Class

Book

THE KATHERINE GOLDEN BITTING COLLECTION ON GASTRONOMY

Presented by A. W. BITTING
THE
ENGLISH
HOUSE-WIFE

CONTAINING
The inward and outward Vertues which ought to be in a compleat Woman.

As her skill in Physick, Surgery, Cookery, Extraction of Oyles, Banqueting Stuffe, Ordering of great Feasts, preserving of all sorts of Wines, concocted Secrets, Distillations, Perfumes, ordering of Wooll, Hemp, Flax, making Cloth, and Dying, the knowledge of Dayries, Office of Making of Oares, their excellent uses in a Family, of Brewing, Baking, and all other things belonging to an Household.

A Work generally approved, and now the fifth time much augmented, purged, and made most profitable and necessary for all men, and the general good of this KINGDOME.

By G. M.

LONDON.
Printed by B. ALSOFA FOR JOHN HARISON, and are to be sold at his Shop in Pauls Church-yard, 1649.
To the Right

HONORABLE

And most excellent Lady, FRANCIS Countesse DOWAGER of EXETER.

Owsoever (Right Honourable and most vertuous Lady) this book may come to your Noble goodnesse clothed in an old name or garment, yet doubtlesse (excellent Madam) it is full of many new vertues which will ever admire and serve you; and though it can add nothing to your own rare and unpareileld knowledge, yet may it to those noble good ones, which will endeavour any small sparke of your imitation, bring such a light as may make them shine with a a great deal of charity. I do not assume to my selfe (though I am not altogether ignorant in ability to judg of these things) the full intension, and scope of this whole work; for it is true great Lady, that much of it was a Manuscript, which many yeares agone belonged to an honourable Countesse, one of the greatest Glo ries of our Kingdome, and were the opinion of the greatest Physitians which then lived; which being now approved by one not inferior to any of the profession I was the rather imboldned to send it to your blessed hand.
hand, knowing you to be a Mistress so full of honorable piety and goodness, that although this imperfect offer may come unto you weak and dilatable, yet your noble veritude will support it, and make it so strong in the world, that I doubt not but it shall do service to all those which will serve you, whilest my selfe and my poore prayers, shall to my last gasp labour to attend you.

The true admirer of your Noble vertues.

Gervase Marcham.
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BOOKE

Called the

ENGLISH HOUSE-WIFE,

CONTAINING
All the vertuous knowledges and actions both of mind and body, which ought to be in any compleat House-
wife of what degree or calling soever.

The Second Book.

CHAP. I.

Of the inward vertues of the mind, which ought to be in every House-wife. And first of her general knowledges both in Physick and Surgery, with plain approved medicines for health of the House-hold; also the extraction of excellent Oyles fit for those purposes.

Having already in a summary briefnesse passed through those outward parts of Husbandry which belong unto the perfect Husbandman, who is the Father and Master of the Family, and whose Office and employments are ever for the most part abroad, or removed from the house, as in the field or yard: It is now meet that we descend in as orderly a Method as we can, to the office of our Eng-

lish
liff Housewife, who is the mother and Mistris of the family, and hath her most general employments within the house; where from the general example of her virtues, and the most approved skill of her knowledges those of her Family may both learn to serve God and sustain man in that godly and profitable sort which is, required of every true Christian.

First then to speak of the inward virtues of her mind, she ought, above all things, to be of an upright and sincere religion, & in the same both zealous and constant, giving by her example, an incitement and spur, unto all her family to pursue the same steps, and to utter forth by the instruction of her life, those vertuous fruits of good living, which shall be pleasing both to God and his creatures; I do not mean that herein she should utter forth that violence of spirit which many of our vainly accounted pure women do, drawing a contempt to the ordinary Ministry, and thinking nothing lawful but the fantasies of their own inventions, usurping to themselves a power of preaching and interpreting the holy word, to which only they ought to be but hearers and believers, or at the most but modest persuaders, this is not the office either of good House-wife or good woman. But let our English House-wife be a godly, constant, and religious woman, learning from the worthy Preacher and her husband, those good examples which she shall with all careful diligence see exercised among her servants.

In which practice of hers, what particular rules are to be observed I leave her to learne of them who are protestated Divines and have purposely written of this argument; only thus much will I say, which each one's experience will teach him to be true, that the more careful
ful the master and mistris are to bring up their servants in the daily exercises of Religion toward God, the more faithful they shall find them in all their business towards men, and procure Gods favour the more plentifully on all the household: and therefore a small time morning and evening bestowed in prayers and other exercises of religion, will prove no lost time at the weeks end.

Next unto this sanctity and holines of life, it is meet that our English Hous-wife be a woman of great modesty and temperance, as well inwardly as outwardly, inwardly, as in her behaviour and carriage towards her husband, wherein she shall shun all violence of rage, passion and humour, coveting less to direct then to be directed, appearing ever unto him pleasant, amiable, & delightful, and though occasion mishaps, or the misgovernment of his will may induce her to contrary thoughts, yet virtuously to suppress them, and with a mild suufferance rather to call him home from his error then with the strength of anger to abate the least spark of his evil, calling in her mind that evil and uncomely language is deformed though uttered even to servants, but most monstrous and ugly when it appears before the presence of a husband: outwardly, as in her apparell and diet, both which she shall proportion according to the competency of her husbands estate and calling making her circle rather strait then large, for it is a rule if we extend to the uttermost, we take away increase, if we go a hair breadth beyond, we enter into consumption; but if we preserve any part, we build strong forts against the adversaries of fortune, provided that such preservation be honest and conscionable: for as lavish prodigality is brutish, so miserable covetousnesse is
hellish. Let thercf or the Hus-wives garments be come-
ly and strong, made as well to preserve the health, as a-
dome the person, altogether without toyish garnishes,
or the glosse of light colours, and as far from the vanity
of new and fantastick fashions, as near to the comely i-
mitations of modest Matrons; let her diet be wholesome
and cleanly, prepared at due hours, and Cookt with
care and diligence, let it be rather to satisee nature, then
our affections; and ater to kil hunger then revive new
appetites, let it proceed more from the provision of
her own yard, then the furniture of the Markers; and
let it be rather esteemed for the familiar acquaintance
she hath with it, then for the estrangenesse and rarity it
bringeth from other Countries.

To conclude, our English H u s -w i f e must be of chast
thought, stout courage, patient, untyred, watchfull,
diligent, witty, pleasant, constant in friendship, full of
good Neighbour-hood, wise in Discourse, but not
frequent therein, sharpe and quick of speech, but not
bitter or talkative, secret in her affairs, comfortable in
her counsels, and generally skilful in the worthy know-
ledges which do belong to her Vocation, of all, or
most whereof I now in the ensuing discourse, intend to
speak more largely.

To begin then with one of the most principal vertues
which doth belong to our English H u s -w i f e; you shal
understand, that with the preservation and care of the
family touching their health and soundnesse of body
consisteth most in the diligence: it is meet that she have
a phisical kind of knowledge, how to administer many
wholsome receipts or medicines for the good of their
healths, as well to prevent the first occasion of sickness,
as to take away the effects and evill of the same, when
it hath made pleasure on the body. Indeed we must con-
define that the depth and secrets of this most excellent
Art of Physicke, as farre, beyond the capacity of the
most skilful woman, as lodging only in the breast of
learned professors, yet that our House-wifese may from
them receive some ordinary rules & medicines which
may vaile for the benefit of her family; as (in our
common experience) no derogation at all to that wor-
thy Art. Neither do I intend here to lead her minde
with all the Symptomes, accidents, & effects which go
before or after every sickness, as though I would have
her to assume the name of a Practitioner, but only re-
late unto her some approved medicines, and old do-
ctrines which have been gathered together, by two ex-
cellent and famous Philsians, and in a Manuscript gi-
gien to a great worthy Countesse of this land, (for
farre be it from me, to attribute this goodnesse unto
mine own knowledge) and delivered by my common
and ordinary experience, for the curing of those ordi-
nary sicknesses which daily perturb the health of men
and women.

First then to speak of Feavers or Agues, the House-
wifs shall know those kinds thereof, which are most
familiar and ordinary, as the Quotidian or daily ague,
the Tentian or every other day ague, the Quartan or
every third dayes ague, the Pestilent, which keepeth
no other in his fits, but is more dangerous and mortal:
and lastly the accidental Fever, which proceedeth from
the recent of some wound or other, paimfull pertur-
bation of the spirits. There be sundry other Fevers
which comming from Consumptions, and other long
continued sicknesses, do altogether surpassse our Huf-
wives capacity.

B 3 First
First then for the *quotidian,* (whose fits always last above twelve hours) you shall take a new laid egg, and opening the crown you shall put over the white, then fill up the shell with good *Aquavita,* and stir it and the yolk very well together, and then as soone as you feel your cold fit begin to come upon you, sup up the egg, and either labour till you *sweat,* or else laying great store of cloaths upon you, put your self in a *sweat* in your bed, & thus do while your fits continue, and for your drink let it be onely posset ale.

For a single *Tertian* fever, or each other days ague, take a quart of posset ale, the curd being well drained from the same, and put therunto a good handfull of *Dandilion,* and then setting it upon the fire, boile it till a fourth part be consumed, then as soon as your cold fit beginneth, drink a good draught thereof, and then either labour till you *sweat,* or else force your self to *sweat* in your bed, but labour is much the better, provided that you take not cold after it, and thus do whilst your fits continue, and in all your sicknesse let your drink be posset ale thus boyled with the same herb.

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

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

For any fever whatsoever whose fit beginneth with a cold, Take a spoonfull and a half of Dragon water, a spoonfull of Rosewater, a spoonful of running water, a spoonfull of Aquavitæ, and a spoonful of Vinegar, half a spoonful of Methylate or leffe, and beate all these well together, and let the party drink it before his fit begin.

It is to be understood, that all fevers of what kind soever they be, and these infectious diseases, as the Pestilence, Plague, and such like, are thought the inflamation of the bloud, infinitely much subject to drought; so that, should the party drink so much as he desired, neither could his body contain it, nor could the great abundance of drink do other then weaken his stomack, and bring his body to a certain destruction.

Wherefore, when any man is so overpressed with desire of drink, you shall give him at convenient times either posset ale made with cold herbs; as Torrell, purf-lenn, Violet leaves, Lettice, Spinnage, & such like, or else a Julep made as hereafter in the pestilent fever, or some Almond milk: and betwixt those times, because the use of these drinks will grow wearisome and loathsome to the patient, you shall suffer him to gargle in his mouth good wholesome beer or ale, which the patient best liketh, and having gargled it in his mouth, to spit it out again.
and then to take more, and thus to do as oft as he pleaseth, till his mouth be cooled: provided, that by no means he suffer any of the drink to go downe, and this will much better assuage the heat of his thirst then if he did drink; and when appetite desireth drink to go down, then let him take either his Julip or his almond milk.

To make a pulnis to cure any ague-fore, take elder leaves and leech them in milk till they be soft, then take them up and strain them, and then Boyle it againe till it be thick, and to use it to the fore as occasion shall serve.

For the Quartain Fever, or third day ague, which is of all Fevers the longest lasting, and many times dangerous Consumptions, black Jaundies, and such like mortal sicknesses follow it: you shall take Methridate and spread it upon a Lymon slice, cut of a reasonable thicknesse, and so as the Lymon be covered with the Methridate; then bind it to the pulse of the sick mans wrist of his arm about an hour before his fit doth begin, and then let him go to his bed made warm, and with hot cloaths laid upon him, let him try if hee can force himself to sweat, which if he doe, then halte an hour after he hath sweat, he shall take hot posset-ale brewed with a little Methridate, and drinke a good draught thereof, and rest till his fit be passed over: but if he be hard to sweat, then with the said posset-ale also you shall mixe a few bruised Anny-seeds, and that will bring sweat upon him: and thus you shall do every fit till they begin to cease, or that sweat come naturally of its own accord, which is a true and manifest sign that the sickness decreases.
For the Pestilent Fever which is a continuall sickness full of infection and mortality, you shall cause the party first to be let blood if his strength will bear it: then you shall give him coole Julips made of Endive or Succory water, the sirrop of Violets, conserve of Barberries, and the juyce of Lymons well mixed and simboliz'd together.

Also you shall give him to drink Almond milk made with the decoction of coole hearbs, as violet leaves, strawberry leaves, french mallows, pursline, and such like; and if the parties mouth shall through the heat of his stomack or liver inflame or grow sore, you shall wash it with the sirrop of Mulberries; and that will not only heale it, but also strengthen his stomack. (It as it is most common in this sickness) the party shall grow costive, you shall give him a suppositor made of honey, boyld to the height of hardnes, which you shall know by cooling a drop thereof, and so if you find it hard, you shall then know that the honey is boyl'd sufficiently: then put salt to it, and so put it in water, and work it into a soule in manner of a suppositor, and administer it, and it most assuredly bringeth no hurt, but ease to the party, of what age or strength soever he be: during his sickness you shall keep him from all manner of strong drinks, or hot spices, and then there is no doubt of his recovery.

To preerver your body from the infection of the plague, you shall take a quart of old ale, and after it hath riten upon the fire, and hath bin scummed, you shall put therinto of Arctolochia longa of Angelica, & of Cellan-dine of each half a handful, & boyl them well therin; then strain the drink through a clean cloth, & dissolve therein a dram of the best Methridate, as much Ivory finely.
For infection of the plague.

finely powdered and scarce, and six spoonful of Dragon water, then put it up in a close glasse; and every morning fasting take five spoonful therof, & after bite and chaw in your mouth the dried root of Angelica, or smel on a nose-gag made of the tasseld end of a ship rope, and they will surely preserve you from infection.

But if you be infected with the plague, and feel the assured signs thereof, as pain in the head, drought, burning, weakness of stomack, and such like: Then you shall take a dram of the best Methridate, and dissolve it in three or four spoonfull of Dragon water, and immediately drink it off, and then with hot cloaths or bricks made extream hot, and laid to the soles of your feet, after you have been wrapt in woollen cloaths, compel your self to sweate, which if you do, keep your self moderately therein till the sore begin to rile; then to the same apply a live Pidgeon cut in two parts, or else a plaister made of the yolk of an Egg, Hony, hearb of grace chopt exceeding small, and wheat flower, which in very short space will not only ripen, but also break the same without any other incision; then after it hath run a day or two, you shall apply a plaister of Melilot unto it until it be whole.

For the Pestilence.

Take Fethersew, Malefret, Scabious, and Mugwort, of each a like, bruise them and mix them with old ale, and let the sick drink thereof five spoonfull, and it will expell the corruption.

Another.

Take Tarrow, Tanse, Fethersew, of each a handful, and bruise them well together, then let the sick party make water in the hearbs, then strain them, and give it the sick to drink.

A preservative against the Pestilence.

Take of Sage, Rue, Brier leaves, or Elderleaves, of each an handful, stamp them and strain them with a quart of
of white wine and put thereunto a little Ginger, and a
good spoonful of the best Treakle, and drink thereof
morning and evening.

Take Smallege, Mallowes, Wormwood, and Rue, stamp
them well together, and dry them in oyle Olive, till they
be thick, plasterwise apply it to the place where you
would have it rise, and let it lye untill it break, then to
heal it up, take the juyc of Smaggge, Wheatflower, &
milk and boil them to a pultis, and apply it morning
and evening till it be whole.

Take of Burrage, Langdebeef, and Calamint, of each
a good handful, of Harts tongue, Red mint, Violets, and
Marigold, of each half a handful, boil them in white
wine or fair running water, then add a penny worth of
the best Saffron, and as much Sugar, and boil them
over again well, then strain it into an earthen pot, and
drink thereof morning and evening, to the quantity of
seven spoonfuls.

Take Linseed and Lettuce, and bruise it well, then apply
it to the the stomack, and remove it once in four hours. For the head.

For the Head-ach, you shall take of Rose-water, of the
juyc of Camomile, of womans milk, of strong wine vi-
negar of each two spoonful, mixe them together well
upon a chaffing dish of coales: then take of a piece of a
dry rose cake and steep it therein, and as soon as it
hath drunk up the liquor and is thoroughly hot, take a
couple of sound Nutmegs, grated to powder and throw
them upon the rose-cake; then breaking it into two
parts, bind it on each side, upon the temples of the
head, so let the party lye down to rest, and the paine
will in a short space be taken from him.

For Frenzie or inflammation of the calles of the brain,
you shall cause the juice of Beets to be with a Sorridinge
squirred
squirited up into the patient's nostrils, which will purge and cleanse his head exceedingly; & then give him to drink posset ale, in which Violets leaves and Lettice hath been boiled, and it will sodainly bring him to a very temperate mildness, and make the passion of Frenzie forake him.

For the Lethargie or extream drowstines, you shall by all violent means either by noise or other disturbances, force perforce keep the party from sleeping; and whensoever he calleth for drink, you shall give him white wine and Poppy water of each a little quantity mixt together, and not suffer him to sleep above four hours in four and twenty, till he come to his former wakefulness, which as soon as he have recovered, you shall then forthwith purge his head with the juyce of Beets squirited up into his nostrils as it is before shewed.

But if any of the family be troubled with too much watchfulnesse, so that they cannot by any means take rest, then to provoke the party to sleep, you shall take of Saffron a Dram dried, and beaten to powder, and as much Lettice seed also dried, and beaten to powder, and twice as much white Poppy seed beaten also to powder, and mixe these with womans milk till it be thicke salve, and then bind it to the temples of the head, and it will soon cause the party to sleep; and let it lie on not above four hours.

For the swimming or dizziness in the head, you shall take of Agnus castus, of Broome wort, and of Camomile dried, of each two drammes mixt with the juyce of Ivy, oyle of Roses, and white wine, of each like quantity, till it come to a thicke salve, and then binde it to the temples of the head, and it will in short space take away the griece.
For the Apoplexie or palse, the strong fent or smell of a Foxe is exceeding soveraigne, or to drinke every morning half a pint of the decoction of Lavendar, and to rub the head every morning and evening exceeding hard with a very clean course cloath, whereby the humors may be dissolved and dispersed into the outward parts of the body: by all means for this infirmity keep your feet safe from cold or wet, and also the nape of your neck, for from those parts it first geteth the strength of evil and unavoidable pains.

For a cough or cold but lately taken, you shall take a spoonful of Sugar finely beaten and frit, & drop into it of the best Aquavite, untill all the Sugar be wet through, and can receive no more moisture; then being ready to lye down to rest, take and swallow the spoonfull of Sugar down, and so cover you warme in your bed, and it will too break and dissolve the cold. But if the cough be more old & inveterate, & more inwardly fixt to the lungs, take of the powder of Betony, of the powder of Carraway seeds, of the powder of Shervit dried, of the powder of Hounds tongue, and of pepper finely beaten, of each two drams, and mingling them well with clarified honey make an elecuary thereof and drink it morning and evening for 9 days together; then take of sugar-candy coarsely beaten, an ounce of Licoeras finely peared & trimed, and cut into very little small slices, as much of Anniseeds and Coriander seeds, half an ounce, mix all these together and keep them in a paper in your pocket, and ever in the day time when the cough offendeth you, take as much of this dredge as you can hold between your thumb and fingers & eat it, and it will give ease to your grief: and in the night when the cough taketh you, take of the juice of licoeras as
As two good Barley cornes, and let it melt in your mouth and it will give you ease.

Although the falling sickness be seldom or never to be cured, yet if the party which is troubled with the same, will but morning and evening, during the wane of the moon, or when she is in the sign Vergo, eat the berries of the herb Asteron, or beare the hearbs about him next to his bare skin, it is likely he shall find much ease and fall very seldom, though this medicine be somewhat doubtful.

For the falling evil, if it be a man, a female mole, if a woman a male mole, and take them in March, or else April, when they go to the Buck: Then dry it in an oven, & make powder of it whole as you take it out of the earth, then give the sick person of the powder to drink evening and morning for 9 or 10 days together.

To take away deafnes, take a gray Eele with a white belly, & put her into a sweet earthen pot quick, & flop the pot very close with an earthen cover, or some such hard substance: then dig a deep hole in a horse dung-hill, and let it therein, and cover it with the dung, and so let it remain a fortnight, and then take it out and clear out the oil which will come of it, and drop it into the imperfect ear, or both, if both be imperfect.

To stay the flux of the Rhume, take Sage and dry it before the fire, and rub it to powder: then take bay-lalt and dry it and beat it to powder, and take a Nutmeg and grate it, and mixe them all together, and put them in a long linen bag, then heat it upon a tile stone and lay it to the nap of the neck.

For a thinking breath, take Oak buds when they are new budded out & distil them, then let the party grieved nine mornings, and nine evenings, drink of it, then
then forbear a while, and after take it again.

To make a vomit for a strong stinking breath, you must take of Antimonium the weight of three Barley cornes, and beat it very small, and mixe it with conserve of Roses, and give the Patient to eate in the morning, then let him take nine dayes together the juice of Mint and Sage, then give him a gentle purgation, and let him use the juice of Mint and Sage longer. This medicine must be given in the spring of the year, but if the infirmity come for want of digestion in the stomack then take Mints, Marjoram, and Wormwood, and chop them small, and boil them in Malmsey till it be thick, and make a plaister of it, and lay it to the stomack.

For the Tooth-ache, take a handful of Daffie-roots, and wash them very clean, and dry them with a cloth, and then stamp them: and when you have stamped them a good while, take the quantity of half a nutshel full of Bay-salt, and strew it amongst the roots, and then when they are very well beaten, strain them through a clean cloth: then grate some Cattham Aromaticum, and mixe it good and stiff with the juice of the roots, and when you have done so, put it into a quill, and snuff it up into your nose, and you shall find eafe.

Another for the Tooth-ache, take small Sage, Rue, small Sage, Fetherfew, Worm-wood, and Mint, of each of them half a handful, then stamp them well all together, putting thereto four drams of Vinegar, and one dram of Bay-salt, with a penny worth of good Aqua vitæ, stir them well together, then put it between two linnen clouts of the bignesse of your cheek, temples, and jaw, and quilt it in a manner of a course imbrodery: then set it upon a chafing-dish of coales, and as hot as you may abide it, lay it over the side where the pain is, and lay you
you down upon that side, and as it cooles warne it again; or else have another ready warm to lay on.

To make a drink to destroy any pearle or film in the eye: take a good handful of Marigold plants, and a handful of Fennel, as much of May-weed, beat them together, then strain them with a pint of beer, then put it into a pot, and stop it close, that the strength may not go out; then let the offended party drink thereof when he is in bed, and be of that side on which the pearl is, and likewise drink of it in the morning next his heart when he is risen.

For pain in the eyes, take Milk when it comes new from the Cow, and having filled it into a clean vessel, cover it with a pewter dish, and the next morning take off the dish, and you shall see a dew upon the same, and with that dew wash the pained eyes, & it will ease them.

For dim eyes, take Wormwood beaten with the gall of a Bull, and then strain it, and anoint the eyes therewith, and it will clear them exceedingly.

For sore eyes, or blood-shot eyes: take the white of an egg beaten to yole, as much Roast-water, and as much of the juice of Hout-leek, mixe them well together, then dip flat pleageants therein, and lay them upon the sore eyes, and as they dry, to renew them again and wet them, and thus do till the eyes be well.

For watery eyes, take the juice of Afsodill, Mirrhe, and Saffron, of each a little, & mix it with twice so much white wine, then boyle it over the fire, then strain it & wash the eyes therewith, and it is a present help.

For a canker, or any sore mouth: take Chervile and beat it to a salve, with old Ale and Alum water, and anoint the sore therewith, and it will cure it.

For any swelling in the mouth: take the juice of worm-
wood, Camomill, and Shrivitt, and mixe them with bo-
ny, and bath the swelling therewith, and it will cure it.

For the Quinse, or quinanie, give the party to drink For the quin:
the heartb Mouseare steeped in Ale or Beere, and look
where you see a Swine rub himself, and there upon the
same place rub a sleight stone, and then with it sleight
all the swelling, and it will cure it.

If you would not be drunk, take the powder of Beton-
y and, Coleworst mixt together, and eat it every morn-
ing fasting, as much as will lie upon a sixpence, and it
will preserve a man from drunkenness.

To quicken a mans wits, spirit and memory, let him To quicken
take Longdebeef, which is gathered in June or July, and
beating it in a clean mortar; let him drink the juice thereof with warm water, and he shall finde the be-

If a man be troubled with the Kings Evill, let him For the Kings
take the red Dock, and sethe it in wine till it be very
tender, then strain it, and so drink a good draught
thereof, and he shall finde great ease from the same:
especially if he do continue the use thereof.

Take Frankinsence, Doves dung, and Wheat-flower, of Each an ounce, and mixe them well with the white of
each an ounce, and mixe them well with the white of
an egg, then plaisterwite apply it where the pain is.

The oyl of Lillies, if the head bee annoited there-
with, is good for any pain therein.

Take Rem, and steep it in Vinegar a day and a night, the Rew being well bruited, then with the same annoint
the head twice or thrice a day.

