a little cream, then your ducks being dress'd *a la braise* pour the ragoo over them, and serve them up hot.

DUCKS *in Grenadines.*

The ducks having been pick'd very clean, split them on the back, raise the skin, and take off almost all the flesh on the breast.

Cut this flesh into dice with the flesh of partridges, if you please, and the white of chickens or pullets; or you may omit the flesh of other fowls; and instead thereof use sweet-breads, some veal, ham, with mushrooms, truffles, pickled cucumbers, cut into dice; and some scalded pistachios, cut into two.

Then having put melted bacon into a stew-pan, put in all your flesh, season it with salt, pepper, fine spice, sweet-herbs, parsley, and green onions.

Set your stew-pan over a stove, put in the juice of lemon, and having made it relishing, set it by to cool.

When it is cold, spread the skins of the ducks over the dresser, and lay your salpicon over them, then fold up the skins and sew them up; and blanch them with bacon and butter, making them very plump.

Then lard them with fine bacon, lay them in a deep pan with some bits of veal, ham and onions; moisten them with good broth and let them simmer gently, adding a glass of white wine.

When they are enough, take them out, strain off the broth, and set it over the fire again, and let it boil to a jelly, but take care it be not too high coloured and lay the *grenadines* on the side of the bacon.

Glaze them well, and when they are ready to be serv'd up, pour a cullis of ham into the dish, put in the *grenadine*, and serve them up hot.

DUCKLINGS *with green Pease.*

Scald, pick and draw the fowls, and also blanch some lettuces; put the lettuce into fresh water, and squeeze them well, then cut them in pieces and set them over the fire in a stew-pan with a bit of butter: season with salt, pepper, parsley, and green onions minc'd, and set them a stewing in a white braise.

Put into the stew-pan, slices of bacon, and then lay in the ducklings, seasoning them with salt, pepper and onions, cut into slices, sweet-basil and slices of lemon, cover them alike at top and bottom with slices of bacon; wet them with broth and set them a simmering over a gentle fire.

Then put green peas into a stew-pan with a bit of butter over a stove with a gentle fire; stirring them now and then, when they are done, add some cullis and gravy, and make them boil; take off the fat, take care that it be well tasted; take out the ducks, drain them, dish them, pour the ragoo of peas over them and serve them up hot.

To dress DUCKLINGS *with Cucumbers.*

Take scalded ducklings done after the same manner as those with green pease and instead of green peas use cucumbers.

Pare the cucumbers, split them in four, take out the insides and having cut them into some shapes, at pleasure, blanch them; then take them out and put them into a stew-pan with good gravy and cullis, and boil them well.

When they are done and of a good taste; take the ducklings out of the braise and set them to drain, dish them and pour the ragoo of cucumbers over them, with the juice of lemon and serve them up hot.

To dress DUCKLINGS *with Onions.*

Scal'd, pick, draw, truss and stuff the ducklings, as before; cut the roots and ends off the roots of small onions, blanch them in scalding water; then pick them and put them into a stew-pan with a little broth and a little gravey, and set them over a gentle fire and let them simmer; when they are done, thicken them with a little cullis, and when the ducklings are done, take them out and drain them, dish them and pour your ragoo of onions over them, and serve them up hot.

DYSENTERY or BLOODY FLUX.

This distemper is a flux of the belly with bloody matter, and accompanied with great gripings and extreme pains, which denote that the bowels are as it were flead or ulcerated.

If the excrements have something like greafe swimming upon them the *bloody flux* is in the great intestine, and if you discern as it were shavings or scrapings mix'd with the blood, you may conclude the same. But if no greafe appears the disease is in the small parts.

This malady proceeds from three sorts of humours; which may be known by the stools; for if the excrements are *white*, it proceeds from flegm, if *black* from *Melancholy*; if yellow from choler, from whatever cause the disease proceeds, the cure must be begin by glisters made with guts or tripe broths, or else with a good decoction of bran, wheat, marsh-mallow leaves, linseed or quince seed or with chalybeate waters, coarse sugar, and the yolks of eggs.

The patient may be let blood, the first, second and third day, then purge with half an ounce or six grains of cassia, dissolv'd in plantain water; and some days after six drams made into a bolus or diluted in plantain or rose-water.

After purging, let him take a dram of rhubarb, half burnt upon a shovel, with six grains of the jesuits bark in half a glass of plantain water.

This may be repeated two or three times.

Or you may give the following bolus, *viz.* half a dram of rhubarb parch'd with 20 grains of mastich or olibanum, make it up with a little syrup of pomegranate, poppy or succory.

E

EARS. The most common maladies that affect the ears are deafness, caused either by an inflammation, ulcer, some defluction, pain or hurt, or else sometimes by external tumours called *Parotides*.

When the ears are moist, rub them with the powder of burnt alum or the powder of vitriol, or aristolochia.

To prevent the glutinous humours falling from the brain, and so communicating themselves to the ears; drink in a morning

morning a little oil of olive in a glass of warm water, and presently rub the palate with it, with a feather; this will cause you to bring up by vomit that glutinous humour; when you have done vomiting put some sugar into an egg instead of salt.

Put into the ears hot in the evening, two drops of the fat of a roasted eel, and two drops of spirits of wine, and two drops of fine oil, and it will do them much good.

If the buzzing, whizzing or noise of the ear be neglected, it will in time grow to deafness, which is of difficult cure.

For the cure let the patient be let blood, and purge frequently with pills, either of *Agarick* or *Aloes*; let him mix the juice of Tobacco or Knot-grass with a very small quantity of tutty and put a drop into the ear.

For the tingling of the EAR.

Let the person drink in a morning two hours before he eats any thing, for four or five days, three ounces of fennel-water, and then take cocia pills or foetida and afterwards use the following remedy:

Take oil of rue or castor or spike, with the juice of leeks of each an equal quantity, mix'd well together, into these dip a small lint and put it into the ear.

Another for the same.

Take radishes, oil of sweet or bitter almonds, coloquintida and white wine in equal quantities, and having pounded the radishes but not the leaves, take the juice and mix it with the other ingredients, drop it into the ears and stop them with cotton; the piece of an onion dropt into the ears is also a sovereign remedy.

If the *tingling* of the ear proceeds from wind got into them as it sometimes does, put a little aloes into a little wine, warm it and drop a drop or two into the ear, and stop it with cotton.

For a defluction on the EARS.

Drop two or three drops of the juice of ivy into them.

For Inflammations and imposthumes of the EARS.

Pound nettle leaves in a mortar with some salt, and apply them to the ears.

For burts in the EARS.

Apply black pitch to them with an equal quantity of frankincense, reduc'd to a powder; or take half an ounce of myrrh in powder, with as much fresh butter, and apply it to the wound.

Pain in the EAR.

Take juice of mountain sage, oil of bitter almonds, oil of fennel and oil of olives, of each equal quantities, and having mix'd them well together, drop three drops into the pained ear for three nights; this will ease and draw out any imposthume, if that be the cause.

Another for the same.

Boil sage, rue and rosemary in half a pint of claret, and a quarter of a pint of vinegar; put it into a new mug and hold your ear close so that the steam may go in; as it cools, heat it again, and when the strength is pretty well wasted wrap the head warm and go into bed.

Another for the same.

Apply hot bread as it comes out of the oven to the ear, and repeat, it often; or else boil the leaves of asarabacca and receive the fume arising therefrom thro' a funnel.

Another for the same.

Roast an onion under the ashes, take an ounce of fresh butter, an ounce of the oil of roses, as much of the oil of camomile, and a dram of saffron reduc'd to a powder and putting the whole together, apply it. Or:

Drop into the ear two or three drops of either the juice of mallows or plantain, or horehound mixt with a little hony, or you may take the milk of a bitch with much hony, and apply to the ear affected.

For an ULCER in the EAR.

An ulcer often happens by the falling of a malignant humour, or else it is occasioned by a wound, some hurt or some ordure that is corrupted in the ear.

The fore-runners of this ulcer are pain, heat, pricking, itching, and the matter which shews it self by the coming forth of the pus.

If the ulcer does not penetrate quite into the ear, it is easier to be cured than that which proceeds as far as the nerves and the bone, and whose corrupt matter or pus stinks; whether an ulcer in the ear be new or old, the first thing to be done is bleeding and purging, the next is to wash the wound with the juice of the herb mercury or lupines, or with a decoction of betony, and afterwards to make use of the following remedy.

Take a dram of saffron, half a dram of castor, the same quantities of aloes and myrrh; put all together into a spoonful of hony, and as much of the oil of roses, and put a drop or two of it into the ear; or else take the juice of an onion roasted in the ashes, with an equal quantity of woman's milk and drop into the ear. Or:

Chop a leek small with half a dozen earth worms, and boil it in an ounce of oil of olives over a small fire, until the oil crackles no longer; then strain it and put some of it into the ear.

For an Imposthume in the EAR.

Burn camomile between two tiles, then put it in a cloth, and apply it to the ear as hot as it can be born; repeat this till you find ease.

EELS to roast.

Let the eels be fine, skin, gut, wash and cut them in pieces of the length of eight or nine inches.

Set a stew-pan on the fire with butter, melt it, put in the eels, seasoned with salt, pepper, fine spice and sweet-herbs; then cut crusts of bread of the length of your pieces of eel put them on a skewer, a piece of eel with each crust, till they are skewered, then tie the skewer to the spit and roast, them basting them with butter.

When they are enough take them off the skewers, dish
them

them up with a cullis or a high relish'd sauce and serve them up hot.

To fry EELS.

Having skin'd and bound the eels, cut them in slices and marinate them for two hours in vinegar, salt, pepper, bay leaves and chibbols; and fry them in drawn butter, and serve them up with fry'd parsley.

To broil EELS.

Skin the eels, cut them in pieces and slice them on the sides, then marinate them a little in melted butter; a few sweet-herbs, parsley, chibbols, salt and pepper, then warm them a little and stir them well.

Then take them out piece by piece, strew them with crumbs of bread, and broil them on a gentle fire; to give them a fine colour; then having made a sauce with chibbols, parsley and capers, dish the eels and pour the sauce over them, or you may serve them up with the following sauce.

Pound sorrel, squeeze out the juice and tofs up an onion, cut small with melted butter in a stew-pan with capers, cut small, and the juice of sorrel, orange juice, a little salt and pepper, and serve it up hot.

To dress EELS with a white Sauce.

Skin the eels, cut them to pieces and blanch them in boiling water, and then drain them, then put some butter and mushrooms into a stew-pan, with the eels and tofs them up, strewing them with flour, and moistening with white wine and water, seasoned with pepper and spice.

When they are pretty near done, add artichoke bottoms, and asparagus (if in season) thickening the ragoo with eggs and lemon juice, and serve them up hot.

To dress EELS with brown Sauce.

Having cut the eels in pieces, put them into a stew-pan with butter, flour, fish gravy, mushrooms, a bunch of chibbols, sweet-herbs and parsley; season these with salt and pepper, and add white wine, and let all boil together: Having thus finished the ragoo, add the juice of a lemon, and serve it up hot.

To

To stuff EELS.

First make a stuffing with the flesh of the eels ; pound it well, then put cream into the mortar with crumbs of bread, mushrooms, chibbols and parfly ; season this stuffing well and put it in round the bone of the eel, and strew it with crumbs of bread ; put it into a baking pan, and set it into a gentle oven, and let it stand till it is well coloured.

EELS in Fricandoes.

Cut the eels in pieces of four or five inches long ; rip them up, take out the great bone and lard them with fine bacon.

Then set a stew-pan on the fire with a sufficient quantity of white wine, seasoning with salt, pepper, and slices of onions ; and when it boils, put in two or three slices of eels at a time, and let them have some boils.

Then set another stew-pan on the fire with some broth, a pound of fillet of veal, some ham and onion, cut into small bits ; when the veal is enough, strain off the broth and put it again into the stew-pan and let it turn to a jelly.

Then place the pieces of the eel in the jelly, the larded sides downwards ; cover the stew-pan, set it on hot cinders that the eels may take a glaze.

When they are done, put essence of ham in the dish, and put the bits of eel in it, and serve it up hot.

To collar EELS.

Having scoured the skin, and inside of a large eel very well with salt, cut off the head, and split it down the back, then lay it abroad upon a dresser or table, and season it well with salt, spice, and a good deal of red sage shred fine ; having mix'd these well together, sprinkle the mixture thick upon the eel, then roll it up, and tie it close in a thin cloth at each end and in the middle ; then boil it in a strong pickle made of vinegar, salt, spice, and a bay leaf or two, and when it is enough take it out, take off the cloth and let it by to be cold, and let the pickle be cold likewise, then pour it into a glaz'd pan, and put the eel into it, to be kept for use : this if kept close covered, will keep good several weeks.

To roast EELS.

Let the eels be large, skin, wash and cut them in three or four pieces or more, according to their length: for the seasoning take salt, pepper, grated nutmeg, thyme, sage, and a little lemon peel, and the crum of white bread; grate and shred all fine, and strew them on the eels; stick them cross each other on skewers, and tie the skewers to the spit; roast them till they begin to crack, and are white at the bone; be sure to baste them well as they roast.

The proper sauce is melted butter and the juice of lemon.

To spitcock EELS.

Having cleans'd a large eel with salt and water, both inside and outside; then draw off the skin, and having first prepar'd the following mixture as grated bread, sweet-herbs powdered, or shred very fine, as sage and sweet-marjoram, salt and pepper, then rub the eel all over with the yolks of eggs, and after that roll it in the mixture, then draw the skin over it, cutting the eel in several pieces about three inches long, then dip them again in the yolks of eggs, and then roll them again in the seasoning, and broil them on a gridiron, and being done enough, serve them up to the table with the sauce directed for roasted or broiled eels.

To roast or broil an EEL.

Let the eel be a large one, rub the skin well with salt, then gut it and wash it well, cut off the head and skin it, laying by the skin in water and salt; then lay the eel in a clean dish, and pour a pint of vinegar upon it; and let it lie in it for near an hour; then take it out and make several incisions in the back and sides, and fill the spaces with the following mixture.

Take the yolks of two or three hard eggs; grated bread, an anchovy minc'd small, sweet marjoram, dry'd and powdered, or for want of that green marjoram shred small; season these with salt, pepper, *Jamaica* pepper, or cloves powdered, with a little fresh butter; pound all these together in a stone mortar till it is come to be like a paste; and fill all the incisions made in the eel with this mixture, and then draw the skin over it; tying the end of the skin next the head, then prick it with a fork in several places, then
tie

tie it to spit to roast or lay it on a gridiron to broil, but do not baste it at all.

Let the sauce be butter, anchovies, a little pepper and lemon juice

Am EEL PYE.

Skin, gut, wash and bone the eels, cut them into pieces blanch them, and put them in water.

Lay some paste in a baking pan, put a carp stuffing, and lay in the eels with some mushrooms; seasoning with salt, pepper, sweet herbs, fine spice, parsley and chibbol cut small, lay butter over it, and cover it with an abbess; colour it with eggs, set it in the oven; when bak'd open it, take off the fat, dish it and put in some beaten eggs, or cray-fish cullis and serve it up hot.

EELS. The fat of an eel put into the ear, is a remedy against deafness; it is also made use of in the piles; also for pock-holes, and to make hair grow.

Some physicians recommend the liver of an eel dry'd with its gall as good in hard labour.

The salted skin of an eel is recommended as a wonderful secret in the fall of the matrix, the fume of this skin receiv'd into the matrix, is approved by an eminent physician, as a very good remedy in that malady

To make a Ragoo of EEL-POUTS.

First cleanse them from their slime; lay the livers aside, to be fry'd by themselves in a pan with burnt butter; then put them into an earthen pan with the same butter, a little flour and white wine; seasoning them with salt, pepper, nutmeg, a bunch of sweet herbs, and a bit of green lemon.

In the mean time make a separate ragoo with the same sauce as the *eel pouts* also with their livers and some mushrooms and garnish the dish with it, adding the juice of lemon when it is ready to be serv'd to table.

Pottage of EEL-POUTS.

First wash the flesh and fry them whole in a frying-pan with burnt butter and a little flour; lay them in an earthen pan, with salt, pepper, and a bunch of sweet herbs, some fish broth or peas soup, and a little white wine; when they are

are ready, dress them upon soaked crusts, garnish them with mushrooms and capers.

An EEL-POUT Pye.

First skin them, and having prepared a fine paste to put them in with their livers, roes, cray-fish tails, oysters, artichoke bottoms, and mushrooms; season them with salt, pepper, nutmegs, sweet herbs and chibbols, add a little lemon juice when you serve them up to table.

To dress EGGS.

First boil the eggs till they are hard, and cut the whites only into rings or large picces, and having shred some parsley and onion small, boil them in a little water, with salt, pepper, and nutmeg, till the onion and parsley is tender; then flour the eggs well, put them in and as soon as they are hot put half a pint of cream to them, thicken and serve them up to table, the yolks may be fryd to garnish the dish,

Another Way.

Boil the eggs and cut the whites as before directed, then having some good gravy, season it with salt, a bunch of sweet herbs, *Jamaica* pepper beaten small and a little lemon peel and an onion shred small; then strain them off and put in the eggs to heat them thoroughly, then thicken the whole with burnt butter.

Another Way.

Break your Eggs, and having beaten them well, season with *Jamaica* pepper finely powdered, then heat some butter hot in a pan and pour in the mixture and fry it, till it is enough to hold together; then take it out, cut it into small pieces, and serve with the same sauce directed in the foregoing receipt.

Another Way.

Boil the hearts of 2 or 3 cabbage lettuce, a little sorrel, parsley, chervil and a large mushroom over the fire in a little water till they are tender, then having boil'd some eggs hard, chop the herbs, and yolks very small, and season with salt, pepper, and nutmeg; mix the whole well together.

gether, and put them into paste, making them into small flat puffs and fry them.

Another Way.

Beat some eggs well and squeeze in the juice of an orange among them, and season with salt, put some butter into a stew-pan, and pour in the eggs, keeping continually stirring them over the fire till they are enough, then pour them into a plate with sippets.

On flesh days instead of butter you may use strong gravy or on fish days mushrooms; gravy may either be used instead of butter or without it.

Another way,

Having boil'd the eggs hard, peel them and cut them lengthways, then quarter each half, and dip the several quarters in batter, made of flour, eggs and milk; then fry them in butter made very hot and over a quick fire, then lay them before the fire a while to drain. In the mean time prepare the following sauce for them, of brown'd butter season'd with salt, pepper, and nutmegs, a little elder vinegar and sweet herbs, mushrooms stew'd and hash'd; garnish the dish with fry'd bread, parsley, and fry'd mushrooms.

EGGS poach'd in Butter with Endive.

Blanch some endive, put it in cold water, and press it well to squeeze the juice out of it, then cut it with a knife, and put it in a stew-pan with a bit of butter,

Set it on the fire, and let it stew some turns, and powder it with a little flour and moisten with maigre-broth, season it with salt and pepper, and let it simmer gently; afterwards put some hot butter in a little stew-pan and set it on a stove, when the butter is hot, break in an egg, and let it be as round as can be, and of a fine colour, but do not let the yolk be hard.

Fry as many as you have occasion for, one after the other, then make a binding with three or four yolks of eggs, beaten in maigre-broth, a little nutmeg, and a very little vinegar.

It proving very palatable, dress it in a dish. the eggs over it, and serve it up hot.

To make ELDERWINE

Ferment the liquor for sometime before the flowers are put in ; by which means the sugar will not only be more broken, and intimately united and commix'd with the liquor, the fermentation it self proceeding more briskly and regularly at the said time ; but even the wine will acquire a better flavour from the flowers, than otherwise it would.

By a longer maceration or infusion of them, their grosser and earthy parts are drawn out, and communicated to the liquor, and by that means impart a very disagreeable gust or flavour ; as is most frequently observed in these sorts of wines that are made of aromatick plants or flowers, whose fine volatile parts are so far from bearing a brisk or long fermentation, that even a too long continued infusion of them destroys their best qualities.

BLACK ELDER BERRY WINE *equal to the best Hermitage Claret.*

Having half a bushel of elder berries pick'd clean from the stalks, boil them in nine gallons of spring water till the berries begin to dimple, then strain off the liquor gently, and to every gallon allow two pounds of good *Lisbon* sugar ; then boil it for an hour, scumming it then pour it out into an open tub, and let it stand to cool ; when it is grown cold ; spread some ale yeast upon a toast, and put it into the liquor, and let it stand and work for 3 days, stirring it once or twice every day. Then put it up in a vessel that will just hold it ; and for every gallon put in a pound of raisins of the sun whole, stop it close and let it stand till the next *January*, and it will then be fit to bottle ; but if the quantity be larger, it should not be drawn off till *March* or *April*.

To make WHITE ELDER-BERRY WINE, *that shall imitate Cyprus Wine.*

Take nine quarts of the juice of white elder-berries, that has been squeezed gently from the berries with the hand without bruising the kernels or grains, pass them through a sieve, and to each quart of juice put a gallon of liquor allow three pounds of *Lisbon* sugar, and to the whole quantity allow an ounce and a half of ginger slic'd, and three quarters of an ounce of cloves ; boil altogether for an hour ;

keep scumming it well as it rises ; then pour it into an open tub or vessel, and let it stand to cool, then spread some ale yeast on a toast of white bread, and set it a working for three days ; then put it up into a vessel that will fit it, so that it may be full, and add to it a pound and half of raisins split, which let lie till you draw it off, which is not to be done till it is fine which will be about *January*.

This wine is so like the fine rich wine brought from *Cyprus* both in colour and flavour, that it has deceived very good judges,

These berries are to be had at the Ivy-house at *Hoxton* in *August*.

WHITE ELDER WINE

Gather the elder-berries ripe and dry, pick them, bruise them with your hands and strain them ; then set the liquor by in well glaz'd earthen vessels to settle for 12 hours, and add to every quart of juice three pints of water, and to every gallon of this liquor add three pounds of *Lisbon* or other powder sugar ; hang it over the fire in a kettle, and when it is ready to boil, clarify it with the whites of four or five eggs ; let it boil for an hour, and when it is almost cold work it with strong ale yeast, then put it up in a vessel, filling it from time to time with the same liquor sav'd on purpose for that use, as it sinks in working.

If the vessel holds nine gallons it will be fine and fit to be bottled, and after bottling it will be fit to drink in two months.

To every gallon of this liquor add a pint of strong mountain wine ; but not such as have the *Borackio* or hog-skin flavour.

This will be a strong and pleasant wine and will last several years.

ELDER FLOWER WINE.

Take 12 pound of raisins of the sun, (or *Malaga*) shred them small, put to them six gallons of water, and twelve pound of sugar ; boil them over a clear fire for an hour ; then pour them into a stand or wooden vessel with an open head ; let it stand till it is but blood warm, and then put in half a peck of elder-flowers, pick'd clean from the stalks. Let all stand close covered for a night, and in the morning put to it four spoonfuls of new yeast, and six spoonfuls

spoonfuls of the syrup of lemons, (or the juice of two or three lemons) cover the vessel again, and let it stand two days longer.

Then put it into a well season'd tight cask, and let it stand for six weeks; then draw it off into another cask of the same size, and dissolve half an ounce of isinglass in a little of the same wine over a gentle fire, mix it with the rest, and when it has stood a week or thereabouts, if it be fine enough, bottle it off.

On this Method, a certain Author makes these Observations.

That although the wine thus made has an exceeding good taste, and also bears a very good body, yet he is of opinion, that it might be improved by not boiling the raisins, by which the finest and most volatile particles of them are preserv'd in the wine, which otherwise by long boiling are in danger of evaporating and being wholly lost.

Therefore he prefers a simple infusion of them (after they have been well shred and bruised) in the boiling liquor, and proceeding as is directed in currant wine.

Another ELDER FLOWER WINE.

Boil three gallons of water with eight pound of powder sugar for an hour, scumming it as long as it rises; then put the liquor into an open headed vessel, and when it is come to be of a fit warmth put in two spoonfuls of good yeast, cover the vessel up close and let it stand to work for some days, until by tasting you find the liquor has acquired a spirituous and vinous taste, then upon the declension of the fermentation, put in a quarter of a peck of fresh gathered elder flowers, let it stand two or three days longer, till the liquor has done working, stirring it twice a day or oftener if need be; then run it through a flannel-bag put it into a cask, stop it down, let it stand six or eight weeks, rack it off, and if it be fine bottle it.

EMPYEMA, is a distemper that is of two kinds. The first is a pus that runs from an abscess burst in the bottom of the breast, which succeeds either a catarrh, quinsy, inflammation of the lungs, pleurisy, phtyick or blood proceeding from some vein, which comes to be corrupted.

As for the cure of this empyema that succeeds an inflammation of the lungs, you may take notice that it is seldom

cured ; and that it is more dangerous in persons advanc'd in age than in young people.

But the cure may be attempted two ways. The first is to endeavour to bring away the *pus*, either by the mouth or by urine.

The second is, to open the side with a cautery or a razor between the 5th and sixth rib, and not to let the *pus* out any otherwise than in proportion to the strength of the patient,

In endeavouring to bring away the *pus* by urine, they give a ptisan made of barley, fennel roots, asparagus and parsley, half a quartern mixt with a pint of this.

Or you may boil maidenhair, roots of fennel, parsley, and mix the liquor with some white wine or a little sugar and give it the patient.

Or you may give the decoction of scabious between meals, and some of its powder ; putting 20 grains of it into an egg, to be swallowed ; or give 20 grains of the powder of burdock leaves, in some syrup ; continuing this morning and evening for several days.

The second *empyema*, is caused either by a sharp and salt phlegm, which falls upon the breast by secret passages, and corrupting there, is turn'd to purulent matter ; or else by a wound or some fall.

This distemper may be known by a dry cough, watery spittle mix'd with some corruption, which encreases more and more, and by a slow fever, which by degree degenerates into a hestick ; The palms of the hands, and soles of the feet, are dry and burn, the person breathes with difficulty ; his cheeks are red, he is uneasy after meals, and chuses to lie rather upon the sick side than the sound side.

If the patient eats with a good appetite, digests his food easily ; if he breathes without pain ; if his colour and pulse be pretty natural ; if he discharges matter rather by stool than vomiting, there are great hopes of his cure ; but if the symptoms are contrary, then the worst is to be fear'd.

The foregoing directions are good in this case.

ENDIVE, is a plant of a cooling and astringent quality, and very good for the stomach and liver ; if boil'd in vinegar and eaten, it is good to stop a looseness ; the decoction drank is of great use in a hot intemperature of the liver, and in some obstructions in it ; being taken in white wine, and provocative of urine is good for obstructions in the mesentery.

EPILEPSY,

EPILEPSY otherwise call'd the falling sickness is a convulsion caus'd by gross, viscous and cold humours contain'd in the first ventricle of the brain, &c. which obstructs the understanding and the senses.

This distemper is curable till a person is 25 years of age after which time it is rarely and difficultly to be done; but however the person may be pretty much reliev'd.

Young children are more subject to the falling sickness than those of a more advanc'd age by reason of the delicateness of their nerves, and if maids be not cur'd before they have their menses. young men before 25, and married women after their first child, they may expect to be accompanied with it to their graves. Its origin is either in the brain or the stomach.

The epilepsy that proceeds from the brain may be discovered by a great heaviness and violent head ache, or confused sight, hardness of hearing, loss of smell, paleness of the countenance, &c.

When it proceeds from the stomach, the person will be sensible of heaviness and prickings; when the fit is near, he may discover it by faintings and pain at the heart, attended with vomiting, choler and flegm.

It happens most commonly in the beginning of the spring, rather than at any other seasons of the year.

If young children are attack'd with this distemper, give them milk for six or seven months, very thin pap, into which put a pinch of thyme, and marjoram powdered; lay a plaister of treacle on their heads which renew every eight days; let them always have pleasant and agreeable smells.

Let their common drink be aromatiz'd, and sweetened with a little anise, cinnamon, coriander and sugar.

And once a week mix 12 or 13 grains of rhubarb in powder with their broth or like food, or let them take it in an egg or some soup.

2. As for such as are more than seven years old, if they be bled after the first fit they will scarcely relapse again into an epilepsy; or else blister them between the shoulders, and let them be cauteriz'd.

3. To cure this distemper infallibly dissolve 20 grains of salt of coral with the same quantity of the salt of pearl in a spoonful of cinnamon water, and let the patient drink, this drink for a whole month, every morning fasting.

As for such whose circumstances will not allow of the last,

let them take half a dram of treacle, dissolv'd in wine, morning and evening, or they may use the following syrup for 40 days.

Take green tobacco, pound it and procure a quart of the juice to which add two pounds of sugar, boil these to a syrup.

The dose is for young children an ounce, and for others two or three ounces in proportion to their age and strength. But before they take this they must be purged with two drams of fenna and half a dram of agarick and cinnamon, with a pinch of annise infus'd in a decoction of betony, penny royal, balm gentle, hyssop and sage, adding thereto either an ounce of manna, or as much of the compound syrup of apples with a dram or two of castor.

The most severeign remedy of all is sneezing, for which end use the long aristolochia, betony, sage, imperiale, misletoe of the oak, elecampane, agarick, anise or fennel.

Young maidens should be bled in the arm and after in the foot if it be towards the time they are to have their *men-ses*; they should often take glisters made of roots of poly-pody, flower-de-luce or aristolochia, garden flag, the leaves of betony and mercury, adding to each an ounce of the oil of rue, with an ounce of hony, of the herb mercury and diaphenicum.

If the epilepsy befalls a lying in woman by the retention of what ought to be discharg'd, bleed her in the foot, and if it proceed from some corrupt matter retain'd in the womb, let her take either mint water, cinnamon water, two ounces of manna, dissolv'd in a glass of the juice of mercury or mugwort water.

If in a fit you cut off a little of the hair of the head of a person before, and put it into his mouth it will stop presently; but if the epilepsy be caus'd by a sympathy of the stomach, the surest way would be to provoke vomiting for a month by emetick tartar, regulus of antimony or calcind vitriol.

The dose is from four to six or eight grains, according to the age and strength of the most robust.

If the distemper arises in the remotest parts of the body, you may use ligatures, *i. e.* tye the parts hard near the place where the vapour is perceived to be, or use cupping glasses.

All such as are incident to be affected with the epilepsy, should wear a girdle made of the skin of an ass or wolf; or let them hang about their necks, either the stones found in ghizzards

ghizzard of swallows or misleto of the oak, saltpetre, pyritis, root of piony, or some of the forehead bone of an ass.

A ring made of the foot of an elk, worn upon the fourth finger, not only cures the falling sickness but also convulsions and other contractions of the nerves.

To preserve ERINGO Roots.

Take the fairest eringo roots, fresh taken out of the ground, wash them clean and boil them in several waters till they are tender; wash them again and rub them with a cloth to dry them as much as they will bear without breaking or bruising.

Then slit them and take out the pith and twist two together like a screw, then for every pound of root, take two pounds of fine sugar powdered, of which sugar take one pound at first, and boil it to a syrup with some rose-water, and then put in the roots and boil them till they are clear; then wet the rest of the sugar with rosewater and boil it to a candy height, then put in the roots and let them boil, shaking them often over the fire; when you think they are enough, take them off and shake them till they are cold and almost dry, then lay them on dishes to dry thoroughly, and then put them up in boxes with white paper, both under and over them, and keep them in a dry place.

ERYNGUS or Sea-holm.

The decoction of the roots removes the obstructions of the liver, and is good for the jaundice and dropsey. The root taken in a decoction of bugloss or balm gentle is good for the heart ache, quinsy, obstruction in the kidneys and womb: and being taken before meals is good to prevent drunkenness.

FIELD ERINGUS.

The root of this plant boil'd is good to provoke urine, and womens menses, and for expelling windinesses; being drank in wine, it is good against poison, and the stinging of adders, and also for diseases of the liver. The dose may be a dram.

ERYNGO CREAM.

Cut half a pound of eringos small, and boil them in a pint of milk, till they are tender; then put to them a quart of cream and four eggs well beaten; set it on the fire and just make it boil and if it be not sweet enough to your palate put in some sugar.

ERYSIPELAS or St. *Anthony's* fire is an inflammation, that spreads it self upon the skin, and sometimes upon part of the flesh, it is caus'd by extremely hot and cholerick blood.

When this distemper siezes upon the head and face it is dangerous, because it may be thence communicated to the membranes of the brain: if it happens to a woman during her pregnancy it is mortal, because it will kill the child.

For the cure of this distemper, as soon as it appears, bleed the patient and purge with specifick and cooling medicines to evacuate the bilious humours, such as electuary of *succo rosarum*.

Take 20 damsons, six drams of fresh tamarinds, two ounces of sugar and syrup of violets in a dram of *succo rosarum*, infuse the whole for one night, and next morning give it to the patient, being sure first to strain it.

As for St. Anthony's Fire.

1. You must bleed the patient more than in the *Erysipelas* because in this choler is more predominant than blood, but the remedies for that will suit this.

2. The first thing to be done after bleeding is to foment it with the following oxycrate.

3. Mix two spoonfuls of vinegar with half a pint of water and warm it a little.

Make use of the juice of night shade or houseleek to which add a fourth part of jusquiam or poppy leaves, and some vinegar in proportion.

4. Chafe the afflicted part with three ounces of the juice of lettuce, the same quantity of the mucilage of fleabane, half a dram of camphire and two spoonfuls of vinegar.

As soon as the great fire is over, use the following medicines.

Take the roots of marsh mallows, leaves of wormwood, sage and pellitory of the wall, of each one handful; of the flowers of camomil, melilot and Provense roses, of each two pinches,

pinches, boil all in a quart of water with a quartern of hony to a kind of pap, and when it is taken off the fire, add half an ounce of roses in powder, and as many cammomile flowers, and an ounce of its oil or of thole of anise.

Let the patient live upon cooling diet and after the fever and great heat is gone purge him with cassia and whey, double catholicon or the syrup of peach flowers, dissolv'd in some wild succoury water, lettice or tamarinds.

You may prepare the following Powder for this Distemper.

Take six parts of elder in powder, three parts of white lead, and one part of myrrh, mix them well together and moisten them with the spirit of tartariz'd wine; apply these very hot to the part affected, and it will not fail to dissipate the erysypelas.

If the distemper be inveterate, make use of the following remedy; boil a handful of the leaves of jusquiam and as many of the leaves of hemlock in a little water, and with this foment the part; you may if you please use warm milk for it. As for the pustules, blisters, wild fire, &c. begin with bleeding and purging with those purges before directed, and let the patient be regulated according to age, season, and difference of sexes, and afterwards for the fire apply outwardly the following pomatums.

1. Mix two drams of white lead of Venice, with three ounces of the juice of lemons, and two drams of the sulphur powdered, and apply it to the disease; if it be too thick add more of the juice to it.

2. Procure as much juice of onions as will moisten two drams of borax, half a dram of the flour of chiche pease, and the same quantity of bean flour with a dram of camphire.

ESSENCE of FLOWERS, to procure.

Take a box, lined with tin, that the wood may not impart any ill smell to the flowers, nor dry up any of the essence which may drain through; also have frames made which may enter easily into the box flat ways; let the wood be two fingers thick, and beset round with points of needles; to each of these frames must be filled cotton cloths which may be extended thereon; these must be put into a good lye, and afterwards wash'd out in fair water and dry'd very well,

Take

Take notice, that the oil of *Ben* has no smell of it self, but will readily receive any smell that you would impart to it.

Having caus'd your cloths to imbibe the oil of *Ben*, squeeze them a little that the oil may not drain off; then extend them on the frame and fasten them to the needles.

Put one frame in the bottom of the box and strew the flowers of which you would have the essence in an even manner upon the cloth; then put in another frame upon the cloth whereof you must strew more flowers, and so proceed till the box is full.

Having dispos'd the flowers after this manner in the box, let them lie there for 12 hours, and then change them, that is those you have put in the morning take out in the evening, and those you put in the evening, take out the next morning; thus continue to do till you have put in all your flowers.

When you perceive the scent is strong enough, take the cloths off the frame and fold them four double, roll them up and tie them with several rounds of fine packthread to keep them close together, and put them into a press, and press out all the oil you can.

The press ought also to be lined with tin, that the oil may not be imbib'd by the wood; receive the oil in a clean vessel and afterwards put it up in a glass vial, stopping it close for use.

There must be but the essence of one sort of flower made in one box; because the scent of the one will spoil the other; in like manner must it be as to the cloths, unless they have been put into a lye, and wash'd out in fair water.

EXCRESCENCE of Flesh is a superfluity of it; to cure which and make it fall off without pain; reduce a farthings worth of alum into powder, adding a little water to it to make it melt; steep or wash the excrescence two or three times a day with this water, and it will stop its growth, harden it and reduce it into a callus, and in about eight days time it will fall off; then apply common ointment to the wound, and the excrescence will not grow again.

EYE. Physicians have reckon'd up 113 diseases incident to the eyes, and some say that there are but very few of this number, but may be cured with the medicine, which they

they call the divine stone ; which cures in so ready and surprizing a manner that it is esteem'd by some almost miraculous.

For this admirable medicine we are indebted to Mr. *de Cice*, Bishop of *Sabula* who brought it from the *Indies*, to whom it was communicated by an *Arabian* physician, who practis'd physick in *China*. This divine stone is prepar'd as follows.

Take two ounces of cyprus vitriol, the same quantity of nitre or salt petre, and the same quantity of roach alum ; reduce these to powder and put them into a glaz'd earthen pan, and melt them at first but gently over a slack fire ; which you must afterwards increase till the whole is melted or dissolved with hot water ; then throw into this mixture while it is very hot a dram of camphire ; stir it all well together with a wooden ladle, and when the camphire is well dissolved and incorporated, with the other ingredients, cover the pot or pan with its lid, and lute it well with meal paste ; let it cool for 24 hours, then break the pot, and you will find a green stone, which separate from the pieces of the pot, and keep it in a glass phial well stopp'd to prevent it from evaporating.

This stone is to be us'd as follows, reduce half a dram of this *divine stone* into powder, and put it into half a setier of spring-water, and when you apply it, warm the water, and drop a drop of it into the eye or into both eyes if they be out of order, do this morning, noon and night.

This water will clear the sight, strengthen it, and cleanse the eyes by taking away the spots or specks that grow in it, cure suffusions, take away redness, &c.

For an Inflammation of the EYES.

1. Take white copperas, sugar-candy, rose-water and the whites of hard eggs, strain it through a linen cloth, put a little of the liquor into the eye after dinner and at going to bed.

2. Take an egg that has been laid the same day, roast it hard under hot ashes, then cut it into four parts, take out the yolk and fill the hollow with powdered white sugar-candy, strain it through a linen cloth doubled, and drop a drop or two into the eye, at night when you go to bed, or at any time in the day ; this is also good for webs in the eyes.

3. It is accounted a singular remedy to apply a cataplasm made

made of the pulse of sweet apple, roasted under hot ashes, of barley meal, womans milk, rose-water and whites of eggs.

4. Marigold water is also a soveraign remedy for an inflammation in the eyes.

5. Another singular water for the eyes is made of half an ounce of prepar'd tutty powdered, and a quarter of an ounce of mace infus'd in rose-water, and white wine, of each half a pint infus'd for six weeks, and expos'd to the sun in a bottle well stopp'd; but it must always be taken away when the sun does not shine, or when it rains; shake the bottle two or three times a day. This is also good for bloodshot, blear or weak eyes.

6. Stick a bit of frankincense on the point of a bodkin; light it with a wax candle and extinguish it in four ounces of rose-water; do this 30 times, then strain this through a linen rag, drop some drops of it into the corners of the eyes when you go to bed; and if you feel a great pain in the eye, mix a little woman milks with the water.

7. This is also a singular water for the eyes. Take betony celandine, fennel, rue and vervain all fresh gathered, of each a handful, pound them, moistening them with a quarter of a pint of white wine, squeeze out the juice and add powdered ginger and pepper of each half an ounce; a dram and half of saffron; of aloes, myrrh and sarcocolla of each half an ounce; distil the whole in a glass limbeck over a gentle fire and keep it for use.

An incomparable EYE SALVE.

Take one ounce of *May* butter, half an ounce of virgins wax, a quarter of an ounce of camphire, half an ounce of powder of tutty; put the camphire and wax into a silver porringer or small silver sauce-pan, and melt them over a gentle fire, stirring them continually, till they be dissolv'd; then some little time after put in the *May* butter and dissolve it with a spoonful of red rose-water; keep it on the fire till all is well incorporated, then add the powder of tutty and mix all very well; anoint the eye-lids with this when you go to bed.

Another very excellent for the same.

Take of the best sallad oil eight ounces, yellow wax, six ounces, set them on a fire in a new pipkin, keep stirring the

the wax till it is melted, then add of white lead four ounces, and let all boil for half an hour; then add myrrh finely powdered, olibanum, mastick of each one ounce, camphire half an ounce; each of them by themselves in the order here set down, stirring and mixing them well, before you put in the other; boil all softly till it grows blackish, keeping stirring it all the while it is upon the fire, and also after it it is taken off, till it be cold enough to be made up into rolls, working it like dough.

Take care to mix it well and that it be not over or under boiled; this salve is to be apply'd to the temples and behind the ears for the ease of the eyes, and is to lie there till it falls off of it self.

It will keep a long time, and is a sweet and clean plaister, and an excellent dissolvent, and therefore good for swellings and also for cuts, and cures almost any sore that does not require much drawing.

An excellent Medicine for the EYES when the Rheum be violent and they have SPECKS.

Pound four ounces of hemlock in a wooden bowl, to which add two thimbles full of bay salt, and as much bole armoniack as will make it fit for spreading on a thick cloth; lay this to the wrist and renew it every 12 hours; as long as you see occasion; and if but one eye is affected, lay it to the contrary wrist.

Mix tutty and white sugar finely powdered, of each two ounces, shake them well together, and let them settle, and dip a fine rag in it and wash the eyes three or four times a day.

For EYES that are hurt.

Take rose-water, the juice of the great jubarb and womans milk, of each equal quantities, and the white of an egg, pound these together with a little saffron and apply it to the eye, when the pain is allay'd anoint the parts round about the eye with rose ointment.

Another.

Take a dram of prepar'd tutty, the same quantity of hepatick aloes, one dram of sugar-candy, and two ounces of white wine, and as many of rose-water, reduce the

the aloes tutty, and sugar into powder, and mix them with the wine and rose-water; put all into a glass bottle, stop it well and expose it to the sun for a month, rub the eyes with it, and drop some of it into them.

For red or blood spotted EYES.

1. Beat the whites of eggs with rose or plantain-water, and steep a rag or tow in it and apply to the eyes.

2. Roast an apple that is not sharp or sour, mix the pulp with a nurses milk into a sort of an ointment, and with them anoint the eyelids for the redness of the eyes.

And also apply to the temples frontlets made with Province roses or conserve of roses, and other astringent things to stop the defluxion from the brain that causes this redness.

For an inveterate Redness of the EYES.

Take white copperas, the quantity of a hassle-nut, one scruple of the flower-de-luce of *Florence*, and as much roch alum, reduce them to powder, mix these with a pint of spring-water; or else boil the whole together till the water becomes clear, and drop three or four drops of the water into the eye.

You may also make an ointment of the dregs of linseed oil, gum arabick, tragacanth, mastick and camphire to be apply'd to it.

To prevent the EYE from continuing black.

Having receiv'd some blow, you must immediately drop into it the blood of a pigeon or turtle's wing.

To stop Tears and Humours that run from the EYES.

Make a decoction of the leaves of betony, roots of fennel, and a very little fine frankincense, use this for an eye-salve.

2. Often wash weeping eyes with the decoction of cher-vil.

3. Fasten to the hind part of the head, some grains of ambergrease; this has also the vertue to stop defluxions that fall down upon the throat.

4. You may rub the edges of the eyes with the foot of butter,

butter, burnt in a lamp; this is an arcanum that is very good, to dry up and stop all running of the eyes, and readily to close up all lachrymal fistulae and erosions made by blar-eyedness.

For contusions in the EYES.

1. Beat the leaves of eye-bright with a rotten apple, and lay it on the eye as a poultice, and repeat it as it grows dry; some approve of the juice of eye-bright better than the leaves.

2. Take the crumbs of white bread, and incorporate it well with black soft soap, as much as will make a softish paste, of which make a little cake with your thumbs, and apply it to the bruised part; having first shut the eye, and blinded it so that it may lie on some hours, or a day if need be; but this ought to be used with great caution.

3. Take succory water and crumbs of white bread, enough to bring it almost to a consistence; then add a little saffron, and if you please a little honey, and apply it with pledgets of flax to the part afflicted.

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To BEAUTIFY the FACE.

TAKE an ounce of the finest tin reduc'd to powder, and two ounces of *aqua fortis*, put them into a large earthen vessel, set them in a chimney or in the middle of a court, and leave them together for the space of four hours; then put the clear water into another earthen pot, and pour upon it the same quantity of salted water; let these stand 24 hours, and the next day you will find the fine stuff or quicksilver sunk to the bottom, pour off the water that is upon it gently, wash it seven or eight times with palm water, and set it in the sun to dry.

This powder may be us'd with a pomatum of jessamine or that of sheeps trotters, or of veal bones; or else to the end it may have the better effect make the following preparation.

Cyprus vitriol with plantain water, is an excellent remedy, and so is the juice of pimpernel, being continued for some days morning and evening.

Another for the same.

Take the pulp of the flower-de-luce, and the roots of solomon's-seal, of each an ounce; wash them well, and steep them for a week in cold water; then take them out, and wipe them and cut them pretty small, then add to them the fat of a lamb's kidney and the caul, of each two ounces, pour the water upon them and let them steep six days, changing the water daily; then melt the fat with the same water and strain the mass, and then put it into *China* pots, but change the water every day; put a dram of this powder with an ounce of this pomatum, which by reason of its whiteness, may be call'd the white of pearls.

This pomatum does not only beautify the face, but is also good for tetters, pimples, and other cutaneous distempers.

Another Way.

Take fine sulphur and roch alum of each half an ounce pound them to powder, add to these half an ounce of rose, water, mix them well in a vial, let them stand 24 hours, and use them.

PUSTULES or PIMPLES in the FACE.

1. Boil an handful of the flowers of the lesser centuary in three pints of water, till half is consumed, and bath the pustules or pimples with it both morning and evening.

2. Prepare half an ounce of camphire, the same quantity of sulphur, a quarter of an ounce of litharge, and the same quantity of myrrh, pound these ingredients together and infuse them in half a pint of brandy or plantain-water for a week, and chafe the face with a linnen rag dipt in it.

3. Put a quarter of an ounce of borax and half an ounce of camphor, into half a pint of the juice of scabious, purify'd by fire, and strain'd through a linnen cloth, let these infuse two or three days, and then you may use it.

4. Take half an ounce of camphor, as much sulphur and a quarter of an ounce of myrrh, and the same quantity of, frankincense,

frankincense, pound them to a fine powder, infuse them in half a pint of rose, plantain or scabious water, for a week and then use it.

For WRINKLES in the FACE.

Anoint the face with the oil of myrrh at night when going going to bed, and cover it with a waxed cloth and it will take out the wrinkles.

2. Take half an ounce of oil of tartar, a quarter of an ounce of the mucilage of the seed of psillium, or of quinces, six drams of ceruse, a quarter of a dram of borax, a quarter of an ounce of oil olive, and a quarter of a dram of sal gemmæ; stir all these together well with a wooden spoon in a small earthen plate, and rub the face with it.

3. Break a new laid egg into a *China* cup, and strew over it better than half a dram of sublimate, let this soak for 24 hours; in the mean time take half a quartern of the four cold seeds, an ounce of bitter almonds; pound these together in a marble mortar, moistening them a little with two quarts of river water, and strain them through a linnen cloth; then put the gross substance of the almonds, and cold seeds again into the mortar and pound them with as much water, and strain them again, put this second liquor to the first, then put in a quarter of an ounce of sugar candy and half a dram of burnt alum, put these to the eggs, and then pound all together, moistening them by little and little with the liquor, then searce the whole through a sieve, and put it into phials, shake it always when you use it.

FENNEL. The leaves and seeds of fennel, are good for strengthening and clearing the sight, increasing nurses milk, strengthing the stomach, and for allaying prickings in the breast; the seeds taken after meals, expell wind, help digestion and being chew'd sweeten the breath.

FENNEL GIANT. The pith of this plant, when it is green, being taken in some liquor, is good against spitting of blood, and the stinging of vipers, being taken in some wine, and put into the nose, it will stop its bleeding.]

FENUGREEK being apply'd to hot imposthumes, inflames them the more, cleanses, digests, mollifies, and dissolves them. The seed of it taken in honey water, will soften an inward abscess; and being taken with a little honey cleanses away

all the ill humours of the bowels, and allays internal pains; the decoction and seed pounded, are very good to be apply'd to the privy parts of either sex for taking away any pain from them,

Green fenugreek pounded with vinegar, and apply'd in clisters is good for weakneses in the womb, and ulcers. the seed is excellent in the bloody flux, The meal of it being mixt with sulphur and salt petre, is good for taking away freckles in the face; for the gout in the hands and feet and for imposthumes behind the ears.

The decoction of it is good to be drank by those that have had a cough a long time, and an ulcerated breast, a little sugar being added to it; being kneaded with some wine, it is good for cleansing cancers.

FERMENTATION is an intestine motion raised by the occurfions and collisions of particles of different gravities; for the spirituous for their levity and subtilty strive to ascend, and get to the surface and exhale; but the viscid ones entangle them, stop their ascent and prevent their exhaling.

The included air is a great instrument or cause of it, for the motions and expansions of its particles being intercepted between the subtile and vicious parts of the fermenting liquor, they strive still to dilate, ascend and escape.

These collisions of the different particles, and the actions of the air, are two causes of this action.

Things that promote Fermentation are.

1. *Rest*, that so the yeast on the surface, be neither too much nor too often broken, and give opportunity to the spirits to exhale and escape.

2. A free admission of the external air, so that it may have access to, even the midst of the working ale, unless the air be very heavy, for if so, the great pressure of the atmosphere, will put a stop to the fermentation.

3. Temperate weather is necessary; for an over rarified or compress'd air, are the bane of fermentation.

Hence it is absolutely necessary to chuse a fit time of the year; when the air and water abound with exhalations from vegetables of the same kind; for the fermenting liquor sucks in these particles which float in the air, by which the strength and spirit of the liquor is heightened, and fermentation promoted.

Thus

Thus ale of made pease, beans, rye, or nuts would ferment less and be strongest, if made when the grain was in flower: And for this reason it is, that wines are on the fret, when vines are in the blossom.

So rose water that is flat and dead, will recover its fragrant scent when roses are in their prime, though it be at some hundred miles distant from the land where they grew.

From whence we may Learn.

1. The great dissipation and wide expansion of the exhaling particles of vegetables.
2. The elasticity of the air.
3. Its constant intestine commotions.
4. Its necessary communications over the whole globe.

The chief Appearances that happen during Fermentation are.

1. After the wort and barm have been mix'd, the liquors begin to swell, rise up and rarefy, and set up many small bubbles on the top, which breaking by the superincumbent pillar of air, send forth a hissing noise and turn into froth; and the whole liquor that was before transparent, becomes opaque or dark, and there is a very strong and intestine motion discoverable in it.

2. The parts of the fermenting liquor, seem very elastick, and their motion very violent,

2. A thick skin or crusty scurf is found on the top of the liquor; but not so compact as to prevent the escape of the elastick matters through it. Then this seems to be the chief cause of fermentation, for it hinders the dissipation and waste of the spirituous parts of the liquor; and if it be often broken it retards fermentation, or if it be wholly taken off, the further action of the liquor is put a stop to.

4. This crust of yeast at the top, wastes away by degrees, and falls down to the bottom of the liquor, and is called its dregs or mother; and then the liquor above it becomes clear again, ceases to hiss and bubble, has a sharp spirituous taste partly sour, and partly sweet.

If a fermentation rises too high, it may be easily check'd, by casting into the wort oil of sulphur, spirit of salt, spirit or oil of vitriol, or any other acid; or what is usually done by wine coopers, when their wine is on the fret, either by

much motion, or in the spring of the year ; they burn a little sulphur under or near the vessel, and that checks the fury at once.

The fermentation of molasses is laid in a moment, by throwing a little powder of *Jalap* into it.

2. If the ale be ready, tun it up, and stop the vessel so that the liquor may have no communication with the external air. Or,

3. Exhaust the air out of the cask, and so shut it up. Or,

4. Set the cask in some very cold water. Or,

5. Compress the air in the cask, and so shut it up.

The fermentation of wort is done best in a vessel that is well season'd

1. Because the parts of the liquor before fermented in it, having impregnated it, they presently exert their force upon the new liquor, rouse up its parts, and determine them to action much sooner, than any new unseason'd cask could do.

Nay the season'd vessel of it self will excite a fermentation in the wort.

2. A new vessel not only renders the fermentation weaker and slower, but imbibes from the liquor a large share of the spirits and fermentable parts, which causes what remains when work'd, to taste more flat and vapid, and therefore this vessel for fermentation should be of wood ; for earthen or glaz'd vessels do never suffer a fermentation to go on regularly ; but are proper only to discover the Phenomena which occur during the action

If the wort when boiled were put into season'd vessels and suffered to stand, it would ferment of it self, but in the winter time it would work but very slowly and imperfectly ; therefore there is still need to add a ferment, which is usually yeast or barm.

But country people who live at a good distance from towns or publick houses, make use of divers contrivances to cause a fermentation in worts, which shall always be ready, as honey, sugar or leaven put into wort, do all raise fermentation.

Some use flour and eggs ; others *Castile* soap, or the essential oil of barley, or the quintessence of malt or wine, or sal *Panaristus*, or barm taken from the top of the vat and set to settle, then pour water upon it, changing the wa-
ter

ter once a week, the barm will be good fix or eight weeks after.

Some throw a broom or juniper branch, or a withe made of hazel into a working vat, and let them lie in the working liquor, during its fermentation; then they take it out, and hang it up in a dry place, where though it dries, it preserves its fermenting quality, and will be ready and as good as barm, tho' not us'd for nine months after, nay some say several years

Of FERMENTING and working Beers or Ales

In the first place it is to be considered, that yeast is a very strong acid, abounding with subtle, spirituous qualities, whose particles being wrap'd up in those that are viscid, are by their being mixed with the wort brought to an intestine motion, caused by the particles of different gravities.

For as the spirituous parts of the wort, will be continually striving to get up to the surface, the glutinous adhesive ones of the yeast will be as constant in retarding, or hindering their ascent, and so prevent their escape; by which the spirituous liquors are set loose, and free from their viscid confinements as appears by the froth on the top, and to this end a moderate warmth hastens the operation, by its opening the viscidities, in which some spirituous parts may be entangled, and unbends the spring of the included air.

The viscid parts that are raised to the top, not only on account of their own lightness; but by the continual efforts and occurrences of the spirits to get uppermost, shew when the ferment is at highest, and hinders the finer spirits from making their escape; but if this intestine operation is permitted to continue too long, a great many of them will escape, and the remaining of them will grow flat and vapid,

Now tho' a small quantity of yeast is requisite to break the band of corruption in the wort, yet it is in it self of a poisonous nature, as many other acids are; for if a plaster of thick yeast be apply'd to the wrists, as is sometimes done for agues, it will there raise little pustules, or blisters, in some degree like the venomous *Cantharides*.

And yet several persons do beat the yeast into the wort for a week together, or longer to improve it, as they imagine or call it; but more properly speaking, is loading

the wort with its heavy and strong spirituous particles, and that for two reasons.

First. Because it will make the liquor so heady, that five bushels of malt, will make wort equal in strength to six, and that by means of the stupefying narcotick qualities of the yeast.

This mercenary subtilty (says an ingenious brewer) and imposition has so prevail'd with the vulgar and ignorant, that have frequented ale-houses, where they have met with such drinks, supposing their drinks were stronger and better than others, and that this was the pure effects of the malt when at the same time they were driving nails in their coffins, by impregnating the blood with the noxious qualities of this poisonous acid, as has been experienc'd by many of its drinkers, in suffering violent head aches, loss of appetite, and other inconveniences the next day, and some times longer after a debauch of such liquor.

Secondly. It is alledg'd for beating the yeast into the wort that it gives it a fine twang or relish, or as some call it in *London*, makes the ale bite of the yeast; whereas it seems rather to prove a discovery of the infection by the nauseousness of its taste.

Of Fermentaing Drinks brew'd in private Families

The best way is to put some yeast into a small quantity of warm wort in a hand bowl, which is set a swimming on the top for a little while, where it works out leisurely, mixes with the wort that is suffered to be first quite cold in summer, and almost cold in winter; for by how much the cooler it is fermented or work'd, by so much longer will it keep; too much heat agitating the spirituous particles into too quick a motion, whereby they either spend themselves too fast, or fly away too soon, and then the drink will certainly work into a blister'd head, which is never natural; but when it ferments by moderate degrees into a fine white curl'd head, the working is truly genuine, and plainly shew that the brewer has managed it rightly.

To one hoghead of beer that is to be kept nine months may be allowed a quart of thick yeast, and set it to ferment as cool as it will admit to be, for two days together, either in *March* or *October*; and if you find it works too fast, you may check it at pleasure, by stirring in some raw wort with a hand-bowl,

In like manner in country ales, the same method is to be used, because they are to be kept some time; and some persons do so nicely observe this method as to do the same by their small beer wort.

Now by these additions of raw wort, there are as often new commotions raised in the beer or ale, which must of necessity contribute to the rarefying and commuting the whole.

But I shall not determine whether it is by these joining principles of the wort and yeast, that the drink is render'd smoother; or that the spirituous parts are more entangled and kept from making their escape: Yet certain it is, that such small liquors generally sparkle and knit out of the barrel as others do out of a bottle, and is very pleasant.

Some for butt or stout beer, when they find it works up with a stiff yeast, will mix it once, and beat it in with a hand bowl, and when it has work'd up a second time in such manner, put it up into the vessel with the yeast on the top and the sediments at the bottom, and reserve some of it in a tub to fill the cask up as it works over, and when it has done working, leave it with a thick head on, to preserve it.

But if ale is to be kept very long, they hop it accordingly and beat the yeast in every four or five hours for two days successively in warm weather, and four in the winter, till the yeast begins to work heavy and sticks to the hollow part of the bowl if it be turn'd down on the same; then they take all the yeast off at the top and leave all the dregs behind; putting up none but the clear drink, and after it hath work'd a little in the barrel, it will in a few days be fine, and fit for drinking.

But the pernicious error of beating in the yeast too long, has been sufficiently detected, and it is certain that light fermentations are the most natural for malt liquors and human bodies.

To forward the FERMENTATION of Malt Liquor,

If either ale, or beer is backward in working, it is a practice to throw over it some flour out of a drudging-box, or with the hand over the top of the drink, which becomes a sort of crust or cover to help to keep the cold out; others put in an ounce or two of powdered ginger, which will heat the wort so as to bring it forward; others fill a gallon
stone

stone-bottle with boiling water and put into the tub of wort well cork'd, which will for some time communicate a heat and forward the fermentation.

Others put by some of the raw wort, which they beat and mix with the rest, which they put in an earthen vessel, but great care must be used, that the vessel in which it is heated has no manner of grease about it, which will hinder its fermenting.

For retarding the FERMENTATION.

For retarding and keeping back the working of any drink that is too much heated in working, the cold raw wort is the most proper of any thing to check it: Or it may be broke into several other tubs and the fury will be taken off by the shallowness of lying in them; but some put pewter dishes into it for that purpose.

Others again tie up bran in a coarse thin cloth and put it into the vat, whereby the spongy and floury nature and close bulk, it will absorb a quantity of the drink and cause a heat that will forward the working.

Others again beat up the whites of a couple of eggs with half a quartern of good brandy, and put it either into the working tub, or into the cask, and put a warm cloth over the bung, and that quickly brings it forward. See *Brewing and Distilling*.

FERN. The root of the male fern taken to the Quantity of four drams in honey water, is good for killing large worms in the body; but before this be taken, the person must first eat garlick. It will also cure the swelling of the spleen.

The leaves of the female fern fresh gathered and eaten amongst other herbs, are good for opening the body.

The root being put into a hoghead, will prevent wine from growing sour.

To dry GREEN FIGS.

Let your figs be white and at the full growth, before they change colour, slit them at the bottom; put them into scalding water; but let them not boil, till they are turn'd yellow; then set them by till they are cold, cover them close, laying something on them to keep them under water; then set them on the fire again, and when they are ready to boil, put in a small quantity of verdegrease and vinegar, and keep them

them in a scald till they are green; then put them into boiling water and boil them till they are tender, lay them out to drain and clarify a pound and half of single refin'd sugar to every pound of figs; into which, when it is cold put in the figs, and let them lie all night in the cold syrup; the next day boil them till they are very clear, and the syrup is very thick, after this give them a scald every day for a week, then lay them out on plates and set them to dry in a stove, turning them every day; and having weigh'd the figs when raw, put a pound of sugar to a pint of water answerable to the weight of the figs.

If the figs grow too dry, you may put them into the syrup again, and they will seem to be new to the end of the year.

To dry black FIGS.

Having weigh'd your figs, slit them at the bottom; then throw them into boiling water; and boil them till they are very tender; drain them well from the water; and having made a syrup of clarified single refin'd loaf sugar equal to their weight, and half a pint of water to a pound of sugar into this, when it is cold, put the figs, letting them remain in it all night; the next day boil them till they are very clear; giving them a scald every day till the syrup grows thick, then lay them out as you use them, but always when you take any out heat the syrup again or else they will not keep. If they grow too dry, you may put them into the syrup again, giving the syrup a scald.

Observations concerning FISH.

It is to be observ'd that all fish that will live a long time out of water will sicken, and their flesh will become infirm by lying in the air; therefore if fish are to be sent a days journey, or kept a day before they are dress'd, it will be best to kill them as soon as they are taken out of the water, and the flesh will be firm.

Some experienc'd persons who have made fishing their study, say, that the goodness of boil'd fish consists chiefly in the firmness of their flesh; and in the next place; that the flesh parts easily from the bone; and to effect this they direct to kill the fish immediately after they are taken out of the water, and when you are about to boil them to put two or three handfuls of salt into two or
three

three quarts of water, and in proportion, to put in the fish while the water is cold, then to set them on the fire and make them boil as quick as possible, without covering the fish water.

A SAUCE for BOIL'D FISH.

Boil an onion, a bunch of sweet-herbs, some horse-radish slic'd, an anchovy in beef gravy, and a little white wine well; then strain the liquor and add to it a spoonful of mushroom ketchup, and thicken it with butter, mix'd with flour; and if it be for fish day, you may use mushroom gravy; or a greater quantity of mushroom gravy, or fish gravy instead of the beef gravy.

FISH-BROTH.

Cleanse tenches, pikes, eels and carps from their slime, and cut off their gills, then put all into a great kettle or pot with water, salt, a bunch of sweet-herbs, an onion stuck with cloves and some butter; boil all for an hour and a half, strain it through a linen cloth, and pour some of it separately into three pots, into one of which put in the pickings of mushrooms, which you must afterwards take out by straining them through a sieve with a cullis, fry'd flour, and a piece of green lemon; this thickening liquor may serve for brown pottages, as also for side dishes and inter-messes.

In the second put pounded almonds with the yolks of hard eggs for white pottages, particularly those of profitrolles, smelts, perches, soles and other fish dress'd in white broth and for some ragoes of the like nature.

3. In the third pot the fish of all the pottages, as well white as brown, both for the side dishes and inter-messes, may be boil'd together, to make some jelly.

Another.

Hang a pot over the fire with water, whole onions, parsnips, parsley roots, sorrel and all sweet-herbs, and good butter, season all well, then add the bones and carcasses of fishes, the flesh of which has been taken off to make farces; and even the entrails of those that have been farced after they have been well cleansed, and also the tails of crayfishes pounded with four or five spoonfuls of onion juice.

When

When the whole mess is finished and sufficiently boil'd strain it through a sieve, put it again into the the pot, and keep it hot to lay the soups a soaking, to prepare the fish for the potage and other uses.

FISH FARCE.

Take carps, pikes or other fishes, and mix all well upon a dresser, also prepare an omelet that is not fry'd too much with mushrooms, truffles, parfly and chibbols, and let all be put upon the farce, when it has been well ordered and seasoned; you may also add to these the crum of a loaf soak'd in milk with butter and yolks of eggs, and you must take care to, thicken the sauce well, this farce may serve for farcing soles and carps, to make andovillets, croquets and every thing that may be thought convenient, as it were on flesh days.

FITS of the MOTHER.

The symptoms that accompany this distemper are the vertigo, dimness of sight, restlessness and pain in the bottom of the belly, belchings, inclination to vomit, delirium and convulsions.

The remedies are strong odours as those of castoreum and the fumes of hartshorn and feathers put under the nose, are good to allay the distemper.

Also beat two eggs very well even to a froth or foam, and put it upon hemp tow, then strew powder of frankincense and pepper both in powder upon the eggs, and first the frankincense and then the pepper, and then take it. The tow must be also apply'd to the belly.

FLAX is a plant that rises out of the ground with a long slender stalk, set with slender, narrow leaves, and bears flowers of a bright blue colour, which as they fall away are succeeded by round seed vessels as large as pease, including yellowish seeds, which are call'd linseeds.

Flax delights to grow in ground fresh broken up, and in a stiff clayey ground, which is not the worse, if it be somewhat moist, from such ground it will grow very strong; but then the flax will not be very fine.

There is but little trouble in the sowing the seed for that the ground need be plough'd but once.

This seed is to be sown in *March*; or some sow it in *April*, and

and others defer the doing it till *May*, supposing that by sowing it late in the summer months, the flax will not be over nourished, and will consequently be the finer; or else that some grounds which will not bear ploughing so early in the year as *March*.

Indeed there is so much difference in the situation of grounds that even in the same parish some hills, the ground lying on the south side, has been fit to plough and sow in *February* or at latest in *March*, and that on the north side not till the end of *April*. But at what time soever it be sown, which should be whenever the ground shall be fit for ploughing, if it can be possible contrive, so that the seed be in the ground at such a time as rain may be expected, for it requires wet to bring it up.

As for the time when the flax is fit to gather, that may be known by the yellowish colour of the stalk, and the fullness of the growth of the seed vessels at which time it is to be pluck'd up by the roots and ty'd up in bundles to be set upright and expos'd to the sun, the seeds vessels being then combed off with a sort of iron comb; these seeds having lain expos'd to the sun a few days will be fit to be press'd for linseed oil.

When the stalks are grown pretty dry, then lay the bundles in water in a place where they may be under the influence of the sun, and lay a weight upon them under water, till the rind or outer skin of the stalks begin to grow loose, and rot; then unloose the bundles and spread them in the sun, that they may dry thoroughly, then beat them with beetles, till the outer rind and all the pulpy part is quite lost, so that there remains only the strings of the flax; then comb and hack it with iron combs till it is drawn out fine, and shines like silk, the more it is combed the finer it will be.

That which is thus combed from the flax is call'd tow, and is us'd for coarse work, for weaving a sort of harsh cloth and the pure flux is us'd for making the finest linen.

The flax, &c. being spun is sent to the weavers, and when it is woven the flaxen cloth is laid in the hot sun and watered till it becomes very white, and then it is fit to be made into such garments, and for other necessary uses.

In some cases this flaxen or linen thread is dy'd of several colours before it is woven into cloth, or else when it is woven and whitened it is printed with variety of figures and colours which makes a light summer wear for women.

But even in the weaving of it there is a great variety as the plain cloth brought from *Holland*, cambrick, lawns, diapers

diapers, damasks, huckaback, &c. which are all the product of flax but only dress'd and wrought several ways, and also all laces, sewing thread, &c. are made of flax.

FLAX WEED is of a hot, moist, bitter quality ; it provokes urine, for which the decoction of its leaves are excellent ; it is also good for expelling of poison, dissolving coagulated blood, and promoting womens menses.

FLEAS, *to kill.*

1. Rub a small stick with the grease of a hedge hog and fix it in the middle of the room and all the fleas, as some say, will flock to it and perish.

2. Water the room with lye and goats milk mix'd together.

3. Put copperas or vitriol into a pail of water, and when it is dissolv'd water the room with it.

4. Make a decoction of land caltrop, bramble, arse-smart, coloquintida and cabbage leaves and spread it about the room, and it will either drive the fleas away or kill them.

5. Boil the leaves of lupine and wormwood in water, and water the room with it, or with the water that wormwood, colloquintida, peach tree leaves, vervein and coriander has been boiled.

A STEAK FLORENDINE.

Take a neck of mutton, cut it into flakes, take off the skin, and the fat at the thick end, season it with pepper and salt, lay them into your dish with an anchovy, minc'd small, a little nutmeg slic'd thin and a little thyme, shred fine, and a pint of oysters, balls of forc'd meat, half a pint of claret and half a pint of water, cover the dish with puff-paste and bake it.

To CANDY *any Sort of* FLOWER.

Take the best treble refin'd sugar, break it into lumps and dip them piece by piece in water ; put them into a silver sauce-pan or bason ; melt them over the fire, and when it just begins to boil, strain it through a muslin and set it on the fire again, and boil it till it draws in hairs, which may be try'd by holding up the spoon ; then put in
flowers

flowers of what sort soever, and set them in cups or glasses, and when it is of a hard candy, break it into lumps and lay it as high as you please; dry it in a stove or the sun, and it will look like sugar-candy.

FLOWER-DE-LUCE.

The root of it is good against coughs; it dissolves and subtilizes the gross humour, that cannot be discharg'd by spitting, seven drams of it in some proper liquor, will purge away the water and gross phlegm, and is very good for the dropsy.

The root of the bastard flower-de-luce is cold and deficative, being taken in some proper liquor, it is good against all the indispositions of the brain: it retains the urine and the measles, and stops the bloody flux. The juice especially produces the same effect.

Being put into glisters it allays the pain of the sciatica; the root dry'd and powdered cleanses and consolidates hollow and filthy ulcers. Being held in the mouth it sweetens the breath; being put among cloths it hinders them from being worm or moth eaten.

The juice of the root being taken inwardly several times evacuates dropical water, especially if mixt with the yolk of an half boil'd egg.

The roots mixt with hellebore and twice the quantity of hony, takes away pimples, redness and freckles, the face being rubb'd therewith.

A decoction of the roots removes obstructions caus'd by a gross humour, provokes urine and kills the worms.

The *Italians* preserve this root when it is quite fresh with sugar or hony and use it for all the forementioned purposes, they make an oil of the flowers steep'd in oil, which has the vertue of mollifying, dissolving and allaying the pains of the gout proceeding from a cold cause.

To make FLUMMERY.

Put three large handfuls of finely ground oat meal to steep for 24 hours in two quarts of fair water; then pour off the clear water and put two quarts of fresh water to it; strain it thro' a fine hair sieve and boil it till it is as thick as a hasty pudding; stirring it continually while it is boiling that it may be extraordinary smooth; and when you first strain it out before you set it on the fire, put in two spoonful of orange-

orange-flower-water and a spoonful of sugar, when it is boil'd enough, pour it out into shallow dishes and serve it.

HARTS-HORN FLUMMERY.

Boil half a pound of shavings of harts-horn in three pints of spring-water over a gentle fire ; then strain it through a fine sieve into the bason, and set it by till it is cold ; then just melt it over the fire and add a quarter of a pint of white wine, half a pint of new thick cream, and two spoonfuls of orange-flower-water ; scald the cream and let it stand till it is cold before you mix it with the wine and jelly ; sweeten it with double refin'd sugar to your palate ; keeping beating it for an hour and a half all one way ; or else it will not mix nor please you by its looks ; dip your cups in water, before you pour it into them, or else it will not turn out well : let it stand in them 24 hours before you spend it ; then turn it out and stick it all over the top with slips of blanch'd almonds. It may be eat either with cream or wine, as you please.

FLUMMERY.

One way us'd in the west of *England* is to steep half a peck of wheat bran for three or four days in cold water, and then to strain out the oily and milky water of it, and to boil it to a jelly, and afterwards it is sweetened with sugar, rose and orange-flower-water, and then it is let stand till it is cold, and thickened again, and eaten with white or Rhenish wine or cream milk.

Another Way.

Put two handfals of fine ground oatmeal into a quart of fair water, and let it stand to steep a day and a night, then pour off the clear water, and put the same quantity of fresh water to it, passing it through a fine sieve, and then boil it till it is as thick as a hasty pudding, stirring it all the while that it may be very smooth ; and when you first strain it out before you set it on the fire, put in one spoonful of sugar, and another of orange-flower-water, when it is boil'd enough pour it out into shallow dishes for use.

HARTSHORN FLUMMERY.

Boil a quarter of a pound of harts-horn in two quarts of water till it comes to one; let it stand all night; then beat and blanch two ounces of almonds, melt the jelly, mix it with the almonds and strain them through a thin strainer or hair sieve; then put in half a quarter of a pint of cream, a little cinnamon, and a blade of mace; boil these together and sweeten it.

Put it into *China* cups, when you use it, turn it out of the cups and eat it with cream.

The BLOODY FLUX in a Cow.

Take either one ounce of elder buds or elder flowers if green, if dry two ounces, hyssop, mallows and celandine of each an handful, boil these in five pints of old strong beer, or if it be but of a small breed in three pints, add anniseeds and liquorice of each about two ounces with treacle and butter, of each six ounces, and add madder two ounces.

Give this to the cow, keep her warm and give her warm mashes, grating into each a quarter of an ounce of oak bark; let her have no cold water; but mashes only.

To make a good FORC'D MEAT for any use.

Take two pound of veal, the same quantity of beef suet, and a bit of bacon; chop all these together very fine, pound them in a mortar and season with salt, pepper, cloves, mace, nutmeg and sweet-herbs; and when you roll it up to fry add the yolks of four or five eggs to bind it. You may if you please add oysters or marrow.

FOWLS. A cross strain of fowls in the month of *April* may be produc'd between a cock pheasant and the hens of common poultry, if a cock pheasant be kept in a company of six or seven hens, in a place where there can be no other mixture, and the fowls bred from this breed will be of delicate breed.

To preserve FOWLS for sending to a considerable Distance.

If you would have fowls preserv'd sweet and good for several days, observe the following directions.

When the fowls are kill'd, pull them immediately, draw them

them and dry a napkin very well, and as soon as it is cold, dry the inside of the fowls with it as much as possible you can, and lay them in another dry, cool napkin till they are quite cold, then put them into a dry glaz'd earthen vessel and having melted a sufficient quantity of good butter pour it over them, so as to cover them 12 inches; but take care not to pour the butter on them too hot.

After this manner fowls of any sort may be kept three weeks or a month in hot weather, and will keep good, bear roasting as well as a fowl that has been kill'd but a day, if not better.

As to the expence of butter there is no great objection to be made against that, because that will be useful after there has been occasion to use the fowls.

To farce or stuff a FOWL.

Having made the fowl ready for roasting, and boil'd the liver, chop it with a shallot, a little fat of bacon, some mushrooms and the bottom of a boil'd artichoke, and a little grated bread, with these make a forc'd meat, season'd with salt and spices, with these fill the belly of the fowl, and then truss it, spit it, cover the breast with a thin slice of fat bacon and cover that with a white paper.

Roast it, and serve it up with the following sauce.

Make a hash of mushrooms, an anchovy, a few capers and some gravy boil'd together with such seasoning as will please your palate; thicken or brown the sauce and serve it up.

Another Way.

Having roasted some pullets, mince the flesh of the breasts very small with some fat of boil'd bacon, a little onion and parsley, and a few mushrooms, and crums of bread, soak'd in cream over a gentle fire, adding the yolks of two or three eggs to the minc'd meat; having mix'd all together, fill the breast of the fowls in their proper shape with the forc'd meat, and beat up some whites of eggs to go over them, and then cover them thick with crumbs of bread, the fowls having first been laid commodiously in a dish, then set them in an oven till they have taken a fine-brown colour.

You may, if you please, make some of this forc'd meat into balls and fry them, or you may make a batter of eggs,

milk and wheat flour, and dip small parcels of the farce into it to fry for garnish.

You may make a sauce to these forced fowls with stew'd mushrooms, toss'd up with cream.

Of the FOXING or TAINING MALT Liquors.

Foxing is a misfortune or rather a disease in malt drinks, which is caus'd several ways; as by the nastiness of the utensils; or the putting the worts too thick or quick together into the back or cooler; the brewing too often and soon on after another, and sometimes by bad malts and waters, and the liquors taken in wrong heats, which are of such pernicious consequence to great brewers especially, that they sometimes cannot recover and bring their matters into a right order again under a week or fortnight.

This to them is so hurtful that it is a general law among them, that if any of the servants names the word *Fox* or foxing in the brewhouse he forfeits six-pence, and therefore they are oblig'd to call it *Regnards*.

And the name is deriv'd from a *Fox* because that the drink being tainted may be smelt at some distance, some what like a fox.

This happens mostly in hot weather, and causes the beer or ale so tainted to have a fullsome sickish taste, and will if it have it in a great degree, become ropy like treacle, and in some short time turn sour.

One way to prevent this is cleaning the brewing vessels well with a hand brush, ashes or sand every brewing.

Another way is with the hop; and that is, when the wort has run into the tub out of the mashing vat by throwing some hops into it directly before it goes into the copper, which will secure it against ropiness or sourness, which are the two effects of foxed worts or drinks.

And if a person has not hops enough and is apprehensive that his drink will be foxed by lying too thick in the coolers or working tubs, then let him put some fresh hops into the tubs, and work them with the yeast.

Some sift quick lime into foxed drinks, while they are working in the tun or vat, that its fire and salts may break the cohesion of beer or ales and burn away the stench, that the corruption has caused; but then such drink should be drawn off as free as possible by a peg at the bottom of the fat and the dregs left behind.

FRAXINEL or *bastard Dittany*.

The root of this is cordial, opening and alexitary ; it kills worms, is good against all sorts of poisons, and the bitings and stings of venomous creatures. It strengthens the stomach, is good for purfiveness and shortness of breath ; a water being prepar'd of its flowers and snuff'd up the nose, is good for inveterate head aches, proceeding from a cold cause.

FRECKLES, to get them away.

Put the juice of lemons into a glass bottle with fine sugar, and borax in powder, digest these eight days in sand, and then use it: or you may mix salt of tartar with whites of eggs and apply it.

FRITTERS.

Take a pint of flour or rather more, add to it three small cream cheeses, that is about a pound of that sort of cheese, which should be made the same day ; break into it three eggs or as much marrow as an egg, grated or minc'd small, mix all well together, adding a little white wine, season with salt, powder sugar, let it be of the consistence of pap ; then add apples cut into slices and some lemon peel grated.

Heat hogs lard or butter or oil hot and stirring the butter about put it in by spoonfuls ; when they are enough, put them into a dish, let them drain, strew sugar and drop rose or orange-flower-water over them.

Another Way.

Boil rice in either milk or water very thick, let it stand to be cold, then pound and add sweet almonds peel'd and pounded ; put it into a dish and add half as much flower, season with a little salt ; and some raw eggs, and white wine and milk as you shall think convenient ; mix all well together, making them of the consistence of a pap, neither too thick nor too soft. You may if you please mix some currants with it and a little grated lemon-peel.

Fry them as before ; but on both sides, drain them, sugar them, &c. and eat them.

Good FRITTERS.

Mix a pint of cream thick with flour; beat the yolks of 12 and whites of four eggs, half a score spoonfuls of Canary and strain them into the butter; put in some nutmeg, grated ginger, and cinnamon finely powdered; then add a pint more of cream, and beat the butter for an hour; pare some apples, slice them thin and dip every piece in the butter, and toss them into a pan full of boiling lard.

To SCALD any Sort of FRUIT.

Put the fruit into as much scalding water as will just cover it, set it over a gentle fire; and keep them in a scalding state till they are tender, turning the fruit where it is not covered with the water; when it is very tender lay a paper close to it and let it stand it is cold.

Then for each pound of fruit allow half a pound of sugar, boiling them together; but gently till it looks clear.

All fruit must be done whole but pippins and they will be best in halves and quarters; and a little orange-peel boil'd and put to them with the juice of a lemon.

To preserve FRUIT for Tarts.

If it be gooseberries, let them be fully grown, but not ripe, and gathered in dry weather and pick'd clean from the stalks and tops; then put them into a bottle made for such uses with large wide necks, and cork them gently with new found corks, and set them into an oven after bread is drawn, letting them stand there till they have shrunk about a fourth part, observing to change them now and then, because those that are set at the further part of the oven will be done the soonest.

When they are enough, take them out and beat the corks in tight as you can; and having cut the tops off even with the mouth of the bottles pitch them over and set them in a dry place. *Dutch* gooseberries are the best.

Cherries and currants are done the same way, only they must be fully uripe.

Another Way.

They are to be half preserv'd with sugar, *i. e.* with half a pound of sugar to every pound of fruit.

Apricocks may be split and are from the skin and boil'd in a syrup and they will keep the year round, and will make very fine tarts.

As for cherries, pick them from the stalks, and lay them on a fine wire sieve, and dry them in an oven, and when they are dry'd enough and quite cold, put them into an earthen glaz'd jar and stop them up close; and keep them in a dry place.

FUMITORY is good to cure the itch, scurf and tetters; it removes the obstructions of the spleen and liver, and purges choler perfectly well, even that which is in the veins.

The vertue may however be help'd with a little sena, cassia or whey; you may give two ounces of its juice in a glass of whey or with an ounce of manna to purge dropfical persons; eight ounces of its decoction or three or four drams of its leaves in powder will likewise have a good effect.

The yellow mountain fumitory, if the whole plant be eaten fresh or dry'd and reduc'd to powder, and taken in wine, is very good against the cholick.

It is proper for attenuating and cutting gross humours, and discharging them by urine and so is good for the dropfy.

It also fortifies the noble parts and produces the same effects as the common fumitory.

G

The GALL in Swine.

THIS distemper shews it self by a swelling that appears under the jaws, scarce happens but for want of appetite, and where the stomach is too cold to digest, as some authors say, and frequently affects those swine that are confin'd in nasty sties, and are neglected and starved in their feeding.

For the cure, give them the juice of the leaves of coleworts, or cabbage with saffron, mixt with honey and water, the quantity of a pint.

GAMMON. The method of preparing *Mentz* gammons is, first to salt them with pure salt petre, to press them in a linnen cloth with a press for eight hours, to steep

them in spirits of wine in which are juniper berries pounded or macerated, and then dry'd with the smoke of juniper wood.

Another Way.

The very instant they cut them off, they lay them on the ground with a plank over them, where they leave it for 24 hours, then salt them over pork or else where, and then wrap them up in hay, and put them into a bin, making there a bed of earth, and a bed of gammon, where they lie for two days; then they take them out, and boil wine lees, with sage, rosemary, hyssop, majoram, thyme and laurel, and pour it quite warm upon the gammons in a vessel or bin well stopt, where they may lie two days more, then they hang them up in a chimney, or near the chimney, and smoke them for five or six hours at two several times, with a fire made of juniper.

Another way,

Is to salt the gammons, and to keep them five days in salt, then to take them out, and to put them in iron filings for the space of ten hours; and afterwards they wash them with some red vinegar, and put them up in some close place, where they may make a fire of juniper wood twice a day for ten days together, or longer. By this way excellent gammon is made.

GAMMON ESSENCE. A preparation made for the dressing all sorts of dishes in which gammon is used; for which, take small slices of raw gammon; beat them well and toss them in a stew-pan with a little lard, then set them over a chafing-dish, and bring them to a brown colour with a soup and a little flour; as soon as they are covered, put to them some gravy a handful of mushrooms, chopt, and truffles minc'd, a bunch of chibbols and fine herbs, a clove of garlick, a few cloves, slices of lemon, some crusts of bread and a little vinegar; when they have been all boil'd enough, strain them through a sieve, and set the gravy in a convenient place.

Fish GAMMON.

Take the roes of carps, flesh of eels, fresh salmon and tenches; pound them in a mortar, with salt, pepper, nutmeg and

and butter ; mix all these sorts of flesh well together, and make them as it were in a kind of gammon upon the the skins of carps ; then wrap up the whole farce in a new linnen cloath, sew it up very close, and boil it in one half water and the other wine, seasoned with cloves, pepper, and a bay leaf.

Let it cool in its own broth, and serve up with bay leaves, fine herbs chopt small, and slices of lemon. It may also be cut into slices as real gammon.

GAMMON PYE.

Provide a good gammon, take off the skin or sword with the bad fat, and cut off the hock and the bone in the middle ; then cover it with bards or thin slices of bacon and beef-stakes ; also spice, fine herbs, pieces of onion and a bay leaf ; set this between two fires in a pot with the lid close stopp'd, so that no steam may evaporate ; let it stand to stew thus 12 or 16 hours with a moderate fire ; when it has stood long enough set it by to cool in the same pot ; in the mean time be preparing a thick paste with flour, water, a little butter and an egg, with this make a border round the dish you would serve it up in ; make this border pretty thick, having a foot to bear the upper part ; because there is to be no bottom crust. Bake it, then take out the gammon, and pour off all the fat, and put it into a dish with its own gravy, and fill up the intervals with the beef-stakes and some fat. You may add a little chopt parsley, strew it with bread chippings, and colour it with red hot fire-shovels, in order to be serv'd up cold to table.

The GARGUT or Blood in Swine.

Country people look upon this distemper to be mortal and some call it the swine madness. It shews it self almost like a fever in swine, by their staggering in their gate, and their loathing their meat. However in the fever they will eat freely, till the very time they drop ; but in this their stomach will fall off a day or two before the staggering or giddiness appears.

For the cure ; bleed the hogs under the ears and under the tail, as soon as you perceive them seiz'd with this distemper ; and to cause them to bleed freely, if they do not so without, beat them with a small wan where the incisions were made. After bleeding, keep the hog in the
hog

hog house, and give him barley and meal in warm-whey, and in them mix some madder, red oaker powder'd or whole.

GASCOIN POWDER, *to make*

Take prepared crabs eye, white amber and red coral, of each a quarter of an ounce, powder'd very fine; pearls half an ounce finely powdered, oriental bezoar half an ounce; burnt hartshorn a quarter of an ounce; the black tops of crabs claws finely powdered, two ounces; grind them all on a marble-stone, till they cast a greenish colour; then make it into balls made of the jelly of *English* viper skin, which may be made and will jelly like hartshorn.

To make COLOGN'S GENEVA

Take two gallons of good brandy and four pounds of juniper berries full ripe and fresh gathered; press them till you perceive a greenish liquor come from them; then put them into the brandy, and let them infuse for about ten days; then strain them through a coarse linnen cloth and squeeze it, and if you find the liquor too strong you may weaken it with more brandy; and add half a pound of sugar to a gallon. then put it in flasks or bottles.

Then infuse the pressings in brandy for six or seven days, and then distill them.

This they call double *Cologn's* gin, and the best is sold in *Holland* at three shillings and six-pence a quart.

GERMANDER. The decoction of this herb when fresh, is good for a cough, the cramp, hardness of the spleen, stoppage of urine, and the beginning of a dropsey; it is helpful to women in labour, also provokes the *menfes*: A water distill'd from it, taken with vinegar, if it be taken with some wine is helpful in all the distempers of the brain, proceeding from cold causes; as inveterate head aches, falling sickness, and palsey.

GIMBEL, a kind of pastry work that is hard, about the thickness of one's little finger, form'd round, and made in the shape of a ring.

Take half a quartern of flour, or more, with an ounce of powdered sugar, the yolk of an egg or two, and but the white of one, a little musk, and if you please, you may add

add a very little prepared amber; knead all together into a paste, making it very strong by adding nothing but flour, the chief matter being the firmness of the paste; and if you cannot draw it with your hands, so as to form it into small rings, you must pound it in a mortar; and if it be too stiff and hard, pour a little orange flour-water to render it pliable; then parboil them in boiling water like biscotines; dress them upon tin plates or paper and bake them in the same manner as you do biscotines

CLOVE GILLIFLOWER WINE.

Take a peck of clove gilliflowers (the whites being cut away) to every gallon of water two pounds (or if you would have it stronger) two pounds and a half of sugar.

Boil them together for an hour, scumming it continually as the scum rises, pour it into a wooden vessel and immediately cover it up with a folded sheet and blanket, doubled three or four times.

Let this stand to infuse 24 hours, and then pass the liquor through a thick jelly bag, and put it up in a cask milk warm.

If there be occasion help the fermentation with a toast spread over with yeast, and when it has done working, stop up the vessel close, and let it stand till the liquor becomes perfectly fine and clear, which will be in about a months time; but the longer it stands the better.

Then you may rack off the lees and bottle it up with loaf sugar, put into each bottle.

It will be necessary to keep a tap in the vessel that you may know when it has fermented enough; but take great care not to move or shake the vessel when you draw off the wine.

Much after the same manner may be made cowslip wine, excepting that this requires loaf sugar; but the former not; and if you please, you may add some juice of lemons, and a little of the peel minc'd very small; then tun it up and work it as the other; the wine will drink the finer, if you do not bottle it under six months or more.

GINGER-BREAD.

Grate two penny white loves to two pound of *Jordan* almonds, blanch'd and pounded well; then add two ounces of ginger finely scrap'd, liquorice and annise in powder of each half

half an ounce add to these five or six spoonfuls of rosemary water, and knead all into a paste with a pound of sugar, mould it and roll it thin, then print it and dry it in a stove; and after this manner *ginger-bread* may be made of sugar-paste putting sufficient sugar to it, and may be kept all the year.

Thick GINGER-BREAD.

To three pounds of flour allow 2 pound and half of sugar, two ounces of ginger powdered, and four ounces of caraway seeds, and half a pound of candy'd citron and lemon peel, to which add the yolks of eight eggs; mix all together, and bake it in large cakes on tin plates.

GINGER WINE.

Take three gallons of water, and an ounce of rance ginger, and three pounds of sugar; boil them for an hour and then put into it three lemons and a little good yeast; close up the vessel and let it stand five days. If it has so work'd as to be clear in that time, it may be bottled, if not, let it stand longer, until it has work'd sufficiently, and in 10 days after it may be drink'd.

Another.

Boil three gallons of water with four ounces of rance ginger, tyd up in a bag, for half an hour, to which, nay if you double the quantity it will not be amiss, boil it again for half an hour longer, skim it clean as long as any thing rises; and when it is just luke-warm add two spoonfuls of ale yeast.

Put it into a cask and let it stand for a week, then bottle it, and in a fortnight more, it will be fit for drinking.

After the same manner you may make wine from *Angelica*, *Zedoary* or any other root, only observing that the roots which consists of very volatile parts, will not endure long boiling without a considerable loss of their best particles, and such are those that have an aromattick flavour and spicy pungent taste.

GINGER to preserve.

Wash the ginger and lay it to steep for 10 or 12 days in
white

white wine and water, stirring them every day, then to a pound of roots allow, two quarts of white wine, and about half a pint of lemon juice, and boil these together for a quarter of an hour; then add two pound and a half of fine sugar, and boil it to a syrup, scumming it as it rises; then set it by in a glaz'd pan till the next day, and then boil it up again in the syrup for half an hour; then set it by till the next day, and then boil it again and let it cool, repeating this till the ginger is clear; then put it into glasses and cover them with paper.

This is a fine sweet-meat for the winter time.

To preserve green GINGER.

These are not only common in the west *Indies*; but may be had in *England* in such gardens where there are stoves, for in a years time one single root will fill a pot.

The roots must be taken up when there are leaves upon them, and rubb'd with a coarse cloth till they are dry, then put them into white wine and water and let them boil for half an hour; then set them by to cool and boil them again another half hour.

Then make a syrup with two quarts of white wine, half a pint of lime or lemon juice, and two pound and a half of fine sugar and two ounces of the leaves of orange-flowers.

When these boil together put in the ginger and let it boil gently for half an hour; then set it by in an earthen glaz'd vessel to cool; and repeat the boiling every day and cooling it till the ginger is clear.

Then put it up in gallipots or glasses and cover them with papers to be kept for use.

GNATS of all sorts lay their eggs upon the waters, and as soon as they are hatched and possess that degree of life answerable to caterpillars, they may be seen frisking about the water for a time commonly making their motion in the form of an S. these nymphe lay themselves up at the appointed time and rising again to that state fly away in troops.

If you would keep your houses free from them, keep your chamber windows close shut in summer time, especially towards evening, and smoak your room well with Brimstone, or burn straw in them, and they will fly into the flame and be burnt, or else will be choak'd with the smoak

GOATS are a very profitable animal and scarce inferior to sheep, for which reason it is much to be wondred at, that they are not more, frequently bred in England, since there is in it so much mountainous land in which goats chiefly delight the shortest grass fits them best and such land that is encumbered with bushes, such as are chiefly found growing among rocks and stony places; in which they will both feed, be healthy and thrive, for they browse like deer on those twigs and boughs of trees that are within their reach.

As for the profit of these animals: they being extremely given to venery, they are so prolific that they will sometimes bring three four or five kids at a birth; but never fewer than two, and begin to breed very young, going to rut even with their own dams at six or seven months old.

There are two kinds the large and the small, of which the large are the best for eating, while they are kids of four or five months old; but the small are fitter for eating at a year old, coming much nearer to venison than the large sort, both sorts are eaten prepar'd in the venison way both roasted and in pasties; but the smaller sort is by much the finer meat. However if either of them be eaten while they are kids, they will be found to be as good as a young fawn, and ought to be dress'd the same way.

Besides goats are valuable for their milk, which is extraordinary rich, and of which are made very excellent cheeses, after the manner of *Cheshire* cheeses.

The skins also are of much greater value than those of sheep, and may be dress'd like those of fallow deer, so as to be of a soft and pliable nature, and yet as strong as those made of doe-skin.

There is besides a difference in their hair of which there are two or three sorts kept in *England* for curiosity, this consist chiefly in the colour of their hair, the largest kind which has commonly white hair, is accounted the most hardy sort for enduring of cold; and the beard of the male generally grows to so great a length, that it is used to mixed with human hair in making perukes; and sometimes perukes are made of it alone: this is sold at a good price, and some say the hair of one year from a single he goat has been sold for the full price of a good sheep; so that the male will pay for his keeping.

Of the shorter of goats hair are made hair-cloth, hair-lines and ropes; which will last a long time and will not rot, even in salt water nor will easily take fire; and may be of use in shipping.

If a person has a mind to purchase a flock of these creatures they may be easily had in *Merionethshire, Carnarvonshire, Flintshire* and *north Wales*. It will be best to buy them all of one and not of several flocks ; because they will agree and thrive much better, by being bred of one flock than otherwise.

In buying of this cattle, it is generally taken for a rule that if they will drink the same day they are bought, they are in good health ; but if they will not drink it has been observ'd that they are not in health.

If a flock of goats be in good health, they will bring forth twice a year, especially those of the smaller sort.

Their rutting time is usually in *November*, and they goe as long with kid as a sheep goes with lamb, *viz.* 20 weeks or 5 lunar months ; but they will sometimes take the rut sooner.

In the breeding of goats, regard should be had in the distinguishing between the breeding cattle ; the goats of one and two years old ought not to be suffered to breed up their young, because it will weaken them too much ; but those of three and four years have strength enough to bring up their young.

If the flock is in good health, they will bring forth twice in a year, especially the smaller sort of them the early inclination of goats to venery renders their life short, so that at five or six years old they are too feeble to be productive : so at five years old, neither the male nor female are to be depended upon to have a breed from.

Some of the ancient writers report that the goat can see as well by night as by day, which if true or not would not be unworth the while of the curious in anatomy to enquire.

It is likewise remarkable that a goat draws not his breath through his nostrils like other animals, but at his ears, if it be true what is affirm'd.

Small flocks of this cattle are esteem'd to be better than great ones, because large flocks are subject to breed the murrain, and when it once appears in one, the whole flock will unavoidably be tainted by it, about 50 in a flock is accounted enough of the large goats but you may allow four-score of the smaller.

The kids of goats of one and two years old should be taken from their dams the first at a month old and the other at two months at the farthest, and they will be then fit for killing ; or they may be fed with cows milk and browz'd for a month longer.

The kids will begin to browse on green twigs very soon after they are brought forth, and if it can be should always have the benefit of such food.

Some say that the first rutting time comes to no good, that the second is sometimes to the purpose, and the third very good, and so the fourth and fifth the sixth indifferent, and the seventh good for nothing.

The sort of goat without horns or such as are call'd pollards, are much commended for giving more milk than the others, and besides those with horns are often mischievous.

There is indeed an advantage in the horned kind, which is not in the other, because one may know their age by the circles about their horns, and it is also much hardier than the other.

Goats should by no means be kept in moist or damp places, for they are subject to a distemper much like the ague, and also to a pestilential distemper which having once seized upon them will carry off most or all the flock in a few days.

This infection chiefly invades them when they feed upon too rank pasture.

But if you are watchful enough to discover the first or second of the flock that is seized with this distemper, and bleed all the rest immediately, and suffer them not to feed till the heat of the day is over, by first shutting them up and kill the infected goats and bury them deep in the earth, you may put a stop to the infection.

But if after this the whole flock should perish don't too soon bring any fresh flock of goats into the same place, lest they be seized with the same distemper, but first let the air be purified.

Goats are sometimes attack'd with a disease that is a kind of dropsey; the cure of which is to lance the skin a little under the shoulder, and the humour will discharge it self by that, and let the goat feed chiefly upon dry meat, and browse where the black thorn or floe bush are pretty common you may heal the wound that is made with tar.

Mr. *Bradly* is of opinion that the goat is like the *Antelope* in every respect; both in make and body, in flesh and in hair, and in their durable horns, and therefore he judges whatever food or medicine will agree with the one is good for the other.

The antelope will eat leaves of dry tobacco, which is his physick and remedy when he is sick, and he supposes a goat will do the same.

And if it be so, he is of opinion that giving goats leaves of tobacco,

tobacco, may prevent any infection from spreading among a flock of goats.

He informs us he has seen the breeding of the antilope in *England* which is the same as the goat, the only difference between the horns of the antilope and those of the goat is, that the antilope has twisted upright-horns; but those of the goat are twisted and curled.

GOATS-THORN.

Incisions are made in the roots of this plant from whence issues out a gum, which congeals and is call'd *Tragacanth*.

This gum is us'd in phylick, and to be good, ought to be bright, clear and sweet to the taste; it closes up the pores of the body, is good for the eyes, cough, a sore throat, colds and all sorts of catarrhs, if it be mixt with hony and suffered to melt under the tongue.

GOLDEN-LOCKS call'd also *Golden* tufts. The tops of this plant being drank in wine is good in stoppage of urine, for ruptures, the sciatica and against the stinging of adders; and also for the promoting the menses.

The leaves being taken in some liquor fasting, stop dejections, tho' they are injurious to the stomach; and being put among clothes, they preserve them from being worm eaten.

GOLDEN ROD.

The decoction of this plant is good for ulcers in the mouth and fastens the teeth; and being us'd as a gargle it cures all disorders of the mouth, as the inflammation of the uvula, squinancy, &c. and *Barclay* pretends it will dissolve the stone and gravel.

The *German* surgeons give it in some liquid to those who have fistulas and inward hurts with good success and apply it also outwardly. Being drank or used in glisters it binds the body.

GOOSE. Geese ought to have water constantly near them either river, pond or fen or else little profit is to be expected from them; nor must they want common grass enough for them to feed upon, for without these they will never be healthful, and we must expect them to be an expence to us to no purpose.

A goose is a fowl that will live many years, and as we are assured by some farmers, not less than an hundred but whether that be so or not, it is certain that some have been known to live 30 years ; and a certain person affirms he had a gander that he had known for 50 years, which was as he well remembered bought full grown by his father ; and Mr. *Willoughby* in his *Ornithologia* or treatise of birds, informs us of his great age even to 60 years, and was then so roguish, that the owner was forced to kill it or part with it.

The keeping of geese requires very little labour or charges, neither in the breeding of goslings, nor in the common fattening them for markets, for these which have only the benefit of natural feeding, will hatch in *April* about the beginning, if the weather be tolerably warm, and when there is grass enough for them to bite, and yet not so long but that they may lead their goslings over it, without entangling their legs, and then also the clovers or goose-grass which the goslings delight in is to be found in plenty.

As for fattening them the old *English* way, that is to be done by turning them upon the stubbles as soon as the corn is carried into the barn, and a little barley given them in water, when they come home for a few days, will be enough to fit them for the markets in the common way.

But to fatten them in an extraordinary manner they should be kept in a place where there is but little light and be fed with ground malt in water or ground malt and bran, or ground malt and wheat flour mix'd with water, so as to make a sort of pap ; letting them have a pan of water besides, for water contributes as much to fattening them as their meat.

If you would have their *Livers* very large, which is accounted an excellence in these fowls, stamp some dry'd figs, such as are sold at the grocers, and mix them with water, and when they are become a tender paste, cram them with it for about a fortnight or better, and it will render them very fat and their livers very large ; even so much (that some have affirm'd two or three pounds a piece).

Some have practis'd the following way in fattening of geese ; they wrap a goose up in a linnen cloth leaving only her head and neck out, and hang her up in a dark place, also stoppping her ears with pease or some other thing, so that she neither seeing nor hearing she has no occasion to struggle, and in this state they cram her three times a day with paste made either of ground malt or barley meal,
setting

setting a pan of water and another of gravel continually by her, by which means, (they say) she will grow so fat in about a fortnight, that the liver alone would weigh above four pounds; but this seems scarce credible as to the weight of the liver; but may be probable as to the rendring the goose extremely large and fat; especially if the ears can be stopp'd without hurting the goose; for this is found by experience that want of exercise it self promotes fatness.

Another way of fattening them is to shut them up in a dark cloose room and to feed them with barley just broken in the mill or buck-wheat; to which you may add a few dry figs broken and bruis'd, and to set them a pan of water with gravel or sharp sand by this method they will grow fat in a fortnight.

As to the purchasing a flock of geese from droves that are sent about the country in *June* and *July*, you should, if it can be done, buy them all of one brood or at least out of one flock and not two or three out of one and two or three out of another, for the different flocks will bear a sort of hatred to one another, and will rather go back of their flesh than increase, tho' they be never so well fed.

They will be sullen and hardly eat for two or three days but pine and languish as if they were sensible of the loss of their companions; but especially if you attempt to feed a single goose fat in a room or pen in the common way with barley and water, and let them see the light it will be some time before he will begin to increase in flesh.

In like manner, if you would fatten geese, you should keep them out of the noise or hearing of other geese abroad, if you would have them thrive apace, you may now and then also give lettuce fresh from the garden and also goose-grass which will help them forward.

As to the hatching of goslings, this is done in 30 days, if the weather be cool or in 27 or 28 if the weather be warm.

When the goslings are hatch'd, let them be kept a week within doors, except the weather be warm; for if they are put abroad to soon they are apt to be seiz'd with the cramp and perhaps may die of it.

Let their food be at first lettuce leaves or goose-grass, and barley half ground or raspings or crusts of bread steep'd and boil'd in milk and such like diet.

Use them by degrees to the air in the warm time of the day and house them before the cold of the evenings come on till they have gathered strength by degrees; and be sure to root up all the hemlock that grows about the place be-

fore you venture them to go a broad with the dam, for the young goslings will eat it, and that will poison them, as it will any other fowl that eats it.

Some commend the setting of goose eggs under a poultry hen, to have them forwarder than the goose would set; but then a hen will not cover above five or six goose-eggs, whereas a goose will cover 15.

You should take notice, that when geese are about to lay, they should be forc'd to their nests and be shut up or else perhaps they will ramble and lay in some place out of the way, where their eggs cannot be found, but when they have once laid an egg or two in a nest, they will not forsake it.

If you happen to take up the eggs from the nests of several geese, it will be proper to mark them; for every fowl knows her own eggs, and some will not set upon any but their own.

A green GOOSE PYE:

Bone a couple of fat green geese, and season them pretty high with salt, pepper, nutmegs and cloves, and you may, if you like it, add a couple of whole onions; lay them one on another and fill the sides and cover them with butter and bake them.

To dry GOOSEBERRIES.

Let your gooseberries be of the large white sort, gathered at their full growth; but not fully ripe and to a pound of gooseberries, allow a pound and half of sugar, very finely powdered, and half a pint of water; set them on the fire, and when the sugar is melted let them boil; but not too fast take them from the fire once or twice, that they may not break; when they begin to look clear they are enough.

Let them stand all night in the pan they are boiled in with a paper laid close to them; the next day scald them very well, let them stand for a day or two, then lay them on plates, sift sugar over them and set them in a stove and turn them every day, till they are dry.

When you have turn'd them the third time, you may lay them on a sieve, and when they are pretty dry, put them into a box, laying a paper between every row.

To make GOOSEBERRY PASTE.

Wash your gooseberries, wash them, put as much water to them as will almost cover them, and boil them for a quarter of an hour; then strain them thro' a thin strainer or a hair sieve and to each pint of liquor, allow a pound and half of fine sugar; set the liquor on the fire before you put in the sugar, let it boil and scum it well; then shake in the sugar, let it on the fire again, let it scald till all the sugar is melted; then put it into little gallipots; when it is candy'd, turn it out on glass, and when it is grown dry on one side, turn it again; and if any of the cakes stick, warm the glass over a clear fire.

You may if you please put some of the paste in plates, and when it is jellied before it is candied, cut it out in long slices and make of it fruit jumbals.

To preserve GOOSEBERRIES.

Take the largest white gooseberries, when they just begin to turn, stamp them, strain them, stone them and to half a pound of gooseberries, allow a pound of loaf sugar beaten very fine, half a pint of the juice of that which was strain'd (but it must first stand till it is settled and very clear) with six spoonfuls of water; set them on a very quick fire; making them boil as fast as is possible up to the top of the pan; when you perceive that the sugar looks clear while it is boiling, they are enough, and this it will do in seven or eight minutes.

Put them up in pots or glasses, paper them close, and if they are not jellied hard enough by the next day, set them on an hot stove for a day or two or in some warm place but not in the sun; and when they are jelled put papers close to them; but first wet the papers and dry them with a cloth.

To make GOOSEBERRY clear Cakes.

Take a gallon of white gooseberries, wash and wash them, put to them water, near as much as will cover them; set them on a hot fire and boil them for a quarter of an hour or rather more; then run them through a flanel jelly-bag; to a pint of jelly, put a pound and half of fine powdered and sifted sugar; set the jelly over the fire, make it just boil, then shake in the sugar, keeping stirring it all the while,

you are putting the sugar in; then set it on the fire again and let it scald till all the sugar is well melted; then laying a thin strainer in a flat earthen pan, pour in the clear cake jelly and turn back the strainer to take off the scum; fill it into pots and set it in the stove to dry; when it is candy'd on the top turn it out on a glass, and if the pots are too little cut it; and when it is very dry turn it again and let it dry on the other side; twice turning will be sufficient.

If any of the cakes stick to the glass, hold them over a gentle clear fire, and they will come off.

Take care not to let the jelly boil after the sugar is in; a gallon of gooseberries will make three pints of jelly; but if more it will not be strong enough.

Red GOOSEBERRY WINE.

The gooseberries being well coloured but not too ripe but of a grateful taste, let them be gathered on a dry day, slit them half through the middle, putting them into a large glaz'd earthen pan, strewing eight pound of fine powdered sugar over a peck of them; then having boil'd four gallons of cyder, pour it boiling hot upon the sugar and gooseberries; and let it stand for eight days, remembering to stir them every day; then strain them thro' a flannel bag in a press; then put the liquor into the vessel with a warm toast of wheaten bread, spread on both sides with ale yeast; and let it stand two or three months to fine and then bottle it.

It is a very strong wine and of a bright red colour.

GOOSEBERRY WINE.

Let your gooseberries be the amber sort gathered in dry weather, when they are half ripe (that is when their inward juices are sweet and their outward parts a little hard and tart) pick them and bruise them in a tub with a wooden beater; but be sure to use no metal; press them in a hair bag as much as you can without breaking the small kernels; then to every gallon of gooseberry juice allow three pounds of good powder sugar; stir them together till the sugar is dissolv'd, and then put it up into a vessel or cask, filling it quite full.

A vessel of 10 or 12 gallons must stand a fortnight or three weeks; if 20 gallons, four or five weeks to settle in a cool place.

Then

Then draw off the wine from the lee, pour the lees out, and having cleared the vessel, put the clear liquor again into it, and let it stand, if it be 10 gallons three months, if 20 gallons four or five months and then bottle it off.

This wine will keep, if well made several years, and improve by being kept, and is scarce inferior to mountain malaga.

*The Regimen and Medicines prescrib'd for the GOUT by
those celebrated Physicians Messieurs Boerhaave
ad Osterdyke.*

Some have given their opinions that the gout is not by any other means to be cured but by a milk diet; which will in the compass of one years time make a change in the whole mass of blood, and in order to this they give the following directions.

1. Not to taste any liquor but only a co-mixture of one third milk and two thirds water, letting the milk be as new as it can be gotten, and this mixture is to be drank according as you have occasion to drink, and that without the addition of any other ingredient with it, except a little tea and coffee, which is permitted.

2. In a morning as soon as the person awakes, and the stomach can make a digestion, let him drink eight ounces of spring water, and fast two hours after; then let him, eat milk and bread milk pottage, or tea with milk, with a little bread and fresh butter.

3. At dinner let him not eat any thing but what is made of barley, oats, rice or millet seed, carrots, potatoes, turneps, spinage, beans, pease, &c.

He may also eat fruit that is full ripe, as bak'd pears or apples, apple dumplings; but above all milk and bisket is very good; but nothing that is either salt or sour, not even a Sevil orange.

4. At supper let him eat nothing but milk and bread.

5. Let them go to bed betimes, even before nine a clock; and accustom himself to sleep much.

6. Every morning before he rises, let him have his feet, legs, arms and hands well rubb'd with a woollen cloth for half an hour, and the same at going to bed. The observation of this article is strictly necessary for this is the means by which the humours, knobs and bunches are to be dissipated, and prevent their fixing in the joints; which renders them useless.

7. Let him accustom himself to exercise, as riding on horseback which is the best, or in a coach, chaise, &c. and the more of it the better it will be, but let him as much as possible avoid cold weather, winds and rain.

8. In case a fit of the gout should return and be violent, (which they are of opinion will not) then a little dose of Opium or *Laudanum* may be taken to compose him; but not oftener than it is absolutely necessary.

They are likewise of the opinion that the hereditaryness of the gout, by receiving it from either father or mother will be of no consequence, if the foregoing directions be strictly observ'd.

For the GOUT.

First make a conserve of buck-bean with its weight of sugar-candy, both pounded very fine, of these take the quantity of a large nutmeg, the first thing in the morning, and the last at night, and drink a tea made of the same herb every morning and afternoon, constantly for one year.

These of themselves without any other medicine perfectly cur'd a person that had been grievously afflicted with the gout.

It is also an efficacious remedy in the scurvy and rheumatick pains; if the patient be weak and very restless, it will be proper to mix a third part of Venice treacle in the conserve at night going to bed.

A drink for the GOUT.

Take sarsaparilla four ounces, saffrafras, *China* and harts-horn shavings of each an ounce and half, angelica roots an ounce and half; the roots of the smelling flag an ounce and a half, raisins half a pound; of candyd eringo roots four ounces: hang these in a bag in three gallons of small ale, when you put it up in a cask, let it stand for a fortnight and drink it constantly. It is an excellent drink for sweetening the blood and correcting those sharp humours that cause that tormenting distemper.

Another for the same.

Take of saffrafras three quarters of a pound; sarsaparilla and china of each half a pound; anniseeds and liquorice of each a quarter of a pound, sage of vertue two handfuls; raisins and figs of each a pound, put all these ingredients
into

into two gallons of water; set them over a gentle fire to infuse, till one third part is consumed, strain it and drink it constantly to sweeten the blood.

This is good both in the *Gout* and *Rheumatism*.

To preserve GRAPES.

Stone the grapes and peel them, put then in a pan, cover then very close: first make them boil, then set them on the fire, then take them off again, ever and anon till they become green; then drain all the juice from them, and too every quart of juice allow three pound of sugar and a pint of apple jelly; boil them up very quick till they are clear, and jelly very well, put them up in pots or glasses with paper close to them.

To dry GRAPES.

Let the grapes be the largest bell grapes, just before they are ripe; take out the stones in bunches, and put them into scalding water, cover them close with vine leaves, and also a cover upon the pan; keep them in a scalding state by setting them on, and taking them off again (when they seem ready to boil) till they are green; then let them have a boil in the water; lay them on a sieve to drain, and for every pound of grapes make a thick syrup with a pound and half of clarified sugar; set the syrup by till it is cold, then put in the grapes and give them a scald every day till the syrup is thick; but never suffer them to boil; then lay them out on earthen plates and sift them very well with sugar; set them in a stove to dry and turn and sift them every day.

The Salve GRATIA DEI.

Take betony, pimpernel and vervain of each half a handful, stamp them and boil them in three pints of white wine till one half be wasted, then strain it through a linen cloth and set it over the fire again; then having pounded half a pound of rosin, put it in and also two ounces of virgins or yellow wax dissolv'd in woman's milk and half an ounce of mastick well powdered; boil all in the wine, till they be melted, stirring it well and fast; then take it off the fire and put to it half a pound of turpentine, and stir it till it be cold; then the salve will rise above the rest, which must be taken
out

out and laboured with the hands as shoemakers do their wax, and so made into rolls, or it may be kept in a pan.

This must be made about midsummer, it is good for all sorts of wounds, new or old; it cleanses and heals; eats off dead flesh and generates new; it mollifies boils, draws out thorns, breaks imposthumes; is good in the canker and a fistula, bruises on the sinews, St. *Anthony's* fire, and it asswages swellings.

GRAVEL.

A distemper which siezes on the kidneys and bladder, and is caus'd by the gathering together of sand or gravel in those parts.

1. For the cure, drink two spoonfuls of virgin oil of olives in two spoonfuls of white wine well mix'd together every morning fasting.

2. Take a pound of the roots of the small stinging red nettle, cleanse and boil them well in two quarts of water, till one third part is wasted, then add a pint and a half of good white wine, then boil it for an hour over a gentle fire; then take it off and set it by till it is almost cold; then take out the roots and squeeze them, then put the juice with the decoction only in a new earthen pot, and when it has well settled and is clear swallow three pills of fresh butter, and afterwards a glass of the decoction fasting, and as early as you can, and two hours after some clear broth, continue this for three mornings in the wane of every moon.

It will also be very proper to use laxative glisters in the evening, after you have taken the decoction in the morning,

3. The gum of cherry-trees dissolv'd in white wine has been found by experience to be good against the gravel in the kidneys and stone.

4. The plant call'd *rest harrow* is much esteem'd against the gravel; for that it readily appeases the pain; and being drank in a powder made of the rind of its root in some white wine, expels it.

5. Eat the young buds and sprigs of gooseberries, when they begin to shoot forth their leaves in soups and they will contribute to the breaking the stone, and must also of consequence be good against the gravel.

6. *Cardan* says that the root of the male peony gathered in *May* in the increase of the moon has been helpful to those who have been troubled with the gravel and gouty;

7. Take

7. Take a handful of leaves and roots of parfly, of which take out the core, boil them in a pound of water till one half is wasted, in which dissolve a piece of sugar candy, all which is but a proper dose for grown persons; but a less quantity or half will be enough for children or according to age and strength; this being continued, a fortnight or three weeks will bring away a great deal of gravel.

For the GRAVEL.

Boil half a pint of ale, scumming it very clean, then take it off the fire till you have beaten the yolks of two new laid eggs with a spoonful of hony, mix this with the ale, when it is so cool as not to curdle and drink this for nine mornings.

GRAVEY may be made of partridges, capons, mushrooms, beef, mutton, veal or fish.

As for the gravey of partridges, after they have been half roasted, the gravey may be gotten by pressing them, the same may be done by pullets, capons, woodcocks and other fowls.

For Veal GRAVEY.

Take a fillet of veal, cut into three parts, put it into an earthen pot with a cover and stop it up so close by pasting the cover that no steam may come out, nor no air get in, set it over a gentle fire for two hours, and the gravey will be made, the same thing may be done of mutton or beef.

These are to be us'd for messes, into which some of it is to be put to render them more succulent, and to heighten their relish.

For Fish GRAVEY.

Take carps and tenches, cleanse them very well from mud, and cut them quite through the backs and scale the carps; take away their gills, put them into a silver dish with a little butter, bring them to a brown colour like a piece of beef, and when they are dress'd put to them a little butter, which is to be brown'd with the rest, and afterwards some broth, according to the quantity of gravey you would have; strain all through a linen cloth and let it be well squeez'd; then

then season the liquor or gravy with salt, a green lemon stuck with cloves and a bunch of sweet-herbs.

This may be us'd for pottages for side dishes and inter-messes of fish.

To make GRAVEY of Beef.

Take some fleshy part of beef without fat, and cut it in pieces about the size of pigeons eggs, flour it well and put it into a sauce-pan with a little fresh lard or butter, some sliced onion, a little pepper and sweet majoram powdered.

Cover the sauce-pan close and give it now and then a stirring till the gravey is come out enough, and then pour on it some water; when the gravey is brown, and stir all together and let them boil for some time, then strain it off adding a little lemon juice.

Another GRAVEY without Beef.

Cut an onion small, put it into a sauce-pan with some butter, set it on the fire till the butter is melted; then dredge in some flour and stir it well till the froth sinks down, and then it will be brown, then having the following mixture ready, throw it in,

Take some good old beer and as much water, salt, pepper, an anchovy, and an onion, cut small, a little lemon-peel grated, a clove or two of garlick, and if you have it, a little of the liquor of mushrooms or pickled walnuts: let these simmer all together a little while, and they will produce a good thick gravey.

This may be made when beef is not commonly to be had.

To make good GRAVEY to be kept for use.

Burn an ounce of butter in a frying pan; but always take care to do it at such a distance from the fire, that as you strew the flour into the butter, it may be brown but not black; put to it two pounds of coarse lean beef, a quart of water, and half a pint of wine either red or white; season with some whole pepper, cloves and mace, a couple of shallots, three anchovies, and three or four mushrooms, let all stew gently for about an hour, then strain it and keep it for use, this is gravey for any savoury dish.

A Fish GRAVEY for SOUP.

Take tench or eels well scour'd from mud and scour their outides well with salt, then having pull'd out their gills, put them into a kettle with water, salt, a bunch of sweet herbs and an onion stuck with cloves; let all these boil for an hour and a half, and then strain off the liquor thro' a cloth; add to this the peelings of mushrooms well wash'd or mushrooms themselves cut small; boil these together and strain the liquor through a sieve into a stew-pan upon some burnt or fry'd flour and a little lemon, which will soon render it of a good colour and of a fine flavour fit for soups, which may be varied according to the palate by putting pot herbs and spices according to every one's palate into this soup a little before you serve it.

This may serve for a foundation to all fish soups, and will keep good for some time.

GREEN SICKNESS for the Cure.

Take an ounce and half of filings of steel, put them into a small iron ladle or some such thing, and boil them with good vinegar till they become quite red, and are reduc'd into ashes, then pound these ashes in a mortar with a comfited walnut or two, adding 12 penny worth of saffron; mix all well together, and add to it a little sugar, of which make nine pills, of which take one every morning for nine days, and presently after them a glass of white wine, use some exercise as will stir the blood as going up and down stairs or the like.

2. Take half a quart of common water, four ounces of fine sugar, and half an ounce of filings of steel, when the sugar is dissolv'd in the water, put the filings into it, and set it on the fire; from whence you must not take it off, till it grows thick, then pour it upon a table to make it cool, and cut it into tablets or lozenges, weighing about two drams each or thereabouts.

Take one of these every morning and some broth two hours after, walk for sometime before and after taking the broth; continuing to do this for 20 days.

N. B. The person must purge before and after this remedy.

GRILLADE, is meat broil'd upon a gridiron; when turkeys or any other sorts of fowls are left cold, you may make a side dish of them in the following manner, broil thei

their legs, wings and rumps on a gridiron, with salt and pepper; and having fry'd some flour in lard with oysters, anchovies, capers, nutmeg, a bay leaf and a piece of green lemon, with a little vinegar and broth, let them be all well soaked together

The GRIPEs that proceed from a super abundance of choler may be cur'd by a potion made by an ounce and a half of fresh manna of *Calabria* and two ounces of the oil of sweet almonds taken in the morning fasting.

2. If the gripes are caus'd by ventosities or windiness, take about two spoonfuls of the salt of wormwood, in a small quantity of good red wine, in a morning fasting at least a good while before you eat: instead of salt of wormwood may be taken wormwood, either green or dry infus'd in wine for 12 or 15 hours or

3. You may boil a new laid egg moderately in some water; but you must take out the cleat; and put as much oil of olive in the room of it; mix the whole well and swallow it presently.

4. Pound fresh leaves of balm gentle in a glass or wooden mortar, and of them make a cataplasin to be applyd to the belly.

5. Take the distill'd water of acorns or if you have not that, the largest oak acorns dry'd and powdered; or the juice of the acorns in a glass of wine or some proper vehicle as a little broth, this will stop all fluxes of the belly; but remember that the acorns must be thoroughly ripe.

6. Another approv'd remedy for a child of six years old, severely afflicted with the gripes.

Take an ounce and a half of the syrup of solutive roses, as much oil of sweet almonds, half an ounce of sperma ceti and half a scruple of the volatile spirit of sal armoniac, mix the whole together and give it by spoonfuls.

Apply to the belly of the child the following plaisters, if the gripes are violent and it may be us'd when the pains are allay'd; take half an ounce of the plaisters of melilot and as much of the ointment of jusquiain and mix them with a little wax.

GROUNDSEL is a plant that is cooling and a little resolutive, the flowers of it being fresh, and drank in some liquor will strangle a body; the whole stem being boil'd in wine and drank will cure pains in the stomach, caus'd by choler, the juice of the leaves provoke the menses; as well

well as the decoction and water of the plant; the leaves and the flowers are cooling and good to be apply'd by way of cataplasin to nipples that are chopp'd and inflam'd.

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To make HAIR grow thick.

Take the bark of hazle, maiden hair, myrtle berries, rosemary, fouthernwood, of each 4 ounces; burn them to ashes, either on a clean hearth or in an oven, put these ashes into white wine to make a strong lye, with this wash the hair every day at the roots; keeping it cut pretty short: this will kill the worms that are at the roots and is more effectual than bears greafe or any sort of pomatum, which rather feeds than destroys the worms which are enemies to the hair.

HAIR to prevent it's falling off.

Boil myrtle-bernes galls and *Emblick* myrabolans of each a like quantity in oil omphacine, with which anoint the part. It is an excellent remedy.

2. You may dye hair black with the *calx* of *Luna*, made by spirit of *Nitre* mix'd with fair water, with which wash the hair with a sponge.

To make HAIR curl.

Wash it very well with a *lixivium* of quick lime, then dry it very well again, and afterwards anoint it with oil of myrtle or oil of omphacine, and having powdered it well with fine powder, put it up every night, under a cap; but if the person be naturally of a cold and moist constitution, the washing anointing and powdering must be perpetually us'd once or twice a week, and the hair put up under a cap,

To make HAIR that curls too much lanker,

Anoint it well two or three times a week with oil of lilies, roses or marsh-mallows, and comb it very well after it.

If you would have the hair grow long and soft, distill hogs greafe

grease or oil of olives in an alembick, and anoint the hair with the oil; this if us'd often will answer the end.

And to keep hair from splitting at the ends anoint it with either oil of omphacine or myrtle; or with an ointment made of hony, omphacine or bears grease and bees wax.

To make Westphalia HAMS.

Take a pretty fat leg of Pork cut large, as much in the shape of a right Ham as you can (the pork of black hogs is the best) hang it up for two days; then beat it very well on the fleshy side with a rolling pin, then rub on every part an ounce of salt petre (pounded very fine) and let it lie a day and night; then pound an ounce of sal prunellæ and two or three hand fulls of common salt and one of bay salt, and a pound of coarse sugar; mix all these together, and having made them thoroughly hot in a stew pan; (but take care that it does not melt) and while it is hot, rub it all over the Ham very well with two or three handfulls more of salt leaving it to lie thus till the salts &c. all melt to brine; turning it twice a day and basting it with that brine for three weeks, then dry it,

To salt a HAM in imitation of Westphalia.

Let the ham be of young pork, sprinkle it with salt for one day, that it may fetch out the blood; then wipe it dry and rub it with the following mixture.

Mix a pound of brown sugar a quarter of a pound of salt-petre, half a pint of bay-salt and three pints of common salt, all together, stirring them in an iron pan over the fire till they are pretty hot, and then rub the ham with it.

Let the ham be in this salting three weeks turning it often; then dry it in a chimney with deal saw-dust.

To roast a Westphalia HAM.

First boil the ham as tender as it will be with the gravy in it; then strip off the rind, spit it and do it over with the yolks of eggs and strew raspings of bread finely sifted and mixt with a little grated lemon peel all over it.

Baste it well, as it is roasting, and dredge it frequently with the mixture of raspings &c. till it is enough.

Some order it as before and instead of roasting it set it in the oven, having first given it a good covering of the said mixture;

mixture ; this will be done in an hour and will be full as well as if it were roasted.

It should be serv'd up with boil'd pigeons, *Russia* cabbages, if you can get them, or sprouts of cabbages curl'd as big as tennis balls or collyflowers, or *Brocoli*.

The cabbages &c. should be tofs'd up with butter and cream ; but if it be *Brocoli*, it should have only butter. this is an excellent dish.

A Westphalia HAM-PYE.

First let the ham be boil'd as tender as for eating cold, bone it and skin it ; season it with pepper, cloves, and mace pounded ; lay it in a very good crust or in a dish covered with pasty crust ; lay on butter, lid it up, and bake it, and when it comes out of the oven, pour in clarified butter. This may be eaten either hot or cold.

To Pot a HARE.

First bone the hare and mince the flesh small with about a pound of fat bacon, then pound both in a mortar and season them with salt, pepper, cloves and mace, adding to it an ounce of salt petre ; when you have mix'd all well together, let it lie for 24 hours, and then put it into an earthen glaz'd pot and bake it for three hours, then take it out and drain it from the gravy, and put it into the pot again, and cover it with clarified butter.

HARE, *To roast.*

Skin and gut her and lard, and rub her with her own liver to make her look red, spit roast and serve her up with vinegar, pepper &c. or with sweet sauce.

A HARE or *Leveret* Pye.

First lard them with middling sort of bacon, and season with salt, pepper, clove, nutmeg and a bay leaf, and allow a good quantity of pounded lard or bacon bards in making the pye, either of fine or coarse paste, when it is bak'd set it up in a dry place and stop it up close. If the hare or leveret is to be boned endeavour to keep the flesh as whole as you possibly can, and lard them with thick slips of bacon, season

them as before and put them into the pye, and bake it as the other.

To make a HARE civet.

Take off the legs and shoulders intire and cut the body in pieces, larding them with slips of bacon, fry them with lard and afterwards boil them in broth and white-wine, season with salt, pepper a bunch of sweet herbs, bay leaves, nutmeg, and a green lemon: then fry the liver, pound it, strain it through a sieve with fine flour and a little of the same broth, adding to it some lemon juice and slices of the same.

To STEW a HARE.

Pull the hare to pieces and bruise the bones, put it into a stew-pan with three pints of strong broth into which put an onion and a faggot of sweet herbs; let all stew leisurely for four hours, then put in a pint of claret with an achovy or two; and afterwards stew it for two hours more till it is very tender; take out what bones you can find and also the herbs and onions, if they are not thin shake it up with half a pound of butter, when it is ready for the table.

A HARE and its Sauces.

If a hare has been kill'd by coursing, and the weather be cool, it may be kept three days before it is roasted; but if it has been run hard by the hounds it will not keep so long.

When you skin it, you may (which is the Fashion) leave the ears on, then truss it for roasting and boil the liver, and mince it very fine; add to this grated bread and a little all spice finely pounded; some buttered eggs, a little dry'd sweet marjoram, and season with salt and pepper, adding some parsley shred fine. Mix all these well together and add the yolk of an egg to the mixture to bind it, then fill the body of the hare moderately full with this sauce and sew up the belly.

When you lay the hare down to the fire, put about three pints of water, some salt, whole pepper, and an onion into the dripping pan, and with them baste the hare till it is roasted near enough; and then baste it with a piece of fat burning bacon or instead of that, common butter; but the bacon will be the best.

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When it is enough, put the following sauce into the dish with it.

Having taken the liquor in the dripping pan, with the onion and pepper, before you baste the hare with the bacon or butter boil it with a glass of claret, this is to be mixed with the farce that comes out of the hare's belly, and it will be very rich, you may, if you please thicken it with butter and flour.

The following sauce is also a very good one.

Boil a pound of lean beef in about three pints of water with a bunch of sweet-herbs an onion, salt, pepper and all spice, till the beef is half boil'd enough; then cut the beef in several places to let out the gravy, and continue to boil all till a third part of the liquor is boil'd away, then add to it a little claret, and strain the liquor through a sieve, pour the gravy hot into the dish, before you lay the hare in it; and when you lay in the hare, cut away the part that was sew'd up.

You may serve this with slices of lemon in a plate by it, have the following sauce.

Sweet Venison Sauce.

Boil a small stick of cinnamon in half a pint of claret, till the wine is strongly flavoured with the cinnamon, then sweeten it with double refined loaf sugar, or you may grate crumbs of bread into half a pint of claret, so as to make it of the consistence of a pap, adding a small stick of cinnamon, which being boil'd well, sweeten it with double refined loaf sugar grated small.

To dress a HARE with white or brown Sauce.

Cut the hare into four pieces and slit the head; fry it a little in hog's lard, then set it a stewing in an earthen glazed vessel with gravy, half a pint of white wine, salt, pepper, nutmeg, a bunch of sweet-herbs, and a slice or two of lemon-peel; keep this vessel close covered and stew it gently till it is tender, then strain off the sauce and brown it with fry'd flour or burn'd butter; and pour this sauce hot over the hare, garnish with slices of lemon.

If you would have the sauce of a brighter colour then instead of burnt butter or fry'd flour, thicken it with the yolks of three or four eggs.

HARTS-HORN JELLY.

Boil half a pound of harts-horn in six quarts of spring-water in an earthen vessel, till it is wasted away to three pints; then set it by all night, and in the morning put to it half a pound of fine sugar, some cinnamon, a clove or two, and some blades of mace, and set it on the fire again to boil; then beat the whites of eight eggs well and put them to the jelly, and give it a boil up; then add the juice of four or five lemons, and half a pint of *Rhenish* wine; make it but just boil up, then pass it through a jelly bag till it is very clear.

Another Way.

Put half a pound of harts horn to three quarts of fair water; let it boil but very gently till one quart of it is wasted; strain the liquor and let it stand to cool, the stronger it is made the more ingredients may be put in to make it palatable; the next day take off what is clear of the harts-horn; leaving the dross at bottom, to two quarts of strong jelly may be added 2 pints of *Rhenish* wine and a quarter of a pint of canary; and having beaten up the whites of five eggs to a froth sweeten with sugar, stirring all together, and being well mixt set it on the fire, and keep stirring it till it melts and curdles; then add the juice of five large lemons and a bit of their peel; let this boil up, then pass it through a jelly bag; and pass the first quart or two over and over again till it is very fine.

Calfs-foot jelly may be made the same way; but of this the fat must be taken off at top and the dreggy part from the bottom.

HARTS-THORN.

The root of this plant is astringent and desiccative; the herb is cold and dry; the root mixt with victuals is good for the working of the stomach upwards and downwards; if eaten tho' it neither breaks the stone nor brings it away, yet it strengthens the kidneys and moderates their excessive heat.

HARTS-TONGUE.

The leaves of this plant boild in wine and drank are good against the stinging of serpents, and are also good in a bloody flux and looseness, and in disorders of the spleen; the water is good for the falling of the palate, the mouth being gargled with it, and being wash with it is good for rawness of the palate and bloody gums.

HATLETS are a dish proper for intermeffes and are made as follows; first parboil veal sweet-breads and cut them into small pieces with livers of capons, and young streaked bacon likewise parboil'd; then season all and fry them with parsley, chibbols and fine flour; and when they are almost ready, so that only a thin sauce is left, make small hatlets and spit the pieces of livers, sweet-breads and bacon upon them, according to the bigness you would have them be; then dip them in the sauce and bread them well, they may be either broil'd upon a gridiron or fry'd.

Hatlets are often us'd for garnishing dishes of roast meat.

To roast a HAUNCH of VENISON.

First make a good and durable fire, spit it, lay it down and baste and flour it, and with very fine skewers fasten a piece of veal caul over the fat part; or else a paper well buttered.

A haunch of the weight of 12 pounds will require full three hours roasting to soak it very well.

For the sauce take gravy and a good quantity of claret, the sweet sauce in fashion is jelly of currants made hot.

HAWK-WEED.

This plant is of a cold and somewhat astringent quality. It is call'd *Hieracium* because the juice or white milk it yields cures all diseases incident to the eyes, if mix'd with woman's milk; and is also useful to preserve the eye-sight; a water drawn from it is good in a cough, to allay the too great heat of the body and to cause sleep, as the poppy does.

HEAD-ACHE.

Dry rosemary before the fire, till it will crumble to a very fine powder; take one pugil of saffron, and with these two make the yolk of an egg into a stiff poultice and lay it as hot as it can be endured to the temples.

To clear the Brain through the Nose.

Boil majoram and sage leaves in water and let the patient take four ounces of this decoction with four spoonfuls of white wine, and putting it upon the palm of the hand, let him snuff it up his nose.

Or he may take two drams of hermodactil with the leaves of betony, and pimpernel with red flowers, boil them in a sufficient quantity of water till half be consumed, to which add four spoonfuls of white wine, and let it be snuff'd up the nose.

You may also reduce to powder the leaves of majoram and roses and to a dram off the powder add to it 10 or 12 grains of hellebore in powder and take it as snuff.

Or use the flower of lilly convally, dry'd to powder.

For HARDNESS of HEARING.

Take a white onion or else of any other colour and make it hollow on the root side, fill it with powder of cummin, stop the hole with the skin or two of an onion and put it under the ashes that it may be roasted slowly, and when done squeeze it and drop the juice into the ears.

For the HEART BURN.

Take oister shells, as found upon the sea coasts, that have been so well wash'd by time as to be as white without and within as mother of pearl; dry them well by the fire, pound and sift them to a fine powder, with two ounces of this mix two ounces of sugar finely sifted, wet this with a spoonful of milk and water so as to make it into stiff-paste, then mould them neatly into lozenges, and set them into an oven that is not too hot to be thoroughly dry'd, but it will be best that they be not discoloured.

These do so sweeten that sour humour in the stomach that causes this distemper that it not only prevents it but helps digestion.

2. Take half a dram of finely powdered old coral in any convenient vehicle ; repeat tis till you find relief.

3. Take from 15 or 20 to 30 or 40 grains of crabs eyes, reduc'd to a very fine powder in any conserve or syrup, it will be best to take this in a morning fasting.

HEDGE HYSSOP.

This plant is good for the healing of ulcers and to stop blood ; it also cures ulcers in the mouth and privy parts by washing them with the decoction of it in wine ; being drank it is good against spitting of blood ; and the root being pounded will put a stop to the super-abounding of the menstua.

HEDGE MUSTARD is not unlike the common mustard, and is as that operative and discussive, it is prescrib'd chiefly in asthma's, infractions of the lungs and chronical coughs ; and it is also much recommended as a speedy cure for a settled hoarseness.

HELLEBORE is of two sorts white and black, the white will work upwards and downwards, but with too much violence and may be rank'd with the number of poisons ; being reduc'd into powder, it is us'd instead of tobacco ; it is good against the mange in sheep and in remedies prescrib'd for horses.

Black HELLEBORE.

The root of this plant also has a purging quality, will work both upwards and downwards. It is us'd in cases of madness, in quart an agues and hypochondriack melancholy, being reduc'd into fine powder ; the dose is from half a scruple to a dram.

HELLEBORINE is a vulnerary and deterfive plant, being taken inwardly it is good for the obstructions of the liver and other distempers.

HEN.

A good hen should not differ much from the nature of the cock, she should be working, vigilant and laborious; both for her self and her chickens; in size the biggest and largest are the best, every proportion answerable to those of the cock, only instead of a comb, she should have upon her crown a high, thick tuft of feathers.

She should have many and strong claws; but it will be better if she has no hinder claws; because they often break the eggs; and besides such as have, do sometimes prove unnatural.

Crowing hens are neither good layers nor good breeders.

The elder hens are rather to be chosen for hatching than the younger, because they are more constant, and will sit out their times; but if you chuse for laying chuse the youngest, because they are lusty and prone to generating; but do not chuse a fat hen for either of these purposes; for if she be set, she will forsake her nest; and as for laying, the eggs she lays will be without shells and besides she will grow slothful and lazy and delight neither in the one or the other act of nature.

Those eggs that are laid when the hens are a year and a half or two years old are the best; you must at that time give the hens plenty of victuals, and sometimes oats with fenugreek to heat them if you would have large eggs; for those that are fat commonly lay but small ones; mix some chalk with their food or mix some bruis'd brick with their bran moistened with a little water, and give them their belly full of half boil'd barley, with vetch and millet.

Some hens have the ill faculty of eating their eggs; to prevent this take out the white of an egg, and put moist plaister round about the yolk and suffer it to grow hard; and when the hen attempts to eat it and finds she cannot do it, she will soon give over breaking her eggs.

Or pour a clear plaister upon the yolk of an egg, and let it harden so that it may serve for a shell, and put it into the nest; or you may shape an egg of plaister or of chalk, and let that be for a nest egg.

Those hens that have spurs often break their eggs, and generally will not hatch them, and they will sometimes eat them, these must be scoured as well as those that scratch and grow like a cock; first by plucking the great quills out of
their

their wings and by feeding them with millet, barley, and paste, cut into bits pounded acorns and bran with pottage, or crumbs of wheat bread steep'd in water or barley meal.

Keep them in a close place and at rest, and pull the feathers from their heads, thighs and rumps; if a hen be too fat or has a looseness she will lay wind eggs.

A hen will be a good fitter from the second year of her laying to her fifth; the best time to set a hen that the chickens may be large and most kindly is in *February*, in the increase of the moon, that she may disclose the chickens in the increase of the next new moon being in *March*, for one brood of this months chickens is worth three of those of any other month.

But hens may set from *March* to *October* and have good chickens; but not after that time for the winter is a great enemy to their breeding.

A hen sits just 21 days, and if you set a hen upon the eggs of ducks, geese, or turkeys, you must set them nine days before you put her own eggs to her, of which a hen will cover 19 but always set an odd egg what number soever you set her with.

It will also be proper to mark one side of the eggs when you put them under the hen and to observe whether she turns them from the one side to the other, and if she does not, then take an opportunity when she is from them to turn them your self. But a hen that does not turn them her self is of the less value.

Take care that the eggs you set a hen on be new; which may be known by their being heavy, full and clear, which may be known by looking through them in the sun; nor do you chuse the largest eggs for they have often times two yolks and tho' some are of opinion that such will produce two chickens, it proves commonly a mistake and if they do they generally prove abortive and monstrous.

A hen must not be taken off or disturb'd from her nest, for that will make her utterly forsake it.

You must also let her meat and water stand by her while she is sitting, that the eggs may not cool, while she is gone too far to seek her food, and while she is absent from her nest, stir up the straw, and make it soft and handsome, and lay the eggs in the same order as she left them.

It will be very proper to perfume her nest with rosemary or brimstone, and you must take great care that the cock do not come at the eggs and set upon them for he will en-
danger

danger the breaking of them, and cause the hen not to like her nest so well.

A hen will have chickens of divers colours, if you paint the eggs variously when you set them; if you cause her to pair with a cock pigeon partridge or pheasant she will have chickens of a very agreeable colour.

To set hens in winter time in stoves or ovens, is of no use in *England* for tho' they may perhaps hatch; yet the chickens will be good for little.

However a certain *French* author tells us that chickens may hatch'd without the hens sitting upon them; by filling two cushions with hens dung, finely powdered, and adding the softest of hens feathers, as thick as may be, and putting the eggs upon one of the cushions with the smallest ends uppermost, and putting the other cushion over them; they being set in a hot place; these must be left thus for two days without touching them but after that time; they must be turned to the twentieth day in such a manner that they may be all covered, and the 21 day the chickens must be taken gently out of the shells.

This need not seem very strange, seeing we have very credible authority for it that the ancients hatch'd chickens under the ground and in *Egypt* without any assistance, and it has been experienc'd in our own time that the chickens may be hatch'd with a small fire or the heat of dung; but then many of them perish.

When hens are laying the old straw should be taken away, and fresh put in, that it may not breed flees and other vermin which much incommodes them.

Of the maladies of HENS.

Setting hens are sometimes troubled with lice and vermine; for the cure pound burnt cummin and staphisager of each equal quantities and mix it with wine and rub the hens with it, or wash them with a decoction of wild lupines.

If HENS are troubled with sore Eyes.

Wash them with womans milk or the juice of purslain, or else with armoniac cummin reduc'd to powder and honey mix'd, of each equal quantities, and in the mean time keep them in the shade.

If HENS are troubled with a looseness.

Mix a handful of barley meal and as much wax, in some wine, make it into a mass, and give it them in the morning, before they have any other meat or else let them drink a decoction of apples or quinces.

Hens sometimes sicken by laying too many eggs, so that having exhausted their strength they languish: the same sometimes happens to sitting hens by their sitting too long; to remedy this take the white of an egg which roast till it looks as if it were burnt mix this with an equal quantity of dry'd raisins, also burnt, give the hens this fasting.

HEN HOUSE.

Let it be large and spacious with a pretty high roof and strong walls to keep out both thieves and vermin, let there be windows on the east side that they may enjoy the benefit of the rising sun, strongly lathed and close shut; upwards, and round about the insides of the walls upon the ground should be made large pens of three foot high for geese, ducks and large fowls to set in and near unto the eavings of the house should be long perches, reaching from one side of the house to the other, on which should set cocks, hens, capons and turkeys each on several perches as they are dispos'd.

At another side of the house at the darkest part over the ground pens fix hampers full of straw for nests in which hens should lay their eggs; but when they sit to hatch chickens, then let them set on the ground, otherwise it will be dangerous.

Also let there be pins stuck in the walls, that the poultry may climb to their perches with the greater ease.

Let the floor not be pav'd but made of earth smooth and easy, let the smaller fowl have a hole made at one end of the house to go in, and come out at when they please or else they will seek our roosts in other places; but for larger fowl you may open the door morning and evening.

And it would be the better if this hen house were situated near some kitchen, brew house, bake house or kiln, where it may have the air of the fire and be perfum'd with smoke which is to pullets both delightful and wholesome.

HERBS to preserve against all Animals that are
noxious to a Garden.

In or near the place where you suppose these vermin to be, bury the belly of a sheep full of its ordure or dung, and cover it with a little earth, and in two or three days time, you will find them come to that place in shoals; so that you may have an opportunity to kill and root them out by that time you have done this two or three times.

Pickled HERRINGS.

Let the Herrings be large, skin them and take the flesh from the bone on each side all in one piece, crossing them every half inch, then lay the parts next the head in the middle of the plate, spreading the bodies to the outside in the form of a star; garnish with the roots of red beets, slices of lemon and pickled barberries.

They are usually eaten with vinegar and bread and butter, and some use pepper.

To broil HERRINGS.

Let the herrings be fresh, scale them, wash them and dry them well with a cloth, strew them with flour of ginger as you do other fish with flour, then broil them, and when they are enough, the taste of the ginger will be quite gone; then serve them up with a sauce made of butter, claret, salt and mustard, and they will not rise in the stomach.

To bake HERRINGS.

Let the herrings be fresh, scale them, cleanse them well and put them in a glazed earthen vessel, where they may lie strait; then put in as much of the following liquor as will cover them, *viz.* pale, old strong beer and vinegar in equal quantities; or all vinegar (as some do) tho' the former is best, or you may put in two parts of vinegar and one third of water.

Then add as much bay salt as will season them to your mind and a tenth part of that quantity of salt-petre; which will not add to their saltness; but will give them a fine relish; and also a bunch of sweet-herbs, some whole pepper, cloves or *Jamaica* pepper, and two or three bay leaves.

Then

Then cover the pan and bake them in a brisk oven with bread ; these are to be eaten cold.

To STEW HERRINGS.

First broil the herrings very brown, then cut off their heads, and having made some white wine hot, season'd with an anchovy, a blade of mace, and four little onions, stew them ; bruise the heads in the wine, then take them out, and after that put in the herrings ; lay them at length in a dish, set them over a chaffing dish of coals, and stew them on both sides till they are enough at the bone, then take them out ; shake up the sauce with butter and flour.

A Powder to stop the HICCOUGH.

Powder the seed of the plant dill very fine, take as much as will lie upon a shilling in two spoonfuls of syrup of black cherries.

This may be given to man, woman or child.

HIPECACUANNA is the best remedy that has yet been found out for the bloody flux, it will both purge and vomit, and afterwards close and strengthen the fibres of the bowels ; it may likewise be us'd in other loosenesses ; but not with the like success, the dose is from half a dram to a dram and a half, and it must be reduc'd to a very fine powder.

HOARSENESS.

To cure this boil penny-royal in water, and in the evening before you go to bed, take a spoonful of this water very hot, with a little sugar, repeat this three or four times and your voice will be as clear as before or

2. Take a dram of crabs eyes three days after one another, also balsam of sulphur is very good for it.

3. Drink half a pint of mum as hot as you can, drink it at a draught every night when you go to bed for three nights successively.

For a HOARSENESS upon a Cold.

Take three ounces of hyssop water, sweeten it with sugar candy, and beat the yolk of an egg well into it and drink it up at a draught.

For

For a HOARSENESS attended with a COUGH.

Take syrup of *Althea* and *Jubebs*, of each two ounces ; of *Loboch Sanans* one ounce ; saffron and water-flag powder'd, of each one scruple ; and when you cough, lick it off a liquorish stick.

Of HOGS or SWINE.

A certain author observes that the large *Hertfordshire* breed, or as some will have it *Lincolnshire* breed, are the quickest growers, and grow to the largest size of any we know of with us.

But this kind must have great store of food, when it is young ; for unless it is continually serv'd with plenty of wash in the younger part of its life, it will be stunted and never come to good.

But upon turning them into the fields or any grass, by reason of its voracious appetite, they will certainly get the distemper call'd the *Gargut* (if care be not taken to restrain them) which will destroy them in a few days ; See GARGUT, &c.

There are another sort of swine famous in *England*, which some call the *Bantam* breed, and others the *Guinea* breed ; and others the *African* hog ; and some again the black *French* hog ; but the more common name is the black breed.

This is by some accounted the most profitable for breeding of pigs, for sweetness of flesh, and for being easily raised and fattened ; they being the most hardy of all others, and will make the best shift for its food of any hog we know.

But the sort of swine that is most frequent in *England* and that require the least care, and generally bring the most profit are the cross strain, bred between the two foregoing sorts.

These are the most coveted, because they will easily shift for themselves, are good breeders, are more hardy than the large sort, and when they are put up grow fat the sooner.

And besides their flesh is finer and more delicate than that of the large sort, which is generally coarse and loose.

There is also another sort of the black kind ; but does not cleave or part the hoof, or as one may say are whole hoofed.

But

But the flesh of those is not altogether so pleasant as that of the black breed beforementioned; neither are they inclin'd naturally to be fat, as the other black breed are.

The *Hertfordshire* and *Lincolnshire* which are both the same; they have long and large bodies, long legs, long and thick necks, and carry long bristles; but this sort is not so easily fattened as the cross strain, nor will they pay the expence of fattening so well in proportion.

The black or *Bantam* breed have short heads and necks, are very deep sided and bellied, even reaching to the ground; they have thick gammons and short legs, are short snouted, thick chin'd, and are generally pretty strong. these are seldom above eight hands high.

The cross strain between these two, are of a middle size and not of any constant colour; sometimes inclining to the white of the large sort, at other times black, and sometimes mottled or spotted, and now and then grissled between white and black, being of a colour inclining to blue.

Some of these have been near ten hands high. These in their make, are generally more like the black breed than the large kind, and are mostly produced between a boar of the white sort and a sow of the black breed.

It is to be objected, that the boars for the most part are much smaller in their bodies than the sows: and it is probably for this reason that the boars of the white kind are put to serve the sows of the black kind, the coupling being more easily effected.

The other sort before mentioned is likewise black, long bodied, short necked, long snouted, broad backed and something longer jointed every way than the former hogs of the cross strain.

These are not so plentiful breeders as the black breed, seldom bringing more than eight or nine at a farrowing, whereas the black breed do bring sometimes fifteen, sixteen or seventeen at a time.

Neither are the large *Hertfordshire* swine so plentiful breeders as the black breed; they bringing not above eight or nine at a farrowing.

There is one thing to be remarked in relation to the whole footed sort of swine, as to their coupling with the cloven footed.

Some who have had a whole footed sow served by a boar of the cloven footed kind, tell us, that of the litter of the
pigs,

pigs, some of them were whole footed, and some cloven footed, some had two whole and two cloven, and another with three cloven feet and one whole foot.

From these observations it seems reasonable to suppose that as far as they concern the stature and bulk of swine, that the larger sort of hogs should only be cultivated as in such countries or farms, where there is the greatest store or plenty of food for fattening of them for bacon; as for example, in such countries as abound with masts of several kinds, and afford great quantities of pease. Altho' barley meal, or sodden barley will do.

As for the middling and bad breeds, their pigs may be reared on stubbles which will make them thrive and fit for killing for porkers at a small expence.

Those pigs that are reared on stubble, are call'd shock-pigs and as they do not require so much food as the larger kind, so they will find nourishment sufficient in the stubbles (within a small matter) to feed them fit for the butcher; and by this feeding which may be accounted a short nourishment, their flesh will be shorter and better tasted than those hogs which feed on gross food.

Just as the sheep that feed on *Banstead* downs or short grass, yield better mutton, then those that feed on rich or high pasture.

So likewise rabbits that feed upon short pasturage, are always fatter in proportion, and of a much finer and sweeter flesh, tho' they are small than such as have plenty of food.

As to the flesh of hogs, we do not only find that one sort is more agreeable than another to the palate on the account of food; but that the flesh is also more or less firm as the diet of the hog happens to be, and on that depends the keeping of the flesh either when it is pickled or dried.

The astringency in acorns, upon which swine feed in many places, serves to give their flesh a firmness, which in drying or pickling, will preserve the fat or any part from turning rusty.