Take the white of an egg and beat it to oyl, then For the head:
pure to it Rosewater, and the powder of Alablattar; then
take flaxe and dip in the reain, and lay it to the temples, and renew it two or three times a day.

C

Take
Take Agrimony and bruise it, & plaster wise apply it to the wound, and let the party drink the juice of Betony, and it will expel the bones, and heal the wound.

Take the leaves of Agrimony, and boil them in hony, till it be thick like a plaster, and then apply it to the wound of the head warm.

Take a table-napkin, or any linnen cloath and wet in cold water, and when you go to bed apply it to the swelling and lie upright; thus do three or four times in a night till the swelling waste.

Take two or three Dock roots, and as many Daife rootes, and boil them in water till they be soft, then take them out of the water, and boil them well over again in oyle Olive, then strain them throrow a cleane cloth, and anoint the pained tooth therewith, and keep your mouth close, and it will not onely take away the pain, but also ease any megrren or griete in the head.

Take a lawcer of strong vinegar, & two spoonfuls of the powder of Rock-alom, a spoonful of white salt, and a spoonfull of hony, teeth all these till it be as thinne as water, then put it into a close vial and keep it, and when occasion serves wash your teeth therewith, with a rough cloath and rub them soundly, but not to bleed.

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

Take Sage and salt, of each alike, and stamp them well together, then bake it till it be hard, and make a fine powder thereof, then therewith rub the teeth evening and mornings and it will take away all yellowness.

First
First let them blood, then take Harthorn or Ivory, and red pimpernel, and bruise them well together; then put it into a linnen cloth, and lay it to the teeth, and it will fasten them.

Take the juyce of Lovage, and drop it into the eare, and it will cure any venome, and kill any worme, eare-wig, or other vermine.

Take two ounces of Comine, and beat it in a morter to fine powder; then boyle it in wine from a pottell to a quart, then drink thereof morning and evening as hot as you can suffer, or otherwise take an ounce of wild tymme, and being clean washed, cut it small, and then powder it; then put to it half an ounce of pepper in fine powder, and as much Comine, mix them all well together, and boyl them in a pottell of white Wine, till half be consumed, and after meare (but not before) use to drink thereof hot, also once in the afternoon, and at your going to bed, and it will purge the breath.

Take red Nettles, and burn them to powder; then adde as much of the powder of pepper, and mix them well together, and snuff thereof up into the nose, and thus do divers times a day.

Take old Ale, and having boyl'd it on the fire, and cleansed it, add thereto a pretty quantity of life-honey, and as much Allom, and then with a ferrindege or such like, wash the fores therewith very warm.

Take a gallon of running water, and boyl it to a pot-tell; then put to it a handful of red Sage, a handful of Geelandines, a handful of Hony suckles, a handful of Woodbine leaves & flowers; then take a peniworth of grains made into fine powder, and boyl all very well together; then put to it a quart of the best life-hony of a yeere old, and a pound of Roch Allom, let all boyle together.
The English House-wises.

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together till it come to a pottle, then strain it and put it into a close vessell, and therewith dresse and annoint the fores as occasion serves, it will ease any canker or Ulcer, and cleanse any wound; it is best to be made at Midsummer.

To cleanse the eyes.

Take the flowers and rootes of Pimrose clean wash't in running water, then Boyle them in faire running water the space of an houre, then put thereto a pretty quantity of white Copperas, and then strain all through a linnen cloth, and so let it stand a while, and there will an Oyle appear upon the water, with that Oyle annoint the lids and the browes of your eyes, and the temples of your head, and with the water wash your eyes, and it is most soveraign.

Another for the sight.

Take fifteen seeds of Gymeper, and as many Gromwell seedes, five branches of Fenell, beat them all togeth'er, then Boyle them in a pinte of old Ale till three parts bee wasted; then strain it into a glasse, and drop thereof three drops into each eye at night, and wash your eyes every morning for the space of fifteen days with your own water, and it will clear any decayed sight whatsoever.

For sore eyes.

Take red Snyles, and steep them in faire water, and then gather the oyle that ariseth thereof, and therewith annoint your eyes morning and evening.

For sick eyes.

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

For blestred eyes.

Take Celandine, Rue, Chervile, Plantain, and Anyse, of each alike, and as much Fenell, as of all the rest; stampe them all well together, then let it stand two days and two nights; then straine it very well and annoint your
your eyes morning and evening therewith.

Take an egge, and roast it extream hard, then take the white being very hot, and lap in it as much white Copperas as a pease, & then violently strain it through a fine cloath, then put a good drop thereof into the eye, and it is most soveraigne.

Take two drams of prepared Tussia, of Sandragon one dram, of Sugar 2 dram, bray them all well together till they be exceeding fine, then take of the powder & blow a little thereof into the eye, and it is soveraigne.

Take of Red rose leaves, of Smallage, of Maiden hair, Euface, Endive, Succory, red Fennel, Hil-wort, and Celandine, of each half a quarter of a pound, wash them clean, and lay them in steep in white wine a whole day, then distill them in an ordinary Stil, and the first water will be like gold, the second like silver, and the third like balm, any of these is most precious for the eyes, & hath recovered sight lost for the space of ten years, having been used but four dayes.

Take the leaves of willow, and boil them well in oyle, and therewith anoint the place where you would have any hair to grow, whether upon head or beard.

Take Treacle water and honey, boil them together, and wet a cloath therein, and lay where you would have hair to grow, and it will come speedily.

Take nine or ten egges, and roast them very hard, then put away the yolks, & bray the whites very small with three or four ounces of white Copperas till it be come to perfect oynment, then with it anoint the face morning and evening, for the space of a weeke and more.

Take the rynde of Hyfop, and boil or burn it, and let the fume or smoake goe into the mouth, and it will stay any rhume falling from the head.

C 3

Take
Take a pint of running water, and three spoontuls of hony and boyle them together, and skim off the filth, then put thereto one ounce of small Baysons, and straine it well through a cloath and so drink it morning and evening.

Take Aqauriae and salt and mixe it with strong old ale and then beat it on the fire, and therewith wash the foules of the feet when you go to bed.

Take of clean wheat and of clean Barly of each alike quantity, and put them into a gallon and a half of fair water, and boyle them till they burst, then straine it into a clean vessell, and adde thereto a quarterne of fine Lycores pouter, and two penny worth of gumme-Arabuck, then boile it over againe and straine it, and keep it in a sweet vessell, and drink thereof morning and evening.

Take the best wort and let it stand till it be yellow, then boyl it, and after let it coole, then put to it a little quantity of barm and Saffron, and so drink of it every morning and evening while it lasteth, otherwise take hore bound, violet leaves, and Isop, of each a good handful, seeth them in water, and put thereto a little Sugar Licerace, and Sugarcandy, after they have boyled a good while, then straine it into an earthen vessell, and let the sick drink thereof sice spoonfull at a time morning and evening, or lastly, take the lunges of a Fox, and lay it in rose water, or boyl it in rose water, then take it out and dry it in some hot place without the sun, then beat it to poudre with Sugar candy, and eat of this powder morning and evening.

To ease pain in the stomack, take Endine, Mints, of each alike quantity, and steep them in white wine a dayes space, then straining and adding thereunto a little
little Cinnamon and pepper, give it to the sick person to drink; and if you add thereto a little of the powder of Horse-mint and calamus, it will comfort the stomach exceedingly, and occasion swift and good digestion. For spitting of blood, whether it proceed of inward bruises, overstraining or such like; you shall take some pitch, and a little Sperma Ceti; and mix it with old Ale and drink it, and it will stay the fluxe of blood: but if by means of the bruise any outward grief remain, then you shall take the herb Brockell-hemp, and frying it with sheepes tallow, lay it hot to the grieved place, and it will take away the anguish.

To stay the fluxe of vomiting take Worme-wood, and four bread tosted of each a like quantity, & beat them well in a morter; then ad to them as much of the juice of Mints, and the juice of plantain, as well bring it to a thick salve; then fry them altogether in a frying pan, & when it is hot lay it plaisterwise to the mouth of the stomach; then let the party drink a little white Wine and other vile water mixt together, and then steep four roasted bread in very strong vinegar, wrap it in a fine cloth, and let the sicke party smell thereto, and it will stay the excess of vomiting, and both comfort and strengthen the stomach.

If you would compel one to vomit, take half a spoon full of stone-crop, and mix it with three spoonful of white wine, and give it to the party to drink, and it will make him vomit presently: but do this seldom, and to strong bodies, for otherwise it is dangerous.

For the Iliaca passio, take of Polipody an ounce, and stamp it; then boil it with prunes and violets in fennel water, or Anniseeds water; take thereof a good quantity, then straine it; and let the party every morning
and evening drink a good draught thereof.

If the stomach be troubled with wind or other pain, take 
Commune and beat it to pounder, and mixe with it 
red Wine, and drink it at night when you go to bed, di-
vers nights together.

For the icle 
patho.

Take Brokelse roots and leaves, and wash them clean 
and dry them in the Sun, so dry that you may make 
pounder thereof; then take of the pounder a good quan-
tity, and the like of Treakle, and put them in a cup with 
a pretty quantity of strong old Ale, and stir them well 
together; and drink thereof first and last, morning and 
evening, for the space of three or four dayes; and it 
need do require, use the same in the brothes you doe 
eree, for it is very loveraign.

For pain in 
the breast.

Take Harts horn or Ivory beaten to fine pounder, and 
as much Cynamon in pounder, mixe them with Vinegar, 
and drink thereof to the quantity of seven or eight 
spoonfuls.

The Mother.

Take the water of Mouscare, and drink thereof the 
quantity of an ounce and a half or two ounces, twice 
or thrice a day, or otherwise take a little Nutmeg, a lit-
tle Cinnamon, a little Cloves, a little Mace, and a very 
little Ginger and the flowers of Lavender, beat all un-
to a fine powder, and when the passion of the mother 
commeth, take a chauffingdish of good hot coales, and 
bend the Patient forward, and cast of the pounder into 
the Chaffingdish, so as the may receive the linemak both 
in at her nose and mouth, and it is a present cure.

Against obstructions in the Liver, take Aniseeds, A-
meos, Burnet, Camomile, and the greater Centuary, and 
boil them in white wine with a little honey, and drinke 
it every morning, and it will cure the obstructions, and 
cleanse the Liver from all imperfection.

Against
Against the heat and inflammation of the Liver, take Endive dryed to poudre, and the meale of Lupin seeds, and mixe it with honey, and the juyce of Wrome-wood, make a cake thereof and eat it, and it will affwage the great heat and inflammation of the Liver, and take away the pimplles and rednesse of the face which pro-
ceedeth from the same.

To prevent a Plurisie a good while before it come, there is no better way then to use much the exercise of ringing, or to stretch your arms upward, so as they may bear the weight of your body, and so to swing your body up and down a good space: but having caught a Plurisie, and feeling the gripes, stitches, and pangs there-
of, you shall presently cause the party to be let bloud, and then take the herb Althea or Hollylock, and boyle it with Vinegar and Linseed till it be thick plaister wise, and then spread it upon a piece of Almon Leather, and lay it to the side that is grieved, and it will help it.

To help a stitch in the side or elsewhere, take Doves dung, red Rose leaves, and put them into a bag, and quilt it: then throughly heat it upon a Chaffing-dish of coals with vinegar in a platter: then lay it upon the pained place as hot as may be suffered, and when it cooleth heat it again.

For any extraordinary heat or inflammation in the Liver, take Barbaries and boil them in clarified whay, and drink them, and they will cure it.

If you will make a Cordial for a Consumption, or any other weaknesses: take a quart of running water, a piece of Mutton, and a piece of Veal, and put them with the water into a pot; then take of Sorrel, violet leaves, Spinage, Endive, Succory, Sage, Hisop, of each a good quantity; then take Prunes and Rasins, and put them all to the
the broth, and seethe them from a quart to a pint; then
strain the yolk of an egg and a little Saffron thereinto,
putting in Sugar, whole Mace, and a little white wine,
to seethe them a while together, and let the party drink
it as warm as may be.

To staunch blood, take the hearb Shepheard's-purse,
(if it may be gotten) distilled at the Apothecaries, and
drink an ounce thereof at a time morning and evening,
and it will stay any flux of blood natural or unnatural,
but if you cannot get the distilled water, then Boyle a
handful of the herb with Cynamon, and a little Sugar,
in Claret wine, and boil it from a quart to a pint, and
drink it as oft as you please: also if you but rub the
herb between your hands, you shall see it will soone
make the blood return.

For the Yellow Jaundice, take two penny-worth of the
best English Saffron, dry it, and grind it to an exceeding
fine powder; then mixe it with the pap or a rosted apples,
and give it the diseased party to swallow down in
the manner of a pill, and doe thus divers mornings to-
gether, and without doubt, it is the most present cure
that can be for the same, as hath beene oftentimes pro-
ved.

For the Yellow Jaundice take Pimpernel and Chicke-
weed, stamp them, and straine them into posset-ale, and
let the party drink thereof morning and evening.

For the Yellow Jaundice which is desperate & almost
past cure: take sheeps dung new made, and put it into
a cup of Beer or Ale, and close the cup fast, and let it
stand so all night, and in the morning take a draught
of the clearest of the drink, and give it unto the sick
party.

For the black Jaundice take the herb called Peny-
ryal,
ryall, and either boil it in white Wine, or drinke the
juycethereoffithlybyitselftotheproportionofthree
or four spoonfull at a time, and it will cure the blacke
Jaundife.

Take of Hyslop, Parsley, and Harts-tongue, of each a
like quantity, and seethem in wort till they be soft,
thendrinke thereof
first and last, morning and evening.

Take Fennel roots, & Parsley roots of each a like, wash
them clean, and pill off the upper barke, and caste away
the pitch within; then mince them small, then put them
to three pints of water, and let them over the fire; then
take figs and shred them small, take Lycoras & break
it small, and put them to the herbes, and let all boil very
wel; then take Sorrel & stamp it, and put it to the rest,
and let it boil till some part be wasted; then take a
good quantity of honey, and put to it, and boil a while,
then take it from the fire, and clarifie it through a
strainer into a glass vessel, and stop it very close; then
give the sick to drink thereof morning and evening.

Take the stalk of Saint Mary Garceck, and burn it, or
lay it upon a hot tyle stone untill it be very dry, and
then beat it into poudre, and rub the sore therewith till
it be whole.

Take wool into the Walkmill that commeth from
the cloth and flyeth about like Doun, and beat it into
poudre; then take thereof and mix it with the white of
an egge and wheat flower, and stamp them together;
then lay it on a linnen Cloth or Lint, and apply it to
the bleeding place, and it will stanch it.

If a man bleed and have no present helpe, if the
wound be on the foot, bind him about the ankle, if in
the legs, bind him about the knees; if it be on the hand,
bind him about the wrist; if it be on the arm bind him about the brawn of the arm, with a good lift, and the blood will presently staunch.

For a Stitch.

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

A Bath for the Leprous.

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

For the Dropsic.

For the Dropsic, take Agnus castus, Fennel, Aegadiil, dark Wal-mort, Lupinus and Wormwood, of each a handful, and boil them in a gallon of white Wine, until a fourth part be consumed; then strain it, and drink it morning and evening half a pinte thereof, and it will cure the Dropsic; but you must be carefull that you take not Aegadiil for Aegadiil.

Paine in the Spleene.

For pain in the Spleen, take Agnus castus, Agrimony, Aniseeds, Centuary the great, and Wormwood, of each a handful, and boil them in a gallon of white wine, then strain it, and let the patient drink divers mornings together half a pint thereof; and at his usuall meals let him neither drink Ale, Beer, nor Wine, but such as hath had the hearb Tamorisk steeped in the same, or for want of the hearb, let him drink out of a cup made of Tamorisk wood, and he shall surely finde remedy.

Pain in the Liver.

For any pain in the side, take Mugwort and red Sage, and dry them between two tile stones; and then put it in a bag and lay it to your side as hot as can be indur'd.

For fastness and short breath.

To help him that is exceeding far, pursie, and short breathed: take hony clarified, and bread unleavened and make toasts of it, and dip the toasts in the clarified hony, and eat this divers mornings with your meat.

Take a lump of iron or steel, and heat it red hot, and quenc
quench it in Wine, and then give the wine to the sick party to drink.
Take Fennel seeds and the roots, boil them in water, and after it is cleansed, put to it honey, and give it the party to drink; then seeth the horbe in Oyle and Wine together, and plaster-wise apply it to the side.

Make a playster of Wormwood boiled in Oyle, or make an ointment of the juyce of Wormwood, of Vinegar, Armoniack, Vinegar, and Oyle, mixe and melted togeth, and anoint the side therewith, either in the Sun, or before the fire.
Take the powder of Galangal, and mixe it with the juyce of Burage, and let the offended party drinke it with sweet Wine.
Take Rosemary and Sage, of each an handful, and seeth them in white Wine, or strong Ale, and then let the patient drink it lukewarm.
Take the juyce of Fennel mixt with honey, and seeth them together till it be hard, and then eat it evening and morning, and it will consume the famesse.

For the Wind colick, which is a disease both general and cruel, there be a world of remedies, yet none more approved than this which I will repeat: you shall take a Nutmeg sound and large, and divide it equally into four quarters; the first morning as soon as you shall rise eat a quarter thereof, the 2d. morning eat two quarters, and the third eat three quarters, and the fourth morning eat a whole Nutmeg, and having made your stomack and taste familiar therewith, eat every morning while the Collick offendeth you a whole Nutmeg dry, without any composition, and fast ever an hour at least after it, and you shall find a most unspeakable profit which will arise from the same.

For
The wind collick.

For the wind collick, take a good handful of clean wheat meal as it commeth from the Mill, and two eggs and a little wine-vinegar, and a little Aquavita, and mingle them together cold, and make a cake of it, and bake it on a gridiron with a soft fire, and turn it often and tend it with blasting of Aquavita with a feather; then lay it somewhat higher then the pain is, rather then lower.

For the Lask.

For the Lask or extreme scouring of the belly, take the seedes of the wood-rose, or Brier-rose, beate it to powder, and mixe a dram thereof with an ounce of the conserve of Sloes, and eate it, and it will in a short space bind and make the belly hard.

For the Bloudy fluxe.

For the Bloudy fluxe, take a quart of red wine, and boil therein a handful of Shepheard’s purse, till the herb be very soft: then strain it, and adde thereto a quart of an ounce of Cynamon, and as much of dryed Tanners bark taken from the ouze, and both beaten to fine powder; then give the party half a pint therof to drink morning and evening, it being made very warm, and it will cure him.

To stay a Lask.

To stay a sore Lask, take Plantain water and Cynamon finely beaten, and the flowers of Pomegrantes, and boyle them well together; then take Sugar, and the yolke of an egg, and make a caudell of it, and give the grieved party it.

For the flux.

For the Flux, take Stags pizzell dried and grated, and give it in any drink, either in Beer, Ale, or Wine, and it is most soveraign for any Flux whatsoever: So is the jaw bones of a Pike, the teeth and all dryed and beaten to powder, and so given the party diseased in any drink whatsoever.

To cure the worst bloudy Fluxe that may be, take a quart
quart of red wine, and a spoonful of Commi seed, boil them together until half be consumed, then take Knot-grasse & Shepheard's pursel, and Plantain, and stamp them several, and then strain them, and take of the juyce of each of them a good spoonfull, and put them to the wine, and so seethe them again a little: then drink it luke warm, half over night, and half the next morning: and if it fall out to be in winter, so that you cannot get the hearbs, then take the water of them hearbs distilled, of each three spoontuls, and use it as before.

For extream costivenece, or binding in the body, to as a man cannot avoid his excrements, take Anniseds, Fenicreets, Linseeds, and the powder of Poynie: of each halfe an ounce, and boil them in a quart of white wine, and drinke a good draught thereof, and it will make a man goe to the stoole orderly and at great ease.

For wormes in the belly, either of child or man, take Aloes Cikatrinn, as much as half a hazel Nut, and wrap it in the pap of a roasted Apple, and so let the offended party swallow it in the manner of a pill fasting in the morning, or els mixe it with three or four spoonfuls of Muscadine, and so let the party drinke it, and it is a present cure: But if the child be either so young, or the man so weak with sicknesse, that you dare not administer any thing inwardly, then you shall dissolve your Aloes in the oyle of Savine, making it salve: like thick, then plai-ster-wise spread it upon Sheeps lether, and lay it upon the navil & mouth of the Stomack of the grieved party, & it wil give him ease; so wil also unter leeks chopp small and fried with sweete butter, and then in a linnen bag appy it hot to the navill of the grieved party.

Take a quart of red wine, and put to it three yolks of egges, and a penniworth of long Pepper and grains, and
to the diseases of the belly and guts.

For the greatest lax.

For the bloody flux.

boyl it well, and drink it as hot as can be suffered, or otherwise, take an ounce of the inward bark of an oak, and a pennyworth of long pepper, and boyl them in a pint and better of new milk, and drink it hot first and last, morning and evening.

Take an egg, and make a little hole in the top, and put out the white, then fill it up again with aquavitæ, stirring the egg and aquavitæ till it be hard; then let the party eat the egg and it will cure him; or otherwise take a pint of red wine, and nine yolks of eggs, and twenty pepper corns small beaten, let them sethe until they be thick, then take it off, and give the diseased party to eat nine spoonfuls morning and evening.

Take of rue and beets a like quantity, bruise them, and take the juyce, mixe it with clarified honie, and boyl it in red wine, and drink it warm first and last morning and evening.

To have two fools a day and no more.

For hardnesse of the belly or womb.

For hardnesse.

Against colicke.

For the wind collieck.

For the stopping of the womb.

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

Take two spoonfuls of the juyce of Ivie leaves, and drink it three times a day, and it will dissolve the hardnesse.

Take the bark of the roots of the Elder tree, and stamp it, and mixe it with old ale, and drink thereof a good hearty draught.

Take the crummes of white bread, and steep it in milk with allom, and adde sugar unto it and eate it, and it will open the belly.

Take the Kernels of threes Peach stones, and bruise them, seven corneas of case pepper, and of flourd ginge
get a greater quantity than of the pepper, pound all together grossly, and put it into a spoonfull of sack (which is best) or else white Wine, or strong Ale, and drinke it off in a great spoon, then saft two hours after, and walk up and down if you can; if otherwise, keepe your self warm, and beware.

Take of Daisies, Comfrey, Polypody, of the Oak and Avenes of each half a handfull, two roots of Os mund, boil them in strong Ale and hony, and drink thereof morning, noone, and night, and it will heal any reasonable rupture. Or otherwise take of Smallage, Comfrey, Set-wel, Polypody, that grows on the ground like searn, da- sies, and more, of each alike, stamp them very small, & boile them well in Barm until it be thick like a poutris, and to keep it in a close vessell, and when you have occasion to use it, make it as hot as the party can suffer it & lay it to the place grieved, then with a truzzle, truzzle him up close, & let him be careful for straining of him felt, & in a few daies it will knit, during which cure, give him to drink a draught of red wine, & put therein a good quantity of the flower of fetches, finely boulted stirring it well together, and then fast an hour after.

For the violent paine of the stone, make a posset of milk and sack, then take off the curd, and put a handfull of Camomill flowers into the drink, then put it into a pewter pot and let it stand upon hot embers, so that it may dissemble; and then drink it as occasion shall serve. Otherwise for this grief take the stone of an Ox gall, and dry it an oven, then beat it to poudre, and take of it the quantity of a half-nut with a draught of good Ale or white wine.

For the Collick and stone, take hawthorn berries, the
The collick and stone.

The berries of sweet briars, & athen keys, and dry them every one severally until you make them into puder, then put a little quantity of every one of them together, then if you think good, put to it the puder of licorice and aniseeds, to the intent the party may the better take it, then put in a quantity of this puder in a draught of white wine, and drink it fasting. Otherwise you may take smallage seed, parsley, lovage, saxifrage, & broom-seed of each one of them a little quantity, beat them into a puder, and when you feele a fit of either of the diseases eat of this puder a spoonful at a time either in potage, or else in the broth of a chicken, and to fast two or three hours after.

Appledor for the collick and stone.

To make a puder for the collick and stone, take fennel, parsley-seed, aniseed, and carraway seed of each the weight of six pence, of granel seed, saxifrage seed, the roots of filaremula, and licorice, of each the weight of twelve pence, of galangall, spikenard, and cinnamon, of each the weight of eight pence, of seena the weight of seventeen shillings good weight, beat them all to puder and searc it, which will weigh in all twenty-five shillings and six pence. This puder is to be given in white wine and sugar in the morning fasting, and so to continue fasting two hours after, and to take of it at one time the weight of ten pence or twelve pence.

Another.

Other Physitians for the stone take a quart of renfsh or white wine, and two lemons, and pare the upper rind thin, and slice them into the wine, and is much white soap as the weight of a groat, and boil them to a pint, and put thereunto sugar according to your discretion, & so drink it, keeping your self warm in your bed, and lying upon your back.

Another.

For the stone in the reynes, take Ameos, Camomill, Maiden.
Maidenhair, Sparrow tongue, and Philipendale, each alike quantity, dry it in an oven, and then beat it to powder, and every morning drink half a spoonfull thereof with a good draught of white wine, and it will help.