This is the case of such hogs as are fed in the countries where acorns are plentiful, and instead of these horse-beans may be used as their fattening food.

Chestnuts are likewise very good and fattening for hogs, and some have found the way of feeding hogs with horse-chestnuts. They boil them in a lye till they are tender, and then the coverings will slip off. By this boiling the bitterness which abounds in this sort of chestnut will be taken away, and so they will be fitted for food for the hogs.

Some

Some do pretend to tell us that we have a wild kind of hog in *England*, which probably we had before we took the benefit of inclosing lands: For when all grounds were open and free, cattle took the liberty of running where they pleased, and a single mark was the only thing by which a man could distinguish his own cattle from those of his neighbours.

It is now much the same case in *Westphalia*, where the swine run at random: And these may be properly said to be in some sense wild; tho' not so wild as these in the great forests of *France* and *Germany*, or about *Italy*; for these in *Westphalia* are somewhat more familiar, by being partly under the direction of a swine-herd, and therefore do not fly from, or avoid the company of mankind, as the wilder hogs of the woods and forests do.

The feed of these both the one and the other are the same, *viz.* acorns and other kinds of masts and other wild fruits and upon truffles, roots of herbs, &c.

These certainly have the most delicate tasted flesh that one can desire; but are never so fat as our bred hogs at home.

The best places for breeding a number of swine, are such as abound in woods; the best countries for feeding them are where horse-beans and pease are plentifully cultivated so; in like manner at farms where there are large dairies, it is necessary that there should be as many hogs as cows; for the offals of the dairy, as skimmed or flet milk, butter-milk, whey, and the washings of the dairy, will afford them sufficient to nourish them, and make them profitable.

In the choice of sows in breeding, those are accounted the best for bearing strong pigs, that have not more than 12 teats or paps; nay ten is a good reasonable number: For though there have been some sows that have brought 18 or 20 pigs at a fare; yet by so many, where there are even teats or paps enough for them, the sow is greatly weakened and the pigs not half nourished; and besides the sow will be a much longer time before she will take the boar again.

Some are of the opinion that every sow has so many paps as she brings pigs at a fare, and that every pig knows its own pap, and sucks that and no other; and again that if you take away any pig, the pap that the pig belonged to that has been taken away has dried up; which whether so or not I shall not determine; but it has been observed that a

sow that has brought ten pigs, has at that time, had ten apparent paps; besides six or seven blind paps, as they are call'd; because they were not prominent as the others or of any use: but in another fare of pigs which a sow brought a year after, of about fifteen in number, she had as many teats or paps as pigs.

However, this is certain, that the smaller number of pigs a sow has, the better nourished, and the larger they will be when they are grown.

It is a common saying, *the worst housewife will rear the best pigs*; this saying probably arises from this supposition, that swine are creatures that delight in dirt and filth. But we have good reason to judge that swine are cleanly creatures in their disposition.

For notwithstanding they do frequently lie down in miry places and bogs and the like: It is in the first place to cool their bodies, there scarce being any animal of a hotter constitution than swine.

And again, as swine are often troubled with ticks or lice, so the rolling or covering their bodies with dirt; as soon as it is dry, and they can rub it off, frees them of that vermin.

Another proof of their cleanly disposition is, that they will not fatten if they are penn'd up in so close a sty, that they are obliged to lie down in their own dung.

Therefore all styes that are made for these animals, should have open courts before them, for the better conveniency of their airing themselves, and for the more commodious giving them clean straw, or litter to lie upon.

One instance of the heat of their bodies is, that they will fatten much better and sooner, in cool and moist woods and shady places, where little food can be seen, than in hot open exposures, where they have plenty of food given them, without the trouble of seeking for it.

And besides it is observable what ever food or diet is cooling to their Bodies, is profitable for them; and on the contrary, all diet of a hot nature, is disagreeable to their natural disposition; and this also renders it necessary that they should always have free access to water.

One boar may be allowed to two sows, and not more, if you would have the breed strong.

Sows for breeding should be of different ages, that there may be sucking pigs for the market all the year.

A sow from the time she is serv'd by the boar, to the delivery of her fare of pigs, goes about 16 or 17 weeks, for
the

the most part farrowing in the 17th week; and if they are kept clean and well fed, will bring three fares of pigs in a year.

A boar ought to be a year old before he is suffered to couple, tho' they are capable of serving a sow at half a year old.

Nor should a sow be younger than a year old when she is suffered to take boar; and then she will breed seven years after, except she happens to have too great a number of pigs at a fare, as that is, so will she be fruitful a longer time. A judgment may be made how many she will bring at each fare afterwards, or near the matter, by the number of pigs she brings at the first time of farrowing.

Although a sow will bring three farrows of pigs in a year, yet it will not be necessary nor convenient to suffer them at every breeming to take boar; because if they bring a great number of pigs, three farrowings in a year, will weaken them too much; and consequently the pigs themselves would be weaker, and require a greater and larger share of nourishment to bring them forward, than others that are strong at their first farrowing, or shall then have the benefit of being suckled by a dam in full strength.

Some farmers are of opinion, that the best bearing time, is from *November* till the end of *March* or the beginning of *April*, so that there will be pigs farrowed at the best seasons, either for killing as for sucking pigs or for shock pigs; i. e. pigs to be turn'd into the stubbles after harvest, to be reared.

Though a sow may be with pig at the first breeming as it is almost constant, yet it may be more prudent to suffer her to keep company with the boar for some time afterwards, to prevent the casting of her pigs before the time.

A young sow in her first pregnancy should be kept from the insults of dogs, or from being too much hurried, for these sometimes have caused them to slip their pigs after three months pregnancy.

A sow in few days after she has pigg'd, provided she has been well fed, will seek the boar, and if she be suffered to be served by him, it will not be difficult to conceive how she may bring forth three litters in a year.

Some young sows at their first farrowing, are subject to eat their pigs, and therefore ought to be watched carefully when they are near the time of their farrowing.

The best way next of watching her to prevent it is, to feed her very well for two or three days before her time of farrowing; but if this be not done then as soon as she has farrowed, wash the backs of the pigs with a sponge dipt in an infusion of aloes and water warmed, and this will prevent her from devouring them.

It will be necessary to keep the sow clean in her bed, and to help her by feeding now and then with warm milk, with a little coarse sugar in it, as soon as they can conveniently be brought to take it; especially if the sow has brought a great number, and also to kill and dispose of some of them.

The best time for killing sucking pigs, and when they are first accounted wholesome, is about three weeks old, and the others that remain for breed will soon begin to follow the sow and shift for themselves.

If the sow is very large and in good plight, she ought to have room enough given her, either in the sty or house where the pigs are kept, to prevent her overlaying them; and care should be taken when she comes in from feeding, that she does not fall down upon the pigs.

If you have several sows that farrow at or about the same time, they should be put into different styes or houses, or else they will destroy one anothers pigs.

When a sow has brought a fare of pigs; barley made soft in water is of great nourishment to her, and is both a cooling diet and a great strengthener; or you may break it or half grind it and steep it in water, and it will be very advantageous both to her and her pigs.

But if when provision be scarce, whether wash, grains, whey, or other food, the best way to preserve the strength of the sow, will be to sell all the pigs at the best market, as sucklings as soon as you conveniently can and then she will be the sooner fit for the boar.

It is observable, that scarce any creature is so voracious as swine; and a sow that has pigs, is the most mischievous creature that we know of. It has besides its own natural disposition a wantonness which induces it to prey upon every thing that falls in its way, or can get within its power.

Its ill nature is visible in its disposition to prey upon its own pigs; and it were well, if its voracious appetite would end there, but there are a great many melancholly instances of the mischief done by sows that had pigs, in the wounding and eating of young children, when a due care has not been taken to prevent it, and besides taking all care imaginable

to secure little infants from them; one very good way will be to feed them well, letting them have plenty of victuals.

And take care especially, that when a sow has pigs, to let her have water altho' she has plenty of milk, or the best wash from the dairy allowed her. It will be the best way to keep her from doing harm.

When you have a mind to wean the pigs from the sow feed them now and then, when the sow is from them with the best milk that can be spared from the dairy; which begin first with it warm, but at three weeks end give it them cold, if you design to rear them; and then you may at a month old either let them be fed alone or keep company with the sow abroad.

When a boar is upward of five years old, it will be the best way to geld him, in order to put him up for brawn, for after that time he is not accounted fit for generation, his flesh then is not too hard, and his skin is most naturally inclin'd to be brawny. However if he be gelt, he will be fit for bacon.

A sow may breed till she is six years old; and some allow them to breed seven years before they put them up to fatten, but others disapprove of this; because, they say, she never receives her food well, nor can make good flesh, unless she is strong in body, and has taken the boar some time before she is put up: For otherwise she will pine, and her meat be little or no nourishment to her.

It is also necessary when hogs are put up to fatten that they should be kept out of the hearing of the cry or grunt of other hogs: for else upon the first confinement, notwithstanding they have great plenty of food given them, they will pine and decline in their flesh.

This should be observed especially in putting up boars in franks for brawn: For if they are within the reach or sound of any other swine, they will be fullen and not feed and besides you must be very careful to keep them cleanly when they are once inclosed in franks; the machine being so contrived that their dung may be clean'd away every day, or they will not thrive.

Another thing ought to be observed by those who breed and feed swine, and this is that they do not suffer them to feed too rashly, nor give them too plentifully before they put them up; but only a moderate quantity, such as will keep them in a good state of body, and prevent them from being too ravenous.

And besides breeding sows, if they are suffered to be fat, will be in danger of their lives at the time of farrowing.

If you keep any number of swine, it would be best to give them a feeding every morning and evening, suffering them to range about in the day time, seeking their food, which they will not want, if there be any herbs or grafs to be found in the lanes or such waste grounds where they may go: For there is scarce any herb or root that is disagreeable to them.

But in the time when grafs is fresh and in great plenty, especially in the spring of the year, you must not let them have their liberty to feed upon that, for if they do it will certainly give them the *Gargut*.

In harvest time you must take care to yoke and ring them, to hinder them from breaking through hedges and fences to get to the corn; for they will in a little time do more mischief than they are worth themselves.

During the growth of these creatures, before you put them up to feed, either for porkers, or to fatten them for bacon; if you happen to have a scarcity of wash or swill, you may give them graves and water, which is as good a food, (these are made of the offalls of melted tallow and are to be had of the tallow chandlers.) But this will be proper only for about a month before you design them for pork, or what is called green bacon, which is pork for pickling.

If hogs be allowed to eat too great plenty of fresh grafs, they generally appear heavy, hanging down their heads and staggering after four or five days plentiful feeding on spring grafs, and seldom live above a day or two after they are thus affected. See *Gargut*.

When a sow has passed her breaming time, or if she does not seem inclinable to take the boar, give her some parch'd oats in her wash, or morning and evening food, some give a sow the small end of a rennet bag to excite her to take boar.

When you have chosen the best pigs for rearing, and pitch'd upon such as are design'd for boars and sows for breeding, geld the males of the rest, and spay the females, which are then call'd *spayed gels*: these that are thus castrated will be fit first for the butcher to kill for pork.

The best time for killing a hog for pork or green bacon, is at full half a year old, or at almost nine months old: Hogs flesh of this age will eat tender and sweet, white and full of gravy.

If it be either us'd as pork, or if it be pickled, in the manner elsewhere directed, it will exceed even *Westphalia* bacon, or any pickled pork that is common.

But in order to this it is necessary to observe the following directions, as to the food such hogs should have for a month or five weeks before they are kill'd.

If the hog be design'd for a porker only, put him up and give him raspings of bread, which may be had of the *London* bakers for nine pence or 10 pence a strike, which is a bushel measure, fill'd only to the edges: so that whereas eight bushels make one quarter, 16 of these make the same measure.

Soak these raspings in water and give them to the hogs that are to be fattened for porkers: But whereas this is a soft food, it will be best in putting up the hogs the first week to add to every bushel of these raspings a peck of horse-beans broken a little in a mill.

And if you would have the flesh and fat yet more firm, you may sprinkle into the meat made of the raspings, a small quantity at a time of oak bark finely ground.

Another way of feeding swine for pork to be used fresh in the kitchen, is with barley meal, to be tempered with water till it is of the consistence of mortar, us'd by bricklayers.

Twelve bushels of barley thus made into meal, will fatten an hog of full growth of the largest size for bacon, as well as 16 strike bushels of pease, and make his fat as firm as pease will do.

But for pork to pickle, half the quantity will be enough, or less may serve, according as people fancy, to have the hogs fatter or leaner, either for fresh pork or pickled pork.

But the method by some principally recommended is for pork to be pickled, to give the hog about three pints a day of horse-beans with his common meat for a week before he is put up; and to take care that he never want either meat or water, and to bed him well with clean straw or pease halm, which must be frequently shifted, that he may be kept sweet and clean.

At the first of his being pinned up, he will eat about three quarters of a peck a day, and by degrees as he grows fatter, his appetite will decline. About three bushels of pease, or four at most, if he be of the larger breed, will fit him for killing, without making him too fat.

In this condition the flesh will take salt better than by any other food.

But acorns, if they can be had, are preferable to horse-beans, and may be used in such quantities as directed above in the week before the hog is shut up in the sty.

The more acorns are given to hogs, the firmer their flesh will be, the acorn being of an astringent quality, and so likewise is the bark of oak.

Chestnuts are likewise of the very same nature, and are nourishing also like acorns. Horse beans too are of the same quality, but are rather too hot to be given in too great plenty. Pease also are good to nourish and bind the fat of hogs; barley also is very good, and the softer food among these is the raspings of bread.

The Feeding and fattening HOGS for BACON.

Those hogs that are generally put for bacon, being generally older than those that are fed for porkers or for killing to be pickled, they will not so easily be brought to feed in the sty as the younger hogs will; therefore the best way of managing them will be to keep them scant of victuals the day before they are put up.

Let their sty be made and kept as clean as may be, and let them have sufficient litter.

And because they will at first (however good their victuals may be, (whether peas or any other sort) be apt either out of wantonness or ill temper to toss it out of the trough they feed in, to prevent this some have contriv'd a method of giving them their food no faster than they have an appetite for it, which is done by means of a box or bin in the following form.

The mouth or opening is in the form of a cone-like box or binn with the broader end upwards into which the meat is to be poured. At the lower end it will fall by degrees into a trough or receiver of wood where the hog may eat it as it falls, without being capable of spoiling any of it or wasting it. The trough or bin may be made to contain a bushel and must be covered at the top, closely barred or lock'd down to prevent the hog from breaking into it, this trough should be two foot and half square, and the binn may be as broad at the top, ending narrow at the bottom.

Hogs being fed after this manner, will have the advantage of the common way, that tho' the fat should probably encrease so fast as in the common way of feeding, yet it will be more firm and not so subject to turn rusty: for it is observable that all swine who are fed after thir own gluttonous manner,

manner, will indeed grow fat quickly, but then their fat will be spongy for want of sufficient time for digestion of their meat.

The hog or hogs being fed as before directed, are to be kill'd and dress'd; of doing which there are two ways, the one is *scalding* and the other *singeing*. The skin of that which is scalded, is not so rough as that which is singed; and it is reasonable to be suppos'd that the salts which we use will more readily penetrate the skin that is scalded than that which is singed; and also that the scalded skin will be tenderer than the other when it is boil'd and eaten.

If the hogs be scalded, the common pickle for pork (see PORK) is the best way of preparing it for drying.

This is the way that is generally practis'd in making of hams, which may, after it has been in the pickle five or six weeks, be hung up in a chimney where wood or saw-dust is burnt; or if neither of these can well be had, then Newcastle or other pit coal may do, but the smoak of wood is to be preferr'd; and will render the flesh of much finer flavour than the smoak of coal.

This likewise is to be observ'd that the more gentle and constant the fire is, so much the better and more equally will the bacon be cured.

And for want of using this caution, bacon has sometimes grown rusty before it was half made; and sometimes it will be red half through and green in the middle.

It is a rule, that whatever is red in the flesh of bacon is fully cured, and what is not, will be subject to decay.

I shall give an account of the methods of curing bacon or preparing hams in *Westphalia Hamborough, Norway* and other bacon countries, by smoking lofts or closets, adjoining to the funnels of their chimneys, in garrets or other places remote from the fire; from whence it will appear that the smoke is the principal means of curing bacon.

For as it is in those countries the manner of drying their bacon is to keep it very remote from the fire and out of the heat of it, so we are sensible of the good effects of that practice.

Their bacon is tenderer and esteem'd too of a higher and richer flavour than that made in any other parts of *Europe*, and yet the bacon of those parts is salted for the generality with no other than common salt, such as is made at *Newcastle* and *St. Ubes*.

But these foreigners use but a small share of salt in comparison to what we do in *England*, relying chiefly upon the smoke

smoke for curing their bacon ; while on the other hand our bacon makers depend chiefly on the quantity of salt ; and imagine that will secure it from the over heat of the fire that is given it in drying.

But it being an over common method to hang bacon up to dry too near the fire it commonly turns rusty in a little time.

The ingenious gentleman Mr. *Warner* of *Rotherhithe* who resided many years in that country communicated the account of their method of preparing and curing their bacon in *Westphalia*.

Since this some persons as Dr. *Corbet* of *Bourn Place* near *Canterbury* as it is said, built a bacon house capable of drying 60 large hogs at one time and has improv'd upon the *Westphalia* method, viz. by drying so many with one fire ; when their drying rooms and closets do not cure but perhaps five or six at a time.

How any farmer or other person may make smoke or drying closets in their garrets, sufficient for curing bacon for their own families, if they can allow such a part of their upper story for such use, as joins with same funnel of their chimney where the most constant fire is kept ; taking this precaution, when they make such a closet that it be as close as possible ; so that when they let in the smoke from the chimney none of it may escape.

The manner of letting in the smoke must be through an hole from the chimney near the floor of the drying room, which must be guarded or governed by a register of iron which at pleasure may be opened or shut, either to let the smoke pass up the chimney without interruption or turned altogether into the bacon room, when it is necessary.

Near the cieling above there ought to be another hole in the chimney govern'd by a register of iron, to let out the smoke in such quantity as you please ; or being shut with iron below may let the smoke pass freely up the chimney funnel as it may be thought necessary.

It is proper that in making these registers that the handles of them should be without the closet to turn them to what degree you please, without entering the smoke room, and likewise care must be us'd in drying, that the flitches be so hung up that one piece may not touch another ; but so that they may receive the smoke on every side.

These places as they are remote from the fire and are pretty constantly fed with smoke do bring the flesh to such
a state

a state that it will not afterwards be subject to putrefaction.

To BARBECUE a HOG.

Kill a hog about five or six months old, take out the inwards, clearing it of its harslet: then turn it upon its back, and cut the belly in a strait line down to the bottom in the jointing of the gammons, from three inches below the place where it was stuck to kill it; but do not cut it downwards so far; but that the whole body of the hog may hold any liquor that you would put into it, then stretch out the ribs, opening the belly as wide as you can, and strew into it what pepper and salt, you think fit, then having a large iron frame or gridiron with two or three ribs, set it upon an iron stand about three foot and a half high, and upon that lay the hog, spread open with the belly sides downwards with a good charcoal fire under it, broil that side till it is enough at the same time, flouring the back often.

This should be done in some out-house or yard with a tent over it.

When the belly side is enough and turn'd upwards so as to be steady upon the gridiron or barbecue, pour into the belly of the hog three or four quarts of water and half that quantity of wine.

To roast a HOG'S HARSLET.

Let the harslet be fresh, lay by the lights and cut the liver into thick slices, and the heart into thinner pieces; then cut some of the crow of the hog in pieces equal to that; then dip the sweet breads and some slices of the sticking pieces and of fat bacon first into beaten eggs, and then into grated bread, some pepper salt and red sage minc'd very fine, and a little sweet marjoram or sweet basil powdered; then place the pieces broadside one to another upon a small spit, always observing to lay the slices of bacon next to these of the heart, and the crow next to the liver, then having wrapp'd them up in a veal caul roast it.

Put these pieces as close as you can together, and when it is done serve it with melted butter, mustard, and a little lemon juice.

HOGS-HEAD *in imitation of the Sole of a wild Boar.*

First burn the hogs head well all over upon a clear fire, till all the hair is burnt to the skin, then take a piece of brick, and rub the head all over as hard as you can to grind off the stumps of the bristles, then finish the whole with a knife, and clean the head very well; afterwards bone it, opening the head in the under jaw and beginning with the under jaw bones and the muzzle; then cleave the head, leaving nothing but the skin over the skull to hold it together: taking out the tongue and brains.

The bones being taking out, stab the flesh with the point of a knife in many places on the inside, without wounding the skin and put salt into every incision; then join the head together, and tie it well together with packthread, then wrap it up in a napkin and put it into a kettle with a good quantity of water, a large bunch of all kinds of sweet-herbs, a little coriander and annise-seeds, two or three bay leaves, some cloves, and two or three nutmegs cut in pieces, and some salt if you think any is wanted, and also two or three large onions and a sprig or two of rosemary.

When the head has boiled half enough, pour in a bottle of wine and let it boil three or four hours longer till it is tender; for it will not be so under seven or eight hours boiling; and if it be a boars-head that has been put up for brawn, it will take more time in the boiling.

When it is boil'd enough, let it cool in the liquor, then take it out and untie it, and lay it in a dish to be served up cold to the table, either whole or in slices.

If you please you may salt it three or four days before you boil it.

To make a good Dish of a HOGS-HEAD.

Split the head, take out the brains, cut off the ears and lay it in water for a day, then boil it till all the bones come easily out, then pull off the skin as whole as you can, because it is to be laid both under and over it, chop it small as quick as you can while it is hot; season it with salt, pepper, mace and nutmeg; press it down into a venison or pudding-pan; lay the skin over and under it, cover and press it down very close, and when it is quite cold it will turn out and cut as close as a cheese; you may put salt and vinegar to some of the liquor it was boiled in, and in that pickle keep it.

It may be eaten with vinegar and butter, and it is better than brawn, if the head you make it of be large and fat.

To dress HOGS-FEET and EARS.

Clean them nicely, put them into a pot with a bay leaf and a large onion, with as much water as will cover them; season it with salt and a little pepper; bake them with household bread; keep them in this pickle till you want to use them; then take them out and cut them in handsome pieces and fry them.

For sauce take three spoonfuls of the pickle, shake in some flour, a bit of butter, and a spoonful of mustard, lay the ears in the middle, the feet, round them and pour the sauce over them.

A HOG-MEAT-PYE.

Take two buttock pieces or as they are also call'd two rearing pieces of pork (these are the lean that is cut off the gammon on the inside of the flitch) cut some of the fat off the chine, and pound the fat and lean very well together, season the meat with salt, pepper, mace and nutmeg; then tie the meat up in a wet cloth, making it into the shape you would have it; and having cut some long slips of the fat of the chine, lay it between every layer of the pounded meat; and having thus laid it in order, tie it up hard, and lay a heavy weight on it to press it very hard and close for three or four hours: having made the pye, lay in the meat and upon that half a pound of butter; at the time you set it into the oven pour in a quarter of a pint of claret; and when you draw it, if you find it dry, pour in melted butter.

HOGS-PUDDINGS.

Boil a hogs tongue with some of the lights and liver till they are very tender; mince the tongue and lights very small and grate the liver, mix these with four quarts of grated bread and three pounds of currans, season with salt, mace, cinnamon, nutmeg and sugar, add the yolks of nine, and the whites of five eggs, and three pound of suet finely shred; wet it with the top of the liquor the meat was boil'd in; and fill the skins.

WHITE HOGS-PUDDINGS.

To a quart of cream allow 12 or 14 eggs (leaving out half the whites) they need not be very much beaten; set the cream on a gentle fire, and when it boils put in the eggs, keeping it continually, stirring till it is as thick as a curd.

Set it by till it is almost cold, then add a pound of grated white bread, two pounds of suet shred very fine, a couple of nutmegs grated; some citron cut small, half a pound of almonds well pounded with orange-flower-water, salt, and sugar to your palate; and when you go about filling you may add three quarters of a pint of cream.

HOGS TONGUES. *To dress dry'd Ones.*

Scald the tongues just enough to get off the first skin; but let not the water be too hot, then wipe them with a cloth and cut off the root. In order to salt them, dry some juniper berries in an oven, a couple of bay leaves, a little coriander, thyme and sweet basil and all sorts of sweet-herbs, except rosemary, sage, parsley, and chibbol; when these herbs are dry'd, pound them in a mortar and pass them through a sieve.

Then having ready pounded salt and salt-petre, mingle them together with the rest, then putting the tongues into a vessel, laying them in order one by one as they are salted, seasoning every row of them with the before mentioned ingredients, press them close together, when they are salted, lay a great slate or stone over them, leaving them close stopt for six days or a week.

Then take them out, drain them a little, and having cut some hogs skirts according to the length of the tongues; put every one into its case made of those skirts, and tie up both ends.

Then fasten them by the top to a pole, laid across the chimney at a convenient distance, so that they may not touch one another, and so that they may be well smok'd for a fortnight or three weeks, till they are dry.

If they be well ordered in this manner they may be preserv'd the whole year; but will be in the best condition for eating at the end of six months; in order to which boil them in water with a little red wine, and a few slices of chibbols and cloves, and when they are ready, they may be serv'd up either whole or in slices.

When pure and new are of a wholesome and healthful nature, compos'd of a spirituous part and an earthy phlegmatick part; yet a brewing may be either made or marr'd by the best of them: For if the hops are boil'd in either strong or small worts beyond their fine and pure quality, the drink will suffer and will be tang'd with a taste both ungrateful to the palate and unwholesome for the stomach, and if they be boil'd to a very great excess they will be apt to cause reachings and disturb a weak constitution.

To prevent this it is best to boil two parcels of fresh hops in each copper of ale wort, and if you were to boil three for keeping beer, it would be so much the better for the taste, health of the body, and also for the keeping of the beer in a sound condition.

This may be done by boiling the first, half or third part of the hops in coarse linnen bags for half an hour, then taking the first out and putting in a second for half an hour more, and so for the third if you please; by this means you will have the opportunity of boiling both wort and hops their due time, save the trouble of straining them through a sieve and prevent the seeds of the hops from mixing with the drink; these bags of hops may afterwards be boil'd in the small beer, till all the goodness is boil'd out of them, putting in first one and then the other as before.

Common brewers and many private persons do out of avarice boil their hops to the last that they may not lose any of their vertue, and some have ignorantly thought they have play'd the good husband in squeezing the hops after they have been boil'd to the last in small beer to get out all their goodness; but this is so far the reverse of good management, that they had much better have put some sorts of earth in their drink.

Some persons put fresh hops into the wort, after it has been cool'd and put into the working vat or tub, and work them with the yeast, at the same time reserving a few gallons of raw wort to wash the yeast through the sieve to keep back the hop.

This is not to be found fault with, where hops have not been sufficiently boil'd in the wort, or preserve it in the coolers, where it is laid thick; but is otherwise needless.

At times when hops have been dear, many have us'd the seeds of wormwood, and others the wholsom herb horehound and others *daucus* or wild carrot seed.

This

This last indeed is said to give a fine peach flavour to drink, and to be a carminative, and has also some other good properties; yet if it be not boiled in the wort it is not capable of doing the office of the hop, the hop being full of subtil penetrating qualities.

Hops in themselves are a subtle, grateful bitter, whose particles are active and rigid, by which the viscid, ramous parts of the malt are much divided, which makes the drink easier of digestion in the body; they also keep it from running into such cohesions as would make the drink ropy, vaprid and sour, and therefore are not only of great use in boiled but in raw worts to preserve them sound, till they can be put into the copper, and afterwards in the tun while the drink is working.

It is the worse and earthy part of the hop is greatly the cause of that rough, harsh, unpleasant taste that accompany both ales and beers, that have hops boil'd in them, so long as to tincture the worts with their most mischievous effects; for tho' the malt be never so good, if the hops be boil'd too long in them they will cause a bad nasty taste.

The proportion of hops for ale and beer cannot be exactly adjusted; because it should be according to the nature and quality of the malt, and the season of the year it is brew'd in, and the length of the time it is to be kept.

As for strong brown ale brew'd in any of the winter months, and boil'd an hour, one pound is but barely sufficient for an hogshead, that is to be tapp'd in three weeks or a month.

As for pale ale brew'd in the winter months and to be hopp'd in three weeks or a month, a pound and quarter of hops may be allowed; but if brewed in the summer months, then it will require a greater quantity of hops.

As for either *October* or *March* brown beer, a hogshead made of 11 bushels of malt, and to be kept nine months, ought to have three pound and a half of hops and be boil'd an hour and a quarter.

As for *October* or *March* pale beer, a hogshead made from 14 bushels of malt, and to be kept 12 months, ought to have six pound of hops and to be boil'd an hour and a quarter, and more if the hops be shifted into two bags and the wort be not boiled too long.

Here has been discovered the true method of managing hops in the copper, which has long wanted adjusting to prevent the great damage that longer boilings of them has been

been the sole occasion of it, to the spoiling of most of our malt drinks brewed in the nation.

HORE-HOUND, is of two sorts, white and black. The white hore-hound, a decoction being made of its dried leaves in water is very good for asthmatical and phtisicky persons, and for coughs. It removes the obstructions of the liver and spleen; purges the breast and lungs, especially if taken with dry Iris. But it is something injurious to the bladder and kidneys; the juice of the green leaves has the same virtues; of which three spoonfuls may be taken.

Black HORE-HOUND.

The leaves of this being roasted in a cabbage under hot ashes and pounded with some salt will cure the stinging of serpents and biting of dogs: they are also good for humours and chaps in the fundament; being apply'd with some hony they will cleanse foul ulcers: the decoction of it is good for a cough and difficulty of breathing by its cleansing the lungs and promoting spitting.

HUNGARY WATER.

Take proof spirits six quarts, water three quarts, rosemary and lavender tops of each a handful and a half, macerate and distil according to art.

Another.

Take proof spirits six quarts; water three quarts; the flowers and tops of rosemary five handfuls, lavender a handful and a half: the root of *Florentine* orris, an ounce and a half, of salt a handful; macerate: these and distil according to art.

**HUNGARY Water as made at Lions in France
or Montpellier.**

To a gallon of brandy, or neat spirits allow of rosemary and myrtle and lavender, each one handful; supposing the herbs to be 12 inches long, cut them in pieces of an inch long; infuse these in the spirits for three days, and then distil, it and you will have the finest Hungary water that can be.

For tho' some say the rosemary flowers are better than the stalks, yet they give a faintness to the water and should not be us'd because they have a quite different smell from the rosemary; nor should the flowers of myrtle be us'd instead of the myrtle for they also have an ungrateful scent and quite different from the myrtle.

HYDROMEL or MEAD.

Take four gallons of water and as much hony as will make it bear an egg; put to this two ounces of cloves tied in three or four bits of muslins or linnen cloth, boil these till no more scum will rise, scumming it well as it rises; then set it off the fire and take out the cloves (which may be reserv'd, being wash'd and dry'd for other uses) then put the mead into an open tub to ferment for three days, till the violence of the working is over, then scum it very well and pour off the clear into a cask, leaving the bung open till the hissing ceases; then stop it close and let it stand for three months, then bottle it and cork it well, and it will keep good several years.

Another Way.

Instead of water, put the like quantity of ale wort, brew'd with pale malt, and to this you need not put so much hony; but it will require more time before it is fine and fit to bottle; but will last many years and will drink like *Cyprus* wine, when it is twelve months old.

This is all the difference in the making this and the former.

HYPOCRAS or HYPOCRATIC WINE.

Take cinnamon two ounces, cloves three drams, anniseed and fennel seed of each two drams; liquorish six drams, mace, cardamums and orrice root, of each a dram; loaf sugar six ounces; bruise the spices and seeds in a mortar, and slice the liquorish, and pour upon them a pint and half of malmsey (or strong mountain white wine) and a quart of borrag water, six ounces of balm, and three ounces of rose-water.

Infuse them in a matrafs or other convenient vessel in a moderate heat for three hours, then pass the liquor through a flanel bag or filter it through a paper for use.

Another.

Another.

Take cinnamon two ounces, ginger an ounce, galangal and grains of paradise, of each four drams; cloves two drams, double refin'd loaf sugar a pound, good wine a proportionable quantity and a due proportion of almond milk; clarify and strain it through a thick flanel bag until it is fine and then bottle it for use.

HYSSOP.

This plant is of a comforting and strengthening quality. It is prevalent against melancholy and phlegm; and the tops and flowers of it being reduc'd to powder are by some reserv'd for strewing upon colder ingredients, communicating no ingrateful fragrancy thereunto.

I

To dress a JACK or PIKE.

DISCHARGE the fish of its scales and entrails, cleanse it well and prepare the following mixture, to be serv'd up in its belly.

Cut the rivet or liver of the pike small and chop some oysters or the flesh of eels and a third part of grated bread, mix these with three or four eggs buttered in a sauce-pan with salt, pepper, sweet marjoram dry'd and powdered and such other sweet-herbs as are grateful to your palate, and an anchovy shred small, with these fill the belly of the fish and sew it up.

Then having two small laths of willow or any other wood, except deal or such as has turpentine in it, of the length of the fish, lay the fish upon the spit, with the two laths upon the fish and bind them together with a linen fillet of about an inch broad, wrapping it round in the form of a screw; then lay it down to the fire, baste it well with butter and dredge it with the crumbs of bread, and the same sort of sweet herbs that were us'd in the before mentioned mixture.

If you cannot have oysters nor eels, you may add the more buttered eggs to the mixture.

This may be bak'd with less trouble than roasting, if you have the conveniency of an oven; and then you must roll the outside in the yolk of an egg, and roll it in some of the aforesaid mixture; the anchovy and buttered eggs being left out.

For the sauce melt butter with a little white wine and a third part of seasoned beef gravy, a spoonful or two of mushroom ketchup and an anchovy or two dissolved.

The smaller sort of these fishes, that are about a foot in length are commonly boil'd; but they will also do very well baked, as directed above.

And the same sauce may be us'd with the boil'd fish, or you may use mushroom gravy instead of beef gravy.

JAUNDICE is choler dispers'd over the whole body, and is a distemper that is threefold; the first which is properly call'd the jaundice is caus'd by a yellow colour, which is too much rais'd and over abundant in the mass of blood, or when the choleduct (or of the choler) passages are stop'd.

The *second* is blackish and proceeds from the same yellow choler, mix'd with some acids.

The third inclines to a green colour and proceeds from a mixture of choler with some acids also, and this is what is generally incident to virgins.

In the jaundice the skin and whites of the eyes become of a yellow colour; and the person is affected with an itching in the body.

In that call'd the black jaundice the natural colour is quite lost, by reason of the atrabiliary humour that spreads it self all over the skin; at the first it only appears brown, but at length turns to a leaden and tawny colour.

The yellow jaundice proceeds from the liver, the black from the spleen, and the green from a mixture of both.

The yellow jaundice renders the skin and white of the eyes of a colour inclining to that of saffron; it affects the patient with a heaviness and a sort of numbness in all his limbs: it likewise stupifies and introduces a multitude of confus'd imaginations and affects the body with prickings and itchings in all its parts.

It is frequently occasioned by a stoppage of the gall bladder, for when the choler cannot find a passage, it falls upon the veins, and intermixing it self with the blood causes the general yellowness.

In the other two jaundices the countenance appears of a leaden and tawny hue; and the spirits are more sunk; both of them proceeding from melancholy humours.

The urine and stools of the patient will be of a dark, tawny colour; he will be costive in his body, and feels a sort of hardness on his left side.

If in the first the excrements be of a darkish white colour with thick and very yellow veins, and he feels a pain in his right side, it may be concluded that the jaundice proceeds from an obstruction in the gall bladder.

As the causes of this distemper are different, so necessarily must the cure be.

As to that which proceeds from the gall bladder, it is proper for the patient, if of a robust constitution, to bleed at the beginning of it, or the very first day, and to take a vomit the next of two ounces of emetick wine of crocus metallorum (*i. e.* saffron of metals) four grains of emetick tartar or six grains of vitriol calcin'd, drinking some light broths, seasoned with sorrel, orange juice, or verjuice in the intervals, and afterwards, use the following psisan.

Boil a handful of the roots of smallage, sorrel, polypody and wild succory and as much harts-tongue and spleen wort in two quarts of river water, till it is consumed to one quart, of which being strain'd let him drink two glasses morning and evening: and two days after let him take a purge of an ounce of double catholicon, or an ounce and half of purified cassia in two glasses of whey.

After this it will be proper for him to bathe and when he goes in let him drink some broth, in which a dram of cream of tartar or 10 grains of its salt, or half a dram of the salt of tamarinds has been dissolv'd.

2. As for such whose whole body is generally seiz'd with blood and choler, and who are sensible of a heaviness about the liver or spleen.

Let them have glisters made of all sorts of good herbs, with a quartern of hony and a dram of mineral chrystal added to each and let him be let blood by intervals, and at some distance of time that he may not be weakened too much at once.

Put into his broths two or three spoonfuls of the juice of chervil, or sorrel, savoury, purslain, orange, capers, or al-lulula.

In his drink put dog's tooth, strawberry roots, mouse-ear or bears-ear.

Three or four days after, purge him with two ounces of tamarinds, boil'd in a sufficient quantity of water for two doses, in each of which dissolve six drams of purified cassia, with a dram of cream of tartar, and for 8 days following you may give him the following potion.

Take two ounces of the leaves of hore-hound, one ounce of lupines, half an ounce of the roots of bugloss, two drams of the roots of elecampane, and the same quantity of agri-mony.

Boil all these in three quarts of white wine, till one half is consum'd, strain the liquor, bottle it and give the patient two ounces of it every morning sweetened with two drams of powdered sugar.

But if the person has a fever, boil the aforesaid ingredients in the same quantity of water.

If the jaundice proceeds from choler you may use the same remedies, as you do for melancholy.

But if the jaundice proceeds from poison or some accident of that nature or from some violent physick, take some broth into which put some borage or bugloss, mixing therewith a little coral, bole-armoniack, bezoar or prepared pearl.

Take notice that if the jaundice be suffered to continue long, there is reason to fear it may cause a dropsey.

For the JAUNDICE.

Cut off the top of a Sevil orange, take out the middle core and seeds as well as you can, without the juice; fill the vacancy with saffron and lay the top on again; then roast it carefully without burning, and throw it into a pint of white wine: drink a quarter of a pint of this fasting for nine days: it exceedingly sweetens and clears the blood.

Another.

Take a large lemon, roast it till it is soft; but take care that it be not broken: cut it and squeeze it (while it is very hot) upon a dram of turmerick slic'd or grated, and half a dram of saffron, upon all these pour a pint of good white wine; let them stand all night to infuse and in the morning sweeten this liquor to your palate with sugar-candy and take a quarter of a pint of it fasting; or it may better be without the sugar-candy, if your stomach will bear it as well.

Repeat this for four or five mornings or longer, if you find occasion, and you will find it a perfect cure.

Another.

Another.

Powder two penny worth of saffron very fine, and double its weight of turmerick, grate a nutmeg, and as much egg-shell powdered as will lie on a half crown, mix all these together with an ounce and half of sugar finely powdered and sifted; then divide them into three parts and take one part in nine spoonfuls of white wine in a morning fasting and fast two hours after it; repeat this for three mornings.

Another.

Take celandine and yarrow of each two handfals; 40 earth worms, scour'd in ashes; pound these all together in a stone mortar; put them into a quart of ale or white wine, stirring all well together; then strain it and boil it gently and add to it four spoonfuls of the powder of hartshorn, and as much saffron dry'd and powdered as will lie upon an half crown.

Give the patient nine spoonfuls warm morning and evening for three days.

This is recommended as a never failing remedy, perhaps half the quantities of all the ingredients may be enough,

ICEING for CAKE.

Whip the whites of half a score eggs up to a froth, and to two pound of double-refin'd sugar sifted, add two grains of ambergrease and six spoonfuls of orange-flower-water, whip these together all the while the cakes are in baking, and when they come out ice them.

To ICE CREAM.

Fill tin iceing pots with any sorts of cream you please, either plain or sweetened, or you may fruit it; shut the pots very close; you must allow three pound of ice to a pot, breaking the ice very small; laying some great pieces at the bottom and top.

Lay some straw in the bottom of a pail, then lay in the ice, putting in amongst it a pound of bay salt; set in your pots of cream, and lay the ice and salt between every pot, so that they may not touch; but the ice must be lai'd round them on every side; and let a good quantity be laid on the top; cover the pail with straw, set it in a cellar, where no

sun or light comes, and it will be frozen in four hours time ; but you may let it stand longer ; and take it out just as you use it ; if you hold it in your hand and it will slip out.

If you would freeze any sort of fruit, as cherries, currants, raspberries, strawberries, &c. fill the tin-pots with the fruit ; but as hollow as you can ; put lemonade to them, made with spring-water, and lemon-juice sweetened ; put enough in the pots to make the fruit hang together and set them in ice as you do the cream.

To ICE LIQUORS.

For this purpose you must provide a kind of cistern in the form of a box, of a size convenient, but set out on the inside with tin moulds into which the liquors are to be put : when those moulds or other vessels have been fixt in this order on this cistern and covered with their respective lids, the remaining void spaces are to be fill'd up with broken pieces of ice, as also with several handfuls of salt strew'd up and down every where, and laid over the moulds by which means the liquors will effectually congeal.

There should be a hole made about the middle of its height, to give passage to the water into which the height dissolves by degrees ; lest it should overflow the mould : and besides you must also take care in time to break the ice that is first made on the surface, and to put salt again quite round the moulds to cause the rest to freeze.

Lastly when the liquors are serv'd up to the table, the china dishes and other cups are to be filled with these little pieces of ice.

To preserve GREEN JENNITINS.

Cut out the stalk and nose of the jennetins, throw them into cold water, set them on a coal fire till they peel ; then put them in the same water and cover them very close ; let the fire be very slack till they become green and tender ; then for every pound of apples allow a pound and half of sugar and half a pint of water ; boil the syrup, put in the apples and boil them fast, till they are very clear, and the syrup very thiek almost as a candy ; then put in half a pint or more of codlin jelly and the juice of a lemon, boil it till it jellies very well and put them in pots or glasses.

IMPOSTHUME is a swelling full of corrupt matter in some part or other of the body of human kind.

In order to make an imposthume suppurate, apply to it the dung of gossins that have been kept fasting for three days together, and then fed with pieces of eel fresh killed.

Or you may apply raw wheat that has been well chew'd; or a cataplasim made of the leaves of mallows or marsh mallows; bulbs of lilies and crumbs of white bread, all boil'd together and strain'd, with the yolk of an egg and a little saffron added to it.

But if the imposthume be very cold, you may add to the decoction of the cataplasim the roots of elecampane, lilly, walwort and briony, camomile flowers, melilot, onion, and some leaven.

To bring that hard bump call'd a *Felon* to suppuration, take raw wheat that has been long chew'd or wheat flour, the yolk of an egg, hony and hogs-grease; heat together and make a plaister of it to be apply'd to the place; or you may use sheep's dung steep'd in vinegar to mollify and dissolve it.

There is also used for imposthumes an ointment call'd *unguentum aureum* or the golden ointment, made as follows.

Take mutton suet, new wax, rosin, oil of olives, hony and turpentine, of each equal quantities; first melt the suet, then the wax in small pieces, and then put in the hony, oil and turpentine and strain the whole through a linen cloth, and keep continually stirring it till it is cold.

This ointment will draw cleanse and bring on the flesh.

For the ITCH.

Make an ointment with flour of brimstone and fresh butter or oil of olive, and rub the body with it morning and evening.

2. Make a decoction of ground ivy, boiling it in water and wash the body with it.

3. Take the yolk of an hard egg, and as much fresh butter as the yolk weighs, beat them together and apply them twice or thrice or oftener to the parts most affected with the itch, it will dry the scabs in such a manner that they will fall off.

This medicine will do the same in the small pox and hinder them from pitting. 4 Take the root of sorrel or of the herb wild patience which is mark'd with red spots, or of the
great

great coleworts, to be found in the field (the last of which is the best) pound one of these roots in a mortar with hog's grease in order to make an ointment of it, and rub the itching parts with it every evening going to bed. This may be us'd to children tho' never so young.

5. Take a pint of quick lime water and an ounce and half of brimstone in powder, infuse the brimstone in the water for some time, and then boil the infusion lightly and rub the itching parts with it.

But if the itch is malignant and sharp instead, of the brimstone you must put into the lime-water two or three drams of *Mercurius dulcis*.

7. Buy a penny-worth of itch powder, (some say at the Grocers; but more probably of the Apothecary) put about the bigness of a small pea of it in the palm of your hand; moisten this powder with a few drops of oil of olive, at night and rub both hands together, so much and so long till no more of the powder is to be seen, repeat this two or three times or till you have us'd all the powder, and all the itchy humour will come out and in a weeks time you will be quite rid of it, this is recommended as a certain remedy for any sort of itch.

Those that are troubled with the itch ought not to drink spirituous liquors, and to avoid eating of salt or spiced things; and should bleed, purge and bathe if the season will allow it.

If old people are troubled with the itch bleeding is necessary for them, and they should afterwards purge with senna and polypody, syrup of pale roses or peach, then let them be bath'd and rubb'd with the roots of wild patience, smallage and leeks boil'd tender and beaten with an equal quantity of fresh butter or hogs lard; or else let them take inwardly for nine days together fasting, a dram of flour of brimstone (tho' half a dram is enough for a child) in an egg or a roasted apple, or gooseberry jelly; or rub their legs and thighs with the flour of brimstone mix'd with hogs-grease or oil of olive.

For the ITCH, Scabs, &c.

Grind a quarter of an ounce of red precipitate on a marble stone, till it is as fine as flour of brimstone, mix this with an ounce of flour of brimstone, and work them up together with three ounces of butter without salt, as it comes from the churn; having mix'd them with the ointment.

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This does not check but draws out the distemper, and will make a compleat cure in a week or 10 days; but you must keep the house for that time.

GROUND-IVY is very absterfive and vulnerary, it is prescrib'd in almost all diseases of the lungs and breast; is also accounted good in the obstructions of the viscera. It is reckoned to do wonders in tubercles and tartarous hardnesses of the lungs. And its powder is highly commended by Dr. *Willis* in obstinate coughs, especially those of young children, and *Etmullerus* relates that he cured a maid of a scorbutick consumption, with nothing else but a decoction of this herb, after she had first taken a vomit.

JULY FLOWER or GILLIFLOWER-WINE

To five gallons of water allow 12 pounds of sugar, boil it on a gentle fire till about two quarts is consumed, scumming it as it rises, then having ready prepared two pecks of clove gilliflowers, the red flower leaves only, pour the liquor scalding hot upon them, and cover them close till the next day, and then press them with a screw press, and having toasted a piece of bread hard without scorching, spread some ale yeast on it while warm, and put it into the liquor into an open tub, till it begins to work or ferment; the next day after add a quart of sack and a pint of *Rhenish* wine, and put it up in a barrel for three weeks or a month; then bottle up and keep it in a cool place.

JUNIPER.

Many vertues are ascrib'd to juniper berries, as that they are good for strengthening the brain, refreshing the sight, easing the breast and preserving it from pain; expelling wind out of the belly and greatly comforting the stomach, and promoting a good digestion; they are good against the gravel and stone and provoke urine; they are also good against the gripes; they remove all inward languishments of the body and make persons cheerful.

It is also good in the gout proceeding from a cold cause; it expels poison by urine it forwards the *menfes*, is a preservative against all illness and pains.

Some steep them in white wine or claret and brandy in equal quantities for 24 hours till they swell up, and then dry them in a white linen cloth in the shade of some room,
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put them in a box and keep them for two years, and when they have a mind to use them they take from six to ten grains twice a week, morning an evening.

JUNIPER WATER

Take proof spirits six quarts, water three quart^s the best juniper berries six ounces ; distil and sweeten with half a pound of sugar.

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KERNEL *Water.*

Take a pound of the kernels of apricocks, pound them well reducing them as near to a powder as you can ; but take care that they do not run to oil ; take also the same quantity of the kernels of cherries, pound them in like manner, mix them well together and put them into an earthen vessel that will hold three gallons, then put in eight quarts of good brandy and four quarts of water, adding five pounds of powder sugar, and for every quart put in four cloves, four corns of white pepper and cinnamon in powder, as you think fit ; let these infuse for the space of 48 hours ; strain the whole through a bag till it comes as clear as rock water, and put it up for use.

KIBES is a foreness and rawness of the heels, and is most incident to country people.

For the cure take the leaves of nettlewort and also the roots, stamp them very well, and to a handful of these put a quarter of a pound of linseed oil and half an ounce of alum in fine powder, mix them well together over a gentle fire, and first of all wash the kibes in water and salt, and dry them and then bind on the prescribed medicine as a plaster or poultice.

The same medicine is also good for chilblains and corns, when newly cut.

But to heal broken kibes take the legs of a ram, dry'd and pounded to powder, mix'd with oil of earth-worms and linseed oil ; apply this three or four times, and it will effect a cure.

A KID Barbitued.

Take your kid, cut off the head and cut it in quarters as you do lamb, then raise the fore-quarters, and take the blade bones out and make a good farce-meat, and fill up the vacancies, then lard the tops with grois lard, then take out the flesh of the legs, leaving the skin whole, and stuff it with drie sweet herbs, force-meat balls, lumps of marrow and pistachoes, then cover it over with a caul, and roast all the fore-quarters, then take the head and cleave it whole as it is, take out the brains, and clean it well, fill it with force-meat and tie it up close, and boil it in a cloth, or bake it; then lay the head in the middle, and the four quarters round, sauce it with cullis of veal, gravey, shallots and champaine and a little saffron juice squeez'd in; garnish with water-creffes.

KIDNIES.

For an inflammation in the kidneys. The patient ought in the first place to fix an exact regimen, *viz.* abstain from wine, not eat any salt meats or high spices, or any food of hard digestion; or legumes, raw fruits, sallets or old cheefe.

The patient ought sometimes to take glisters, made of linseed oil, marshmallows, fenugreek, and cammomile; and this application ought to be repeated as long as his strength will allow it: he must also be without fail bled in the foot, and if his pain be violent, it will be proper for him to bathe.

Or you may dip a linnen cloath in a decoction of plantane gourd, lettuce, nightshade and althea. and apply it to his reins: Give him also gentle purges of mundified cassia or manna; and let his common drink be a ptisan of whey or barley and marshmallows.

In this distemper, great care must be taken that the patient do not take any thing that is too strong a diuretick, for fear of inflaming it the more.

When the corruption has been brought away from the reins, let the patient drink milk and honey for two or three weeks to compleat the cleansing of them.

An ulcer in the kidneys frequently happens when the abscess has not been well dress'd, or proceeds a very sharp matter proceeding from them or a humour in the leg, or liver very much heated.

An ulcer in the kidneys, may also be caused by some wound, contusion, food that is excessively hot, and piquant or other causes.

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The way of discovering, if there is an ulcer of the kidneys or not, is to observe if there be a pain in the *ribs*, accompanied with a heaviness, and toward the bladder, and the thicknets of the urine, full of small things, which look like hairs which runs without any stop.

If the kidneys be ulcerated the cure of that ought to be first attempted, and as soon as may be, or else it is likely to be incurable especially in aged persons.

As for the cure of ulcers in the reins; the first thing to be done is to allay the pain by very gentle remedies; in the second place, they are to be cleansed; and in the last place, they are to be healed or cicatrized.

You may allay the pain by administering purges of double *Catholicon*, with the compound syrup of succory, or syrup of roses; or you may likewise do it by vomit.

You may cleanse the ulcers with barley water with the juice of wild succory, the roots of mallows, marshmallows and linseed or of quinces, adding four ounces of white honey being added to a quart of this decoction; or else it may be done by a decoction of marsh mallows, mixt with an ounce of the oil of sweet almonds, ten grains of saffron, and eight grains of jusquiam in powder.

Give the patient this potion twice a week in the morning fasting, or else let him use the following drink at meals, mix a quart of wine with two ounces of honey, and two quarts of plantane water, of which let him drink whenever he has occasion.

The ulcer may be cicatrized by taking twice a week three drops of the oil of myrrh, 20 grains of aloes and 3 grains of saffron in powder, in an ounce of the oil of sweet almonds. The use of asses milk will also be very good; but the patient must not eat food either salt or spiced.

To purge the reins, let the patient drink in white wine, the small cups and tops of the plant called louse-burr (and in *Latin Xanthiaum*) reduced to powder. This will purge the reins of gravel; but it will operate sooner, if the powder be took in brandy.

A Salve for the KING's EVIL.

Pound a quarter of a pound of red lead, and as much white lead, reducing it to a very fine powder, mix it in a pint of fallad oil, add good mastich and frankincense of each an ounce; of bees wax an ounce, sliced thinly, *Burgundy* pitch two ounces; let all the ingredients be pounded, then

then first boil the leads in the oil over a gentle fire for a little while, stirring it continually while you are putting in the wax; let these boil for half an hour, being constantly stirr'd, then take it off the fire and stir it while the heat is abated, and then add the mastick; and set it not on the fire till it has done working: then give it a gentle boil and put in the frankincense; stirring it while it is off the fire as you did before; then set it on the fire again and put in the *Burgundy* pitch, carefully; then boil all together till it looks like pitch, then take it off the fire, keep stirring till it is cold, leave the stick in the middle off it, and the next day set it on the fire to melt the edges, then take it out and keep it in an oil'd paper for use.

Spread a plaster with this as big as the swelling and lay it on. If it gather to a head and break, wash the wound with warm vinegar, roll some lint in the salve being warm'd and mixt with an equal quantity of hony, spread also a plaster of the salve, lay the lint into the wound and the plaster upon that, after the corruption is out, and it will heal it.

This is an excellent salve and may be us'd for any swelling.

A drink for the Same.

Take of white archangel, two handfuls, of foreign sweet fennel-seed bruis'd one ounce; liquorice one ounce, boil all these together in two wine quarts of spring-water; till half of it be wasted, keeping it close covered; strain off the liquor and add two ounces of damask roses. Give the patient a quarter of a pint of this liquor for five seven or nine days together, spring and fall, as he finds agree with him, three times a day; in a morning fasting, at four in the afternoon, and at going to bed.

The KNEES are liable to several disorders, either from the intemperature of the liver, spleen or other parts of the Body, or sometimes from humours that distil from the brain, which cause weakness and great lassitudes in them in the nature of a rheumatism.

Sometimes they are affected with a too great heat and at other times with so extreme a cold, that it is difficult to get heat into them.

Fat and purly people are most liable to be affected with the last malady, and those that sit in moist rooms and live in marshy places, &c.

And

And if these humours disperse themselves into the legs, it will cause tumours and swellings in them.

As for the cure of these infirmities first for these that proceed from heat, let the party bleed two or three times, and purge with whey and cassia, or with double catholicon, dissolved in a decoction of agrimony and wild succory, or else mineral water or a half bath in which boil camomile, mallows, marsh-mallow, melilot, pellitory and violets.

This patient ought not to eat either too salt or spiced meats, nor chibbol, garlick, onions or leeks, and let them apply the following cataplasm; and they will find relief.

Take three ounces of barley meal, and an ounce of goats dung; but if that cannot easily be had sheep's dung, a pound of hony and five or six spoonfuls of vinegar; mix all together and apply it to the parts affected.

Another for the Same.

Take bean flour, fine bran, and camomile flowers reduc'd to powder of each one ounce, goat's dung two ounces; boil these in as much new wine, hydromel or oxycrate, which you have readiest at hand, till it begins to thicken like pap and then add to it three ounces of oil of camomile or oil of anet.

As for the coldness of the knees the patient ought in the first place to purge with manna, agarick, cocia or infusion of senna, rhubarb and syrup of roses, and apply a cataplasm made of old cheese, beaten with as much hogs-grease salted.

Or else let his knees be wrapped in oil cloth, after the manner of buskins, and proceed thus.

Take cloves, nutmeg and iris of each half an ounce; aloes, betony, myrrh and sage, of each an ounce; reduce them to powder together, and then melt as much white wax with nut oil as you have a mind to, and mixing them and the powder together, dip the linen into it quite hot.

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LADIES GLOVES.

TH E vertues of this plant are to warm and dry ; but it is also an opener ; the decoction of the roots in water are good against convulsions ; for shortness of breath and also for inveterate coughs, stoppage of urine, ruptures, and for the bringing down of the *menfes*.

Being reduc'd into powder, it is of a good scent, and is proper to be put among clothes to impart a good scent to them.

A cataplasm of its leaves are good against the head ache and inflammation in the eyes.

LAMBS.

It is not thirty years since lamb was a rarity at Christmases ; but now farmers have gotten the knack of bringing sheep to blifsom 10 months in the year.

The method at first taken for doing this depended chiefly upon afforting the sheep in different pastures and in the richest or what produced the most nourishing food ; because they will bring the sheep to blifsom sooner than others ; so that of consequence they must breed lambs according to the times of their coming to rut.

It is only necessary to observe what pastures afford the richest feeding at the different seasons of the year, or to give the sheep such provender a little before the time that you would have them blifsom, as may bring lambs at the times you would have them.

And for this purpose it is necessary to have lands of different kinds, some of a richer feeding than others ; but chiefly such lands as are high, short in grass, should be in plenty for common food ; where the ewes generally should run ; but the rams must never run with them.

They should only be put to the ewes that are fed a-part in different pastures for different seasons of breeding, and by this method the rams will always be in good heart and by being put to them in the same pastures will more naturally engage the ewe to blifsom.

There are indeed two months in a year, which are either too dry or too wet to encourage either ewes or rams to go to rut, the dry month is that when the grafs upon the high lands is burnt up; so that the sheep have not a bite of grafs or sufficient for their subsistence; at this time they must be put into such pastures as will afford them sufficient nourishment.

Some people esteem knot-grafs, the blades of onions, and leaves of turneps good; when they are to be had, but if a month happens to be wetter than ordinary, then oats, and good dry short hay are proper for them; and if they are in danger of the rots by great wets, they advise to rub their teeth before hand with a little bay salt and water; but if their gums and teeth are in good order, do not make use of salt and water; but let them have plenty of food and keep their fleeces dry.

Feed the ewes and rams together, giving them oats in troughs upon or near the ground, and layd in a dry place on the ground, for if they were to feed out of a rack, holding up ther heads, it would be an unnatural way to them; and then they must always have water by them.

If during the time they are thus fed, there happen to be a fair hour or two in a day, then you may suffer them to graze upon the shortest grafs and in best exposed grounds, and shelter them at night in a warm sheep-coat or under some very good shelter.

And in dangerous wet seasons, when they are in this dry way of feeding, put about an ounce of bay salt into three gallons of water, and it will be very helpful to them, as the salt mashes are to cattle.

Where sheep are to be put together purely upon the account of forcing them to couple; you ought to select the elder ewes and the rams of three or four years old, because the elder ewes come more easily to blissom than those that are very young, and the rams of this age that are acquainted with the rut, rather chuse the old ewes than the young ones, because they require the less wooing, as some farmers have observ'd.

If a person has good winter pasture for sheep, and that springs early in the year, he may let his ewes and rams run together through the whole year, to rut it about when they will; but if the pasture be only grafs in common, then the best time to put the rams to the ewes, is when deer generally go to the rut, that is about *July*.

But if he have only a run of sheep upon a common field among arable lands, then *Michaelmas* is time enough.

But in mountainous and rocky countries, that have no pastures or common fields, but only heathy grounds, it will be time enough to bring the rams and ewes together at the latter end of *October*, about *Simon* and *Judes-day* and that for the following reason.

The ewes go with young 20 weeks or year in the 20th. week ; and a ewe after yearning ought to have the benefit of fresh springing grass that she may have plenty of milk for the nourishment of the lambs, for want of which many lambs are lost : and for want of sufficient food ewes will sometimes forsake their lambs.

Of suckling LAMBS in the House.

In the bringing up lambs in the house, they ought to have warm places divided into stalls, that the lambs may be suckled with the more ease and conveniency, nor should too many be put into the house at the same time ; because if so, they will be apt to become *sett* or *Tot-bellied* (*i. e.* clinged up.)

If many lambs are to be suckled, they must be mark'd that you may know which has suck'd longest, and the *Bastard Ewes* (*i. e.* such as suckle the lambs of other ewes) and those must continue to suck at head (*i. e.* when a lamb sucks the first of the milk.)

Care must also be taken that what milk the younger lambs leave (if any) be suck'd by the older lambs.

If you have any dastard ewes, suckle your oldest lambs on them, beginning about 7 in the morning for the first meal, and at four in the afternoon for the second.

But if the bastard ewes have milk enough to suckle all your lambs at these meals, then put the lambs in only at noon and between nine or 10 a clock at night.

Clip the wool carefully off the tails and udders, that they may be kept clean from dirt, which they are apt to gather in the house.

If you have any twin lambs or dams that give little milk, let them be assisted by the bastard ewes.

When those lambs that suck at head on the bastard ewes have had their meal ; let the others that you design next at head clean those ewes of their milk.

The best food for lambs is flour, wheat or white pease in troughs ; and wheat straw or sometimes fine hay in low racks, but straw will render the flesh of a better colour.

Lambs require great care to be taken of them at the time of their young, for that not only the ewes do sometimes stand in need of help; but besides if either ravens or carrion crows do happen to fly over a pregnant ewe, when she is young; they will presently sieze on the lambs, and even before they are quite fallen, and pick out their eyes.

Violent thunders are apt to make ewes cast their lambs, if any of them happen to be singly abroad, as soon as a lamb has fallen it is proper to examine it, whether it be strong as it ought to be, for if it be not, it ought to be hous'd with the dam.

Some advise that upon the first falling of a lamb, to raise it upon its legs and to put it to the dam's udder, and if it will not then suck to milk it into its mouth: but this is found by experience to be very seldom necessary, unless not only the lamb be very weak indeed and the ewe too, and then they will both equally help; the ewe is first to be cherish'd with good, wholesome and necessary food, and that will enable her to give milk to the lamb; but if a ewe proves to be past help, then the lamb must be put to such another ewe; which if it refuses to do; daub his legs with hogs lard beaten up with a little milk or with fresh butter the last of which is the best: but first try it by milking into his mouth from that ewe you design shall suckle him.

The time of Gelding LAMBS for Weathers.

The males that are gelt will be larger than those that are not, and will endure more wet without rotting; than the other sheep of either sex, when the operation is over give them some chop'd hay mix'd with bran.

Ewes are more subject to the rot than rams, unless it be when they suckle lambs.

It is accounted to best time to geld lambs for weathers while they are under the dam, but not till they have gotten a little strength, and that soon after they are yeaned; for the wound will heal sooner while they are young than when they are grown more gamesome.

As to the Weaning of LAMBS.

If they are weaned too soon they will be weak and pine for the loss of their dams, but then the dams will have a better fleece.

When a lamb is to be kept for breed in a good common pasture, it may be wean'd at about 16 weeks old to make it strong, and the ewe will have strength and go to bliffom quickly; and when sheep are upon a pasture in mountainous rocky countries, they generally wean the lambs at about 12 weeks old, and milk them for five or six weeks; but these lambs are never so strong as those that are suckled the full time that the ewes will suffer them.

Male LAMBS are call'd the first year weather hogs and the females ewe hogs; the second they are call'd weathers, and the females theaves, when they are fit for ram especially from three years upwards, till their mouths break, and if they go on another year; the females are call'd double theaves.

Some reckon the best time for ewes to lamb, to be about the latter end of *April*, if pasture sheep, and so till the beginning of *June*; but if field sheep from the beginning of *January* till the end of *March*.

Some careful persons assist their ewes in *Lambing*, lifting them up upon their legs, immediately after they are brought forth, and first milk the ewes before they accustom the lambs to suck; accounting the first milk by no means good for the lambs; and these persons look upon such as neglect this to be no good managers of sheep; they likewise put the ewe and lamb together for two days, in order to keep them warm, and feed them for about four days with good hay and bran, and blanch their water with a little millet flour, allowing them good litter but this and other cares about them cannot be attended where there are numerous flocks of sheep.

About *Michaelmas* the lambs may be separated, *male*, and female, setting aside those design'd for rams, and gelding the rest: but as for such persons who have different pastures they may wean them at 16 or 18 weeks old, and so the ewe will take the ram again the better; but if the ewes be milk'd and the lambs wean'd before they are 12 weeks old, such lambs will never be so good as the other.

Some direct for the fattening of lambs, so as to yield double the price, to boil pease in milk, and having kept the lamb fasting a little; while the dam is in the field, to give the lamb some of it, and when he has chew'd and swallow'd them to put the end of his jaw into the milk and pease in an earthen pot or large wooden platter, and by this means

he will be induc'd to feed on them himself; but these are to be taken away when the ewes are hous'd or folded.

Some advise in order to have lambs early in order to fetch a good price, in order to make the ewe and ram couple to feed them every day with bread, half a pound of oats and hemp-feed.

As for the diseases of LAMBS.

If a lamb is sick, give him mare or goat's-milk with water and keep him warm: If weak and like to dye, when newly lamb'd, it is usual to open his mouth and blow into it, which has recovered many, in a little time after, and they have done well.

When you perceive lambs to be sick, separate them from their dams, and when they are seiz'd with a fever, give them some of their dams milk mixt with the same quantity of rain water.

If lambs are troubled with the *Itch* or sort of *Mange*, which is caus'd by their eating grass, before the dew is quite off; the distemper seizing on their chins; then bruise some salt with an equal quantity of hyssop and with that rub their mouth, palate and tongue, then wash the part affected with vinegar, and rub it with lard and rosin melted together, and it will cure.

To force a LEG of LAMB.

Slit a leg of lamb down on the wrong-side, and take out as much of the meat as you can, without cutting or cracking the outward skin; pound it well in a tray with its weight of good fresh suet; add to it a dozen of large oysters, a couple of anchovies, both neatly wash'd, and the anchovies bon'd; season with salt, pepper, mace and nutmeg, a little thyme and parsley shred fine; beat all very fine together and mix it up with the yolks of three eggs, fill the skin again with this stuffing and sew it up tight.

The remainder of the stuffing is to be fry'd for garnish, to the lamb, which is to be fricass'y'd as chickens are done; these are to be laid under the leg of lamb.

The leg of lamb is to be tied on the spit; because a hole would spoil the meat; but you may easily fasten the back to the spit with packthread.

In the fricass'y of this lamb add a little oyster liquor and fry'd oysters.

A Ragoe of LAMB.

Cut it into four quarters and lard it with slips of bacon of a middling size, give it something of a colour, and boil it in an earthen vessel with broth, salt, pepper, cloves, a bunch of sweet herbs and mushrooms; when it is ready; make a sauce for it of oysters fry'd with a little flour, a couple of anchovies and lemon juice; garnish it with fry'd mushrooms and serve it up to the table.

To fry a Breast of LAMB.

First cut it into large pieces, and put them into verjuice vinegar, salt, pepper and cloves, with chibbols or a bay leaf, and let them lie for four hours, then dip them into a clear paste made with flour, white wine and the yolks of eggs, and fry them with butter or lard.

To dress a LAMPREY.

Cleanse the fish from slime well with hot water, saving their blood; then cut them in pieces and stew them in an earthen pipkin with white wine seasoned, salt, pepper, nutmeg, burnt butter, a bunch of sweet-herbs and bay leaf; then put to them their blood which you saved with a little fry'd flour and capers, and garnish them with slices of lemons.

To dress LAMPREY with sweet Sauce.

Having as before clear'd them from the slime, stew them in red wine with salt, pepper, sugar, cinnamon, burnt butter; adding some lemon juice and a piece of green lemon when you serve them up to a table.

To make a LAMPREY Pye.

The lampreys having been first well cleansed from their slime and reserv'd their blood, put it into a pye of fine paste, seasoned with salt, pepper, beaten cinnamon, sugar, currants, dates and candy'd lemon peel; and bake it in a moderately heated oven, and when it is half bak'd, put in the blood and a glass of white wine; and before you serve it up put in some lemon juice.

LAMPREY *Pottage.*

Having cleansed them as before directed; cut them in pieces and fry them, with a seasoning of salt and pepper, and fine herbs chopp'd small in burnt butter; adding also mushrooms, pease soup strained, and a piece of a green lemon. Then dress them upon soak'd crusts, and sprinkle with juice of lemons when your are just going to serve them up to table.

To Pot a LAMPREY.

Season the lamprey with salt, pepper, and nutmeg; add a large onion stuck with cloves, and three or four spoonfuls of claret; put it in a pot, cover it with butter, and bake it; when bak'd take it out, and strain the liquor from it; pour off the clear butter, and putting it into a fit pan to keep it, add to it more, as much as will cover the fish: Then bring it to the table.

Take notice that all butter that is poured over potted things must be clarified.

LARDING, is done with slips of bacon which must be cut small and of a convenient length according to the meat or fowl that you would lard, in order for roasting; than having blanch'd it at the fire, pierce the skin with a small larding pin, and then stick in the thick ends of the slips of bacon, take out the pin, and the slips will stick in; take care not to lard one side farther than the other; setting them in strait rows and at equal distances.

LARKS *to roast.*

Pick the larks; but do not gut them, truss the legs with a leaf of red sage to every lark between the joints of the legs: then having the yolks of eggs beaten, with a feather dipp'd in them smear over the body of each lark, and cover it well with crumbs of bread; and having ready thin slices of bacon about three inches long, and an inch broad, lay the larks in a row side to side, with a piece of this bacon between every two larks. Then pass little spits about twelve inches long through the sides of the larks and the bacon, so that you will have half a dozen larks upon each spit, putting a piece of bacon on the outides of the larks

larks of every spit ; while these are roasting baste them well ; and serve them with the following sauce.

Fry grated bread crisp in butter, and having set them before the fire to drain and harden ; serve these under the larks, and garnish with slices of lemon.

Some have silver spits, and serve them up to table upon the spit, by which means they keep hot the longer. They may be eaten with the juice of lemon with the fry'd crumbs of bread ; but some likewise eat them with the gravy sauce. directed for a roasted turkey. *Which See.*

Though the guts are left in the larks yet they are not to be eaten.

Another way.

Pluck them, skin their heads, but do not draw them ; lard them, skewer them, tie them on a great spit and roast them, and then strew them with crumbs of bread reduc'd to a powder, and a little salt ; lay a toast under them, and make a woodcock sauce for them.

To put LARKS into a Ragoe

Draw the larks, fry them in lard with a little flour and afterwards stew them in an earthen pan in broth with white wine, dates cut into pieces candy'd lemon peel ; salt, pepper, cinnamon, pistachoes and prunelloes ; adding lemon juice when they are ready to be serv'd up to table. You may garnish with the same things, and serve it up with sweet sauce.

LAVENDER, The same vertues are by some ascrib'd to lavender as to spikenard ; and the use of it is more agreeable, if it be put among cloths and linnen, it will give them a good scent, and preserve them from moths.

A water distill'd from lavender flowers, is odoriferous, and is good against the falling sickness in the temples and forehead, as well as against apoplexies and the lethargy : It is a sovereign remedy for oppress'd nerves, lassitudes and other indispositions that proceed from cold causes ; and for this reason it is used in making baths, and fomentations for apoplexies, convulsions, palsies, and the like distempers. a couple of spoonfuls of the water distilled from its flowers will remove faintings and disorders of the heart.

Its flowers with cinnamon, cloves and nutmegs, will cure the panting of the heart.

An oil extracted from lavender, dries up catarrhs, by rubbing the nape of the neck with it. It is an excellent medicine. A conserve of them will have the same effect for convulsions, and the numbness of the nerves.

LAUREL, The *Cherry Laurel* or common *Great Laurel*. The leaves and berries of this laurel are of an incisive and dissolving nature, they expel wind, provoke urine, strengthen the nerves and brain, and forward the *menfes*,

The *Alexandrian LAUREL* is of a hot quality, being drunk in any liquid it provokes urine, and promotes the *menfes* in women, and is very helpful to women in labour, six drams of the root being drank in some sweet wine.

It is also very helpful to those that make water drop by drop; but will occasion the pissing of blood.

The leaves being bruised and applied to any part, that has been stung with bees, cures; and if they be taken in drink will provoke to vomit.

The seeds are hotter than the leaves, and being pounded and mixt with honey, or a thick confection of grapes are good against cold catarrhs and asthmas.

The juice of the seeds mixt with an equal quantity of old wine, and oil of roses, cures pains in the ears.

There is an oil made of them which has all the same virtues, and besides it is softning, dissolving and opening; and therefore is good against all cold defluxions of the joints, stomach and back bone, for the palsey, trembling, liver, spleen, reins, and womb.

If it be used in a clyster it is a good remedy against the wind cholick.

LEMON CAKES.

Pound and sift two pound of double refin'd sugar very fine, wet it with lemon juice, and boil it almost to a candy height, then drop it on plates; and set them in a warm place till the drops will slip off the plates.

You may if you like it shred some of the peel very fine, and boil up with one half; but then you must add fresh juice to that, or it will be too thick to drop neatly.

LEMON

LEMON CREAM.

Pare six smooth lemons, squeeze them ; cut the peel in small pieces, and put it to the juice, letting it lie for two or three hours close covered ; and when it tastes of the peel, add to it the whites of eight eggs, and the yolks of four ; beat these well with four spoonfuls of orange-flower-water ; then put all to a quart of fair water ; strain it and sweeten it with double refin'd loaf sugar ; set it over a gentle fire, and stir it carefully, till it is as thick as cream ; put it into jelly glasses.

LEMON JELLY.

Rasp the rinds of half a dozen lemons, into a quart and a quarter of a pint of spring water, let them lie for an hour : In the mean time beat the whites of 8 eggs well, and three quarters of a pound of sugar and the juice of six lemons ; when the sugar is melted, strain it through a thin sieve or strainer ; then tye a little turmeric up in a muslin rag, and first lay it in a spoonful of water till it is wet, then squeeze out a little into the jelly to give it the colour of a lemon ; but make it not too yellow.

Set it over the fire, scum it well, and when you find it jelly put it into glasses ; it will not be amiss if it be allowed to have a boil.

LEMON or CHOCOLATE PUFFS.

Beat and sift very fine, a pound of double refin'd sugar, into which grate the rinds of two large lemons ; then having whipt up the white of a couple of eggs to a froth and wetted it with the froth, till it is of the stiffness of good working paste ; lay it upon papers, and bake it in a very slack oven ; lay some round and some long.

If you do it with chocolate, grate in two ounces as you did the peel.

LEMON WINE

Take three gallons of water, and six pound of sugar, (and if you would have it stronger and fit for long keeping) beat up the whites of two eggs and mix all together ; boil these for an hour, keeping skimming it constantly as it rises, then take it from the fire and let it by till it is
luk-

lukewarm ; then put it into an open headed cask, with the juice of 23 lemons pass'd through a sieve, and all the rinds pared very thin. Put to it new ale yeast to let it a working, which let it do for 24 hours or longer (if you please two or three days) then having taken off the yeast, put it up into a cask, and when it has done working, stop it up well, and let it stand for two months, then bottle it, and in a month it will be fit for drinking.

This wine made with this quantity of liquor, it will keep a year or more.

LEMON WATER

Take half a dozen large lemons, pare them very thin, infuse the peels in three quarts of brandy for six or seven days.