For the stone in the bladder, take a radish-root and slit it crosse twice, then put it into a pint of white wine and stop the vessel exceeding close; then let it stand all one night, and the next morning drink it off fasting, and thus do divers mornings together, and it will help.

For the stone in the bladder, take the kernels of floes, and dry them on a tile; then beat them to powder, then take the roots of Alexander, parsley, pellitory, & holibock, of every of their roots a like quantity, & let them all in white wine, or else in the broth of a young chicken; then strain them into a clean vessel, and when you drink of it, put into it half a spoonfull of the powder of floe kernels. Allo if you take the oyle of Scorpio, it is very good to anoint the members, and the tender parts of the belly against the bladder.

To make a bath for the stone, take mallows, holibock, and lily roots, and instead pellitory of the wall, and let them in the broth of a sheep's head, and bath the reins, of the back therewith oftentimes, for it will open the straights of the water conduits, that the stone may have issue, and assuage the pain, and bring out the gravel with the urine; but yet in more effect, when a plaster is made and laid unto the reins and belly immediately after the bathing.

To make a water for the stone, take a gallon of new milk of a red Cow, and put therein a handfull of pellitory of the wall, and a handfull of wild tyme, and a handfull of Saxifrage & a handful of parsley, & two or three radish
radish roots sliced and a quantity of *Philippendula* root, let them lie in the milk a night, and in the morning put the milk with the herbs into a still, and distill them with a moderate fire of charcoal such or like: then when you are to use the water, take a draught of rhenish wine or white wine, and put into it five spoonfuls of the distilled water, and a little nutmeg and sugar sliced, and then drink of it, the next day meddle not with it, but the third day do as you did the first day, and so every other day for a week's space.

**Difficulty of Urine.**

For the difficulty of urine, or hardness to make water, take *Smallage*, *Dill*, *Any seeds*, and *Burnet*, of each alike quantity, and dry them and beat them to fine powder and drink half a spoonful thereof, with a good draught of white wine.

**For hot urine.**

If the urine be hot and burning, the party shall rise every morning to drink a good draught of new milk and sugar mixt together, and by all means to abstain from beer that is old, hard, and tarry, and from all means and savours which are sour and sharp.

**For the strangulation.**

For the strangulation, take *Saxifrage*, *Polipody*, of the Oak, the root of beans, and a quantity of *Raisins*, of every one three handful or more, and then two gallons of good wine or else wine lees, and put it into a herpetary and make thereof a good quantity, & give the sick to drink morning and evening a spoonful at once.

**For pitting in bed.**

For them that cannot hold their water in the night time, take *Kids hoot*, and dry it, and beat it into powder, and give it to the patient to drinke, either in beer or ale four or five times over.

**For the rupture or burseness in men.**

For the rupture or burseness in men, take *Comphry* and *Femeofmond*, and beat them together, and yellow
yellow wax, and Dears suet untill it come unto a slyve, and then apply it unto the broken place and it will knit, it; also it shall be good for the party to take Comphry roots, & roast them in hot embers as you roast wardens, and let the party eat them for they are very sovereign for the rupture especially being eaten in a morning fasting and by all means let him were a strong trussile til it be whole.

Take Goats clawes and burn them in a new earthen pot to powder, then put of the powder into broth or pottage, and eat it therein: or otherwise take Rue, Parsly, and Gromwell, and stamp them together, and mixe it with wine and drink it.

Take Agniae castum and Castoreum and sethe them together in wine, and drink thereof, also sethe them in vinegar, and lap it hot about the privy parts and it will help.

Take Malmsey and butter, and warm it, and wash the reins of the back, whereupon you find pain, then take oyle of Mace and annoint the back therewith.

First wash the reins of the back with warm white wine then annoint all the back with the ointment called persuansio.

Take a leg of beef a handful of Fennel roots, a handfull of parsley roots, two roots of comphry, one pound of raisins of the Sun, a pound of damask prunes, and a quarter of a pound of dates, put all these together, and Boyle them very soft with sixe leaves of neep, six leaves of celry, twelve leaves of bitterne of the wood, and a little harts tongue, when they are sod very soft, take them into the same broth again with a quart of sack, and a penny worth of large mace, and of this drink at your pleasure.
For the hemeroides, which is a troublesome and a
fore grief, take of Dill, Digge, sennell, and Pellitory of
Spain, of each half a handfull, and bear it in a morter
with Sheeps suet and black Sope till it come to a salve
and then plasterwise apply it to the sore, and it will
give the grief ease.

For the Piles or Hemeroides, take half a pint of ale,
and a good quantity of pepper, and as much allom as a
walnut, boil all this together till it be as thick as bir-
lime or thicker, this done, take the juyce of white vio-
lets, and the juyce of Housleek, and when it is almost
cold, put in the juyce and strain them altogether, and
with this oymment annoint the sore place twice a day.
Otherwise for this grief take Lead and grate it small,
and lay it upon the sores; or else take muskels dried and
beat to puder, and lay it on the sores.

If a mans fundament fall down through some cold
taken, or other cause, let it be forthwith set up again:
then take the puder of Toun crefs dried, and strew
it gently upon the fundament, and annoint the reines of
the back with hony, and then about it strew the pow-
der of Cummin and Calafine mixt together, and ease will
come thereby.

Take a great handfull of orpius, and bruise them be-
tween your hands, till it be like a salve, and then lay them
upon a cloath and bind them fast to the fundament.

To help the green sickness take a bottle of white
wine and a handfull of Rosemary, a handfull of worm-
wood, an ounce of Cardus benedictus seed, and a dram of
cloves: all these must be put into the white wine in a
jug, and covered very close, and let it steep a day and
a night before the party drink of it, then let her drink
of it every morning and two hours before supper.
pain and swelling. Other Chirurgians, for this grief take honey and beer and beat them together, and there with bath the swelling morning and evening.

To wash any sore or Ulcer, take running water, and Bolesarniack and Camphire, and boil them together, and dip in a cloth, & lay it to the sore as hot as may be endured: so Plauntain water is good to kill the heat of any sore: or if you take Woodbine leaves and bruise them small, it will heal a sore; or if you wash a sore with yerjuyce, that hath been burnt or salted, it is a present remedy.

There be divers others which for this griefe take the green of Goose dung and boil it in fresh butter, then straine it very cleane and use it. And Salte oyle and Snow water beaten together will cure any scald or burning.

To cure any old sore how grievous soever it be, take of new milk three quarts, & a good handful of Plauntain and let it boil till a pint be consumed, then adde three ounces of almum made in powder, and an ounce and a half of white Sugarcandy powdered. Also then let it boil a little till it have hard Curd, then strain it, with this warm wash the Ulcer, and all the member about it: then dry it, and lay upon the Ulcer Unguentum Basilicon spread on lint, and your diminium plaister over it, for this strengthneth and killeth the itch: but if you find this is not sharp enough, then take of milk a quart almum in powder two ounces, vinegar a spoonfull, when the milk doth seeth, put in the almum and vinegar: then take off the curd, and use the rest as was before said, and it will cure it.

For scabs or itch take Ungentum Popolin, & there with annoint the party and it will help, but if it be more strong
strong and rank, take an ounce of Nerve oyle, and three penny-worth of quicksilver, and beat and work them together, until you see that assuredly the quicksilver is killed, then let the party anoint therewith the palms of his hands, the boughs at his elbowes, his arm-pits and hams, and it will cure all his body.

For the leprosy.

To cure the leprosy, take the juice of Colworts, and mix it with Allom and strong ale, and anoint the leper therewith morning and evening, and it will cleanse him wonderfully, especially if he be purged first, and have some part of his corrupt blood taken away.

To take away pimples.

To take away either pimples from the face, or any other part of the body, take Virgin wax and Spermaceti, of each alike quantity, and boil them together and dip in a fine linen cloath, and as it cooles dip it well of both side, then lay it upon another fair cloath upon a table, and then fold up a cloth in your hands, and all to flight it with the cloath, then take as much as will cover the grieved place.

Private parts burnt.

If any man have his privy parts burnt, take the ashes of a fine linen cloath in good quantity, and put it into the former oyle of egges, and anoint the sore member therewith, and it will cure it.

For any burning.

For any burning, take five new laid egges and roast them very hard, and take out the yolkes thereof, & put them into an earthen pot, and set it over the fire on hot embers, and then whilst the egges look black, stir them with a slice till they come to an oyle, which oyle take clarifie, and put it into a glass by itself, and therewith anoint the burning, and it will cure it.

For any scalding.

For any scalding with hot water oyle or otherwise, take good cream, and set it on the fire, & put into it the green which grows, one a stone wal, take also tarrow
the green of elder bark and fire grass, and chop them small, then put them into the cream, and stir it well till it come to an oyl halve, then straine it and anoint the sore with it.

To dry up any sore, take S mallage, Groundsill, Wilde Apulis to de- mallowes, and violets leaves: chop them small and boyl a sore, them in milk with bruised Oatmeal and sheeps suet, and to apply it to the sore.

To eat away dead flesh, take Stubblewort, and fold it up in a red dock leafe, or red wort leafe, and so rost it in the hot embers and to lay it to the sore, and it will free away all the dead flesh, or otherwise, if you strew upon the sore a little pricipitate, it will eat away the dead flesh.

To make a water to heal all manner of wounds, you shall take Tuph wort flowers, leaves and roots, and in March or April, when the flowers are at the best, distill it, then with that water bath the wound, and lay a linen cloth well therewith in the wound, and it will heal it.

To heal any wound or cut in any flesh or part of the body, first it it be fit to be stitches, stitch it up, and then take Vaguentum aurum, and lay it upon a pleasant of lint as big as the wound, & then over it lap a diminuim plaster made of Sailer oyl and red lead, and so dresse it at least once in four and twenty hours, but if it bee a hollow wound, as some thrust in the body or other members, then you shall take Balsamum cephalicum, and warming it on a chasing dish of coales, dip the rent therein and so put it into the wound, then lay your plai- ster of diminuim over it, and do thus at least once a day untill it be whole.

If a mans sinews be cut or shrunk, he shall go to the roote of the wild neep, which is like woodbine, and
and make a hole in the midst of the root, then cover it
well again that no air go out nor in, nor rain, nor other
moisture, thus let it abide a day and a night, then go
and open it, and you shall find therein a certain liquor;
then take out the liquor and put it into a clean glasse,
and do thus every day whilst you find any moisture
in the hole, and this must only be done in the months
of April and May: then amount the sore therewith agaist
the fire, then wet a linen cloth in the same liquor,
and lap it about the sore, and the vertue will soon
be perceived.

To break any imposthume, and to ripe it onely, take
the green Melilot plaister, and lay it thereunto; and it
is sufficient.

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

Take Plantain water, or Sallet oyle and running wa-
ter beaten together, and therewith annoint the sore
with a feather, till the fire be taken out, then take the
white of eggs, and beat them to oyle, which done,
take a Hare skinne and clip the hair into the oyle, and
make it as thick as you may spread it upon a fine linen
cloth, and so lay it upon the sore, and remove it not,
untill it be whole, and if any rise up of it self, clip it
away with your heares, and if it be not perfectly whole,
then take a little of the oytentment and lay it unto the
same place again: other wise take halfe a bushell of
Gloves threads of all sorts, and so much of running
water as shall be thought convenient to sethe them,
and put thereto a quarter of a pound of Barrowes
grease, and then take halfe a bushell of the doun of Cats
tails; and boyl them altogether, continually stirring
them, untill they be sodden that they may be strained
into an earthen pot or glasse, and with it annoint the
sore.
Or else take Capersoli, Mouseare, ground-Ivy, and Houndswag of the redder or the yellowest and fry them with May-butter altogether untill it be brown, then strain it through a clean cloth, and anoint the sore therewith.

Take the middle rind of the Elm tree, and lay it two or three hours in fair running water till it waxe ropy like glew, and then anoint the sore therewith: Or otherwise, take sheep's tallow and sheep's dung, and mix them together till they come to a salve, and then apply it to the sore.

Take Plantine leaves, daisy leaves, the green bark of Elders, and green Germaunders, stamp them altogether with fresh butter or with oyle, then strain it through a linen cloth, and with a feather anoint the sore till it be whole.

Take of the oyle olive a pint, Turpentine a pound, unwrought wax half a pound, Rosea a quarter of a pound, sheeps suet two pound, then take of Orpents, Smallage, Ragwort, Plantine, and Sicklewart, of each a good handful, chop all the herbs very small, and boil them in a pan altogether upon a scambling fire, and stir them exceeding much, until they be well incorporate together then take it from the fire and strain it through a strong canvass cloath into clean pots or glassies, and use it as your occasion shall serve, either to anoint, taint, or plasters.

Or otherwise take Poplar buds and Elder buds, stamp and strain them, then put thereto a little Venice turpentine, Waxe, and Rosin, and so boyle them together, and therewith dress the sore, or else take two handfuls of plantain leaves, bray them small and strain out the juice, then put to it as much women's milk, 3 spoons and Visers and fores.

A salve for any old sore.
A spoonfull of honey, a yolk of an egg, and as much wheat flour as you think will bring it to a salve then make a plaster thereof and lay it unto the sore, renewing it once in four and twenty hours.

To take away dead flesh.

Take an ounce of Unguentum Apostolorum, and an ounce of Unguentum Aegypticum, and put them together in a pot, being first well wrought together in a bladder, and if the flesh be weak, put into it a little fine white sugar, and therewith dress the sore, or otherwise take only Precipitare in fine powder, and strew it on the sore.

A water for a sore.

Take a gallon of Smiths fleck water, two handfuls of Sage, a pint of honey, a quart of Ale, two ounces of Allom, and a little white, copperas, set there and altogether till half be consumed, then strain it, and put it into a clean vessel, and therewith wash the sore. Or otherwise, take clean running water, and put therein roch-allom, and madder, and let them Boyle till the allom, and the madder, be consumed, then take the clearer of the water, and therewith wash the sore.

Or else take Sage, Fennell, cinquesoyle, of each a good handful, Boyle them in a gallon of running water till they be tender, then strain the liquor from the herbs and put to it a quarter of a pound of roch Allom, and let it set the again a little till the allom be melted, then take it from the fire, and use it thus, dip lint in it warm and lay it to the sore, and if it be hollow, apply more lint, then make a little bolster of linen cloth, and wet it well in the water, then wring out the water, and bind on the bolster close.

Take a pint of sallet yole, and put into it five ounces of red lead, and a little cerule or white lead, then let it over a gentle fire, and let it Boyle a long season stirring it.
it will till it be stiff, which you shall tye in this order: let it drop from your stick or slice upon the bottom of a saucer, and so stand untill it be cold; and then if it be well boiled, it will be stiff and very black; then take it off and let it stand a little, and after strain it through a cloth into a Bason, but first annoint the Bason with Sallet oyl, and also your fingers, and so make it up into roules playsterwise, and spread it and apply it as occasion shall serve.

Take mallowes and beete, and seethe them in water, then dry away the water from them, and beat the herbs well with old Boars grease, and so apply it unto the apotomume hot.

Take a handful of Rue, and stamp it with rusty Baco contill it come to a perfect tawse, and therewith dress the sore till it be whole.

If the party be outwardly venomed, take Sage, and bruise it well and apply it unto the sore, renewing it at least twice a day; but if it be inwardly, then let the party drink the juice of Sage either in Wine or Ale morning and evening.

Take Sellandine early in the morning, and bruise it well, and then apply it to the sore, and renew it twice or thrice a day.

Take of Campheire one dram, of Quick silver four, and pennyworth killed well with Vinegar, then mixe it with two pennyworths of Oyle de bay, and therewith annoint the body. Or otherwise take red Onions, and seeth them in running water a good while, then bruise the Onions small, and with the Water they were bodden in strange them in, and then wash the infected place with the same.

Take a great quantity of Herbe Rennet, and as much
For the dried

much of red nettles, pound them well, and strain them, and with the juice wash the Patient naked before the fire, and so let it drink in and wash him again, and doe to divers dayes till he be whole.

To kill the

Take a penyworth of white copperas, and as much green copperas, a quarter of an ounce of white Mercury, a half pennyworth of allom, and burn it, and set all over the fire with a pint of pure water, and a quarter of a pint of wine Vinegar, boil all these together till they come to half a pint, and then annoint the sore therewith.

To take away

Take Barrowes grease a pretty quantity, and take an apple and pare it, and take the core clean out; then chop your apple and your Barrowes grease together, and set it over the fire that it may melt but not boil, then take it from the fire, and put thereto a pretty quantity of rose water, and stir all together till it be cold, and keep it in a clean vessel, and then annoint the face therewith.

For the French

Take quicksilver and kill it with fasting spittle; then take verdigrease, Arabeske, Turpentine, Olive olive, and popilion, and mixe them together to one entire oyme, and annoint the sores therewith, and keep the party exceeding warm. Or otherwise, take of allom burned, of Rosin, Frankinse, popilion, Oyle of Roses, Oyle de bay, Oyle olive, green Copperas, Verdigrease, White Lead, Mercury sublimate, of each a pretty quantity, but of allome moit; then beate to powder the ymple that are hard, and melt your Oyls, and cast in your pouders and stir all well together, then straine them through a cloth, and apply it warm to the sores; or else take of Capons grease that hath toucht no water, the juice of Rue, & the fine poudre of pepper, and mix them together to an Oyntment, and apply it round about the sores, but
but let it not come into the fores, and it will dry them up.

Take of Treacle halfe penny worth, of long Pepper as much, and of gravyes as much, a little Ginger, and a little quantity of Licoros, warme them with strong Ale, and let the party drinke it off, and lie downe in his bed and take a good sweate: and then when the fores arise, use some of the oynment before rehearsed.

Take the juyce of red Fennell, and the juyce of Sen-greenes and Stone hony, and mixe them very well together till it be thick, and with it annoynt the party, but before you do annoynt him, you shall make this water. Take Sage & leech it in very fair water from a gallord to a potle, and put therein a quantity of hony & some allom, and let them boil a little together; when you have strained the hearbs from the water, then put in your hony and your allom, and therewith wash the poxe first, and let it dry in well, and then lay on the aforesaid oynment.

Take the oyle of the white of an egg, wheat flower, a little hony and venice. Turpentine, take and stirre all these together, and so use it about the wound, but not within; and if the wound do bleed, then add to this salve a little quantity of Boltarmonyak.

Take Aponax and Galbanum of each an ounce, Ammonium and Bedlind of each two ounces, of Lethargy of gold one pound and an halfe new waxe, halfe a pound, Lapis Calaminaris one ounce, Turpentine four ounces, Myrb two ounces, oyl de bay one ounce, Thuifie one ounce, Aci salis othy roots two ounces, oyl of Rapes two ounces, oyl of pear oyl two pound, all the hard tym- ples must be beaten to fine powder, and searced, then take
take also three pints of right Wine vinegar, and put your foure gums into the vinegar a whole day before, till the gums be dissolved, then set it over the fire and let it boil very softly untill your vinegar be as good as boyled away; then take an Earthen pot with a wide mouth, and put your Oyle in and your waxe, but your Waxe must be scraped before you put it in; then by a little at once put in your Lethargy, and stir it exceedingly, then put in all your gums and all the rest, but let your Turpentine be last, and so let it boyle till you see it grow to be thicke; then pour it into a Basin of water, and work it with oyl of Roles for sticking unto your hands, and make it up in roules plasterwise, and here is to be noted that your oyl of Roles must not be boyled with the rest, but after it is taken from the fire a little before the Turpentine.

Take three good handful of Sage, and as much of Honeysuckle leaves, and the flowers clean picked; then take one pound of Roch Allome, and a quarter of a pound of right English honey clarified, half a pennyworth of grains, and two gallons of running Water; then put all the said things into the water, and let them teeth till half be consumed; then take it from the fire till it be almost cold, and straine it through a clean cloath, and put it up in a glasse, and then either on taint or pleasant use it as you have occasion.

Take a quart of Rieflower and temper it with running water, and make dough thereof; then according to the bignesse of the wound lay it in within the defensitve plaster before rehearsed, over it, and every dressing make it lesse and lesse till the wound be closed.

Take a quart of Neats foot oyle, a quart of Oxe gals, a quart of Aquavite, a quart of Rois water, a hand-
full of Rosemary stripped and boil all these together till half be consumed, then press and strain it, and use it according as you find occasion.

Take honey, pitch, and butter, and steep them together, and anoint the hurt against the fire, and rent the Sore with the same.

Take groundell and stamp it, and steep it with sweet milk till it be thick, then temper it with black sope, and lay it to the Sore.

Take Rosin a quarter of a pound, of waxe three ounces, of Oyle of Roses one ounce and a half, steep all them together in a pint of white Wine till it come to skimming; then take it from the fire, and put thereunto two ounces of Venice Turpentine, and apply it to the wound or sore.

Take Mustard made with strong vinegar, the crums of brown bread, with a quantity of honey and five figs mixt, temper all together well, and lay it upon a cloath plaisterwise, put a thin cloath between the plaister and the fleth and lay it to the place grieved, as oft as need requires.

Take a pound of fine Rosin, of oyle de Bay two ounces, of Populion as much, of Frankinsence half a pound, of Oyle of Spike two ounces, of Oyl Camomile two ounces, of Oyle of Roses two ounces, of waxe half a pound, of Turpentine a quarter of a pound, melt them and stir them well together, and then dip linnen cloths therein, and apply the Sear cloth as you shall have occasion, and note the more Oyl you use, the more suppler the Sear cloth is, and the lezze Oyl the stiffer it will be.

Take a little black sope, salt, and honey, and bear them well together, and spread it on a brown paper, and apply it to the bruise.
Take mallowes and seeth them in the dregs of good Ale or Milk, and make a plaiater thereof, and apply it to the place swelled.

Take in the moneth of May, Henbane, and bruise it well, and put it into an earthen pot, and put thereto a pint of Sallet oyl, and set it in the Sun till it be all one substance, then anoint the ache therewith.

Take half a pound of unwrought wax, as much Rosin, one ounce of galbanum, a quarter of a pound of lecsherry of gold, three quarters of white Lead, beaten to powder and seare, then take a pint of Neates foot oyle and set it on the fire in a small vessell which may contain the rest, and when it is all moulten, then put in the powders, and stir it fast with a slice, and try it upon the botomme of a saucer, when it beginneth to be somewhat hard, then take it from the fire, and annoint a faire board with Neates foot oyle, and as you may handle it for heat, work it up in roules, and it will keepe five or fixe yeares, being wrapped up close in papers, and when you will use it, spread of it thin upon new lockcram or leather somewhat bigger then the griefe, and so if the griefe remove follow it, renewing it morning and evening, and let it be somewhat warm when it is laid on, and beware of taking cold and drinking hot wines.

Take soure or five yelkes of egges, hard sodden or rosted, and take the branches of great Morrell, and the Berries the Summer, and in Winter the roots, and bray all well together in a morter with sheeps milk, and then triy it untill it be very thicke, and so make a playster thereof, and lay it about the fore, and it will take away both pain and swelling.

Take a gallond of standing lye, put to it of plantainge and knot-grasse, of each two handfulls, of wormwood and comfrey.
comfrey of each a handful, and boyle all these together in the lye a good while, and when it is luke warm bath the broken member therewith, and take the buds of the Elder gathered in March, and strip it downward and a little boyle them in water, then eat them in oyle and very little wine vinegar, a good quantity at a time in the morning ever before meat or an hour before the Patient go to dinner, and it much avails to the knitting of bones.

Take Rosemary, Fetherfew, Orgaine, Pellitory of the wall, Fellen, Mallowes, violet leaves and Nettles, boyle all these together, and when it is well sodden put to it two or three gallons of milk, then let the party stand by or sit in it an hour or two, the bath reaching up to the stomach, and when they come out they must go to bed and sweat, beware taking of cold.

Make a plaister of wheat flower and the whites of eggs and spread it on a double linen cloath, and lay the plaister on an even board, and lay the broken limb thereon and let it even according to nature, and lay the plaister about it and splint it, and give him to drink Knisworth, the juice thereof twice and no more; for the third time it will unknit, but give him to drink nine days each day the juice of comfrey, daisies, and of Mounted in stale Ale and it shall knit it, and let the foresaid plaister lyre to, ten days at the least, and when you take it away do thus, take horse bound, red fennel, Hounds tong, Walwort, and Pellitory, and seeth them; then unrole the member and take away the splints, and then bath the linen and the plaister about the member in this bath will it have soakt so long that it come gently away of it selfe, then take the aforesaid plaister and lay thereto, five or sixe days very hot, and let each plaister ly a day.
and a night, and alwayes splint it well, and after cherish it with the oynments before rehearsed for broken bones, and keep the party from unwholsome meats and drinks till he be whole, and if the hurt be on his arm let him bear a ball of green hearbes in his hand to prevent the shrinking of the hand and sinewes.

For any fever.

Take Sage, Ragwort, Tarow, unifer Leekes, of each a like quantity, stamp them with Bay salt, and apply them to the wrists of the hands.

To expel hear in a fever.

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

The royal medicine for fevers.

Take three spoonfuls of Ale, and a little Saffron, and bruise and strain it thereto, then add a quarter of a spoonfull of fine Treacle, and mix it altogether, and drink it when the fit comes.

Another.

Take two roots of Crow-foot that growes in a Marsh ground, which have no little rootes about them, to the number of twenty or more, and a little of the Earth that is about them, and do not wash them, and add a little quantity of Salt, and mixe all well together, and lay it on linnen cloaths, and bind it about your thumbs betwixt the first and the neither joyn, and let it lie nine dayes unremoved, and it will expell the Fever.

An approved Medicine for the greatest laske or Flixe.

Take a right Pomwater the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skin and the core and use onely the pap, and the like quantity of Chalke finely scraped, mixe them both together upon a trencher before the fire, and work them
them well to a plaister; then spread it upon a linnen cloath warmed very hot as may be suffered, and so bind it unto the navill for twenty four hours, use this medicine twice or thrice or more, untill the Laske bee stayed.

Of Oyle of Swallowes.

To make the oyl of Swallowes, take Lavendar-cotton, Spike, Knot-grasse, Ribwort, Balm, Valerian, Rosemary tops, Woodbine tops, Vine Strings, French mallowes, the tops of Alecost, Strawberry Strings, Tulsan, Plantain, Walnut tree leaves, the tops of young Bate, Isop. Violet leaves, Sage of vertue, fine Roman Wormwood, of each of them a handful, Cammomile and Red-roses, of each two handful, twenty quick Swallowes, and beat them altogether in a great morter, and put to them a quart of Neats foot oyle, or May butter, and grind them all well together with two ounces of Cloves well beaten; then put them altogether in an earthen pot, and stop it very close that no ayr come into it, and set it nine days in a Seller or cold place, then open your pot and put into it half a pound of white or yellow waxe cut very small, and a pint of oyl or butter; then set your pot close stoped into a pan of water, and let it boyl 6 or 8 hours and then strain it: this oyl is exceeding soveraigne for any broken bones, bones out of joynt, or any paine or grief either in the bones or sinewes.

To make oyl of Camomile, take a quart of sallet oyle and put it into a glasse, then take a handful of Camomile and bruise it, and put it into the oyle, and let them stand in the same twelve dayes, only thou must stir it every three days, that is to straine it from the old Camomile, and put in as much of new, and that oyl is very soveraigne for any grief proceeding from old causes.
To make oyl of Lavender, take a pint of Sallet oyle and put it into a glasse, then put to it a handfull of Lavender, and let it stand in the same twelve days, and use it in all respects as you did your oyle of camomile.

To make an oyle which shall make the skinne of the hands very smooth, take Almonds and beat them to oyl, then take whole cloves and put them both together into a glasse, and let it in the Sun five or six dayes, then strain it, and with the same anoint your hands every night when you go to bed, otherwise as you have convenient leisure.

To make that sovereign water, which was first invented by Dr. Stevens, in the same forme as he delivered the Receit to the Arch-bishop of Canterbury; a little before the death of the said Doctor. Take a galland of good Gascova wine, then take Ginger, Galingeale, Cinnamon, Nutmegs, Grains, Gloves bruised, Fennell seedes, Carraway seedes, Origanum, of every of them a like quantity, that is to say a dram; then take Sage, wild marjoram, penny-royal, mints, red roes, tyme, pellitory, rotemail, wild time, camomile, lavander, of each of them a handful; then bray the spices small & bruise the herbs and put all into the wine, and let it stand so 12. hours only stir it divers times, then distill it by a Lymbecke, and keepe the first water by itself, for that is the best, then keep the second water for that is good, and for the last neglect it not, for it is very wholesome though the worst of the three. Now for the vertue of this water it is this, it comforteth the spirits & vital parts, & helpeth all inward diseases that commeth of cold, it is good against the shaking of the palle, & cureth the contraction of sinewes, and helpeth the conception of women that be barren, it killeth the wormes in the body, it cureth the
cold cough it helpeth the tooth-ach, it comforteth the stomach, and cureth the old dropsie, it helpeth the stone in the Bladder; and in the reins, it helpeth a sinking breath: and whosoever useth this water moderately and not too often preserveth him in good liking, and will make him seem young in old age. With this water Dr. Stevens preserved his owne life untill such extrem age that he could neither go nor ride, and he continued his life being bed-rid five years, when other Physicians did judge he could not live one year, when he did confesse a little before his death, saying: that if he were sick at any time, he never used any thing but this water only; and also the Arch-bishop of Canterbury used it, and found such goodness in it, that he lived till he was not able to drink of a cup, but sucked his drink through a hollow pipe of silver.

This water will be much the better if it be let in the Sun.

To make a cordial rosafolium, take *rosafolium*, and in any wise touch not the leaves thereof in the gathering, nor wash it; take thereof four good handfuls, then take two good pints of Aquavitae, and put them both in a glasse or pewter pot of three or four pints, and then stop the same hard and jut, and so let it stand three dayes and three nights, & the third day strain it through a clean clothe into another glasse or pewter pot, and put thereto half a pound of Sugar beaten small, four ounces of fine Licor as beaten into powder, half a pound of sound Dates the stones being taken out, & cut them & make them clean, and then mince them small, and mixe all these together, and stop the glasse or pot close and jut, and after distil it through a lynebeck, then drink of it at night to bedward half a spoonfull with ale or beere but
but ale is the better, as much in the morning fasting for there is not the weakest body in the world that wanteth nature or strength, or that is in a consumption but it will restore him again, and cause him to be strong and lusty and to have marvellous hungry stomach, provided always that this rosalis be gathered (if possible) at the full of the Moon when the Sun shineth before noon, and let the roots of them be cut away.

Take the flowers of roses or violets and break them small, and put them into sallet oyl, and let them stand in the same ten or twelve days, and then press it. Or otherwise take a quart of Oyl Olive, and put thereto fixe spoonsfuls of clean water, and stir it well with a slice, till it waxe as white as milk; then take two pound of red rose leaves, and cut the white of the ends of the leaves away, and put the roses into the oyle, and then put it into a double glasse, and set it in the Sun all the Summer time, and it is sovereign for any scalding or burning with water or oyle.

Or else take red roses new plucked a pound or two, and cut the white ends of the leaves away, and take May butter and melt it over the fire with two pound of Oyl olive, and when it is clarified, put in your roses, and put it all in a vessel of glasse or of earth, and stop it well about, that no ayre enter in nor out, and set it in another vessel with water, and let it Boyle half a day or more, and then take it forth, and strain or press it thorough a cloth, and put it into glasse bottels; this is good for all manner of unkind heats.

Take two or three pound of Nutmegs, and cut them small and bruise them well, then put them into a pan and beat them, and stir them about, which done, put them into a canvass or strong linnen bag, and clothe them
them in a presser and presser them, and get out all the liquor of them which will be like manna; then scrape it from the canvas bag as much as you can with a knife; then put it into some vessel of glass, and stop it well, but let it not in the Sun, for it will waxe cleane of it self within 10 or 15 dayes, and it is worth thrice so much as the Nutmegs themselves, and the Oyle hath very great vertue in comforting the stomack & inward parts, and assuaging the pain of the mother and cystica.

Take the flowers of Spike, and wash them only in oile, and then stamp them well, then put them in a canvas bag, and press them in a presser as hard as you can, and take that which commeth out carefully, and put it into a strong vessel of glass, and let it not in the Sun, for it will clear of it self, and waxe fair and bright, and will have a very sharp odor of the Spike; and thus you may make oyl of other herbs of like nature, as Lavendar, Camomile, and such like.

Take an ounce of Mastick, and an ounce of Olibanum pounded as small as is possible, and boil them in Oyle (a quart) to a third part; then press it and put it into a glass, and after ten or twelve days it will be perfect; it is exceeding good for any cold grief.

Thus having in a summary manner passed over all the most Physick and Chyrurgical notes with burdeneth the mind of our English Housewife, being as much as is needful for the preservation of the health of her family: and having in this Chapter shewed all the inward vertues wherewith she should be adorned. I will now return unto her more outward and active knowledges, wherein albeit the mind be as much occupied as before; yet is the body a great deal more in use: neither can the work be well affected by rule or direction.
The English Housewives Skill in Cookery.

CHAP.

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

To speak then of the outward and active knowledges which belong unto our English Housewife, I hold the first and most principal to be a perfect skill and knowledge in Cookery, together with all the secrets belonging to the same, because it is a duty rarely belonging to a woman; and she that is utterly ignorant therein, may not by the Lawes of strict Justice challenge the freedome of Marriage, because indeed she can then but performe half her vow; for she may love and obey, but she cannot cherish, serve, and keep him with that true duty which is ever expected.

To proceed then to this knowledge of cookery, you shall understand, that the first step thereunto is, to have knowledge of all sorts of herbs belonging unto the Kitchin, whether they be for the Pot, for Sallets, for Sauces, for Servings, or for any other Seasoning, or adorning; which skill of knowledge of the Herbs, she must get by her own true labour and experience,
and not by my relation, would be much too tedious, and for the use of them, he shall see it in the composition of dishes and meats hereafter following. She shall also know the time of the year, Moneth, and Moon, in which all Herbs are to be sown, and when they are in their best flourishing, that gathering all Herbs in their height of goodness, she may have the prime use of the same. And because I will not burden her memory, I will here give her a short Epitomy of all that knowledge.

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


In March the Moon new, sow Garick, Borage, Buglosse, Chervile, Coriander, Gourds, Marigold, white poppy, Purslane, Radish, Sorrel, Double Marigolds, Time, viollets. At the full Moon, Aniseeds, Bleets, Skirr, Succory, Fennel, Apples of Love, and Marvelous Apples. At the wane, artichocks, Basil, Blessed Thistle, Cole cabage, white Cole, Green Cole, Citrons, Cucumbers, Hart's Horne, Samborie, Spinage, Gilliflowers, Isop, cabage, Lettice, Melons, Mugreets, Onions, Flower Gentil, Burnet, Leeks, and
and Savory. In May, the Moon old, sow blessed thistle. In June, the Moon new, sow gourds and radishes. The Moon old, sow cucumbers, melons, parsnips. In July the Moon at full, sow white succory; and the Moon old, sow cabbage, lettuce. Lastly, in August, the Moon at the full, sow white succory.

Alto she must know, that Herbs growing of Seedes may be transplanted at all times, except chervile, arage, Spinage, and Pfeley, which are not good being once transplanted, observing ever to transplant in moist and rainy weather.

Alto she must know that the choice of seeds are two-fold, of which some grow best, being new, as cucumbers and Leeks, and some being old as coriander, parsley, Savory, beets, origan, cresses, Spinage and poppy, you must keep cold lettuce, artichokes, basil, holy thistle, cabbage, cole, Dyer's grain, and melons, fifteen dayes after they put forth of the earth.

Alto Seeds prosper better being sowne in temperate weather, then in hot, cold, or dry dayes. In the moneth of April, the Moon being new sow marjoram, flowregante, time, violets; in the full of the Moon, apples of love and marvellous apples: and in the wane, artichokes, holy thistle, cabbage, cole, citrus, harts-borne, sapphire, gilt flowers and parsnips.

Seeds must be gathered in fair weather at the wane of the Moon, and kept some in Boxes of Wood, some in Bags of Leather, and some in Vessels of Earth, and after to be well cleansed and dried in the Sun or shadow: Othersome, as Onions, Chibols, and Lekes, must be kept in their huskes. Lastly, she must know, that it is best to plant in the last quarter of the moone; to gather grafts in the last but one, and to graft two dayes after
after the charge, & thus much for her knowledge briefly of Hearbs, and how she shall have them continually for her use in the Kitchen.

It resteth not that I proceed unto Cookery itself, which is the dressing and ordering of meat, in good and wholesome manner; to which, when our Housewife shall address herself, she shall well understand that these qualities must ever accompany it: First, she must be cleanly both in body and garments; she must have a quick eye, a curious nose, a perfect taste, and ready ear, (she must not be butter-finger'd, sweet toothed, nor faint-hearted;) for, the first will let everything fall, the second will consume what it should encrease, and the last will loose time with too much nicenesse. Now for the substance of the Art itself, I will divide it into five parts; the first, Sallets and Fricases; the second, boyled Meats and Broths; the third, Roast meats and Carbo-nadoes; the fourth, Bak't meates and Pies; and the fifth, Banquetting and made dishes, with other conceits and secrets.

First then to speak of Sallets, there be some simple, and compounded; some onely to furnish out the Table, and some both for use and adornation: your simple Sallets are Chibols pilled, washed clean, and half of the green tops cut clean away, so served on a Fruit-dish or Chines, Scalions, Radish-roots, boyled Carrots, Skirres, and Turneps, with such like served up simply: also, all young Lettice, Cabbage-lettice, Porflane, and divers other hearbs which may be served simply without any thing, but a little Vinegar, Sallet Oyl, and Sugar: Onions boyled, and stripped from their rind, and served up with Vinegar, Oyl,
oil and Pepper is a good simple Sallat; so is Samphire, Bean-cods Sparagus, and Cucumbers, served in likewise with Oyl, Vinegar, and Pepper, with a world of others, too tedious to nominate.

Your compound Sallets, are first the young Buds and Knots of all manner of wholesome Herbs, at their first springing; as red Sage, Mint, Lettuce, Violets, Marigolds, Spinage, and many other mixed together, and then served up to the Table with Vinegar, Sallat-Oyl, and Sugar.

To compound an excellent Sallat, and which indeed is usuall at great feasts, and upon Princes Tables. Take a good quantity of blancht Almonds, and with your shredding knife cut them grossely; then take as many Raisins of the Sun clean wash'd; and the stones pick out, as many Figs shred like the Almond, as many Capers twice so many Olives, and as many Currants as of all the rest clean wash'd; a good handful of the small tender leaves of red Sage and Spinage: mixe all these well together with good store of Sugar, and lay them in the bottome of a great dish; then put unto them Vinegar and Oyle, and scrape more Sugar over all; then take Oranges and Lemons, and paring away the outward pilles, cut them into thinne slices, then with those slices cover the Sallet all over; which done, take the fine thinne leafes of the red Cole-flower, and with them cover the Oranges & Lemons all over, then over those red Red leaves lay another course of old Olives, and the slices of well-pickled Cucumbers together with the very inward heart of Cabage-Lettice cut into slices, then adorn the sides of the dish, and the top of the Sallat with more slices of Lemons and Oranges, and so serve it up.
To make an excellent compound boyld Sallat: take of Spinage well washt, two or three handfuls, and put into it fair water, & boil it till it be exceeding soft & tender as pap; then put it into a Cullander, and draw the water from it, which done, with the backside of your Chopping-knife chop it, and bruise it as small as may be; then put it into a Pipkin with a good lump of sweet Butter, and boyle it over again; then take a good handful of Currants clean washt, and put to it, & stir them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and serve it upon fippets.

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

Now for the pickling of Sallats they are onely boiled and then drained from the water, spread upon a table, and good store of salt thrown over them, then when they are thorough cold, make a pickle with water, salt, and a little Vinegar, and with the same, pot them up in close earthen pots, and serve them forth as occasion shall serve.

Now for preserving Sallats: you shall take any of the Flowers before laid, after they have been pick’d clean from their stalkes, and the white ends (of them which have any) clean, cut away, and washt and dried, and taking a glasse pot, like a Gally-pot, or for want thereof a gally-pot itself; and first stir a little Sugar in the bottome, then lay a layer of the Flowers,
then cover that layer over with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus do one above another till the pot be filled, ever and anon pressing them hard downe with your hand: this done you shall take of the best and sharpest vinegar you can get (and if the vinegar be distilled vinegar the flowers will keep their colours the better) and with it fill up your pot till the vinegar swim aloft, and no more can be received; then stop up the pot close, and set them in a dry temperate place, and use them at pleasure, for they will last all the yeere.

Now for the compounding of Sallats of these pickled and preserved things, though they may be served up simply of themselves, and are both good and dainty; yet for better curiosity, and the finer adorning of the table, you shall thus use them: First, if you would set forth any red Flower that you know or have seen, you shall take your pots of preserved Gillie-flowers, and furing the colours answerable to the flower you shall proportion it forth, and lay the shape of the Flower in a Fruit-dish; then with your Purslane leaves make the green Coffin of the Flower, and with the Purslane stalkes, make the stalk of the flower, and the divisions of the leaves and branches; then with the thinner slices of Cucumbers make their leaves in true proportions, jagged or otherwise; and thus you may set forth some full blown, some half blown, and some in the bud, which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Primroses and Cowslips, if blew-flowers then the pots of Violets, or Buglisse-flowers, and these Sallets are both for shew and use; for they are more excellent for taste then for to look on.

Now
Now for Sallers for thew only, and the adorning and letting out of a table with number of dishes, they be those which are made of Carret roots of sundry colours well boiled, and cut into many shapes and proportions, as some into knots, some in the manner of Scutchions and Arms, some like Birds, and some like wild Beasts, according to the art and cunning of the Workman; and these for the most part are seasoned with Vinegar, Oyle, and a little Pepper. A world of other Sallers there are, which time and experience may bring to our Hour-wifes eye, but the composition of them, and the serving of them differeth nothing from these already reheard.

Now to proceed to your Fricases, or Quelque choses, which are dishes of many compositions, and ingredients, as Flesh, Fish, Eggs, Herbes, and many other things, all being prepared and made ready in a frying Pan, they are likewise of two sorts, simple and compound.

Your simple Fricases are Eggs and Collops fryed. Whether the Collops be of Bacon, Ling, Beef, or young Pork, the frying whereof is so ordinary, that it needeth not any relation, or the trying of any Flesh or Fish simple of itself with Butter or Sweet Oyle.

To have the best Collops and Eggs, you shall take the whitest and youngest Bacon, and cutting away the tward, cut the Collops into thin slices, lay them in a dish, and put hot water unto them, and let them stand an hour or two, for that will take away the extreme saltnesse: then drain away the water cleane, and put them into a drye pewter dish, and lay them one by one, and let them before the fire, so as they may toaste: and turne them so,
as they may to a sufficiently thorow and thorow: which done, take your Egges, and break them into a dish, and put a spoonfull of Vinegar unto them: then set on a clean Skillet with fair water on the fire, and as soone as the water boyleth put in the Eggs, and let them take a boyle or two; then with a spoon try if they be hard enough, and then take them up, and trim them, and dry them, and then dishing up the Collops, lay the Egges upon them, and to serve them up: and in this sort you may porce Egges when you please, for it is the best and most wholesome.

Now the compound Fricases are those which consist of many things, as Tansies, Fritters, Pancakes, and any Quelquechose whatsoever, being things of great request and estimation in France, Spain, and Italy, and the most curious Nations.

First, then for making the best Tansye, you shall take a certain number of Egges, according to the bignesse of your Frying-pan, and break them into a dish, abating ever the white of every third Egge: then with a spoon you shall cleanse away the little white Chickens-knots which stick unto the yolkes: then with a little Creame beat them exceedingly together: then take of green Wheat blades, Violet leaves, Strawberry leaves, Spinage, and Succory, of each a like quantity, and a few Walnut tree buds: chop and beat all these very well, and then straine out the juyce, and mixing it with a little more Creame, put it to the egges, and stir all well together: then put in a few Crums of Bread, fine grated Bread, Cynamon, Nutmeg, and Salt; then put some sweet Butter into the Frying-pan, and so soon as it is dissolved or melted, put in the Tansye, and fry it brown with burning, and with a dish turn.
turn it in the Pan as occasion shall serve; then serve it up, having strewed good store of Sugar upon it, for to put in Sugar before, will make it heavy: Some use to put of the Hearb Tansey into it, but the Walnut tree buds doe give the better tast or relish; and therefore when you please for to use the one, doe not use the other.

To make the best Fritters, take a pint of Cream and warm it: then take eight Eggs, only abate four of the Whites and beat them well in a dish, and so mixe them with the Cream; then put in a little Cloves, Mace, Nutmegge, and Saffron, and stirre them well together: then put in two spoonfull of the best Ale-barm, and a little Salt, and stirre it again: then make it thicke according unto your pleasure with wheat flower, which done, let it within the ayre of the fire, that it may rise and swell, which when it doth, you shall beat it in once or twice; then put into it a penny pot of Sack: all this being done, you shall take a pound or two of very sweet seame, and put it into a panne, and let it over the fire, and when it is moulten and begins to bubble, you shall take the Fritter-batter, and setting it by you, put thick slices of well pared Apples into the Batter, and then taking the Apples and Batter out together with a spoon, put it into the boylinge seame, and boyle your Fritters crispe and brown: And when you finde the strength of your seame consume or decay, you shall renew it with more seame, and of all sorts of seame, that which is made of the Beef suet is the best and strongest: when your Fritters are made, strew good store of Sugar and Cynamon upon them, being faire dihte, and so serve them up.

To make the best Pancake, take two or three Eggs, and bake.
and break them into a dish, and beat them well: then add into them a pretty quantity of fair running water, and beat all well together: then put in Cloves, Mace, Cinnamon, and Nutmeg, and season it with salt: which done, make it thicke as you thinke good with fine Wheate-flower: then fry the cakes as thinne as may be with sweet butter, or sweet Seame, and make them browne, and so serve them vp with Sugar strowed upon them. There be some which mixe Pancakes with new Milke or Creame, but that makes them rough, cloying, and not crispe, pleasant and savory as running water.

To make the best Veale tofts, take the kidney, fat & all, of a loyne of veale rosted, and shred as small as is possible; then take a couple of Eggs and beate them very well; which done, take Spinage, succory, Violet-leaves, and Marigold-leaves, and beate them, and strain out the juice, and mixe it with the Eggs: then put it to your Veale, and stirr it exceedingly well in a dish; then put to good store of Currance cleane washed, and pickt, Cloves, Mace, Cinnamon, Nutmegge, Sugar, and Salt, and mixe them all perfectly well together: then take a Manchet & cut it into tofts, and toft them well before the fire; then with a spoone lay upon the toft in a good thicke-nesse the Veale, prepared as before-said: which done, put into your frying pan good store of sweete butter, and when it is well melted and very hot, put your toftes into the same with the bread side upward, and the flesh side downward: and affoone as you see they are fryed brown, lay upon the upper-side of the toftes which are bare more of the flesh meat, and then turne them, and frye that side browne also: then take them out of the pan, and dish them up, and
and throw Sugar upon them, and so serve them forth.

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

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

To make any Quelquechose, which is a mixture of many things together, take the Eggs and break them, and do away one halfe of the Whites, and after they are beaten put them to a good quantity of sweet Cream, Currants, Cinamon, Cloves, Mace, Salt, & a little Ginger, Spinage, Endive, and Marigold flowers grossely chopped, and beat them all very well together, then take Peggs Pettoes (lic), and grossely chopped, and mixe them with the Eggs, and with your hand stirre them exceedingly well together, then put sweet butter in your frying pan, and being melted, put in all the rest, and fry it brown without burning, ever and anon turning it till it be fryed enough; then dish it up upon a flat plate, and so serve it forth. Onely here is to be observed, that your Pettoes must be very well boyled before you put them into the Frycase.
And in this manner as you make this Quelquechose, so you make any other, whether it be of flesh, small Bires, sweet roots, oysters, muskles, cockles, giblets, lemons, Oranges, or any fruit, pulse, or other Sallet hearb whatsoever, of which to speak severally were a labor infinite, because they vary with mens opinions. Only the composition and work is no other then this before prescribed; and who can do these, need no further instruction for the rest. And thus much for Sallets and Pricases.

To make Fritters another way, take flour, milk, Barm, grated bread, small Raisins, Cinnamon, Sugar, Cloves, Mace, Pepper, Saffron, and Salt; stirre all these together very well, with a strong spoon, or small Ladle, then let it stand more then a quarter of an hour that it may rise, then beat it in again, and thus let it rise & be beat in twice or thrice at least; then take it & bake them in sweet and strong flame, as hath been before showed; and when they are served up to the table, see you strow upon them good store of Sugar, Cinnamon, and Ginger.

Take a pint of the best, thickest, and sweetest cream, and boyl it; then whilst it is hot, put thereunto a good quantity of great sweet oat-meal Grotes very sweet, and clean dicket, and formerly steeped in milk twelve hours at least, and let it loak in this cream another night; then put thereto at least eight, yolkes of eggs, a little pepper, Cloves, Mace, Saffron, Currants, Dates, Sugar, Salt, and great store of Swines Suet, or for want thereof, great store of Beef suet, and then fill it up in the farmes according unto the order of good houlewifery; and then boil them on a soft and gentle fire, and as they swell, prick them with a great pin, or
or small Awle, to keep them that they burst not; and when you serve them to the Table (which must not be, until they be a day old) first, boyle them a little, then take them out, and toast them brown before the fire, and so serve them, trimming the edge of the dish with Salt or Sugar.