Boil two quarts of spring water, with a pound of double refined sugar to a thin syrup, scumming it clear, then add a little cinnamon, with five or six cloves, two large blades of mace, and a little nutmeg ; boil these a little longer till they have given it a fine flavour ; then set it by to cool, and if you please pass it through a jelly bag while hot, mix both these liquors together when the former is quite cold, and bottle the mixture.

This is a pleasant cordial, and may be used in all cases where a cordial dram is required.

Orange water may be prepared after the same manner.

LEMON or ORANGE Water.

Take proof spirits six quarts, water three quarts, lemon or orange peel half a pound, distil and sweeten with three quarters of a pound of fine sugar.

To make LEMON WAFERS.

Put fine sifted sugar into spoons, colouring each spoon with a several colour ; wet it with the juice of a lemon ; this is to paint the waters, cut little square papers of very thick but very fine paper ; then having wetted a spoonful of sugar with the juice of lemon, so that it is pretty stiff, hold the spoon over the fire till it grows thin, and is just scalding hot, then put a tea spoonful on the paper, spreading

spreading it equally all over the paper very thin; then having scalded the colours, paint them of what colour you have a mind to.

When you perceive it to grow dry, pin it at the two corners, and when they are cold, and you have made as many as you design, put them in a box, and set them a day or two by the fire; then having wetted the papers with your finger dipt in water on the outside; let them lie a little, and the papers will come off.

You may make the colours as follows: The red with carmine, the blue with smalts, the green with powder called green earth, and the yellow with saffron steeped in lemon juice.

LETHARGY. It may be known, when a person is threatened with this distemper, by his head beginning to tremble, he grows sluggish, perceives a stupor upon himself and is incline'd to sleep, &c.

When a person perceives these symptoms he should presently set about the using a moderately dry and hot regimen, bleed twice or thrice, and purge.

For the cure, take six grains of *Crocus Metallorum*, a dram of cinnamon, ten grains of cloves, in four ounces of white wine; let these infuse all night, with half an ounce of sugar; filtrate it, and let the patient take it in the morning fasting for two mornings; and let him also take the following sneezing powder.

Take bettony, laurel, sage, tobacco, orange and lemon peel, of each equal quanties, reduce all into a fine powder, and let it be taken morning and evening.

Other Remedies are.

Spirit of tobacco, the dose is from two drams to six.

The oil of *Guajacum* rectified, the dose is from two drops to six.

Syrup and emetick wine, the dose from half an ounce to two or three a ounces.

The volatile spirit of sal armoniack, the dose from six drops to twenty.

Extract of Balm gentle, and carduus benedictus, the dose from a scruple to a dram.

The volatile spirits of vipers, hartshorn, ivory, urine, &c. the dose from six grains to sixteen.

Also all medicines good against an apoplexy, are also good for a lethargy, and are useful in an epilepsy and palsy.

LETTICES are good for the stomach, are nourishing, and composing to sleep; they open the body; but an immoderate use of them is prejudicial to the eye-sight and damp the natural heat, so as to render incapable for copulation; they should therefore be eaten rather boil'd than raw, and also mixed with taragon, rocket, onions, garlick, &c. and it is proper to drink good white wine after them; but if they be washed, one of their best qualities is taken away.

They should not be eaten by phlegmatick people, or that either spit blood, or have a disposition to it; however they cool the heart, soften the belly, and breed good blood; the juice of them mixt with oil of roses allays the headache, and will compose people in fevers, their forehead and temples being rubb'd with them.

They are used in gargles mix'd with pomgranate juice, for imposthumations in the throat.

The seed being steep'd in water, in which red hot steel has been quench'd, with a very little pulverised ivory, is sovereign for the whites in women, and being taken in emulsions, are good against heart in urine.

To dress a LEVERET.

Lard one shoulder and the leg, and let the other remain in its natural condition; then roast it, and serve it up, with sweet sauce, or else with vinegar and pepper, and garnish with a marinade.

When you roast leverets, you ought to embroe them with their own blood, as well as hares, and to lard them with thin slices of bacon; and they are commonly eaten with pepper and vinegar, or with sweet sauce made of sugar, cinnamon, pepper, wine and vinegar.

To dress a LEVERET after the Swiss way.

Cut her into quarters, and lard with slips of bacon; boil them in broth with a little wine, season'd with salt, pepper, and cloves; then fry the liver and the blood with some flour and mingle all together, adding a little vinegar, ston'd olives, capers and lemon slices for garniture.

LEVERET *Pottage after the Italian way.*

Cut the leveret into quarters ; lard with slips of bacon, then fry them with lard, then stew them in good broth, with a little white wine, salt, cinnamon, lemon peel, currants and dates.

Then dress the whole mess upon soaked crusts, and serve it up to table with lemon juice, garnishing with slices or kernels of pomegranate.

To kill LICE.

These vermin may not improperly be called a distemper, for the manner of peoples living contributes to the breeding them, as slothfulness and uncleanness, and the omission of clean linnen.

So that this distemper may happen as well to the rich as the poor, by their intemperance and irregular living ; lice proceeding from much corrupted moisture, which nature sends forth thro' the pores of the skin.

The way to be freed from this vermin, is to alter their conduct, be bled twice or thrice, be purged as often as there is occasion ; and let them rub themselves with the following pomatum.

Take an ounce of the juice of scabious, three drams of the powder of white hellebore, two ounces of turpentine, and the same quantity of hogs-grease.

SYRUP of LIFE.

This medicine is effectual in prolonging life, rostering health in opposition to all distempers ; dispels the heat of the bowels, heals decay'd lungs, of which if there be no more than a small part left, the rest having been wasted, it will not only preserve that which is found but also restore the infected part.

It is also a preservative against the gout, is soveraign in pains of the stomach, dizziness, megrims, sciatica ; and in general in all inward disorders.

It is affirm'd that if but one spoonful of this syrup be taken every day, the person shall have no occasion for a physician or apothecary but may spend his life in good health ; for it will not suffer any ill humours to remain in the body but will expel them all.

To prepare this Syrup.

Take four pounds of the juice of the herb mercury, pound of the juice of borage, *viz.* from the tops of the leaves; six pounds of the best hony, boil it all, scum, strain and clarify it.

Also infuse two ounces of gentian roots slic'd in a pint and half of good white wine over hot embers for 24 hours, stirring it often; then put in the infusion above mentioned, and boil the whole gently together to the consistence of a syrup.

You may, (if you please) infuse four ounces of garden flag root with the gentian in the white wine.

LILY is a flower whose parts are endow'd with several sovereign virtues; the roots, fry'd and roasted, and afterwards bruis'd in oil of roses are good to cure burnings; if pounded with honey, it is also good for cut nerves and dislocations; for cleansing ulcers, curing the itch and the mange.

It will render the face beautiful, take away wrinkles and extend the skin; so that is fit for the use of ladies, preferably to any thing else, because tho' it is a beautifier, it will not be prejudicial to the skin if us'd even to, and in old age.

The juice of the roots of lilies boil'd in a brass pot with some honey is an excellent medicine for the cure of old ulcers and green wounds.

The seed of lilies being drank in wine or some other liquor is a very good remedy against the stinging of serpents; the leaves and the seeds being made into a plaister cures St. *Anthony's* fire. The parts of this plant are endow'd with so many virtues that it would be tedious to enumerate them.

LIME TREE.

The medicinal virtues are, as follows; the berries reduc'd to powder are good for the cure of a dysentery, and to stop the bleeding of the nose; the distill'd water of them is good against apoplexies, epilepsies, trembling of the heart, gravel and vertiges.

LINNEN *Scorching or Staining.*

If the scorching has not gone too far, boil two ounces of fullers earth in half a pint of white wine vinegar; the same quantity of castile soap, and a quart of fair water, with two
onions

onions quartered and half an ounce of hen dung, till it begins to grow stickish; then set it by to cool, and when it is in a sort of jelly, put in a little starch and white wine, spread it upon the scorch'd part of the linen, and if it be but slightly done, it will soon recover it, but if the linen is stained, take two ounces of Castile soap, boil it to a jelly in a quart of milk, preventing it from curdling; and if the linen has been stain'd by fruits or the like, spread it on as you do fullers earth, and suffer it to lie on all night, and when that is taken off, wet the place with the juice of a lemon and the stains will soon disappear.

POMATUM *for the LIPS.*

Take an ounce of the oil of sweet almonds, extracted without the help of fire, and a dram or rather more of mutton suet, fresh kill'd; adding to it a little orkanet to give it a colour; boil all these together and the pomatum is finished.

You may use the oil of jessamin, instead of the oil of sweet almonds or that of some other flower, if you would have the pomatum finely scented.

Another POMATUM *for chopp'd LIPS.*

Take four ounces of fresh butter, the same quantity of black grapes peel'd; two ounces of new wax and half an ounce of orkanet; set all together upon the fire till the wax and butter is melted, then strain the mass through a linen cloth, and apply this pomatum on the chopt lips at night when you go to bed; this is likewise good for hands and corns.

LIQUOR *to make, that will give a Wine Taste to all Sorts of Liquors.*

Take what quantity of clary flowers you please, pound them grossly, putting to them as much lees of wine as will wet them; then let them lie and macerate for some days; then distil and rectify them thrice on the flowers, and if you put some drops of this distillation into water or some other liquor, it will make it taste like muscadine.

To make a LIQUOR that is as good or rather better than white Wine.

Take good white grapes, squeeze the juice, and take out the seeds, which throw away; of which put about a hundred weight into a half hogs-head, *Paris* measure; to these add of cinnamon, cloves, ginger in long pepper and nutmeg in powder, of each half an ounce; and of mustard seed an ounce and a half; then fill the cask with the mass made with the grapes newly squeez'd or trod; but do not fill the hogs-head by near a foot and stop the bung, cut a little hole in the middle in the form of a G, that so the spirit of the wine may exhale as little as may be in the working, and when it has done working and is settled a little, you may draw it and drink it; and fill up the vessel again with good clear water in the same proportion as you draw the wine.

You must have a cane that passes cross the hogs-head, and is pointed at the end, that so may it pass down to the bottom; and you must bore holes through it at certain distances with a gimlet that so the water may pass through these little holes and mingle with the wine.

You must stop the lower end of the cane, which is the smallest, and which should be pointed, with a stopple or some wooden peg, and the upper end which is near the bung of the cask must be stopp'd with a piece of linen cloth, paste or paper, and the hole afterwards stopp'd with a cork or something else to prevent the air from getting into the hogs-head.

Through this cane you are to pour in water with a funnel in proportion to the wine that you draw out; and it is made use of that the water that is put in may not trouble the wine, and that it may penetrate every way into the hog's-head, and be well mix'd with the wine.

But when you put in water you must not draw of it till after it has stood 24 hours.

Nor must you put in more than a hundredth part of it at a time, that the wine may not be weakened too much at a time and put in the same quantity in the lieu of it, and even a little less; and by this method it will grow as strong as it was before; till you perceive it grows weaker; then forbear to put in any water.

De LORME's RED LIQUOR or BROTH.

Take agrimony, borage, bugloss, dandelion, dog-grass
sorrel, strawberry plants, of each one handful.

The roots of these may be used when the herbs themselves cannot be had, and they are better than the herbs themselves.

Boil all these for two hours and more in an earthen vessel that will hold five quarts and upwards of water, and when you have drunk this water, you may put in more, and the second seems to be as good as the first.

Take notice that the roots must not be always left in the water, especially in summer time; for then the water will be apt to grow sour.

After the pot has been taken off the fire, pour a pint of water into it, and so leave it without any more boiling; and by this means the bitterness of the herbs will be taken off.

This may be drank in the morning fasting and before supper, provided it be four hours after eating.

Dr. *De Lorme* who us'd this medicine liv'd to the age of 104 years.

Dr. *St. Catherine's* LIQUOR of HEALTH.

Take three pints of the best oats, cleanse them well and wash them and, having also a pennyworth of wild fuccory root, fresh gathered (which is about a small handful) boil them together in six full pots of river water for three quarters of an hour, boil it but moderately; then add half an ounce of mineral chrystal, and two or three spoonfuls of the best eating hony; boil all together for about half an hour, strain it and put in an earthen pitcher and let it cool.

Two handsome glasses of this water may be every drank morning fasting and the same quantity in the afternoon 2, 3, or 4 hours after dinner; and this may be continued for 14 or 15 days, and the party may go about his business as usual.

The Author took this remedy three times a year, *viz.* before the coming in of winter, about Easter and in the hottest time of summer; by vertue of which he is said to have liv'd to almost 120 years.

LIQUORISH:

The juice is thickened as *Lycium* is, and is very good for
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the asperity of the throat; but you must not suffer it to dissolve under your tongue.

It is very good for pains in the stomach, breast and liver; if it is drank in boil'd wine, it cures itchings in the bladder and pains of the kidneys; the juice of liquorish when dissolved quenches thirst, and it is good to be apply'd to wounds: the decoction of the root when fresh, serves for the same purposes as above.

To dress the LIVER and CROW of an Hog.

Take these with the sweet-breads soon after the hog has been kill'd, cut the liver in pieces, twice as big as a walnut; but not in thin pieces (as most people do) for then they will become hard in the dressing.

Also cut the crow and sweet-breads into slips about the breadth of two fingers: then par-boil the pieces of liver and having ready a thick batter of flour, water and eggs, season'd with a little salt; and having also some red sage shred very fine, grated bread and beaten pepper, mix all these latter together; and having heated butter or lard very hot in a frying pan dip the crow and sweet-bread in the batter; and immediately dip the pieces of liver in the mixture of bread, sage, &c. and put them into the pan.

When the meat is enough, set it to drain before the fire, and then dip the bits of liver into the batter; and after that into the crumb bread and give them a turn or two in the pan over a quick fire: then drain them also and serve them up hot with butter and mustard.

LIVER-WORT or HEPATICA

It is a plant of astringent and vulnerary qualities, and applyed to the sores of the *Hæmorrhoids*; it also good in diseases of the lungs, such as asthma's, and an inveterate cough; as also for tetters, and other cutaneous distempers.

LIVER-PUDDINGS.

Boil a pound of hogs liver, grate it fine; add a pound of marrow or beef suet shred so fine as to go through a cullender, and grate also the crum of a two penny white loaf; boil a quart of cream with a blade of mace, sweeten it with sugar, grate in a nutmeg, mix all together; beat half a dozen eggs, add a little salt, and a spoonful of orange-flower-water;

water ; all which being well mixt together, fill the skins : If you would add currants, they must be first plump'd.

LOATHING of MEAT, &c. in Swine.

Sometimes swine not only will loath their meat ; but will vomit it up again ; and tho' it is not mortal, yet has this ill effect to reduce them very much in their flesh. To correct this : Give them raspings of ivory or harts-horn dry'd in a pan with salt, and mix'd with their meat, which should be either ground beans and ground acorns, or if these are wanting, give them barley indifferently broken in a mill and scalded with the things above-mentioned, or you may give them madder mix'd with their meat.

To make LOBSTER LOAVES.

Take three small lobsters, pick out all the meat, shred it a little ; brown a piece of butter with flour in a sauce-pan ; then stir in a small quantity of onion, and parfly three times as much as onion very finely shred, and put in a little pepper, a spoonful of anchovy liquor, three or four spoonfuls of gravy, the yolks of three eggs well beaten ; stir all these over the fire in the brown butter ; then put in the lobster and stir them together a little ; then having three *French* rolls, cut a round piece out of the top of each and pick out the crum ; but take care not to break holes through the sides of them ; fill up the hollows of the loaves with the former mixtures : then stop the holes with the pieces you cut out, close them and tie them round with pieces of tape.

Then having made some dripping boiling hot in a frying pan ; just dip the rolls in milk and throw them into the pan full of scalding fat : as soon as they are crisp take them out, unbind them.

After the same manner you may make shrimp or other loaves.

LOBSTER-PYES.

Boil the lobsters, pick them out of the shells : slice the tails and claws thin ; and season them with pepper, a little mace and nutmeg beaten fine ; take the bodies with some oysters, shred fine, and a little grated bread ; and season it as the rest ; then take the yolks of raw eggs to make it fit to be roll'd up in balls ; lay all into the pye with butter at the

bottom and top of the fish; and set it into the oven; when it comes out pour in a sauce of strong gravy, oyster liquor, and white wine thickened with the yolk of egg. This is to be eaten hot.

LOOSENESS.

Boil two drams of *Ipicacuana* in claret and water in equal quantities, till more than one half is wasted; strain and add to it a spoonful of oil, and give it in a glister to the person afflicted. This is a quantity for a strong man; for a weak person or a child the quantity of *Ipicacuana* must be less.

This has cur'd the most violent illness of that sort.

Another.

Take an ounce of cinnamon and as much ginger; slice both small and strew it on a chafing dish of coals, over which let the patient sit as long as the fume lasts.

For a LOOSENESS and BLOODY FLUX.

Put the yolks of two new laid eggs into a glass of strong cinnamon water, brandy, rum, rosa solis or any spirituous liquor, and drink it all up, tho' these hot things are not so proper to be us'd; but in the greatest extremity; because chewing of rhubarb is as certain and carries off the cause.

Another for the Same.

Take a quart of new milk, set it on the fire, till it boils, then scum it and let it boil more, then scum it again as long as any scum will rise; let it stand till it is almost cold, then put into it a pennyworth of *aqua vita* and let it stand, and it will jelly, and if it be set in a cool vessel and place, it will keep good two or three days.

Another.

Grate and pound three nutmegs very fine, and take their weight, in cinnamon and pound it as fine; then make it into a moist paste with a new laid egg; make the mass into little cakes and dry them in a shovel over a gentle fire, eat in the morning fasting, a piece about the bigness of a half crown,
and

and another at four in the afternoon, and a third going to bed.

For a LOOSENESS and GRIPEs.

Take one dram of *Venice* treacle, three drops of oil of juniper and as many of oil of cinnamon, which mix with 20 grains of rhubarb; make this into a bolus and take it at night when you go to bed.

The next morning while it works drink warm posset drink in which mallows have been infus'd.

This has effected cures, when the case has been very dangerous.

Another for the Same.

Infuse a pound of poppies in half a pint of spirit of wine; of this take a large spoonful with 6 drops of oil of juniper in a glass of cherry water, sweetened with double refin'd sugar.

This will give ease in extreme pain.

The oil and sugar must be first mixt together before it is put into the liquor, or it will not mix.

Another.

Boil a large spoonful of plantane seed in half a pint of spring-water till it comes to a quarter of a pint strain it, sweeten it with double refin'd sugar and drink it all up.

Repeat this, if there be occasion, tho' it often cures at once.

LOVAGE.

The herb, root and seeds are accounted of a hot quality: the seed is good in distempers of the bladder, reins, and spleen; the root being drank in some liquid is good against the stinging of adders. It is also good for a cough and asthma and provokes urine.

LUCATELLUS BALSAM.

Take half a pound of yellow wax, melt it in a little canary wine, oil of olives and *Venice* turpentine wash'd in rose water of each three quarters of a pound, boil them until the

wine is evaporated, and set it up till it is almost cold, and then stir in an ounce of red faunders and preserve it for use.

This is the way that it is commonly made, but Dr. *Quinsey* objects against the melting the wax in canary, as also the washing the turpentine in rose water, as not availing any thing as to the goodness of the medicine; and therefore that if the materials are all good in their kinds, he advises that as soon as the wax and turpentine are melted to stir in the faunders without any boiling at all.

And as to the faunders it self, that it answers not any end as a balsamick neither internal or external, and if it be put in only for the sake of colour this may be better done by boiling dragons blood in the oil for some time and keeping it from burning, it may be brought up to what degree of colour, and that a more elegant red than the faunders will produce; which last way is us'd in some of our hospitals.

This balsam is recommended for an internal vulnerary, and is good in such coughs as give reason to suspect tubercles and ulcerations in the lungs and also for all internal decays from the like causes whether seated in the breast or any other part.

It is also good for accidental bruises and inward bleeding.

It is good in cleansing and healing greenwounds and ulcers that are not of too long standing; but that made without faunders in the latter cases is best, that being a vast prejudice to the wound, rather fouling than cleansing it.

The dose given inwardly is from one to two drams at a time with a little sugar or some pleasant conserve.

A LUMBER PYE.

Take a pound of lean veal free from strings, shred it very fine, season it with salt, pepper, cloves and mace powdered; sweet herbs dry'd and powdered, lemon peel grated; to which add a little lemon juice, five or six buttered eggs and three large spoonfuls of grated bread. These ingredients being well mix'd together and made into a paste or as forc'd meat for balls about the size of small walnuts; then take two or three large veal sweet-breads and cut them in pieces, and having ready a pint of mushroom buttons well clean'd, and the yolks of eight hard eggs cut into halves, also a dozen of cocks combs well scalded and clean'd cover the bottom of a dish with good paste, lay these with a seasoning of salt and pepper, laying bits of butter on the paste at the bottom.

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You may if you please put in half a pound of currants, having laid the meat and all in lay over it a quarter of a pound of marrow and about six ounces of butter, and then close up the pye.

Just before it is set into the oven, half a pint of water must be put into it, and when it comes out half a pint of white wine warm'd, and serve it up to table hot.

For LUNACY or MADNESS.

Boil three large handfuls of ground ivy shred small, in two quarts of wine, till there is but one third part remaining; then strain it and add to it six ounces of the best sallad oil; boil it up to an ointment, shave the patients head, warm this ointment and chafe his head with it.

Then take fresh herbs bruis'd and apply them plaister-wise, tying it on the top of the head very hard.

Repeat this every other day 10 or 12 times; and give the patient three spoonfuls of ground ivy every morning fasting in a glass of beer for the first 10 days.

This is Dr. *Wadenfields* remedy with which a person is said to have cured 60 lunatick persons.

The Distemper in Swine call'd the LUNGS.

This distemper which some farmers call *Lungs* others call thirst.

It proceeds from want of water, nor are they ever subject to it but in summer time; or where water is wanting.

The remedy is to give them water fresh and frequently, or else they will be apt to have an over-heat in their liver, which will cause this distemper, and when affected with it the cure is to pierce both ears of the hog and to put into each hole a leaf, and stalk of black hellebore, a little bruised.

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MACAROONS.

SCAL'D and blanch a pound of almonds and blanch throwing them into cold water, then drain them, wipe them, and dry them in a mortar, moistening them at the same time with a little orange-flower-water, or the white of an egg, that they may not oil; then pound them again with a pound of powder sugar, and the white of three or four eggs, having pounded all well together, dress the macaroons on paper with a spoon in order to be bak'd with a gentle fire; when they are half done, you may ice them over if you please.

MACKEREL, *to dress.*

Salt them, slit or cut them a little along the back, to make then take salt, with oil, pepper, fine salt and fennel.

They may be also wrapt up in the same green fennel in order to be roasted while a sauce is preparing for them made with burnt butter, fine herbs chopt small, salt, nutmeg, fennel, capers, scalded gooseberries, and a little vinegar, and serve them up to table garnished with slices of lemon.

To PICKLE MACKEREL call'd Caveach.

Divide the mackerel into five or six round pieces, allowing for the seasoning of half a dozen fish, a handful of salt, one ounce of beaten a pepper, three large nutmegs, and a little mace, mix the spices and salt well together, and having cut two or three holes in each piece, thrust in the seasoning with your finger; and rub the pieces all over with the seasoning, fry them brown in oil, and set them by till they are cold; then put them into vinegar, covering them with oil. If they are well covered they will keep good a great while.

MACROBIAN FILLS *or Pills for prolonging Life.*

Take eight ounces of the best aloes, four ounces of gum mastick, and two ounces of English saffron, and six ounces of myrrh;

myrrh; extract the aloes and saffron with brandy, and the myrrh and mastick with the best spirit of wine; join these extractions, which must be by a *Balneo marie*, filtered, evaporated and distill'd.

When the spirits grow thick and are covered with a good pellicle, let the vessel cool, then take it out of the furnace, and pour it into a glaz'd earthen vessel, and set it on the fire to evaporate, or in the sun, and with a stick stir about the water that subsided under the said skin, then make it up into pills of the weight of 3. 4. 5 or 6 grains.

Of these take one in the evening just before you eat the first bit of supper whether it be bread meat or pottage.

This will keep the body open, so that the person will have a stool every morning. It will destroy superfluous humours, strengthen the natural heat and all the internal faculties, and prolong life.

These pills are not to be taken oftener than twice a week.

For the BITE of a MAD DOG.

Take balm, betony, the lesser centaury, comfrey, mint, St. John's wort, plantain, polypody, the leaves of rue, the lesser sage, vervain and common wormwood, of each equal quantities; let them be gathered in the month of *June* ty'd up in bundles, and wrapp'd up in papers, and hung up to dry in a shady airy place; and when you would use them, reduce them into a fine powder by pounding and sifting them through a lawn sieve.

Give the patient from two or three drams of this powder with half a dram of the powder of vipers flesh, in a glass of good white wine in a morning fasting, for 52 days running.

If the bite has been near the head or face you must double the dose.

This is the *French* method, which cautions the washing the wound with water, contrary to our *English* practice of going to the sea for that purpose.

But since it is necessary to cleanse the wound from the foam and blood, it will be best to wash it with camphorated spirit or spirit of myrrh.

Another for the Same.

If you can procure the liver of the dog, dry it and powder it

it immediately, and give the quantity from three to six ounces of it in wine, fyrup, or any vehicle in which the patient can take it best.

Let this be done, if possible within 24 hours.

This is recommended as the best medicine yet discovered for that malady.

Dr. MEAD's Receipt for the Cure of a Bite of a MAD DOG.

Let the patient be blooded at the arm, 9 or 10 ounces. Take of the herb called in Latin, *Lichen cinereus terrestris*, in English, *Ash-coloured Ground Liverwort*, clean'd, dry'd and powdered, half an ounce; of black pepper powdered, two drachms. Mix these well together, and divide the powder into four doses, one of which must be taken every morning fasting, for four mornings successively, in half a pint of cow's milk warm: After these four doses are taken, the patient must go into the cold bath, or a cold spring or river, every morning fasting, for a month; he must be dipt all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold: After this he must go in three times a week for a fortnight longer. The *Lichen* is a very common herb, grows generally in sandy and barren soils all over *England*, the right time to gather it is in the month of *October* or *November*.

MADDER. The decoction of the roots of this plant, reduc'd to powder and taken to the weight of half a dram, provokes urine and womens *menfes*; and being boil'd in hony-water, removes obstructions of the liver, spleen, kidneys and womb; and is an infallible remedy for the overflowing of the gall.

The branches and leaves being pounded and taken in wine is good against the stinging of serpents; the root being apply'd will help the delivery of a woman in travel and bring away the after-burthen.

MALLOWS have the qualities of mollifying and dissolving, and are somewhat astringent, and are useful in diarrhæas, dysenteries and spitting of blood.

The root being boiled in water with wine or hony, or apply'd alone to green wounds, the king's evil, imposthumes, distempers of the breast, ruptures, hernia's, sprains and coldnesses of the nerves is excellent for the cure of all these evils; for it dissolves, ripens, digests, breaks and restores if boil'd and mix'd with hog or goose-grease and turpentine, If it be apply'd to the womb it allays the hardness of it and takes away the inflammation.

A decoction of the root in wine being drank, is good against the stoppage of urine, catarrhs, sciatica's, stone cholicks and ruptures.

Boil'd in vinegar and the mouth being wash'd therewith allays the pain of the tooth-ache.

The seed, either green or dry, steep'd in vinegar and expos'd to the sun, will take away the redness of the face; and a decoction of its seeds is good for a looseness and dysentery.

M A L T.

The pale malt is the slowest and slackest dry'd of any, and that which has had a leisure fire, a sufficient time allowed it on the kiln, a due care taken in the management of it, the flour of the grain will remain in its full quantity, and thereby produce a greater length of wort, than the brown, high dry'd malt.

And for this reason it commonly sells for one or two shillings a quarter more than the brown.

This pale malt is also more nourishing to the body of any others, as being in this state the most simple and nearest to its original barley corn, that will retain an alcalous and balsamick quality much longer than brown malt; the tender drying of this malt bringing its body into so soft a texture of parts, that most of the great brewers brew it with spring or well water, whose hard and binding properties (in their opinion) agrees best with this loose bodied malt, either in ales or beers, and will also dispence with hotter waters in brewing it than the brown malt can.

The amber coloured malt is that which is dry'd in a medium degree between the pale and the brown, and is very much in use, as being free from either extream.

The colour of it is pleasant, the taste of it agreeable, and its nature wholesome; for which reasons many prefer it to all other malts: Some brew this malt with both hard and soft waters mixt, and some with hard, and some with soft singly.

Pale and *Amber* malts that are dry'd with coak or culm, take a cleaner, brighter, paler colour, than if dry'd with any other fuel; because there is not smoke to darken and colour their skins or husks, and to give them an ill relish, which those malts dry'd with straw, wood, fern, &c. have either less or more.

The coak or *Welsh* coal also makes more true or compleat malt than any other fuel; because its fire gives both a gentle and a certain heat; by which means the corns are in all their
parts

parts gradually dry'd, and therefore these malts have gain'd such reputation, that great quantities of them have been us'd in most parts of our nation on account of their wholesome natures and sweet fine taste.

Next to the coak dry'd malt, that which is dry'd with straw is the sweetest and best tasted; but as the fire of the straw is not so regular as the coak, the malt is made with more uncertainty; because it is a difficult thing to keep it to a moderate and equal heat, and also the malt is apt to take something of the taste of the smoke.

The *Brown Malt* is dry'd the soonest and highest of any, even till it is so hard that it is difficult to bite some of its corns asunder, and is often so crufted or burnt that the mealy part loses a great deal of its essential salts and vital property, and therefore will not draw so much good drink as *pale* or *amber malts*.

Many are of opinion that the brown malt causes the gravel and stone, besides what is commonly call'd the heart-burn; and is by reason of its steely nature not so nourishing as *Pale* or *Amber Malts* are; being very much impregnated with the fiery, smoaky particles of the kiln, and therefore the drink made with it becomes sooner sharp and acid, than that made from the *Pale* or *Amber Malts*, if they are all fairly brewed.

And for this reason it is that the *London* brewers for the most part use the *Thames* or *New River* waters for brewing this malt; by reason of the softness of their qualities, which better agree with the harsh qualities of this malt, than any of the well or other hard waters, and make a luscious ale for keeping a little while; and a butt beer that will keep very well for five or six months; but after that time it generally grows stale, notwithstanding there are 10 or 12 bushel allow'd to the hoghead, and it be hopp'd accordingly.

Brown Malts are for the most part dry'd with straw, wood or fern, &c. That which is dry'd with straw is by far the best; but that which is dry'd with wood has a very unnatural taste; but this ill taste it loses in 9 or 10 months, and likewise the strength of the great quantity of hops, us'd in brewing it by the *London* brewers.

The malt that is dry'd with fern has also a rank, disagreeable taste, given it by the smoke of this vegetable.

Some use half *pale* and half *brown* malt for brewing butt beer, which makes very good beer; which seems to be easy to account for, in that the *pale* being the slackest and the *brown* the hardest dry'd, must produce a mellow, good drink
by

by the help of a requisite age, which will reduce those two extremes to a proper quality.

Of Grinding MALT.

Much depends upon the grinding of malt, as to the goodness of drink; for if it be ground too small, the flour of the malt will the more easily and freely mix with the water, and then cause the wort to run thick; and therefore the malt should be only just broke in the mill, to cause it to emit its spirit gradually, and incorporate its flour with the water after such a manner, that first a stout beer, then an ale, and afterward a small beer, may be had at one and the same brewings, and the wort will hold clear to the last.

Some grind their malt a fortnight before they use it, and keep it in a dry place, from being influenced by too moist an air, that it may become mellowed by losing in a great measure the fury of its harsh, fiery particles and steely quality, which this sort of malt acquires on the kiln; however this, as well as many other hard bodies, may be reduc'd by time and air into a more soluble, mellow and soft condition, and then it will imbibe the water, and give a natural, kind tincture, more freely; by which a greater quantity and stronger drink may be made, than if it were us'd as soon as it comes from the mill, and be much smoother and better tasted.

But *pale malt* will be fit for use in a weeks time, because the leisure us'd in its drying, endows it with a softness from the time it is taken out of the kiln, to the time it is brewed, and supplies in that, what time and air must do in the *brown malt*.

It is the practice in some countries to throw a sack or two of malt, as soon as it is ground, on a stone or brick floor, and there to let it lie, giving it one turn for a day or two; that the stones or bricks may draw out the fiery quality that it receiv'd from the kiln, and give the drink a soft, mild taste.

To know good from bad MALTS.

There are two ways for this.

First By the bite; break the malt cross between the teeth in the middle of it, or at both ends, and if it tasteth mellow or sweet, has a round body, breakes soft, is full of flour all its length; smells well, and has a thin skin, then it is good,

Secondly.

Secondly, By water, thus ; Take a glass near full of water and put in some malt, and if it swims it is right ; but if any sink to the bottom, then it is not true malt ; but steely, and retains some of the barley nature.

Tho' indeed this is not an infallible rule ; because if a corn of malt is rack'd split or broke, it will then take the water and sink ; but there may an allowance be given for such incidents, and still room enough to pass judgment.

Thirdly. Malt that is truly made, hard and steely ; but off so mellow a nature, that if forc'd against a dry board, will mark and cast a white colour almost like chalk.

Fourthly, Malt that is not rightly made, will be part of it hard, and of a barley nature, and weigh heavier than that which is true malt.

Of BOILING MALT LIQUORS.

Altho' it is said elsewhere that an hour and half is requisite for boiling *OEttober* beer and an hour for ale and small beer : Yet it ought to be remembered that no exact time is a certain rule in this case with some brewers ; for when loose hops are boiled in the wort so long till they all sink ; the feeds will arise and fall down again, the wort also will be curdled and broke in small particles, if it be examined in a hand bowl, but afterwards into larger as great pins heads and will appear clean and fine at top.

This is so much a rule with some, that they do not regard time, but this sign, to know when the wort is boil'd enough and when this will happen sooner or latter to the quality of the barley, and according as it has been either well or ill malted. For if it comes off chalky or gravelly lands, it commonly has the good property of breaking or curdling soon ; but from tough clays, then it is longer, which by some people is not a little valued ; because it saves time in boiling, and consequently the wasting of the wort.

It ought to be observed that pale malt worts will not boil so soon in the copper as the brown wort ; but when either of these worts boil ; they ought to boil to the purpose for then they will break the sooner and waste less than if they were kept simmering, and will also work more kindly in the tun, drink smoother and keep longer.

Now all malt worts may be spoil'd by being boil'd either too much or too little : If they be boil'd too long they will then thicken, (for a wort may be boil'd to a salve) and at last
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not come out of the copper fine, and in a right condition, which cause that it never will be rightly clear in the barrel; which is sufficient to deter persons from the practices of boiling worts three hours. Again if worts be boil'd too little, then the drink will always taste raw, mawkish and unwholesome for the stomach, and all under boil'd drinks are apt to grow stale and sour, sooner than those which have had their full time in the copper.

You may take it for granted, that no ale worts boil'd less than an hour can be good; because as in an hours time they cannot acquire a thickness of body that will be a detriment to them, so in less than an hour the rankor viscid parts of the ale cannot be sufficiently broke and divided, so as to prevent its running into cohesions, ropiness and sourness; because in ales there are not hops enough allow'd to do this, which should be supplied with good boiling, or else the drink will not be agreeable to man's body.

To come to the crisis of the matter, both the boiling and that of the breaking and curdling of the wort should be consulted; for if it were to be boil'd an hour and then taken out of the copper before it was rightly broke, it would be wrong management, for the drink will neither be fine nor wholesome, and if it should boil an hour and a half or two hours, without regarding when the particles were in a right order then it might be too thick; so that a due care is required to avoid both these extremes.

Therefore in *October*, and keeping beers, an hour and a quarters good boiling is commonly sufficient to have a thorough cured drink, for it will generally break in that time and be boiled enough; and because in this there is a double security by length of boiling and by a quantity of hops shifted.

MARCH-PANE

First scald your almonds, throw them into cold water drain, wipe, and pound them in a marble mortar, ever and anon moistening them with the white of an egg to prevent them from turning into oil.

In the mean time, let half the quantity of clarified sugar be boil'd till it becomes feathered; then either throw the almonds into the sugar by handfuls, or pour the sugar upon them into some vessel; and incorporate them well together by stirring them about with a spatula, taking care that it stick

not to the bottom or sides of the pan ; even though it were taken off the fire.

You may know when it is enough, by passing the back of your hand over it, if it does not stick to it, it is enough : Then lay it upon powdered sugar, and set it by to cool ; then roll it out into rolls, and cut it with certain moulds, and lay them on slips of paper to be bak'd in an oven ; so that they may be heated only on one side by the fire, and then ice over the other side and bake it in like manner.

Then it may be made either round, long or oval, curled or jagg'd, or in the shape of an heart.

MARIGOLDS.

The flowers of marigolds are good to strengthen the heart resist poison and pestilential fevers, which way soever they are taken.

An ounce of their juice, and an ounce of the powder of earth-worms, are an excellent remedy for curing the jaundice : A water distill'd from this plant when in blossom, is good against the redness and inflammation of the eyes, whether put into them or upon them.

As for the manner of using marigolds in pestilential fevers, the prescription is, to drink two ounces of the juice of its flower upon the first access of the fever, and for the patient to lie down as soon as he has drank it, and to be covered warm in bed, if he sweats plentifully it will cure him ; and the same is also a good remedy in quartan agues.

Some say the juice of marigolds mixt with wine or vinegar is a soveraign remedy to relieve the head and tooth-aches.

And if the leaves of marigolds are often eaten they will improve the sight.

MARINADE, is a pickled meat, either of flesh or fish.

A MARINADE of Chickens.

Cut the chickens into quarters, and marinade them in the juice of lemons and verjuice, or with vinegar, salt, clove, pepper, chibols: or a bay leaf or two : Let them lie in this marinade for the space of three hours, then having made a sort of clear paste or batter with flour, white wine and the yolks of three eggs, drop the chickens into it, then fry

fry them in lard, and serve them up in the form of a pyramid, with fry'd parsley and slices of lemon.

A MARINADE of Pigeons.

These are marinaded as chickens, then either slit them on the back, or cut them into quarters, that the marinade may the better penetrate the flesh, leaving them three or four hours in the marinade; then either dip them into paste, or flour them, being all over wet, fry them and serve them up with fry'd parsley strew'd upon them and round the dish, adding a little vinegar and white wine.

A MARINADE of Partridges.

Cut the partridges into two pieces, and steep them in a marinade or pickle as before directed, fry them after the same manner, and serve them up to table with garlick, vinegar and white pepper.

To MARINADE Veal.

This is prepared in order to garnish other dishes, cutting the veal into slices as it were for *Fricandoes* or *Scotch* collops, and so of other things that are to be marinated.

A MARINADE of Fish.

Prepare and cleanse the fish, then lay them in a marinade of vinegar, salt and pepper, and chibbols; then flour, and fry them in refin'd butter, serve them up with fry'd parsley, white pepper and orange juice.

Another Way.

First fry them, then put them in the following marinade. Put slices of orange and lemon into a frying pan, with salt, pepper, nutmeg, refin'd butter, vinegar and a bay leaf or two, and chibbols. and pour this sauce upon the fish.

MARJORAM. The qualities of this herb is vulnerary, cephalick, hysteric, and for expelling wind. The leaves reduc'd to powder and taken as snuff, is good to throw out that which incommodes the brain.

A decoction of it, is good for those that incline to a dropsey, and also for stoppages of urine and the griping of the guts.

MAY BLOSSOM, or *May Lilly*, or *Lilly Convally*, is of a quality moderately cooling and digestive; the incarnated part of the flower being drank in water, is good against the quinsy and falling sickness in young children; and against adders, who 'tis said will avoid the smoke of this herb when it is burnt.

The lesser sort of this plant which is called *Petty-Muguet*, is good against the heat of the stomach if apply'd to it; and also for an inflammation of the eyes and groin, and the falling of the fundament.

MEAD.

Set ten gallons of clean water over a clear fire, and when it is warm put in a gallon of honey and four pounds of sugar, with two spoonfuls of coriander seed bruised; two roots of horse-radish sliced, and ten or twelve races of ginger; tie these up in a thin rag and boil them over a brisk fire, till the scum is risen, which take clean off, and pour it into some open stone vessel, and put in it 80 cloves and 8 lemons split into quarters, (the rind of half of them being peel'd off) put to it half a dozen or eight toasts of white bread, spread over with ale yeast; then stop up the vessel close, and let it stand for eight or ten days, then bottle it up, and in a weeks time it will be fit to drink; tho' if it be kept in a cool place, and well cork'd, it will be much better at the fortnight's end.

But some authors say, it will be better not to boil the bag of seeds and roots, but to put it into the mead, when the toasts and yeast are put in, or at the beginning of its fermentation; because the boiling of them deprives them of much of their vertues, and especially the horse-radish, which can scarce bear a gentle fermentation without loosing its vertues.

If you design your mead for longer keeping, you must add a greater quantity, even double or treble, which will then afford a strong spirituous liquor, and in order to give it a rich flavour, cloves, mace and nutmegs, of each four drams beaten and tied in a cloth and put it into the cask, and it may stand six months in the vessel before it is bottled.

Another

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Another Way.

Take four gallons of water, and as much honey as will make it bear an egg; add to this the rind of three lemons; boil it, and scum it well as it rises. Then take it off the fire, then add the pieces of the three lemons, then pour it into a clean tub or open vessel, and let it work for three days; then scum it well, and pour off the clear into the cask and let it stand open till it ceases making a hissing noise, then stop it up close; and in three months it will be fine and fit for bottling.

MEASLED SWINE.

This distemper may be discovered, by the swine's voice, being much hoarser than usual; their tongues will be pale, and their skin will be thick and full of little blisters about the bigness of pease.

For the cure, some give the swine an infusion of brio. ny root and cummin water every morning in their food; by way of precaution. But the most certain remedy is to prepare the following medicine.

Take eight ounces of sulphur, three ounces of alum, and three quarters of a pint of bay-berries, and two ounces of suet; pound all these together, tie them up in a linnen cloth and lay it in the water you give them to drink, first stirring them in the water

MEASLES *and Murrain in Swine.*

Take of the flour of sulphur half an ounce, madder the like quantity, powdered or ground as it comes over; liquorice slic'd, a quarter of an ounce, anniseeds the same quantity; add to these a spoonful of wheat flour; mix all with new milk, and give this to the hog in a morning fasting, repeat this two or three mornings.

MELASSES.

A very good drink may be made from melasses, after the following manner.

Allow 40 gallons of water to an hundred weight of melasses, stir them in till it is well mixt or incorporated with the water. Then cast into it pewter, boughs, or leaven; then add saffrafas or juniper roots three pound, dry'd balm

half an ounce, cloves, cinnamon, and nutmeg of each one ounce; then put all into the copper, and fix on the blind head and lute it well with a paste of *Spanish* white and rye flour, and digest 24 hours; then let it run out into the receiver, and when it is milk warm, put in the yeast.

Let it work sufficiently, then tun it up, and let it stand till it ripens and becomes mellow.

If you have not a blind head, the cinnamon, nutmeg and cloves, must not be put in till it be tun'd.

Some brew small beer of melasses for their health sake because it does not breed the scurvy like malt liquors; and at the same time is for opening the pipes and passages of the lungs; for which they put nine pound of treacle into a barrel or copper of cold water; first mixing it well, then boiling it briskly with a quarter of a pound of hops or more for an hour, that it may come off about 27 or 28 gallons.

MELILOT. This plant is good for mollifying Inflammations, especially those of the eyes, womb, fundament and testicles, being boil'd in wine and apply'd thereto, either in the yolk of a roasted egg, flour of fenugreek or wheat flour and fair water.

It will cure fresh impostumes, which send forth corrupt matter like honey; and also a scald head, being mix'd with *Chio* earth, wine or galls.

It dissolves, rarefies and softens like camomile, and is good for allaying pains in any part.

MELONS *to pickle in imitation of Mangoes.*

The mango is a fruit brought from the *East Indies*, about the shape and bigness of a small melon; it has a large stone in it, and comes to us in a pickle which is strong tasted of Garlick.

When melons are gathered for this use, they must be washed and cut after the same manner as is done with mango cucumbers, and laid in salt and water, shifting the salt and water ounce every 24 hours, for nine days successively; then take them out, and wipe them dry and put into the inside of each the ingredients directed for mango cucumbers, and tie them up, then boil the pickle of vinegar, bay-salt, and spices with these mangoes, scumming it as it rises, and with a piece of allum, and proceeding in every thing as directed for mango cucumbers

METHEGLIN.

Take live hony that naturally flows from the combs, and that from swarms of the same year is the best, to this put such a quantity of spring-water, that when the hony is thoroughly dissolv'd an egg will not sink to the bottom; but easily swim up and down in it.

Then boil the liquor in a copper vessel or else in a brass one for an hour or more, by which time the egg will swim above the liquor about the breadth of a groat, and then take it off the fire and let it cool. You need not scum it while it is boiling, because the scum will help its fermentation and make the liquid clearer.

The next morning you may put it up in a cask and in proportion to every eight gallons, put in half an ounce of ginger, a quarter of an ounce of cinnamon, of cloves, and mace of each half an ounce, all grossly powdered; for if they be pounded fine, the spice will always flow in the metheglin and make it foul, and if they be put in while the liquor is hot they will lose their spirits; add also a spoonful of yeast at the bung to increase its fermentation, but it must not let be too cold at first for that will retard the fermentation.

As soon as it has done working, stop it up close and let it stand for a month, then bottle it and set it in a cool place and the longer it is kept the better it will be.

White METHEGLIN.

Boil in eight gallons of running water, sweet marjoram, sweet briar buds, violets and strawberries, and double violet flowers (if they can be got) of each an handful; of the seeds of carraways, coriander and fennel, of each two spoonfuls, and three or four blades of large mace; let then boil for three quarters of an hour, scum and strain the liquor, and when it is luke-warm, put as much hony to it as will make it bear an egg, the breadth of a six pence above the water; then boil it again as long as any scum will rise; then let it cool, and when it is almost cold put it up in a cask with half a pint of good ale yeast, and let it work in the cask till the yeast has done rising; filling it up every day with some of the same liquor, and then stop it up, putting in a bag with a nutmeg, slic'd a few cloves, mace and cinnamon all unbruised and a grain of musk.

The best time to make this is about *Michaelmas*, and it will be fit to be drank the beginning of the spring.

MILL-FOIL is of an astringent quality and very good for stanching blood ; for old and new ulcers and fistula's; the juice of it is good against spitting of blood, and bleeding at the nose, when put into it; the decoction also stops all sorts of bleeding, especially of wounds, and the leaves being us'd in glisters, stop a looseness and the dysentery.

To increase MILK in Nurses.

Let them drink wine or other good liquor wherein fennel has been steep'd, let them eat chiche pease, lettice, fennel, rocket, almonds, and raisins of the sun; a nurse may also wash her self with a decoction of chiche pease.

She may also sup pottage of chiche pease and barley water, wherem fennel has been boiled; but this liquor should be drank hot in summer and cold in winter.

Let her also abstain from drinking wine and other hot liquors, and from eating salt and spiced meats.

To stop or dry up MILK in Nurses.

Put chervil upon the breasts and under the arm-pits; or else chafe them with a salt decoction. Or,

Apply a cataplasm of parslly and crum of bread to the nipples. This also does sometimes dissolve tumours in the breasts. Or,

Make an ointment with brandy and fresh butter, anoint the breasts with it, and lay brown paper upon them; when the paper is dry, anoint them again, lay on fresh paper and repeat this till the milk is dryd up.

To disperse MILK that is curdled in the Breast.

Boil lentils in pickle, milk, mint, smallage, crumb of white bread and the yolk of an egg, as you do for pap and apply it by way of cataplasm.

Of BREEDING MILK in Cows.

Draw a whey with strong beer and milk, in which boil anniseed and coriander seed finely powdered; and also an ounce of sugar candy powdered. Give the cow a quart of this every morning; this will not only make her milk spring freely; but will greatly increase it.

A strong MILK WATER.

Take mint, sage and balm of each two good handfuls; carduus, rue, meadow-sweet and wormwood, of each a handful; chop these herbs all together and put them into a gallon of new milk to which add a whole nutmeg slic'd; put them into a copper alembick and draw off two quarts of liquor, keeping an even slow fire; this is good for any feverish or consumptive person.

Another for a Surfeit, &c.

Take mint, carduus, wormwood and rue, of each six handfuls; cut the herbs and steep them all night in a gallon of milk; the next morning distil it off in a cold still; from this quantity you may draw three quarts; then distil this water over again the next morning with the same quantity of milk and herbs, and sweeten it to their palate if for children; but it is best without, if for grown persons.

Another for quenching Thirst.

Take a pound of carduus, half a pound of wormwood, also spear mint, and balm shred a little; put them into an ordinary still with four quarts of milk and distil it off leisurely.

You may if you please use the same herbs, and being cut put a pint of sack upon them over night, and distil them with a gallon of milk as before.

MINC'D PYES.

Parboil either an ox's heart or a neat's tongue, that has not been either salted or dry'd, or the inside of a surloin of beef; chop this small, and to each pound allow two pounds of clean beef suet, cleared from the skins and blood, chopp'd as small as the flesh; then having pared and cored eight good apples, chop them small, and grate a two penny white loaf; also to every pound of meat, allow two pounds of currants: season with a little salt and pepper, cloves and mace, of each half an ounce; two or three nutmegs grated, and a pound and half of sugar; then grate in some lemon and orange peel, and squeeze in the juice of half a dozen oranges and pour in half a pint sack. Mix all these very well together and putting a little of it into a sauce-pan, set it on the fire that you may

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may try the taste, in order to add more of any ingredient you think to be wanting, put this into a glaz'd earthen pan and press it down, and it will keep from Christmasts till Candlemas. When your pies come out of the oven, you may put in a little sack, brandy, or white wine.

EGG MINC'D PYES.

Boil a dozen of eggs very hard, then mince them very fine, add double the quantity of suet very finely shred; add two pounds of currants well pick'd and clean wash'd; the peel of a couple of lemons very finely shred, and half the juice, and 10 or 12 spoonfuls of canary; add a little salt, sugar, mace, nutmeg and candied orange or citron-peel, if you please to have them rich.

M I N T.

The young red buds in the spring, eaten with vinegar and sugar mightily refresh the spirits and excite appetite.

It is of a warm and dry nature, very fragrant and being a little press'd is friendly to a weak stomach and powerful against all nervous crudities.

The smell of mint fortifies the brain, and the juice of it being drank with vinegar, stops the bloody flux, removes the loathings of the stomach, and is good for killing of worms.

The juice of wild MINT is good to purge women after they have lain in, and its decoction taken inwardly is good for those that have a narrow breast and breathe with difficulty.

Mint being pounded with salt, is good for the bitings of a mad dog; being pounded and put into a cataplasm it comforts a weak stomach and helps digestion.

Two or three sprigs of this mint being drank with the juice of garden mint, stops the hiccough, vomiting, &c.

The leaves being dry'd and powdered is good for killing worms in young children.

It is also sovereign for restoring the smell to those who have lost it.

If the leaves of mint be chew'd after the eating of milk it prevents its curdliag in the stomach; for it will hinder the coagulating of milk, and if these be moistened with the juice or decoction of mint, it will preserve it from all rottenness and corruption.

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Mint being apply'd to the head-ache, proceeding from a cold cause will ease.

MINT-WATER.

Take proof spirits five quarts; water two quarts; mint one handful; distil and sweeten with three quarters of a pound of sugar.

A cordial MINT WATER.

Take two pound of mint, strip the leaves from the stalks let them lie till the next day, then weigh them, take half a pound of liquorice, thin slic'd, two ounces of anniseeds, the same quantity of carraway seeds; two pound of raisins of the sun ston'd; steep these together in two gallons of claret, distil it off in an alembick or cold still; and if you dont like it so hot and strong, drop on a little fine sugar through a bag of saffron.

MONKS RHUBARB.

A water distill'd from the roots of this plant is good for tetters, pimples, the itch, and taking away all spots in the face.

The decoction of it in wine, and made use of for some days, cures the jaundice.

MOSS grows upon oaks poplars, cedars, firs, pines and larch trees, but that on the last is the best and most odori-ferous.

Moss is of an astringent nature and but moderately cold.

Half a dram of the sweet smelling moss in wine is pre-scrib'd for the stoppage of urine; and three drams of it is good for bringing away dropical water.

The wine in which moss has been infus'd is very sopori-fick, causing sound sleep. Moss dry'd and reduc'd to powder stops bleeding.

A decoction of moss is refreshing to the spirits, and given with oil is good against lassitude or weariness: it is good against faintings and risings in the stomach; stops vomiting and binds the body.

MORILLES.

MORILLES.

These plants are a singular rarity, and make an excellent dish, either broil'd or stew'd.

They are a sort of mushroom with a long cap, shrivelled and appearing somewhat like an honey comb, and where these are found, the earth they grow in has such stringy parts in it as will produce others; and therefore those that are lovers of them may in the month of *April* collect the earth to make beds with to produce others; but the earth must be kept very dry, for a little wet will rot the strings.

This plant is very frequent in woody places and on dry banks under trees; there are abundance of them to be found in the north part of *Essex*, and in *Cambridgeshire*, about *Trip-low*, *Newmarket*, *Chesterford*, *Elmden*, and near *Walden*, and in many other places; but they are not yet well enough known to be common in our markets.

MORILLES in Ragout.

Let them be fresh gathered, take off the roots, and wash them in many waters, for the wrinkles in their tops harbour a great deal of dirt and sand; then slit them lengthways and fry them in a little stew-pan with butter and hog's-lard, letting it be very hot when you put in the morilles; then set them by to drain, and put them into a fresh stew-pan with gravey, in which shred some parsley and chervil very small, with a young onion, some salt, and a little nutmeg; let these stew gently, and send them up to the table, garnish'd with slices of lemon, or they may be sent to the table in cream,

To fry MORILLES.

Prepare as is before directed, and boil them in a little gravey gently, and when they begin to be tender take them out of the liquor, and flour them very well; then fry them in hog's-lard: When they are thus prepared, make a sauce for them of the liquor or gravey the morilles were stew'd in, seasoned with salt, nutmeg, and a little juice of lemon.

MOTHER-WORT of the Garden.

To this plant are ascrib'd the following vertues, *viz.* that it is opening and incisive, that it forwards the *Menses*, and is helpful

helpful to women in labour, with a dead child, and to bring away the after-burthen.

MOUNTAIN FLAX.

This plant is a rough, harsh purge, and powerfully deterges and evacuates viscid and watery humours, from the most remote lodgments; but it is only fit for persons of a robust constitution.

It is usually infus'd or boil'd in ale or wine, a handful in a sufficient quantity of liquor.

MUGWORT.

This plant is of a moderately heating and drying quality, and being boiled it is good for women to bathe in, to provoke their *Menses*, and bring away the after-burthen; it is excellently good in obstructions and removes the suppression of urine: It is so great a friend to the womb, that it will let no impurities remain in it, and the bathing before-mentioned must be on the secret parts, and it will have that effect, as to bring away even a dead child.

The leaves of it being pounded with oil of bitter almonds, and apply'd to the stomach, allay the pains of it; the juice is also very good against the effects of opium.

The leaves being dry'd and powdered, and drank in wine to the quantity of three drams are very good for the sciatica.

MUSSELS and *Cockles* may be pickled after the same manner as oysters (see *Oysters*) only with this difference, that mussels and cockles, are to be taken out of their shells by setting them over the fire and opening them by heat; but before this you must wash the shells very clean, and put them into a sauce-pan without water, for they will produce liquor enough of themselves; then as the shells open, take out the fish, and wash them one by one well in salt water, and examine them carefully, *i. e.* especially the mussels, and take the beards off very clean, and also pick out the crabs, if any are in them, for they are poisonous, and may easily be discovered, they lying in the mouth of the mussel; they are commonly about the size of a pea, and of the shape of a sea crab; but are properly sea spiders,

But the mussels themselves, on which these crabs are found, are not unwholesome; and it is nothing else but the eating

eating of this little animal, which has been the occasion of people's swelling after they had eaten mussels.

Having pick'd and well clean'd the mussels or cockles, wash'd and laid them to cool; then pour off the clear of the fettled liquor, and boil it up with whole pepper, cloves, mace, ginger, and some bay-leaves, and add to it about a fourth part of white wine vinegar, and having let it stand till it is quite cold, put the fish into proper pots or little barrels, and pour the liquor upon them till they are covered, then stop them up close, and they will keep good two or three months, if the liquor is now and then boil'd up, but it must be always cold before it is put to the fish.

Mussels and cockles may likewise be stew'd and grill'd in scallop shells, after the same manner that oysters are done.

The mussels after they have been well pick'd and cleans'd, are sometimes flour'd and fry'd, and eaten with butter and mustard, and the *French* make rich soups of them.

MULBERRIES.

Before they are ripe they are of a cooling, drying quality. are extremely astringent, and very good for inflammations in the mouth and throat.

When they are ripe, they are moderately moistening and cooling, quench thirst, restore the appetite, and are friendly to the stomach, but they are not very nourishing; they are best to be eaten fasting, for after victuals, if they meet with any other ill juices they are apt to corrupt.

To preserve MULBERRIES dry.

Let the mulberries not be too ripe; but rather a reddish green and tart, and having prepar'd a quantity of sugar equal to the mulberries, and brought it to its blown quality, throw in the mulberries, and give them a covered boiling; the sugar also may be melted with the juice of mulberries to clarify it. When they have boil'd take the pan from the fire, scum it, and set it in the stove till the next day; then take them out, drain them from the syrup, and having dress'd them on slates, set them in a stove to dry, having first strew'd them with sugar. Turn them on the slates while they are drying, and put them up in boxes for use.

MUSHROOMS are produc'd plentifully in the fields in *September*, and therefore this is the properest time to provide them for making of ketchup and mushroom gravy, and *September* is also a proper time, for indeed those who have mushroom beds may do these works at any time of the year.

You may take notice that the best mushrooms have their gills of a flesh colour, even while they are in button, and as they tend to spread in their head, or to open their cap the gills turn redder, till at length when their heads are fully spread open, they will become quite black.

These large flap mushrooms are all good for stewing or broiling, so long as they have no worms in them, and the gills are then in the best state for making *ketchup* or mushroom gravy; altho' the red gills will do; but the smaller buttons are what most people covet for pickling.

In gathering mushrooms you will not fail to meet with some of all sizes; the very small for pickling, the large buttons for stewing or making mushroom loaves and mushroom gravy; and the large flaps for broiling or making ragoos, or stewing and ketchup. Therefore there may be three or four parcels made of them.

The cleaning of mushrooms or preparing them for any of the above uses will afford nothing but what is useful; the parings should be sav'd by themselves to be wash'd in order for making mushroom gravy; the gills are to be saved by themselves for making either ketchup or mushroom gravy; and the parts towards the roots, and the roots themselves must be kept to dry in the sun or a warm room to raise mushrooms from, especially if they are of a large good sort that have red gills for those that have white gills prove oftentimes unwhole some, and are apt to turn yellow, when they are cut and put in water; however these are eaten by some persons. But as there are some with white that are deadly, it is dangerous for unskilful persons to meddle with any of that sort.

MUSHROOM.

There is a sort of mushroom, hony-comb'd like the morille but much rougher and of a brownish colour and hollow, sometimes as large as a great turnip, sometimes shewing a stalk and sometimes not at all. It is generally found at the root of an elm tree or on a bank side, these are sold in *Essex* for morilles, tho' they be not. But however these are very good either broil'd or stew'd.

MUSH-

MUSHROOM GRAVEY

Having cleansed the mushrooms, save the parings, and wash them well from the dirt, and then put to them the gills which have been taken from the large bottoms, and then put them into a sauce-pan with a very little water, stirring them after till you have gotten all the juice from them, and set it by to cool; or else till you have stew'd the mushrooms from which you pared them; and then add the liquor, of the stew'd mushrooms to the said liquor and boil them together, with about eighty cloves, a dram of mace, and two drams of whole pepper to every quart of liquor, boil it to the consumption of the third part, then strain it through a sieve into a dry earthen pan, let it stand 'till it is cold, and then put it up into dry bottles as directed for ketchup, that it may not grow mouldy; tie a piece of bladder or leather over the corks first softened in warm water, and set them in a dry place, and it will keep a long time.

MUSHROOMS *to pickle white.*

Take small buttons of mushrooms, cut off their roots, and having washed them well with a flannel dipt in water fling them into clean water, in which let them lie two hours; then put them into fresh water in a well tinn'd or glaz'd earthen vessel, and give them a little boil to soften them, then take them out immediately and throw them into cold water, letting them lie till they are quite cold; then take them out, or pour the water from them, and dry them well with a linnen cloth, and put them either into a wide neck'd bottle or glaz'd earthen vessel, laying here and there three or four bay leaves, to each quart, a couple of nutmegs cut into quarters, and a quarter of an ounce of mace; and having boil'd white wine and vinegar in equal quantities, as much as will cover the mushrooms; let the pickle be cold, and put it to them into bottles or pots, corking or stopping them down close, and tying a wet bladder over them.

Boil not the spice with the pickle, least they should cause the mushrooms to turn black; and if the pickle be pour'd on them hot, it would immediatly draw a colour from the spices, which would darken the colour of the mushrooms.

To pickle MUSHROOMS.

Let your mushrooms be the smallest buttons, cut off the bottom of the stalk, and throw them into water and salt; then rub them very clean with a coarie cloth or flannel, and throw them into another pan of clean water.

Boil them in milk and water; lay them out on a clean cloth, and when they are dry put them into glasses with white pepper corns, a good quantity of mace; make the pickle of half white wine, and half good sharp vinegar.

Some put it to the mushrooms unboil'd; but if it be boil'd it must stand to be cold before it is put to the mushrooms. Pour some good oil on the top of the pickle, this keeps them best. Small glasses are best for keeping them in, because when they have once taken air, they soon decay.

Of MUSHROOMS, *to keep.*

August is a good time for getting them, if it does not happen to be too wet; but they should be chiefly such as are newly opened in their caps before the gills turn black.

Take off the gills very clean, and wipe the caps with wet flannel, and as soon as they are a little dry run a string through them, and hang them up in a room where there is a fire at some distance, turning them now and then till they are so dry that they may be powdered; then put them up into dry bottles, with wide mouths, stop them close, set them up in a dry place, or they may be dry'd in ovens after bread is drawn; but not in an oven in its full heat, for that will be too strong for them.

Mushroom, says a certain gentleman, is not only a good foundation for any high sauces; but is of it self a good meat to be dress'd after any manner; either to compose a white or brown fricassée, but to be fry'd or broil'd, or bak'd in pyes with common seasoning, and will supply the place of flesh, better than any thing that has yet been found out.

To keep MUSHROOMS *without Pickle.*

Let them be large ones, peel them, and take out all the inside, lay them in water for several hours; then stew them in their own liquor, and lay them on tin plates, as you do artichoke bottoms in a cool oven; repeat this till they are perfectly dry; tie them down and keep them dry; you may in the stewing put in some mace and pepper.

To prepare MUSHROOMS for eating.

Let them be fresh gathered, and chuse only such as are free from worms, which may be easily perceiv'd by cutting the stems cross-wise, pare off the peel and gills, cut the large mushrooms in pieces of the bigness of nutmegs; throw them into water, and also the stems and caps, for they are both good; then wash them well and stew them in a sauce-pan, without putting any liquor to them, or salt or spice, till they have discharged a great deal of their own liquor, and begin to grow tender; when you will find they will have shrunk into a very narrow compass; then pour the greatest part of the liquor from them, with which you may make mushroom gravey.

Then season them with salt, pepper and mace; and what other ingredients you please, that will not rob the mushrooms too much of their own natural flavour, and stir them frequently till they are enough; then give them a sauce of white wine and butter, and they will be an excellent dish, or you may brown them with burnt butter, or make a ragoo of them.

To broil the Caps of MUSHROOMS.

Let them be of large mushrooms, rub them with butter on both sides, season them with a strewing of pepper and salt, and broil them till they are quite hot through, turning them twice or thrice, and when they come to be cut they will produce their own sauce. Or,

You may make a pretty thick batter of flour, water, milk and eggs, dip them in this and fry them as you do tripe, and let the sauce be butter, white wine and some mushroom gravey well mixt together.

Flour of MUSTARD.

There are two sorts of mustard, *viz.* the black and the white; the black is a small grain, and the white larger.

The black is accounted the best and strongest; but use which you will, see that it be not musty; which proceeds from the seed being gathered in the wet or with the dew upon it, and laying it close together before it is thresh'd.

Grind the seed in a mill, a coffee mill will do, if it be fresh and free from any flavour or taint.

When

When you have ground it, you may sift it, if you please in a sieve, and put it up into vials with open mouths, and press it down close, and so keep it close stopp'd with a bladder for use.

When you want mustard take a spoonful or two of this flour, and as much boiling liquor, out of a pot where beef or pork is boiled, and it will be of the consistence you desire, only stirring it well till it is mixt; or you may boil a little salt and water, and mix with the flour, which will do well enough.

MUSTARD *very excellent.*

Procure the whitest seed you can, cast it into water two or three times, till no more of the husks will swim at the top; then take the found, which has sunk to the bottom, and dry it very well, with warm coarse cloths, and set it a little while before the fire; then pound it fine enough to pass through a tiffany sieve; then having slic'd some horse-radish, and laid it in steep in strong vinegar, with a little lump of sugar (which some leave out) to temper the flour with; and having poured it off from the horse-radish, put it all into a well glaz'd pot, with an onion or two, and having stopp'd it well with a cork, tie a bladder over it.

But this may be farther improv'd to make it yet more excellent, if instead of vinegar, water only or some good broth of powdered beef be made use of, and some of this mustard, adding verjuice, sugar, claret wine, and juice of lemon, it will be an excellent sauce for flesh or fish.

To Collar a Breast of MUTTON.

Bone the breast of mutton, and take out all the gristles; then rub it all over with the yolks of eggs; season it with pepper, salt, nutmeg, sweet marjoram, thyme and parsley cut small, to which you may add a shalot; wash an anchovy, mince it small, and strew all this over the meat; roll it up hard, and tie it with a tape, and put it into boiling water; when it is boil'd tender, take it out and cut it into round slices, but not too thin; pour over it a sauce, made of gravy, spice, anchovy, claret, onion, a few sweet herbs strain'd and thickened with butter and shred pickles. Garnish with pickles.

To roast a Shoulder of MUTTON like VENISON.

Skin the shoulder of mutton, and lay it in the fresh blood of a sheep for six or eight hours; then wash it in water and salt, and after that in vinegar; or else you may lay it in steep in an infusion of a quarter of an ounce of *Brafle* wood rasp'd, in six quarts of warm water for four hours; or you may set it into a gentle oven with water and salt, and a piece of *Brafile* wood in it for half an hour; either of which will give it a colour.

Then roast it, and baste it with well water and salt, till it is almost enough; then sprinkle it with salt, raspings of bread, and a little flour well mixt.

For the sauce, boil cinnamon in claret, add crumbs of bread grated, and sweeten with sugar: Or you may do it without the crumbs of bread, in saucers.

But in the dish with the shoulder of mutton, put strong beef gravey, or sauce made of beef glue.

A Neck of MUTTON ragoo'd.

Clear a neck of mutton from the skin and bones; salt it a little, and let it lie till the next day; in the mean time bake the bones in half a pint of water and half a pint of claret, seasoning with a slice or two of fat bacon, salt, spice, a faggot of sweet herbs and a little lemon peel, and strain it.

Put the mutton and gravy in a stew-pan, having first larded the fat part of the mutton with lemon peel, and the leaner part with slips of fat bacon; then strew over it grated bread and spice, for the gravey will not cover it; shut the pan close, set it over a gentle fire, and let it stew for four hours.

When it is enough lay it in a dish, and thicken the sauce with burnt butter, adding a pint of mushroom buttons either fresh and parboil'd or pickled; toss them up till they are hot; then pour them all over the meat, and serve it hot.

Let the garnish be slic'd lemon, red beet roots pickled and slic'd; horse-radish scrap'd and capers.

To roast a Shoulder of MUTTON, with a Farce of OISTERS.

Slip the skin of the mutton almost to the joint of the leg; then having cut the flesh from the bone on the upper side, Mince it; then take part of that, and as many oysters parboil'd without their fins and chopt a little; season with salt,
pepper;

pepper; mace powdered, lemon peel grated; adding the yolk of an egg or two and some grated bread, and having made these into a paste, lay it into those places out of which you took the flesh; you may also add to this paste a little fat bacon chopt small or butter. Having put in this stuffing, skewer the skin over it on all sides and lard it and the fleshy parts below with lemon peel, or lemon thyme.

Then skewer it on the spit, roast it, basting it with butter and flour it well.

Let the sauce be stew'd oysters, stew'd mushrooms, mace, a little gravey and a little white wine, with crumbs of bread; garnish with slices of lemon and red beet root, pickled and slic'd, and serve it hot.

A shoulder of lamb may be done the same way.

To roast a Collar of MUTTON.

Take a coat of mutton, which is the neck and breast together, skin it in the whole piece; then parboil it, and having prepar'd a mixture of crumbs of bread, seasoned with salt, pepper, nutmeg or sweet marjoram powdered (which answers the end of most spices) and a little lemon peel grated; or instead of the marjoram you may use a little dry'd sweet basil. Boil six eggs hard, beat the yolks in a mortar with six ounces of butter: and having mix'd this with the forementioned ingredients; cover the inside of the mutton all over with this mixture, and roll it up as close as you can, and spit it through the middle lengthways; baste with butter and salt it every now and then, and strew upon it the gratings of crust of bread with the before mentioned seasoning, just before it is enough. Serve it up with strong gravey and lemon or orange juice, and garnish with lemon or orange slic'd, or you may, if you please, garnish with fry'd oysters.

MYRTLE.

The leaves and berries of this plant are cooling, astringent and drying.

The berries with wine and honey, are good to heal the noisome *Polypus*; and the powder corrects the rankness of the arm-pits: The berries mitigate the inflammation of the eyes, and consolidate broken bones.

A decoction of the leaves will render the hair black; the fruit being eaten, admirably fortifies the heart.

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NARCISSUS. The medicinal vertues ascrib'd to this plant are ; that the root of it being boil'd, whether it be eaten or drank in a decoction, will cause a vomit.

If apply'd with honey to the place, it is admirably good for burns ; if applied to cut nerves it is good to heal them. Some mix it with hony and make a sovereign plaster of it for dislocations and sprains ; as also for inveterate pains in the joints.

Being mix'd with vinegar and nettle seeds, it takes away freckles and redness in the face.

It is good for cleansing ulcers, breaking impostumes ; and being used with honey and the tares that grow among corn, it removes all the ill humours that are lodg'd in the body.

To pickle NASTURTIUM Seeds.

The seeds being full grown and gathered in a dry day put them in salt and water for two or three days ; then boil some vinegar with mace, ginger slic'd and a few bay leaves for a quarter of an hour, and pour it upon them boiling hot into a jar, and cover them with a folded cloth, repeat the boiling and scalding them with it for three days successivly, and when you pour it on the last time let it stand to cold before you stop it up, which is to be done very close in a jar.

N. B. The covering them with a folded cloth while hot, will let some of the steam of the pickle pass through it, and this will prevent the pickle from growing mouldy so soon as it otherwise does.

These, and all other pickles should be set in a dry place, and look'd into once a month, least they grow mouldy, which if you find they incline to do, boil the pickle afresh, and pour it on them as before.

To roast a NEATS TONGUE

Take a large neats tongue, salt it in the following manner. With three pints of common salt, mix half a pound of
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bay salt, and a quarter of a pound of salt petre; which will be enough for four tongues, let the tongues lie for three weeks; then boil them till the skin may be peel'd off; and then stick them with cloves at about an inch distance one from the other; then spit it, and wrap a veal caul over it till it is roasted enough; then take off the caul, and just froth it up in a dish with gravy.

Serve with it in saucers the following composition.

Grate a penny loaf into a pint of water, and half a pint of claret, then boil it till it is thick, with two or three chips of cinnamon, and sweeten it to your palate; strew some sifted rasplings of bread about the dish, and garnish with slices of lemon.

To Pot a NEATS TONGUE

Pickle them red as is done for drying them, and when you suppose them to be fit for drying; boil them till they are very tender; then take them out, peel them, and rub them all over with pepper, cloves and mace; then turning them round, lay them in a pot to be bak'd, cutting off their roots; cover them with butter, bake them with bread; and when they come out of the oven pour off the gravy, and let the same butter serve them when clear'd; and if you think there is not enough add some more clarified.

Another Way,

In the north of *England* they order them as follows:

They salt them with common salt, petre salt and some salt petre, which will make them look red; when they are salted enough, *i. e.* (about ten Days) then they half boil them, and some that are very curious skin them and season them high with spice, and afterwards bake them till they are very tender, then drain them well, pack them close, and cover them with the best melted butter.

When the butter is cold, tie them well over, and set them by for use.

In *France*, it is a usual practice where tongues are thus prepared to cleanse and soften ox bladders in warm water, and to draw them over the tongues, while the bladders are moist; and thus they will keep well a long time, and eat very tender.

To pickle NEATS TONGUES.

Let the tongues lie 12 days in common salt and salt-petre ; then boil them very tender and peel them ; cut off the roots and lay them in a pot, and pour over them a pickle made with good white wine vinegar, boiled up with pepper, cloves, mace, and a little ginger ; and when it is ready to take off the fire, throw in a piece of lemon peel, and three or four bay leaves ; put not this pickle to the tongues before it is cold ; then tie them up close, to keep them from the air. The sauce to them is a little of the pickle, with good oil.

A NEATS TONGUE PUDDING.

Boil a neats tongue without salting it ; blanch it ; let it stand to be cold, then either mince or grate it very fine ; mix with it a penny loaf grated, a pint and three quarters of cream, the yolks of eight, and whites of four eggs ; beaten and strain'd ; then add one or two spoonfuls of sack, a little salt, beaten cloves and mace, and sugar to your palate ; a few currants and some candy'd citron peel ; sheet the dish with puff paste, put in the pudding and stick it all over with pieces of marrow.

A NEATS FOOT PUDDING.

Mince a pound of neats foot very fine, and also three quarters of a pound of suet, grate to it a whole nutmeg ; add candied orange also shred small, some salt, currants and a little grated bread, and seven eggs (leaving out three of the whites) flour the pudding bag, and boil it for at least two hours and a half. Let the sauce be sack, butter, and sugar melted.

NETTLES are incisive and opening, they are good for dissolving the stone in the kidneys or bladder ; for stopping the spreading of a gangrene, if bruis'd and applied to the part affected.

A water distill'd from their leaves and flowers in *July*, and drank, morning, noon and night, to the quantity of three ounces, is good against the cholick, stone in the bladder, inveterate coughs, worms and wind.

It is an excellent remedy for hot ulcers and the biting of mad dogs, if apply'd outwardly on a linen ; also for cancers, fistulas, gout and swollen feet.

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A nettle applied to the forehead, cures a *Polypus* in the nose, and stops the bleeding of the nose.

The Stinking or Dead NETTLE.

The leaves, stem, juice and seed of this nettle dissolves all sorts of hard bumps, cankers, imposthumes, and evil swellings, being applied warm twice a day in the form of a cataplasm; the same incorporated with vinegar and being applied with salt, is good for rotten, corroding ulcers and cancers.