Take the Liver of a fat Hogge, and parboyl it; then shred it small, and after beat it in a Morter very fine; then mixe it with the thickest and sweetest Cream, and strain it very well through an ordinary Strainer: then put thereto sixe yolkes of Eggs, and two Whites, and the grated crummes of (neer hand) a penny white loaf; with good store of Currants, Dates, Cloves, Mace, Sugar, Saffron, Salt, and the best Swine’suet, or Beef-suet, but Beef-suet is the more wholesome, and lesse loosing; then after it hath stood a while, fill it into the Farms, and boyl them as before shewed: and when you serve them unto the table, first boyle them a little; then lay them on a Gridiron over the coals, and broyle them gently, but scorch them not, nor in any wise break their skinnes, which is to be prevened by oft turning and rosting them on the Gridiron, and keeping a slow fire.

Take the yolkes and Whites of a dozen or fourteene Eggs, and having beat them very well, put unto them the fine pouder of Cloves, Mace, Nutmegges, Sugar, Cynamon, Saffron, and Salt; then take the quantity of two loaves of white grated Bread, Dates (very small shred) and great store of Currants, with good plenty either of Sheepes, Hogs, or Beefe suet beaten and cut small; then when all is mixt and stirr’d wel together, & hath stood a while to settle, then fill it into the Farms as hath been before shewed; and in like manner boyle them.
them, cook them, and serve them to the Table.

Rice Pudding. Take halfe a pound of Rice, and steaye it in new milk a whole night, and in the morning drain it, and let the milk drop away, then take a quart of the best, sweetest and thickest Cream, and put the Rice into it, and Boyle it a little; then set it to coole an hour or two, and after put in the Yolkes of halfe a dozen Eggs, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great store of Beefe suet well beaten, and small shred, and so put it in to the farmes, and Boyle them as before shewed, and serve them after a day old.

Another of Liver. Take the best Hogg's Liver you can get, and boil it extremely, till it be as hard as a stone, then lay it to coole, and being cold, upon a bread-grater grate it all to powder; then sift it through a fine meale five, and put to it the crums of (at least) two penny loaves of white bread, and boil all in the thickest and sweetest Cream you have, till it be very thick; then let it coole and put it to the yolkes of halfe a dozen eggs, a little Pepper, Cloves, Mace, Currants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beet and Swines suet great plenty, then fill it into the Farmes, & Boyle them as before shewed.

Pudding of a Calves Mugger. Take a Calves Mugger, clean and sweet dress, and Boyle it well; then shred it as small as is possible, then take of Strawberry leaves, of Endive, Spinage, Succory, and Sarnell, of each a pretty quantity, and chop them as small as is possible, and then mixe them with the Mugger; then take the yolkes of halfe a dozen Eggs, and three Whites, and beate them into it
it also; and if you find it is too stiff, then make it thinner with a little Cream warmed on the fire, then put in a little Pepper, Cloves, Mace, Cinnamon, Ginger, Sugar, Currants, Dates and salt, and work altogether, with casting in little pieces of sweet butter, one after another, till it have received good store of Butter, then put it up in the Calves bag, Sheep's bag, or Horse's bag, and then boil it well, and so serve it up.

Take the blood of an Hog whilst it is warm, and steep it in a quart, or more, of great Oat-meal-grostes, and at the end of three days with your hands take the Groats out of the blood, and drain them clean; then put to those groats more then a quart of the best Cream warm'd on the fire: then take mother of Time, Parsley Spinage, Succory, Endive, Sorrel, and Strawberry, leaves, of each a few chopt exceeding small, and mix them with the Groats; and also a little Fennel-seed, finely beaten: then add a little Pepper, Cloves, and Mace, Salt and great store of suet finely shred, and well beaten: then therewith fill your Forms, and boil them, as have been before described.

Take the largest of your chines of Porke, and that Linkes, which is called a Lift, and first with your knife cut the lean thereof into thinne slices, and then shred small those slices, and then spread it over the bottome of a dith or woorden platter: then take the fat of the Chine and the Lift, and cut it in the very selfe same manner, and spread it upon the leane, and then cut more leane, and spread it upon the fatte, and thus doe one lean upon another, til all the Porke be shred, observing to begin and end with the lean: then with your sharp knife scortch it through and through divers
divers ways, and mixe it all well together: then take good store of Sage, and shred it exceeding small, and mixe it with the fether: then give it a good seacon of Pepper and Salt; then take the farmes made as long as is possible, and not cut in pieces as for Puddings, and first blow them well to make the meat slip, & then fill them: which done, with threads divide them into several linkes as you please, then hang them up in the corner of some Chimney clean kept, where they may take ayre of the fire, and let them dry there at least foure dayes before any be eaten; and when they are served up let them be either fryed, or broyed on the Grydyron, or else roasted about a Capon.

Of boyled meats ordinarie.

It resteth now that we speake of boyld meates, and broths, which forasmuch as our Houfwise is intended to be generall, one that can as well feed the poore as the rich, we first begin with those ordinary wholesome boyld meates, which are of use in every good mans house: therefore to make the best ordinary Pottage, you shall take a rack of mutton cut into pieces, or a leg of mutton cut into pieces; for this meate and these joynts are the best, although any other joynt, or any fresh Beefe will likewise make good Pottage; and having wash'd your meat well, put it into a clean pot with fair water, and set it on the fire; then take Violet leaves, Succory, Strawberry leaes, Spinage, Langdebse, Marigold flowers, Scallions, and a little Parsly, and chop them very small together: then take half so much oatmeal well beaten as there is hearbes, and mixe it with the hearbs, and chop all very well together: then when the pot is ready to Boyle, stum it very well, and then put in your Hearbs, and so let it Boyle with a quicke fire.
fire, stirring the meat oft in the pot, til the meate bee boyld enough, and that the Hearbs and water are mixt together without any separation, which will be after the consumption of more then a third part: Then season them with salt, and serve them up with the meat either with fippets or without.

Some desire to have their Pottage green, yet no Hearbs to be seen; in this case, you must take your hearbs and oat-meal, and after it is chopt put it into a stone-morter, or bowle, and with a wooden pestel beat it exceedingly, then with some of the warm liquor in the pot, straine it as hard as may be, and so put it in and Boyle it.

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

If you will make Pottage of the best and daintiest kind, you shall take Mutton, Veale or Kidde, and having broke the bones, but not cut the flesh in pieces, & wash it, put it into a pot with fair water after it is ready to boyl, and thourghly skum'd, you shall put in a good handful or two of small Oat-meal: and then take whole Lettice of the best and most inward leaves, whole Spinage, Endive, Succory, & whole leaves of Coleflowers, or the inward parts of white Cabage, with two or or three slic't Onyons: and put all into the pot, and boil them well together till the meat be enough, and the Hearbs so soft as may be, and stirre them oft well togethre; and then season it with Salt, and as much Verjuyce as will onely turn the taste of the Pottage; and so serve them up, covering the meat with the whole
whole heart, and adorning the dish with sippets.

To make ordinary stewd broth, you shall take a neck of Veal, or a leg of Mary-bones of Beef, or a Pullet, or Mutton, and after the meat is washed, put it into a pot with fair water, and being ready to boyle, skim it well; then you shall take a couple of Manchet, and paring away the crust, cut it into thick slices, and lay them in a dish, and cover them with hot broth out of the pot when they are steeped, put them and some of the broth into a strainer, and straine it, and then put it into a pot then take half a pound of Prunes, half a pound of Raisins, and a quarter of a pound of Currants clean pick, and wash, with a little whole Mace, and two or three bruised Cloves, and put them into the pot, and stirre all together, and so let them boil til the meat be enough, then if you will alter the colour of the broth, put in a little Turnefole, or red Saunders, and so serve it upon sippets, and the fruit uppermost.

To make an excellent boyled meat: take four pieces of a rack of Mutton, and wash them clean, and put them into a pot well scoured with fair water, then take a good quantity of Wine and Verjuice and put it into it then slice a handful of Onyons and put them in also, and so let them boil a good while, then take a piece of sweet Butter with Ginger and Salt, and put it too also, and then make the broth thicke with grated bread, and so serve it up with sippets.

To boyle a Mallard curiously, take the Mallard when it is faire dressed, washed and truss, and put it on a spit, and rost it, tell you get the gravy out of it; then take it from the spit and boyl it, then take the best of the broth into a Pipkin, and the gravy which you
you saved, with a piece of sweet Butter and Currants, Vinegar, Sugar, Pepper, and grated Bread: Thus Boyle all these together, and when the Mallard is boiled sufficiently, lay it on a dish with sippets, and the broth upon it, and so serve it forth.

To make an excellent Oleoposriage, which is the only principal dish of boy'd meat which is esteemed in all Spain, you shall take a very large vessel, pot or Kettell, and filling it with water, you shall set it on the fire, and first put in good thick gobbets of well fed Beefe, and being ready to Boyle sum your pot, when the Beefe is half boiled, you shall put in Potato-roots, Turneps and Carrets: all to like gobbets of the best Mutton, and the best Pork; after they have boiled a while, you shall put in the like gobbets of Venison, red and Fallow, if you have them; then the like gobbets of Veal, Kid, and Lambe; a little space after these, the fore-parts of a fat Pig, and a cramb'd Puller: then put in Spinage, Endive, Succory, Marigold leaves and Flowers, Lettuce, Violet leaves, Strawberry leaves, Buglosse and Scallions all whole and unchop't: then when they have boiled a while, put in a Partridge and a Chicken chop't in pieces, with Quails, Railes, Blackbirds, Larkes, Sparrows, and other smal Birds, all being well and tenderly boiled, season up the broth with good store of Sugar, Cloves, Mace, Cinamon, Ginger, and Nutmeg, mixt together in a good quantity of verjuyce and salt, and so stir up the pot well from the bottome: then dish it up upon great Chargers, or long Spanish Dishes made in store of sippets in the bottome: then cover the meat all over with Prunes, Raisins, Currants, and blanch't Almonds.
To make the best white broth, whether it be with Veale, Capon, Chickins, or any other towle or Fish: First boyl the flesh or fish by it selfe, then take the value of a quart of strong mutton broth, or fat Kidde broth, and put into it a pipkin by it selfe, and put into it a bunch of Time, Marjoram, Spinage and Endive bound together; then when it teeths put in a pretty quantity of Beefe-marrow, and the marrow of mutton with some whole Mace and a few bruised Cloves; then put in a pint of White wine with a few whole slices of Ginger; after these have boyled a while together: take blanchn't Almonds, and having beaten them together in a morter with some of the broth, straine them and put it in also; then in another pipkin boyl Currants, Prunes, Raisins, and whole Cinnamon in verjuice and sugar, with a few sliced Dates; and Boyle them till the verjuice be most part consumed, or at least come to a sirrup; then drain the fruit from the sirrup, and if you see it be high coloured, make it white with sweet creame warmed, and so mixe it with your wine broth; then take out the Capon or the other Flesh or Fish, and dish it up, dric in a dish; then powre the broth upon it, and lay the fruit on the top of the meat, and adorne the side of the dish with very dainty sippers; First Oranges, Lemmons, and Sugar, and so serve it forth to the table.
To boyle any wild Fowle, Mallard, Teale, widgeon, or fuch like: First boyle the fowl by it self, then take a quart of strong Mutton-broth, and put it into a pipkin and boile it; then put unto it good store of sliced Onions, a bunch of sweet pot-hearbs, and a lump of sweet Butter; after it hath boyled well, season it with verjuice, salt and sugar, and a little whole pepper; which done, take up your Fowle and break it up according to the fashion of carving, & stick a few Cloves about it; then put it into the broth with Onions; and there let it take a boyle or two, and so serve it, and the broth forth upon fippets, some use to season it with toast of bread steeped and strained, but that is as please the Cooke.

To boyle a legge of Mutton, or any other joynt of meate whatsoever; first after you have washd it cleane, parboyle it a little, then spit it and give it half a dozen turns before the fire, then draw it when it begins to drop, and press it between two dishes, and save the gravy; then flash it with your knife, and give it half a dozen turns more, and then press it againe, and thus do as often as you can force any moisture to come from it; then mixing Mutton-broth, Whit-Wine, and Verjuice together, boile the Mutton therein till it be tender, and that most part of the liquor is clean consumed; then having all that while kept the gravy you takeke from the Mutton, stewing gently upon a Chaffing dish and coales you shall add unto it good store of salt; sugar, cinnamon and ginger, with some Lemmon slices, and a little of an Orange-peel, with a few fine white bread crums: then taking up the Mutton, put the remainder of the broth in, and put in likewise the gravy.
and then serve it up with sippets, laying the lemon slices uppermost, and trimming the dish about with sugar.

If you will boil chickens, young turkies, pea-hens, or any house fowle daintily, you shall after you have trimmed them, drawn them, trust them, and wash them, fill their bellies as full of parsley as they can hold; then boil them with salt and water only till they be enough: then take a dish and put into it verjuyce, and butter, and salt, and when the butter is melted, take the parsley out of the chickens bellie, and mince it very small, and put it to the verjuice and butter, and stirre it well together; then lay in the chickens, and trimme the dish with sippets, and so serve it forth.

A broth for any fresh fish, whether it be pike, breame, carp, eele, barbell, or such like: you shall boyle water, verjuice and salt together with a handful of sliced onion; then you shall thicken it with two or three spoonsfull of ale-barm then put in a good quantity of of whole barberries, both branches and other, as also pretty flower of currants: then when it is boiled enough, dish up your fish, and pour your broth unto it, laying your fruit and onions uppermost. Some to this broth, will put prunes and dates flic't, but it is according to the fancy of the cook, or the will of the householder.

Thus I have from these few presidents shewed you the true art and making of all sorts of build-meat, and broths, and though men may coine strange names, and fain strange arts, yet be assured the that can do these, may make any other whatsoever; altering the taste by the alteration of the compounds as thee shall see occasion
occasion: and when a broth is to sweet, to sharpen it with verjuyce, when too tart, to sweeten it with sugar: when flat and wallowish, to quicken it with Oranges and Lemons; and when too bitter, to make it pleasant with herbs and spices.

Take a Mallard when it is clean dressed, washed and truss'd, and parboyl it in water, till it be skummed and purifys: then take it up, and put it into a Pipkin with the necke downward, and the tayle upward, standing as it were upright: then fill the Pipkin half full with that water in which the Mallard was parboyled, and fill up the other halfe with White-wine; then pill and slice thin a good quantity of Onyons, and put them in with whole fine herbes, according to the time of the yeere, as Lettice, Strawberry-leaves, Violet leaves, Vine-leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard taste, and a pretty quantity of Currants and Dates sliced: then cover it close, and set it on a gentle fire, and let it stew, and smoare till the Herbes and Onyons be soft, and the Mallard enough: then take out the Mallard, and carve it as it were to go to the Table: then to the broth put a good lump of Butter, Sugar, Cynamon, and if it be in Summer, so many Goose berries as will give it a sharp taste, but in the Winter as much Wine Vinegar; then heat it on the fire and stirre all well together: then lay the Mallard in a dish with sippis, and cover all this broth upon it; then trim the edges of the dish with sugar, and so serve it up. And in this manner you may also smoare the hinder parts of a Hare, or a whole old Cony, being truss'd up close together.

After your Pike is dress'd, and opened in the backe, and To stew a Pike laid flat, as if it were to fry, then lay it in a large dish.
for the purpose, able to receive it; then put as much White-wine to it, as will cover it all over: then let it on a chaffing-dish and coales to Boyle very gently, and it any skum arise take it away: then put to it Currants, Sugar, Cynamon, Barber-y berries, and as many Prunes as will serve to garnish the dish: then cover it close with another dish, and let it stew till the fruit be soft, and the Pike enough: then put to it a good lump of sweete Butter: then with a fine skummer take up the fish, and lay it in a clean dish with fippets: then take a couple of yolks of Eggs, the film taken away, and beat them well together with a spoonfull or two of Creame, and as boone as the Pike is taken out, put it into the broth, and stirre it exceedingly to keepe it from curding; then powre the broth upon the Pike, and trimme the sides of the dish with Sugar, Prunes, and Barberies, and slices of Oranges or Lemons, and so serve it up: and thus may you also stew Roches, Gurnets, or almost any Sea-fish, or fresh-fish.

To stew a Lambs head and Purtenance cleane wash't and pick't, and put it into a Pipkin with faire water, and let it Boyle, and skumme it clean: then put in Currants, and a few sliced Dates, and a bunch of the best parking herbs tyed up together, and so let it Boyle well till the meat be enough: then take up the Lambs-head and Purtenance, and put it into a cleane dish with fippets; then put in a good lumpe of Butter, and beate the yolkes of two Eggs with a little Creame, and put it to the broth with Sugar, Cynamon, and a spoonfull or two of Verruyce, and whole Mace, and as many Prunes as will garnish the dish, which should be put in when it is but halfe boyled, and so powre it upon the Lambs head and Purtenance, and adorne the sides of the dish.
dish with Sugar, Prunes, Barberries, Oranges, and Lemons, and in no case forget not to season it well with salt, and to serve it up.

Take a very good breast of mutton chopt into sundry large pieces, and when it is clean washed, put it into a pipkin with faire water, and set it on the fire to Boyle; then skum it very well, then put in of the finest parsneps cut into large pieces as long as ones hand, and cleanse washed and scrag, then good store of the best Onions, and all manner of sweet pleasant pot herbes, and Lettice, all grossely chopt, and good store of pepper and Salt, and then cover it, and let it stew till the Mutton be enough; then take up the Mutton, and lay it in a clean dish with slippets, and to the broth put a little wine vinegar, and so pour it on the Mutton with the parsneps whole, and adorn the sides of the dish with Sugar, and so serve it up: And as you do with the Breast, so you may do with any other joynt of Mutton.

Take a Neates foot that is very well Boyled (for the tenderer it is, the better it is) and cleave it in two, and with a clean cloth dry it well from the Souf-drink; then lay it in a deep earthen platter, and cover it with Verjuice: then set it on a chaffing-dish and coales, and put to it a few Currants, and as many prunes as will garnish the dish: then cover it, and let it boyle well, many times stirring up with your knife, for fear it stick to the bottom of the dish; then when it is sufficiently stewed, which will appear by the tendereness of the meat, and softness of the fruit; then put in a good lump of Butter, great store of Sugar and Cinnamon, and let it boyle at little after; then put it all together in a clean dish with slippets, and adorn the sides of the dish with Sugar and prunes, and so serve it up.
To proceed then to roast meates, it is to bee understood, that in the generall knowledge thereof are to be observed these few rules. First, the cleanly keeping and scowring of the Spits and cob-irons: Next, the neat picking and washing of meate before it be spitted; then the spitting and broaching of meate, which must bee done so strongly and firmly, that the meate may by no means shrink from the spit, or else turn about the spit: and yet ever to observe that the spit do not goe through any principal part of the meate, but such as is of least account and estimation: and if it bee Birds or Fowle which you spit, then to let the spit goe through the hollow of the body of the Fowle, and so fasten it with prickes or skewers under the Wings about the thighs of the Fowle, and at the feet or rumpe according to your manner of trustfull and dressing them.

Then to know the temperatures of fires for every meate, and which must have a slow fire, and yet a good one, taking leisure in roasting, as chines of Beefye, Swans, Turkies, Peacockes, Butfards, and generally any great large Fowle, or any other joynts of Mutton, Veale, Duck, Kidde, Lambe, or such like: whether it be red Venilon or Fallow, which indeed would lie long at the fire, and soak well in the roasting, and which would have a quick and sharp fire without scorching, as Pigs, Pudlets, Pheasants, Partridges, Quails, and all sorts of middle fized, or lesser Fowl, and all small birds, or compound roast-meates, as Olives of Veale, Haslors, a pound of Butter roast; or puddings simple of them-selves, and many other such like, which indeed would be suddenly and quickly dispatcht, because it is inten-ded in Cookery, that one of these dishes must be made ready
ready whilst the other is in eating; then to know the complexions of meats, as which must be pale and white, roasted, yet thoroughly roasted, as Mutton, Veal, Lambe, Kid, Capon, Pullet, Pheasant, Partridge, Quail, and all sorts of middle and small land or water Fowle, and all small Birds, and which must be brown roasted, as Beef, Venison, Porke, Swanne, Geese, Pigges, Crane, Bustards, and any large Fowle, or other thing whose flesh is black.

Then to know the best basteings for meats, which is sweet Butter, sweet Oyle, barrell Butter, or fine rendered up eame with cinnamon cloves and mace: there be some that will taste only with water and salt, and nothing else; yet it is but opinion, and that must be the worlds Master alwayes.

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

Lastly, to know when meat is roasted enough, for as too much rawness is unwholesome, so too much dryness is not nourishing. Therefore, to know when it is in the perfect height, and is neither too moist, nor too dry, you shall observe these signes: First, in your large joynts of meat, when the steam or smoke of the meat ascendeth upright, or else either goeth from the fire, when it beginnings a little to shrink from the spit, or when the gravy which droppeth from it is clear without bloudiness, then is the meat enough.

If it be a Pigge, when the eyes are fallen out, and the body leaveth piping: for the first is, when it is half rosted, and would be singed to make the coate rise, and crackle, and the latter, when it is full enough, and would bee drawne, or if it bee any kinde of Fowle you
you roast, when the thighes are tender, or the hinder parts of the pinions at the setting on of the Wings, are without blood, then be sure that your meat is fully enough roasted: yet for a better and more certain assurance, you may thrust your knife into the thickest parts of the meat, and draw it out againe, and if it bring our white gravy without any bloodiness, then assuredly it is enough, and may bee drawn with all speed convenient, after it hath beene well basted with Butter not formerly melted, then dredged as aforesaid, then basted over the dredging, and so suffered to take two or three turns, to make crisp the dredging: Then dish it in a faire dish with salt sprinkled over it, and so serve it forth: Thus you see the generall forme of roasting all kind of meat: therefore, now I will return to some particular dishes, together with their severall sauces.

If you will roast Mutton with Oysters, take a shoul-der alone, or a legge, and after it is washed, parboyl it a little: then take the greatest Oysters, and having ope-ned them into a dish, drain the gravy clean from them twice or thrice, then parboyle them a little: then take Spinage, Endive, Succory, Strawberry leaves, Violet leaves, and a little parsley, with some Scallions: chop these very small together: then take your Oys-ters very dry, drained, and mixe them with an halfe part of these herbes: then take your meat, and with these Oysters and Herbes face or stop it, leaving no place empty: then spit it and roast it, and whilst it is in roasting, take good store of Verjuyce and Butter, and a little salt and set it in a dish on a chaffing dish and coales: and when it begins to boyle, put in the re-mainder of your herbes without Oysters, and a good quantity
quantity of Currants with Cinnamon, and the yolk of a couple of Eggs: And after they are well boiled and stirred together, set it up according to tainting with Sugar: then put in a few Lemon slices, the meat being enough, draw it, and lay it upon this sauce removed into a clean dish, the edge thereof being trimmed about with Sugar, and so serve it forth.

To roast a leg of Mutton after an outlandish fashion, you shall take it after it is washed, and cut off all the flesh from the bone, leaving only the outermost skinne entirely whole and fast to the bone: then take thick Cream and the yolkes of Eggs, and beat them exceedingly well together: then put to Cinamon, Mace, and a little Nutmegge with Salt: then take Bread-crummes finely grated and scorr'd, with good store of Currants, and as you mixe them with the Cream put in Sugar, and so make it into a good thickness: Now if you would have it looke greene, put in the juice of sweete Herbes, as Spinage, Violet-leaves, Endive, &c. If you would have it yellow, then put in a little Saffron strained, and with this fill up the skinne of your leg of Mutton in the same shape and form that it was before, and thickke the outside of the skinne thicke with Cloves, and so roast it thoroughly, and baste it very well, then after it is dreg'd, serve it up as a legge of Mutton with this pudding, for indeed it is no other: you may stop any other joynct of meat, as breast or loyne, or the belly of any Fowle boiled or roast, or Rabbit, or any meate else which hath skinne or emptiness. If into this pudding you also beate the inward pith of an Oxes backe, it is both good in taste, and excellent to useaigne for any disease, aches or fluxe in the reines whatsoever.

To roast a leg of mutton otherwise.
To roast a Gigget of Mutton, which is the legge splatted, and halfe part of the lyone together, you shall after it is washt, stop it with cloves, so spit it, and lay it to the fire, and tend it well with basting: then you shall take Vinegar, Butter and Currants, and set them on the fire in a dish on pipkin: then when it boyles you shall put in sweet Herbes finely choppe, with the yolke of a couple of Eggs, and to let them boyle together: then the meat being halfe roasted, you shall pare off some part of the leanest and brownest; then shred it very small, and put it into the pipkin also: then seaten it up with Sugar, Cynamon, Ginger, and Salt, and so put it into a clean dish: then draw the Gigget of Mutton and lay it on the sauce, and throw salt on the top, and to serve it up.

To roast olives of Veal.

You shall take of a legge of Veal, and cut the flesh from the bones and cut it out into thin long slices; then take sweet herbes, and the white parts of leonions, and chop them well together with the yolkes of Eggs; then role it up within the slices of Veal, and so spit them, and roast them: then Boyle Verjuice, Butter, Sugar, Cynamon, Currants, and sweet herbes together, and being seafoned with a little salt, serve the Olives up upon the sauce, with salt cast over them.

To roast a pig.

To roast a pig curiously, you shall not scald it but draw it with the haire on, then having washt it, spit it, and lay it to the fire so as it may not scorch; then being a quarter roasted, and the skinne blistered from the flesh, with your hand pull away the haire and skin, and leave all the fat and flesh perfectly bare: then with your knife cock all the flesh down to the bones: then baste it exceedingly with sweet Butter and Creame, being no more but warme: then dredge it with fine
fine bread crumbs, currants, sugar and salt mixt together; and thus apply dredging upon basting, and basting upon dredging, till you have covered all the flesh a full inch deep: Then the meat being fully roasted, draw it, and serve it up whole.

To roast a pound of Butter curiously and well, you shall take a pound of sweet Butter, and beat it stiff with Sugar, and the yolks of Eggs; then clap it round-wise about a spit, and lay it before a soft fire, and presently dredge it with the dredging before appointed for the Pig; then as it warmeth or melteth, so apply it with dredging till the Butter be overcomed, and no more will melt to fall from it: then roast it brown, and so draw it, and serve it out of the dish being as nearly trim'd with Sugar as may be.

To roast a pudding upon a spit, you shall mixe the pudding before spoken of in the leg of Mutton, neither omitting herbes or saffron, and put to a little sweet Butter, and mixe it very stiff: then fold it about the spit, and have ready in another dish some of the same mixture well seasoned, but a great deal thinner, and no Butter at all in it; and when the pudding doth begin to roast, and that the Butter appears, then with a spoune cover it all over with the thinner mixture, and so let it roast: then if you see no more Butter appear, then baste it as you did the Pig, and lay more of the mixture on, and so continue till all be spent: and then roast it brown, and so serve it up.

If you will roast a chine of Beef, a loyne of mutton, a Capon, and a Lark, all at one instant, and at one fire, and have all ready together and none burnt: you shall first take your chine of Beef, and perboy it more than half through: Then first take your Capon, being large
large and fat, and spit it next the hand of the turner, with the legges from the fire, then spit the chine of Beef, then the Lark, and lastly the loyn of Mutton, and place the Lark to as it may be covered over with the Beef, and the far part of the loin of Mutton, without any part disclosed: then baste your Capon, and and your loin of Mutton with cold water and salt, the chine of Beefe with boyling Lard: then when you see the Beefe is almost enough, which you shall haften by shorcing and opening of it: then with a clean cloth you shall wipe the Mutton and Capon all over, and then baste it with sweet butter till all be enough roast-ed: then with your knife lay the Lark open which by this time will be stewed between the Beef and Mutton, and basting it also with dredge altogether, draw them and serve them up.

If you will roast any venison, after you have washed it, and cleansed all the blood from it, you shall stick it with cloves all over on the out side; and if it be clean, you shall lard it either with mutton-lard, or gork-lard, but mutton is the best: then spit it and roast it by a loking fire, then take vinegar, bread-crumbles, and some of the gravy, which comes from the venison, and boile them well in a dish: then seacon it with sugar, cinamon, ginger and salt, and serve the venison forth upon the fauce when it is roasted enough.

If you will roast a piece of fresh Sturgeon, which is a dainty dish, you shall stop it with Cloves, then spit it, and let it roast at great leisure, plying it continu-ally with basting, which will take away the hardnesse: then when it is enough, you shall draw it, and serve it upon Venison sauce, with salt only thrown upon it.
The roasting of all sorts of meats differeth nothing but in the fires, speed and leisure, as is aforesaid, except these compound dishes, of which I have given you sufficient presidents, and by them you may perform any work whatsoever: but for the ordering, preparing, and dressing your meats on the spit or table, in that there is much difference: for in all joints of meat except a shoulder of Mutton, you shall cut the joints well, from Pigs and Rabbits you shall cut off the feet before you spit them, and the heads when you serve them to the table, and the Pig you shall chine, and divide into two parts: Capons, Pheasants, Chickens, and Turkies, you shall roast with the pinions folded up, and the legs extended; Hens, Stock-doves and House-doves, you shall roast with the pinions folded up, and the legs cut off by the knees and thrust into the bodies: Quailes, Partridges, and all sorts of small birds shall have their pinions cut away, and the legs extended: all sorts of Water-fowle shall have their pinions cut away, and their legs turned backward: Wood-cockes, Snipes and Stints shall be roasted with their heads and necks on, and their legs thrust into their bodies, and Shovelers and Bitturns shall have no neckes but their heads only.

Take a Cowes udder, and first Boyle it well: then sticke it thicke all over with Cloves: then when it is cold, spit it, and lay it to the fire, and apply it very well with basting of sweet butter, and when it is sufficientely roasted, and browne, then dredge it, and draw it from the fire, take vinegar and butter, and put it on a Chaffing dish and coales, and Boyle it with White-bread crumbs, till it be thick; then put to it good store of
of Sugar and Cynamon, and putting it in a clean dish, lay the Cowes Udder therein, and trim the sides of the dish with sugar, and so serve it up.

To roast a fillet of vreal.

Take an excellent good leg of Veal, and cut the thick part thereof a handful and more from the Knuckle: then take the thick part (which is the fillet), and fierce it in every part all over with Strawberry leaves, Violet leaves, Sorrell, Spinage, Endive and Succory grossly chopped together, and good store of Onyons: then lay it to the fire and roast it very sufficiently and brown, casting good store of salt upon it, and basting it well with sweet butter: then take of the former herbs much finer chopped then they were for piercing, and put them into a Pipkin with Vinegar, and clean washt Curants, and boyl them well together: then when the herbs are sufficiently boyl'd and soft, take the yolkes of four very hard boyl'd Eggs, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the gravy which drops from the veal, and boyl it over again, and then put it into a clean dish, and the fillet being dreg'd and drawn, lay upon it, and trim the side of the dish with Sugar, and so serve it up.

To make an excellent sauce for a rost Capon, you shall take Onyons, and having sliced and pilled them, boyl them in faire water with Pepper, Salt, and a few bread crumbs: then put unto it a spoonfull or two of Claret wine, the juyce of an Orenge, and three or four slices of a Lemmon pill; all these shred together, and so pour it upon the Capon being broke up.

To make sauce for an old Hen or Pullet, take a good quantity of Beer and Salt, and mixe them well together with a few fine bread crums, and boyl them on
on a chaffing dish and coales; then take the yolkes of three or four hard Egges, and being shred small, put it to the Beer, and boyl it also: then the Hen being almost enough, take three or four spoonfuls of the gravy which comes from her, and put it in also, and boyle all together to an indifferent thicknesse: which done, suffer it to boyl no more, but only to keep it warm on the fire, and put it into the juyce of two or three Oren- ges, and the slices of Lemmon-pils shred small, and the slices of Orenge also having the upper rine taken away: then the Hen being broken up, take the braines thereof, and shredding them small, put it into the sauce also, and stiring all well together, put it hot into a clean warm dish, and lay the Hen (broke up) in the fame.

The sauce for Chickins is divers, according to mens tastes: for some will onely have Butter, Verjuice, and a little Parsley rosted in their Bellies mixt together; others, will have Butter, Verjuice and Sugar boyl'd together with toastis of bread; and others will have thick spets with the juyce of sorrel and sugar mixt together.

The best sauce for a Phesant is water and onyons flic't Pepper and a little salt mixt together, and but stiewed upon the coales, and then powred upon the Phesant, or Partridge, being broken up, and some will put thereto the juyce or slices of an Orenge or Lemmon, or both: but it is according to taff, and indeed more proper for Phesant then a Partridge.

Sauce for a Quaile, Raile, or any fat big Bird, is Claret wine and salt mixt together with the gravy of the Bird, and a few fine Bread crumbs well boyld together, and either a sage-leafe, or Bay-leafe crush'd among it, according to mens tastes.
Sauce for pigeons.

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

A general sauce for wild Fowle.

The most general sauce for ordinary Wild-fowle rosted, as Duckes, Mard, Widgeon, Teale, Snipe, Sheldrake, Plovers, Puecs, Guls, and such like, is only Mustard and Vinegar, or Mustard and Verjuyce mixt together, or else an Onyon, Water, and Pepper, and some (especially in the Court) use only Butter melted and not with any thing else.

Sauce for green Geese.

The best sauce for green Geese is the juice of Sorrel and Sugar mixt together with a few scalded Fabetes, and served upon slippers, or else the belly of the green Goose fill with Fabetes and so rosted, and then the same mixt with Verjuyce, Butter, Sugar, and Cinamon, and so served upon slippers.

Sauce for flubble Geese.

The sauce for a flubble Goose is diverse, according to mens minds, for some will take the pap of rosted Apples, and mixing it with Vinegar, boil them together on the fire with some of the gravy of the Goose, and a few Barberies and Bread crumbs, and when it is boiled to a good thickness, leafton it with Sugar and a little Cinamon, and so serve it up: some will add a little Mustard and Onyons unto it, and some will not rost the apples, but pare them and slice them, and that is the nearer way, but not the better. Others will fill the belly of the Goose full of onyons shred, and oar-meal-groars, and being rosted enough, mix it with the gravy of the Goose, and sweet hearbs well boyled together, and seasoned with a little Verjuyce.

To make a Gallantine, or sauce for a Swan, Bitter, Herne, Crane, or any large Fowle, take the blood of the
the same fowl, and being flind well, boyl it on the fire, then when it comes to be thick, put unto it vinegar a good quantity, with a few fine bread crummes, and so boyl it over again; then being come to good thickness, season it with sugar and cinamon, so as it may take prettie and shap upon the cinamon, and then serve it up in saucers as you do Mustard; for this is called a Chauder or Gallantine, and is a sauce almost for any Fowl whatsoever.

To make sauce for a Pig, some take sage and roast it in the belly of the Pig, then boylinge Veyjuice, Butter, and Currants together, take and chop the sage small, and mixing the brains of the Pig with it, put all together, and so serve it up.

To make a sauce for a loyn of Veal, take all kind of sweet Pot herbs, and chopping them very small with the yelkes of two or three Eggges, boyl them in vinegar and Butter, with a few Bread crummes, and good store of sugar; then season it with Sugar and Cinamon, and a Clove or two crufts, and so powre it upon the Veal, with the slices of Oranges and Lemons about the dish.

Take Oranges and slice them thin, and put unto them White-wine and Rose-water, the powder of Mace, Ginger and Sugar, and let the same upon a chaffing-dish of coals, and when it is hale boyl'd, put to it a good lump of butter, and then lay good store of sippets of fine white bread therein, and to serve your Chickens upon them, and trim the sides of the dish with sugar.

Take fair water, and let it over the fire; then slice good store of Onions, and put into it, and also Pepper and Salt, and good store of the gravy that comes from the Turky, and boyle them very well together; then put to it a few fine crums of grated bread to thicken it;
The best Gallantines.

A very little sugar and some vinegar, and to serve it up with the Turkey: or otherwise take grated white bread and boil it in white wine till it be thick as a Gallantine, and in the boiling put in good store of sugar and cinnamon, and then with a little Turnefole make it of a high murrey colour, and so serve it in saucers with the Turkey in manner of Gallantine.

Take the blood of a Swan, or any other great fowl, and put it into a dish; then take stewed prunes and put them into a strainer, and strayne them into the blood; then set it on a chaffing dish and coales, and let it boil, then stirring it till it come to be thick, and season it very well with sugar and cinnamon, and so serve it in saucers with the fowl; but this sauce must be served cold.

Take good store of onions, if them, and slice them, and put them into vinegar and boil them very well till they be tender; then put into it a good lump of sweet butter, and season it well with sugar and cinnamon, and so serve it up with the fowl.

Charbonados, or Carbonados, which is meat broyed upon the coales (and the invention thereof first brought out of France as appears by the name) are of divers kinds according to men's pleasures: for theristo meat either boiled or roasted whatsoever, but may afterwards be broyed, if the master thereof be disposed yet the general dishes which for the most part are to be Carbonadoed are a breast of mutton half boil'd a shoulder of mutton half roast'd, the legs, wings, and Carcasses of Capon, Turkey, Goose, or any other fowl whatsoever especially Land fowl.

And lastly the uttermost thickest skinne which cov'ereth the ribbes of Beefe, and is called (being broyled)
broyled) the Inns of Court-Goose, and is indeed a dish used most for wantonnesse, sometimes to please appetite: to which may also be added the broysling of Pigs-heads, or the brains of any Fowl whatsoever after it is roasted and drest.

Now for the manner of Carbonadoing, it is in this sort: you shall first take the meat you must Carbonado, and scorche it both above and below; then sprinkle good store of Salt upon it, and baste it all over with sweete Butter melted; which done, take your Broiling-iron, I do not meane a Grid-iron (though it be much used for this purpose) because the smook of the coales, occasioned by the dropping of the meat, will ascend about it, and make it stinke: but a Plate-iron made with bouches and prickes, on which you may hang the meat, and let it close before the fire, and to the Plate, heating the meat behind, as the fire doth before, it will both the sooner, and with more neatenesse bee ready: then having turned it, and basted it till it be very browne, dredge it, and serve it up with Vinegar and Butter.

Touching the roasting of Mutton, Venison, for any other Joynt of Meate, which is the most excellent of all Carbonados, you shall take the fattest and largest that can possibly be got (for leanmeate is losse of labour, and little meat not worth your time,) and having scorched it, and cast salt upon it, you shall set it on a strong fork, with a dripping pan underneath it, before the face of a quick fire, yet so far off, that it may by no means scorche, but tose at leisure; then with that which fallas from it, and with no other basting, see that you baste it continually, turning it ever and anon many times, and so oft, that it may soake and brown
brown at great leisure; and as oft as you baste it, so oft sprinkle salt upon it, and as you see it roast, scotch it deeper, and deeper, especially in the thickest and most fleshly parts where the blood most refleth: and when you see that no more blood droppeth from it, but the gravy is clear and white, then shall you serve it up either with Venison-sauce, or with Vinegar, Pepper, and sugar, Cinamond, and the juice of an Orange mixt together, and warmed with some of the gravy.

Additions, unto carbomados.
A rasher of Mutton or Lamb that hath been either rosted, or but parboyl’d, and with your knife scotch it many ways, then lay it in a deep dish, and put to it a pint of white wine, and a little whole Mace, a little sic’d Nutmeg, and some Sugar, with a lump of sweet Butter, and stew it so till it be very tender: then take it forth, and brown it on the Gridiron, and then laying Sippets in the former broth, serve it up.

Take any Tongue, whether of Beef, Mutton, Calves, Red Deer or Fallow, and being well boiled, pill them, cleave them, and scotch them many ways: then take three or four Eggs broken, some Sugar, Cinamon, and Nutmeg, and having beaten it well together, put to it a Lemon cut in thin slices, and another cleane pil’d, and cut into little square bits, and then take the Tongue, and lay it in: & then having melted good store of Butter in a frying-pan, put the Tongue and the rest therein, and so fry it brown, and then dish it. & scrape Sugar upon it, and serve it up.

Additions for dressing Fish.
how to sauce any Fish. 

Take any Fresh-fish whatsoever (a Pike, Breame, Carpe, Barbell, Cheam, and such like), and draw it, but scale it not; then take out the Liver and the refuse, and having opened it, wash it; then take a pottle of fair water, a pretty quantity of White wine, good store of Salt, and
and some Vinegar, with a little bunch of sweet Herbs and set it on the fire, and as soon as it begins to boile, put in your fish, and having boilea a little, take it up into a fair vessell, then put into the liquor some grosse Pepper and Ginger, and when it is boilea well together with more Salt, set it by to cool, and then put your fish into it, and when you serve it up, lay Fennel thereupon.

To boil small fish, as Roches, Daces, Gudgeon, or Flounder, boil white wine and water together with a bunch of choice Herbs, and a little whole Mace, when all is boilea well together, put in your fish, and leaum it well; then put in the soal of a Manchet, a good quantity of sweet Butter, and season it with Pepper, and Verjuice, and so serve it in upon Sippets, and adorne the sides of the dish with Sugar.

First, draw your fish, and either split it open in the back, or joyn it in the back, and truffle it round, then wash it clean, and boyle it in water and Salts, with a bunch of sweet Herbs, then take it up into a large dish, and powre unto it Verjuice, Nutmeg, Butter, and Pepper, and letting it stew a little, thicken it with the yolkes of Eggs: then hot remove it into another dish, and garnish it with slices of Oranges & Lemmons, Barberries, Prunes, and Sugar, and so serve it up.

After you have drawne, wash it and scald it a faire large Carpe, season it with Pepper, Salt, and Nutmeg, and then put it into a Coffin with good store of sweet Butter, and then cast on Raisins of the Sunne, the juaye of Lemons, and some slices of Orange-pils, and then sprinkling on a little Vinegar, close up and bake it.

First let your Trench blood in the taile, then leaur it, wash it, and scald it, then having dryed, take it the fine crummes of Bread, sweet Creame, the yolkes of Eggs,
Eggs, Currants, cleanewash't, a few sweet hearbs, chopt small, seacon it with Nutmegs and pepper, and make it into a stiffe past, & put it into the belly of the Trench, then seacon the fish on the our side with pepper salt and Nutmeg, and so put it into a deep coffin with sweet butter, and to close up the pye and bake it: then when it is enoogh, draw it, and open it, and put into ait good piece of preserved orange minst: then take Vinegar, Nutmeg, Butter, Sugar, and the yelk of a new layd egge, and Boyle it on a Chaffing dish and coales, always stirring it to keep it from curding, then powre it into the pye, shake it well, and so serve it up.

**How to stew a Trout.**

Take a large Trout, fair trim'd, and wash it, and put it into a deep pewter dish, then take half a pint of sweet wine, with a lump of butter, and a little whole mace, parsley, savory and tyme: mince them all small, and put them into the Trench belly, and so let it stew a quarter of an hour, then mince the yelke of a hard Egge through it on the Trout, and laying the hearbs about it, and scraping on sugar, serve it up.

**How to bake Ecles.**

After you have drawn your Ecles, chop them into small pieces of three or four inches, and seacon them with Pepper, Salt and Ginger, and so put them into a coffin with a good lump of butter, great Raifins, Onions small chopped, and so close it, bake, and serve it up.

Next to these already rehearsed, our English Housewife must be skilful in pastery, and know how and in what manner to bake all sorts of meat, & what past is fit for every meat, and how to handle and compound such pastes, as for example, red Deer venison, wilde Boare, Gammons of Bacon, Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, would be
be bake't in a moist, thick, rough, coarse, & long lasting crust, and therefore all other your Rye past is best for that purpose: your Turky, Capon, Pheasant, Partridge Veale, Peacocks, Lambe, and all sorts of waterfowle which are to come to the table more than once (yet not many days, would be bake't in a good white crust, somewhat thick; therefore your wheate is fit for them: your Cickins, Calves-feet, Olives, Potatoes, Quinces Fallow Deere, and such like, which are most commonly eaten hot, would be in the finest, shortest and thinnest crust; therefore your fine wheate flour which is a little baked in the oven before it be kneaded is the best for that purpose.

To speake then of the mixture and kneading of pastes you shall understand that your rie past would be kneaded only with hot water and a little butter, or sweete seame Rye flour very finely sifted, and it would be made rough & stiffe, that it may stand well in the rising for the coffin thereof must ever be very deep; your coarse wheat crust should be kneaded with hot water, or Mutton broth, and good store of butter, & the paste made stiffe & rough, because the coffin must be deep also, your fine wheate crust must be kneaded with as much butter as water, & the paste made reasonable lyth & gentle, into which you must put three or four eggs or more, according to the quantity you blend together, for they will give it a sufficient stiffening.

Now for the making of puff past of the best kind, you shall take the finest wheat flour, after it hath bin little bake't in a pot in the oven, and blend it well with egges whites and yolkes all together, and after the paste is well kneaded, roule out a part thereof as thinne as you please, and then spread cold sweete butter over the same.
same, then upon the same butter role another leaf of the paste as before, and spread it with butter also, and thus role leaf upon leaf with butter between, till it be as thick as you think good: and with it either cover any bake meat, or make paste for Venison, Florentine, Tart or what dish else you please and to bake it: there be some that to this paste use sugar, but it is certaine it will hinder the rising thereof, and therefore when your puff past is bake, you shall dissolve sugar into Rose-water, and drop it into the paste as much as it will by any means receive, and then set it a little while in the oven after, and it will be sweet enough.

When you bake red Deer, you shall first parboile it and take out the bones, then you shall if it be clean, lard it; if fat save the charge, then put it into a press to squeeze out the blood; then for a night lay it in a meat sauce made of Vinegar, small drink and salt, and then taking it forth, season it well with Pepper finely beaten, and salt well mixt together, and see that you lay good store thereof, both upon and in every open and hollow place of the Venison, but by no means cut any flashes to put in the Pepper, for it will of itself sink fast enough into the flesh, and be more pleasant in the eating, then having railed the coffin, lay in the bottome a thick course of butter, then lay the flesh thereon, and cover it all over with butter, and so bake it as much as if you did bake great brown bread, then when you draw it, melt more butter with three or foure spoonfull of Vinegar, and twice to much Claret wine, and at a vent hole on the toppe of the liddle, powre in the same till it can receive no more, and so let it stand and coole, and in this sort you may bake Fallow Deer, or Swanne, or whatsoever else you please.
please to keep cold, the meate sauce onely being left out, which is onely proper to red Deer. And if to your meat sauce you add a little Turnesole, and therein steep Beef, and Ramme mutton: you may also in the same manner take the first for Red Deer Venison, and the latter for Fallow, and a very good judgement shall not be able to say otherwise, then that it is of it fell per

To bake an excellent Custard or Dowser: you shall take good store of eggs, and putting away one quarter of the whites, beat them exceeding well in a basoon, and then mixe with them the sweetest and thickest cream you can get; for if it be any thing thynne, the Custard will be wheyish: then season it with salt, sugar, cinnamon, cloves, mace, and a little Nutmeg, which done raise your coffins of good rough wheat paste, being the second fort before spoke of, and if you please raise it in pretty works or angular formes, which you may do by fixing the upper part of the crust to the nether with the yolks of eggs, then when the coffins are ready, throw the bottomes over a good thicknesse with currants and Sugar, then set them into the Oven, and fill them up with the confection before blended, and to drawing them, adorn all the tops with Carraway Cumslets, and the slices of Date pickt right up, and so serve them up to the table. To prevent the wheyishnes of the Custard, dissolve into the first confection a little Iffinglass, and all will be firm.

To make an excellent olive pye: take sweet heurbes as Violet leaves, Strawberry leaves, Spinage, Succory, Endive, Time and Sorrell, and chop them as small as may be, & if there be a Scallion or two amongst them.
it will give the better taste, then take the yolks of hard
Egges with Currants, Cinamon, Cloves and Mace, and
chop them among the hearbs alfo; then having cut out
long Olives of a leg of Veale, roule up more then three
parts of the hearbs to mixed within the Olives, togeth-
er with a good daele of sweet Butter; then having
raised your crust of the finest and best paste, throw in
the bottome the remainder of the hearbs, with a few
great raisins, having the stones pickt out: then put in
the Olives, and cover them with great raisins, and a few
Prunes: then over all lay good store of Butter, and so
bake them: then being sufficiently bak't, take Claret-
wine, Sugar, Cinamon, and two or three spoonfull of
Wine Vinegar, and boyle them together, and then draw-
ing the pie, at a vent in the top of the lid put in the
same, and then set it into the Oven again a little space,
and to serve it forth.

To make a Marrow-bone pie
mixt the crusts of the best sort of pasts, and raised the
coffin in such a manner as you please: you shall first in
the bottome thereof lay a course of marrow of Beefe,
mixt with Currants: then upon it a lay of the foales of
Artichokes, after they have been boiled, and are di-
vided from the thistle: then cover them over with mar-
row, Currants, and great raisins, the stones pickt out:
then lay a course of Potatoes cut in thick slices, after
they have been boiled soft, and are cleane pil'd: then
cover them with Marrow, Currants, great Raisins, Su-
gar and Cinamon: then lay a layer of candied Eringo-
roots mixt very thick with the slices of Dates: then
cover it with Marrow, Currants, great Raisins, Sugar,
Cinamon and Dates, with a few Damask prunes, and
to bake it: and after it is bak't powre into it as long as
it will receive it, White-wine, Rose water, Sugar, Cinnamon & vinegar mixt together, & candy al the cover with Rose water and Sugar only, and to set it into the Oven a little and after serve it forth.

To bake a Chicken pye, after you have trust your Chickens broken their legs and breaf-bones, and raised your crust of the best paste, you shall lay them in the coffin close together with their bodies full of butter; then lay upon them, & underneath them currants, great raisins, prunes, cinamon, sugar, whole mace, & salt: then cover all with great store of Butter, and to bake it after powr into it the same liquor you did in your Marrow bone pye with yelks of two or three eggs beaten amongst it, and to serve it forth.