The leaves especially and root of the dead nettle, being pounded and applied to the nose, stops the bleeding of it, as the others do; and the juice applied to the forehead will have the same effect.

An ointment made of the leaves of nettle, salt and oil will keep the parts of the body from all colds and shiverings.

NIGHTSHADE.

The juice of the leaves or fruit of this plant mixt with oil of roses and a little vinegar is admirably good for a burning pain in the head, and the inflammation of the brain and madness, being applied on linnen cloth upon the forehead.

The juice of it being dropp'd into the ears, forthwith removes the pain in them.

Nightshade is of a refreshing nature, promotes sleep, is good for St. *Anthony's* fire, inflammation of the breast; headache and burning fevers.

For Sore NIPPLES.

Take a quarter of a pound of red lead, half an ounce of rosin, three ounces of bees wax, half an ounce of red sealing wax; put all these into half a pint of fallad oil, and boil them to a fave; as soon as you perceive it turn black, take it off the fire, for it is enough; then turn it out immediately or it will be too hard.

When you would use it, melt it and anoint the part aggriev'd with your finger, or spread it on a cloth and keep a plaister on it.

Another for the Same.

Boil an ounce of bees wax in the same quantity of fallad oil, colour it with alcany roots; when it is of a fine red colour,

colour, strain it and drop into it six pennyworth of balsam of Peru; then pour it into the bottom of tea cups, that it may be form'd into small cakes.

Another.

Infuse the seed of quinces in white rose water; strain it thro' a piece of muslin, and wash the nipples often with it.

NUNS BISCUIT.

Beat the whites of three eggs up to a froth; blanch and pound four ounces of almonds with the froth of the eggs as it rises; then take the yolks and beat them well with half a pound of fine sugar, and mix the almonds with the eggs and sugar; add two ounces of flour, with a lemon peel and some citron finely shred; bake them in little cake pans in a quick oven, and when they are coloured, turn them on the tins, that the bottoms may harden; strew over them double-refin'd sugar finely sifted, and set them in the oven again.

Remember to butter the pans, and not to fill them more than half.

NUTMEG is astringent and sweetens the breath, it fortifies the liver and stomach, is good for the eye-sight, provokes urine, stops a diarrhæa, expels wind, and is very good for fits of the mother.

If a nutmeg be boil'd in six ounces of rose honey, and two ounces of brandy till the water be all consumed, and then strained, it will cure the stomach ache by taking three spoonfuls of it fasting, especially if the pain proceeds from a cold cause.

Nutmegs help the memory and digestion, expel wind, bind up the body, soften the hardness of the spleen and liver, and take spots out of the face.

NUTMEG WATER.

Take six quarts of proof spirits, three quarts of water, nutmegs bruised four ounces, carraway seeds or orange peel half an ounce, infuse, distil and sweeten with one pound of loaf sugar.

OAK MOSS.

THE white moss of oaks makes the choicest cyprus powder good for the head.

Young oaken leaves boil'd in wine make an excellent gargism for the mouth; and almost every part of an oak is soveraign against fluxes.

The dew that impearls the leaves of the oak in the month of *May*, insolated, send up a liquor of excellent effect in ruptures.

Coals of oaken pounded and mingled with honey is good for the cure of carbuncles.

A multitude of remedies are made of the viscous polypody and other excrescencies of the oak as also noble antidotes and syrups.

OAK of Jerusalem or OAK of Paradise.

Is an herb which has very near the same vertues as thyme, and is good against stoppage of urine; a decoction of it with liquorish is very good for shortness of breath and asthma's if a little syrup of violets be added to it.

The herb being fry'd and moistened with malmsey wine and apply'd to the belly allays the cholick, and is more efficacious, if the leaves of mugwort be added to it, as also camomile flowers all fry'd with oil of lilies and yolks of eggs.

The leaves being dry'd and put among clothes gives them an agreeable smell and also preserves them from moths.

OAT-CAKES.

Take very fine flour of oatmeal, mix it well with new ale yeast, making it all stiff dough or paste and form it into little cakes, roll them out very thin, and lay them on an iron or baking stone, making a gentle fire under them, as they bake turn them, and also the edges of them round on the iron that they may be baked also; they will require but a quarter of an hour to bake them.

A little before you take them off, turn them on the other
side

side only to flat them; for if you turn them too soon it will hinder their rising; the baking iron or stone must stand at some distance from the fire.

Oats are very often put into a bag which being moistened with vinegar and apply'd very hot to the belly allay the pains of the cholick and womb.

Oats boil'd in wine, take away spots and freckles.

An OATMEAL PUDDING.

Put a pint of whole oatmeal into a quart of milk just warm; let the oatmeal be clean pick'd, let it lie to soak two hours; then add half a pound of currants; a quarter of a pound of raisins ston'd, a little salt, half a pound of butter, and a quarter of a pound of sugar; then put it in a bag and boil it; but if you bake it, lay marrow on the top.

A Method of Brewing ALE or OCTOBER Beer, from NOTTINGHAM.

Supposing the copper to hold 24 gallons and the mashing tub large enough to hold four bushels and more of malt, the first full copper of boiling water is put into the mashing tub, and having lain on the malt for a quarter of an hour till the steam is to far spent that one can see his face in it, or as soon as the hot water is put in, a pail full or two of cold water is thrown into it, which at once brings it into temper, then three bushels of malt are poured liesurely into it, being stirred or mashed all the while it is putting in; but as little as can be or no more than will just keep the malt from clotting or balling; this being done one bushel of dry malt is put on the top to keep in the vapour or spirit, then it is covered up, and let stand for two hours, or till another copper full of water is boiling hot; this is laded over the malt by three hand bowls full at a time, which are to run off at cock or tap by a very small stream, before more is put in; which again is return'd into the mashing tub, till it comes off exceeding fine; for if the wort is not clear when it goes into the copper; there are but small hopes it will be so in the barrel. The brewing after this liesurely manner requires 16 hours to brew four bushels of malt.

Now between the ladings out of the copper cold water is put into the copper to be boiling hot, while the other is running off; and by this means the copper it kept up near full, and the cock spending till near the end of brewing either ale

or small beer, of which no more than 21 gallons are to be sav'd of the first wort, which is reserv'd in a tub, then four ounces of hops are put in, and then it is set by.

For the second wort, suppose there are 20 gallons of water in the copper boiling hot, that must be all laded over in the same manner as the former was, but no cold water need here be mixed; when half of this is run out into a tub, it must directly be put into the copper, with half of the first wort, strain'd thro' the brewing sieve, as it lies on a small loose wooden frame over the copper, to keep back those hops which were first put in to preserve it; which is to make the first copper 21 gallons.

Then upon its beginning to boil a pound of hops is put into one or two canvas or other coarse linen bags, something larger than will just contain the hops, that they may have room to swell; these are boil'd away briskly for half an hour; then the hops are taken out, and the wort is continued boiling by it self till it breaks into particles, a little ragged, and then it is enough and must be dispersed into the cooling vessels very thin.

Then the remainder of the first and second wort are put together at the same time, in the same manner and with the same quantity of fresh hops as the first was.

The rest of the third or small beer wort will be about 15 or 20 gallons more or less, this is directly mixt with cold water to keep it free from excise, and this is put into the copper as the first liquor to begin a second brewing of ale with another four bushels of malt, as was done before and so on for several days together if necessary; but at last there may be some small beer made; but some make none; but make use of the grains in feeding their hogs.

Observations made on the preceeding Method.

The first copper of 24 gallons is but sufficient to wet three bushels of malt, and by the addition of cold water as the hot is drawn off, it is no matter how much the malt drinks up, tho' a third part of water is generally allow'd for that purpose, which is never return'd.

By the leisurely pouring on the bowls of water, the goodness of the malt is more extracted and washed out, so that more ale may be made this way and less small beer, than if the wort was drawn out hastily; and besides this the wort has a greater opportunity of coming off finer by a slow stream, than

than by a quicker; whereby this method excels all others, that discharge the wort more hastily out of the mash tub.

Also by the continual running of the cock or tap, the grains are in no danger of souring, which often happens in summer brewings, especially when the cock is stopp'd between the several boilings of the wort; which has been the cause of damaging or spoiling many guiles of drink.

In this way of brewing such a confidence is repos'd in the hops to preserve the wort from fixing even in the very hottest time of summer, that all the first running is put into one tub, till there is an opportunity of boiling it, and if tubs and room are wanting, that there is a necessity of laying the wort thick to cool, then the security of some fresh hops (and not them already boil'd or soak'd) may be put into it, which may be gotten out again by letting the drink run through the cullender, and after that a hair sieve, to keep the seeds of the hop back as the drink is putting up into the barrel.

But this way of putting hops into the cooling tubs is only meant where there is a necessity and tubs and room enough can't be had to lay the wort in.

By this method of brewing ale may be made as strong or small as you please, and so may the small beer, that comes after and is so agreeable that ale and strong keeping *October* beer are made all one and the same way, excepting this difference, that the latter is stronger and more hopp'd than the former.

Where little or no small beer is wanted, either little or none may be brew'd, by this way of working, which is a considerable conveniency where little small beer is required; nor is there any loss in leaving the grains in some heart, where horses, hogs, cows or rabbits are kept.

The vulgar error of boiling strong wort only till they break or curdle in the copper, has been for many years a standard sign to the ignorant; and this will sometimes be in three quarters of an hour, at others in an hour or more according to the qualities of the malt and water.

But there is good reason to dissent from this practice in some measure, as there is likewise from those who boil their worts two or three hours, for this is certain that the longer worts are suffered to boil, the thicker they will be; because the watery or thin parts do first evaporate, and by how much the thicker any drink is boil'd, the longer it requires to lie in the barrel, in order to have its particles broken, which then is to be effected only by age.

Therefore in the articles **BOILING** and **WORTS** there
are

are to be found fixed times and signs to know when wort is really enough boil'd, and that a person of an ordinary capacity may be in a little time judge of, by which the prodigious losses in the waste of strong worts may be prevented which would otherwise be boil'd away to more loss in the quantity than profit in the goodness of the drink.

To fry OISTERS for Garnish, or for a Plate.

Make a batter of eggs and flour, crums of bread, and a little mace beaten fine, and having stew'd some large oysters in their own liquor, wipe them dry and flour them, then dip them in the batter and fry them in very hot butter, or lard or the seam of an hog; and they will be incrustated or covered with a sort of paste which will be very agreeable either for a plate or to garnish a dish.

If you serve them up alone, do it with some of the liquor, a little butter, and a little white wine, having first boil'd some spices in the liquor.

To fry OISTERS for Garnish for Fish, &c.

First wash them in their own liquor, and dry them well; then having yolks of eggs beaten up with salt and spice and flour sufficient to make it thick enough to hang on the oysters, fry them quick in clarified beef suet.

To PICKLE OISTERS.

Take a peck of large oysters, open them carefully without mangling them; wash them three or four times in their own liquor; then strain the liquor and put that into a skillet; when it boils put in the oysters with half an ounce of white pepper, and five or six blades of mace, boil them till they begin to shrivel up, then take them out of the liquor and cover them close; and boil the spice and liquor for a quarter of an hour longer; then pour it upon the oysters; and take care always to never let them be expos'd to the air more than what can possibly be avoided.

Another Way.

Let them be large, open them, save the liquor, let it stand to settle; then pour off the clear into a stew-pan, and wash the oysters in water and salt; then boil them gently in their own

own liquor, so that they be not too hard ; put to them a few cloves, some whole pepper, a little ginger, a little mace and a bay leaf or two, and let the liquor boil, prting to it a fourth part of white wine vinegar ; then boil it a little more ; then take them off and set it by till it is quite cold.

When they are cold put them into jars or gally-pots and pour the liquor with the spice cold upon them, and close them down with leather.

To roast OISTERS.

Let your oysters be large, wash them clean ; and having a batter of milk, flour, mace powdered, a little pepper and eggs ; dip the oysters into it, and then into grated bread and powdered mace ; put them on a skewer broadside to broadside or upon silver lark spits and lay them to the fire ; then flour them well ; basting them with butter till they are enough.

While they are roasting prepare the following fauce.

Take the oyster liquor into which put crumbs of bread, salt and pepper, a little grated nutmeg, and a blade or two of mace, and boil them till the bread is like a pulp, and tastes well of the spice ; then add to it a glass of white wine, and having mix'd them well, pour it into a plate or dish, and lay the oysters in the fauce, and serve them up hot.

To stew OISTERS.

Take a quart of oysters and having clear'd them well from bits of shells, and other filth in their own liquor ; then strain that liquor, and put to it a large blade of mace, and a small nutmeg slic'd and a little salt ; boil the oysters in it, scumming it clean ; when they are almost enough ; put in some parfly shred fine, and you may add a shalot if you like it ; then shred the yolks of four eggs fine, put them in with near half a pound of butter ; keep continually shaking them.

Another Way.

Let the oysters be large, open them and save their liquor, which let settle and pour off the clear ; put it into a stew-pan with some blades of mace, some whole pepper and a little grated nutmeg ; let it boil gently till it is strong enough of the spices, then put in the oysters, let them stew gently
that

that they may not be hard ; to these add a piece of butter and as much grated bread as will thicken the liquor of the oysters, and just before you take them off the fire stir in a glass of white wine.

OISTERS to Scollop.

Put your oysters into scollop shells, leaving the liquor, which set by to settle ; then put a moderate quantity of liquor into each shell, with some whole pepper and a blade of mace ; then put in a bit of butter, and cover all with grated bread ; set them over the fire on a gridiron ; and when they are enough, give the grated bread in the top of the shells a browning with a red hot iron, and serve them up.

OLD AGE.

To attain to an advanced old age, take three quarts of rose water, ten ounces of orange and lemon peel dry'd in the shade ; cinnamon, cloves and nutmegs, of each half a pound ; red roses that have not been gathered more than two days, two pounds, four pinches of rosemary tops, and two of laurel leaves, four handfuls of marjoram, as many of balm gentle, four pound of hyssop, as many of wild roses.

Put all these together with rose water, bed upon bed, into a glass alembick, and then distil them very gently in a *Balneo Mariæ* or *Bath Mary* and keep the water that comes out for use.

This water is not only endued with the vertue of prolonging to an extreme old age ; but it will also add a freshness in the complexion, will fortify all the parts of the body ; expel ill humours, cures catarrhs, defluctions and palsies.

It will prevent infection seizing the heart in a time of pestilence ; is very good in cancers, and will forward womens *Menses*.

It is good for disorders of the heart, and cures the distempers of the stomach, eyes and teeth.

The dose is about two spoonfuls, morning and evening ; and rub any disordered parts with it.

Another Way.

Take of the roots of the black hellebore, and also the leaves of the same, of each six handfuls, wash them with good red

wine ; bruise them small, and put them into a tight vessel and before you lute it put in three quarts of the best red wine, and let all boil in this bath for 24 hours, then strain out the liquor, and put what remains into the press, and add what comes out from the press, after you have strain'd and filtrated it, to the other, and throw away the dregs.

Take of black hellebore and red roses, of each six handfuls, four drams and a half of cloves, and bruise the whole and add to it three quarts of good claret, and a chopine and an half of very good brandy ; let the vessel be well luted for a day and a night into a boiling bath ; then strain the liquor, press the remainder, put it to the first extraction and distil the same to the consistence of hony.

Take three drams of ambergrease, and oriental saffron a dram and half to the distill'd water, distil them over again, cohobate the same three times ; then add the salt that you have extracted from the feces to the quantity of seven ounces and a half, put the whole to the hony'd substance, and circulate for four days.

From 60 to 70 you may take half a spoonful every month ; from 70 to 80 the same quantity every 15 days, and from 80 to the end of life, once a week.

OMELETS are a kind of pancakes which are made after divers ways.

An OMELET with Sugar.

Whip as many eggs as you think fit, put to them a little cream, salt and lemon peel minc'd very small ; beat all well together and make the omelet, sugaring it in the frying-pan on the side that is coloured, and turning it while it is frying, lay it when done on a plate turn'd downwards, then strew over it sugar and lemon peel minc'd fine, and ice it all at once with a red hot iron or fire shovel and serve it up hot.

An OMELET of green Beans, Pease, &c.

First slip the beans out of their skins, and fry them in good butter, with a little parsley and chibbol ; then pour in a little milk cream and season it and soak it over a gentle fire ; make the omelet with new laid eggs and cream, and season it with salt to your palate ; when it is ready, dress it on a dish

dish, bind the beans with the yolks of eggs, turn them upon the omelet so that they may stick to the side of it, and serve it up hot to table.

ONIONS are better for use than taste. If you eat very tender onions daily with honey fasting, you will enjoy better health than otherwise ; except they are quite new, for the dry'd ones are better than the others.

Onions taken with the juice of fennel, will cure a dropsey, if taken at the beginning of the distemper.

Being snuffed up the nose, it will purge the brain ; and mix'd with hen fat, it will dry up the kibes.

If it be applied on a linnen cloth to wounds or hurts, it will allay the pain: Being mix'd with strong vinegar, it will stop the bleeding of the nose, being put up the nostrils with a pledget.

The juice of onions is good to make the hair grow ; cleanse purulent ears, and takes away white spots, as well in the face as any other part of the body.

An onion roasted and eaten with some sugar, oil and vinegar, will cure a cough, is good in an asthma and shortness of breath.

Take out the core of an onion, fill it with cummin seed powdered, stop up the hole, and roast it under hot ashes, then squeeze out the juice, and put it into the ears, and it will help deafness and the buzzing of the ears.

An onion pounded with fresh butter, will assuage or allay the pain of the piles ; and pounded with hony and salt, is a sovereign remedy against the biting of mad dogs.

The thick coat of an onion burnt or roasted under hot ashes, will give ease in an inveterate head-ache and megrim ; if a little bit of it be moistened with oil of roses, and be put into the ear where the pain is.

An onion boiled in wine or water, and then fry'd in common oil, and applied to the navel by way of cataplasim, is good to give ease in the gripes to lying-in women.

Take out the core of an onion, and fill it with treacle or mithridate, dissolved and mix'd with lemon juice ; then stop up the hole with the slice that was cut off, and roast it in hot ashes, so long till they are incorporated and mix'd together, then squeeze out the juice of the roasted onion, and give it to a person seiz'd with the plague, let him presently lie down in his bed and be well covered, that he may sweat, which if he do presently he will recover. This remedy has not its equal.

To Boil ONIONS, so that they shall lose their Scent.

Take the largest onions, cut off the strings and the tops, without peeling off any of the skins; put them into salt and water and let them lie an hour, wash them out, and put them into a kettle with a good quantity of water, and boil them till they are tender.

Then take them off, and take off as many skins as you think fit till you come to the white part; then pound them or bruise them, and toss them up with either butter or cream, if for boil'd rabbits or a roasted turkey.

You may if you please, bruise them and pass them through a cullender, and then put cream to them, which is the nicest way for a turkey. Or,

If you keep them whole, you may warm them in strong gravy well drawn with spice and sweet herbs, and thicken the gravy with burnt butter, adding a little white wine or claret, or a little ale.

This is sauce for a roasted turkey, or mutton or lamb roasted.

ONIONS in a Ragoë.

Roast large onions in hot ashes, cut them in pieces, and put them into a dish upon a chafing-dish, with fresh butter, salt, pepper, and nutmeg; let the whole soak, and when ready to boil, add a little vinegar, and serve up the ragoë.

ONIONS to pickle.

Let your onions be dry enough to be laid up in the house, take such as are about the size of a small walnut; and of those sort they call *Spanish* onions, which are not so strong flavoured as the *Strasburg* onions; peel off the outward dry coat, and boil them in one water without shifting them till they begin to grow tender; then take them off the fire, and lay them in a sieve or cullender to cool and drain, and when they are quite cold, take off two other coats or skins from each, and rub them gently in a linen cloth to dry.

Then put them up into wide mouth glasses, with about six or eight fresh bay leaves to a quart, two large races of ginger slic'd, and a quarter of an ounce of mace.

Interperse

Interperse these ingredients here and there among the onions in the glasses, and having boil'd vinegar with about two ounces of bay salt to each quart, scumming it as it rises, pour it into the glasses, and having covered them close with wet bladders, tie them down; they will look brown and eat well.

BUTTERED ORANGES.

Rasp the peel of four oranges into a pint of water; to which add a pint of orange juice and the yolks of twelve eggs and the whites but of four, putting as much sugar as will sweeten to your palate, strain it, set it on the fire, and when it is pretty well thickened, put in a piece of butter as big as a couple of nuts, and keep stirring it till it is cold.

ORANGE BUTTER.

Boil the rind of six oranges very tender; then pound them very fine in a mortar, and rub them through an hair sieve; then boil two quarts of cream, and put in the yolks of 20 eggs, and the whites of four; let the eggs be very well beaten before they are put into the boiling cream; stir it all one way till it comes to a curd, then strain it from the whey in a strainer; when it is cold, put in as much of the orange as you think will give it a taste agreeable to your palate, then sweeten it to your taste.

Another Way.

Wash hogs lard well in spring water; beating it all the while with a piece of wood; then having orange flowers fresh gathered, put about a quarter of a pound of them into the lard, melting it gently, let them be in about two minutes, gently keeping them warm over the fire, then strain it off, and when the lard is grown cold again, beat it and wash it with orange-flower-water.

Then melt it again gently the second time, and put in fresh flowers in the same manner you did before, and it will become of a yellow colour, and then let it grow cold and beat it again with a wooden paddle and orange-flower water, and put it up in pots for use.

You must melt the lard in a well glaz'd pipkin setting it into boiling water.

To Candy GREEN ORANGES.

Lay the oranges in water for three days, shifting them every day ; then put them into scalding water, keep them in a scald close covered till they are green ; then boil them till they are tender ; then put them into water for three days more, shifting it every day ; then make a fyrup with their weight of sugar, allowing half a pint of water to a pound of sugar, and when the fyrup is cold, put in the oranges ; let them lie two or three days, and then candy them out as other oranges are done.

To preserve whole ORANGES or LEMONS.

Rasp just the outside rind of the oranges very thin, lay them in water 24 hours ; then set them on the fire, with a good quantity of water ; boil them till they are very tender ; then put them in cold water again, and let them lie for two days ; but if they are lemons, they need not lie above one day.

Then to fix oranges or lemons, put three pound of fine sugar, and a pint and an half of water ; boil and scum it well, set it by till it is cold, then put in the oranges or lemons, and let them lie four or five days in the cold fyrup ; then put them on the fire, and make them boil till they are clear ; then put them into an earthen pan, and let them stand a day or two more ; then put them on the fire, give them another boiling, and put them into jelly, as follows.

To a pint and an half of pippin jelly, add a pound and an half of fine sugar, make it boil till the jelly is very strong ; then heat the oranges and put them into the jelly with half their fyrup, make them boil briskly for a quarter of an hour ; take them off the fire, and add to them the juice of three lemons ; then put them into pots that will hold the jelly.

To fix oranges, you may allow above a quart of jelly, and two pounds and a quarter of sugar.

Sevil oranges and *Malaga* lemons are the best ; but the lemons must be done by themselves.

ORANGE PASTE.

Rasp *Sevil* oranges, and you may make the outside for knots ; then cut the oranges, and take out the meat and pick all the kernels out of the meat.

Boil

Boil the white rinds till they are very tender, and to a quart of meat allow a pound and six ounces of beaten rind; mix them well, make them scalding hot; then add four pound and an half of fine sifted sugar; stir them well together, and scald them till the sugar is well melted; then add the juice of four large lemons.

Fill the paste into flat earthen pans, or deep plates; set them on the fire till they are candied; then drop it on glasses: Set that by that is too thin to drop, till they are candied again; it will be dry with once turning.

ORANGE MARMALADE.

Rasp *Sevil* oranges, take out the meat, pick out the seeds or kernels, and boil the rinds very tender, and pound them very fine; and having boil'd three pound of fine sugar in a pint of water, and scum'd it well, put to it a pound of rind, and make it boil briskly till the sugar is very thick; then put in a pint of the meat of the oranges, and a pint of very strong pippin jelly; boil all together as briskly as you can, till it is very well jellied; which it will be in about half an hour; then put it up in pots or glasses with papers close to it.

Another Way.

Pare a dozen of large *Sevil* oranges very thin, cut them in halves; squeeze out the juice into a basin, cover it, and set it in a cool place; lay the halves of the oranges in water for a night; then boil them till very tender, shifting the water so often that all the bitterness is got out; then dry them well, and pick out the seeds and skins; pound them fine, and to every pound of pulp, allow a pound of double refined sugar; boil the sugar and pulp together almost to a candy height; this being done, add the juice of 4 lemons to the orange juice; strain it, and add its weight or more of double refin'd sugar; pour this to the pulp and sugar; and boil all pretty briskly till it jellies.

Keep the glasses you pour it into close covered.

To dry ORANGES or LEMONS in Knots.

Rasp the oranges or lemons with a sharp knife, as thin and as small as may be, breaking the raspings as little as may be, that the outside rind may make but two or three knots.

Then cut the oranges, take out all the meat, and pick out the kernels or seeds; lay the rinds for two days in a sieve or broad pan before they are boil'd, or else they will be apt to break; then put them into cold water, and boil them about an hour; then drain them well from the water, and having clarified as much single refin'd sugar as will cover them very well, put them into the syrup when it is cold, and set them by for four or five days; and dry them out as you use them; and when you take any of them, give them that are left in the syrup a boil.

Candy them in the following manner.

Take out as many as you intend to dry, cut the white halves in rings or quarters, as you please; then boil them very fast for a great while, in as much clarified sugar as will cover them, till the sugar is come to its blown quality, which may be known by putting in a ladle with holes, and blowing through it; for then you will see the sugar fly from the ladle.

Then take it off the fire, and rub the candy against the pan sides, and round the bottom till the sugar looks oily. Then lay them out on a sieve, that the sugar may drain from them; then lay them in knots on another sieve, with all the expedition you can; set them into a stove for an hour or two, and they will be dry enough.

If you do but a few at a time, the syrup that is put to them first will do them out.

Whole oranges or lemons may be done the same way, except that the whole ones are to be boil'd after they are rasped, and the meat pick'd out of a hole cut at the top, after they are boiled, and before they are put into the syrup, and the piece is to be put in again after they are dry.

ORANGE DROPS.

Squeeze out the juice of a dozen oranges; boil the rinds till they are very tender; then cut out most part of the white, and pound the yellow rind very fine, and pulp it through a hair sieve, and to a pound of pulp, add a pound and an half of fine sugar sifted through a hair sieve; mix it well in, and put in the juice till you make it thin enough to drop from a tea-spoon.

Then drop it on glasses, and set them before the fire for about two hours, and then set them in a stove; the next day turn them, and they will be dry enough in 24 hours.

To make ORANGE Halves or Quarters with the Meat in them.

Take *Sevil* oranges, rasp them round, and then cut them into halves; pick out the meat; boil the halves very tender; then chuse half of them that are the clearest and best, and put them into a cold thick syrup, made with fine sugar, and half a pint of water to each pound, pound the other half of the rinds very fine; pick the kernels out of the orange meat; and to a pint of the meat, add half a pound of the pounded rinds; scald this very well, and add a pound and a half of sifted sugar which stir very well in; let it scald till the sugar is well melted; then add the juice of a lemon or two; put it into a broad earthen-pan set it into a stove, let the half orange rinds have lain three or four days in the syrup, boil them very briskly till they are clear, and the syrup is very thick; put them by till they are cold; then put them upon earthen plates, and set them in a stove; and the next day if you think they have not sugar enough on them, dip them in the syrup, which runs from them; they must not have dry sugar on them but only a gloss before they are quite dry, fill them with the orange meat; lay them on a sieve and set them to dry in a stove; they will be done in a day or two.

CHINA CHIPS.

Take *China* oranges, cut the rounds in long chips; as thin as you can, not taking any of the white; boil them in water till they are tender; then set them by to drain, and afterwards put them into a very thick cold syrup of clarified sugar; in which let them lie a day or two; then give them a scald; set them by till they are cold; lay them on earthen plates, set them in a stove.

After the same manner may *Sevil* oranges, be done, if you like them, with a little sugar and very bitter.

ORANGE or LEMON CLEAR CAKES.

First make a very strong jelly; pass it through a jelly bag; then boil the meat of six or eight oranges in two quarts of the jelly and pass it through a jelly bag.

Then mix half a pint of orange juice and half a pound of sugar and give them a boil; then put this into the jelly, a
pint

pint of the fyryp of oranges to a quart of the juice, and the outside of a couple of oranges first boil'd in two or three waters, and then shred very fine ; heat them together, scalding hot and to a quart of jelly take three pound of sugar and boil the sugar to a candy height ; then put in the jelly but not all together, because if it be all boil'd in the hot sugar it will not dry.

As soon as it has done boiling, put in the rest ; set it over the fire till all the candy is well melted ; but be sure not to let it boil ; then fill it into small pots, dry it and turn it on glassess as you do other clear cakes.

You may do lemons the same way.

To Candy ORANGE-FLOWERS.

Let your orange-flowers be full blown, pick off the white loaves and put them in water for an hour or two, then into boiling water ; boiling them till they are tender, then put them in a sieve to drain the water from them, then put them into cold water ; and in the mean time make a fyryp of very fine sugar, as much as you think will cover them ; allowing three quarters of a pint of water to a pound of sugar, and when the fyryp has stood to be cold, put in the leaves, leaving them there till the next day ; then give them a scald and let them lie in the fyryp for two or three days.

Then if you have the quantity of a pound of flowers, make a fyryp with a pound and half of fine sugar and half a pint of water ; boil it and scum it, and when it is cold drain the fyryp from the flowers and put them into the thick fyryp, in which let them lye two or three days, then make them just hot, and in two days more lay them out on glassess, spreading them very thin and sift fine sugar over them, and set them in a stove, they will be dry on one side in four or five hours ; then scrape them off the glassess on a paper, laying the wet side uppermost, and set them in the stove again till they are almost dry ; then pick them asunder, and set them in the stove till they are quite dry. If you please you may put some of them in a jelly.

ORANGE CHIPS.

First cut off the peels of some very fine oranges ; but not too thin ; and boil them in a great quantity of water, shifting them several times, to take away all the bitterness, when they are tender dry them and allow their weight of double
refin'd

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refin'd sugar; boil the chips and sugar when wet to a candy, till the sugar be almost wasted; then lay them thin on plates to dry.

ORANGE CREAM.

Grate the peels of half a dozen oranges into a pint and half of water; then squeeze in the juice; beat the yolks of eight eggs well, and put to the rest, sweeten it with double refin'd sugar; press it hard through a strong strainer: set it on the fire, stir it all one way, till it is as thick as cream, then pour it into glasses.

An ORANGE POSSET.

Take four *Sevil* oranges and two lemons, squeeze them into a large *China* basin; sweeten it even to a syrup with double refin'd sugar; adding to it four spoonfuls of orange-flower-water; then pass it through a fine sieve; boil a quart of thick cream with some of the orange peel cut thin: Let it stand till it is pretty cool; then pour it into the basin to the orange juice through a funnel, holding it as high as you can from the *China* basin. This must be made the day before you use it.

When it is serv'd up let it be stick'd with slips of candied orange, lemon and citron peel on the top.

To preserve ORANGE FLOWERS.

Pick the flowers and little oranges and stalks each by themselves; boil the flowers in fair water till they are tender; boil also the little oranges and stalks in several waters, till they are freed from their bitterness. To a pound of flowers allow three pound of double refin'd sugar, wet it with water; boil it to a syrup, and having drain'd the flowers well, put them into the syrup; let them boil a little, and put them into glasses.

CAKES *of* ORANGE FLOWERS.

Allow five pound of double refin'd sugar to a pound of orange flowers; dip the sugar in water, and put it into a preserving pan to melt; pick the outside leaves off the flowers, and boil the flowers in water till they are tender; then take them out and drain them very well; while they are boiling,
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the dissolv'd sugar is to be set on the fire, and be boil'd to a thick syrup; then set it by till it is cold; and not before put in your orange flowers; then drop them nearly on plates, and dry them either in the hot sun or a stove.

ORANGE FLOWER WATER.

Take two handfuls of the leaves of orange flowers, without the yellow and green; infuse them in two quarts of water, with half a pound of sugar, strain it through a sieve or linnen cloth, and when you have done, cool and ice it (see the article *Iceing*) or if you would make more dispatch, beat up the water with the flowers and sugar; by pouring it out of one vessel into another; strain the liquor and set it to cool.

The orange flowers being very dear, and the water being commonly sold cheap, we need not wonder it is so badly made, it being for the most part nothing but an infusion of orange flowers in common water; but if you would have it very good.

Take three pound of orange flowers when they are in their prime, bruise them in a marble mortar, and put them into an earthen pitcher, adding three ounces of the peel of *Sevil* oranges cut into small slices; you may also (if you have them) add small oranges about the size of a nut to the infusion; after they have been bruis'd pour upon them two pints of white wine, and as many of balm water, which will dissolve and rarify the odoriferous parts of the ingredients, and render the scent more sensible; but if you have not balm water, you may put in wine instead of it or common water.

Stir all the ingredients with a stick, stop up the pitcher close, and set it to digest in hot horse dung for two days.

Then open it, and as quick as you can pour all into a large cucurbit of glass or earth, with a receiver and head fitted to it, and set it into a *Balneum marie*, or *Vaporis*, and distil the moisture with a strong fire, and you will have an excellent orange flower water, which you must keep in a bottle very well stopp'd.

This is good against vapours and malignant humours; it is given in hysteric distempers, to provoke womens terms, and to fortify the stomach and brain; the dose is from two scruples to an ounce.

An ORANGE PUDDING.

Take half a dozen of good oranges; squeeze out the juice into an earthen basin; boil the peels in several waters, till they have lost all their bitterness; then pick out the pulp and strings, and pound the peel with orange flower-water, and mix it up with the juice that you strain'd; add to it 16 eggs, leaving out eight of the whites, add a pound of good butter, sweetening it to your palate; sheet your dish with puff-paste, also garnish the edge with the same.

Note, That all the ingredients must be pounded in a mortar for an hour at least, till they look all alike.

An excellent ORANGE PUDDING.

Pare the rind of two fair *Sevil* oranges so very thin, that no part of the white be to it, shred and pound it very well in a mortar, add to it half a pound of butter, and half a pound of sugar, and the yolks of 16 eggs, pound all together in a stone mortar, till it is all of a colour, then having sheeted a dish with puff paste, pour it in.

If you please, you may grate the peel fine instead of shredding it; but then you must beat up the butter and sugar with it and the eggs with all to mix them well.

ORANGE *and* LEMON PUFFS.

Grate the outside rind of four large oranges or lemons; put this to two pounds of fine sifted sugar; then pound them well together in a mortar; grind it well with the pestle and make it into a stiff paste with gum dragon, well steep'd; then pound the paste again, roll it or square it, and bake it in a cool oven on papers and tin-plates.

To make ORANGE WINE.

Take five gallons of water and ten pounds of good sugar, mix them well, boil and clarify them with the whites of eggs; then having ready half a hundred of oranges, pare them so thin that no white may appear upon the rinds; and as soon as the syrup is taken off the fire, put the peels of half a dozen oranges into it, and when the liquor is quite cold, put in the juice of the oranges, with some fresh ale yeast, spread upon a warm toast of white bread; let this stand to work for two days, and then put it up into the vessel or cask,

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at the same time adding two quarts of white Port wine, and to every gallon of liquor add an ounce of syrup of citron or lemon, and in two months time you may bottle it.

Another Way.

Take three gallons of water and eight pounds of sugar, with the whites of four eggs beaten to a froth; mix them with the sugar and water cold; then boil the liquor for an hour, scumming it as long as any rises.

Take it from the fire, set it by till it is only milk warm, and put in the rinds and juice of 25 oranges. When it is become almost cold, put to it three spoonfuls of new ale yeast; and let it stand to work two nights, stirring it morning and evening.

Add to this a quart of white wine and a quarter of an ounce of isinglass cut small. Stop up the vessel very close, let it stand five weeks and then bottle it.

ORIGANUM or *Wild Origan*, is good against poisons; the leaves are more particularly good against the bitings of venomous creatures. This plant boil'd in wine and applied to the reins, removes the difficulty in making water; a decoction of it is good to comfort the nerves, and lax and weak parts.

The flowers and leaves being dry'd at the fire, upon an earthen sheard, and wrapp'd up hot in a piece of linnen and applied to the head, cures a rheum.

ORKANET.

The root of this plant is of a cooling and astringent quality, if it be incorporated with oil and wax it is good for burns; if rubbed on with vinegar is good in an inveterate itch; it is helpful to women in labour; its decoction stops a loosenness, and gives relief in pains in the kidneys and the spleen: The bark of the root being mix'd with rose ointment, pomatum, wax and oil, will give a rosy colour.

ORPINE.

The leaves of this plant being applied in a plaister for six hours, is good in a leprosy, nay some say, will cure it; but you must afterwards make an ointment of barley meal, and
anoint

anoint in the heat of the sun with vinegar, and wash the place after it is dry.

The juice or decoction of its leaves is a sovereign remedy to heal wounds, to stop a flux of blood, and is good for inward wounds and ulcers.

ORTOLANS.

These birds are brought from *France*, and are fed in large cages with canary feeds, till they become a lump of fat; and when they are become fully fatted they must be killed or else they will feed upon their own flesh.

To kill them, you must take them by the beak, and hold it close with your finger and thumb, and the bird will be stifled in about the space of a minute.

Then pick off the feathers, even those of the head, and put a fine skewer through them, just under the wings, and roast them quick; putting small toasts in a dish under them to drip upon.

Serve them up with strong gravy, and as much white wine made hot; garnish with slices of lemon and raspings of bread, sifted and roasted before the fire.

OSMUND ROYAL.

This plant is most in esteem for restraining the whites in women, and strengthening the womb.

It is by some accounted also a specifick in the rickets in children.

It also enters the composition of some cosmetics, and is esteem'd as very good for clearing the face of freckles and softening the skin; and some recommend it as very efficacious in dispersing bruised blood, and taking away the blackness occasioned thereby.

OVEN, to heat.

Splinters or pieces of dry wood are better than faggots, and faggots are to be preferr'd before other fuel.

In heating an oven, care must be taken that the wood be not burnt every where at the same time, but sometimes at one side, and sometimes at the other, and take the ashes continually out with a rake.

To know if an oven be hot, rub the arch or hearth with a pole, and if small sparks appear, the oven is hot; therefore
you

you must give over heating it any more; but take out the brands and coals, and range a small flame near the mouth of the oven, and clean it with the instrument for sweeping, made of coarse old linnen ty'd to a pole, and dipt in fair water, but first wring it out; then stop up the oven a little time, that the heat may abate; or else if the bread were set in presently it would turn black; but when the heat is a little abated, set in the bread as expeditiously as you can.

OX EYE.

According to *Dioscorides*, the leaves of this plant being bruise'd, are good for dissolving cold tumours and schirrus's, and some say, the decoction of it drank presently after bathing, is good in the jaundice, so that the patient will for a time recover his natural colour.

OXICRATE, is a mixture of vinegar and water.

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PAINS, are bread stuff'd with different sorts of farces.

To make Gammon PAIN.

Dress some slices of gammon, as is directed in the article *Gammon Essence*, excepting that no mushrooms must be put to them, nor is there to be any straining through a sieve; if the slices when dress'd are not sufficiently thickened, you may in order to bring them to a proper consistence, add a little bread cullis. Then having a pottage loaf ready, cut it thro' the middle, so that the upper and under crust may be whole. Then take away the crum of the inside, and toast the rest of the loaf, and bring it to a fine brown colour, by the fire, or in an oven, and then soak the crusts in the sauce, and put them together in a little dish, and put the ragoo with the sauce into it, and garnish with capons livers, dress'd in a veal caul, and serve it up among intermeffes.

To make a VEAL PAIN.

Cut a fillet of veal into thin slices; beat them with the back of a knife, and proportion the quantity of them to the size of the dish; then mince some fillet of veal with parboil'd bacon, dress'd gammon, fry'd suet; all sorts of fine herbs, the breast of a capon and partridge with truffles, mousserons and common mushrooms, chopp'd and all well seasoned with all sorts of spice, and mix'd with a little cream.

Then lay some thin slices of bacon in order, in a round stew-pan, and also one half of the beaten veal stakes, and then the farce; then cover it at the top as you did underneath, that the whole farce may be inclos'd on all sides.

Then cover and bake it between two fires; you may if you please, put a little garlick into the farce; clear it from the fat, dress it neatly in a dish, and serve it up to table hot.

The falling down of the PALATE in Cows.

When a beast labours hard and wants water, it is commonly seiz'd with the falling down of the palate; and tho' it will endeavour to eat, yet it will be to little purpose.

For a remedy against this, cast the beast, and thrust the palate up with your hand, and then bleed it in the same place and anoint the wounded part with honey and salt well mixt together; then put the beast to grass, for dry meat is not at all proper for it.

PALSEY.

If the palsey continues for a year, it will not be cured but with great difficulty. To relieve old persons troubled with this distemper; purge them frequently with agarick or aloes, the dose is one dram, and for those of a robust constitution, a dram and a half; you may also make a cautery in the arm or leg, and every morning give the patient a dose of treacle or orvietan.

Rub the back of the patient with the following balm. Take half a pound of oil of walnuts, half a pint of thick wine, half a handful of camomile, sage, rue, and wormwood, of each half an handful.

Boil all together till the wine is wasted; strain it, and at the same time throw into it three ounces of *Venice* turpentine, and three nutmegs powdered.

Another Remedy.

Rub the paralytick part with the oil of fox, laurel and castor, mixing some brandy with it.

It is very certain that this distemper must by no means be neglected; for if it continues 40 days, it will be very difficult, if not impractical to cure it, especially in persons who are stricken in years.

A PANADA for a weak Stomach.

Grate the crum of a penny white loaf into a quart of cold water; put in a blade of mace, set it on the fire, and when it is boil'd smooth, take it off and put in a bit of lemon peel, the juice of a lemon, a glass of sack, and sweeten it with sugar to your palate.

PANCAKES.

To a quart of cream put six spoonfuls of canary, and a pint of flour; the yolks of 12, and whites of 6 eggs; a nutmeg grated, half a pound of butter, a little salt and some sugar; fry them in a dry pan.

Thin Cream PANCAKES, call'd a Quire of Paper.

To a quart of cream allow 16 eggs, leaving out four of the whites, put in six spoonfuls of fine flour, as many of sack and two of orange-flower-water and a nutmeg grated; sweeten with sugar to your palate; add half a pound of butter melted to the cream; mix the flour with a little cream at first that it may be smooth, and mingle all together.

Butter the frying-pan for the first pancake, running them as thin as you possibly can to be whole; and when it is coloured it is enough.

Take care in taking them out of the pan, and strew fine sugar between each; lay them in a dish as even one on another as you can.

This quantity will make 3 dozen and a half of pancakes:

To roast PARTRIDGES.

You may either lard them with fine fat bacon on the breast, or roast them without larding; but in a dish of these fowls, there should be some of the one, and some of the other.

There

There should be two sorts of sauces for them, the one of gravey in the dish with them, and the other of bread in saucers on the side of the dish.

The gravey is to be made of beef, an onion, a bunch of sweet herbs, some salt and pepper, stew'd for half an hour in a little more water than will cover them, and then strain'd into the dish.

The pap sauce or bread sauce is to be made of grated crumb of bread, boil'd with just water enough to cover it, with a little butter, an onion, and some whole pepper; stir this often, and when it is grown very thick, take out the onion and serve it in a saucer with the partridges.

These sauces will also serve for pheasants or quails.

To stew PARTRIDGES with Sallary.

Clean, truss and boil the partridges tender, and for them make the following sauce.

Take sallary plants well whitened and blanch'd, first boil them in water and salt, and afterwards stew them with gravey, a spoonful or two of white wine, seasoned with some salt and pepper, and when they are enough, thicken and brown the sauce they are stew'd in with burnt butter.

Lay the sallary in the bottom of the dish, and the partridges upon that, and pour the sauce over all. Garnish with slices of lemon or orange, and serve it up.

To make all Sorts of SUGAR PASTE.

Sift the sugar through a lawn sieve; then sift starch as fine, allowing a quarter of a pound of starch to a pound of sugar; make it into a stiff paste, putting thereto gum-dragon steep'd in orange flower-water; pound it in a mortar, and make it into knots or shells in a mould or moss, with rubbing it thro' an hair sieve.

This paste may be coloured of what colour you please, by tinging it with carmine for red, gamboge for yellow, steep'd in water and gumm'd; with yellow gum and stone blue, steep'd in water for green; with smalt for blue, and with chocolate for a brown.

PASTILS.

A kind of sugar paste, to be drest upon *China* dishes, for setting off a desert or banquet of sweet-meats, of which there are several sorts.

For excellent pastils. Take an ounce of benjamin, a quarter of an ounce of storax, aloes wood and willow coal at discretion; reduce all to a fine powder, and add to it ten grains of good civet, and what quantity of fine sugar you think fit; having powdered and mixt those ingredients all together boil them till the paste is made, and keep continually stirring the mass with a stick that it may not burn to, and if you would have them richer you may add six grains of amber, after you have pounded it with a little sugar, which throw into the pan, and when the paste is ready and the whole is well mixt, you may form your pastils.

To perfume PASTILS.

Sift a pound of sugar through a lawn sieve, add one grain of musk, and two of ambergrease; let these be ground fine and mix'd with the sugar; make it into a paste with gum dragon, well steep'd in orange-flower water, adding also a spoonful of ben; pound the paste well in a mortar, then roll it out pretty thin; cut out the pastils with a small thimble, and print them with a seal; lay them on papers to dry; when they are dry, put them in a glass with a cover, or keep them in some close place, where they may not lose their scent.

To dry PEACHES.

Let your peaches be those of the largest white *Newington*; pare them, and having a pan ready over the fire with boiling water, put in the peaches, boil them till they are tender; then take them out, and lay them on a sieve to drain; weigh them, then lay them in the pan in which you design to boil them, and cover them with their weight of sugar.

Let them lie for two or three hours; then set them on the fire and boil them till they are clear, and the syrup pretty thick; set them by covered with a paper close to them till the next day; then give them a very good scalding, taking them off the fire and setting them on again, till the peaches are thorough hot; do this daily for three days, then lay them on plates to dry, turning them every day.

To preserve or dry NUTMEG PEACHES.

First peel the peaches, then put them into boiling water; boil them for a quarter of an hour, then lay them on a sieve
to

to drain; weigh them, and to every pouud of peaches allow a pound of sugar finely powdered; let the sugar be pretty well melted, then boil them very fast till they are clear; then set them by till they are very cold, and afterwards scald them very well; and to every pint of peach, take the same quantity of codlin jelly and a pound of sugar; boil it till it jellies very well, then put in the peaches and half the syrup; boil them very briskly, then put them in pots or glasses.

If you would dry them, scald them over again for three or four days successively, and dry them out of their syrup.

PEACH CHIPS.

First pare the peaches and cut them in chips, and to a pound of chips allow 14 ounces of sugar finely powdered; let the chips lie in the sugar a little while till the latter is melted; then set them on the fire and boil them briskly till they are clear; this will be done in about half an hour; then set them by till the next day, then scald them very well two days, and lay them on earthen plates; then set them in a stove, sift fine sugar over them through a lawn sieve; turn them day after day, sifting sugar over them till they are almost dry; then having laid them on a sieve, let them stand in the stove for a day or two longer.

Lay them in a box close together, and when they have lain so for a week, pull them asunder that they may not lie in lumps.

The PEA-HEN begins to lay in *April*, the young ones are excellent meat, and this fowl may as well be admired for its excellence when dead at the table, as for the beautiful appearance it makes abroad alive.

The flesh of these fowls has an extraordinary quality in resisting corruption or putrefaction, so that these fowls will keep fresh and sweet a long time after they are kill'd in the hottest season; but yet the flesh is of easy digestion, as the flesh of a pheasant.

The eggs likewise are of an excellent relish, much preferable to those of pheasants, or those of the *Guinea* hen.

The Pea-hen sits 30 days if the weather be cool; but if the weather be hot about 28 days.

Sometimes the eggs of the pea-hen are set under a common poultry hen; but then they must not be more than five, and about four of her own will be as many as she can cover; when she has set a week, take away her own eggs, and put

under her four fresh eggs, that these and the pea-hens eggs may hatch together, for hens hatch in three weeks, and pea-hens in 30 days; so that by this means of changing the hen eggs, it makes just the time up that both will hatch.

And the reason why it is necessary to put hen eggs under the hen, besides those of the pea-hens, is because she will the better keep close to the nest and not forsake it as otherwise she might do.

During the time of the setting, the eggs must be turn'd, to do which according to art, they must be mark'd on one side before they are put under the hen.

And if nine eggs be set under a hen, she must be one of a large size.

When the pea-fowls, &c. are hatch'd, keep them in the house a day or two, and then put them into a pen, such as is describ'd for pheasants (which see) and take care to keep them from rain till they are three weeks old, and feed them during that time with barley meal a little wet with water, or the meal of other corn; and now and then chop a few leeks and cheese-curds after the whey is well press'd from them: you may likewise give them crusts of bread boil'd in milk, and press a little from the milk; but these must be given cold.

At about a month old you may venture them in the fields with the hen, if the land be dry and open to the sun; but then tie the hen by the leg, so that she cannot range far at first, and that will prevent their running beyond call, and so they may more easily be brought home in the evening; but you may by degrees give the hen more liberty, and she will with her brood return home of her own accord.

About harvest time the young ones may be fed with barley or other corn, and put to roost in a hen house; but they must by no means be suffered to sit upon the ground, lest they take cold, but make perchings for them, and then they may be put among other pea fowls.

As for such young ones as the pea-hens hatch and bring up themselves, they run immediately with their dams into the field, and find their food if they have liberty; but if the pea-hens lay and set in some place appointed for them, it will not be proper for several hens and their broods to feed together; because those who have the smaller number, or the smaller chickens, make little account of their own, when they see other hens with more or larger chickens than those of their own breed.

The pea-hen when she is at liberty, seeks the most private place for her nest, that the cock may not disturb her eggs, which if he could come at, would be in danger of being destroyed by his lust in treading the hen, even while she is sitting upon the nest; and therefore it will be best to set the hen in such places as may be secret from the cock, if you can; nor indeed should they come in the way of the cock, till the chickens are crested on the head, for before that time the cock will chase the chickens and often kill them; but then they are safe as to receiving any harm from him.

One peacock will serve seven pea-hens, nor should he have less than five, otherwise it will be a hazard whether the eggs will be prolifick, or whether he does not kill a single hen or even a couple by his too great lust.

If you would have them breed early, you may give them beans toasted a little by the fire, about once in four or five days; or let the beans be thoroughly warm and broken to pieces; or else paste made of bean flour and milk, or barley meal and milk with an egg, or spurry feed, which will promote their breeding.

If there be many cocks together, they will be apt to weaken one another, by fighting about treading time, and they should therefore be kept separate; however, if they are all of one breed, they will live the more quietly together.

The hens will sometimes lay or drop their eggs as they set upon their perchings, and therefore their perchings should not be above four foot from the ground, and a good quantity of straw laid under them to save the eggs.

The most dangerous time in the breeding these fowls is just at the time when their crests are beginning to shoot from their heads; but that being once past, they may be reckoned safe and secure as the chickens of any other fowl.

PEARS to preserve, to be eaten hot.

Pare them and put them into a new earthen pipkin, allowing a quarter of a pound of sugar to a pound of pears, and a quart of red wine, and as much water as will cover the uppermost; cover them, and let them stew over a gentle fire, stirring them frequently that they may not stick to the pipkin, and when they are half enough, put to them some cinnamon and cloves; when they are enough, range them handsomely in a dish, in the form of a rose, and pile them up in the form of a pyramid; let the syrup cool a little, then pour it upon them, and serve them up.

PEASE *Green, to preserve.*

In an earthen pot put one half water, and the other half vinegar, into this put green pease; cover the pot, and let it be well stopp'd, and when you take them out to eat, put them in fresh water.

These may be gathered when they are thoroughly ripe, that is, when the cod begins to turn black; and when you have taken out the pease, pull off the skin that covers them.

To put PEASE into a Ragoe.

Gather them while they are green, shell them and put them into a pan with butter or lard; to which add a little water to make them boil, seasoning all with salt, a little parsley and chibol cut in pieces, and when they are done enough thicken the sauce with a little cream, and serve it up.

To stew PEASE.

Put them into a pot with a little water, butter, salt and pepper; or you may fry them in a pan with butter, or otherwise with salt and pepper and a little flour, moistened with some milk or sweet cream, which is the better, or else with some eggs with a little milk put to them.

To fry dry PEASE.

First fry onions or chibbols, and season them with salt and pepper, and fine herbs; and when they are ready add a little vinegar to them.

A Green PEASE SOUP without Meat.

While you are shelling the pease, separate the young from the old; and boil the old ones till they are so soft that you can pass them through a colander; then put the liquor and the pulped pease together, into this put in the young pease whole; adding some pepper, two or three blades of mace and some cloves.

When the young pease are boil'd enough, put a faggot of thyme and sweet marjoram, a little mint, spinage and a green onion shred, but not too small, with half or three quarters of a pound or more of butter into a sauce-pan; and as these boil up shake in some flour, to boil with it to the quantity of a good handful or more; put also a loaf of *French* bread
into

into the broth to boil; then mingle the broth and herbs, &c. together; season it with salt to your palate, and add some small white toasts nearly cut and the young pease.

A very good PEASE SOUP.

Boil three or four pound of lean coarse beef in two gallons of water, with three pints of pease, till the meat is all in rags, and strain it from the meat and husks; but half an hour before you strain it, put in two or three anchovies. Then put into a sauce-pan as much as you would have for that meal, with an onion stuck with cloves, a race of ginger bruised, a faggot of thyme, savoury and parsley, and a little pepper; boil it for near half an hour; then stir in a piece of butter, and having fry'd some forc'd meat balls, bacon and *French* bread, cut into dice with spinage boil'd green, put these to the soup in the dish.

A PEASE SOUP for Lent or any fasting Days.

Boil a quart of good pease into six quarts of water, till they are very soft; then take out some of the clear liquor and strain the pease from the husks as clean as may be; then boil some butter, and when it breaks in the middle put in an onion and some mint, cut very small, spinage, sorrel and a little fallary, cut grossly; let these boil for a quarter of an hour, stirring them often; then with one hand shake in some flour, while with the other hand you pour in the thin liquor; then put into the strain'd liquor some pepper, mace and salt, and boil it for an hour longer; then put a pint of sweet thick cream to as much of it as will make a large dish; laying a *French* roll crisp'd and dipp'd in milk in the middle of the dish.

Hard PEASE Soup.

This may be made of beef; but a leg of pork is much better; or the bones of pork or of the shin and hock of a leg of pork, after sausages have been made of the meat cut off, will make a good jelly broth.

Strain the broth hot through a sieve, and to every quart of liquor put half a pint of split pease; or to three quarts of liquor a quart of whole pease.

The whole pease when boil'd must be pass'd through a cullender; but the split pease do not need it; put in fallery accordingly as you like it cut small; dry'd mint and sweet marjoram

marjoram in powder, season also with salt and pepper; boil all till the sallary is tender.

If you boil a leg of pork this is to be done when the meat is taken out of the pot; but if you make soup from the bones, boil these ingredients afterwards in the liquor.

When you serve it up, lay a *French* roll in the middle of the dish, and garnish the border of the dish with rasped bread sifted.

Some put in all spice powdered, which is agreeable enough: Others serving it up put in toasted bread cut into dice; and others in the boiling add the leaves of white beets.

Green PEASE Pottage.

Boil two or three quarts of milk, according as you would have them thick of the pease; put in a quart of pease shell'd, add some pepper largely beaten, some dry'd mint and sweet marjoram in powder and salt, with a little whole spice pounded.

Boil all these together till the cream rises; then stir it and serve it hot.

Let your pease be boil'd before they are put into the milk

PELLITORY of the Wall, is of an absterfive, restraining and repercussive quality; being somewhat cold and dry; and when it is quite fresh, half pounded and applied to a new wound, it will cure without applying any thing else.

It is good in inflammations; three ounces of its juice or its decoction being drank, cures the stoppage of urine, or gonorrhæa and cough.

The mouth being wash'd with it, cures the tooth-ache, puts up the palate of the mouth, and restrains the inflammation of the throat.

A water distill'd from it makes the skin of the face smooth and fair.

The decoction or water of it mix'd with some white wine and oil of sweet almonds, is good to provoke urine and to bring away gravel.

The juice of it dropp'd into the ear appeases the pain.

The leaves fry'd with fresh butter or capon's grease, and brought to the form of a cataplasm and so apply'd to the belly, allays the cholick.

The juice being mixt with an equal quantity of white wine and oil of sweet almonds, newly made, eases the pains and torments of the stone.

A cataplasim being made of green pellitory pounded with bread crumbs, oil of lily, roses or camomile, dissolves imposthumes of the breast.

PENNY ROYAL is odiferous and of a sharp bitter taste, it is of an attenuating, heating and ripening quality.

The distill'd water and juice of it are good for clearing the eye-sight and also for the cure of the itch; they dissipate the gross humours of the breast, provoke the menses and urine, are helpful to women in labour, in bringing away the after-burthen.

A decoction of it with hony and aloes purges melancholick humours and phlegm in the lungs; allays pains in the belly, intestines and womb; the mouth being wash'd with it, it cures ulcers.

PEONY.

Authors say that the qualities of the peony male and female are the same; that the root is good for removing the obstructions of the liver and cleanses the reins, puts a stop to loosenesses, and dries up without being hot; and being dry'd is prescrib'd for purging women after a lying-in: it stops the overflowing of the gall, brings stones out of the bladder and eases pains, the root also is good for allaying the gripings of the guts and curing the jaundice; the black seed powdered and put into wormwood wine will cure worms in children, and is good against the falling sickness; and is also good against poison.

Fifteen of the black seeds are excellent against the suffocations of the womb; and reduc'd to powder and drank in wine will recover lost speech.

To prepare PERCH with Mushrooms.

Pick and cleanse your mushrooms; cut them into small pieces, then stew them in a sauce-pan over a gentle fire without any liquor, but what comes from them, till they are tender; then pour off their liquor and put a little cream to them; in the mean time prepare a brace of large perch, by scalding, washing and cutting them in thick slices and parboiling them; then put the fish to the mushrooms and also the yolks of three eggs beaten, parsley boil'd and chopp'd small, salt, grated nutmeg, and lemon juice; keep continually stirring all these together over a gentle fire; but take care not

to break the fish, and when it is enough garnish with slices of lemon and pickled barberries.

PERIWINKLE.

The periwinkle is of an astringent nature, and very bitter : its leaves as well in decoction as otherwise, stop all sorts of fluxes, whether of the belly, bleeding or menses, and they will even suppress the whites, after having purg'd them away : If you bruise the leaves and put them into your nostrils they will stop the bleeding of the nose ; they will do the same if you put them about your neck, upon your head like a hat, or upon and under your tongue ; if you chew the leaves they will cure the tooth ach : In short, if you put this plant into a tun of wine for some days it will fine.

An excellent Preservative against the PESTILENCE.

Take lavender, mint, rosemary, rue, sage and wormwood, of each a handful, put them into four quarts of the best white wine vinegar to infuse ; put all together into a stone bottle closely stopp'd and pasted, set it thus on warm ashes, and let it stand for eight days.

Then strain it through a flannel and put the liquor into bottles ; and to every quart add an ounce of camphire, then cork the bottles very close ; it will keep good many years.

With this liquor wash your mouth, rub your temples and loins every day ; snuff a little up your nostrils, when you go out into the air, and carry a sponge about you dipt in it to refresh the smell, when you think there is occasion, especially when near any place or person that is infected.

A physician in the duke of *Berwicks* army in the year 1721 informs us that four malefactors, who us'd to rob the infected houses, &c. owned at their execution, that they had preserv'd themselves from the contagion by using this medicine only.

PETITS CHOUX, *i. e.* small coleworts, a sort of paste for garnish made of fat cheese, flour, eggs, salt, &c. baked in a pye pan and iced over with fine sugar.

PETITS PATTEES.

A sort of little pyes. To make them ; take the flesh of carps, eels and tench ; half stew all in a pan with mushrooms,
and

and afterwards chop them small with parsley, chibbols, thyme, and season with salt, pepper, cloves and nutmeg; then add a quantity of butter equal to that of the meat, and make the pyes of the puff-paste.

The same after the Spanish Fashion.

Take a slice of bacon, a little piece of veal, and the breast of a chicken, parboil all; minc'd very small in a pot, and seasoned with beaten spice, pound it in a mortar, adding a little garlick and rocambole, while the pyes are making with fine paste, which will serve for garnishing other dishes, instead of an outwork.

PHEASANTS.

In the month of *May* such as breed pheasants, and have set the hens, may expect them to hatch, the young ones must then be put into a box about four foot long, 13 inches deep, and 13 inches wide with a partition for the hen 14 inches from one end divided from the other part of the box by palisades three or four inches asunder for the going out of the young pheasants to feed; that part design'd for the hen must be close covered at the top; and the part of the box where the pheasant pouts are to feed, must only be covered with a net to hinder the sparrows and other birds from eating up their meat.

In this box confine the pheasants for 10 days, giving them during that time the following food: search a wood for the eggs of the black horse-emmetts or some of the eggs of the red-emmetts; but the black are the best, provided the emmets themselves are kill'd, for they will sting the young pheasants, and make them forbear their meat till they starve.

The way of killing these is to put earth and eggs all together into a barrel, so that the barrel be not above half or three quarters full; then light some rags dipt in brimstone and put into the barrel and cover it up close shaking it now and then, while the smother of the brimstone remains and when that is over, some of the same rags with brimstone may be put a second time into the barrel, that the live emmets may be suffocated or so much weakened that they may easily be kill'd and separated from the eggs.

Having thus procur'd the emmets eggs, pick them clean, from the earth, and throw them into the part of the pheasants feeding

feeding box, a few at a time, repeating it every half hour.

But if you feed the pheasants with the red emmets eggs which you may do for the first three or four days after hatching, you need not kill the emmets for they will do the pheasant pouts no harm; but their eggs are very small, and it is troublesome to get enough of them.

Besides these emmets eggs, they must have for the first six days while they are in the box a paste made for them of barley flour, beaten up with an egg, shell and all, without adding water or any liquor to it.

You must make it of such a consistence, that you may rub it between your fingers into small pellets of the size and shape of black ants eggs; but these pellets must be made, but just while you are feeding them, and when you find they will eat no more, fling them some emmets eggs, which will create in them a fresh appetite.

During the first six days that they are in the box give them milk in a shallow tin pan, without any water at all, and let not the milk be sour.

About the 7th day give them milk and water mix'd in equal quantities, and then make their paste of milk and barley flour with some egg-shells in it finely powdered; but none of the egg it self.

About the 10th day remove them out of the box, and set the hen under a coop upon a green plat making a fence round the coop, about five foot clear of it, and a foot, and a half high, this may be made either with boards or wires as you please.

This fence is design'd to keep them from wandering too far from the hen before they have strength enough to extricate themselves out of the entanglement of weeds or other impediments, that they may be able to meet with, and now you may bring them to drink water and make their paste of barley meal, water and egg-shells powdered; always giving them emmets eggs after this feeding.

After the pheasant pouts have been confin'd in this pen upon the grass plat for a week, that is when they are about 17 days old, remove them, setting them on a fresh green plat and give them liberty to run or fly where they please till *Michaelmas*; but they will not leave the hen, unless they are frighted out of their knowledge by dogs, &c. and then too they will soon be brought together by the call of the hen or a whistle to which you may use them when you feed them.

And now you need not trouble your self to kill or weaken the pheasants they being by this time grown to be a match for them; but do not leave this off all at once; but by degrees, and continue to feed them as before till there is new corn, and then give them a little in the ear, and afterwards some pease.

PHEASANT, to know if they are good for eating observe, that if this bird be young and a cock, he has a short spur, but if old a small sharp spur; and examine if it be not cut or pared.

If it be fat it has a vein on the side of the breast under the wing, if it be new, it has a fat firm vent; if it be touch'd hard with the finger it will peel; if it be young it has a smooth leg and fine smooth grain on the flesh; if old it has a rugged wrinkled grain on the flesh and full of hairs like an old yard hen; and if she be full of eggs she will have a fast and open vent if not full, a close vent.

To dress a PHEASANT.

Pull, dry and draw him, and lard with streaked bacon, and then roast him, make your sauce of verjuice, salt and pepper and some orange, and serve him up to table.

To make a hot PHEASANT Pye.

Take the flesh of a pheasant and that of a large fat pullet, and a tender piece of a leg of veal; mix all well together with parslly, chibbols, moufferons, common mushrooms, veal sweet-breads, boil'd gammon and raw bacon; season with salt, pepper, spice and fine herbs, making a good godivoe of them; as also a somewhat strong paste; and raise the pye either with a double or single crust; bake it, take out the fat, pour in a mushroom cullis and serve it hot to table.

To dress a PHEASANT with Carp Sauce.

Truss the pheasant, then cover him with a good slice of bacon; roast him but not too dry; while he is roasting, put some slices of a leg of veal and onions slic'd into a pan with parslly and fine herbs; then having a carp ready gutted and scaled, and cut in pieces, range it in the same copper-pan, and set it on the fire till the whole has taken colour.

Then

Then pour into the pan some veal gravey and two glasses of wine ; add also a little rocambole, mushrooms, truffles, chopt, and crusts of bread, and all being boil'd, strain it through a sieve, and see that the same be a little thickened.

Then take the bacon off the pheasant and put it in, giving it five or six boils and serve it up hot.

PIG'S PETTITOE.

The pettitoes having been well dress'd, cut them into halves and tie every pettitoe together, then put into a proper pot, sauce-pan, stew-pan, &c. a lay of bards, or thin slices of bacon, and another of pettit-toes and sweet-herbs, and a third of pettitoes and bards, and so on, till you have dispos'd of all your petit-toes, adding a quart of white wine, a glass of spirit of wine with anise, coriander and a bay leaf or two, and a little quicksilver ; cover all with bards of bacon, and line the edges of the pot with strong paper, for that the lid may be exactly fitted and kept close stopt.

Then set the pot between two fires wick must not be too quick, that the pettitoes may stew leisurely for 10 or 12 hours, or thereabouts, then take them out, cool them, bread them neatly and broil them on a grid-iron in order to be serv'd up hot, among inter messes.

This is a *French* way and call'd *a la sainte Menehout*.

They may be also dress'd another way only with water and white wine mingled together, and seasoning them well, and putting in some leaf fat out of a hogs belly, as may be done in the other way of dressing them.

To COLLAR a PIG.

Split the pig up the belly and back ; bone it, wash it clean from the blood, and lay it to soak in water for a day and a night ; shifting the water as it grows red ; take it out and wipe it dry ; strew the insides with salt, pepper, cloves, mace ; pounded and nutmeg grated, then roll them up as hard and tight as you possibly can in two collars ; bind them well about with tape ; then sew them up in cloths.

As for the liquor in which they are to be boil'd, let that be a quart of white wine, a little vinegar, and the rest water a great deal more than will cover the collars, because they must boil leisurely for three hours or more ; into this liquor, put a race of ginger, a nutmeg cut in pieces, two blades of mace, and a few cloves, a few leaves of sage, and a sprig of tays and some salt.

When

When they have been boil'd tender, take them up and squeeze them tight in the cloth; that they may come out in the shape; when the liquor they were boil'd in is cold, put to it half a pint of vinegar and keep the collars in it.

To stew a PIG.

First roast the pig till it is hot; then take off the skin and cut it in pieces; then put it into a stew-pan, with good gravey and white wine, some salt, pepper, nutmeg and onion, and a little sweet marjoram, a little elder vinegar, and some butter, and when it is stew'd enough, lay it upon sippets and garnish with slic'd lemon.

Another Way.

First roast the pig till the skin will come off easily, then cut it in small pieces and stew it in white wine, with a bunch of sweet-herbs, some salt, pepper, cloves, a little sweet-marjoram powdered and an onion.

When it is enough, strain off the liquor it was stew'd in and take part of it, and put some mushrooms into it, and thicken it with cream, and it will be an excellent dish.

It may be garnished with slices of lemon and pickled barberries.

To PICKLE PIGEONS.

First bone the pigeons neatly and having seasoned them with salt, pepper, cloves and mace; sew them up on their backs and tie their necks and rumps; boil them in a quart of water, half a pint of white wine, and half a pint of white wine vinegar, or in proportion according to the number of the pigeons, add a small faggot of sweet-herbs, and a bit of lemon peel, when they have boiled enough, take them out and having boil'd and scumm'd the liquor very clean, let it stand till it is very cold, then pour it on the pigeons.

Another Way to preserve PIGEONS.

As soon as they are kill'd, pick'd and drawn, wash them well from the blood and bone them, then season them well with salt and pepper, mace, and grated nutmeg; boil them in water and vinegar in equal quantities with cloves or other

For the PILES, swell'd and painful, an Ointment.

Take elder flowers, infuse them in linseed oil in a glass, let them stand in the sun for a month, then strain it, and to a spoonful of this oil add an ounce of bees-wax, and a quarter of an ounce of turpentine, and half the yolk of an egg; beat all these together in a mortar, spread it on a cloth, and apply it to the piles.

Another for the Same,

Take of linseed oil one ounce, virgin wax the same quantity, camphire a quarter of an ounce, oil of amber half a dram; melt these all together, and spread it in plaisters, and apply it. This is very good when the piles are very painful.

But the best way to prevent them from coming to extremity, is to keep the body always open with lenitive electuary, flower of brimstone, syrup of roses; or any gentle medicine, among which stewed prunes are very good.

For the PILES.

Boil an handful of the leaves of the herb mullein in a pint of milk, and sweeten it with an ounce of syrup of violets; and drink every night when you go to bed for five or six weeks, and it will certainly remove the cause of the distemper.

Another very excellent.

Take one ounce of flower of sulphur, and four ounces of fine sugar, pound them with the same quantity of the mucilage of gum tacamahaca mix'd with four ounces of red rose water,

Make this mass into lozenges, and dry them before the fire, or in a gentle oven; and take about the quantity of a dram every day.

This is a valuable medicine and is us'd in the *West-Indies*.

PIMPERNEL, is of an absterfve quality, is good for allaying pains, is also efficacious against the plague and poison. If a person take it before he goes to bed, and
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be covered up warm, it will cause him to sweat out the pestilential humours. Its water or juice is good for the bitings of mad dogs.

The juice being us'd as a gargle, purges phlegm, and gives ease in the tooth-ache ; and being put in the opposite nostril. it hinders the increase of inflammations.

The juice also being taken at the nose, evacuates phlegm from the brain ; the same being apply'd with honey dissolves every thing that disturbs the sight.

Pimpernel with red or blue leaves, being applied to the eyes, or the juice dropp'd into them, takes away inflammations and dimness of sight.

The blue pimpernel being boil'd with salt and water, is good for curing the itch.

A PIPPIN TART.

Take golden pippins, cut them in halves, and core them ; then stew them with half their weight of sugar and some lemon peel, cut in long thin slices and water enough to cover them.

When they are clear, they are enough ; then set them by to cool, and strain off the syrup or liquor, and put that in a pan, and let it stew gently with some slices of candied lemon or orange peel.

Having prepared a sweet paste in a dish, lay in the pippins, and pour the syrup and sweet meats over them, and set it in a gentle oven ; and when it is hot pour some cream either pure or artificial over it and serve it up to table.

Paste of PIPPINS, &c.

Scald large golden pippins or golden rennets, with their skins on, then pare, core, and pound them well in a marble mortar with a little grated lemon peel.

Weigh the pulp, and take their weight in fine sugar, add a little water and boil that in a skillet to a candy height ; then put in the fruit, and boil them thick in the syrup till they will leave the skillet ; and when it is grown almost cold, work it up with fine loaf sugar powdered and make it into cakes, and dry them.

To preserve PIPPINS.

Let your pippins be either golden or *Kentish*. First boil the rind of an orange very tender, and let it lie in water two or three days; then make a strong jelly with pippins, and pass them through a jelly bag. Pare the pippins, and scoop out all the core at the stalk end: For every half dozen of pippins, allow a pound of sugar, and three half quarters of a pint of water; boil the sugar and scum it well, put in the pippins and the rind of an orange cut into slices; make them boil as fast as you can, till the sugar is become very thick, and almost to a candy; then put in a pint of pippin jelly, make them boil very briskly till they jelly very well; then add the juice of a lemon, and having given it one boil, put it into pots or glasses with the orange mix'd with them.

Kentish pippins are better in halves than whole.

To preserve Golden PIPPINS.

Allow a pound of double refin'd sugar to every pound of your apples, and a pint of spring water; pare the pippins very neatly, taking out the stalks and eyes; and having set the water and sugar on the fire, put the fruit into them; cover them close and make them boil as fast as may be for half a quarter of an hour; then set them off a little to cool: Then set them on again, making them boil as fast as they did before, and for half a quarter of an hour; repeat this three or four times, till they are very clear; cover them very close, and let them stand till you have made the following jelly for them.

To make CODLIN or PIPPIN Jelly.

Slice a pound of either codlins or pippins into a pint of spring water; boil them till all the taste of the fruit is gone into the liquor, then strain it out, and to a pint, add a pound of double refin'd sugar again; then put in your codlin liquor, and boil it a little together as fast as you can; then put in your fruit, and make them boil fast for a little while; and just before the last boiling, squeeze in the juice of a lemon; then give it another quick boiling, take great care that they do not lose their colour.

Then take out the apples, and put them into the glasses with the jelly.

To stew Golden PIPPINS.

Pare the pippins, and scoop out the cores nicely with a small scoop; put them in water, to preserve their colour; to each pound of these apples, allow half a pound of double refin'd sugar, and a pint of water; boil and scum the syrup, and afterwards put in the pippins, and make them boil briskly that they may be clear; and when they are so, put in a bit of lemon peel, and some juice of lemon to your palate.

A PISTACHIO CREAM.

Take a pound of pistachio nuts, break the shells and blanch the kernels, and pound but a couple of dozen, the rest are to be slic'd to be laid on the top of the cream, with a little milk; then put them into a quart of cream, yolks of four eggs, and sweeten it to your taste with fine sugar; put in two spoonfuls of the juice of spinage stamp'd and strain'd; set it all over the fire, and let it just boil; and when it is to be serv'd up, put the slic'd kernels on the top.

If you like it thick, you may add the whites of a couple of eggs.

PLAGUE WATER

Take proof spirits six quarts, water three quarts; balm, carduus, dragons, goats-rue, mint, rosemary, rue and scorzonera; of each an handful and an half; roots of angelica, butter-bur, masterwort, and peony, of each three ounces; macerate and distil them as usual.

Another Way.

Take proof spirits 6 quarts, water 3 quarts; the roots of gentian, masterwort and snakeweed; of each one ounce, green walnuts bruised twelve; rue and elecampane root, of each half an ounce, camphire one dram, horehound one ounce, saffron one dram, *Venice* treacle and mithridate of each half an ounce; distil and sweeten with white sugar one pound and a quarter.

But observe the saffron is best added after the distillation.

London PLAGUE WATER.