To make good Red-Deer Venison or Hares, take a Hare or two or three, as you can or please, and pick at the flesh from the bones; then put it into a morter either of wood or stone, and with a wooden pestle let a strong person beat it exceedingly, and ever as it is beating, let one sprinkle in some vinegar and some salt; then when it is sufficiently beaten take it out of the morter and put it into boiling water and parboil it: when it is parboild take it and lay it on a table in a round lump, & lay aboard over it, & with weights press it as hard as may be: then the water being press out of it, season it well with Pepper and Salt: then lard it with the fat of Bacon to thick as may be: then bake it as you bake other Red-deer, which is formerly declared.

Take a Hare, and pick off all the flesh from the bones and only reserve the head, then parboyl it well: which done take it out and let it cool, affoone as it is cold, take at least a pound and half of Raisins of the Sunne, and take out the stomes: then mixe them with a good quantity
quantity of Mutton, and with a sharp shelving-knife shred it as small as you would do for a Chawer; then put to it Currants, and whole Ray fins, Cloves and Mace, Cinnamon and salt; then having raised the coffin long-wise to the proportion of a Hare, first lay in the head, and then the forelaid meat, and lay the meat in the true proportion of a Hare, with necke, shoulders, and legs, and then cover the coffin, and bake it as other bake meats of that nature.

Take a Gammon of Bacon, and only wash it clean; and then boyle it on a soft gentle fire, till it be boil'd as tender as is possible; ever and anon fleeting it clean, that by all means it may boyle white; then take off the sawed, and searce it very well with all manner of sweet and pleasant seering herbs; then throw store of Pepper over it, and prick it thick with cloves; then lay it into a coffin made of the same proportion, and lay good store of Butter round about it, and upon it, and throw Pepper upon the Butter, that as it melts, the Pepper may fall upon the Bacon; then cover it, and make the proportion of a Pigs head in paste upon it, and then bake it as you bake red Deer, or things of the like nature, only the Paste would be of Wheat-meal.

Take white pickled Herrings of one nights watering; and boil them a little; then take off the skin, and take only the backs of them, and pickle the fish clean from the bones; then take good store of Raisins of the Sun, and stone them; and put them to the fish; then take a Warden or two, and spare it; and slice it in small slices from the shore, and put it likewise to the fish; then with a very sharpe shelving-knife shred all as small and fine as may be; then put to it good store of Currants, Sugar, Cinnamon, etc., Dates, and to put it
it into the coffin, with good store of very sweet Butter, and to cover it, and leave only a round vent-hole on the top of the lid, and so bake it like pies of that nature: when it is sufficiently bakk'd, draw it out, and take claret wine and a little verjuice, sugar, cinamon, and sweet Butter, and boyle them together: then put it in at the vent-hole, and shake the pipe a little, and put it again into the Oven for a little space, and so serve it up, the lid being candied over with sugar, and the sides of the dish trimmed with sugar.

Take the jole of the best Ling that is not much wa-tred, and is well sodden and cold, but whilst it is hot, take off the skin, and pare it clean underneath, and pick out the bones: clean from the fish: then cut it into grosse bits, and let it lie; then take the yolkes of a dozen Eggs, boil exceeding hard, and put them to the Fish, and shred all together as small as is possible, then take all manner of the best and finest pot-herbes, and chop them wonderfully small, and mixe them also with the fish; then season it with pepper, Cloves and Mace, and so lay it into a Coffin with great store of sweet Butter, so as it may swimme therein, and then cover it, and leave a vent-hole open in the top, when it is bakk'd, draw it, and take Verjuice, Sugar, Cinamon, and Butter, and boyle them together, and first with a feather anoint all the lid over with that liquor, and then scrape good store of Sugar upon it; then powre the rest of the liquor in at the vent-hole, and then set it into the Oven again for a very little space, and so serve it up as pies of the same nature, and both these pies of Fish before rehearsed, are extraordinary and speciall Lenten dishes.

Take a pint of the sweetest and thickest creame that can be gotten, and set it on the fire in a very cleane
The English House-wives

A cowred skiller, and put into it Sugar, Cynamon, and a Nutmeg cut into four quarters, and so Boyle it well: then take the yolks of four Eggs, and take off the whites, and beat them well with a little sweet Cream: then take the four quarters of the Nutmeg out of the Cream, then put in the eggs, and stir it exceedingly, till it be thick: then take a fine Manchet, and cut it into thin shives, as much as will cover a dish botome, and holding it in your hand, pour half the Cream into the dish: then lay your bread over it, and cover the bread with the rest of the cream, and so let it stand till it be cold: then strew it over with Carraway Confets, and pricke up some Cynamon Confets, and some slie Dates; or for want thereof, scrape all over it some Sugar, and trim the sides of the dish with sugar, and serve it up.

Take a pint of the best and thickest Cream, and let it on the fire in a cleane skiller, and put into it Sugar, Cynamon, and a Nutmeg cut into four quarters, and so Boyle it well: then put it into the dish you intend to serve it in, and let it stand to coole till it be more then luke-warm: then put in a spoonfull of the best earing, and stir it well about, and so let it stand till it be cold, and then strew Sugar upon it, and so serve it up, and this you may serve either in dish, glasse, or other plate.

Take Calves feet well boyl'd, and picke all the meat from the bones: then being cold, shred it as small as you can; then season it with Cloves and Mace, and put in good store of Currants, Raisins, and Prunes: then put it into the coffin with good store of sweet Butter: then break in whole stickes of Cynamon, and a Nutmeg shkt into four quarters, and season it before with Salt.
then close up the coffin, and only leave a vent-hole: when it is bake, draw it, and at the vent-hole put in the same liquor you put in the Lung Pie, and trim the lid after the same manner, and so serve it up.

Take the greatest of the themed drawn from the ashes of the Oyster Pie.

2 Books.

Skill in Cookery.
A minc't pie. Take a legge of Mutton, and cut the best of the flesh from the bone, and parboyl it well; then put to it three pound of the best Mutton suet, and shred it very small; then spread it abroad, and season it with Pepper and Salt, Cloves and Mace: then put in good store of Currants, great Raisins and Prunes clean washed, and picked, a few Dates sliced, and some Orange pills sliced; then being all well mixed together, put it into a coffin, or into divers coffins, and to bake them: and when they are served up, open the lids, and throw store of Sugar on the top of the meat, and upon the lid. And in this sort you may also bake Beefe or Veale, onely the Beefe would not be parboyld, and the Veale will ask a double quantity of Suet.

A Pippin pie. Take the fairest and best Pippins, and pare them, and make a hole in the top of them; then pricke in each hole a Clove or two, then put them into the coffin, then break in whole stickes of Cynamon, and slices of Orange pills and Dates, and on the top of every Pippin a little piece of sweet Butter; then fill the coffin, and cover the Pippins over with Sugar: then close up the Pie, and bake it, as you bake Pies of the like nature; and
and when it is bak'd, anoint the lidde over with store of sweet butter, and then strow Sugar upon it a good thicknesse, and set it into the Oven againe for a little space, as while the meat is in dishing up, and then serve it.

Take of the fairest and best Wardens, and pare them, and take out the hard chores on the top, and cut the sharpe ends at the bottome flat; then Boyle them in White wine and Sugar, untill the sirrup grow thick; then take the Wardens from the sirrup in a clear dish, and let them cool; then set them into the coffin, and prick cloves in the tops, with whole stickes of cinamon, and great store of Sugar, as for Pippins: then cover it, and only reserve a vent hole, so set it in the Oven and bake it: when it is bak'd draw it forth, and take the first sirrup in which the wardens were boiled, and taste it, & if it be not sweet enough, then put in more sugar, and some Rose-water, and Boyle it again a little: then pour it in at the vent hole, and shake the pie well: then take sweet butter, and Rose-water melted, and with it annoint the pie-lid all over, and then strow of it store of sugar, and so set it into the oven again a little space, and then serve it up: and in this manner you may also bake Quinces.

Take the best and sweetest Woord, and put to it good store of sugar: then pare and cover the Quinces clean, and put them therein, and Boyle them till they grow tender: then take out the quinces, and let them cool, and let the pickle in which they were boiled stand to coole also: then straine it through a raunge or five, then put the Quinces into a sweet earthen pot: then pour the pickle or sirrup unto them, so as all the Quinces may be quite covered all over: then stop up the pot close.
and set in a dry place, and once in six or seven weekes look unto it; and if you see it shrunk, or doe begin to hoar or mould, then powre out the pickle or sirrup, and renewing it, Boyle it over again, and as before put it to the Quinces being cold, & thus you may preserve them for the use of baking, or otherwise all the yere.

Take Pippins of the fairest, and pare them, and then divide them just in the halfes, and take out the chores clean: then having rold the coffin flat, and raised up a small veredge of an inch, or more high, lay in the Pippins with the hollow side downward, as close one to another as may be: then lay here and there a clove, and here and there a whole stick of Cinnamon, and a little bit of butter: then cover all clean over with Sugar, and so cover the coffin, and bake it according to the manner of Tarts; and when it is bak'ed, then draw it out, and having boyled butter and rose-water together, annoint all the lid over therewith, and then scrape or strau on it good store of Sugar, and so set it in the oven again, and after serve it up.

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

Take Codlins as before said, and pill them and divide them in halfes, and chore them, and lay a leare thereof in the bottome of the pie: then scatter here and there a clove, and here and there a piece of whole Cinnamon, then cover them all over with Sugar, then lay another
another leare of Codlins, and do as before said, and so another, till the Coffin be all filled, then cover all with sugar, and here and there a Clove and a Cinnamon-stick, and if you will a slice of Orange peel and a Date; then cover it, and bake it as the Pies of that nature: when it is bak't, draw it out of the Oven, and take of the thickest and best Creame with good store of Sugar, and give it one Boyle or two on the fire, then open the pie, and put the Creame therein, and mith the Codlins all about; then cover it, and having trimd the lidde (as was before shewed in the like pies and tarts) wet it into the oven again for halfe an hour, and so to serve it forth.

Take the fairest Cherries you can get and pick them cleane from leaves and stalkes: then spread out your Cherry Tart coffin as for your pippin Tart, and cover the bottome with sugar: then cover the sugar all over with Cherries, then cover those Cherries with sugar, some stickes of Cinnamon, and here and there a Clove: then lay in more Cherries, and so more sugar, Cinnamon and Cloves, till the coffin be filled up: then cover it, and bake it in all points as the Codling and pippin Tart, and so serve it: and in the same manner you may make Tarts of Gooseberries, Strawberries, Raspberries, Bilberries, or any other Berry whatsoever.

Take Rice that is cleane picked, and boyle it in sweet Creame, till it be very soft: then let it stand and coole, and put into it good store of Cinnamon and Sugar, and the yolkes of a couple of Eggs and some Currants, stir and heat all well together, then having made the coffin in the manner before said for other Tarts, put the Rice therein, and spread it all over the coffin: then breake many little bits of sweet butter upon it all over and
and scrape some sugar over it also, then cover the tart, & bake it, and trim it in all points, as hath been before shewed, and so serve it up.

Take the Kidneys of veale after it hath been well roasted, and is cold; then shred it as fine as is possible; then take all sorts of sweet herbs, or flowering herbs, which have no bitter or strong taint, and chop them as small as may be, and putting the veale into a large dish put the herbs unto it, and good store of clean washed Currants. Sugar, Cinamon, the yolkes of four eggs, a little sweete Creame warmed, and the fine grated crummes of a halfe penny loaf and salt, and mixe all exceedingly together: then take a deepe pewter dish and in it lay your past very thin rowld out, which paste you must mingle thus: Take of the finest wheat flour a quart, & a quarter so much sugar, and a little Cinamon; then breake into it a couple of Egges, then take sweete creame and butter melted one the, and with it knead the paste, and as was before said, having spread butter all about the dishes sides: then put in the veale, and breake pieces of sweet butter upon it, and scrape sugar over it; then rowle out another paste reasonable thick, and with it cover the dish all over, cloising the two pasts with the beaten whites of Egges very fast together, then with your knife cut the lid into diverse pretty works according to your fancy, then set it in the oven & bake it with pies and tarts of like nature: when it is bak't, draw it and trim the lid with sugar, as hath been shewed in tarts, and so serve it up your second course.

Take of the fairest damaske pruens you can get, and put them in a cleane pipkin with faire water, Sugar, unbruised Cinamon, and a branch or two of Rosmary,
mary, and if you have bread to bake, stew them in the oven with your bread: if otherwise stew them on the fire: when they are stewed, then bruise them all to mash in their sirrop, and strain them into a clean dish; then boil it over again with sugar, Cinnamon and Rose-water, till it be as thick as Marmelad: then set it to cool, then make a reasonable tuffe past with fine flower, Water, and a little butter, and rowl it out very thinne: then having patterns of paper cut into divers proportions as Beasts, Birds, armes, Knots, Flowers and such like: Lay the patterns on the paste, and so cut them accordingly: then with your fingers pinch up the edges of the past, and set the work in good proportion: then prick it well all over for rising, and set it on a clean sheet of large paper, and so set into the oven, and bake it hard; then drawe it, and set it by to coole; and thus you may doe by a whole Oven full at one time, as your occasion of experience is: then against the time of service comes, take of the confection of prunes before rehearsed, and with your Knife or a spoon fill the coffin according to the thicknesse of the verge; then strow it over with carraway comsets, and prick long comsets upright in it, and so taking the paper from the bottom serve it on a plate in a dish or charger, according to the bignesst of the tart, and at the second course, and tart carrieth the colour black.

Take apples and pare them, and slice them thin from Aple-tart, the shore into a pipkin with whitewine, good store of Sugar, Cinnamon, a few Saunders and Rose-water, and so boyle it till it be thick; then cool it, and strain it and beat it very well together with a spoon, then put in into the coffin as you did the Pruettart, and adorn.
A Spinage tart.

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

Take good store of Spinage, and Boyle it in a Pipkin, with White-wine, till it be very soft as pap; then take it and strain it well into a pewter dish, not leaving any part unstrained; then put to it Rosewater, great store of sugar and cinamond, and Boyle it till it be as thick as Marmalad, then let it cool, and after fill your coffin and adorn it, and serve it in all points as you did your pruen tart, and this carryeth the colour green.

Take the yolkes of Eggs and break away the white, and beat them well with a little cream: then take of the sweetest and thickest cream that can be got, and set it on the fire in a clean skillet, and put into it sugar, cinamond Rosewater, and then Boyle it well: when it is boiled, and still boiling stirre it well, and as you stir it put eggs, and so Boyle it till it curdle, then take it from the fire, and put it into a strainer, and first let the thin whey run away into a by dish, then straine the rest very well, and beat it well with a spoon, and so put it into the tart coffin, and adorn it as you do your pruen tart, and so serve it and this carryeth the colour yellow.

Take the whites of eggs and beat them with Rosewater, and a little sweet cream; then set on the fire good thick sweet cream, and put into it sugar cinamond, Rosewater, and Boyle it well, and as it Boyle stirre it exceedingly, and in the stirring put in the whites of eggs then Boyle it till it curdle, and after do in all those as you did to the yellow tart; and this carryeth the color white, and it is a very pure white, and therefore would be adorned with red carraway comsets, and as this so

A white tart.
with blanched almonds like white tarts and full as pure. Now you may if you please put all these several colours, and several fillings into one tart, as these. If the tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another, and the tail of another; and of birds, the body of one colour, the eyes another, the legs of another, and every feather in the wings of a several color according to fancy; and so likewise in arms, the field one colour, the charge of another, according to the form of the coat armour; as for the mantles, trails, and devices about arms, they may be set out with several colours of preserves, conserves, marmalades, and good in cakes; as you shall find occasion or invention, and so likewise of knots, one tangle of one colour, and another of another, and so on as many as you please.

Take Sorrell, spinach, parsley, end boil them in water till they be very soft as pap, then take them up, press the water clean from them, then take good store of yolks, of eggs bold very hard, and chopping them with the herbs exceeding small, then put in good store of currants, sugar and cinnamon, and stir all well together; then put them into a deep tart coffin with good store of sweet butter, and cover it, and bake it like a pippin tart, and adorn the lid after the baking in that manner, also and so serve it up.

Take a quart of the best cream, and let it on the fire and slice a loaf of the lightest white bread into thin slices, and put into it, and let it stand one the fire till the milk begin to rise; then take it off, and put it into a basin, and let it stand till it be cold; then put in the yolks of four eggs, and two whites good store of currants and sugar.
Sugar, Cinamon, Cloves, Mace, and plenty of Sheep's (uet
finely thred, and a good seacon of Salt, then trim your
pot very well round about with butter, and so put in
your pudding, and bake it sufficiently, then when you
serve it, strewe sugar upon it.

Take the best and sweetest cream, and boile it with
good store of Sugar, and Cinamon; and a little rose-water,
then take it from the fire & put into it clean pickt
rice, but not so much as to make it thick, & let it steep
therein till it be cold, then put in the yeakes of six eggs &
two whites, Currants, Cinamon, Sugar, & rose-water,
and salt, then put it into a pan or pot as thin as it were
a custard; and so bake it, and serve it in the pot it is ba-
ked in, trimming the top with sugar or comfits.

There are a world of other bake meats and Pies
but for as much as who soever can do these may do all
the rest, because herein is contained all the art of sea-
sonings, I will trouble you with no farther repetition;
but proceed to the manner of making Banquetting
stuffe, & conceived dishes, with other pretty and curi-
ous secrets necessary for the understanding of our En-
lish Housewife: for albeit they are of generall use,
yet in their due times, they are so neecessfull for ador-
nation, that whosoever is ignorant therein, is lame, and
but the half part of a Housewife.

To make paste of Quinces, first boil your Quinces
whole and when they are soft, pare them and cut the
Quince from the core; then take the finest Sugar you
get, finely beaten & leared, & put in a little rose-wa-
ter, and boile it together till it be thick; then put in the
cut Quinces and so boil them together till it be stiffe
enough to mold, and when it is cold then roll it, and
print it: a pound of Quinces will take a pound of sugar
of
To make thin quince cakes.

To make thin quince cakes, take your quince when it is boiled soft, as before laid, and dry it upon a pewter plate with soft neat, &e be ever stirring of it with a slice till it be hard, then take learned sugar quantity for quantity &c stir it into the quince, as you beat it in a wooden or stone mortar; &c to rope the thin &c print them.

To preserve quinces, first pare your quinces &c take out the cores, and boil the cores and parings all together in fair water, and when they begin to be soft, take them out and straine your liquor, and put the weight of your quinces in sugar, and boile the Quinces in the sparrup till they be tender; then take them up &c boile the sparrup till it be thick: If you will have your quinces red, cover them in he boiling, and if you will have them white do not cover them.

To make Ipocras take a potter of wine 2 ounces of good cinamon half an ounce of ginger, 9 cloves, &c six pepper corns, and a nutmeg, &c bruise them &c put the into the wine with some rosemary flowers, &c so let them sleep all night, &c then put in sugar a pound at first &c when it is well setted, let it run through a woollen bag made for that purpose; thus if your wine be claret Ipocras will be red if white the of that color also.

To make the best jelly, take calves feet &c wash them &c scald off the hair as clean as you can get it; then split them &c take out the fat and lay them in water &c shift them, then bruise them in fair water vattill it will jelly, which you shall know by now and then cooling a spoonful of the broth, when it will jelly then straine it, and when it is cold then put in a pint of sack and whole Cinamon and Ginger slice, and sugar and a little rose-water, and boyle all well together again.

Then
Then beate the white of an Egg and put it into it, and let it have one boile more: then put in a Branch of Rosemary into the bottome of your jelly bag, and let it runne through once or twice, and if you will have it coloured, then put in a little Townesall. Also if you want calves feete you may make as good jelly if you take the like quantity of Isinglasse, and so use no calves feete at all.

To make the best Leach, take Isinglasse & lay it two houres in water, and shift it and boyle it in fair water and let it coole: Then take Almonds and lay them in cold water till they will blanch: And then stamp them and put to new milk, and straine them and put in whole Mace and Ginger siccat, and boyle them till it tast well of the spice: then put in your Isinglasse, and sugar, and a little Rose-water, and then let them all run through a strainer.

Take Claret wine and colour it with Townesall, and put in sugar and set it to the fire: then take wheat bread finely grated and sifted, and Licorice, Aniseeds, Ginger and Cinnamon beaten very small and fearfed: and put your bread & your spice altogether, and put them into the wine and boyle it & stir it till it be thick: then mould it and print it at your pleasure, and let it stand neither too moist nor too warme.

To make red Marmelade of quinces: take a pound of Quinces and cut them in halves, and take out the cores and pare them: then take a pound of Sugar and a quart of fair water and put them all into a pan, and let them boyle with a soft fire, and sometime turne them and keep them covered with a Pewter dish, so that the steeme or ayre may come a little out: the longer they are in boyling the better colour they will have: and when
when they be soft take a knife, and cut them crosse up on the top, it will make the sirrup go through that they may be all of the like colour: then let a little of your sirrup to cool, and when it beginneth to be thick then break your quinces with a slice or a spoon to small as you can in the pan, and then strow a little fine sugar in your boxes bottom, and so put it up.

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

To make the best Jumbals, take the whites of three Eggs, and beat them well, and take of the froth; then take a little milk, and a pound of fine wheat flour and sugar together finely sifted, and a few Anniseeds well rub'd and dried, and then work all together as stiffe as you can work it, and so make them in what formes you please, and bake them in a soft oven upon white Papers.

To make Bisket bread, take a pound of fine flour, and a pound of sugar finely beaten and leared & mix them together: Then take eight Eggs, and put foure yolkes, and beat them very well together: then strow in your flour and sugar as you are beating of it, by a little at once, it will take very near an hours beating; then take halfe an ounce of Anniseeds and Coriander seeds, and let them be dried, and rub'd very cleane, and put them in; then rub your bisket pans with cold sweet butter as thin as you can; and so put it in, and bake it in an oven: but if you would have thinne Cakes, then take Fruit-dishes, and rub them in like fort with butter, and so bake your Cakes on them, and when they
they are almost baked, turne them, and thrust them down clore with your hand. Some to this Bisket bread will adde a little cream, and it is not amisse, but excellent good also.

To make Jumbals more fine and curious than the former, and nearer to the taste of the Macaroon: take a pound of sugar, beat it fine: then take as much fine wheat flower, and mixe them together: then take two whites, and one yolk of an Egge, halfe a quarter of a pound of blanched Almonds: then beat them very fine all together, with halfe a dish of sweet butter, and a spoonfull of Rose-water, and so worke it with a little cream till it come to a very stiff paste, then roul them forth as you please: and hereto you shal also, if you please, adde a few dryed Annis seeds finely rubbed, and strewed into the paste, and also Coriander seed.

To make dry sugar leach, blanch your Almonds, and heat them with a little Rose-water, and the white of one egg, and you must beat it with a great deale of sugar, and work it as you would work a piece of past: then roule it, and print it as you did other things, only be sure to strew sugar in the print for fear of cleaving too.

To make Leache Lumbard, take halfe a pound of blanched Almonds, two ounces of cinamon beaten and seared, half a pound of sugar; then beat your Almonds, and strew in your sugar and cinamon till it come to a paste: then roule it, and print it, as aforesaid.

To make fresh cheese, take a pottle of milk as it comes from the cow, and a pint of cream: then take a spoonfull of runnet or earning, and put it unto it, and let it stand two houres: then stir it up, and
and put it into a fine cloth, and let the Whey drain from it: then put it into a bowl, and take the yolk of an Egg, a spoonfull of Rose-water, and bray them together with a very little Salt, with Sugar and Nutmegs, and when all these are brayed together, and beaten, mix it with the curd, and then put it in the Cheese-fart with a very fine cloth.

To make coarse Ginger-bread, take a quart of honey and set it on the coals and refine it: then take a penny worth of Ginger, as much Pepper, as much Licorice and a quarter of a pound of Aniseeds, and a penny worth of Saunders: all these must be beaten and feared, and so put into the Honey: then put in a quarter of a pint of Clarier wine, or old Ale; then take three penny manchetts finely grated, and strow it amongst the rest, and stir it till it come to a stiffe paste, and then make it into cakes, and dry them gently.

To make ordinary Quince cakes, take a good piece of a preserved Quince, and beat it in a mortar, and work it up into a very stiffe paste with fine sweet sugar: then print it, and dry them gently.

To make most Artificial Cynamon stickes, take an ounce of Cynamon, and pound it, and halfe a pound of Sugar: then take some Gumme Dragon, and put it in steepe in Rose-water; then take thereof to the quantity of a Hasell-nut, and work it out, and print it, and role it in form of a Cynamon-stick.

To make Cynamon water, take a potde of the best Ale, and a potde of Sack-lees, a pound of Cynamon sliced fine, and put them together, and let them stand two days; then distill them in a Limbeck, or Glassze Still.

To make Wormwood water, take two Gallons of good Ale, a pound of Annifeedes, half a pound of Lin.
To make sweet water.  