Take proof spirits one gallon, water two quarts, white wine vinegar, one quart; green walnuts, 12 ounces; angelica root four ounces; angelica leaves, sage, scordium, of each a handful and a half; camphire, gentian, ginger, and long pepper, of each three quarters of an ounce; contrayerva, elecampane, snake root, zedoary and vipers flesh, of each two ounces; *Venice* treacle and mithridate, of each two ounces; macerate them till the vertues are imbib'd by the liquid, and distil according to art.

EPIDEMICK *or* PLAGUE WATER.

Take agrimony, angelica with the roots, balm, betony, celadine, carduus, centaury, dragons, mugwort, marigold flowers, rosemary flowers, rue, sage, scabious, scordium, tormentil with the roots, wormwood, of each four ounces; elecampane, gentian, liquorice and zedoary, of each two ounces; bruise and slice the ingredients, and infuse them in six quarts of molasses spirits; adding three quarts and a pint of spring water; distil and sweeten with half a pound of fine sugar.

The PESTILENCE *or* PLAGUE *in Swine.*

This disease being accounted infectious, if a hog be seized with it, he must be immediately separated from the rest, and put at some distance from them.

Let the hog have clean straw, and give him about a pint of good white wine or raisins, wherein some of the roots of the polypody of the oak have been boild; and in which 10 or 12 ivy berries have been infus'd.

This medicine will purge him, and by correcting his stomach, will discharge the distemper.

If another hog should after the first be attack'd with this distemper; clean out the house well, give fresh straw, and at his first entrance give him some bunches of fresh wormwood to feed upon at his pleasure, and give him the medicine before prescrib'd; do this upon every fresh occasion.

PLANTAIN.

The leaves of plantain are good for all sorts of ulcers, and for cicatrizing such as are old; they take away red blotches,
inflamm-

inflammations, emroids and tetters; they stop the bloody flux, and in general cool all inflamed parts.

A water distill'd from them has the same qualities, and is very good for defluxions of the eyes; and if drank with sugar and wine, it relieves ulcers in the bladder.

If plantain leaves be pounded and squeezed, and two drams of the juice taken before the fit comes, it will render the fit of a tertian ague much shorter and easier than otherwise it would be; and the juice of the root, if steep'd or pounded will do the same; or the root it self, if steep'd in forge-water.

The leaves are good to be applied to hot gouts to cool them, and especially in the beginning.

If the mouth be wash'd with the juice, it will cure ulcers in it.

The seed of plantain being pounded and drank in rough wine, will powerfully stop all spitting of blood, provided the person has no fever upon him.

The leaves being pounded and applied, take away pains and swellings of dislocations.

Plantain is good for curing burns; and if mixt with the white of an egg, it will cure so that no scar shall remain.

The leaves are also good for an inflammation in the eyes, and the mouth being wash'd with them, will cure bloody gums.

The leaves also boil'd in wine, are recommended for ulcers in the bladder, and diseases in the reins.

The root being chew'd, will cure the tooth-ache, and the mouth being wash'd with the decoction of it, will have the same effect.

An excellent Posset-Drink in a PLEURISY.

Infuse two ounces of flax seed bruis'd in a pint of clear posset-drink; drink this at a draught every morning and at night, if very ill.

For the PLEURISY.

Take red poppies, dandelion, hyssop and broom-tops, of each two handfuls, shred them; of flax seeds bruis'd two ounces; fresh orange peel, four ounces, and nine balls of fresh stone horse-dung; put these all into a gallon of milk, and distil it in a cold still.

This is an excellent water, and may be drank freely of.

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You may put a spoonful of sack or white wine into every glass, if you think it is too cold.

Another for the Same.

Make a posset drink pretty thick, with small ale and white wine, and in a quart of that, infuse three balls of horse-dung, and an ounce of anniseeds for three hours; strain it, and drink half a pint at a time, as often as you please.

For a PLEURISY and a FEVER.

After the patient has been bled once or twice, according as there has been occasion; let him take an ounce of linseed oil new drawn, sweetened with syrup of lemons, well shaken together till they are mix'd; and let him take this quantity every four hours; and when he is going to rest, give him 30 grains of Gascoigne's powder, with a composing draught.

He must forbear malt liquor, and take care not to take cold.

This has done great cures, when taken in time; and will prevent the distemper falling upon the lungs.

To dry GREEN PLUMS.

Let the plums be of the amber sort, take them while they are green, prick them all over with a pin; and having boiling hot water ready, throw in the plums; let there be so much water that the plums being put in do not make it cold; cover them very close, and let them stand till all is almost cold; then set them on a gentle fire, but let them not boil; repeat this three or four times, and when you perceive the skins to crack fling in a handful of alum in fine powder, and keep them in a scalding state till they begin to be green, then let them have a boil close covered: When they are green, put them into fresh hot water, and let them stand all night; the next morning clarify as much sugar as will cover them; then having first drain'd the plums, put them into the syrup, give them two or three boils; do this daily for two or three days, till you find them very clear. Then let them stand in the syrup for a week or more; then lay them on sieves, and set them in a hot stove to dry.

If you would bring the plums to greeness very quickly, use verdegrease finely beaten, instead of alum, and add some vinegar;

negar; shake it in a bottle, and put it into them when the skins begin to crack, give them a boil and they will be quickly green.

Some of them may also be put into a codlin jelly, having first boil'd the jelly with its weight of sugar.

To dry Amber or white PLUMS.

First slit the plums in the seam; then make a thin syrup, and if you have any apricock syrup, after the apricocks have been dry'd, put a pint of syrup to two quarts of water; but if you have not apricock syrup, then make a thin syrup.

Make this syrup scalding hot, and then put in the plums; there must be enough to more than cover the plums; keep them under the syrup or they will turn red; let them be kept in a scalding state till they are tender, but not too soft.

Then having ready prepar'd a thick syrup of the same sugar clarified and cold enough to cover the plums; let them boil, but not too fast, till they are very tender and clear, setting them sometimes off the fire; then lay a paper close to them, and set them by till the next day; then boil them again till the syrup is very thick; let them lie in the syrup four or five days, and then lay them on sieves to dry.

You may do some in codlin jelly; first boiling the jelly with its weight of sugar, and putting in the plums hot to the jelly. Put them up in pots or glasses.

To dry Black Pear PLUMS, Muscle PLUMS, or great MOGULS.

First stone the plums, then put them in a large earthen pan; make a syrup with a pound of sugar and three pints of water; boil the syrup well, and when it has stood till it is so cold that you can bear your hand in it, put it to the plums; cover them close, and set them by for all night; the next day having heated the syrup two or three times but never too hot; when they are tender lay them on sieves, with the slit downwards to dry.

Set them into an oven after bread and pyes have been drawn; let them stand all night; then turn them and set them into a cool oven again, or in a hot stove for a day or two; but if they are too dry they will not be smooth; then make a jam to fill them with.

Take 10 pounds of plums, the same with your skins; cut them off the stones, and allow them three pound of sugar powder.

powdered ; boil them gently on a slack fire, continually stirring them till they are grown so stiff that they will lie on a heap in the pan ; this will take up at least four or five hours.

This done, lay it on earthen plates, and when it is cold, break it with your hands and fill the skins ; then wash every plum, and wipe off all the clam with a cloth.

As you wash them lay them on a sieve ; set them into an oven made as hot as for the skins ; let them stand all night, and they will be blue in the morning.

The great white *Mogul* makes a fine black plum ; these are to be stoned and put in after the syrup, either with or after the black plum, and the syrup must be heated every day, till they become of a dark colour ; they will become blue as well as the muffer plums, and better than the black pear plums.

If any of these plums grow rusty in the winter time, put them into boiling hot water ; but let them not lie in it any longer than to be well wash'd,

Lay them on a sieve, not singly, but one on another, and they will blue the better ; set them in a cool oven all night and they will become as blue and fresh as at first.

To dry PLUMS, after the French Fashion.

Put white pear-plums or any large black plums into an earthen pot ; make plum syrup almost scalding hot ; then pour it on the plums, and give the syrup a scald every day, till they are tender and red ; then lay them on stoves, and set them in an oven to dry, and turn them every day till they are thoroughly dry ; then lay them between papers and keep them in a dry place.

To preserve WHITE PEAR PLUMS.

First slit the plums, then scald them in a thin syrup ; as if you were to dry them ; then put them into a thick syrup of clarified sugar, sufficient to cover them ; let them boil very slowly, till they become very clear ; setting them now and then over the fire.

Let the syrup be made with the weight or something more of clarified sugar, when they are come to be tender and clear ; allow for every pound of plums (when they are raw) a pint of apple jelly, and a pound of fine sugar, boiling it till it jellies ; put the plums into the jelly before they are cold ; but not more than half the syrup they were boiled in ;
then

then boil them together till they jelly well; put them up in pots or glasses, with papers close to them,

Some of them may be kept and put into the jelly as they are us'd.

To preserve Black Pear PLUMS or DAMASCENS.

Take four pound of plums, slit them in the seam; then take three pints of jelly made of the same plum, and seven pound of sugar; boil the jelly and sugar, and scum it very well; put the plums in a pot, pour the jelly on them scalding hot: When they are almost cold heat them again; repeat this till they are tender, and then set them by for two or three days, giving them a heat every day; then boil them till they are clear and jelly; but take care not to boil them too fast.

WHITE PLUM PASTE.

According to the quantity you intend to make, to a pint of water allow a pound of sugar at least; boil them and also set some water to boil, and when it does boil put in your plums; let them have but just one boil, and then take them out with a ladle; as they slip their skins off; pull off the skins, and put the plums into the syrup; be as quick as you can in doing this, lest they should turn.

Boil them till they are all to mash, and to a quart of plums add a pint of apple jelly; boil them well together, and pulp it through an hair sieve; and to a quart of this put three pounds of sifted sugar; let the jelly boil, before you shake in the sugar, and let it scald till the sugar is all melted; scum it, put it into pots, and dry it in a stove.

Another Way.

Let the plums be half white and half red; boil them in just as much water as will cover them; to every quart of plums allow a pint of apple jelly; boil these well together; pulp it through a hair sieve, and to a quart of jelly allow three pound of sugar; scald it till the sugar is all melted; skim it well and fill it into pots; then dry it as you do other cakes.

Some of this may be put into plates, and made into fruit jumbals.

WHITE *Pear* PLUM CLEAR CAKES.

Take as many white pear plums as will make a quart, and as much boiling water as will cover them; make them boil a great pace, till they are in pieces; then having prepar'd a quart of apple jelly, put it to the plums and boil them together very briikly; then pass it through a jelly bag.

To each quart allow three pound of sifted sugar; first boiling the jelly, and then shaking in the sugar; set it on the fire, keep it in a scald till the sugar is melted; put it into pots, set them in a stove; dry them and turn them, as you do other clear cakes.

RED PLUM CLEAR CAKES.

Let the plums be half white and half black, or instead of the latter, of damascens one third part; boil these very well in as much water as will cover them; and to one part of plums allow a quart of apple jelly; when they have been boil'd well together, pass it through a jelly bag; to a quart of jelly add three pound of sugar, shaking in the sugar while the jelly is boiling; let it scald but not boil; pass it through a thin strainer into a broad pan, that you may scum it; then put it into pots and set it in a stove.

When it is candied, turn it as other clear cakes.

It may be made either paler or redder, according to your mind, with more or fewer black plums.

An extraordinary good PLUM CAKE.

Take three pounds and a half of fine flour, and a pound and a quarter of butter; which put to the flour; add three pounds and a half of currants, a nutmeg grated, and a quarter of an ounce of mace, and half as much cloves, and finely pounded; half a pound of sugar, the yolks of eight and whites of six eggs; pour in three quarters of a pint of good ale yeast, and as much cream warmed as will be enough to wet it; pouring sack to the cream to make it as thick as butter; pound likewise half a pound of almonds with sack and orange-flower-water; but do it not fine, but grossly; add half a pound of orange, lemon and citron peel, or more if you please; mix all well together, put it into a hoop with a sheet of paper under it to save the bottom.

To make PLUM POTTAGE.

Take a pretty large leg of beef ; boil it in as much broth as will be of a jelly when cold ; strain it and set it by till it is cold, that you may take off the fat ; then set it on the fire again, and to every quart of broth allow a quarter of a pound of currants, and two ounces of raisins clean pick'd and wash'd ; stew also two pounds of prunes ; and when they are plump'd, pick the fairest to put in whole, and pulp the rest through a cullender, and wash the stones and skins clean in some of the broth.

Add to every four quarts, the crumb of a penny white loaf grated, and half a nutmeg grated, and the same quantity of cloves and mace ; and the weight of all these three spices, of cinnamon ; let the spice be finely powdered, and add salt and sugar to your taste ; when the fruit is plump'd it is enough.

Just before you take it off the fire, squeeze in the juice of three or four lemons, and put in the peel of a couple, and a quarter of a pint of claret to a gallon ; and also a quarter of a pint of sack, which must be put in with the fruit.

POLY, is a plant that is bitter tasted, incisive, aperitive and absterfive. The decoction is good in the obstructions of the noble and inward parts ; it provokes urine and the *Menses*, and is us'd while green in the healing of wounds ; being applied fresh to the forehead it is good for cataracts and dimness of sight ; and some affirm that there is not a better remedy.

POLYPODY.

That which grows on trees is the best, and especially that on the oak, and that which is neither too green nor too old ; or else it will have either too much or too little moisture.

The roots of it being a little bruised and boil'd with mallows, beet, or the like, purges gently.

Also a ptisan is made of it ; and being reduc'd to a powder, it enters the composition of medicines for evacuating choler and phlegm ; being taken as snuff, and well pulveriz'd, it consumes a polypus ; and being worn about the neck, prevents all distempers to which the nose is liable.

POLYTRICHON.

This plant has a drying, dissolving and digesting quality. The decoction of it is good in the stone, and for cleansing the lungs, discharging the gross humours that stop the *diarrhea*, and has the same effects as *Adiantum*; being applied outwardly to the head it makes the hair grow again that has fallen off by reason of sickness.

POMATUM, *to make.*

Take two ounces of oil of sweet almonds, and two drams or something more of mutton suet, newly kill'd, and some orkanet scrap'd; boil these all together, and keep it for use.

Or you may make use of oil of jessamin, or some other flower you like, instead of the oil of sweet almonds. The oil of sweet almonds ought to be that which is cold drawn.

POPPY.

The virtues are; they are good for stopping of loosenesses, assuaging pains, preventing coughings, and allaying vapours, and in a word are narcotic and promote sleep.

They are boil'd in decoctions for glysters, and are good for removing cholicks.

The juice has a more powerful vertue; but is more dangerous, opium being the juice drawn from the heads of them, taken to the quantity of the seed of a vetch, will allay pains; and above all the head-ache, procures sleep, prevents coughing and defluxions upon the stomach.

Compound POPPY Water.

Take proof spirits one gallon, into which put as many red poppies, as the spirits will wet; put them in a glass bottle, and set them in the sun for two or three days; then add a quarter of a pound of raisins slic'd, of figs and liquorish cut in pieces, of each two ounces; cardamums, coriander seed and cubebs, of each one dram; bruise the spices and put them into the still with three quarts of common water, lute it well and with a gentle fire distil off, while the fumes appear; then put the distill'd liquor into a wide mouth glass vessel, and add to it two handfuls of fresh red poppy flowers, of cinnamon, one dram; citron peel a quarter of an ounce, nutmegs and mace, of each half a dram; white sugar half a pound,

pound dissolv'd in a pint of water ; let these infuse for two or three days more ; then strain off the liquor, and pass it it thro' a filtre or flannel bag for use.

To roast a Breast of PORK.

Take a breast of pork, having as much skin left on a very large breast as you can get ; bone it, and rub it pretty well with salt all over ; then take sage, a little thyme shred small, a whole nutmeg, and a little cloves and mace finely beaten ; strew the spice and herbs all over, the meat very thick, and rub it in ; then roll it up tight with the flesh inward, stich it fast together, and roast it lengthways till it is enough.

To PICKLE PORK.

First bone it and having cut it into such pieces as will lie best in the powdering tub ; rub every piece well with salt petre and common salt, of each an equal quantity ; covering it with salt, and also strewing salt in the bottom of the powdering tub ; and laying the pieces as close one to another as you possibly can ; also strewing salt round the sides of the tub.

As you find the salt melts on the top, strew on more : Thus ordered, it will keep a great while and be very good.

PICKL'D PORK.

For *Green Bacon* or *Pickl'd Pork*, which are one and the same ; the best way will be to scald the hog.

When you have kill'd and dress'd a hog, let him hang up for 24 hours before he is cut out, if he be design'd for pickled pork, then cut him in pieces as you think convenient, and sprinkle upon them a little common salt, which will draw out the more bloody juices from the flesh, and prepare it to receive the salts, which are afterwards to be used the better, and will also make the pork keep longer.

If the hog be of a large size, it will be best to take out the bones ; because when the flesh is gross, the meat will be apt to taint or grow musty, where the bones join to it.

If the hog weighs 21 stone after it has been dress'd, mix the following ingredients well together in an iron pan set over the fire till they are hot, *viz.*

Three quarters of a peck of common salt, six ounces of salt petre or nitre, one pound and a half of petre-salt, and three quarters of a pound of coarse sugar; rub this mixture well upon the several pieces of pork while it is hot, sparing no pains in doing it; for this will make the salts penetrate the better into the flesh and render it the sooner ready for eating.

Having done this, lay them close together in well glaz'd earthen powdering pans, and turn them every other day for a fortnight, every time rubbing them well with common salt; changing the pieces that are at the bottom of the pan to the top, that they may be pickled; taking care to keep the vessels close covered.

If all the pieces do not feel hard in ten days or a fortnight, after this management 'tis a sign that they want salt and good rubbing, and must be rubb'd afresh with salt; for the stubbornness of the flesh is the surest sign of its being well cured.

As to the length of the time mention'd, it is supposed that the pieces weigh four or at most five pounds each; if they be larger, you may double the quantity of sugar, and they will require a longer time before they are cur'd, and consequently the more trouble in shifting them. Some who have doubled the quantity at first prescrib'd, affirm that it has still a better effect than the quantity of sugar prescrib'd, altho' the pieces are not above four pounds each.

A certain author says, that of all the pickled pork he ever eat; or all the most admired bacons of *Europe*, no flesh is shorter or finer than the pork prepared as before directed, or is the fat firmer, or of a more agreeable colour in any, than you find it in this.

A POTATO PYE.

Boil two pound of *Spanish* potatoes till they are tender, then peel them, and slice them the long way; lay them in a dish and having the marrow of four bones in pretty large pieces; lay it upon the potatoes; add two ounces of preserv'd barberries, the same quantity of citron and lemon peel.

peel, fix slices of lemon dipp'd in sugar, the rind being cut off; pour in also a quarter of a pint of canary; cover the potatoes with puff-paste, and when the crust is baked, it is enough.

When it comes out of the oven, take off the lid, let it cool a little, and having made a caudle of half a pint of canary; the yolks of four eggs, half a pound of butter, a quarter of an ounce of beaten cinnamon, make it very sweet and pour it into the pyc; but take care the caudle do not turn in the making.

POULTRY.

It may not be unnecessary here first to take notice of the difference between fowls and birds; which may be distinguish'd as follows.

A fowl always leads its young to meat, and a bird carries the meat to the young; and for this reason we find that fowls always make their nests upon the ground; while birds for the most part build their nests aloft; so that our common poultry are fowls, the pheasant, partridge, peacock, turkey, bustard, quail, lapwing, and such like are fowls; but a pigeon is a bird, and a stork or crane, and a heron are birds, for they build their nests aloft, and carry meat to their young ones.

The characteristick of the poultry-kind are also to have short, strong and somewhat crooked bills, which are the best fitted for picking up the grains of corn, pulse, and other feeds, which are chiefly what these fowls feed upon; and we may observe, that as neither fowls nor birds, have teeth to chew their food with, for that reason they are by nature provided, not only with a crop to mollify and soften their meat; but also with a stomach furnish'd with thick strong muscles, the use of which is to grind the grains of corn, or any hard meat which they swallow whole; which is perform'd by the help of little stones, which fowls and birds swallow now and then, and which supply to them the want of teeth.

It is also to be observed, that fowls for the most part lay a greater number of eggs than birds do, even many more than they can set upon at one time: Some have laid to the number of 30; whereas scarce any bird lays above five

or six, except the wren and the tom tit, and a pigeon no more than two.

Again poultry contrary to birds or others of the wing'd race are armed with spurs, and cocks of the common poultry distinguish themselves from diurnal or day fowls by crowing or singing in the night, as also does the nightingale distinguish it self from the rest of the bird-kind.

As for the life of common poultry, some authors make it to be about ten years; but that a cock becomes unfit for the hens after they are four years old; and it is found by experience, that a cock should have no more than six or seven hens, to have strong and healthful chickens.

When fowls are near their laying-time, spurry feed, and buck wheat is an excellent strengthening for them.

It is observable, that a capon being made to bring up a brood of chickens, like a hen chucking of them, brooding them, and leading them to their meat, does it with as much tenderness as a hen or their dams would have done.

Some in order to make a capon very tame and familiar, so as to take meat out of one's hand; about the evening do pluck the feathers of the breast, and to rub the bare skin with nettles, and then to put the chickens to him, which immediately running under his breast and belly, and so rubbing his breast gently with their heads, do perhaps allay the stinging and itching occasioned by the nettles; or probably they may contribute to the warming of that part where the feathers are pluck'd off: But the bare part must be rubbed with nettles for three or four nights one after another, till he begins to love and delight in the chickens.

When a capon has been accustomed to this office; he will not easily leave it off; but as soon as he has brought up one brood of chickens, another may be put to him, and so a third when the second brood are able to shift for themselves.

Tho' the sorts of house or common poultry are many; but the use of them for the table is the same, therefore I shall take notice only of such as are of the large dunghil kind; or of the *Hamburg* sort of the game kind, and the small *Dutch* kind; which last some admire for the fatness of their flesh, and for their being great layers, especially in the winter; but the largest sort do certainly lay the largest eggs.

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As for the game breed, some have a notion that their flesh is whiter and tenderer than the other sort; but as they are very quarrelsome, this contributes to render themselves and their broods weak.

If you would have a large stock of poultry, it is absolutely necessary, not only to secure the hen house well from vermin; but also to keep it dry and clean, and to allow them as much air as may be; for if it be not often clean'd, the scent of the dung will give the fowls the roup.

Care must likewise be taken that their perches may be conveniently and easily plac'd, and that they be not over any of the hen's nests, which ought always to be clean and dry, bedded with straw, for hay is apt to make sitting hens faint and weak.

When you design to set a hen, lay up her eggs as she lays them in a dry barn; and when she clucks put no more in her nest than she can well cover,

Many hens will cluck in *March* for setting, and in this case choose the eggs from good breeders, and particularly from some that are little more than a year old; but chuse the old hen to sit upon the eggs, for they will sit close and will bring forth the best brood of chickens, and be more careful in bringing them up, than the young ones.

You may also in this month set duck eggs under the hens, and it is very probable that goose eggs may be forwarded in the same manner; but you must be sure to set them under a hen of the large breed, and not to set more eggs under her than she can cover close.

Mr. *Bradley* tell us, that he has us'd a method of hatching eggs somewhat after the *Egyptian* manner; in a hot bed of horse dung or tanners bark, as follows.

Take an earthen vessel like a garden pot; but not quite so deep, fill it half way with wool or cotton, and lay as many eggs on the bed as will make a single layer, so as not to come within an inch of the sides of the vessel; then fill up the pot with wool, covering the eggs about four inches thick, and set the pot up to the rims in the bed, with a frame and glasses, such as is used for cucumbers, and these eggs will be hatched in due time.

But if the weather proves very cold, they must be carefully nurs'd by the fire, and if they be water fowls they must have pans of water agreeably warm, which they will of their own accord go into. If you can make fowls lay, you may always hatch them.

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The eggs of many sorts of curious fowls may be transported from one place to another in boxes of bran close shut down, in order either to set under hens, or to be hatch'd this artificial way.

To fatten Fowls.

The best way to fatten chickens, is to put them up in coops, and to feed them with barley meal ; but particularly to put a small quantity of brick dust in their water, which they should never be without ; because it gives them an appetite to their meat, and fattens them in a short time.

For it is to be considered, that all fowls and birds have two stomachs as they may be call'd ; the one is the crop which softens their meat ; and the other the gizzard that macerates it ; in the last is always found small stones and sharp sand which help to do that office ; and without them, or something of that kind a fowl will fail in its appetite for eating ; so the gizzard cannot macerate and grind the meat fast enough to discharge it into the crop, without such sand or stones, and this is assisted by the brick dust.

In the choice of fowl for eating ; those that are white-leg'd, and white feathered, are accounted tenderer and finer in their flesh than those of any other colour, and are at the same time much weaker ; and for this reason cock-fighters do not approve of them.

Those of black feathers, are accounted the hottest and most fiery, and their flesh is coarser than that of other fowls.

It is an observation, that the flesh of fowls or chickens boil'd, is more easie of digestion, than that of those that are roasted, and the flesh of the legs, than that of the breast.

And Mr. Ray observes, that the parts of fowls that are most in action are esteem'd the best ; and accordingly he prefers the legs of a tame fowl, and the wings of wild ones ; that is the fleshy part of the breast.

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

The POX in Swine.

This distemper is remarkable in hogs that have been scanted

scanted of their necessary sustenance, and especially water; tho' some have imagined that it proceeded from a venereal cause, by which the blood has been corrupted.

It appears in many sores upon the body, and whatever boar or sow happens to be infected with it; will never, thrive altho' they have the best of food given them.

For the cure, give them inwardly three large spoonfuls of treacle in water that has first been made indifferently sweet with honey, about a pint at a time, and annoint the sores with flour of brimstone well mixt with hog's lard; to which you may add a small quantity of tobacco dust.

While the inward medicine of treacle is given, keep the hog in a house by himself till he is cured,

PRAWLINS or fry'd ALMONDS.

Take a pound of the best *Jordan* almonds, rub them very clean from dust; then wet a pound of loaf sugar with orange flower-water, and having boil'd it to a syrup, throw in the almonds, and boil them to a candy, keeping constantly stirring them till they are dry; then lay them into a dish, picking out the loose bits and knobs, which will be about them; then put the almonds again into the preserving-pan, and set them over a slow fire, till some of their oil comes from them into the bottom of the pan.

A PAN-PUDDING to fry.

To a quart of milk, put a pound and half of flour, three quarters of a pound of *leef* suet, shred very fine, and sifted through a cullender; three quarters of a pound of currants pick'd, wash'd and plump'd; season with salt, nutmeg, and a little sugar; six or eight eggs beaten and strain'd; after you have mixed all well together, fry them in a good quantity of lard or dripping, making them little bigger than fritters.

A very good PLUM PUDDING.

Shred a pound of suet very small, sift it, and a pound of raisins ston'd, four spoonfuls of flour, and as many of sugar, the yolks of five eggs; beaten with a little salt; tie it up tight and boil it at least four hours.

BOTTLED PUNCH

Take a gallon of good brandy, and put to it the parings of six lemons, and as many oranges; let them infuse for four days.

In the mean time take six quarts of soft water, and a pound and an half of fine sugar, with the whites of six eggs, beaten up to a froth in a little of the cold water; mix them together, and set the liquor over the fire, and when it boils scum it, as long as any scum rises. Then set it by till it is cold, and then put it up into a proper vessel, and add to it the brandy with the peels, and as much of the pieces of lemons as you think fit; stop up the vessel close and let it stand for six weeks; then rack it off for use.

This is a strong punch to be used only as a cordial dram of a grateful taste and flavour, and is sold in some taverns under a foreign name.

PURSLAIN, is good against all disorders proceeding from hot causes, as inflammations of the kidneys, liver, stomach, &c. urine, loss of blood, dry cough, venereal heats, gonorrhæas, burning fevers.

The juice and seed are good for fevers in young children, and killing of worms; and a water distill'd from them, has the same effects.

Purslain surpasses lettuce in quality; it not only has all the virtues the other has, but is also good for pains in the bladder, and heat in the kidneys; it allays the heat of fevers, and carnal concupiscence, and being applied to wounds that are disposed to a gangrene it puts a stop to it.

Being chew'd it cures ulcers in the mouth, tooth-ache, and the swelling of the gums.

The seed being given with hony, gives relief to those that are troubled with the shortness of breath.

Half a glass of the juices of purslain with a little sugar, will stop the spitting of blood, and the overflowing of womens menses.

The herb being applied to the forehead, allays the head-ache

A SWEET PYE.

Take either a loin of lamb which will need scarce any more than its own fat; or a couple of chickens, to which
you

you may allow half a pound either of marrow or butter; season with salt, sugar, pounded cloves and mace; lay your lamb or chickens into a dish, and add five yolks of hard eggs and some forc'd meat balls, made as follows.

Take a pound of lean veal, mince it small with half a pound of beef suet, a little parsley, spinage and thyme, shred very small and mix'd up with grated bread, the yolks of two eggs, and season'd with salt, sugar, cloves and mace; pound all these very well in a mortar, and colour it with a little juice of spinage, and make it up into large balls, of which lay as many into the pye as will conveniently lie; also shred a lemon peel and put in, and also some sweet meats and a coffee dish of water, with the juice of a large lemon.

Cover this with a puff paste, and when it comes out of the oven cut up the lid, that the greatness of the heat may abate, and then pour in the following caudle.

Thicken half a pint of white wine with the yolks of three eggs; and sweeten it according as you think fit.

PARIS PYES.

Parboil a capon a little (or a couple of chickens) boil and skin it; then mince it very fine; shred a pound of suet as fine; blanch a pound of almonds, pound them with canary or orange-flower-water, enough to keep them from oiling; season all with a little salt, nutmeg, cloves and mace, and double the quantity of sugar to the spice and salt, and having mix'd all the ingredients well together; make them into little puff petits patties, either to be baked or fry'd.

Before you close them up, lay thin slices of candied orange, citron or lemon peel; bits of marrow and the kernels of pistachio nuts.

A CHESHIRE PYE *with* PORK.

Take some loin or leg of pork salted, cut it into pieces in the form of dice, or as you would do for a hash. It is no matter if it be boil'd or roasted; then having par'd an equal quantity of potatoes and cut them into dice, or into slices. Make your pye crust, and lay some butter in pieces in the bottom with pepper and salt; then put in the meat and potatoes, and season them according to your liking; but the common seasoning is pepper and salt, and lay on the top some pieces of butter. Close up the pye, put in a pint of water
just

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just before it goes in, and bake it in a gentle oven. The water must not be put in the night before, for if so it will spoil the pye.

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QUAILS *to dress à la Braise*, i. e. between two fires, and in a ragoë.

Take some of a fillet of veal, ox marrow, salt, pepper, and parsley, and force the quails with this farce; then lay bards of bacon in the bottom of the pan or pot, and also slices of beef and veal; lay the quails upon them, seasoning them with salt, pepper and sweet herbs, and bake them gently between two fires, and when they are enough, having ready a ragoë made of veal sweet-breads, truffles, cocks-combs and mushrooms, into this put in the yolk of an egg and some cream, serve them up in it hot.

Or you may make your ragoë by flitting the quails in halves, but not separating them, and fry them in lard seasoned with salt, pepper, sweet herbs and nutmeg; adding some mushrooms and a little flour, and when you serve them up, add mutton gravy and lemon juice.

QUAIL POTTAGE, *to make.*

You may, if you please stuff the quails with a farce made of capons breast and beef marrow, seasoned with salt, pepper, nutmeg, and the yolks of raw eggs; boil them in an earthen pot or otherwise; with a bunch of sweet herbs and good broth; then strain a couple of artichoke bottoms thro' a hair sieve, with the yolks of six eggs and some of the quail broth, and set them to stew on hot embers, or a very gentle fire; soak some crusts well and dress the quails and pour the cullis upon them.

You may also farce them with truffles. Garnish the dish with artichoke bottoms, mutton gravy, and mushroom juice.

To preserve whole QUINCES.

Take two pound of quince, after it has been pared, quartered, and all the hard cut out, to which add two pounds of fine sugar, and a pint of water; boil this very fast till it is all

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to pieces; then take it off and break it very well, so that there may be no lumps in it; boil it till it is very thick and well jellied; then put the quinces into fine muslin and tie them up round.

This quantity will make six quinces. Set them into six pots or china cups that will each hold one; cut off the stalk end of the quince, and put it into the pot or cup to make a dent in the quince, that it may look like a whole quince; let them stand two or three days, that they may be very stiff; then take them out of the muslin, and make a strong jelly with apples and quinces; take two quarts of jelly and four pounds of sugar; boil this fast till it jellies very well; then put in the quinces and give them two or three boils to make them hot; put them in pots or glasses with paper close to them.

To make QUINCE CHIPS.

Pare and slice the quinces, put them into boiling water, and boil them very briskly till they are tender; but not so much as to break them, Take them out with a skimmer, lay them on a sieve till they are well drain'd; then having before prepar'd a very thick syrup of clarified sugar, put them into just so much as will cover them, and boil them till they become very clear; the next day give them a scald, and if they want any syrup, put in another pint, but let it be very thick; give them a scald twice more, then lay them on earthen plates; set them in a stove, sift sugar over them, turn them now and then, sifting sugar over them till they are dry,

To make QUINCE PASTE.

Pare quinces, cut them into quarters, and to a pound of quince allow a pound of sugar, and half a pint of water; boil it fast till the quinces are all to pieces; then rub it very fine, till no lumps remain in it; then add to it a pint of quince jelly, boil'd with as much water as will cover them, which pass through a jelly bag; boil the quince and jelly together, and to a pint of it add a pound and a quarter of fine sugar; scald it; but do not suffer it to boil, before the sugar is melted, scum it well and set it in a stove; turn it when it is candied; twice turning will be sufficient.

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To make QUINCE CLEAR CAKES.

First pare and quarter your quinces, then boil them in just as much water as will cover them, and as it boils away put in more; but by a little and a little at a time make it a very strong jelly, and pass it through a jelly bag; allow a pound and half of the finest sifted sugar to a pint of jelly; make the jelly boil, then put in the sugar, and let it scald till the sugar is melted; then pass it through a strainer, set in a broad earthen pan; fill it out into small pots, and when it is hard candied, turn it on glasses, as other clear cakes.

If you would have any of your cakes red, add some of the jelly of black bullace, and give it a boil after the red is in, and before you put in the sugar.

WHITE QUINCE MARMALADE.

First pare and quarter the quinces; then boil them in just water enough to cover them, till they break all to pieces and come to a jelly, which pass through a jelly bag; then take a quarter of a pound of quince, pare, quarter, and cut out all the hard of it, and for every pound of quinces allow a pound and half of fine sugar pounded, and half a pint of water, and boil it till it is very clear; keep it stirring and it will break as much as it ought to do; after the sugar has been boild till it is very thick, almost to a candy, put in half a pint of jelly, and make it boil very briskly till it jellies: When you take it off, squeeze in the juice of a lemon, scum it well, and put it up into pots or glasses: If it has lumps in it, it is the better.

RED QUINCE MARMALADE.

Having pared, quartered and cut all that is hard out of the quinces, put to them a pound and half of sugar and half a pint of the juice of barberries, with the same quantity of water as you do jelly or other fruit; boil it very briskly and break it small; and when it is all to pieces and jellies it is enough.

If you would have the marmalade of a very fine colour, put a few black bullace to the barberries, when you make the jelly.

QUINCES *in Compote.*

Take Quinces, wrap them up in a wet paper and roast them in hot ashes, and when they are enough, cut them into quarters, take out the cores, peel them and put them into a pan, with some sugar and a little water, and let them take in the sugar, when it thickens, and becomes of a good consistence; then take them up to be eaten.

Another Way.

Or you may roast them, pare them, and cut that part that is most done into slices, and lay them in a dish or plate, with powder sugar and a little sweet water; cover them, and set them upon hot embers to soak gradually, and you will have a syrup of an exquisite taste.

QUIDDANY of QUINCES.

Cut them into small pieces, parings, kernels and all, put a dozen of quinces into about three quarts of water, and make a decoction of them, boiling them till it is reduc'd to a quart, to which put four pounds of sugar; then boil it till it comes to a jelly, and put it up into boxes or pots, having rested a little; but before it is cold. This is not only good for people in health; but also for such that are troubled with the bloody flux.

QUINCE WINE.

Let your quinces be very ripe, and gathered in a dry day, wipe them very clean with a coarse cloth, then grate them with a coarse grater, or rasp them as near the core as you can; but do not grate in any of the core, nor the hard part about it; then strain the grated quinces into an earthen pan; and to each gallon of liquor put two pounds of fine loaf sugar, and stir it till the sugar is dissolved; then cover it close, and let it stand 24 hours, by which time it will be fit to bottle, taking care in the bottling of it, that none of the settlings goes into the bottles. This will keep good about a year.

For the QUINSEY.

Mix fresh cow dung with hogs lard over the fire, and apply it by way of poultice as hot as can be borne; as it cools lay on another hot, and so continue till it has given ease. This draws out the humour, and opens the passage of the gullet.

Another Way

Some persons, when bleeding has fail'd in giving relief, have gotten a swallows nest, as whole as they could, and boil'd it in milk till it is soft, then wrapped it in a cloth, and apply'd it to the patients throat as hot as he could endure it. This excellent poultice has very often cured when other remedies have proved ineffectual.

The QUINSEY in Swine.

Swine are very subject to this distemper, and it frequently happens to them when they are half fatted; and will prevent their feeding, and in three or four days reduce them to as great poverty of flesh as they were in before they were put up to feed.

This malady is a swelling in their throat.

The cure is to bleed them a little above the shoulder or behind the shoulder: but some recommend bleeding under the tongue as the most certain; and others approve of fettering, any of which will do.

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RABBETS.

A Rabbet begins to breed at a year old, will kindle least 7 times a year, if it litters in *March*: It carries its young in its belly for 30 days, and as soon as the doe has kindled will take buck again; neither can they suckle their young, till they have taken buck.

Tame rabbits more than all other animals delight in solitude and retirement; they are violent hot in the act of generation

ration, performing it so vigorously and excessively, that they will swoon and lie in a trance a good space after the act is over.

The males are of cruel disposition, and frequently kill the young ones, if they can come at them, and therefore the females after they have kindled hide them; and close up the holes in such a manner that the buck cannot find them.

They are very fertile, bringing forth every month, and therefore when they are kept tame in hutches, they must be watch'd; and as soon as they have kindled be put to the buck, for else she will mourn, and scarcely can bring up their young.

The hutches in which tame rabbits are to be kept, should be about two foot square, and a foot high, and that should be divided into four partitions or squares, one quarter with an open grate or wire window, through which the rabbits may feed, and a less apartment without light, in which the doe may kindle or kennel; and under this window should be a box or trough in which may be put her meat; and thus may be made hutch over hutch three or four stories high; keeping bucks and does a part from one another.

And when a doe has kindled in one nest, and then has kindled in another, the first young ones must be taken from her and put together into other hutches, with rabbits of their own age, but not so many but that they may have ease and liberty.

In the chusing tame rich rabbits, there is no occasion to have regard to their shape but to their richness; but let the bucks be as large and as rich as you can get them; and those coats are esteemed the richest that have the equallest mixture of black and white hair together; but so that the black do rather shadow than the white: A black coat with a few silver hairs, being much richer than a white coat with a few black ones.

Every tame rich coney that is kill'd in season, as from *Martlemass*, till after *Candlemass* is much better and larger than those kill'd in another season; and when another skin is worth not above two pence or three pence at most, these are worth about two shillings.

Again the increase is more in the tame than the wild the former bringing forth more than the wild.

The best food for them is the sweetest, shortest and best hay that can be got. This hay must be put to them in little cloven sticks, that they may with ease reach and pull it out of the same, so as not to scatter or waste as little as may be;

be, and sweet oats and water should be put for them in the troughs under the boxes, and this should be their ordinary and constant food ; all other being to be used physically, giving it them two or three times in a fortnight to cool their bodies ; such as mallows, clover grafs, four-docks, blades of corn, cabbage or colewort leaves and the like, all which do both cool and nourish them greatly ; but you should but seldom give them sweet grains, because nothing brings them to the rot more.

If they have any grafs cut for them, you must be very careful that there be no weeds nor hemlock amongst it, for tho' they will eat it very greedily, it is present poison, killing them suddenly.

Their hutches must also be kept sweet and clean, for the scent of their piss and dung is so strong, that it will be a very great annoyance both to themselves and those that look after them.

The Infirmities of RABBETS are.

1. The rot, which proceeds from the giving them too much green meat, or greens with the dew on them ; and therefore they must have it but seldom, and then the dryness of the hay will dry up the moisture, knit them and keep them sound.

2. They are apt to be affected with a certain rage or madness, that proceeds from corrupt blood, which is caus'd by the rankness of their keeping, and this is known by their wallowing and tumbling with their heels upwards and leaping in their boxes ; the cure of which is to give them tare thistle to eat.

A SAUCE for BOIL'D RABBETS.

First boil the rabbit's livers, and shred them very fine ; and also a couple of eggs not boil'd too hard and shred small ; add also a large spoonful of grated white bread ; and having ready some strong beef broth and sweet herbs, put two spoonfuls of white wine to it and one of vinegar ; season with a little salt, put in some butter, taking care it do not oil.

A white FRICASSEE of RABBETS.

Take three or four young rabbits ; cut them to pieces and put them into a stew-pan with a quarter of a pound of butter ;

ter; season with salt, pepper, a little *Jamaica* pepper pound-
ed fine, a little thyme, sweet marjoram, and some grated le-
mon peel.

Cover the pan close and let them stew gently till they are
tender.

Then take half a pint of veal broth, season it with some
spice, a sprig of sweet marjoram, an onion, some lemon, add-
ing to it half a gill of white wine.

Boil these together for six or seven minutes; then pour
the butter out of the stew-pan and strain the veal gravy thro'
a sieve; and having beaten up the yolks of four eggs with
half a pint of cream; put some of the broth by degrees to
the eggs and cream, continually stirring them that they may
not curdle; you may also add some parsley boil'd and cut
small.

Put this to the rabbits and toss them up with thick butter,
adding some pickled mushrooms.

Garnish with slices of lemon, and red beet root pickled,
and serve them up hot.

To roast a RABBIT.

Stick it with thin slices of bacon, or else lard it; or else
baste it with butter, and when it is enough dish it, and eat
it with water, white pepper, salt, and sometimes orange.

A RABBIT in Ragoe.

Cut it into four parts, lard it with thick slices of bacon,
fry it with melted lard; then stew it in an earthen pot with
some broth and a glass of white wine, and season with salt and
pepper; add to it some fry'd flour and an orange.

A RABBIT PYE.

Take large fat young rabbits, cut them into quarters and
slit their heads; then fry them in lard with a little flour, sea-
son with salt, pepper, nutmeg and sweet herbs, adding a lit-
tle broth; and when they are cold, make a pye of them with
fine paste. and add morilles, truffles and pounded lard, and
cover all with a lid of the same paste; bake it for an hour
and a half, pour in the sauce in which the rabbits were
dress'd, and when you serve it up to table, put in some orange
juice.

RADISHES are aperitive, deterfive and incisive, are good for the stone cholick, stoppage of urine and the *Menses*; also for the stone, obstructions of the spleen and mesentery; are useful for the scurvy and dropsey; they are pounded and applied to the feet in malignant fevers; and also the dropsey; the seeds being taken inwardly, is aperitive and provokes vomiting. The dose is from half a dram to two drams.

RAISIN WINE.

Take a hundred weight of *Malaga* raisins, pick them clear from the stalks, and chop the raisins small, and put them into a large tub, and having boiled 20 gallons of river, or other soft water, pour it hot upon them, stirring it twice every day for 12 days successively; and then pour the liquor into a cask, and make a toast of bread, and while it is hot spread it on both sides with yeast or barm, and put it into the vessel to the wine, and it will make it ferment gently, which may be known by its making a hissing noise; during the time while it is a working, the bung of the vessel must be left open, and as soon as that is over, stop it up close.

This will be fine and fit for drinking, if it be but half this quantity, in about four months time; but this ought to stand five or six months before it is broach'd. Let it stand in a good cellar.

This will not be much unlike a strong mountain wine, will keep good many years, and among the best judges is much admired.

Another Way.

To every four pound of *Malaga* raisins, allow a gallon of water, boil the water, cut them small, and pour the water upon them boiling hot; and let it stand in a vessel with an open head for a fortnight, stirring them about constantly twice a day; then press out the raisins from the liquor, and to every gallon put a pound of sugar and two pennyworth of izinglafs.

Put this liquor up into a cask, preserving a little to fill up the cask as it works over; and when it has done working stop it up close, and let it stand as long as you can conveniently before you bottle it (the usual time is 12 months) keep it in a cool place, and let it not be disturb'd.

A certain author is of opinion it would be better to boil the water, and to let it cool before it is put to the fruit, when it
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is but milk 'warm, and then to be all mix'd together, till the lumps of the bruised or shred raisins be broke and incorporated with the liquor.

RAMOLADE, is a particular sauce, prepared for several fillets of fish. It is made of chopp'd parfly, chibbols, anchovies and capers; the whole mixture being put in a dish with salt, pepper, nutmeg, and also vinegar and oil well mix'd: Having dress'd the fillets in a proper dish, they are to be sprinkled with this ramolade; and to some of the dishes it is customary to add lemon juice, which are to be served up cold.

RAMS.

To make them strong and vigorous, and to serve double the number of sheep, give them daily half a pound of oat bread and hempseed.

To have Male Lambs: Keep up the ram in the wane of the moon, not suffering him to feed with the flock; but in the first quarter of the increase.

To have Female Lambs: Do not suffer him to be with the flock, but after that time.

The sheep will also be the better by observing this method, and will not cast their lambs, as when they are continually harassed by the ram.

The giving the ram the diet before directed, to invigorate him for the sheep, when you would have them go to ram, will be the way to have forward lambs to sell, when they bear the best price.

RASPBERRIES, are of a moistening and cooling nature; they purify the blood, strengthen the stomach and sweeten the breath.

The leaves of this plant are deterfive, and used in gargarisms for the disorders of the throat and gums.

The flowers are us'd in erisipelas, and in the inflammations of the eyes.

To preserve RASPBERRIES.

Procure the juice of raspberries both red and white (or in the stead of white you may use codlin jelly) allow two pounds of sugar to a pint and half of the juice; set it on the fire, let it boil, scum it, and then put in 12 ounces of the largest raspberries; boil them as quick as you can till they jelly and be-

come very clear ; remove them not off the fire, for that will make them hard ; they will be done in a quarter of an hour after they begin to boil apace. Then put them up in glasses or pots ; putting in the raspberries first ; then strain the jelly from the seeds, and pour it upon the raspberries.

When they begin to grow cool, stir them that they may not all lie at the top of the glasses, and when they are cold lay papers close to them ; having first wetted the paper and dry'd it in a cloth.

RASPBERRY PASTE.

After you have wash'd the raspberries, strain half of them ; and put the juice to the other half with the seeds ; set them on the fire, and boil them apace for a quarter of an hour, and put half a pint of red currants boil'd with a very little water for a quarter of an hour, and strained through a thin strainer, to a pint of raspberries ; boil both raspberries and currants together a little while ; then to a quart of juice put two pound and a half of sifted sugar ; set it over the fire, let it scald, but not boil ; pour it into little pots, set it in the stove till it is candied, then turn it on glasses as other cakes.

RASPBERRY JAM.

Mash the raspberries, strain half of them ; put the juice to the other half that has seeds in it ; boil it briskly for a quarter of an hour ; then to a quart of raspberries add a pound and half of sugar ; boil it till it jellies, then put it into either pots or glasses.

Another Way.

Infuse the raspberries as before directed ; having first pick'd out the dead and magotty ones ; when they are tender, take out some of the liquor and put the same quantity of currant liquor to what is left ; add the weight in sugar and boil it up together ; put it into glasses to be eaten with cream all the year.

RASPBERRY CAKES.

Infuse the raspberries in a stone pot or jug, that may be covered close, and set it in a kettle of water, and let them be boil'd till they are tender ; then pass them thro' a jelly bag,
and

and put to the pulp of the raspberries, as much or more of currant liquor (see *Currant Cakes*) as will run out from the raspberries; put to these the weight in sugar, and boil it to a candy height, till it is almost sugar again.

RASPBERRY CLEAR CAKES.

Take raspberries and white currants, of each equal quantities; almost cover them with water, boil them very well for a quarter of an hour; then pass them through a jelly bag, and to every quart of jelly allow three pounds of sugar sifted through a hair sieve; set the jelly on the fire, and let it but just boil, then shake in the sugar, stir it well and set it on the fire a second time, till the sugar is melted; then lay a strainer in a broad pan to prevent the scum, and fill the pots: When it is candied, turn it on the glass, as other clear cakes.

RASPBERRY DROPS.

Mash the raspberries, put in a little water, boil and strain them; then having half a pound of fine sugar sifted through a hair sieve, do but just wet the sugar that it may be as thick as paste; put to it 20 drops of spirit of vitriol, set it over the fire, make it scalding hot, but it must not boil. Drop it on paper, and they will soon be dry; if the drops do not come off easily, wet the paper.

Let them lie on the paper a day or two.

RASPBERRY WINE.

Let the raspberries be ripe, crush them with your hands, and to every quart of fruit allow a quart of water; let the water be boiled and poured in boiling hot; let them infuse 24 hours, stirring them two or three times, then strain it through a hair sieve, and to every gallon of this infusion put two pound and a half of good sugar.

Let it stand to dissolve 24 hours; stir all together, and if the fermentation does not proceed kindly, put to it a toast spread with yeast. Cover the vessel over slightly till it has done working; then stop the vessel close, and let it stand for half a year more, and when you find it fine enough, bottle it off.

Another Way.

To every quart of raspberry juice allow a pint of water, and to every quart of liquor a pound of fine sugar; then set it on the fire to boil half an hour, scumming it as it rises; then set it to cool, and when it is quite cold, put it up in a vessel, and let it stand 10 weeks, or something more, if the weather prove cold; when it is settled, bottle it up, and it will keep two years.

RATAFIA.

Take molasses brandy, six quarts; water, three quarts; bitter almonds, three quarters of a pound; and nuts an ounce and a quarter: Bruise them and infuse them in the brandy, adding a grain or better of ambergrease, mix'd with a pound and half of fine *Lisbon* sugar; let all infuse for a week or eight days, then strain off the liquor for use.

An artificial RATAFIA.

Put a handful of the buds of young laurel branches into two quarts of brandy or good spirits, let these infuse till it tastes as strong of the laurel buds as you would have it; then pour it off and sweeten it to your taste with fine powdered sugar.

This will taste exactly as if you had used apricock plum-stones.

RATAFIA CAKES.

Take four ounces of apricock kernels (or which is as well, the same quantity of bitter almonds) blanch them and pound them very fine with a little orange-water; mix these with the whites of two eggs beaten, and put to them a pound of single refin'd sugar, finely beaten and sifted; work all together to a kind of paste; then lay it in little round bits on tin plates floured; set them in a gentle oven, and they will puff up and be quickly baked.

RATAFIA CREAM.

Beat the kernels of apricocks very fine in a mortar, and to a quarter of a pound of them put a quart of cream and four eggs; sweeten it to your palate, set it on the fire, and
let

let it boil till it is pretty thick; you may if you please slice some of the kernels thin, and put them in, beside those that are beaten.

To make RATAFIA DROPS.

Take a pound of kernels of apricocks or almonds, pound them very fine with rose-water; then mix a pound of sifted sugar with the whites of five eggs, beaten to a froth; set them on a slack fire, stirring them continually till they begin to be stiff; set it by till it is quite cold, and make it up into little round drops; bake them after the long biscuit (which see) on papers and tin-plates.

Another.

Take apricock kernels, about 150, bruise them a little; then put them into three or four quarts of brandy, let them steep for a week; then strain them off, and add fine sugar powdered, sweeten it to your palate.

You may do the same by plum-stones, cherry-stones, &c. break the shells and put in shells and all.

If the brandy is too strong of the kernels, you may add more brandy to it before you sweeten it, or if not strong enough of them put in more kernels.

RATS, to kill.

1. Mix filings of iron with leaven, and put it into a place where there is a number of them, and if they once taste it they will die.

2. Lay the hoofs of an ass or mule upon a chafing dish of coals, and shut up the windows, and the smell will drive them away.

3. Put the ashes of oak into their holes, and if they are touch'd or covered with the ashes they will grow mangy and die.

4. Strew arsenick powdered on cheese or butter, and they will eat it and burst; but take care that cats and dogs do not come to it.

5. Put water into a brass kettle pretty deep, and strew it with corn dust, after it has been winnowed, and the rats will get in after the corn, and will be drowned.

6. Lay a flat stick over a kettle of water and tie bacon, &c. to the middle of the stick, and the rats going to it the stick will turn and they will fall in and be drowned.

7. To drive rats out of a house, infuse vervain in water for 24 hours, and water the house with it.

To make RENNET.

The *Essex* way generally is to take the fourth or last ventricle of a calf, commonly call'd the *Bag*, and opening it they take out the curd, picking it well of the hairs which are mix'd plentifully with it; then they wash it and put it into the bag again, with a good quantity of salt, and keep it in a well glaz'd earthen vessel till they use it, as follows.

If they first make cheese in the beginning of the spring, they boil salt and water together, and steep the bag, having been prepar'd as before, in it; but when they have made cheese, they steep it altogether in whey well salted or water boil'd in salt; and sometimes to give it an high flavour, they boil spices with it, but especially mace.

Among several things that will coagulate milk or set it to curd, the plant call'd *Cheeserening*, or *Yellow Ladies Bedstraw*, is used commonly about *Nantwich* in *Cheshire*. The same is us'd in *Tuscany*, and especially in the *Parmesan*; and some *Cheshire* people esteem that cheese, made with this plant, as the best.

There are also other things that will make rennet, or for turning and setting of milk, as the seed of the *Carduus Benedictus*, the juice of the fig-tree, ginger, the inner skin of a hens stomach, or the spawn of a pike.

To RESTORE decayed Malt Liquor.

When the briskness or liveliness of beer or ale fails in the cask, so that the drinks turn faint, deadish, or vapid; draw them off and bottle them after the following manner.

Boil two pounds of clean sugar in a gallon of clear water, gently, scumming it; to which add a few cloves, cinnamon or mace, set it by to cool, and work it up with yeast or barm well; and of this while it is in a smiling condition, put three spoonfuls of it into each bottle of drink and cork them well: Or you may put a few crystals of tartar; some essence or essential spirit of barley or wine into each bottle, it will have the same effect; but if you have none of these but sugar, put a bit of loaf sugar, and four or five raisins bruised, or a few grains of barley bruised.

If you desire to have common drink flower in the cup, boil a small quantity of wheat bran in the wort; or if be to
be

be bottled, put in a few grains of wheat or barley, or raisins, or loaf sugar.

In order to make beer keep better, add a little wheat to the malt, and that will enrich the wort, and adds spirit to the liquor.

If ale or beer begins to flatten or decay, *i. e.* when its spirits are either entangled in its feces, or are drank up by the cask, or exhaled, you may recover it by putting in a small bag of tender ears of wheat or barley, or some raisins,

But a better way is to put two or three handfuls of ashes made of barley straw or beech ashes into a bag, and to let it down gently into the liquor without disturbing it.

And if the flatness be but a little, a handful of wheat or some *Glaubers* salt, or two or three whole eggs put into the vessel. But the surest method is to bottle it off as before directed.

If drink become thick or muddy, so as not to be drinkable, put in a little fix'd nitre or *Glaubers* salt, or some whites of eggs made into balls with a little flour, which will feed and preserve the drink admirably; especially if a little isinglass be added, and this will not only contribute to its keeping, but its goodness too.

If ale happens to lose its natural taste and relish, put some *Iris* or *Orris* root, or bay leaves, or origanum, or ginger, or nutmegs into the vessel with it; and the ale will recover its natural taste, tho' it will perhaps have some taste of the said ingredients too.

If beer or ale become rancid or very stale or sourish, open the vessel, and throw in the powder of any earthy *Alkali*, and it will recover it, by absorbing and sheathing up, or blunting the acidity of the liquor.

If you put in powdered chalk, it will recover it and make it drinkable in two or three days.

The same may be effected by powder of burnt egg-shells, crabs-eyes or claws, tortoise-shell, coral or marle, which will absorb or sheathe the acrimony or sourness, and render the drink of its natural taste.

If beer or ale turn ropy, tie a coarse linnen cloth before the bore of the spiggot when the vessel is broach'd, and draw the drink out into a clean dry cask, and put into it five or six ounces of powdered allum, shaking all well together, and then letting them stand, and by this means the drink will be fined down, lose its ropiness, and become clear and pleasant.

RESTORING *decay'd* BEER, to its former *Goodness*.

Put calcin'd oister-shells, egg-shells, burnt crabs-eyes, tortoise-shell burnt, alcaliz'd coral, into the beer, and they will recover it; because they attract and imbibe the sharpness, and turn it into sweetness.

Also an handful of wheat put into the vessel, may also have the same effect; also chalk put in immediately renders it drinkable.

Glauber commends three or four handfuls of beech ashes, put into the vessel of beer and stirred about; or if it be not very sour you may put the ashes into a bag without stirring.

Also a salt made of the ashes of barley straw, and being put into the vessel and stirr'd, will effect the same.

RHEUMATISM.

For one which proceeds from a cold cause, in order to the cure, take away a little blood, but not much because the distemper does not lie in the veins; but let the patient be purg'd often, either with manna, syrup of pale roses, pills of agaric or aloes. These remedies may be taken in the evening, or before supper, or else at going to bed, and the patient must afterwards endeavour to promote a sweat by taking the following ptisan.

Take two ounces of sarsaparilla, and as much guaiacum; an ounce of esquine, and an handful of asparagus roots, boil these in near three quarts of water, till one half be wasted; strain the decoction, let it stand till it is grown cold, and take every morning two glasses of it one after another, and if he can, let him sleep upon it.

Or those that have not the conveniency of the foregoing ingredients, may dissolve an ounce and half of treacle in a glass of the water of balm gentle, marjoram or nettles.

A RICE PUDDING.

Either grind or pound half a pound of rice to flour, mix it by degrees with three pints of milk, and thicken it over the fire with great caution, that it may not be burnt, till it is as thick as a hasty pudding; then pour it out, and set it by to cool: Add to it 9 or 10 eggs, but half the whites; three or four spoonfuls of orange-flower-water: Melt three quarters of a pound of good butter, and sweeten it to your palate.

You may if you please add sweet-meats.

A RICE

A RICE or MILLET PUDDING.

Take three pints of new milk, into which put six ounces of whole rice or millet seed clean pick'd; add a little salt, half a pound of butter, and five or six ounces of sugar.

Instead of butter some use suet; but butter is the best, except you have marrow.

If you would have it of the custard sort, you may to this quantity use from four to nine eggs; but well beaten and mix'd with a little of the milk and strain'd.

A RICE WHITE POT.

Boil a pound of well pick'd rice in two quarts of milk till it is thick and tender; then pound it in a mortar, with a quarter of a pound of blanch'd almonds; then having boil'd two quarts of cream with the crums of white bread and some blades of mace; mix all these together with the yolks of eight eggs; adding some rose-water, and sweetening with sugar to your palate. When you set it into the oven, lay in some candied citron and orange peels, cut in thin pieces.

Set it into a gentle oven, for if it be too hot it will be spoil'd; therefore great care must be taken in the baking.

An Ointment for the RICKETS.

Take of beef marrow two ounces, oil of lilies and tamarisk, the same quantity; bees wax four ounces; gum armoniacum dissolv'd in vinegar, an ounce; the juice of briony roots, golden rod and smallage, of each two ounces; boil all together till the juice of the herbs is consum'd, and with this anoint the belly of the child, rubbing it in with a warm hand by the fire, for half an hour every night. It is good if the belly be swell'd with rickets, worms or ague.

Another for the Same.

Take snails, pick them clean out of the shells, and prick them full of holes, hang them up in a cloth and put a basin to catch what drops from them; boil this up with spicery and blades of mace, of each an ounce. With this anoint the child along the back bone; rubbing it well in with a warm hand; and also round the wrists, neck and ancles.

Do this constantly night and morning, chafing it in by the fire.

This

This with the following drink, has recovered many weak children from sickness, lameness and deformity.

The Drink for the RICKETS.

Take 150 live wood lice, half an ounce of rhubarb, of saffras, china and eringo roots, of each an ounce and a half; roots of osmund royal one ounce; raisins of the sun stoned, an ounce, harts-tongue one handful; put these into three quarts of small ale, and let the patient drink no other drink, spring and fall; it is almost infallible for weak children.

Another good Drink for the Same.

Take raisins of the sun ston'd two handfuls, as many currants; maiden-hair, speedwel and yarrow, of each two handfuls, the same quantity of dragon leaves, and 18 or 20 leaves of harts-tongue; two spoonfuls of anniseed; and two ounces of liquorice slic'd; boil all these in six quarts of small ale, till half is consum'd; then strain it and put it into little bottles, and give a draught of it every morning, and another at four in the afternoon.

ROACHES *in a Ragoe.*

Make a ragoe of them by broiling, them upon a gridiron after they have been soaked in butter while the livers are fry'd in a little butter, in order to be pounded, and strain'd thro' a hair sieve; and pour this cullis upon the roaches, when season'd with salt, white pepper, orange and lemon juice; and rub the dish or plate before it is dress'd with a shallot or clove of garlick.

To make a Pye of ROACHES.

Make this pye like as is directed for a tunny pye, (which see) and set it out with same sort of garniture, only you may add (if you have it) some cray-fish; when it is half bak'd, let the liver be first fry'd in a pan with burnt butter; then pounded in a mortar and strain'd thro' a hair sieve, with half a glass of white wine; put all into the pye with some lemon juice; when it is just a going to be serv'd at the table.

ROCAMBOLE, is *Spanish* garlick.

ROCKET

ROCKET is of two sorts the garden and the wild.

The medicinal vertues of the first are, that it opens, cleanses, and expels ventosities ; if a pretty deal of it be eaten raw it will provoke venery ; the seed will likewise do the same, and also provoke urine. Being boil'd and applied, it takes away spots in the face.

The wild rocket is hotter and dryer than the garden one, and has all its vertues with more efficacy : And being boil'd and eaten, it cures children of a cough, a little sugar being added to it.

It also clears the voices of those that are hoarse, and increaseth milk.

To make ROCK-SUGAR,

Take a red earthen-pan that will hold about a gallon, lesser at the top and bottom than in the middle ; stick this pretty thick with the twigs of a white whilk a cross one another ; set it before a good fire that it may be very hot, by that time the sugar is boil'd ; having ten pound of double refin'd sugar finely powdered, and the whites of two eggs beaten to a froth in half a pint of water mix this with the sugar ; then put to it a quart of orange flower-water, and a pint and half of water, and set it on a quick fire, and when it boils apace, put in half a pint more of water to raise the scum, then let it boil up again ; then take it off and scum it ; repeat this two or three times till it is very clear, then boil it again till you find it draw between your fingers, which is to be known by often trying of it, taking out a little in the ladle, and as it cools it will draw like a thread ; then put it into the hot pot, and cover it close, and set it into a very hot stove for three days.

After the first three days, a moderate heat will do ; but that it must have for three weeks ; but the stove must never be suffered to grow quite cold, nor must the pot be stirr'd.

At three weeks end, take it out, and pour out all the syrup ; the rock will be on the sticks and the pot sides : Set the pot in cold water in a pan on the fire, and when it is thorough hot, all the rock will slip out, and fall most of it in small pieces.

You must just dip the sticks in warm water, and that will cause the rock to slip off ; then put in a good handful of dry'd orange flowers, and taking a ladle with holes in

it put the rock and flowers, as much as will make as big a lump as you please, dip it in scalding water and lay it on a hot place; then make it up into handsome lumps, and as hollow as you can.

When you have prepared it thus far, set it in a hot stove, and the next day it will stick together. Then take it off the plates, and let it lie two or three hours in the stove; if there be any large pieces you may make bottoms of them and lay the small pieces on them.

ROSA SOLIS.

Take proof spirits six quarts, water 3 quarts; rosa solis pick'd clean ten ounces; cinnamon, cloves, and nutmegs of each half an ounce; marigold flowers two ounces, caraway seeds an ounce and half, draw off the proof spirits from the still, and infuse in a quart of liquor two ounces of liquorice sliced, raisins ston'd half a pound; red saunders two ounces; infuse these on hot ashes, till their virtue is extracted, then strain it and dissolve three quarters of a pound of fine sugar, which when cold, mix with the distillation.

The Same by Digestion.

Take a gallon of the best brandy, rosa solis four handfuls, caraway, coriander seeds, cinnamon, cloves, mace and nutmegs, of each half an ounce; cardamums, calamus aromaticus, ginger and zedoary of each a dram and half; cubebs and yellow saunders of each half a dram; red saunders an ounce, liquorish two ounces; red rose leaves dry'd a handful; infuse all these in the brandy for some days then strain off the clear liquor; and sweeten with three quarters of a pound of white sugar.

Another Way.

Take a gallon of the best brandy; rosa solis cleansed four handfuls; caraways, cinnamon and coriander seed, of each an ounce; cloves, ginger, and mace of each three drams; calamus aromaticus, cardamums, cubebs and zedoary of each one dram, red roses dry'd an ounce, liquorice two ounces; raisins ston'd half a pound; cochineal and saffron of each one dram; infuse them for a week or eight days; strain and sweeten with three quarters of a pound of loaf sugar.

ROSEMARY.

The flowers and leaves of rosemary eaten every morning with salt and bread, give ease in the head-ache, strengthen the sight, and sweeten the breath.

Its flowers in a conserve strengthen the stomach, and are good against melancholy, the falling sickness, convulsions and the palsey.

The seed drank with pepper and white wine, is good against the jaundice, and removes the obstructions of the liver.

A decoction of its leaves in white wine, fortifies oppressed and weak nerves, the head being wash'd with it.

ROSEMARY WATER.

Take brandy distill'd from white wine, a pint of the distill'd water of rosemary and sage, of each a pint; infuse therein half an ounce of rosemary-flowers, and half an ounce of sage, for eight hours; strain the water, and keep it for sore eyes.

ROSE WATER.

Take 10 or 12 pounds of the most odoriferous roses, gathered a little after sun rising in dry weather, take off their pedicles, pound them in a marble mortar to a paste; put them into a copper cucurbit, tinn'd on the inside; and pour on them the juice of the same sort of roses newly extracted, till they be sufficiently moistened; fit its *caput mortuum* to the cucurbit, with its cooler and recipient; lute the parts that join, and set the vessel upon a moderate fire; take care to change the water of the cooler as it grows hot, and when you have distill'd about half the liquor, put out the fire, lest the stuff should stick to the bottom.

Then separate the vessels, strain and press that which remains in the cucurbit, put in the juice again, and with a slack fire distil it to about two thirds, which bottle up, and you will have a strong rose water; expose them open to the sun for some days, to excite the smell, and stop it up close.

Another Way.

Take roses three handfuls, fennel and rue, of each one handful (or proportionable for a larger quantity) cut them small and mix them well together, and then distil them
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into a vessel in which there is a handful of the aforefaid herbs. This water is good to preserve the eye fight.

Musked ROSE WATER.

Take rose buds and separate from them the white, and put them in an alembick, in the midst of which put a little musk tied in a rag, and then distil them.

To make Conserve of ROSES.

Make a strong infusion of red roses with red rose water; then having fresh rose buds; all the white and withered leaves being clipt off; boil them in the infusion till they are as tender as possibly they can be, and as red as they were at first; then take them out and weigh them, and double their weight of double refined sugar; make it boil again with the sugar as fast as you can till it jellies; when it is taken out, there may be added either amber, pearl, coral, gold or spirits of vitriol.

A Receipt from Barbadoes for distilling RUM.

They there distil their rum from the offal of sugar, of which they put to the quantity of 18 gallons of common water, an eighth or ninth part of this scum of sugar all together in an open tub or wooden vessel, this they cover with dry leaves of palm, or the leaves of platanus, but in *England* the leaves of fern, or the parts or leaves which flag brooms are made of.

There it is to remain for nine days, till it changes of a clean yellow colour, distil it and you will have what is call'd in *England* a low wine.

In a day or two after distil it again, and in the cap of the still hang a small bag of sweet fennel seeds, and the spirit will have a fine flavour.

Some put anniseed in the bag, and some musk with the sweet fennel seed, or else distil the spirit twice, once with the fennel seed, and next with a little musk. Take notice that your tub must not be deal or fir.

RUPTURE WORT.

The juice of this plant being mixed with drinkables, is excellent for the cure of ruptures and falling down of the guts.

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The juice of this plant being drank in white wine, is very helpful in case of a suppression of urine; but is also good for breaking the stone in the bladder and bringing it away.

The herb dried and powdered, is good against a desentery, flux of blood, and the biting of vipers and other venomous beasts.

A water distill'd from it and drank for eight days will cure the jaundice and obstruction of the liver.

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SAFFRON.

THE *English* saffron is justly esteem'd to be the best in the world, is of an opening and digestive quality; an extract of the flowers fortify the heart, purify the blood and expel poison, and being eaten or drank promote spitting, urine and the *Menses*; but if used too much it offends the head as well as its smell.

Bastard Saffron: The flower of this plant serves poor people instead of saffron in their victuals: It loosens the body; the juice extracted from it when it is fresh, being drank to the quantity of an ounce, in three ounces of chicken broth or hydromel, purges flegm excellently well.

Wild Saffron: The seed and leaves of this plant taken in wine, and a little pepper is good against the stinging of scorpions.

SAGE.

This plant is said to be apt to be infected by serpents and toads, with their venomous breaths, and should before it is us'd be wash'd in wine, and to prevent the infection of the said creatures who covet to cover themselves under its shade, some advise that they should be planted together with rue.

This plant is endued with so many and wonderful properties, as that the constant use of it is said to be so salutiferous to mankind, as to render them almost immortal.

The small sage is recommended as good against all flegmatick humours, if taken inwardly, or apply'd outwardly.

It is also good for the falling sickness, lethargy, palsey, and

flegmatick rheums; the leaves being dry'd and eaten is proper to prevent miscarriage in women. It fortifies, warms and dries.

It has a singular vertue to comfort oppress'd and weak nerves, and for this purpose wine is made of it; and also fomentations, with a decoction of it, are made for the shaking of the hands and other parts, and to create an appetite, and cleanse the stomach when full of ill humours.

Sage taken in liquor is good to relieve the head-ache, cleanse the teeth and gums by rubbing them; and being boil'd in wine, it renders the breath sweet.

A water distill'd from it, is good for clearing the eye-sight, and a conserve of the flowers is said to have the same vertue.

Sage leaves are us'd instead of tea, and is also accounted a fortifier of the brain, and good to attenuate flegm.

Wild Sage: The decoction of its leaves being drank, promotes the menses, is helpful in child-bearing, and in bringing away the after-burthen.

To make SAGOE.

To a quart of water put two ounces of sagoe; set it on the fire, stirring it well till it is thick; add to it six spoonfuls of sack or white wine, the juice of a lemon, and a bit of lemon peel, and sweeten it to your palate.

A SAGOE PUDDING.

Wash half a pound of sagoe in several waters; then put to it a quart of new milk; put in a stick of cinnamon, and boil them together till it is as thick as a hasty pudding; stir it constantly, for it is apt to burn; when it is boil'd take out the cinnamon; stir in about half a pound of butter, and having beaten the yolks of nine, with the whites of four eggs, with four spoonfuls of sack; stir all together, sweeten it to your palate, and add four ounces of plump'd currants: Lay a sheet of puff paste under it, and garnish the brim of the dish.

SAGOE CREAM.

Boil three spoonfuls of sagoe in two waters, straining the water from it, then put to it a pint and half of milk, boil it till it is very tender, and when the milk is wasted put to it a pint and half of cream, a blade or two of mace, a little piece

piece of lemon peel, the yolks of four eggs and only the whites of two ; sweeten and boil it till it is thick.

SALLIGOT, *or* WATER CALTROP.

The fruit of it being eaten is good against the stone ; and in *France* in a time of scarcity, serves the poor instead of bread.

Being boil'd in honey'd wine, it cures the ulcers of the mouth, gums and throat.

The juice of it is also used in medicines for the eyes.

To boil fresh SALMON.

Wash the fish with salt water, leaving all the scales on, as is the fashion ; tho' some take them off, for the skin of the salmon is the fattest part of the fish, and many people like it,

Having thus prepar'd the fish, put it into the pan with water and a sixth part of vinegar, a little salt and a stick of horse-radish ; boil it quick.

For the sauce, take a pint of shrimps, a pint of oysters and their liquor, and half a pint of pickled mushrooms : Or else take shrimps, and the bodies of two middling sea crabs, or of a couple of lobsters ; cutting the tails of them into dice.

If you use oysters, stew them a little in their own liquor, with whole pepper and mace ; then set by the oysters, and put mushroom pickle to the liquor, and dissolve in it a couple of anchovies.

Then melt your butter, and mix the prepared liquor with it ; to which, if you please, you may add a little white wine.

But just before you melt the butter, you must put the oysters, shrimps, mushrooms, &c. into the prepared liquor to boil up, and then all is to be mixed together.

Take notice, that the bodies of the crabs will, being well stirred in it, thicken the liquor and render the whole very agreeable.

To dress a Sole of SALMON.

First scale it, then lard it with little slips of eels flesh, seasoned with pepper ; then fry it with burnt butter, and when that is done, set it a stewing in an earthen pan with clear pease soup, fine herbs and green lemons ; adding oysters fry'd with burnt butter and a little flour, capers and mush-

rooms, all being dress'd artificially in the pottage, adding some lemon juice, when it is serv'd up.

To POT SALMON.

Scale and wipe the salmon very clean; but do not wash it at all; salt it very well, and let it lie till the salt is melted, and drain'd from it; then season it with cloves, mace and whole pepper, and lay in three or four bay leaves, then covering it all over with butter let it be bak'd; then take it out and drain the gravy from it; then put it into the pot you design to keep it in, and when it is cold, cover it with clarified butter.

This is the *Newcastle* way, and after the same manner you may pot carp, tench, trout, or any other firm fish.

A Tail Piece of SALMON, in a Casserole.

Dress your tail piece, as is directed for a cod fish tail (see the article *Cod*) farcing the tail of the salmon after the same manner; bread it and bake it in an oven with white salt, chibbol, thyme, a bay leaf or two, and lemon peel; when it is ready, put a ragoe into it, and garnish according to your pleasure.

SALMON in a Ragoe.

Cut the salmon (whether it be jole or any other piece) into slices, set it into an oven in a covered dish with white wine, verjuice, salt, pepper, cloves, a bunch of sweet herbs, bay leaves, nutmeg, green lemon, and a little fish broth; while it is baking, prepare a good ragoe of oysters, capers, fry'd flour, the liver of the salmon and mushrooms; turn it all out upon it, and serve it up with lemon juice.

To dress SALMON with sweet Sauce.

Cut the salmon into thin slices, flour and fry them in refined butter; then soak them a little while in a sweet sauce, made of sugar, salt, pepper, cinnamon, cloves and green lemon. Garnish with what you please, and serve it up.

Salmon may also be dress'd several ways. You may put a fresh salmon into a ragoe, made brown as it were fricandoes with veal sweet-breads, truffies and mushrooms; adding
good

good broth or beef gravy as it is stewing, and some lemon juice, before it is serv'd up to table.

Or you may lard the salmon with small slips of bacon, and well season'd; roast it by a gentle fire, basting it with white wine and verjuice; putting a bunch of sweet herbs and a piece of green lemon into the sauce.

With the dripping temper some oysters, capers, boil'd mushrooms, fry'd flour, and the liver of the salmon, adding some white pepper and lemon juice, when it is ready to be serv'd up.

To make SALOP.

Put an ounce of salop or salep, into a quart of water; set it on the fire, stirring it till it is as thick as chocolate, and then put to it orange-flower-water, rose-water or sack; or you may add a little juice of lemon and sugar.

This is good for weak and consumptive people.

SALPICON, is a ragoe usually made for large joints of beef, veal, or mutton, which are to be serv'd up roasted for the principal side dishes: Having ready cucumbers, boil'd gammon, capons livers, the fillets of a fat pullet, truffles, artichoke bottoms and mushrooms, cut them all into dice or small square pieces; but the cucumbers by themselves must be fry'd in lard, and well cleared from the fat, and a little flour thrown in; and when they have been fry'd a little while, put them to the things before mentioned, with good gravy; and set them on the fire, and stew them all together; and if you have any gammon essence, put in a little of it; and to thicken the sauce, prepare a good cullis to be sprinkled at last with a little vinegar.

In the mean time, make a hole in a short rib of beef, or in the leg of a quarter of veal; taking away all that meat, which will serve for other farces; and the ragoe even now describ'd must be substituted in its room.

A very excellent Way of SALTING Meat.

Let your meat be fresh, and take out all the bleeding arteries; then sprinkle it with common salt, and let it lie in the air for 12 hours; but take care to salt the places where the arteries are, more particularly; then wipe the meat dry and make some salt very hot over the fire, and rub it into the

meat very well, and lay the pieces of salted 'meat one upon another, and it will keep for several months.

Or with common salt rub the several pieces of meat briskly with it, after the blood is out, and lay salt enough in the hollow places especially; so will you be sure to have your meat sweet, either beef or pork.

SAL VOLATILE OLEOSUM.

Take of sal armoniac, and salt of tartar, of each four ounces, reduce them to powder separately, then mix them; and put this mixture into a retort, and also of the leaves of *Marum Syriacum*, a quarter of an ounce, and of tartariz'd spirit of wine three quarters of a pound, impregnated with the essential oil of cloves one quarter of a dram; of cinnamon half a scruple; of nutmegs a scruple; of marjoram, lemons and oranges each half a dram; add to these a pound of clean water, and set all in a sand furnace; lute on the receiver, and give fire of the first degree, for an hour and a half; increase it to the second, in which continue five or six hours, or until the white salt which first shot at the top of the receiver, begins to melt down; then put out the fire, and pour out the spirit, which will have a great deal of loose salt in it, into a viol by it self for use; and the salt hardened in the upper part of the receiver into another.

SANICLE is of an astringent quality, and its vertues are the same as those of *Cinquefoil*; a decoction of its leaves in hydromel being drank, is good for the distempers of the lungs; to give ease in the belly ache, the sciatica, and all sorts of blood, as well in men as women.

The leaves being applied cure fresh wounds; being made into a plaister it is admirably good for ruptures.

A Travelling Powder for SAUCE.

Take pickled mango, and let it dry three or four days in the room; then reduce it to powder by grating of it. To six ounces of this powder add three ounces of mushrooms dry'd in an oven and powdered, by pounding it in a mortar; add to these a dram of mace powdered, half a dram of cloves in powder, or instead of the two last a nutmeg grated, and a dram of black pepper in powder; having mixt all these together very well, sift them through an hair sieve; put this
up

up carefully in a paper, and take it with you when you go a journey.

Half a tea spoonful of this powder will relish any fauce you have a mind to make to the quantity of a quart, when it is warm.

You may if you please, add 9 or 10 grains of sweet basil, or of summer sweet marjoram, dry'd and powdered.

If you use this fauce for fish, adding a little anchovy and white wine, it will be very good.

SAVIN, is of an incisive, penetrative and attenuating quality; the leaves being drank in wine provoke urine, and very much forward the menses; being powdered and mix'd with fresh butter, it is given to the quantity of a dram to persons troubled with the asthma; the juice of it being drank to the weight of two drams, with a dram of borage, is helpful to women in labour, to cause a delivery; but is not us'd unless in cases of extremity, it being dangerous, and the child may be kill'd.

SAVORY, is endued with the following qualities; it attenuates particular humours, helps digestion, dispels wind, whets the appetite, strengthens the stomach, takes away loathing, and is also good for the sight.

It is good in obstructions of the womb, and it is much us'd for dispelling humours, and allaying pains of the ears.

The leaves powdered and drank in wine, are good against disorders of the breast, lungs and bladder.

To make SAUSAGES.

Chop some pork and leaf fat of a hog's belly very small, add a seasoning with some parsley, sweet herbs and a shalot; and if you have a mind to have them more delicious than ordinary, you may mince the breasts of capons or fat pullets; with a little raw gammon and anise, as is done for white hog's puddings; when the whole mixture has been well ordered and season'd, add a little gammon essence, and you may bind it with the yolk of an egg; then fill your sheeps guts, that have been first well prepar'd and cleansed, fill them and tie them of a convenient length, and you may either broil them on paper, or fry them.

Another Way.

Take lean pork, and twice its weight of fat; picking both clean from the bones, skin and kernels; shred each of them by themselves very fine; then mix and shred them together, and to six pounds of meat allow two small nutmegs; the same weight of cloves and mace, and pepper near equal to all the forementioned spices. Pound all the spices very fine, and let your heap of salt be twice as big as your heap of spice; shred a good handful and a half of fresh sage and some thyme shred very small; add the yolks of three eggs, and three spoonfuls of grated white bread; with these being all mix'd together, fill the skins.

You may, if you please, add three quarters of a pint of oysters; roll these and fry them without skins: they are to be kept in a pot, and when you use them add the yolks of eggs.

Norfolk links are only fat and lean pork, more grossly cut; and the seasoning, pepper, salt, and a large quantity of sage cut small, and put in large skins.

Another Way.

Take the flesh of a leg of pork, and mince it small, and to every pound of the flesh minc'd, mince about a quarter of a pound of the hard fat of the hog; then having pounded some *Jamaica* pepper very fine, mix with it some salt and a little sweet marjoram in powder, and some leaves of red sage minc'd very small; mix all these very well, and if they are to be fill'd in guts, let them be well clean'd, and lie some time in a little warm white wine and spice, then beat the yolks of two or three eggs and mix with them; but do not fill the guts too full, lest they burst when they are broil'd or fry'd; but if they are to be eaten without being put into guts, then do not put any eggs to them, but pound the flesh and fat in a stone mortar, and work the herbs and spice well into it with the hands, and when it is well mix'd, keep it in a mass to be us'd as you have occasion; breaking off pieces and rolling them between your hands; then flour them and fry them.

To make Veal SAUSAGES.

These may be made after the same manner as the last, by mincing a part of a fillet of veal with half the quantity of bacon,

bacon, seasoning with salt, pepper, nutmeg and fine herbs chopt small; these may either be fry'd or broil'd on paper and serv'd up with mustard.

Royal SAUSAGES.

Chop very fine flesh of partridges, of a fat pullet or capon, a little gammon or other bacon, and some leg of veal all raw, with chibbols and parsley, mushrooms and truffles; season with salt, pepper, beaten spice and a clove of garlick; adding also a couple of whole eggs and the yolks of three or four, and a little milk cream.

Then roll up this mixture into thick rolls and wrap them up in thin slices cut out of a fillet of veal, and beaten flat upon a dresser for that purpose; so that the sausage may be made as thick as a man's arm, and of a convenient length.

Then lay them into an oval stew-pan, having first laid thin slices of bacon at the bottom, and covered them with the same and beef stakes; then stop the pan up close, and set it between two fires; but they must be gentle ones, and let them stew or bake thus for eight or 10 hours.

Then take them from the fire, let them stand in the pan to cool, take them carefully out without breaking them; taking away also the meat and the fat.

Then cut them into slices with a sharp thin knife, and lay them in a dish or plate, and serve them up to table.

To make SAUSAGES of Fish.

Take the flesh of eels or tench, and to either of these add some of the flesh of fresh cod, or of pike or jack; chop these well together with parsley and a few small onions; season with salt, pepper, cloves in powder, and grated nutmeg, and if you like it, a little powdered ginger, with some thyme, sweet marjoram, a little bay leaf, all dry'd and powdered; and mix all these well together with a little butter.

Then pound the bones of the fish in a mortar, pouring in among them while they are beating, a glass or two of claret, which must afterwards be poured upon the aforesaid mixture. Then having the guts of a calf well wash'd and clear'd of the fat, fill the skins with the farce of fish, and tie them at both ends, and lay them for 24 hours in a pickle of wine and salt; then take them out and hang them in a chimney, where they may be well smoak'd with a wood fire or burning saw dust
for

for 24 hours or longer, according as you have allow'd salt and spices.

When you would eat them, boil them in white wine with a bunch of sweet herbs; or in water with one third part white wine and sweet herbs. These are serv'd cold up to the table.

SAXIFRAGE, has heating, cleansing, opening, and dissolving qualities; being boil'd in wine it is good for those that are feverish, and that cannot make water; it is likewise good for breaking the stone in the kidneys, and thence takes its name (from *Saxum frangendo*, in *Latin*.)

SAXIFRAGE WATER.

Take saxifrage three pounds, anise, burdock, parsley, and the juice of the pearl plant, of each three quarters of a pound; and three quarters of a pint of white wine vinegar, and distil the whole.

This being drank in a morning, is good for breaking the stone.

The SCAB in Cows.

This disease proceeds from poorness in diet, and is very infectious among cattle, and will quickly spread 'it self thro' a whole herd; and is sometimes caus'd from want of water in summer time.

For the cure; boil tobacco stalks in human urine, so as to be very strong, and wash the part affected frequently with it, and give her the following drink.

Take rue and angelica, of each an handful, shred them small, and boil them in three quarts of ale without yeast, or in new wort, and add an ounce or two of flour of sulphur, with butter and treacle, of each three ounces, and give it the beast in time.

SCABIOUS.

Great vertues are ascrib'd to this plant, it being of a warming, drying, and cleansing quality, so that it is sufficient of it self to clear the stomach, and cause a discharge of flegm and other gross superfluities, whether it be dry'd and powdered and drank in wine or broth, or the juice of it be
mix'd

mix'd with honey. A decoction of it will also have the same effect, and will also cure the itch.

It is good for the weakneses of the stomach, and disorders of the breast, the juice of it taken to the quantity of four ounces, mix'd with a dram of treacle, is excellently good for sick people; it will make them sweat abundantly the first day, and the same quantity may be taken for several days.

Being applied by way of plaister to plague sores, boils and the like, it will infallibly cure them, and as some affirm in a very short time.

It is also an excellent remedy for such as are bit or stung with serpents and other venomous creatures, for the herb being pounded and applied to the part affected will cure it.

The juice of scabious mix'd with borrag and camphire, will take away redness and spots in the body.

Scabious is likewise good for coughs and distempers of the lungs; for this purpose they extract the juice, pulverize it, and make a decoction of it to be us'd a long time.

The decoction of it drank for 40 days together, will effectually cure tetters or ring worms.

The decoction of the roots is good for sores caus'd by the pox, and it must be drank till they are gone.

A dram of their powder being taken in whey or goats milk, is an excellent remedy in the itch, scabs, and the like cutaneous distempers.

For a SCALD HEAD.

Let the patient bleed two or three times, and take a purge once a week with two ounces of manna, diacarthami or aloes pills, which purify the blood, and afterwards use the following ointment.

Take two ounces of litharge, an ounce of the leaves of rue, half an ounce of the seeds of staves acre, and two drams of cyprus vitriol; pulverize all together, and make it into an ointment with as much oil of myrrh and vinegar, as is sufficient.

But you may rather use the following application, which is extremely efficacious: Take the roots of white and black hellebore, litharge of gold, allum galls, quick-lime, chimney foot, live sulphur, cyprus vitriol, orpine and ashes of tartar, of each half an ounce; quicksilver kill'd in a little turpentine and verdegrease; reduce all to powder, and boil it in a pound of olive oil; and add thereto the juice of borrag,
rage,

rage, scabious, patience, fumitory and vinegar, of each a quarter of a pound, and when these juices are consum'd, add two ounces of yellow wax, and an ounce of black pitch; the ointment being made, let it cool, spread it on leather and wrap it round the head. Or,

Shave the patient's head well, and having melted some black pitch, spread it upon three pieces of linnen cut in the form of a coif, and lay them on all three separately, applying them as hot as the patient can bear them.

Let these lie on for 48 hours, then lay on fresh for 48 more, putting some salt and powdered brimstone upon the plaisters before you apply them.

When the scurf is gone, wash the patients head with his own urine, either near a good fire or in a hot sun.

This dressing must be repeated so long till there are no remains of the evil left; and when you take off the plaisters, do it cross ways.

For the SCIATICA.

Take the flowers of sage and rosemary, of each half an handful; flowers of camomile, melilot and elder, of each the same quantity; boil all in a pint of white wine.

Then having strain'd the decoction, set it on the fire again, and put in eight ounces of gum, three ounces of rosin, two ounces of wax, three ounces of the oil of hypericon, and two ounces of black pitch, and about six pennyworth of the oil of laurel; take it off the fire, stir it and mix with it an ounce of oil of *Venice* turpentine; put the whole upon a piece of leather, big enough to cover the thigh from the top of the hip to the knee, and let it lie on for several days.

2. Take glue and spread it on a sheep's skin, and apply it to the part affected, and let it lie on till the pain is quite gone; or till the plaister falls off of it self, and that you observe some small drops of water upon the part.

3. Take two ounces of large figs, and as many of mustard seed, pound them together to a paste, of which make a plaister, and apply it to the part affected; repeat this several times.

4. Take turpentine, pitch black and white, and yellow wax, of each a quarter of a pound, fenugreek and flower-de-luce in powder and olibanum, of each two ounces, of which make the following plaisters.

Mix the powders with flower of brimstone, take gum armoniack in pure drops, melt them in a large hot brass mortar,

mortar, and incorporate them with the turpentine; and having melted the yellow wax and black and white pitch cut into small bits in a small copper pan over a gentle fire; strain them through a finer cloth, mix the gum armoniack incorporated with the turpentine therewith, let the whole grow half cold, and then add the powder to it; spread a plaister with it, apply it to the part affected, raise the plaister morning and evening, wipe it well, and put it on again.

SCORZONERA.

A drink made of the juice and root of this herb is good against the stinging of vipers and other venomous creatures, and also against pestilential infections; the root of it being eaten daily, is a preservative against the plague and poison; the same serves against the epilepsy and vertigo; and being preserv'd and comfited in sugar it is good against the heart-ache.

SCOTCH COLLOPS.

Cut thin collops of a fillet of veal in the grain, take off all the skin, hack them with the back of the knife; lard some of them with slips of bacon, and season them all with salt, nutmeg, parsley, thyme and a little favoury: Shred the herbs very small, then fry them in a good deal of clarified butter, till they look of a fine yellow; take care not to burn them black in frying; when they are fry'd set them before the fire to drain; pour the butter they were fry'd in from the gravy, and to the gravy put three anchovies, a little strong beef broth, a little oyster liquor, and a quarter of a pint of claret.

Stew them thus till they are enough, then shake in five or six ounces of butter; rub the pan first with a shalot; add the yolks of three eggs, stirring or shaking it continually, lest it curdle; when you are ready to pour it out, squeeze in the juice of a lemon, and pour it over the collops.

Also add forc'd meat balls and mushrooms and fry'd oysters, and garnish with slic'd lemon.

For the SCURVY.

Take scurvey grass, garden tansey, golden rod and wood sorrel of each an handful; pound them to a conserve with as much sugar as the herbs weigh; add to them an ounce
of

of the powder of the plant wake robin : make these into an electuary with syrup of oranges, of which take a dram three times a day for six weeks together in the spring of the year drinking after it the following drink.

Take scurvey gras and garden tansey, of each three handfuls ; brooklime, buck-bean, water cresses and wood sorrel, of each two handfuls ; the peels of three *Sevil* oranges, and half an ounce of nutmegs bruised ; let these infuse in a gallon of new strong ale-wort ; working together for a day and a night, then distil it off in a cold still, as long as it will run good, mix the strong and small together, and drink a wine glass full after every dose of the electuary.

This has been taken very succesfully, to such as have been afflicted with any scorbutick pains and spots ; and has by being constantly taken cur'd the rheumatism.

Another for the Same.

Take half a large handful of firtree tops, cut them small, a handful of water-cresses, and as many of scurvey gras ; half a pound of burdock root scraped and sliced ; and the rinds of six *Sevil* oranges ; put them into a bag, and that into two gallons and an half of small new ale ; while it is working ; when it has done working, stop it up close, till it is fine, and drink of it for a month or longer,

This liquor is very good against the dropsey, if you add two ounces of mustard seed, and a quarter of a pound of horse radish root.

Another for the SCURVY.

Take garden scurvy gras half a peck, brooklime and water cresses of each two handfuls ; ground ivy, firtree tops, liver-wort and tamarisk of each an handful ; horse-radish roots, saffrafras and daucus seeds, of each half an ounce ; roots of sharp pointed dock two ounces, and a large *Sevil* orange slic'd. bruise all these gently, and put them into a canvas bag, which hang in three gallons of ale ; when it is fine drink a draught of it in a morning or at any time of the day. This is one of the prescriptions of terjeant *Barnard*, and is an excellent medicine for this distemper ; but where the scurvy is also attended with the dropsey, so that the legs swell, the juices of the herb with the juice of *Sevil* oranges, will be a more speedy and effectual remedy to those whose stomach can bear them.

A Purging Drink for the SCURVY.

Boil a handful of fir-tree tops, and a few hops, in five gallons of ale wort, then strain it and put it up in a cask to work, then take scurvy-grass, brook-lime and water cresses, of each two handfuls; polipody of the oak, and dock root slic'd of each one handful; liverwort, and harts tongue of each one handful; gentian, rhubarb, fena, and saffraas of each an ounce; chop the herbs small, mix them all together, add a couple of *Seville* oranges slic'd, add carraways and cardamum seeds of each one ounce; put all these in a bag and put it into the ale, let them work together; when it has done stop it down for a week and you may drink it.

A Mouth Water for the SCURVY.

Take three ounces of the bark of black-thorn, slice it, and half a handful of red rose leaves, boil them in a pint of claret and as much water with a bit of alum, till one third part is wasted; then add the peel of one *Sevil* orange; one handful of scurvey-grass, and as much myrrh powdered as will lie on a shilling; stir all these well together, and give it a boil up; then strain, and hold a mouthful as long as you can once or twice a day. It will fasten loose teeth, and make the gums grow up to the teeth.

SERVICES.

The Fruit of the service tree is accounted of a cooling quality; but that when it is soft it requires a little heat; with new wine and honey it makes an excellent *Conditum* for strengthening the stomach, and from this and its cooling quality, it becomes a powerful remedy for dysenteries and loosenesses.

A water distill'd from the stalks of the flowers and leaves in *Balneo Mariæ*, and twice rectified upon fresh matter is an incomparable remedy for consumptive persons; by taking an ounce of it every day at several times.

It also is good for the cure of the green sickness, is good in all fluxes and being dropt warm into the ear it abates the pain.

The wood or bark of the service tree bruised and apply'd to green wounds, heals them, and the powder being drank in oil of olives, consolidates inward ruptures.

Three grains of the salt of the wood taken in a decoction of althea, is an incomparable medicine for breaking, and especially gravel.

SHAVE-GRASS *Water.*

Take shave-grass, rasp'd liquorish, marsh mallow roots, red nightshade, plantain, and red rose seeds, of each two ounces; bole armoniack one ounce; the seeds of cucumbers and gourds, of each six drams; the seeds of white poppies, double the quantity; of quince seeds one ounce; let the whole stand to infuse in the whey of goats milk for 48 hours; then distil it.

This water is excellent for the ulcers in the kidneys and bladder. The quantity of four ounces being drank in the morning fasting.

SHEEP.

To chuse such sheep as are good and like to be profitable, let them be such as have a large body, a very watchful and undisturb'd eye; the tail and legs ought to be long, and the back covered with much wool, which should be long, fine, shining, and bright; and of a white, but never of a grey colour. A sheep of two years old is one from whom profit may be expected; but those that are four years old ought to be rejected as barren.

To know the age of sheep, you must often examine their teeth, that so from the time of their being lambed, till they are four years old, you may be able to know their common bigness, for during that time they always appear even without diminution; but after that they grow uneven, some becoming shorter than others.

The reason why sheep notwithstanding they have been manag'd with the utmost care is (as some say) because they are suffered to take ram too soon; they not then having strength enough to withstand the alteration made in the inward parts, occasion'd by their being with lamb, nor undergo the labour of lambing.

As to the time of their being put to ram, men are of different opinions.

Some approve of it about the middle of *July*, to the end that they may lamb in *December*; but then this is only as to those sheep that lamb but once a year; but as for those that do twice, they ought to go to ram in *April*, that they may
lamb

lamb in *October*, and then to go to ram again the same month, that they may lamb in *February*.

Others object against their going to ram in *July*, because the lambs then produc'd, coming into the world in the beginning of *Winter*, will always be in danger of dying, they being very susceptible of cold; and because if they do weather the cold, which is not to be done without taking a great care of them; they never will be any other than a sort of small sheep.

But besides in a flock of two or three hundred of sheep, there will scarce be a couple found that will have an inclination to go to ram twice in 12 months.

Others say the true time for ewes to go to ram is in the month of *September*, that so they may lamb about the end of *February*, at which time the severest part of the *Winter* is usually over.

SHORTNESS of *Breath*.

1. Steep oak of *Jerusalem* all night in a glass of wine, drink one half of it in the morning fasting, and the other half after dinner, and continue to do this several days.

2. Take a pinch of annise, the same quantity of henbane, and a sufficient quantity of asses milk; mix the seeds well with the milk, and take it in the morning two hours before you eat any thing.

3. Take one ounce of lent raisins, two *Marseilles* figs, one date, hyssop and *Venus* hair, liquorish, fox-heart and scabious water of each one dram; *French* wheat and syrup of liquorish of each two ounces; take the seeds out of the raisins, wash the fox-heart very well, and take the stone or kernel out of the date; mix all the drugs and incorporate them well together, and take it an hour after dinner.

4. Take *Venus* hair, hyssop and horehound of each one handful; of smallage seeds, figs, dates, and fennel seed, of each half an ounce; boil them in a pint and half of river water; till a third part be wasted, strain the decoction thro' a linnen cloth, and put it up in a bottle, and take a small quantity of it every morning before you eat; and also if the quantity of a small nut of the conserve of roses be taken either before or after, the medicine will have the better effect.

A SHRIMP PYE.

Take shrimps clean pick'd from the shells, and if they have been well season'd with salt in the boiling, you need not put any salt but only cloves or mace; but if they do want salt, shred two or three anchovies fine and mix with the spice and season the shrimps; you may make a good crust, because they require but little baking; put a good quantity of butter under and over them, and pour in a glass of white wine.

SHRUB for PUNCH.

Infuse the peels of five lemons in a quart of brandy; then add the juice of ten lemons with half a pound of loaf sugar; stir all these well together; let them stand for 24 hours, then pass them through a jelly bag for use.

To a quart of this infusion you may put one pint of brandy, and three quarts of spring water, and the punch is made.

But you must take notice that all the lemons must be perfectly sound, for one faulty lemon will spoil the whole composition,

For a SINEW SPRAIN in a Cow.

Boil marsh mallows and chick-weed of each one handful in a quart of vinegar, or for want of vinegar, use the dregs of stale beer, to which add three or four ounces of tallow.

Bathe the place aggriev'd with the mixture very hot.

SILVER WEED is so called, not only because the leaves on the lower side are of a silver colour; but because it deserves that name by reason of its vertues.

It has astringent and desiccative qualities; its water is not only good for beautifying the face; but likewise some of its powder being mixt with some of its water is very good for stopping excessive fluxes.

A decoction of it with a little vinegar, is good for fastening loose teeth, curing the tooth-ach, and for recovering the falling of the palate; and if a little alum be mix'd with it, it has also this peculiar to it; that let it be what fever it will, it will allay the burning heat of it; if it be held in the hand, or applied to the soles of the feet.

The silver-weed is also call'd wild tansey or agrimony, having leaves like agrimony, is extremely astringent; is also good for the bloody flux, diarrhæa, and for stopping womens fluxes, which it effects by putting it into their shoes next to their feet, there being nothing between them.

Silver-weed has an excellent vertue above all other herbs for breaking the stone, curing malignant ulcers and wounds within the body, of stopping fluxes and dyffenteries, being taken in drink, and will also dissolve clotted blood.

SKIRRETS, tho' they are none of the largest roots, yet it is certainly one of the best product of the garden if rightly dress'd; the way to do which, is to wash the roots well, and to boil them till they are tender, which will not be very long a doing.

Then take off the skin of the roots; then pour over them a sauce made of melted butter and sack; and serve them up to table, to be eaten with the juice of orange; and some boil them, skin and fry them, and eat them with the former sauce.

SMALLAGE, is of an opening, pectoral and vulnerary nature, helps respiration, cleanses the ulcers of the breast, provokes spitting and the menses.

To pickle SMELTS.

Having first gutted and washed the smelts, lay them in rows, laying a layer of salt, pepper, nutmegs, cloves and mace, between every layer of fish, and also four or five bay leaves, powdered cochineal and salt petre, pounded and mixed with the spice: Boil (in as much as will cover them) of good red wine vinegar, and put it to them when they are cold.

A SMOKING CLOSET for drying Tongues, Hams, &c.

You may make this by inclosing a room of about ten foot square in a garret, where is a chimney, into which by a register the smoke may be let in from the kitchen fire, or made on an hearth in the ground floor; so that the smoke does not then come too hot on the tongues, and so prevents them from turning rusty. See the Article *Hams*.

SNAIL WATER *for a CONSUMPTION.*

Take a peck of snails, wipe them clean, and crack them, then put them into four quarts of milk, with a handful of balm, mint wild hyssop, dates, of each half a pound; raisins of the sun one pound. Distil all together, and let it be the persons constant drink.

SNAP DRAGON (*the Purple.*)

The flower and fruit of this plant being done over with honey and oil of roses, are good for the suffocation of the womb, and to bring on womens menses.

It is said that this plant is such an enemy to scorpions that, they become stupified at the sight of it.

SOAP, is made in the following manner.

Take of oak or beech ashes, but rather pot ashes, three parts, quick lime one part; moisten the pot ashes a little, and then mix the quick-lime, layer upon layer, or rather cover the quick lime over with them, letting them lie so long in a fat till the lime falls asunder and they mix together, ceasing to make a noise; then throw on more water that the mass may become moist; then with a sufficient quantity of water, extract the fiery lixivious lye, commonly called the magistral or capital lye, which is so strong that an egg will swim in it; this must be drawn off, and another lye made not quite so strong with boiling water, with which mix your oil, lard, fat, or tallow; which boil with a soft fire till they grow white; then add, of the capital lye in a tripple proportion, to the oil, lard fat, or tallow, and continue boiling till they are coagulated, and all compacted into one body.

Then make trial of it by the tongue, and if the taste be sweet, more of the capital lye must be added; but if it be biting, it must be boil'd till it swallow up the oil; but if it be more than ordinary pungent, then put in more oil leisurely at discretion; then boil it till it begins to rope and run clear or transparent from the ladle, and continue the boiling three hours.

To stew SOLES.

Let your soles be of the largest size, gut, and skin them, put them in a stew-pan, and pour to them a pound of good
beef

beef gravy, and a pint of claret, and an anchovy, a stick or two of horse-radish, and a little lemon peel, a large onion, a bunch of sweet herbs, salt, whole pepper, cloves, mace and half a nutmeg, and a bit of butter.

Then stew these till the fish is enough, then pour off the liquor through a sieve, and thicken it with burnt butter, having first added a little juice of lemon.

Dish the fish, pour the sauce over it; and garnish with lemon, and slices of the roots of red beets, fry'd bread and scraped horse-radish.

To fry SOLES, Flounders and Plaise, &c.

Melt a large quantity of hogs lard in a pan till it is very hot; then put in the fish, having been prepared as follows.

But you may first fry some bread cut in lengths as big as ones finger to set to drain for garnish.

Gut, skin and flour the soles well, put them into the pan; turn them once and when the upper side is of a yellow colour, they are enough, then take them out, and lay them in a cullender, and set them to drain before the fire.

Flounders are only to be gutted and their skin washed with water and salt; well dry'd with a cloth, flour'd and put into the pan, and managed as the soles.

And *Plaise* after the same manner as flounders.

Whitings are also done as the former.

Smelts, are only to be rubb'd with a coarse cloth, flowered and fry'd.

Gudgeons must be scaled, gutted and washed, then floured and put into the hot lard. But in all these your fire must be quick.

If you would fry them very crisp, use fallad oil instead of lard; or you may use good beef or mutton dripping; but it must be made as hot as possible in the pan, before you put in the fish.

The sauce for these is melted butter⁷ and anchovy liquor, with shrimps or oysters, if they are single.

SOLOMON'S SEAL.

It is of an absterfive and astringent quality; 12 or 16 grains of the seed being taken, will both purge and vomit; the green leaves being boil'd in some wine or the powder of them after they are dryed and taken inwardly, to the quantity

tity of half a dram, will purge away phlegm and viscous humours.

The root is very good for stopping the whites in women.

A Water SOOCHY, a Dish of Perch dressed after the Holland fashion.

Take perch of about five inches long, scale and clean them well, then lay them in a dish and pour vinegar upon them, in which let them lie an hour, then boil them in water and salt, some parsley both leaves and roots, (the parsley roots must be taken before they run to seed, and if they be so large as to take more boiling than the fish, they must be boil'd by themselves) well wash'd and scrap'd; let them be boil'd over a brisk fire till they are enough, then pour all fish, roots, and liquor into a soup-dish; garnish with slic'd lemon, and serve them up hot.

The *Hollanders* commonly eat the fish and roots, with bread and butter; but those that please may have melted butter in a basin.

This dish is much admired by some.

For a SORE THROAT, an excellent Gargle.

Take scabious water six ounces, white wine vinegar a small spoonful; mustard seed beaten and honey of each a small spoonful stir and shake them very well together, and filter the mixture and keep it for use.

A Plaster for a SORE THROAT.

Make a plaister of *Paracelsus* three or four fingers broad, and long enough to reach almost from one ear to the other, and apply it to the part affected, so that it may touch the throat as much as may be.

Another Remedy for the Same.

Take bay salt dry'd, pound it and put it into the folds of a rag, in a sufficient quantity to make a stay, to be tied about the throat; apply this over night as hot as the patient can endure it.

Another

Another for the Same when inflamed.

Take a handful of the leaves of common mallows, and 8 or 10 good figs; boil these about a quarter of an hour in a pint of new milk, and let the patient use it very hot, and very often.

SORE EYES *in Poultry, to cure them.*

Take a leaf or two of ground ivy, and chewing it well suck out the juice, and spit it into the eye, and it will certainly heal it. The same medicine will also serve for dogs.

SORREL.

The long or great, is of an opening nature, and helps digestion, the herb is good to quench thirst, create an appetite, and moderate choler; the decoction of it is good to open the body; and being apply'd raw with the oil of roses or saffron, dissolves impostumes: The seed being taken in wine or water, is good for the bloody flux and weakness of the stomach.

It is very cooling, its decoction will carry off the jaundice by urine; and the leaves beaten with a little vinegar, allay inflammations, and cures St. *Anthony's* fire.

This Plant is an admirable remedy for the biting of a mad dog; by drinking its decoction daily, and washing the wounds therewith, and covering it with its leaves; which is to be continued till the bite is cured.

The leaves of sorrel dry'd between hot ashes, has a singular vertue to dissolve and bring away the bad humours of the eyes.

A SORREL TART.

Wash your sorrel, and also some *Spinach* leaves, well in several waters; then either pound them in a mortar, or shred them very small, and squeeze out the juice through a cloth, till you have got half a pint of juice: Then put into it about the quantity of a quart of the the same herbs shred; adding six ounces of fine sugar pounded and some spice, with the yolks of half a dozen large hard eggs bruised and well mixed with it, and also two raw eggs well beaten; then put in a pint of cream, stir it well, and put it in a paste, then bake it in a very gentle oven.

When it comes out, sift on some very white sugar, and garnish with orange and lemon sliced. You may if you please, put in some orange-flower-water.

A SOUP.

Take half a score onions, peel them, and cut them into small pieces, put them into a stew-pan, and fry them brown with butter and a little salt and pepper, and when they are enough, pour such a quantity of water upon them as you think proper for making a soup of them. Then let these boil together, and thicken it with as many eggs as are necessary, keeping it stirring to prevent the eggs from curdling.

Some add to this a large glass of white wine, which I think makes it better tasted, than it is without it. This is serv'd up with a *French* roll in the middle of it.

It is a *French* dish and they call it *Soupe a l'Yvrogne*.

A very good SOUP.

Boil a shin of beef, a crag of mutton or veal, and a bit of bacon, in as much water as will be sufficient to boil them to rags, together with half a pound of rice, keep it close covered while it is a boiling; when you think the goodness of the meat is out, strain it off; and put to it some whole pepper, cloves, mace and salt to your palate.

You may also put in soup herbs, a quarter of a pound of rice plumped; or boil a *French* loaf, or two or three pigeons for to lie in the middle; and with the spice add a little sagot of thyme, savory and marjoram; or if you please, you may put in a quart of pease at first instead of the rice.

A Foundation for HERB SOUP.

Take chervil, beets, chards, spinage, fallary, leeks, and such like herbs, with two or three large crusts of bread, some butter, a bunch of sweet herbs and a little salt; put these with a moderate quantity of water into a kettle, and boil them for an hour and an half, and strain out the liquor through a sieve, and it will be a good foundation for soups, either of asparagus buds, lettuce or any other kind, fit for lent or fast days.

These herb soups are sometimes strengthened with the yolks of eggs, a little before they are serv'd to table.

CAKE SOUP, or VEAL GLUE, to be carried in the Pocket.

Strip a leg of veal of the skin and fat, then take all the muscular or fleshy parts from the bones; boil this flesh gently, in so much water and so long a time, till the liquor being set to cool will be a strong jelly; which you may know by taking out a spoonful now and then and letting it cool.

Then strain the liquor through a sieve, and let it settle, then having a large stew-pan with some water and *China* cups, or glaz'd earthen ware, fill these cups with the jelly, taken clear from the settling and set them in the stew-pan of water, and let the water boil gently, till the jelly becomes as thick as glue; then set them out to cool, then turn them out on a piece of flannel, which will draw the moisture from them; turn them every six or eight hours, and then put them on a fresh piece of flannel, continuing so to do, till they are quite dry, and then keep, the glue in a dry place. This will harden it so much, that it will be as stiff and as hard as glue, and may be carried in the pocket without any inconveniency.

The way of using this cake soup is by boiling about a pint of water, and pouring it upon a piece of the cake about the bigness of a walnut, and stirring it with a spoon till it dissolves, and it will make a very strong broth; as for the seasoning it, this may be done with salt, pepper, &c. to your palate; there being no seasoning put to the veal, when the glue is made; because that would be apt to turn it mouldy. So likewise may any sort of herbs be boil'd in the water, or onions, or any thing you like.

After the same manner may gravy be made for sauce; by adding double the quantity of the glue according as you would have it in strength.

CAKE SOUP, &c. of Beef.

Take a leg or a shin of beef, prepared as is directed for the leg of veal, using only the muscular parts, and doing in every thing as there directed; you will have a beef glue which may be more acceptable to some, as it is of a stronger nature.

There may likewise be added to the beef, the flesh of hares, old cocks, &c. to make it the stronger.

These are good for soups or sauces, and may be enrich'd by sallary, chervil, beets, chards, leeks, or other soup herbs.

A little

A little of this is good to put into sauces, either of flesh, fish, or fowl, and will make a fine mixture with the travelling sauce.

SOW-THISTLE.

The juice of the prickly sow-thistle being drank, allays the pain that gnaws the stomach, and produces much milk; being drank in some wine, it qualifies the heat of the stomach and stops looseness and vomiting; the leaves of it being chewed, sweeten a bad breath; its milky juice or distillations drop by drop are good for asthmas and stranguries.

SPARAGRASS.

The roots of this plant are diuretick, as well as the plant, and much more so. They are also a good ingredient in all compositions intended to cleanse the *viscera*, especially where these obstructions threaten the jaundice or dropsey.

SPARAGRASS in a Ragoe.

Boil them in water, take them out, drain them, strain some fine salt over them, then lay them in order in a dish and serve them up with sauce made of butter, vinegar, salt, nutmeg and pepper well mix'd together. See *Asparagus*.

SPIKENARD or LAVENDER SPIKE.

Is of an opening, digestive quality. It is good for the cold diseases of the brain; as apoplexies, epilepsies, palsies, lethargies and convulsions. The flowers of it strengthen the stomach, remove the obstructions of the spleen, and warm the womb; a decoction of them in wine, provokes urine, and forwards the menses and afterburthen.

The oil of spikenard is a sovereign remedy for sheep that are so incommoded with obstructions, which if not remov'd would kill them; it is apply'd by dipping a hensquill in the oil, and putting it into the nostrils of the sheep.

But you must not put the same quill to another sheep, because if it be not distemper'd, it may impart the malady to it.

SPINAGE.

Some authors say, that the first water of spinage is not wholesome, it mollifies the belly, but is windy; the juice is good against the stinging of scorpions, &c. A water distilled from them, has the same effect, is good against inflammations and corroding ulcers, if apply'd outwardly with a linnen cloth.

A SPINAGE TART.

Take five or six handfuls of spinage clean washed, dry'd, pick'd clean from the stalks and ribs of the middle of the leaves; let it be shred as small as can be; then mix it with a pint of grated bread, the same quantity of cream; the yolks of nine and whites of four eggs; three spoonfuls of orange-flower-water, and a little salt; sweeten it with sugar to your liking.

You may likewise beat up two ounces of almonds with your orange-flower-water, which will much enrich the taste.

Garnish the brim of the dish with paste, and lay slips across the top.

SPITTING of BLOOD.

In all spittings of blood, the person should forbear talking, keep quiet, forbear any violence in action; and sometimes open a vein, but use the greatest precaution in bleeding and take away but a little at a time.

If a vessel happen to be broken, or much opened, by a defluxion of a sharp and salt humour, the greatest caution is necessary to be used in bleeding, so that but a little blood be taken away.

If bleeding do not quickly produce a good effect, some advise to apply cupping glasses to the groin and buttocks, or else to bind the thighs with strong ligatures; and that the person drink by intervals the syrup of pomegranates or quinces, myrrh, dry'd roses, or gooseberries beaten with plantain, purslain, or solanum water, or let him swallow an ounce of syrup of dried roses, or rose honey in half a glass of the juice of forrel.

A Cordial Water for the SPLEEN.

Take of cardamums, cinnamon and saffron, of each two ounces, harts-horn eight ounces; balm and red sage, of each

two handfals; infuse these in four quarts of sack or good brandy for 24 hours. Distil these in a cold still as quick as you can, and let it drop on half a pound of sugar candy: Drink a dram of this when you find your self low spirited.

The SPLEEN in Swine.

Swine are frequently troubled with this distemper, which is the abounding of the spleen.

For the cure give them some roots of tamarisk boil'd or infused in water; or if some of the smallest twigs of tamarisk were chopt small and given them with their meat; but if tamarisk cannot be had, you may use the tops of heath boil'd in water; or give them water wherein the ashes or coal of heath has been quench'd; especially if you temper barley meal with this water, and give it to the swine in the time of their sickness.

SPOTS, to take out of Linnen, Woollen, Silk, &c.

Take a quarter of a pound of *Venice* soap, scrape it fine, one ounce and a half of oil of spike, spoonfuls of ox dung, as much lemon juice as will moisten the mass of starch and give it its proper consistence, then make the soap into balls and let it be very dry before you use it; and when you do, first wash the spots with warm water and afterwards rub them with the balls; and then wash them again very well with water.

Another Way.

Put to a pint of spring water, the quantity of half a walnut of ashes of tartar or old lees of wine, and half a lemon cut into small pieces; mix all well together, and let it stand to digest for 24 hours, and then filtrate the water. This will take out all sorts of spots, made by oil or otherwise out of hats and clothes; whether made of silk, woollen or linnen: Wash the part where the spot is with fair water, after you have taken out the spots, and clean it well.

Another Way.

Boil two ounces of roch allum and an ounce and half of burnt tartar, and a scruple of camphire in two measures of river water, and one of ox gall, till the half is consum'd; then

then strain it and wash the spots with it: Doing thus two or three times will take them quite out.

To take all Sorts of SPOTS out of Clothes.

Pound common salt together with black soap, and with this rub the spots, and when they are dry wash them afterwards with warm water, and they will be gone.

To take a SPOT of Oil out of Sattin, &c.

Calcine sheep's trotters, reduce it to a powder, lay it on both sides the sattin, &c. where the spot is, leaving it so for the space of a night, and it will take out the spot; which if it be not done effectually, repeat it: But the spots must not be such as are of long standing.

Another Way.

Take four ounces of soap, and two of potters earth, and half an ounce of quick-lime; mix all with a little water and lay it upon the spot.

To take SPOTS out of white Silk, or Velvet dy'd in Grain.

First boil some bran three times, and wet the spots on the back and fore-side with it; then spread the white of a new laid egg on the spot; then hang it in the sun to dry, wash it gently with cold water, press it well, and the spot will disappear; but this is to be done twice. It will not at all efface the colour.

Another for Cloth dy'd in Grain.

Wash the spot with roch allum, and rub the cloth well; then wash it with fair water, and the spots will be gone the second time of doing it.

Another Way.

Take roch allum, tartar and white soap, reduce all to a very fine powder; then take an ox gall, and put some lye into a small pot, according to your discretion, set it on the fire, and when it begins to boil add galls and powder to
it

it, and let it boil till the third or fourth part is consum'd; wash the spots twice with this water, and let it dry each time, and the last time wash it with cold water; and you will see the good effects of it.

To take SPOTS out of Scarlet, either Silk or Woollen, without losing the Colour.

Extract the juice of the herb call'd soap-wort, lay it upon the spot for the space of two or three hours, and then wash it with hot water, and if the spot is not taken quite out, wash it once more.

But if the cloth be not dy'd in grain, put a little soap to it and something more of the juice; incorporate and wash the spot well with the same, and it will answer the end.

To take out SPOTS of Grease or Fat.

Take rock allum and new quick-lime of each four ounces, allum of tartar an ounce and half; soap cut very small 12 ounces; boil all together in a clean vessel for some time, and then strain the liquor, and put it in a bottle for use; which is to be warm'd when us'd, and the spots wash'd on each side with it; rubbing one part of the cloth or stuff against another, and the spots will come out; then use a little soap with cold water, and the spots will vanish at the second or third time.

To take SPOTS of Ink or Wine out of Linnen or Woollen.

Wash the spots several times with the juice of lemon, orange or citron; let the cloth dry and then wash it with cold water, and they will vanish; but if they be ink spots, wash them with white soap and vinegar, and this will do the business.

For a SPRAIN.

1. Pound wormwood very well in a stone or glass mortar; then add to it as much of the whites of eggs beaten to water, as will make it of such a consistence as a poultice, and apply it to the part affected.

2. Put the foot, &c. into a pail of cold spring water, and hold it in till the water grows warm; then take it out, and repeat

repeat it till it is well, and it will effect a cure without any other application.

3. Boil wheat bran in the strongest vinegar you can get, till it is of the consistence of a poultice, and apply this as soon as you can to the part affected, renewing it when it begins to grow dry.

4. For a fresh strain take fresh clay, such as the bungs of barrels, and work it with vinegar to a sort of cataplasm; warm it a little and apply it to the part affected.

5. Or make a cataplasm with a quarter of a pound of bean flour, and two ounces of vinegar, and apply them a little warm to the part affected.

But if this should prove somewhat too sharp, as in some cases it may; then boil two drams of litharge in the vinegar before you put in the bean flour.

6. Boil about a pint of claret in a close vessel with a handful of red rose leaves, till the liquor is pretty strong of them. Dip a piece of linnen or flannel into this liquor, wring out the moisture, double it, and apply it hot to the part affected; binding it on with a fillet or the like.

STÆCHAS.

A decoction, syrup or water, distill'd from this plant comforts the brain and memory, and removes the obstruction of the liver and lungs.

The STAGGERS in Swine.

The cure: Boil flowers of sulphur and madder, either ground or powdered in new milk, and give it the hog fasting for two mornings successively; but this is to be done at the beginning of the distemper only; but if it has seiz'd his head violently, use the following medicine.

Take of common houseleek and rue in equal quantities, and add to these as much bay salt as will make their juices very pungent; bruise them together in a marble or stone mortar with a wooden pestle; adding a large spoonful of the strongest vinegar, and put this mixture into the hog's ears, stopping them both close with tow, wool or cotton, so that it may be kept in 24 hours.

This will recover the hog, if he be not too far gone; but if this does not compleat the cure, repeat it a second time, and when you take it out of his ears, stop them either with
sheep's

Sheep's wool, cotton or tow, that has been a little 'greas'd with oil of almonds; which will prevent his taking cold.

Dr. STEPHENS'S WATER.

Take fix quarts of proof spirits, and three quarts of water; camomile flowers, lavender, mint, origanum, pellitory of the wall, penny-royal, rosemary, red roses, sage, thyme and mother of thyme, of each a small handful; anniseeds, carraways, cinnamon, galangal, ginger and nuts, of each three drams; macerate all in the spirits, &c. distil and sweeten with a pound of white sugar, adding three leaves of gold.

A STINKING BREATH proceeds either from putrified lungs, defective teeth, a distemper of the head, or an obstruction of the stomach.

For the cure of that which proceeds from putrify'd lungs.

Take half an ounce of *unguentum Nicotianæ*, and two drams of *oleum succith*, mix them together, and anoint the breast outwardly with it.

Give also cleansers inwardly, as oil of sulphur allay'd with rose water, morning and evening; as also *antimonium diaphoreticum*, five times a day for several days together; then heal by giving oil of almonds mixt with three drops of oil of cinnamon, or pills of turpentine.

Lastly, give morning, noon and night a bolus made of nutmeg, mace and ginger, of each 15 grains; two drams of honey, and ten drops of oil of cinnamon; mix these and continue to take them for some weeks.

STIPTICK WATER, or a Water for stopping of Blood.

Put a pound of quick lime into a clean earthen vessel, and pour upon it five or six pints of fountain water, cover it close and let it stand for an hour without touching it; then stir it for a little while with a stick, then set it by for 24 hours; but stirring it sometimes after this let it settle to a sediment, and then pour off the top by inclination without disturbing the sediment as little as possible.

Put a pint of this into a glass bottle, adding a dram and a half of sublimate finely powdered; shake them well that the powder may dissolve and be of an orange colour, or rather reddish than yellow, and at last clear and limpid, because the redness will sink to the bottom.

The

The water being clarified, separate the water from the sediments without troubling them, and add a dram of oil of vitriol to the clear water, and an ounce of *saccharum saturni*, and having mix'd them well by shaking them in a glass bottle, pour off the clear water, and keep it for use to stop bleeding in any part of the body.

For the STONE.

Make a very strong decoction of mallows in the following manner, put a quarter of a peck of leaves into two quarts of water (or in proportion to a greater quantity) boil them till near one half is consum'd; then strain it, and add half as many leaves and boil it over again; then add syrup of marsh mallows, ston'd raisins and liquorice, of each an ounce; and let the patient drink this liquor continually. Let it be very clean strain'd, and let it settle well before you pour it off from the thick.

Another for the Same.

Take white amber and millepedes in like quantities (let the millepedes die in white or Rhenish wine) finely powdered, half as much nutmeg finely grated, and as much *Chio* turpentine as will beat them. Then mix them in a warm mortar into a mass for pills; a little more turpentine than all the rest weigh will be sufficient: Take of this fasting the quantity of five large pease, in tea or any such thing.

For the STONE and GRAVEL.

Take cassia newly drawn three ounces, choice rhubarb in powder three drams, *Cyprus* turpentine well wash'd 14 drams, spiced diatragacanth two scruples, powder of liquorice a dram; mix these with a good quantity of syrup of marsh-mallows. Of this mixture take the quantity of a walnut in a morning fasting, drinking after it a draught of plain ale posset drink.

Then walk for an hour, and after that drink a pint (if your stomach will permit) of white wine posset, sweetened with syrup of marsh mallows.

This prescription has been us'd with great success, even to the dissolving the stone.

For stoppage of Urine in the STONE.

Take four spoonfuls of the juice of parsley in a pint of white wine, sweetened with the syrup of marsh mallows and (if you can) drink the whole quantity at a draught.

Another.

Take the inner skins of the ghizzards of pigeons, wash, dry and powder them very fine. Take as much of this powder as will lie upon a shilling, in a glass of white wine. This has given ease in the most racking pain.

Another for the Same.

Take the berries of haw-thorn, dry and powder them, and take as much as will lie on a shilling in a glass of white wine.

This being taken for a constancy, has wrought great cures. It may be taken also in ale, or in a posset drink turn'd with white wine. It is to be taken in a morning fasting.

For the STONE.

Mix parsley water, fennel water and good white wine, of each one pint together; into these put an ounce of live wood lice well cleans'd, one lemon slic'd thin, and two ounces of syrup of marsh mallows: Put these into an earthen or stone jug, let them stand to infuse for five days; then strain it out, and drink four ounces at a time twice a day.

A good Water for the STONE.

Take four quarts of white thorn flowers, infuse them in a quart of strong white wine, with two ounces of nutmeg slic'd; let them stand to infuse two days, then distil them in a cold still. This may be drank either with sugar or without.

The STONE in the Bladder.

It is an excellent remedy to drink lemon juice in white wine; so likewise are the kernels of medlars, powdered and drench'd first in white wine; the seed of broom, citruls, marsh-mallows melons, pimperl, pompions and the seed of the pearl plant taken in white wine are very good.

The

The sponge stone reduc'd into powder, and the stone which is found in the head of crabs taken in white wine or the juice of turnips; also a water distill'd from bean cods, red chiches and marsh mallows seeds is very good.

Glass seven times burnt, and as often extinguished in saxifrage water, and then reduc'd into fine powder, and drank in wine, is said to dissolve the stone in any parts of the body; and this is look'd upon as a great secret.

Other Remedies.

Take sea snails, or the shells of them; infuse them in the juice of lemons, and being dissolv'd in water, let the patient drink it all, and after he has made water, he will find himself reliev'd to admiration, for that will break the stone and bring it away.

Another for the Same.

Steep broom when in blossom in wine for a night, then strain it and drink it, and it will discharge the urine plentifully, and afterwards use the following water.

Then take a great earthen pot, set it on a hot fire, till it is red hot, then put into it three whole leverets, newly kill'd; stop the pot, lute it well, then set it on the fire again, and let it stand till the leverets are reduc'd to ashes; then pour in as much of the blood of an he-goat as you think proper; stir all with an iron rod very well that they may incorporate; then distil this stuff, from which will come a water, which will (as some assert) break the stone either in the kidneys or bladder.

You may know whether this water be well prepar'd or not; by putting a piece of mutton and a small stone into it; for if the water be right, the stone will dissolve and grow less; but the flesh will remain of a vermilion hue, without receiving any injury.

See SWEET BROOM, in S.

An excellent Receipt for the STONE and GRAVEL, whether in the Kidnies, Ureters or Bladder.

Take marsh mallow leaves, the herb mercury, saxifrage and pellitory of the wall, of each fresh gathered three handfuls; cut them small with a pair of scissars, and having mix'd them together, pound them in a clean stone mortar

with a wooden pestle, till they come to be a mash; then take them out and spread them thin on a broad glaz'd earthen pan, there let them lie, stirring them once a day, till they are thoroughly dry (but not in the sun) and then they are ready, and will keep good all the year long. Of some of these ingredients make tea with boiling hot water, as strong as you like to drink it; but the stronger the better, and drink three or four, or more tea cups full of it blood warm, sweetened with coarse sugar, every morning and afternoon, putting into each cup of it at least half a spoonful, but rather more of the express'd oil of beech nuts fresh drawn (which in this case has been experienc'd to be vastly preferable to oil of almonds or any other oil) stirring them about together, and continue this as long as you see occasion.

STRANGURY, is a suppression of urine; and in what season or age soever a person is troubled with a suppression of urine, bleeding is accounted always necessary; after which let him take an ounce of cassia, and half an ounce of manna, moistened or dissolv'd in a glass of the decoction of mallows; and also two days after this purge, let him take in some broth two drams of the gum of pine for several days in a morning fasting; or else two drams of the powder of snail shells in a glass of the water of a young child.

2. Let him either as he goes to bed or gets up take three ounces of the distill'd water of white onions, mix'd with an ounce of the syrup of violets, marsh mallows or maiden-hair.

3. Or let him take from time to time a dram of yellow amber reduc'd into fine powder, in a glass of white wine.

Some boil in wine pellitory and groundsel, with a clove of garlick, and apply it to the belly of the patient; at the same time the patient's navel may be rubb'd with some drops of scorpion oil, and between meals let him drink a barley water made with the leaves of agrimony or the roots of asparagus.

This is to be remembred, that if internal remedies bring away much urine at a time, you must be cautious for fear they should fill the bladder too much.

STRAWBERRIES, are a fruit good for bilious persons; quenching of thirst and mitigating the heat of the body.

The water distill'd from them is good for the leprosy, and to fortify the heart, and purge the breast, is good in the overflowing of the gall, and cooling the blood. The dose is three spoonfuls three times a day.

The decoction of the root and herb is good to provoke urine, and for the spleen and kidneys.

Their juice is good to take away redness and small pimples in the face, proceeding from the heat of the liver, and for allaying the redness of the eyes, effacing the blotches and scurfs of the leprosy.

The decoction of the roots and leaves of strawberry plants make a liquor or wine that will cure the jaundice, being drank in the morning.

It is also good for provoking the menses in women, and for stopping the whites and dysenterical fluxes.

Taken by way of a gargarism it strengthens the gums and fastens the teeth.

STURGEON, *to dress in Collops.*

Lard and flour them a little, and bring them to a colour with lard; then boil them in a sauce-pan with good gravy, fine herbs, slices of lemons, truffles, mushrooms, veal sweet-breads, and a well seasoned cullis; drain the fat very well from them and sprinkle them with a little verjuice, and serve it up to table.

Another Way with Turneps.

First boil the sturgeon in water, with salt, pepper, thyme, onions and cloves; and you may pour in some broth if you have it; then fry the sturgeon brown in lard; clear it from the fat, and put it into a cullis with turneps, and a little salmon cut into slices or chopt small, and serve it up with lemon juice. You may set it out with a marinade or other garniture.

SUCCORY being boil'd in wine purges away choler and viscous humours; there is a water that is distill'd from them, which is admirably good in burning fevers, and against the excessive heat of the stomach, and when it is eaten it is very good for the stomach and liver; when it is boil'd it looses its opening vertue.

Those who have cold stomachs should not eat it without pepper, raisins of the sun or boil'd wine be added; it is eaten with mint, rochet, tarragon and other hot herbs.

The leaves of succory are applied outwardly to tumours, ulcers and inflammations.

The decoction of succory drank as an apozeme, is good in the jaundice, or heat of the liver.

The juice of it also being drank for two days fasting, stops the spitting of blood; succory pounded and put under the left nipple eases the heart-ache.

To make all Sorts of SUGAR PUFFS.

Pound sugar, sift it through a fine sieve; then make it up into a paste with gum dragon, well steep'd in orange-flower-water; beat it in a mortar, squirt it and bake it in a cool oven.

You may colour them red with carmine; yellow with gamboge, &c. steep'd in gum water; blue with powder blue; and green with yellow and blue mix'd.

Sugar the papers well before the puffs be squirted on them, and lay them on tin plates.

To SUGAR all Sorts of small FRUIT.

Beat the white of an egg or two very well, dip the fruit in it, lay it on a cloth, that it may not wet; then roll the fruit in sugar finely sifted, till it is quite covered with sugar; lay it on a sieve, set it in a stove or before a fire, that it may be well dry'd; this will keep for a week.

SURFEIT WATER.

Take proof spirits six quarts, water three quarts; balm, carduus, centaury, dragons, St. John's wort, marigold flowers, mint, mugwort, rosemary and rue, of each a handful; roots of angelica, butter-bur, peony and scorzonera, of each three ounces and a half; angelica seeds, calamus aromaticus, carraways and galangal, of each five drams; ginger three drams, red poppy flowers a handful and a half; macerate, distil and sweeten with three quarters of a pound of fine sugar.

Another Way.

Put six quarts of brandy in a large glass bottle, in which put to infuse two pecks of red poppy leaves, half a pound of raisins of the sun ston'd, a stick of liquorice slic'd, two ounces of carraway seeds bruised, angelica, sweet marjoram, red sage, dragons, mint and balm, of each a handful; stop the
glass

glafs or earthen vefſel cloſe, and let them ſtand infuſing for nine days, being ſet in a cellar or other cool place; then ſtrain it off upon three quarters of a pound of fine ſugar, and bottle it.

POPPY Water for a SURFEIT.

Take five gallons of ſtrong ale wort when it is cool, work it with yeast, and add as many red poppies, as the wort will well wet, ſo that it may be ſtirr'd every day; let the poppies infuſe in this wort three days, and draw it off with an alembick as quick as you can till the whole is diſtill'd off; mix the ſmall and ſtrong together, and take a glaſs of it at any time, either with or without ſugar, after a full and diſguſting meal.

This will not be ſtronger than a ſimple water; but has been the only cordial of an infirm lady, who had uſed it ever ſince ſhe was 15, and lived to the age of 97.

Another for a SURFEIT

Boil a handful either of freſh or dry poppies in ale, with an ounce of dry carraway ſeeds bruised; ſweeten it and drink a large draught.

If the ſtomach diſcharges it, drink another draught, repeating it till it ſtays, and ſleep upon it.

A Rich SURFEIT Cordial Water.

Take two pounds of freſh poppies and infuſe them in two quarts of brandy, add to it a quarter of a pound of dates ſliced, and as many figs ſliced, half a pound of Raiſins ſton'd, angelica and carraway ſeeds bruised, of each half an ounce; mace, cinnamon, cloves and nutmegs, of each half a quarter of an ounce; marigold flowers and balm, of each half a handful; ſugar candy half a pound; hot angelica and cold, of each half a pint; let all theſe infuſe for a month, ſtirring them every day, and it will be beſt if you have a conveniency to ſet it in the ſun.

SWALLOW-WORT.

The roots of it are excellent againſt poiſon: The juice being drank is very good againſt the bites of venomous creatures. The decoction with *Carduus Benedictus* taken to the weight

of a dram and an half for eleven days, is a fovereign remedy for those who have been bit by a mad dog; it being taken daily in wine, it is a prefervative againſt the plague: In ſhort the roots are fudorifick, and provoke womens menſes.

SWEET-BROOM.

Matthiolus affirms that the water in which *Sweet-broom* has been boiled, being drank warm three hours before meals, morning and evening to the weight of five ounces for the ſpace of 30 days will break and diſſolve the ſtone in the bladder, and bring it away.

But he adds, that the patient afterwards muſt bathe in a decoction of *Sweet-broom*, and that while he is in the bath, he muſt ſit upon the boil'd broom, and that this bathing muſt be often repeated.

He affirms, that he knew ſeveral who have been cured of the ſtone by following this regimen; and that ſmall pieces of ſtone have come away from them through the yard, by uſing only the decoction.

The SWELLING under the THROAT in Swine.

This diſeaſe appears ſomewhat like the ſwelling of the *Kernels*, called the *Kernels in Swine*, (which ſee.)

The moſt preſent remedy is to open the ſwell'd parts when they are ripe, with a penknife or lancet that is not ruſty; and there will iſſue out a great deal of fetid matter of a greeniſh or yellowiſh colour; then waſh the part with freſh human urine, and dreſs the wound with hogs lard.

SWINE are uſeful and profitable creatures, which chiefly conſiſt in theſe three things.

1. For the raaf bacon.
2. For the ſpit, pork, ſouce, &c.
3. For breeding pigs.

In the choice of them, the buyer ought to have a particular regard to the boars and ſows which are deſign'd for breeders.

They ought to be ſuch as are of long and large bodies, deep ſided, and deep bellied, have thick thighs and ſhort legs; for notwithſtanding long legg'd ſwine make a good appearance, yet they deceive the eye, and are not profitable to the butcher.

They

They should have high claws, a thick neck, a short groin and snout, and a good thick chine, well set with strong bristles.

As for the colour of the swine, that is the best that is intire, as all white, or all fanded, and the pied are the worst and most liable to the measles; black ones are tolerable.

As for the soundness of swine; to know that, if his tail be wrinkled, it is a sign of soundness: Pluck the bristles on the back, and if there be blood at the end of them, the hog is not sound or in health: If you suspect the measles, look under his tongue, and you may be satisfied by the kernels.

All such as are not design'd for breeding, are to be gelded; the males for making bacon and pork; and the females also that are called spayed gels or guelts, one of which is esteem'd worth two hogs.

The young short swine of three quarters of a year are reckoned the daintiest pork.

As for their feeding.

When you do not design to fatten them; but keep them in good plight, feed them with draff, pulse and other garbage with swillings in their troughs; then drive them to graze in the fields. For which soft, marshy and moorish grounds are the best, where they may get the roots of sedge, reeds, rushes, knot-grass and the like, that are good and wholesome for them.

Fallow fields also afford them good store of worms and roots that are good for them; and at the fall of the leaf, they may be driven to hedges, where they find haws, flows, wild plums, crabs, nuts, &c.

Likewise acorns may be gathered in their season, kept in cisterns or fats all the winter, which are very good to mix among their wash; and when they come home at night feed them again as in the morning, and sty them up.

But especially in woody countries swine may be fattened either for bacon or pork, by turning them into those places, where there is store of mast for six or eight days; and after they have well fatted and fleshed themselves; then take them home again, and sty them up, feed them with pease for about a fortnight, giving them once a day, and a little at a time, with as much water as they will drink, by which means their fat and flesh will be so hardened; that when it is boil'd it will not waste.

But as for those who dwell in champion countries, and at a distance from woods, swine must be styed up, and there kept till they are fattened, not letting them come out.

For

For the first two days give them nothing at all ; but early on the morning on the third day, give them a good quantity of pease and beans, and at four a clock in the afternoon and at night a like quantity each time ; but no water all day.

Do the same the fourth day ; and if you have it, give them their bellies full of sweet hay twice or three times a week ; but by no means scant them of their provision of pease ; and by this management they will be fat enough to be kill'd in four or five weeks.

As for such as keep swine, who live near cities or towns, where no store of mast or grain is easily had ; sty up such as you design to fatten ; you may procure grains, hard skins, kells, lumps of flesh, offal, &c. of rendered tallow that will not melt, and mixing this with their wash, give it them 3 or 4 times a day, and this will soon puff them up with fatness ; and then to harden the flesh, allow every hog a bushel of dry pease, and this will make them fit for killing.

But that they may not scour by this feeding ; give the older swine milk and verjuice, and to young pigs verjuice alone.

If a hog is to be fed for lard, or boar for brawn, feed them the first week with barley sodden till it break. Then feed them with raw malt from the floor, before it is dry'd, till they are fat enough, and a week after let them have dry pease and beans to harden their flesh ; and give them good store of washing of hogsheds, ale barrels and sweet hay to drink.

They ought not to be suffered to feed on human ordure, or the dung of pigeons or poultry ; nor on carrion, dead flesh and garbage ; for it will in time bring them to eat their quick, even their own pigs, and children too.

And if they be kept hungry, it will put them to this as to raven upon fowls, ducks, pigs ; likewise take care that no fish or soap water be put into their wash, or mustard, all which will breed the measles.

Rules to know when SWINE are in HEALTH.

It is observable that all swine while they are in health curl their tails, for which reason the best swineherds will not by any means suffer them to be blooded in that part, but in their ears, and about the neck, when bleeding is necessary.

Swine are very subject to fevers, which they shew by hanging their heads, and turning them on one side, running on

on a sudden, and stopping short; which is commonly if not always attended with a giddiness, which causes them to drop down and die, if not timely prevented.

When this distemper is observed to be upon them, it must be strictly observed which side their heads turn to, and they must be bled in the ear, or the neck on the contrary side.

Some advise to bleed them likewise under the tail, about two inches below the rump.

It is very certain that this giddiness, or as it was by some called the staggers in a hog, proceeds from too great a quantity of blood, in that it appears, that if they are bled in time they will certainly recover.

In bleeding hogs in the tail, a large vein may be perceiv'd to rise above the rest. The old farmers us'd to beat this vein with a little stick, to make it rise and swell, and then to open it length-ways with a fleam or short penknife; and after they have taken away a sufficient quantity of blood, as ten ounces from a hog about 14 stone; or 15 or 16 from a hog of 25 and upwards: They bind up the orifice with bast taken from a fresh matt, or with a slip taken from the inner bark of the lime- or the inner rind of the willow bark or the elm.

Keep the hog in the house for a day or two after bleeding and give it barley meal mix'd with warm water, and suffer it not to drink any thing but what is warm; but chiefly water without any mixture.

Some give half an ounce of the bark of oak finely powdered daily in paste made of barley meal

The Sleeping Evil in SWINE.

The immediate remedy is to keep the hog fasting 24 hours, closely pinn'd up in his sty, and to give him when he comes to his appetite a good dose of the juice of stone-crop in warm wash or swill, which will immediately cause him to vomit and cure him of the distemper and when the vomiting is over, give him foddens or pease somewhat warm.

SYCOMORE WINE.

Let the sycomore liquor be fresh drawn from the tree, which may be done in *January* and boil'd for a quarter of an hour, and to every gallon allow two pounds of the finest powder sugar. Then boil it for half an hour longer, scum-
ming

ming it clean as it rises ; then take it off and set it by till it is almost cold, then ferment it with yeast, after the same manner as is directed for birch wine : let it stand till it is white over, stirring it twice a day (*viz.* for three or four days) then fume the barrel with a rag dipp'd in brimstone, and when you put it in, put in also a pound of *Malaga* raisins clean pick'd and shred, or a pound of loaf sugar, and the whites of two eggs ; stop it up close, let it stand till it is perfectly fine, and then bottle it.

After this wine has stood some time upon the raisins, rack it off into a clean cask, and fine it down with isinglass as is directed in making of birch wine, if it be not then clear

SYLLABUB.

Put a sprig of rosemary and some grated nutmegs, the juice of a lemon and some of the peel with sugar into a pint of canary or white wine into a pot, cover it close, and let it stand all night ; in the morning take a pint of cream, and a pint and a half of new milk ; and having taken out the lemon peel, rosemary and nutmeg, squirt the milk and cream into the pot with a wooden-cow, as it is called by some.

To make a whipt SYLLBUB.

Put a pint of *Rhenish* or white wine into a quart of cream with the whites of six eggs ; sweeten it with sugar, and beat it as you do snow cream with a whisk ; take off the froth as it rises and put it into the pot, doing this till it is all beaten into a froth ; and let stand two or three hours till it settles, and it will eat delicately.

Another Way.

Boil a quart of cream, let it stand till it is cold ; then having pared a lemon, then steep the peel in a pint of white wine for two hours before you use it, and sweeten it with sugar.

Mix all together into a basin, and whisk it all one way, till it is pretty thick ; fill glasses with it and keep it a day or two before you use it.

If you would have it perfumed you may put in a grain or two of ambergrease.

It will keep good 3 or 4 days, especially if you add more cream, or put in less wine.

T

TAMARINDS are cooling and astringent ; and are used in continual fevers, to calm the too violent motion of the humours ; they are also given in bolus's and decoctions in a looseness.

TANSEY is recommended for the dissipating of wind in the stomach and belly, and the seed is esteem'd good for worms, and being pounded and mix'd with oil, is a sovereign remedy for pains and swellings in the nerves.

Its juice mix'd with the oil of roses is good in intermitting fevers. The same drank in wine is good to dissolve the stone ; and for pains in the bladder when persons cannot make water but by drops ; but 'tis said it is not to be us'd by women. The root being comfited with honey gives ease in the gout in the feet.

A TANSEY.

Take spinage, and having wash'd it well, dry it before you stamp it, strain it and pour a pint of juice to a pint of milk and a pint of cream ; beat the yolks of 16 eggs and the whites of eight, with a little salt, strain them into the milk and juice, &c. adding a pint of grated bread or biscuit ; sweeten it to your taste ; grate in a nutmeg ; set it over the fire till it becomes as thick as a hasty pudding ; butter a dish and set it into a gentle oven for half an hour and it will be done.

TAPESTRY, to clean.

First shake and clean it well, by rubbing it over with chalk, then with a hard brush rub out the chalk after it has lain on for 7 or 8 hours, and then do it over again with chalk, and let it lie on as long as before, then brush it off the second time ; this will recover its former beauty.

TARNISH of Gold and Silver Lace, to take off.

Take the gall of an ox, and also that of a pike ; mix them together in some fair water, and with these wash and rub over the lace, and it will bring it to its former beauty.

TARRA-

TARRAGON is bitter and pricking in taste, hot in quality, and a little astringent, and has the vertues of *Arum*.

The smell of the herb or root, is said to make women miscarry.

The juice of the root is good for distempers of the eyes; being taken in wine it drives distempers from the heart; it purges the entrails, subtilizes the gross humours, and opens a passage for them, tho' it does not purge.

A good CRUST for TARTS.

Beat six eggs well, put to them six spoonfuls of cold water, then break in two pound of butter, and while you are working it all together, let some flour be shaken in and work it together; still strewing in the flour, till it is a pretty stiff paste; then roll it out for tarts; it will keep crisper and longer than puff crust for most uses.

To preserve the TEETH.

Drink nothing that is either too hot or too cold, eat not much milk meats, sugared things, fat, turneps, leeks and vinegar.

Wash them in a morning with a decoction of the roots of *Tithymala*, or with wine wherein the leaves of provence roses have been boil'd, or the leaves of sage or lemon peel: Or else rub the teeth with the ashes of tobacco or burnt allum, mixt with a little honey; or with coral, dry'd bone or pumice stone reduc'd to powder; or with common salt or sal gemmæ.

To prevent the loosening the TEETH.

Pound tobacco roots well in a mortar, steep a linnen cloth in the juice that comes from the roots, and rub the teeth and gums therewith. You may also put leaf tobacco into any hollow, after it has been a little bruised between your hands.

To fasten loose TEETH.

Wash your mouth with a decoction of the green leaves of a plum tree, or rosemary boil'd in thick wine vinegar very hot, and repeat it often.

To fasten the TEETH, and preserve the Gums.

Take one dram of alum, two drams of bole armoniac, and half a dram of myrrh; reduce them to a fine powder put into a pint of claret in a glass bottle; stir it sometimes, and wash the teeth with it daily.

To close up the Gums and TEETH that are loose.

Calcine earth-worms and rub the teeth with the powder, or dry a calf's liver in an oven, reduce it to powder, adding an equal quantity of honey to it, and bring the whole into the consistence of an opiate.

To clean the TEETH, and bring on the Flesh.

Take dragons blood, cinnamon and alum calcin'd; reduce all into a fine powder, and rub the teeth with it every other day.

To whiten the TEETH.

Dip a bit of cloth into some vinegar of squils, and rub the teeth and gums with it; for besides the whitening of them, it will also fasten and strengthen the roots, and sweeten the breath.

To help Children to breed their TEETH.

Take the brains of a hare, that has either been boil'd or roasted, and mix the brains with honey and butter, and rub the child's gums frequently with this mixture.

Another.

Cut off a bit of a cock's comb with a pair of scizzars, and rub the child's gums once or twice with the blood that issues out. This is an approv'd remedy.

A Wash for the TEETH.

Put half an ounce of bole armoniac, a quarter of an ounce of myrrh, half a dram of alum, five grains of salt of vitriol, half an ounce of *Hungary* water, and an ounce of honey of roses into a pint of claret; set the bottle in the warm sun

or

or near the fire for three days; then let it stand to settle, and pour a spoonful of it into a tea cup of water, and wash your teeth with it. It will both preserve them sound and make them white.

For cleansing very foul, spotted TEETH.

First sharpen a skewer at one end, and wind a bit of fine rag about it, tying it on hard, dip this in spirit of salt; then take it out, and immediately dip it into a cup of fair water, in which hold it for a moment; with this rag wetted with the greatest care rub the teeth; but by no means touching either lips or gums; have a cup of cold water by ready to wash your mouth, that the rag has not been dipp'd in: By this means you may make any furr'd teeth white as snow, but it must not be us'd too often nor without the greatest care; and when the teeth are got once clean, the foregoing claret wash will be sufficient to keep them so.

For the Scurvy in the TEETH.

Heat a piece of steel red hot, and quench it half a score times in white wine vinegar, as fast as you can heat it; then add to the quantity of a half a pint a quarter of an ounce of myrrh in powder, and a dram or two of mastick in powder; with this wash the teeth three times a day or oftener.

To boil TENCH.

Take tench fresh from the ponds, gut them, scale them clean, then put them into a stew-pan with as much water as will just cover them, a little salt, whole pepper and lemon peel, a few cloves, a bunch of sweet herbs and a stick of horse-radish; let them boil till they are tender and when they are enough, take out some of the liquor with which mix a glass of white wine and a little lemon juice or verjuice, and an anchovy shred.

Boil it a few minutes and thicken it with butter rubb'd in flour, and with the sauce toss up a pint of shrimps; pour this over the fish.

Garnish with fry'd bread cut in the lengths of a finger, slices of lemon and horse-radish scrap'd, and pickled mushrooms if you please, or you may toss up some of them in the sauce.

To bake TENCH.

Let the tench be fresh from the pond, gut and scale them clean; then kill them by giving them a hard stroke on the back part of the head, or else they will live for several hours, and even jump out of the pan in the oven; when they are half enough lay them in a pan with some strong gravy, mushroom ketchup, half a pint of white wine and as much of pickled mushrooms, some salt, pepper, cloves and nutmeg, a bunch of sweet herbs and lemon peel, two or three slices of fat bacon, an anchovy or two, and three or four large shalots; lay some bits of butter upon the fish, cover all as close as you can, and let them have an hours baking.

When they are bak'd lay them in a hot dish, and pour off the liquor and strain it, only preserving the mushrooms; then add a spoonful of lemon juice and thicken the sauce with the yolks of four eggs, beaten with cream and mixt by degrees with the sauce.

Pour this over the fish, garnish with beet roots slic'd, lemon slic'd and horse radish scrap'd, and serve it up hot.

TERRINE, is a *French* dish, so call'd from *Terrine*, which signifies an earthen pan; it is made of half a dozen of quails, four young pigeons and a couple of chickens, and a breast of mutton cut to pieces; bake or stew them in an earthen pan between two gentle fires, with bards of bacon at the bottom to keep them from burning, or young streak'd bacon cut into pieces; then draining off the fat put some good veal gravy in its place, and add some boil'd lettuce, a little green peas soup, green peas or asparagus tops.

Stew all again together for some time, and clear it well from the fat before it is serv'd up.

TETTERS.

For the cure: Take 24 grains of paradise, an ounce of cloves, and a dram of camphire, with a little gum adragant, and as much live sulphur and hog's lard as you think convenient; pound them all well together, reducing them to powder; then make an ointment with a little of the lard and anoint the tetter with it.

2. Take about two pennyworth of virgins wax, and an ounce of oil of sweet almonds, and some venice turpentine reduc'd into an ointment by way of lotion in rose water; melt the wax over a chaffing dish, and then put in the other

ingredients ; take it off the fire and beat all together till it attains to the consistence of an unguent ; then put it up and keep it for use.

For inflamed TETTERS.

Pound water cresses with common salt, and apply it to the tetter.

2. Take a piece of helle-wood, light it at one end, and put it all in a flame to a pewter plate, leaning a little to one side, and a dark red oil will run from it, with which rub the tetter.

3. Mix the powder of *Algeroc* with a pomatum of either orange or jessamin flowers, or rose ointment, and rub it on the tetter.

For mealy TETTERS.

1. Put a piece of fresh butter about the size of an egg, into a pewter dish, and the same quantity of black pitch, incorporate both together ; put it up in an earthen pot and apply it every evening.

2. Steep a new laid egg in the shell in a glass of good vinegar, and a scum will appear on the surface of the vinegar, with which rub the tetter.

For TETTERS in the Face.

Rub them often with vinegar, in which a new laid egg has been steep'd so long till the shell is entirely dissolv'd.

Holy THISTLE or *Carduus Benedictus*, has no less virtues against the plague and all sorts of poisons than angelica, whether taken inwardly or outwardly.

Three ounces of the water of *Carduus benedictus*, or about a dram of its seeds reduc'd to powder will cure a quartan or any other ague that begins with a cold fit,

The seed being boil'd in wine is good for pleurifies and epilepsies in young children. The decoction is good to allay all pains of the kidneys and the cholick, to kill worms and to promote sweating,

This plant whether dry or green, taken inwardly and applied outwardly, is good for malignant ulcers.

The Hundred Headed THISTLE.

Wine in which the roots of this plant has been boil'd, will remove the retention of urine, force away gravel ; is good in dropfies, epilepsies and jaundice. The decoction of its roots is admirable in the head-ache.

THOROUGH-WAX.

The decoction of this plant being drank in wine is good in ruptures, and the falling down of the guts. It being applied plaisterwise is good for the king's evil. A water distill'd from it as well as the herb, allays all sorts of inflammations.

For a THRUSH, SORE MOUTH, *or* CANKER.

Take red sage, red fennel, plantain, rue and woodbine, of each half a handful ; two ounces of alum ; shred the herbs, powder the alum, and heat all in a clean shovel, stirring them continually ; and when they seem to be freed from all their moisture and well mix'd, spread them on a paper to cool ; then pound them to a fine powder, sift it and use it dry or mixt with hony.

THUNDER *and* Lightning.

Nothing is more injurious to ale and malt drinks than thunder and lightening, for the following reasons.

1. Because of the rarefaction of the air at the same time ; for the air contain'd in the drink, will always be in equilibrio with the external air in gravity and levity, and this rarefaction of the contained air makes the drink thick and muddy, by the rising up and mixture of its dregs with it.

2. By reason of the great quantity of sulphur mixt with the air, which is the real cause of thunder ; for before it begins to thunder, one or more places of the heavens is intercepted from the sight by white clouds, and the sun shining among them or upon them, they reflect back the heat upon the earth like burning glasses ; and this sultry heat rarefies the sulphur on the surface of the earth, and causes it to mount up into the air in great quantities.

3. The tremulous motion of the earth and air, caus'd by thunder, shakes the vessel in which the drink is, raises up

the mother, and mixes it with the drink, and turns it first thick and vapid, and then four and alegar.

A common remedy against this disaster is to lay a bar of iron over the cask, or to put some pieces of iron into it. But whether this avails much I shall not determine; but the surer remedy is to keep the barrel close stopt up in a deep dark cool cellar: Or it will be better to put in a little alcalous salts, or to dip a thick canvass cloth in a strong brine, and to lay it over, or wrap it round the vessel.

1. Because alcalous salts breed air, as acids absorb it.

2. Because all salts attract and imbibe sulphur.

Sulphur diminishes or fixes the airs elasticity, by the strong attraction of its particles.

THYME.

A decoction of this in water, and sweetened with hony is good for severe coughs and shortness of breath; it provokes urine; is good to bring away the after-burden, and dissolves clotted blood in the body.

Three drams of it reduc'd to a powder, and taken in the spirit of vinegar with a little salt, is good to purge away thick slegm and sharp bilious humours.

A cataplasm made of thyme boil'd in wine, is good for the sciatica, and the ventosity of the belly and womb.

The smell of thyme is excellent for those that are subject to the falling sicknets.

To pickle and dry SHEEP or HOGS TONGUES.

Cut the fleshy part of the bottom of the tongues lengthways, and you will find towards the root an artery, which as soon as it is cut will bleed, and joining to that is a kind of sweet-bread; take this out as clean as you can without disfiguring the tongue, or else the tongue will have an ungrateful smell and putrify.

After you have trimm'd them, wash them well in salt and water; then salt them with common salt well dry'd in an iron kettle, adding half an ounce of salt-petre or nitre well powdered and mixt to a pound of salt.

Rub them well with this seasoning, and lay them close together in an earthen pan well glaz'd, or tub; let them lie some days, and when they are salted enough tie them by the tops by half dozens, and hang them up in a chimney where
deal

deal saw dust is burnt, till they are smoked enough to be cured for boiling; then boil them in their bunches, and let them dry either for use or sale. Or you may do them a quicker way as follows.

Make a brine or pickle of water and common salt, boil'd till it will bear an egg; then for every pound of salt add half an ounce of nitre or salt-petre, and when the pickle is cold put in the tongues and dry them as before; except you have a *Smoking-Closet* (which see) which will be best.

For the TOOTH-ACHE.

1. Boil some creffes in strong vinegar, till they become soft and pliable; then work them in your hand into the shape of a small spoon, which put to the tooth, changing it often, and this will bring away flegm, which will cure the pain.

2. Put a drop of the essence of clove into the aking tooth; or a drop of the essence of thyme will have the same effect; the root of pellitory applied to the tooth will bring away some watery humour, which will very much relieve the part.

3. Take the crumb of bread, and making a poultice of it apply it to the cheek.

4. Take roots of the stinging red nettle, and of the small red and pricking nettle, and apply it to the aking tooth, and it will relieve the pain.

5. Dissolve a bit of camphire in spirit of wine, which will swim on the top of the spirit like oil; apply some drops of this to the tooth, and it will cure the pain.

TOOTH-ACHE, *to give certain Ease.*

Take *French* flies, Mithridate, and a few drops of vinegar; beat this to a paste and lay a plaister on the cheek-bone, or behind the ear; it will draw a blister but rarely fails to cure.

TREACLE WATER.

Mix treacle, vinegar and brandy, of each equal quantities and distil them.

This water is very good for ulcers and erosions in the mouth, especially if you dissolve a little bole armoniac therein.

T R

Another of the Same.

Take old treacle, two pounds of the roots of elecampane, cyprus, gentian and tormentil, of each two ounces; of the conserve of bugloss, borage and rosemary, of each two ounces; steep the whole in three quarts of white wine, and a pint and half of cistern water, and a quart of distill'd rose-water.

Meadow TREFOIL.

The juice of this plant is very good for dimness of the eyes, wounds, &c. The decoction of the plant being drank stops the whites in women; the seed and the flower being boiled in water and put into a plaister, mollifies imposthumes.

The TREMOUR or SHAKING in Swine.

This distemper is by, the country people often taken for the staggers, and seems to be much the same; but some account it to be rather an *Ague in an Hog*, for which they prescribe the following remedy, which is accounted successful in either distemper.

First bleed the hog in the tail.

Boil hyssop and mallows, both stalks and leaves, a handful of each in three pints of milk till the decoction has received the vertue of the herbs; strain the decoction through a sieve, and add to it two spoonfuls of madder and slic'd liquorice and anniseeds of each an ounce. Give this medicine to the hog two mornings successively.

TRINITY or Hearts-Ease.

A water distill'd from the leaves of this plant is excellent for distempers proceeding from cold causes; it is said, that if the herb be eaten by those that have a quartan ague, it will cure them.

The leaves being chopt very small, and put into a vial full of oil of roses, and expos'd for some days in the sun in the summer time, is good for sciatica's, gouts, difficulty of making water, stone and gravel, being us'd inwardly and outwardly.

To make a TRIPLE.

Boil a quart of cream, set it by till it is almost cold, sweeten it, and put it in the bason you would eat it from, put to it two spoonfuls of rennet; let it stand till it comes like cheese; you may, if you please, perfume it; or put orange-flower-water into it.

A FRICASSEE of Sheep's TROTTERS.

First cleanse them very well from the hair, and then wash them in vinegar and water; then take out the bones and boil them in salt and water, with a little lemon peel, and when they are hot give them either of the following sauces.

For a white sauce take white wine, with a little salt, a few sweet herbs, some whole pepper, a little lemon peel, a bit of horse-radish, and a shallot.

When it is strong enough relish'd, then strain it off and take a little of it, and mix it with butter to thicken it; or about half a pint of cream, which is better; pour this over the trotters with a few capers, and serve it up with slices of lemon.

A Brown Fricassee of TROTTERS.

Dress them as before, and when they are fit for sauce, make some hogs lard very hot in a pan, and then put in the trotters, being well covered with flour; and when they are enough pour over them a sauce made of gravy, claret and mushrooms; thicken with burnt butter.

Serve it up garnish'd with slices of lemon, pickled barberries; some raspings of bread sifted and toasted before the fire.

To broil TROUTS.

Prepare a ragoût with mushrooms, truffles, fish roes and pikes livers fry'd brown; also an anchovy and some sweet herbs and a few capers. Lay the trouts a soaking for some time, and afterwards serve them up with lemon juice.

2. You may bread them, having cut them in pieces, first steep'd in a good marinade for an hour, that they may take the whole relish; then broil them over a gentle fire, sprinkle them with lemon juice.

Another Way to dress TROUTS.

Gut two or three trouts at the gills, scrape them, wipe them and lay them on a dresser, and pass a red hot fire shovel gently over them; but so as not to touch them, and repeat this from time to time; when they have by this means been well hardened, lard them with small slips of bacon in rows, then lay thin slices of bacon in the bottom of an oval stew-pan; lay the larded trouts in order upon them, and kindle a little fire underneath, and put some live coals on the top of a cover, to give the fish a fine colour; you must also stir them several times lest they should stick to the bottom.

When they are well coloured take away all the bacon, soak the trouts in good gravy, with a little wine and an onion stuck with cloves; stew all gently together, and season in the same pan; when they are almost enough, and a little sauce is left, put mushrooms, truffles and all sorts of garniture into a little gammon essence in order to make a well seasoned and somewhat thick ragoe; then dress the trouts in a large dish, either of an oval or round figure; drain off all the fat and pour the ragoe round about. You may garnish the dish with artichoke bottoms, andouillets or small trout collops, larded and ordered like those of soles.

TROUT CREAM.

Procure three or four long baskets, made in the form of a fish, sweeten two quarts of new milk, and a quart of cream, and adding a little orange-flower-water, make it as warm as milk from the cow; put in also two spoonfuls of rennet, stir it and cover it close, and when it is come like a cheese, wet the baskets and set them hollow, lay the cheese into them without breaking the curd; as it wheys and sinks fill them up till you have put all in.

When you serve it up turn the baskets on the plates, and give them a knock with your hand, and they will come out in the form of a fish; Whip the cream and lay about them.

To pot TROUTS.

Scale and clean your fish very well, wash them in vinegar and slit them down the back, putting salt and pepper into the slit and on the outsides; then lay them in a dish for three hours, and after that in an earthen glaz'd pan with pieces of butter

butter upon them; then set them in an oven for two hours, if the trouts be of 14 inches long, tying a paper over the pan.

When they come out of the oven take them out of the liquor and put them in a pot, and as soon as they are quite cold pour clarified butter over them.

You may, if you please, bone them, when you split their backs.

To make a TROUT Pye.

Scale the trouts, cut them, lard them with flesh of eels; season with pepper, salt, cloves, nutmeg, a bay leaf and sweet herbs, with butter; add mushrooms, artichoke bottoms, capers, oysters, and the roes of fish; make the pye in the usual manner, and when you are a going to serve it up to table, squeeze in some lemon juice.

To broil TRUFFLES.

Let the truffles be fresh, wash them well and cut off the rough coat on the outside; some of them will be as large as ones fist, and they are the best for this purpose; but be they of any size, as soon as the coat is cut off, cut them thro' a little more than half way, and put pepper and salt into the opening, and close it again; then wrap up each truffle close in wet paper, and broil them over a gentle fire of wood embers, till you judge they are enough, which will be as soon as they be very hot quite through; turn them as there is occasion, that they may be done equally in all parts, and then serve them to the table in a folded napkin.

To Stew TRUFFLES in Wine.

The truffles must be peel'd from the rough coat on the outside, and well wash'd; then cut them into slices and stew them in white wine or claret, which you please, with salt, pepper, and a bay leaf; or instead of that *Jamaica* pepper, and serve them up.

White wine for this use is generally produc'd.

To Stew TRUFFLES another Way.

Peel them and wash them, and cut them into slices; after which fry them a little in a stew-pan with either butter or hogs lard, and a little wheat flour; then take them out and drain

drain them, and put them again into a stew-pan with gravy, a bunch of sweet herbs, some salt, pepper, and nutmeg grated; and when they have stew'd a little in this, strain the liquor and dish them for the table, garnish'd with slices of lemon.

Besides this way they may be us'd in the same manner as fowls are stew'd or fricass'y'd, with brown or white sauces, after they have been softened a little by boiling.

To dry TRUFFLES.

When you have gathered and wash'd them, drain them well and lay them in a dish, and dry them by degrees in a gentle oven; and when they are thoroughly dry, keep them in a dry place, and in a covered glaz'd earthen pot.

Of TUNNING and Keeping ALE.

When the ale or beer has work'd or fermented in an open vat, as long as is proper, tun it up into seasoned vessels, *i. e.* such as have had ale or beer in them before; for if it be put up into new casks, you must have made the drink stronger than ordinary, or it will not keep so long, because the cask will imbibe the spirits, and the rest will soon become flat and vapid.

This, and not age, is the reason why brandy and all distill'd spirits after they have stood some time in a cask, lose their empyreuma or taste of the fire or fiery hot tang; for the cask absorbs the more fierce, eager, and subtle parts of the spirits, will stick close in the wood; hence the spirit becomes mild, the cask on the other hand sends forth its particles into the liquor, which give it its colour.

The cask should not only be seasoned, but sweet scented, in order to preserve the liquor.

To sweeten the vessel, it must not be scalded at one time, and wash'd at another with cold water; for scalding the vessel does not so much wash away the smell of the tilts and grounds as it attracts them, and stirs up the gummous, resinous and oily parts of the wood in the internal surface; and as that finds somewhat to operate with, it acts, gives a sudden ferment, and gives the liquor the taste of the cask.

It is best to tun ale just when it comes to a due fermentation, and gets a good head; for then it has the most strength to clear it self in the cask, and what works over must be supply'd with fresh of the same brewing; and what works over
may

may be put into the small beer; or the barm and the clear may be pass'd through *Hippocrate's* sleeve.

It is an error to tun beer as it cools or begins to come, and so it is also to let it stand longer, till it be more ripe, for its spirits exhale, it weakens and becomes unfit for long keeping.

When ale or beer is tun'd, carry it while it works in the cask into a good cellar or place proper to preserve it; for if it be stirr'd after it has done working, it will be apt to grow stale, sour, and become alegar, unless it be drawn out into another cask.

A cool cellar under ground is the best place to preserve it from light, heat, sun, weather, thunder and lightening.

It is proper in cities or great towns, that the cellar be backwards from the street; that the motion and shaking of the earth by carts, waggons, coaches, &c. do not cause the ale to raise its mother, which spoils its transparency and fineness, and will be apt to turn it sour.

If ale be tun'd up into a new or unseasoned cask, it will drink in the spirit from the mother or dregs, and impoverish the liquor, and will ever after be flat or vapid, and die or sour soon after.

On the contrary, if new ale be tun'd up in a cask out of which brandy or wine was lately drawn, the liquor will imbibe the spirit from the cask to it self, and be much stronger, but it will have the flavour of the the brandy or wine.

TUNNY, is a sea fish, it may be dress'd in slices or fillets, with poor mens sauce.

It may also be dress'd in round slices, and serv'd up in a kind of marinade, which see.

They may also be broil'd on a gridiron, being first rubb'd and strew'd with pepper and salt, and butter, to be eaten with orange and burnt butter.

They may also be bak'd in a pye, first chopping the flesh small and putting it into an earthen pan season'd with salt and pepper; you may also add mushrooms or chesnuts, and capers.

You may garnish the dish with bread and oysters fry'd, and slices of lemon.

A TUNNY Pye.

Cut the tunny into round slices, and dress it as usual with oysters, artichokes and other seasoning ingredients; and a slice or two of green lemon; bake it in an oven moderately

derately hot, and when you serve it up, add some lemon juice, or a little vinegar.

To dress a TURBOT.

Make a court bouillon with vinegar, white wine, pepper, salt, cloves, thyme, onions, lemon and a bay leaf or two; adding a little water, and at last some milk to make it very white; then stew the turbot leisurely in it over a gentle fire, and garnish with parsley, lemon slices laid upon it, and if they be in season, with violets.

Another Way.

Scale and wash your turbot, put it into a large dish, with thin slices of bacon, season'd with melted lard, white wine, a bunch of sweet herbs, bay leaves, salt, pepper, nutmeg, whole cloves, and green lemon, cover it with other bards, and bake it in a pot between two fires, or in an oven; when you serve it up, take away the bards of bacon, dress the turbot in a dish, pour upon it a good ragoë of mushrooms made of the saucc, and garnish with slices of lemon.

To dress a TURBOT or any Dish of Fish.

Put the fish to be boiled into a pint of vinegar, seasoned with salt, pepper, onion, a faggot of thyme, marjoram and parsley, let it lie in these an hour; then put both pickle and fish into the fish-kettle of boiling water; adding a bit of horse-radish, cloves, mace, and anchovies.

When they are enough, take them out and drain them; let the ground of the sauce be half a pint of the seasoned liquor in which they were boild, and the strain'd liquor of a quart of oysters, and half a pint of white wine, and the body of a large lobster; adding to them a little more spice, a large anchovey, or two small ones, and a little lemon peel.

Then strain it, and to this quantity, add a pound and a half of butter; into one piece of which strew as much flour as will make it of a fit thickness.

But remember that the oysters must be first stewed, and the tail and claws of the lobster cut in pieces, and both put into the sauce to heat, when it is ready to be poured on the fish.

Garnish with fry'd smelts, fry'd parsley, sliced lemon and scraped horse-radish, or with patties.

To boil TURBOT, *Flounders, Plaife, Pike, or Whitings, or a Cod's head.*

Gut and wash the fish clean; skewer the tails of jacks or pikes in their mouths, so that they may lie in a round form, then put the fish on a fish plate, and so into the kettle, with just water enough to cover them; put into the water an onion stuck with cloves, whole pepper, mace, a bunch of sweet herbs, and some horse-radish, and half a lemon.

When the liquor boils, put in a little vinegar or verjuice; and when the fish is boil'd enough, set it before the fire to drain.

For the sauce, if they are boiled singly, it may be the same as for SALMON (*which see,*) or else it may be melted butter and anchovies dissolved in water over the fire, or some shrimps; or if you can get them some small crabs

Take the insides of the bodies of the crabs, and thicken the sauce with them.

Or if you have cray fish, take the bodies of them and mix with your sauce, and cut the tails in small bits as big as pease.

A TURBOT Pye.

You may bake a turbot either in a round or oval dish, or in a standing pye after the usual manner.

First scald it, wash it, cut off the tail, the end of the head and gills: Season the pye with salt, pepper, cloves, nutmeg, young chibbols, sweet herbs, and mushrooms, adding sweet butter and cover it with a lid; when it is half bak'd, pour in a glass of white wine.

And serve it up with lemon juice or verjuice.

TURKEYS.

Are fowls that at first require more trouble to bring up than common poultry, being tenderer than they are.

And to rear a few of them, will not turn to any great account, they being mischeivous creatures in gardens and corn; they being great devourers.

If a great many be bred, so that it may be worth while for some lad or other person to conduct them into fields, or places where they may feed upon roots, vermine, herbs and wild fruits which are very agreeable food for them; they will

will turn to a good account when they are grown to their full growth.

In the choice of turkies for breeding, chuse a cock not above two years old at most, and a large, stout, proud, majestic bird ; for one that walks dejected, will never be a good treader ; he ought also to be one that is of a kind loving disposition to his chickens.

And as for the hen, she will lay till she be five years old and upwards ; and if not prevented, she will lay her eggs in secret places, for which reason she should be watch'd, be brought back to the hen-house, and compell'd to lay there.

As for their eggs to breed from, and their nests, they are managed like common poultry. Turkey hens, will lay a dozen or fifteen eggs, and when they begin to keep to the nest, it is a sign they have a mind to sit.

Fifteen eggs are allowed for their first brood, which is commonly in *March* or *April*, because the cold weather is not then over ; and eighteen for the second brood, and they hatch in 25 days or a month at farthest, and during that time the eggs ought not to be touched.

Sitting turkey-hens must not want food ; and because they are so intent upon hatching their eggs, that though food was set before them, they would be apt to starve themselves, if they were not obliged to eat. They must be lifted gently off their eggs, and be set to eat ; and this will give them also an opportunity to employ themselves, and so hearten them to go thro' with their work.

When the brood is hatch'd they being tender, the utmost care is required to keep them from the cold, and therefore they should have a warm place to be reared in, till they have gotten strength, and then they may have the liberty to go up and down the yard, and enjoy the benefit of the sun, whose heat cherishes and strengthens them more than any thing ; but great care must be taken not to permit them to be out in the rain, for nothing will make them take cold and kill them sooner than rain.

They must also be handled very gently, presently after they are hatch'd ; and whenever you are oblig'd to take them from their dams, it must be done in such a manner as if you did not stir them, for they are crush'd with a very small motion,

They should have meat given them four times a day, for they are great devourers, and if they are suffered to endure much hunger, they will soon be seized with pining that will end in death.

At first they are to be fed with hard eggs, and these chopp'd very small.

Some use nothing but the yolks of these eggs which they mix'd with crumbs of white bread ; both these foods being equally good ; but they must have this about five or six days.

Some recommend curds, or green fresh cheese cut into small pieces as a proper food for them, and new milk and water, is a proper drink for them.

When they are six days old, begin to give them the leaves of nettles chopp'd small with their hard eggs for six days more ; and after that time give them no more eggs, but give them nettles well chopt and moistened with a little bran and curds, together with some barley meal and black wheat not ground small, and to whet their appetite, throw a little millet or boil'd barley before them.

If you perceive them to pine, never so little, dip their bills in some wine, and make them drink a little of it.

It is an excellent thing to make them gather strength.

Turkey hens of the same year are very good to breed ; but those of two years old are the best for this purpose ; for they will both lay earlier and hatch their eggs sooner, and will take more care of their young ones.

When you have several turkey hens who have laid their eggs, and hatch'd their brood, take the broods of three dams and put them under the conduct of one hen, and turn the two other hens to the cock, in order to have a second brood.

Some as soon as the young of a turkey hen are out of their shells, take them all from her, and commit them to the care of another hen that has young ones at the same time, and then put another turkey or common hen's eggs under that hen, which she will also hatch as she had done her own ; but if this be done it will be necessary to give her a toast in some wine, with some barley or oats, which must be her common food.

In this manner may a yard be supply'd with all sorts of poultry, for hens eggs may not be only hatch'd under a hen turkey ; but also duck eggs, of which the custom is to put 21 under her.

If you put half of the one, and half of the other, the hens eggs must not be put under her till eight days after the other ; because the chickens are hatch'd in 21 days, wherein the ducklings require 28,

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When the young turkeys are able to shift for themselves without their dams, to spare the food at home, send them out into the field, under the care of some poor, careful boy (who will not leave them) and that early in the morning as soon as the sun rises, order him to drive them sometimes one way, and sometimes another, that so they may find variety of food, which will make them grow up the sooner.

About ten in the morning, let them be brought back again, and send them back again into the fields to feed in the afternoon, and bring them home again in the evening, and then give them some corn, and put them up into their house.

They ought to be housed at night, tho' they love to roost upon trees and other high places, because the dew is very injurious to them.

As for the Infirmities of TURKEYS.

Those that are at liberty, are generally such good physicians to themselves, that they will scarce ever trouble the owner; but if they are coop'd up, it is otherwise; but the cure is much the same as in and for other poultry.

Sometimes their wings will be disordered, in which case the quills that are disordered are to be pulled out, because they are swell'd, and at the same give them a crumb of wheat bread steeped in wine, and give them forge water to drink.

If they have a bladder under their tongue or rump; these must be prick'd with a pin.

And if their heads swell'd, wash them with forge water, and examine them carefully every day, for if this distemper be neglected, they will die of it in 2 days time.

Orvietan, is a very good remedy for them, and the herb called little maiden hair.

It is a general rule if any of them are sick, to separate them from the rest, and to keep them apart for three or four days and till they come to feed heartily.

When they are young and under the age of two months, they must not be exposed to the too great heat of the sun, for that will kill them; they must have drink often and in a clean place; and you must give them the best water.

The best Way to fatten TURKEYS.

Give them sodden barley, and sodden oats for the first fortnight, cram them as they do capons, and they will grow very fat.

To roast a TURKEY.

First lard it with fine fat bacon on the breast, strew it with crumbs of bread. But fill the neck where the crop came out, with the following farce.

Take grated bread, salt, spice, buttered eggs, and some sweet herbs powdered, mix these all well together, and bind them with the yolk of a raw egg, or you may boil and chop the liver of a fowl small and put into it.

For the sauce, let that be gravy, a bunch of sweet herbs, some lemon peel, whole pepper and all spice, boil'd together and strain'd, and a shalot or two.

To boil a TURKEY with Oyster Sauce.

Having first wash'd the oysters clean in their own liquor, strain out the liquor into a clean sauce-pan; then put in the oysters with a faggot of sweet herbs an onion, some whole pepper, mace, and a little lemon peel; then if the oysters be large, take 15 of them; if small more, with a little grated bread, double the quantity of beef suet shred fine, two anchovies, the yolks of four eggs, a small onion finely shred, salt, pepper, nutmeg, thyme and winter savory, all shred very fine; which mix with the yolk of a new laid egg; stuff the turkey under the skin on the breast with these.

While it is a boiling, let your oysters stewing over a gentle fire, and when they are near enough, take them out and put in a quarter of a pint of white wine, and half a pint of strong gravy, with an anchovy, herbs and spice, first boiled and then strain'd clean out of the gravy; when all these have boil'd together, put in as much butter as will thicken it very well, near a pound to a quart of oysters: If it prove so thin as to part, then put a little flour in a bit of butter and put in the oysters again, with the juice of a lemon, and some shred parsley, to make it look green; pour this over the turkey, and garnish with oysters and lemon.

After the same manner may any fowl be dress'd.

To farce a TURKEY.

Take chibbols, sweet herbs, and raw bacon; chop them small, and season them with salt and white pepper.

Truss the turkey without blanching, take the skin off the breast, and put this stuffing between the skin and the breast,
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and a little of it into the body; then spit and roast it, and when it is enough dress it in a dish, and put upon it a good ragoe of a sweet-bread of veal, mushroom, salt, pepper, and a bunch of sweet herbs; thicken the whole with fry'd flour and boil it well, and serve it up hot.

TURNEP WATER.

Take either garden or wild turneps, or some of the one and some of the other, the seed of annis, smallage and parsley roots. Infuse all in white wine or vinegar, and distil them. The water is good for the gravel.

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VALERIAN.

THE wild valerian is recommended as a great strengthener of the optick nerves, and a restorer of decayed sight; and is very excellent in hysterick afflictions, especially where those of the fetid kind are, and where the spirits are too impetuous in their motions so as to occasion convulsions; being assisted with camphire, and some other things of the like nature, which are very powerful in breaking through the minutest obstructions, and is said to have cured obstinate agues.

To COLLAR VEAL.

Take out the bone of the fillet of a fat leg of veal and cut the fat into slices to be roll'd up in the collar here and there between the lean; season with salt, pepper, cloves and mace, and some lemon and thyme shred very small; let the slices of fat and seasoning be strewed, so that it may be in all places alike; then roll it up and tie it very tight, and boil it tender in half white wine, and half water, seasoned with salt and spice; when it is enough, new roll it, and keep it in that pickle.

To COLLAR a BREAST of VEAL.

Bone the breast, and season it with salt, pepper, grated nutmeg and mace; thyme and sweet marjoram, and suet shred small, crumbs of bread, and a few oysters; let all these be pounded in a mortar to mix them together, and strew them thick over the veal; then roll it up into a collar, and sew it up tight in a cloth, and boil it three hours.

The sauce may be the same as for a white fricassé thickened with cream, and yolks of eggs; having first boiled the bones to make good gravy; cut the sweet-bread into neat bits. Save some of the stuffing to make forc'd meat, and add to it juice of spinage to give it a colour, and the yolks of eggs to make it roll tight; either to fry or boil for garnish in the same sauce with the sweet-bread.

To make STOVE VEAL.

Take a fillet of veal of a cow calf, cut away an inch of the middle bone on each side; that the fillet may lie flat in the stew-pan; cut off the udder, and cut it into long slices; and roll them in seasoning made of salt, pepper, nutmeg, and sweet herbs shred fine.

Make holes through the fillet, and stick in these seasoned pieces of fat udder as thick as you can, till you have put them all in; then put butter in a pan, and put in the fillet.

Set them over a slack fire, turning and shaking it now and then; scum off the fat, and put in an onion stuck with cloves, and squeeze in a lemon pared and cut in half; continue to shake it.

This will take up five hours in stoving; if your fire be gentle as it ought to be; when it has been in four hours, put in a full pint of strong broth. And when the meat is almost ready; stew a pint of oysters, and a pint of mushrooms in a little broth, and two spoonfuls of capers.

Scum the fat clean off again before you use the liquor; thicken this with flour, and pour it into the dish to the meat.

To stew VEAL with white Sauce.

Cut thick slices of the lean of a leg of veal, and stew them in water and salt, a bunch of sweet herbs, nutmeg, and a blade or two of mace.

When they are near enough with the gravy in them; put to the liquor they were stew'd in, a glass or two of white wine, and a little orange or lemon juice, and a little mushroom gravy, or liquor of stew'd mushrooms.

Then having ready mushroom buttons, stewed white in their own liquor and spice, with a bay leaf, strain the liquor, and put some of it in the sauce, and when it is hot, put to it some thick cream with the mushrooms.

Garnish with slices of lemon, and serve it hot,

VEAL CUTLETS.

Cut slices off a leg of veal; beat them with a rolling pin, lay them single in a dish, grate over them nutmeg, and strew salt on them; lard some of them with bacon, and pour over the yolks of eggs well beaten; making them all moist with the eggs; then fry them of a fine colour in clarify'd butter.

When they are fry'd, put into the pan gravy, and the pieces of lemon with butter and flour shook in it; toss up all till it is thick, and pour it on the cutlets.

Garnish with forc'd meat balls and bits of bacon fry'd.

If the leg be of a cow calf, fill the udder and fat with the forc'd meat, and roast it nicely to be laid in the middle.

Make the gravy for the sauce of the bones and skins not otherwise us'd with a bit of beef, sweet herbs, spice and white wine to make it look pale.

Dr. Chiconeau's new Method of curing the VENEREAL DISEASE.

The doctor according as he finds the patient's case to be, orders a little blood to be taken away, sometimes a gentle purge or two to be taken; but always makes the patient bathe five or six times, and always an hour each time; after which the whole operation consists in nothing more than rubbing his feet, legs, and arms four five or six times as the case requires, with a Mercurial ointment in such quantities, and at such proper intervals of time, that no high salivation may be raised thereby: some times indeed but not always, a gentle moderate spitting will ensue, nor is it possible in some constitutions to prevent it; but then it is never carried high, nor encouraged; nor is it either troublesome or dangerous.

The patient during the time of cure must keep his chamber, and observe a regular diet, and all he will suffer, will be

be a little feverish heat and restlessness, sometimes for a day or two, when the operation is at the height.

After this manner without any further trouble does Dr. *Chiconeau* cure the most inveterate poxes with all its symptoms and attendants ; of which there are many now in *London*, and as it is said some hundreds that can from their own experience, testify the excellency and efficacy of it.

This method is call'd the *Montpelier* method, and sometimes *the new French method* ; and is attended with very little pain, and no danger at all.

To make a VENISON PASTY.

To eight pounds of the finest flour, allow four pounds of butter, and the yolks of seven and the whites of four eggs ; put in one pound of butter with the eggs and water into the middle of the flour, wet it pretty stiff, then roll it out and work in the remainder of the butter by sticking it on in bits, and shaking on flour, and so proceed sticking on more till the whole is taken up.

This is fat enough for all meat pasties ; but if you make your paste for fruit tarts, the crust of which is to be very thin ; you must allow full three quarters of a pound of butter and one egg to every pound of flour.

To season the Pasty.

If it be the side of a large buck, you may take off a fine neck for roasting ; and the rest being bon'd and skinn'd, will make as large a pasty as the whole side of a doe ; but if you bake the whole side of the buck, use an ounce and a quarter of beaten pepper ; and rather more salt than twice the bigness of the pepper laid on an heap ; rub the meat all over with these, and lay the meat of an equal thickness into a very large soup dish : for the stewing it in its own gravy is a great improvement upon the old fashioned way of a bottom crust, and shred suet upon that to make it moist.

This quantity of meat will require three pounds, or three and a half of butter to lay over it ; except the venison be very fat.

Put a roll of paste quite round the meat, that it may serve for pudding crust, and to fasten the lid to it, which make thick, and wet the inside of the roll that it may close well ; make a hole at the top and put in a quarter of a pint

To make strong VINEGAR in a short Time.

Put into what vinegar you have by you some pieces of new barley bread, and in two days time it will be strong enough.

Some affirm, that if you put some salt mixt with pepper into wine, it will presently grow sour, and still the more, if you plunge into the vessel once or twice a piece of hot steel, horse-radish, green medlars, cornil-berries or plums.

To make VINEGAR strong.

Put in the leaves of couch-grass, *Alicant* or frail raisins, the roots of brambles, burnt nuts, hot crab-shell, and it will effect it.

The common Way of making VINEGAR.

Brew a middling sort of beer, hopping it well, and when it has work'd well and grown fine, put in some rape or husk of grapes; mash them together in a tub, and when the rape has settled, draw off the liquid part; put it into a cask and set it in the sun as hot as may be, the bung being only covered with a tile or slate stone, and in about a month or five weeks it will be excellent vinegar.

Another very good Way.

To a gallon of spring water put three pounds of *Malaga* raisins into a jar, and place them so that they may have the hottest sun from *May* to *Michaelmas*: then press out the liquor, and put it up in a very strong iron hoop'd cask, that it may not burst; and though it will appear very thick and muddy when newly press'd, it will refine in the vessel, and be as clear as wine.

Let it stand after it has been drawn off three months, and it will be excellent vinegar.

Another.

The country people make vinegar of home brew'd ale, by setting it into the sun till it fours, and then they call it *alegar*, but this is not so good as that which is made of wine.

VINE WATER.

Take the water or juice that distils from vines when they are pruned in the spring of the year, and distil it with the same quantity of honey.

This water is good for curing blood-shot eyes; and also for the itch.

The vine-water without distilling, will have the same effect.

VIOLETS are of a laxative quality, and are us'd medicinally in syrups, juleps, conserves, oils, &c.

They are good in all sorts of inflammations, and in burning fevers; it eases in hot pains; purges melancholy; relieves the disorders in the head, breast and throat; 3 or 4 spoonfuls of laxative syrup of violets, is good to allay fevers, loosen the body, strengthen the heart, eases pains in the side; and is good for all distempers, which proceed from too much heat.

The yellow part that is in the midst of the violet, being boil'd in water and drank, is a sovereign remedy against the falling sickness and quinsy.

Two drams of the powder of violets, gently purges the body.

The flowers of *March* violets being apply'd to the head, eases the head-ache, and promotes rest.

To make a Conserve of VIOLETS.

Take half a pound of the flowers of violets well pick'd, pound them in a mortar, wetting them with boiling water as you pound them; then strain them through a sieve or linnen cloth; to these allow four pounds of clarified sugar; boil it well and when you have taken it off the fire, stir it with a spoon round about the skillet, then throw the pound-ed violet flowers into the sugar; stir them well and put them into moulds, and manage them as orange flowers.

VIPER-GRASS, is an herb sovereign against the palpitation of the earth, faintness, and obstruction of the bowels.

VISNEY.

Fill a large bottle or cask with morello cherries, and to each quart allow an ounce of loaf sugar, and fill up the bottle

tle or vessel with brandy; stop it up, and set it in a cool cellar for two months; then pour off the liquor and bottle it.

VITIOUS *Practices in brewing Malt Liquors.*

Some keepers of publick houses put lime in their ale, which fills it with fiery particles and alkalous salts, which cause a great thirst in those that drink it, causing them to drink more, oftener and longer than otherwise they would.

If those persons who frequently drink this limed ale happen to have the saline parts of their blood too naked or volatile, or their juices too much dissolved; or if an alkalious acrimony prevail in it, such drink must unavoidably be fatal to them.

Some again put *Coculus Indiæ* (a sort of berry used for intoxicating fish) into their wort, boiling it with the hops. Which is of a narcotick and poisonous quality, will have a dreadful effect upon the brain, stupify the head and senses, rarefy the blood, distend and relax the solids, and is necessarily very hurtful to persons of a lax and weak habit.

Others again boil broom in their wort, this is more harmless than the foregoing; because tho' it may cause the headache and fuddle, yet being a great diuretick, it washes away sandy, gravelly, mucous and serous matter from the body.

For an ULCER, an excellent Balm or Balsam.

Take roch allum, vitriol and verdegrease, dry of each an equal quantity, beat and pound them in a mortar; put a quart of linseed oil into a glass bottle, and put to it a quarter of an ounce of the calcin'd ingredients reduc'd to a very fine powder; stop the bottle, and expose it to the sun, or put it into sand or horse-dung, till it becomes as red as blood.

This balm is sovereignly good for *Ulcers, Cankers, Ring-worms, Itch* and *Wounds*.

An UMBLE PYE.

Boil the umbles of a deer till they are very tender, set them by till they are cold, and chop them as small as meat for minc'd pyes, and shred to them as much beef suet, six large apples, and half a pound of currants, as much sugar; seasoning with salt, pepper, cloves and nutmegs, according to your palate; mix all well together, and when you put them into the paste, pour in half a pint of sack, the juice of
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one orange and two lemons, then close the pyc, bake it, and serve it hot to table.

To recover a lost VOICE.

1. Take a drams of crabs eyes, for three days successively.
2. Or you may take some balm of sulphur. Or,
3. Drink the decoction of the herb *Fluellin*, which is the most excellent of all remedies.
4. A decoction of *Aretimon*, with raisins of the sun.

VOMITING, Remedies to stop it.

Boil a new laid egg moderately in the shell in boiling water, and with it mix about the bigness of a bean of good treacle, and let the patient take it.

2. Boil four ounces of rose-water, with three ounces of sugar, till the sugar is dissolv'd; then take an ounce of *Venice* turpentine, wash it well, and several times in this water, and make pills of it of the size of peas, of which give the patient from four to ten, or a dozen of them, according to the stubbornness more or less of the distemper.

3. Make a decoction of barley, and take a glass of it.

4. If the patient cannot take in liquid remedies, give him a dram of wash'd aloes, and the water or juice of pale roses.

5. Boil the pulp of a quince in vinegar, to the consistence of a pulp; then add to the quantity of half a pound, half an ounce of the powder of cyprus root, or of orange peel, of which let the patient take the quantity of a nut, morning and evening.

6. Take a dram of the salt of wormwood, and a spoonful of lemon mixt well together.

7. If the vomiting proceeds from gross and viscous humours sticking to the stomach; let the patient take the decoction of radish, mixt with a little hony and vinegar; and let him purge with double catholicon, dissolv'd in water, either of agrimony, plantane, knot-grass or roses; and let this purge be repeated till he finds relief.

If the vomiting proceeds from the suppression of the *Menses*, either in women or maids, bleeding in the foot only will stop it; and the common practice is to take away nine ounces of blood at six a clock in the morning, and two ounces at one in the afternoon, and an ounce and a half at nine at night, all from the same foot, and through the same orifice. This is recommended as an infallible remedy.

If the vomiting proceeds from the matrix, pound worm-wood and penny-royal, with oil and vinegar; and often rub the inside of the nose with it. The seed of smallage will have the same effect; it will stop the vomiting, and cause the patient to sweat.

If the vomiting proceeds from a bilious humour, make use of warm water, with three or four spoonfuls of the juice of sorrel; or else take two ounces of emetick wine.

For the Retention of URINE.

1. Roast a large lemon under hot coals, and when it is enough, apply it hot as near as you can without burning, against the bladder, and keep it on with a napkin or bandage, and it will soon cause him to make water.

2. Dip a napkin or other linnen cloth in spirit of wine, and apply it to the bottom of the belly, and it will do much good.

3. Take a handful of the plant call'd *Herniaria*, wash it and dry it between two linnen cloths; then put it into a new glaz'd pot, and pour a quart of white wine to it, and boil it till it comes to a pint, and give a glass of it to the person afflicted with the stoppage of urine, and he will find much benefit by it.

4. A water distill'd from the bark of the root of rest-harrow, first steep'd in malmsey wine, is by some recommended for this purpose.

USQUEBAUGH.

Take proof spirits six quarts, water three quarts, cinnamon, cloves and nutmegs, of each a quarter of an ounce; anniseeds, carraways and coriander seeds, of each half an ounce; liquorice sliced, one ounce; macerate and distil, hanging a quarter of an ounce of saffron teaz'd, at one end of the worm; which frequently express or squeeze out, till you have got out all its tincture; sweeten with a pound of fine sugar.

Green USQUEBAUGH.

To a gallon of *French* brandy, put of sweet fennel seeds and anniseeds, each an ounce; of coriander seeds two drams.

Let these infuse for nine days; then mix one dram of the spirit of saffron, distill'd from the spirit of wine with the rest
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for nine days; and having during that time infus'd some slic'd liquorice in spirit of wine, and one pound of raisins of the sun, filtre it; then to a gallon of the liquor put a quart of good white wine; and having mix'd all together, colour it with the juice of spinach boil'd; having set it to be cold before you put it in. To a gallon of this put a pound of white sugar-candy, finely powdered.

King WILLIAM's Receipt for Irish USQUEBAUGH.

To every gallon of brandy put an ounce of liquorice slic'd; of sweet fennel seeds and anniseeds, of each the same quantity; four ounces of figs split, and a pound of raisins of the sun, split and ston'd; and two drams of coriander seed.

Let these infuse about eight or nine days; then pour the clear liquor off, and add half an ounce of saffron in a bag for a day or two, and when you take that out, put in a dram of musk.

If this seems to be too high a cordial for the stomach, reduce it to the temper you would have it, by putting more brandy to it.

ROYAL USQUEBAUGH.

Take good proof spirits six quarts, water three quarts; cloves, cubebs and mace, of each a little more than a dram and a half; of nuts, five drams; cinnamon, coriander seeds, and ginger, of each three drams; infuse these all night, and the next day distil, hanging *English* saffron toz'd, so as to be loose from being matted (ty'd in a linnen rag) for the spirit to run thro', to take its tincture.

Then prepare the following ingredients.

Ston'd raisins nine ounces; dates slic'd six ounces; liquorice four ounces and a half; spring water, three pints: Set these in a warm oven to macerate, or else upon warm ashes, till all the vertue be extracted from them; then add a pound and a quarter of fine *Lisbon* sugar, which when it is dissolv'd therein, and perfectly cold, put this to the distillation, and set it in an open headed vessel, with a cock in it, till it becomes fine.

The Same by Digestion.

Take raisins stoned two pound; figs slic'd half a pound; cloves and mace, of each half an ounce; cinnamon, two ounces

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ounces and a half; nuts one ounce; saffron, half an ounce; liquorice, three ounces slic'd: Bruise the spices, &c. and toze the saffron to pieces; put them to a gallon of the best brandy, and let them infuse for a week or eight days, till the whole vertue be extracted; then filter it, and add to it a quart of canary, and half a dram of essence of ambergrease; and six leaves of gold, broken in pieces.

For a fallen and inflamed UVULA, or Palate of the Mouth, near the Pipes of the Nostrils.

Bruise housleek, and steep a linnen cloth in the juice of it, which apply round the throat, dipping it again as often as it is dry in the said juice.

It is affirm'd, that a person who was at the point of death, has been cur'd by it in 12 hours time; though he had been given over both by phyficians and surgeons.

If you cannot conveniently have housleek, you may use fenugreek, the decoction of plantane, rush-leaves, and a little rose hony; as well to apply outwardly with a linnen cloth, as to make a gargarism of.

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WAFERS, is a sort of pastry work. Mix the quantity of flour you design to use with new cream in the evening, and the next day temper it well, and clear it from the lumps; then add powder sugar, something more in quantity than the flour, mixing all well together with a spoon; then add more cream, with a little orange-flower-water, till the whole mass is become near as thick as milk, stirring all well together.

In the mean time let the wafer iron be heated and rubb'd on both sides from time to time with fresh butter, put into a corner of a napkin; then put the prepared batter into the iron, not exceeding a spoonful and an half for every wafer, which will be rendred by so much the more delicious, if the wafer iron be press'd a little.

Then lay the wafer iron on the fire, that when the wafer is bak'd on one side, it may be turn'd on the other.

If you would know whether a wafer is bak'd enough, open the iron a little and gently, and see if the wafer be come to a good colour.

And

And if it be, take it out of the iron that very instant with a knife, rolling it a little round the same.

Then spread the wafer hot upon a wooden roller, made for that purpose, in order to give them their due shape, and set them in the stove as they are finished, that they may be kept very dry.

To make DUTCH WAFERS.

Beat eight eggs very well, then take two spoonfuls of fine sugar, two nutmegs grated, a quart of cream, two pound of flour, and two pound of butter melted, five or six spoonfuls of rose water, and four spoonfuls of yeast; mix all well together, and bake them in wafer tongues on the fire; for sauce, take grated cinnamon, sack and melted butter, sweeten it to your taste.

BROWN WAFERS.

To half a pint of milk and the like quantity of cream, add half a pound of brown sugar; melt and strain it through a sieve; take as much flour as will make one half of the milk and cream very stiff; then put in the other half, keep stirring it continually, that it may not run into lumps; then add a couple of eggs well beaten, a little sack, some mace shred small, and two or three beaten cloves. Bake it in irons.

WAKE ROBIN, *or* CALF's FOOT.

The root of this plant is purgative and penetrating; a powder made of it is us'd in asthma's, dropsey, and melancholick humours.

The dose is from half a scruple to a dram.

WALNUTS.

The juice of the outward rind of walnuts is an excellent gargle for a sore throat.

The distillation of the leaves with honey and urine, will make hair grow on bald heads.

The kernel rubb'd on any crack or chink of a leaking vessel, will stop it better than either clay, pitch or wax.

To pickle WALNUTS.

Wash them and put them into a kettle, scald them, then rub off the outer skin with a piece of flannel, and let them lie till they are quite cold, then throw them into cold water and salt, and having lain in it 24 hours, shift them, repeating this for 12 or 14 days; then dry them, and put them into a glaz'd earthen vessel, layer upon layer; intersperse with spice, whole mustard seed, horse-radish slic'd, shalots, and three or four cloves of garlick; or if you think that too strong, as many cloves of shalot. This continue till the pot is full; then fill up the pot, or so much as will cover them, with boiling hot vinegar, and then cover the pot close; the next day pour off the vinegar from them, without disturbing or displacing the walnuts and spices, &c. and boiling it again pour it upon them as before; stop them up close, and set them by for use.

They may be eaten in three weeks or a month, and not sooner, will grow better and better, by being kept a few months.

Another Way.

Take *French* walnuts in *July*, before the shell is grown hard, just give them a scald that the first skin may rub off; then put them into water and salt for nine or 10 days, shifting them every other day; keeping them close covered from the air; then dry them, and prepare the pickle as follows.

For half a hundred of large nuts, take two quarts of white wine vinegar, long pepper, black pepper and ginger, of each half an ounce; cloves, mace, and nutmegs, of each a quarter of an ounce; pound the spice, and with it a spoonful of mustard seed; strew this between every layer of walnuts, and pour the liquor boiling hot upon them, three or four times or oftener, if you find occasion. Take care to keep them close stopp'd.

WALNUTS, *to preserve.*

Take them when they are come to their full growth, but before the wood is form'd, which is usually about the beginning of *July*; and if you would have them white, then pare them neatly till the white appears, and then throw them into water; but in the mean time other water must be set over
the

the fire, into which you are to put the walnuts as soon as it begins to boil.

To know if they be done enough, prick them with a pin, as you do green apricocks, and when they slip off from it, you must immediately take them off the fire.

To render them white, you ought to fling in a handful of beaten alum, and to give them another boiling, then turn them into fresh water to cool them, and afterwards put them into their sugar; allowing to two ladle full of sugar one ladle full of water.

Sometime after drain the walnuts, and slip them into earthen pans, and having caus'd the sugar and the water to be heated together, pour it upon them; the next day clear the sugar from the pans, without removing the walnuts, because they must not be set over the fire at all.

Give the syrup five or six boilings, but on the third day boil it till it becomes somewhat smooth, as also on the following days successively, till it is become very smooth, and at last entirely pearl'd, encreasing the quantity of sugar every day, that so the walnuts may be well soak'd in the syrup. Then set them into a stove all night, and afterwards put them into pots.

If the sugar us'd be very fine, the walnuts will be very white.

WALL-WORT or COMFREY.

A decoction of this plant being drank in metheglin, is good for purging away the superfluous humours of the breast.

The juice of it taken in common water, is good for those who spit blood, and for the distempers of the reins; being taken in wine it stops the bloody flux, and the excess of womens menses; the plant being chew'd quenches thirst, and corrects the sharpness of urine.

WARTS, to take off.

Some recommend the following methods.

1. Touch them with fig-leaves, and they will (as some affirm) fall off; but others advise to rub them with the heart of a pigeon.

2. Cut off the head of a live eel, and rub the wart with the blood, and they will (as is said) drop off.

3. Lay the foot of a hen over a quick fire, till the skin peels off from the bone, and with that skin rub the warts twice or thrice, while it is hot and it will effect the business.

Of WATER for Brewing.

Water is of great consequence in brewing malt liquors, and ought to be both wholesome and fine; it being the vehicle by which the nourishing and pleasant particles of the malt and hop are convey'd into our bodies.

Now the more simple and free any water is from foreign particles, the better it will answer those ends and purposes.

For as it has been observ'd by Dr. *Mead*, some waters are so loaded with stony corpuscles, that even the pipes through which they are carried, are in time incrusted and stopp'd up by them, and are of that petrifying nature, that they breed the stone in the bladder; and this also appears by the inside of tea-kettles, that are incrusted by hard well waters being boiled in them.

It must be allow'd, its true, that such fluids as well waters have a greater force and aptness to extract the tincture out of malt than the more innocent and soft water of rivers; but nevertheless they ought not to be us'd but upon necessity; this quality in them being owing to the mineral particles and aluminous salts with which they are impregnated.

For these waters being thus saturated, will by their various gravities in their circulation, deposit themselves in some part or other of the animal body; and on this account some prove the goodness of water by the lightness of its body in water scales, in order to the avoiding the scorbutick, colicky, hypochondriacal and other ill effects of the clayey and other gross particles of stagnating well waters, and the stony concretions of others; and therefore such waters should be avoided more than others that are not pure, clear and soft, or that do not spring from good chalks or stony rocks, which are generally allow'd to produce the best of all well waters.

Spring waters are in general liable to partake of those minerals, thro' which they pass, and are either wholesome or prejudicial according to their quality.

But those waters that will lather well with soap, or is soft and is strain'd through chalk or a grey fire-stone, these are accounted the best; for chalks in this respect excel all other earths, in that they administer nothing unwholesome to the water that is percolated or strain'd through them; but does without doubt perfectly absorb by its drying and spongy quality any ill mineral qualities that may be in the water that runs through them.

And for this reason it is common to throw great quantities of chalk into wells at *Ailsbury* to soften their water which comes

comes off a black sand stone, and is so hard and sharp that it will frequently turn their beer sour in a weeks time; so that without the chalk it is neither fit to wash nor brew with; but as long as the alcalous soft particles of the chalk continues in it, it is put to both uses.

River waters are not so liable to be loaded with these metallick, petrifying, saline and other unwholesome particles of the earth as the spring or well waters are, especially at some distance from the spring head; because the rain water mixes it and softens it and are also much cured by the influence of the sun and air; for in their runnings they often collect gross particles from owzy, muddy mixtures which make beer subject to new fermentation, and grow foul as the *Thames* water generally does; yet is this for its softness much better than the hard sort.

But where there is a river that is clear in a dry time, when no great rain has lately fell out of rivulets or such rivers as have a gravelly, chalky, sandy, or stony bottom, free from the disturbance of cattle, and in a good air, it may then justly deserve the name of an excellent water for brewing, and will make a stronger drink with a less quantity of malt than any of the well waters: And so the *Thames* water has been found to make as strong beer with seven bushels of malt, as well water with eight, and so are all river waters in a proportionable degree, and where they can be had clean and pure, the drink may be drawn fine in a few days after it has been tunned.

Rain water is very soft, of a most simple and pure nature, and the best diluter of any, especially if receiv'd free from dirt, and the salt of mortar, that often mixes with it; as it runs off from tiled roofs; this is very fit for brewing ales that are not to be kept a great while; but for beers that are to be kept some time in the casks it is not so well, as being apt to putrefy sooner than any.

Pond waters, such are all standing waters chiefly from rain, and are either good or bad as they happen; for where there is a clean bottom and the water is not disturb'd by the feet of cattle, or too many fish in an open sound air, it then comes near, if it be not quite so good as rain water.

ANGELICA WATER.

Take angelica both roots and leaves; and also the roots and flowers of lavender, infuse them in wine, and distil

them and you will have an excellent water against the falling sickness; of which take two or three spoonfuls at a time.

CELANDINE WATER.

In the beginning of *May* gather celandine, fennel, rue and vervain; pound so many as to procure four ounces of juice from each, which mix together, and add some rose buds, a quarter of a pound of sugar candy, the same quantity of dragons blood, and also the same quantity of good tutty, distil all in a limbeck.

This water is good to take away redness and specks of the eyes.

CLOVE WATER.

Infuse cloves, ginger and rosemary flowers, of each an equal quantity, in good strong wine for the space of eight hours, and then distil them.

This water is excellent for comforting the stomach, allaying pains and gripings of the guts; for killing worms, making fat people lean and, lean people fat; being mixt with sugar.

EYE-BRIGHT WATER.

Take eye-bright, celandine, fennel, red roses, rue and vervein, of each a pound; cloves and long pepper, of each a quarter of a pound; pound all and distil them in a glass alembick; this water is excellent for weak eyes.

GARDEN-FLAG WATER.

Take garden flag, hyssop and southernwood, of each equal quantities; pound them and let them lie for some time and afterwards distil them.

This water is good for forwarding the menses and killing worms in children.

IMPERIAL WATER.

For a week dry orange peel in the shade, of which take two ounces; also cloves and nutmegs, of each the same quantity; powder them each by themselves, then put the spices into a phial with rose water, and set it in the sun for
about

about 17 days, then put in the orange peel, and let it stand for some time; then having half a pound of red roses gathered two days before, and four ounces of the root of cyprus, balm gentle, hyfop, rosemary leaves, and wild-roses; of each a handful; and laurel leaves half a handful; the whole having been dry'd in the sun for the space of 10 hours, put all into an alembick in the manner following.

First lay a bed at the bottom of half a pound of fresh red roses; then a second bed of the aromatick powders and orange peel, and a third of the flowers of *March* violets and let the fourth and last bed be of the herbs before mentioned.

Distil all gently in *Balneo mariæ*, adding thereto a pint of rose water.

If a dram of this water be taken in the morning it will keep the body in health, and as it were renew youth.

It is in great esteem among the greatest nobility of both sexes.

It is good against the gripes and disorders of the belly; the head-ache the tooth-ache; apoplexy, convulsions, palsey, swooning and other cold maladies.

LAVENDER WATER.

Infuse lavender flowers either fresh or dry'd, in either rose-water, wine, or brandy, and then distil them Or,

2. Dry lavender flowers in the sun, put them into a vial, stop it well, and pour white wine upon them; and the water will be more odoriferous, and without any distilling: If you would have that which represents the smell of lavender, pour a drop or two of the oil of spike upon a sufficient quantity of fair water and stir all together in a glass vial that has a narrow neck, and it will be very odoriferous without distillation.

ORANGE WATER.

Infuse the rinds of green oranges and lemons of each a quarter of an ounce, six cloves, and three ounces of the flowers of spikenard and lavender newly gathered, in three pints of rose water for the space of four or five hours; and then distil them.

ORANGE-FLOWER-WATER.

Distil orange flowers with a gentle fire, in a glass or earthen

earthen glaz'd alembick, adding the flower of lemons; take care to stop it very close in a glass bottle.

PIMPERNEL WATER.

Take the seeds of pimpernel, the leaves and roots of burdock; the seeds of parsley and mallage, of each equal quantities; pound them all together, adding an ounce of dragons blood and a little wine vinegar, let them infuse for some time, and distil them.

This is an excellent remedy in the stone and gravel.

WATER-GERMANDER.

This plant is good against all kinds of fevers; both for raising the spirits as a cordial or promoting or preventing the eruption of such humours as frequently do critically terminate in such distempers.

Some authors recommend it likewise as hysterical and good for destroying worms, and as a good detergent in malignant and inveterate ulcers.

WATER GRUEL.

Steep good ground oatmeal all night in water, strain it the next day and boil it with a blade of mace, and when it is enough, and having some raisins or currants, that have been infus'd in a pot of seething water, mix this with the gruel when it is enough, with a little salt, a little wine, and a little sugar.

Another Way.

Take two parts of oatmeal and one of rice finely ground, boil it well in water, and add a good deal of cinnamon, strain it through a cloth, and sweeten it to your taste; and if there be the yolk of an egg, beaten with a little sherry or sack added to it, it will not be bad for those who have a looseness: At other times you may if you please add butter. It is not only very palatable, but very nourishing.

WATER LILY.

The flower of the white kind, as also the root is cooling and moistening. The decoction is given inwardly in rheums
and

and burning fevers: It is also good in sharpness of urine and to sweeten the blood. It is also us'd outwardly in inflammations, and to cleanse and soften the skin.

To Broil WHITINGS.

Gut and cleanse the fish with water and salt, dry them and flour them well, then having first rubb'd the gridiron with a little chalk lay them on. When they are enough on one side turn them, and serve them when done with melted butter, anchovy liquor, and oyster sauce.

When you fry whittings skewer their tails in their mouth.

WHITE DRINK.

Boil an ounce of the powder of harts-horn and a pint and half of spring water to the consumption of one half, with a crust of bread in it, and a little cinnamon; strain it and sweeten it with loaf sugar.

This is us'd as a common drink in all acute diseases attended with or inclining to a looseness.

It is proper in the small pox and measles, and is reckoned not only to correct the sharpness of humours in the stomach and bowels; but also to sweeten them.

N. B. The *red Drink* is the same with the *white*, only tinged with cochineal.

WHITE-POT.

Take a quart of cream or new milk, put into it a quarter of a nutmeg slic'd, a quarter of an ounce of mace and some cinnamon; pare off the crust of a half-penny roll, cut it in slices and lay it in the bottom of a dish, and lay them over with good beef marrow; and having beat up the yolks of six eggs well with rose water put them to the cream, sweetening all with sugar, and having taken out the spices, pour it into a broad basin, in which you have laid the bread and marrow, and bake it, but not in too hot an oven; when you serve it up scrape white sugar over it.

WHITES, to stop.

Take nutmegs what quantity you please, and the white of a new laid egg, rose water and plantane water, of each four spoonfuls and a little sugar; put the nutmegs into the middle

of a brown loaf, and bake it an oven; and when it is enough take the nutmeg out of the loaf; beat the plantane water, rose water, white of the egg and sugar well together, and scrape half a nutmeg upon it; mix all well together, and take some of it every morning for six or seven days together.

Clary pounded with butter is also a very good medicine in the whites; the navel being rubbed with it; and some use coral, which by its vertue swallows up the acid flux of the menses and the emrods.

WHITLOE.

Take snail shells and beat the pulpy part of them very well, with a good quantity of parsley chopt very fine, and apply it warm to the whitloe, shifting it two or three times a day.

2. Take house snails and pound them, shells and all in a stone or wooden mortar; till they come to be a poultice, and apply this pretty warm to the whitloe, and keep it on for 16 or 24 hours, and then (if need be) repeat it.

3. Take a reddish or blackish snail, of that sort that has no shell or house; pound it in a mortar of wood or stone till it is a poultice and apply it to the whitloe; and after it has lain on some hours repeat it once or twice.

LONDON WIGS.

To half a quarter of a peck of flour allow four ounces of sugar, and carraways to your palate, having mix'd these set them to the fire to dry; then having heated three quarters of a pound of butter over a gentle fire, stirring it often, add to it a pint of milk or cream; when the butter is melted pour it into the middle of the flour, and add to it a few spoonfuls of sack and half a pint of very good ale yeast, set it before the fire to rise; then make the wigs and lay them on tin plates to be bak'd.

To stew WILD FOWL.

First half roast them, then cut them in pieces, and set them over a chafing dish of coals, with half a pint of claret and as much good gravy; which must be first boil'd and seasoned with shalot and spice; let it stew in this liquor till it is high coloured and well mix'd, and they'll eat better than off the spit.

WILD

WILD THYME.

Is a strong digester and opener. The decoction in wine is good to provoke urine and the menses; cleanse the viscous humours of the kidneys, dissolve ventosities, allay the pains of the bowels, cure inward ruptures, and remove the obstruction of the liver and spleen.

The smell of it is good for fortifying the brain.

Wild thyme boil'd in vinegar and oil, is good for giving ease in the head-ache, the temples being rubb'd with that and some hony; it is effectual for cleansing the lungs, and gives relief in epilepsies.

An ounce of the powder (it having been first dry'd) being drank in water, gives ease in the gripes; and removes the suppression of urine.

WITHERING.

A malady of a cow, who after calving has not cast her cleansing, which if not remedied will soon kill her; which to prevent.

1. Boil aristolochia, betony, coleworts, maiden-hair, mallows and mugwort in water, and give it the cow luke-warm.

2. Bruise aristolochia, myrrh and pepper and give her in strong ale, or white wine luke-warm, and this will not only cause her to cast her cleansing but also, if the calf be dead within her will bring it away.

WOLFS-BANE, is a plant of a poisonous nature, yet is us'd in fomentations and ointments for the Itch and to kill lice.

WOLFS-FOOT, a decoction of this plant being boil'd in wine is good against the stone in the kidneys and to provoke urine.

Being pounded, boil'd in water and apply'd outwardly, it will allay inflammations and burning pains. It is good in the gout proceeding from a hot humour.

WOODCOCKS *to dress.*

These are only to be pull'd of their feathers and not drawn like other fowls but the guts left in them, and when they are roasted they must be serv'd upon toasts of bread upon which the guts are spread and eaten, when they are brought to table.

The

The inwards of this bird eats like marrow, this is generally eaten with juice of orange, a little salt and pepper, without any other sauce.

The legs of this bird are most esteemed, and usually presented to the greatest stranger at the table; but the wings and breast of a partridge are the principal parts; for the legs are full of strings like the legs of turkeys and pheasants.

SNIPES, *to dress.*

These are of the same nature with the woodcock, and are ordered in every respect like it. These may be larded with bacon upon the breast; or else stew'd with salt and crumbs of bread while they are roasting.

Some use another sauce for them, as gravy with a little minced anchovy, a rocambole, some lemon juice, and a little white wine boil'd together; and when it is strained pour it into a saucer and serve it with the fowls.

Sauce for a WOOD-COCK or any WILD FOWL.

Mix a quarter of a pint of water with the same quantity of claret; put in grated bread and two or three heads of rocambole or shalot; a little salt, whole pepper, mace and nutmeg slic'd; set these all over the fire and stew them very well; then beat it up with butter, put it under the woodcock or wild fowl; which being under roasted will afford gravy to mix with this sauce.

A Powder for the WORMS.

Take crabs-eyes and coralline, of each two drams; cream of tartar one dram; reduce all to a fine powder, and give as much as will lie on a six-pence three times a day in a spoonful of milk water, and let the child drink two or three spoonfuls after it; if this does not keep it from being costive give it sometimes a glister of milk and sugar; and if the weakness continues, let rhubarb infus'd in small beer be drank constantly for three weeks or a month, and it will certainly effect the cure, and both sweeten and strengthen the blood.

This powder must be taken at the full and change of the moon.

The

The MILK WATER, to be taken with the foregoing Powder.

Take ale-hoof, betony, comfrey leaves and roots, mint, sage, penny-royal and scabious of each one handful; fox-fern roots two handfuls, one quart of shell snails bruis'd, and the whites of six eggs; bruise the herbs, slice the roots, and distil all in a cold still with a gallon of new milk and a quart of canary; sweeten it with sugar-candy.

Another Powder for the same.

Take an ounce of worm-seed and half an ounce of rhubarb; reduce them to a very fine powder adding to them a quarter of an ounce of prepar'd coral; give a child of these as much as will lie upon a shilling for three mornings together and let it drink a glass of warm ale after it.

Another Way.

Give a child one drop and no more of oil of brimstone in a little warm ale, three mornings one after another; three drops is enough for a man or a woman.

Another.

Take plantane, spear mint and goats-rue, of each a handful, of plantane seeds a spoonful. Stamp these together and squeeze out the juice, and give two spoonfuls of it in a glass of sack for three mornings.

For WORMS.

Take tops of carduus, tops of centuary, *Roman* worm-wood, and the flowers of camomile, (all of them dry'd and of the last years growth that you use them) cut the herbs small, but not the flowers, and put them with an ounce of wormseed bruised small into an earthen jar or pickling pot, and pour upon them a quart of spring water cold; stir them all well about, and then tie the pot over with a double paper, and let it stand 48 hours, opening it, and stirring it five or six times in that space.

At the end of 48 hours, strain it through a cloth, squeezing the herbs as dry as you can, which fling away, and give to a child from two to four or five years old half a spoonful

ful, more or less of this liquor, mixt with a quarter of a spoonful of oil of beech nuts, every morning fasting, letting it fast for about an hour after it; and also the same dose about four or five in the afternoon, every day for a week or ten days together; by which time if the case be worms, and you take care to observe, you will find them come away, either dead or alive.

Older Children must take more in proportion to their ages; and grown persons from three or four to six or eight spoonfuls or more, with always half the quantity of the said oil mixt with each dose, and it will keep the body soluble, and sometimes a little loose.

This is an excellent remedy, and has cured in cases that have been thought incurable.

For the WORMS, Another.

Take an ounce of the seeds of *Sevil* oranges, husk and dry them, and pound them to a powder, of which give as much as will lie on a fixpence in a spoonful of syrup of peach blossoms; or for want of that, syrup of black cherries; and also bind peach leaves to the navel of the child.

WORMWOOD, is good for killing worms in the body, strengthening the stomach; it is vulnerary opening, helps digestion, and promotes the menses; is good in the diseases of the liver, spleen and stomach.

WORMWOOD CAKES.

Take fine sugar, sift it through an hair sieve, and colour it with carmine; wet it more than a candy with water; boil it pretty briskly till it is almost a candy height then add about three drops of spirit of wormwood, and fill it in little coffins made of cards; and when it boils in the coffins it is enough; you must not boil more than half a pound at a time or less.

Let the spirit of wormwood be that which looks black, and as thick as oil, and it ought to have two or three boils after it is put into the cakes.

WORMWOOD WATER.

Take six quarts of proof spirits, and three quarts of water; dry'd wormwood half a pound; caraway seeds bruised

two ounces; infuse them, distil and sweeten with three quarters of a pound of sugar.

Dr. Bates's WORMWOOD WATER.

Take the outward rinds of fresh lemon, one pound and an half; of oranges one pound; dry'd wormwood and *Winters* bark of each half a pound; camomile flowers four ounces, cardamum seeds, gilliflowers, cubebs, sweet reed, of each an ounce; cinnamon, nutmeg and caraway seeds of each two ounces; rectified spirits of wine six quarts; simple wormwood water four quarts; digest these for the space of three or four days and distil them.

To know when WORT is well boil'd.

1. Consider the strength of it, for strong wort requires more boiling than weak.

2. Observe when it breaks like curds and whey, and boil it a pretty while after that.

3. When wort is well boil'd, the hops sink to the bottom. In order to make wort break the sooner, some as soon as it comes to a boiling, throw in a quart of water.

Wort is best work'd or fermented in a season'd vessel.

1. Because the parts of the liquor formerly fermented in it having impregnated it, they presently exert their force upon the new liquor, rouse up the parts, and put them in action, sooner than they would do in any unseason'd cask.

If wort when boil'd, be put into a seasoned vessel and let to stand, it would ferment of it self in summer time; but in winter time; would work but very slowly and imperfectly, and there will be a necessity to add yeast or barm.

2. A new vessel does not only render the fermentation weaker and slower; but imbibes a large part of its spirit and fermentable parts from the drink; by which means what remains after working will taste more flat and vapid; and for this reason must the vessel be of wood, for earth or glass will not suffer the fermentation to proceed regularly.

Wort has also several physical qualities. As in some disorders of the breast, as where the bronchial vessels are very weak. A decoction of wort with such things as dispose its parts to motion, and prevent its stuffing of the small vessels may be very serviceable.

Wort

Wort is a very great softner, being drank moderately it will give three or four loose stools, and is good for killing worms. On the other hand, if wort be drank too freely, it will cause vomiting and looseness, flatulency and gripes; is hard of digestion in the body, begets obstructions, stops urine, &c.

St. John's WORT.

This plant is of a dissolving and operative quality; the feed being drank in wine, is good for the stone and against poisons, and for thinning of blood, as also for the sciatica; the water distilled from the plant is good for the falling sickness and palsy.

The herb being pounded and apply'd to the bitings of venomous creatures cures them.

In short there are few plants endowed with more or greater vertues.

For an old WOUND or SORE in Cows, &c.

Take white copperas three ounces, roach alum one ounce and an half; bole armoniack six or seven ounces: powder these finely, and mix them together; set them on the fire in a well glazed earthen vessel, and keep stirring them for a quarter of an hour, till they are all incorporated.

Then take off the mixture and set it by to cool, and afterwards pound the composition in a marble mortar to a fine powder.

Then boil three quarts of spring (water which would be best if from a chalkey spring) covering it while it is boiling; and when it has boil'd five minutes, pour it hot into a clean vessel, and mix with it about three ounces of the powder, stirring it well as soon as the powder is in.

Set it by for two or three days, and then filter it, putting up the clear liquor in a bottle, and stopping it well.

When you have occasion to use this water, make it as hot as it can be endured, and apply it to the wound by dipping a linnen rag into it; this may be repeated twice a day, and three times the first day; then bind on a linnen cloth well soaked in the said liquor.

And if the wound happens to be deep, although it should be fistulous, you may force in some of this warm with a syringe, and it will effectually cure it.

Y

YEANING.

WHEN the time of sheeps yeaning is near, the ewes ought to be carefully observed, and be well nourished, for if they are not in good strength, they will not be able to deliver their lambs; and must be watch'd as well by night as by day; and where an ewe cannot deliver her lamb, she ought to be helped by the shepherd, by setting his foot on her neck, and with his hands taking it gently from her; which is the more easily done if the lamb comes with the head forward.

If the rump be foremost he must put in his fingers and put a small cord about both the lambs feet and so draw it out.

If the lamb happens to lie over-thwart or cross, then he must with a sharp knife cut the the lamb in three or four pieces and so take it out.

To facilitate the yeaning of lambs in cases of necessity, nettles boil'd in malmsey and greenwile, will open the neck of the matrix; anniseed boil'd in ale or wine; the juice of penny-royal stamp'd and given; also wild parsnips stamp'd strain'd and given, &c.

YEAST or **BARM**, is of extraordinary use to excite fermentation in liquors, as wort and other fermentable liquors. The yeast on the top of wort is the flower of ale, a great number of the spirituous particles, wrapp'd up in a viscid, light body, is crisp, rare, and feculent, swims at the top; and after the drink is fermented and settled, it gradually condenses and subsides or sinks to the bottom; and if the drink be shaken or moved, or the air contain'd in it be rarefied, the subtilty, fineness and smallness of those spirituous particles, that were lock'd up in the viscid body, which is also light, cause the yeast again to mix with the ale, mount up to the head, and put it again upon the fret.

Again yeast is also of singular use in making bread, for without it wheat flour would make the heaviest bread of all grain, which would therefore be of the hardest digestion, and so very prejudicial.

It would soon render the whole parts of the body viscid and clammy, and fur its vessels with a mucus almost inseparable; only to be attenuated by persons constantly employ'd in the hardest labours; but by the addition of the yeast it makes the rarest, most porous, palatable, digestible, light and nutritious bread of any grain.

Yeast is also of medicinal use, when apply'd to any part of the body by way of poultice; the heat of the body by rarefying and separating its subtile parts from the viscid, renders them able to penetrate the skin, rarefy the inclosed, impacted or glutinous matter and dispose it to suppuration and digestion and brings swellings to a head, which would not be otherwise broken.

And is therefore generally reputed a great drawer. On the contrary, if the matter of the swelling be contain'd in such vessels of the body that have not intirely lost their elastick tone and force, and the viscid matter or humour be yet moveable, a poultice of yeast and tops of wormwood, apply'd to the part do so rarefy the humour and strengthen the vessels as to cause the humour to move in its canals, and mix with the fluids of the body, as to discuss the swelling.

Again yeast is useful for several purposes in housewifery; as for clearing and cleaning vessels of brass, and that with more ease and less waste of the metal than by using any other matter.

It is also very excellent for cleansing the body from dirt and filth, and rendering the skin smooth and clear.

Of the YELLOWS in Cows.

Some call this distemper the gall in cattle, and may be known by the running of the eyes, and a large quantity of yellow wax in their ears; as also by a yellowness appearing under their lips.

This distemper commonly proceeds from the cattles eating some unwholesome food or from poor diet.

For the cure. Take one ounce of wood-foot powder'd fine, plantain and rue, of each an handful, 8 large cloves, stamp them; hempseed one ounce, or the tops of hemp an handful; boil these in 3 pints of fresh human urine, or as much old stale beer, and pass it through a sieve; give about a pint of the liquor to a cow, and rub her tongue and the roof of her mouth with salt, and chafe her back with human urine.