To make sweet water of the best kind, take a thousand Danish Roses, two good handfuls of Lavender tops, a three penny weight of Mace, two ounces of Cloves bruised, a quart of running water; put a little water into the bottom of an earthen pot, and then put in your Roses and Lavender, with the spices by little and little, and in the putting in, always knead them downe with your fist, and so continue it until you have wrought up all your Roses and Lavender, &c. in the working between put in always a little of your water; then stop your pot close, and let it stand four dayes, in which time, every morning and evening put in your hand, and pull from the bottome of your pot the said Roses working it for a time, and then distill it, and hang in the glasse of water a graine or two of Musk, wrappe in a piece of Sartenet or fine cloth.

Others to make sweet water, take of trees two ounces, of Cattamus half an ounce, of Cipress roots half an ounce, of yellow Saunders nine grains, of Cloves bruised one ounce of Benjamin one ounce, of Sorsan and Cattamus one ounce, and of Musk twelve grains, and infusing all these in Rose water distill it.

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

To make sugar paste, take Guimme Dragon, and lay it in Rose water two dayes; then take the powder
der of faire Hepps and Sugar, and the juyce of an Orange; beat all these together in a Mortar, then take it out, and work it with your hand, and print it at your pleasure.

To make excellent spice Cakes, take half a peck of very fine Wheat-flower, take almost one pound of sweet butter, and some good milke and cream mixt together, let it on the fire, and put in your butter, and a good deal of sugar, and let it melt together: then strain Saffron into your milk a good quantity: then take seven or eight spoon-tulls of good Ale-barm, and eight egges with two yelks, and mixe them together, then put your milk to it when it is somewhat cold, and into your flower put salt, Aniseeds bruised, Cloves, and Mace, and a good deal of Cinamon: then work all together good and stiffe, that you need not work in any flower after: then put in a little rose-water cold, then rub it well in the thing you knead it in, and work it thoroughly: if it be not sweet enough, scrape in a little more Sugar, and pull it all in pieces, and hurle in a good quantity of Currants, and so worke all together againe, and bake your Cake as you see cause, in a gentle warme Oven.

To make a very good Banbury Cake, take four pounds of Currants, & wash and pick them very clean, and dry them in a cloth: then take three eggs, and put away one yelke, and beat them and strain them with barme, putting thereto Cloves, Mace, Cinamon, and Nutmegges, then take a pint of Creame, and as much mornings milk, and let it on the fire till the cold be taken away; then take flower, and put in good store of cold butter and Sugar, then put in your egges, barme, and meale, and worke them all together an houre or more;
more; then save a part of the paste, and the rest break in pieces, and work in your currants, which done, mold your cake of what quantity you please, and then with that, paste which hath not any currants, cover it very thin, both underneath, and a loft. And so bake it according to the bignesse.

To make the best march-panne, take the best Jordan almonds, and blanch them in warm water, then put them into a stone mortar, and with a wooden pestle beat them to pap, then take of the finest refined sugar, well scart, and with it Damaske rose-water, beat it to a good stiff paste, allowing almost to every Jordan almond, three spoonful of sugar: then when it is brought thus to a paste, lay it upon a fair table, and throwing scart sugar under it, mould it like leaven, then with a rolling pin role it forth, and lay it upon wafers washt with rose-water, then pinch it about the sides and put it into what form you please; then strow scart sugar all over it; which done, washt it over with rose-water and sugar mixt together, for that will make the ice; then adorn it with comfits, building, or whatsoever devices you please, and so let it into a hot stove, and there bake it crispie, and so serve it forth. Some use to mixe with the paste, cinamon and ginger finely scart, but I referre that to your particular taste.

To make paste of Genoa, you shall take quinces after they have been boyled soft, and beat them in a mortar with refined sugar, cinamon and ginger finely scart, and damask rose-water till it come to a stiffe past; and role it forth, and print it, and so bake it in a stove; and in this sort you may make paste of pears, apples, wardens, plumes of all kinds, cherries, barberries or what other fruit you please.
To make conserve of any fruit you please, you shall take the fruit you intend to make conserve of, and if it be stone-fruit you shall take out the stones: if other fruit, take away the paring and chore, and then boil them in fair running water to a reasonable height: then draine them from thence, and put them into a fresh vessell with Claret wine, or White wine, according to the colour of the fruit: and so boil them to a thick pap all to mashing, breaking and stirring them together: and then to every pound of pap, put to a pound of Sugar, and so stir them all well together, and being very hot, strain them through faire strainers, and so pot it up.

To make conserve of Flowers, as Roses, Violets, Gilli flowers, and such like; you shall take the flowers from the stalks, and with a pair of sheeres cut away the white ends at the roots thereof, and then put them into a stone morter, or wooden brake, and there crush, or beat them, till they be come to a soft substance: and then to every pound thereof, take a pound of fine refined sugar, well sear'd, and beat it all together, till it come to one more body, & then pot it up, & use it as occasion shall serve.

To make the best wafers, take the finest wheat flower you can get, and mixe it with creame, the yelkes of eggs, Rose-water, Sugar, and Cinnamon, till it be a little thicker than Pancake-batter, and then warming your wafer Irons on a char-coale-fire, anoint them first with sweet butter, and then lay on your batter and presse it, and bake it white or brown at your pleasure.

To make an excellent Marmalade of Oranges, take the Oranges and with a knife pare off as thin as is possible, the uppermost rinde of the Orange: yet in such
fort, as by no means you alter the color of the Orange; then steep them in fair water, changing the water twice a day, till you find no bitterness of taste therein; then take them forth, and first boil them in fair running water, and when they are soft, remove them into rose-water, and boil them therein till they break: then to every pound of the pulpe, put a pound of refined Sugar, and to having made and stirred them all well together, strain it through very fair strainers into boxes, and so use it as you shall see occasion.

**Additions to banquetting stuffe. To make fine Cakes.**

Take a potte of fine flour, and a pound of sugar, a little Mace, and good store of water to mingle the flower into a stiffe paste, and a good season of Salt, and so knead it, and role out the cake thin, and bake them on papers.

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

**To preëerve Quinces for Kitchin service.**

Take sweet Apples, and stamp them as you doe for Cider, then press them through a bag as you doe Verr, juyce, then put it into a firkin wherein you will keep your Quinces, and then gather your Quinces, and wipe them clean, and neither shave them nor pare them, but only take the blacks from the tops, and so put them into the firkin of Cider, and therein you may keep them all the year very fair, and take them not out of
of the liquor, but as you are ready to use them, whether it be for pies, or any other purpose, and then pare them, and Chore them as you thinke good.

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

Take Quinces and wipe them very cleane, and then Chore them, and as you Chore them, put the chores straight into faire water, and let the chores and the water boyle; when the water boyleth, put in the Quinces unpard, and let them boyle till they be tender, and then take them out and pare them, and ever as you pare them, put them straight into sugar finely beaten: then take the water they were sodden in, & strain it through a fair cloth, and take as much of the same water as you thinke will make sirrup enough for the Quinces, and put in some of your Sugar and let it boyle a while, and then put in your Quinces, and let them boyle a while, and turne them, and cast a good deale of sugar upon them; they must steep apace, and ever as you turne them, cover them still with sugar, till you have bestowed all your sugar; and when you thinke that your Quinces are tender enough, take them forth, and if your sirrup bee not stiffe enough, you may steep it again after the Quinces are forth. To every pound of Quinces you must take more then a pound of Sugar: for the more Sugar you take, the fairer your Quinces will bee; and the better and longer they will be preserved.

To make Ipocras.

To preserve Quinces.

Take
Take two gallons of faire water, and set it on the fire, and when it is luke-warme, beat the whites of five or six Egges, and put them into the water, and shirre it well, and then let the water seeth, and when it riseth up all on a curd, then scumme it off: Take Quinces and pare them, and quarter them, and cut out the chores: Then take as many pound of your Quinces as of your Sugar, and put them into your liquor, and let it boyle till your liquor be as high coloured as French Wine, and when they be very tender, then take a faire new canvase cloth faire washt, and straine your Quinces through it with some of your liquor; (if they will not goe through easily) then if you will make it very pleafant, take a little Muske, and lay it in Rosé-water, and put it thereto; then take and seeth it, untill it bee of such substance, that when it is cold, it will cut with a knife; and then put it into a faire boxe, and if you please, lay leafegold thereon.

Take all the parings of your Quinces that you make your Conserve withall, and three or foure other Quinces, and cut them in pieces, and boyle the same parings, and the other pieces in two or three gallons of water, and so let them boyle till all the strength bee sodden out of the said Quinces and parings, and if any skum arise whilst it boyles, take it away: then let the said water runne thorough a strayner into a faire vessell, and set it on the fire again, and take your Quinces that you will keepe, and wipe them cleane, and cut off the uttermoft part of the said Quinces, and picke out the kernels and chores as clean as you can, and put them into the said liquor, and so let them boyle till they be a little soft, and then take them from the fire, and let them stand till they be cold; then
then take a little barrell, and put into the said barrell, the water that your Quinces be sodden in; then take up your Quinces with a Ladle, and put them into your barrell, and stop your barrell close, that no ayre come into them, till you have fit occasion to use them; and be sure to take such Quinces as are neither bruised nor rotten.

Take of the best sugar, and when it is beaten scarce it very fine, and of the best Ginger and Cinamon; then take a little Gum-dragon, and lay it in Rose-water all night, then pour the water from it, and put the same with a little White of an Egge well beaten into a brasse morter, the Sugar, Ginger, Cinamon, and all together, and beat them together till you may work it like paste; then take it and drive it forth into Cakes, and print them, and lay them before the fire, or in a very warme Stove to bake. Or otherwise, take Sugar and Ginger (as is before said) Cinamon and Gum-dragon excepted, instead whereof, take onely the Whites of Egges, and so doe as was before shewed you.

Take Curds, the paring of Limons, of Oranges, or Pouncithrons, or indeed any halfe-ripe greene Fruit, and Boyle them till they bee tender in sweet Wort; then make a sirrop in this sort: take three pound of Sugar, and the whites of four Eggs, and a gallon of water, then swinge and beat the water and the Eggs together; and then put in your Sugar, and set it on the fire, and let it have an easier fire, and so let it boyle five or seven walmes, and then straine it thorow a cloth, and let it seeth againe till it fall from the spoone, and then put it into the rindes or fruits.

Take a quart of Hony clarified, and seeth it till it bee course Gin-browne, and if it be thicke, put to it a dish of water; and the
then take fine crummes of white bread grated, and put to it, and stirre it well, and when it is almost cold, put to it the powder of Ginger, Cloves, Cinnamon, and a little Licorice and Aniseseeds: then knead it, and put it into moulds and print it: some use to put to it also a little Pepper, but that is according unto taste and pleasure.

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

Thus having shewed you how to preserve, conserve, candy, and make pasts of all kinds, in which four heads consits the whole art of Banqueting dishes; I will now proceed to the ordering or setting forth of a Banquet, wherein you shall observe, that March-panes have the first place, the middle place, and last place: your preferred fruits shall be diht up first, your pasts next, your wet suckets after them, then your dryed suckets, then your Marmelades and Goodiniakes, then your comsets of all kinds; Next, your peares, apples, wardenes bakt, raw or roasted, and your Oranges and Limons sliced; and lastly your Wafer-cakes. Thus you shall order them in the clozet, but when they goe to the table, you shall first fend forth a dish made for shew onely, as Beaste, Bird, Fish, Fowle, according to invention: then your Marchpane, then preserved Fruit, then a Paffe, then a wet sucket, then a dry sucket, Marmelade, comsets, apples, peares, wardenes, Oranges and Limons sliced; and then waferes, and another dish of preserved fruits.
fruits, and so consequently all the rest before: no two
dishes of one kind going or standing together, and this
will not only appeare delicate to the eye, but invite the
appetite with the much variety thereof.

Now we have drawne our House-wif into these se-
veral Knowledge of Cookery, in as much as in her is
contained all the inward offices of Househo, we will
proceed to declare the manner of serving and setting
forth of meat for a great Feast, and from it derive mea-
ner, making a due proportion of all things: for what a-
vailes it our good House-wif to be never so skilfull in
the parts of Cookery, if the want skill to marshall the
dishes, and set everyone in his due place, giving prece-
dency according to fashion and custome? It is like to a
Fencer leading a band of men in a rout, who knows the
use of the weapon, but not how to put men in order. It
is then to be understood, that it is the office of the Clerk
of the Kitchin (whose place our House-wif must many
times supply) to order the meat at the Desser, and de-
lever it unto the Sewer, who is to deliver it to the Gen-
tlemen and Yeomen-waiters to bear to the Table. Now
because wee allow no Officers but our House-wif, to
whom wee onely speake in this Booke, shee shall first
marshall her sallets, delivering the grand sallet first,
which is evermore compound: then greene Sallets,
then boyled sallets, then some smaller compound sallets.
Next unto Sallets shee shall deliver forth all her frica-
fetes, the simple first, as collops, rashers, and such like:
then compound fricases, after them all her boyled meats
in their degree, as simple broths, stewd-broth, and the
boylings of sundry Fowles. Next them all sorts of rost-
meats, of which the greatest first, as chine of Beefe, or
surloyn, the gigget or Legs of Mutton, Goose, Swan,
Veale,
Veale, Pig, Capon, and such like. Then bak't-meates, the hot first, as Fallow-deere in Pastry, Chicken, or Calves-foot-pie and Douset. Then cold bak't-meates, Pheasant, Partridges, Turkie, Goose, Woodcock, and such like. Then lastly, Carbonados both simple and compound. And being thus Marshall'd from the Dresser, the Sewer upon the placing them on the table, shall not set them down as he received them, but setting the Sallets extravagantly about the table, mixe the Fricases about them; then the boild meats amongst the Fricases, rost meates amongst the boyld, bak't meates amongst the rost, and Carbonados amongst the bak't, so that before every trencher may stand a Sallet, a Fricase, a boild meat, a Roist meat, a Bak't meat, and a Carbonado, which will both give a most comely beauty to the Table, and very great contentment to the Gueffe. So likewise in the second course she shall first preferre the lesser wild-fowle, as Mallard, Teyle, Snipe, Plover, Woodcocke, and such like: then the lesser land-fowles, as Chicken, Pidgeons, Partridge, Raile, Turky, Chickens, young Pea-hens, and such like.

Then the greater wild-Fowle, as Bitter, Hearne, Shoveler, Crane, Bystard, and such like. Then the greater land-fowles, as Peacocks, Pheasant, Puetts, Gullis, and such like. Then hot bak't meates; as Marybone-pie, Quince-pie, Florentine, and Tarts.

Then cold bak't meates, as Red Deere, Hare-pie, Gammon of Bacon-pie, wild Bore, Roe-pie, and such like, and these also shall be marshald at the Table, as the first course not one kind altogether, but each several sort mixt together, as a lesser wild-fowle and a lesser land-fowle; a great wild-fowle, and a great land-fowle; a hot bak't meat and a cold: and for made dishes
dishes and Quelquechose, which relive on the inventi-
on of the Cooke, they are to bee thrust in into ev-
ry place that is empty, and so sprinkled over all the table:
and this is the best method for the extraordinary great
feasts of Princes. But in case it be for much more hum-
gle meanes, then lesser care and fewer dishes may dis-
charge it: yet before I proceed to that lower rate, you
shall understand, that in these great Feasts of Princes,
though I have mentioned nothing but flesh, yet is not
fish to be exempted: for it is a beauty and an honour
unto every Feast, and is to be placed amongst all the se-
veral services, as thus: amongst your Sallets all sorts
of souced fish that lives in the fresh water; amongst your
Fricases all manner of fryde fish; amongst your boild-
meates, all fish in broaths; amongst your rost meates,
all fish served hot, but drie; amongst the bake meates,
sea fish that is souct, as Sturgion and the like; and
amongst your Carbonados, fish that is broyld. As for
your second course, to it belongeth all manner of shell-
fish, either in the shell, or without; the hot to goe up
with the hot meat, and the cold with the cold.

And thus shall the Feast bee royall, and the Service
worthy.

Now for a more humble Feast, or an ordinary pro-
portion which any good man may keep in his Family,
for the entertainment of his true and worthy friends,
it must hold limitation with his provision, and the sea-
on of the yeare; for Summer affords what Winter
wants, and Winter is master of that which Summer can
but with difficulty have: it is good then for him that
intends to feast, to set down the full number of his full
dishes, that is, dishes of meat that are of substance, and
not empty or for shew; and of these sixteene is a
good
good proportion for one course unto one mess, as thus
for example. First, a shield of Brawne with mustard;
Secondly, a Royst capen; Thirdly, a Royst pece of
Beefe. Fourthly, a chine of Beefe rostet: Fiftly, a
neats tongue rostet: Sixtly, a Pigge rostet: Seventh-
ly, chewets bak't; Eightly, a goole rostet: Ninethly,
a swan rostet: Tenthly, a taryke rostet; the eleventh, a
haunch of venison rostet; the twelth, a pasty of veni-
on; the thirteenth, a Kid with a pudding in the belly;
the fourteenth, an olive pyc; the fifteth, a couple of
capons; the sixteenth, a custard or doufets. Now to
these full dishes may be added in sallets, fricases, quel-
quechooses, and devised paste, as many dishes more,
which make the full service no lesse than two and thir-
ty dishes, which is as much as can conveniently stand,
on one table, and in one mess; and after this manner
you may proportion both your second and third course
holding fulnesse in one halfe of the dishes, and shew in
the other, which will bee both frugall in the spendor,
contentment to the guest, and much pleasure and del-
light to the beholders. And thus much touching the
ordering of great feast and ordinary contentments.

CHAP. 3.

Of Distillations, and their vertues, and of
perfuming.

When our English House-wife is exact in these
rules before rehearsed, and that she is able to
adore and beautifie her table, with all the
vertuous illustrations meet for her knowledge; she shall
then fort her mind to the understanding of other hous-
wifely secrets, right profitable and meete for her use,
such as the want thereof may trouble her when need or time requires.

Therefore first I would have her furnish her self of very good Stils, for the distillation of all kinds of Waters, which Stils would either be of Tin, or Sweet Earth, and in them she shall distill all sorts of Waters meet for the health of her household, as Sage Water, which is good for all Rhumes, and Collicks; Radish water, which is good for the stone, Angelica water, good for infection: Celadine water for sore eyes: Vine water for itchings; Rose water, and Eye-bright water for dim sights; Rosemary water for Fiduloses; Treacle water for mouth Canker; water of Cloves for pain in the Stomacke; Saxifrage water for gravel and hard Urine; Allum water for old Ulcers, and a world of others, any of which will last a full yeare at the least: Then shee shall know that the best waters for the smoothing of the skin, and keeping the face delicate and amiable, are those which are distilled from Bean-flowers, from Strawberries, from Vine leaves, from Goats-milk, from Asses milk, from the whites of Eggs, from the flowers of Lillies, from Dragons, from Calves feet, from bran, or from yolkes of Eggs, any of which will last a year or better.

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

Take of Rosemary flowers two handfuls, of Marjoram, Winter-savory, Rosemary, Rew-what Time Germander, Rybwort, Harts tongue, Moulsare, White wormewood, Bugloss, red Sage, Liver wort, Hoarehound,
hound, fine Lavender, Hop-crops, Penny royall, Red fennel, of each of these one handfull; of Elecompaine rootes, clean pared and sliced, two handfulls. Then take all these aforesaid and shred them, but not wash them, then take four gallons and more of strong Ale, and one gallon of sack-lees, and put all these aforesaid hearbes thred into it, and then put into it one pound of Licoras bruised, halfe a pound of Anyseeds cleanset and bruised, and of Mace and Nutmegs bruised of each one ounce: then put altogether into your stilling-pot, close covered with Rye paste, and make a soft fire under your pot, and as the head of the Limbecke heateth, draw out your hot water and put in cold, keeping the head of your Lymbecke still with cold water, but see your fire bee not too rash at the first, but let your water come at leisure; and take heed unto your stilling, that your water change not white: for it is not so strong as the first draught is; and when the water is distilled, take a gallon glasse with a wide mouth, and put therein a pottle of the best water and clearest, and put into it a pottle of Rosa solis, halfe a pound of Dates bruised and one ounce of grains and half a pound of Sugar, half an ounce of seed pearle beaten, three leaves of fine gold, stirre all these together well, then strop your glasse, and set it in the sunne the space of one or two months, and then clarifie it and use it at your discretion: for a spoonfull or two at a time is sufficient, and the vertues are infinite.

Fill a pot with red wine clean and strong, and put therein the powders of Cammomile, Gilli-flowers, Ginger, Pellitory, Nutmeg, Gallengall, Spicknard, Que-nebus, grains of pure long pepper, blacke Pepper, Conv...
Commin, Fennel seed, Smalledge, Parsley, Sage, Riew, Munt, Calamint, and Horthow, of each of them a like quantity, and beware they differ not the weight of a dramme under or above: then put all the powders above laid in to the wine, and after put them into the distilling pot, and distil it with a soft fire, and look that it be well heated about with Rye paste, so that no fume or breath go forth, and look, that the fire be temperate: also receive the water out of the Lymbecke into a glass vessel. This water is called the water of Life, and it may be likened to Balm, for it hath all the virtues and properties which Balm hath: this water is clearer, and lighter then Rose water, for it will fleet above all liquors, for if oil be put above this water, it sinketh to the bottom. This water keepeth flesh, and both raw, and sodden, in its own kind and state, it is good against aches in the bones, the poxe and such like either can any thing kept in this water rot or putrify, it doth draw out the sweetness, favour, and virtues of all manner of spices, roots and herbs that are wet or laid therein it gives sweetness to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the pale and trembling joints, and stretching of the sinews, it is good against the cold gout, and it maketh an old man seem young, using to drink it fasting, and lastly it fretteth away dead flesh in wounds, and killeth the canker.

Take Rosemary, Time, Ifloe, Sage, Fennel, Nip, rootes of Elecompane, of each an handful, of Marjerum and Penny-royall of each halfe a handfull, eight flaps of red Mine, halfe a pound of Licoras, halfe a pound of Aniseeds, and two gallons of the best ale that can be brewed, wash all these herbes clean, and put into
the Ale, Licoros, Anis seeds, and herbes into a cleane brasse pot, and set your Limbecke thereon, and paste it round about that no Ayre come out, then distill the water with a gentle fire, and keep the Limbecke cool above, not suffering it to run too fast: and take heed when your water changeth colour, to put another glasse under, and keep the first water, for it is most precious, and the latter water keep by it self, and put it into your next pot, and that shall make it much better.

Take of Balme, of Rosemary Flowers, tops and all, of dryed red Rose leaves, of Penny-royall, of each of these a handful, one root of Elycompane, the whitest that can be got, three quarters of a pound of Licoros, two ounces of Cinamon, two drams of great Mace, two drams of Gallendgall, three drams of Coliander seeds, three drammes of Carraway seeds, two or three Nurnegges cut in foure quarters, an ounce of Anis seeds, a handful of Borrage; you must chuse a faire Sunny day, to gather the hearbs in; you must not wash them, but cut them in sunder, and not too small; then lay all your hearbs in soule all night and a day, with the spices grossly beaten or bruised, and then distill it in order forefard, this was made for a learned Phisitians owne drinking.

Take a gallond of Galcoine-wine, Ginger Gallendgall, Nurneggs, Grains, Cloves, Anis seeds, Fennel-seeds, Carraway seeds, of each one dramme, then take Sage, Mint, Red roses, Time, Pellitory, Rosemary, Wild-time, Camomile, and Lavender, of each a handful, then bray the spices small, and the hearbs also, and put all together into the wine, and let it stand fo twelve houres, stirring it so divers times, then distill it with a Limbeck, and keep the first water, for it is the best; of a gallon of
wine you must not take above a quart of water; this
water comforteth the vital spirits, and helpeth inward
diseases that commeth of cold, as the palsy, the con-
traction of sinewes, also it killeth wormes, and com-
forts the stomack, it cureth the cold dropifie, helpeth
the stone, the stinking breath, and maketh one seeme
young.

Take a pottle of the best Sack, and half a pint of rote
water, a quarter, & half a pound of good cinamon well
bruised but not tmade beaten, distil all these together in
a glasse still, but you must carefully look to it, that it
boil not over hastily, & attend it with cold wet cloaths
to cool the top of the still, if the water should offer to
boil too hastily. This water is very soveraign for the
stomack, the head and all the inward parts; it helpes
digestion, and comforteth the vitall spirits.

1. Take Fennel, Rem, Verwine, Endive, Betony, German-
der, Red-rose, Capillus Venenis, of each an ounce, stamp
them, and keep them with white wine a day & a night
and distill water of them, which water will divide in
three parts: the first water you shall put in a glasse
by itself, for it is more precious then gold, the se-
cond as silver, and the third as Balm, and keep these
three parts in glasses: this water you shall give the
rich for Gold, to meaner for Silver, to poor men for
Balm: this water keepeth the fight in cleneesse, and
purgeth all grosse humours.

2. Take Salgemma a pound, and lap it in a greene
dock leave, and lay it in the fire till it be well roasted
and waxe white, and put it in a glasse against the ayre
a night, and on the morrow it shall be turned to a
white water, like unto Chrystall: keep this water well
in a glasse, & put a drop into the eye, and it shal cleasne
and
and sharp the sight: it is good for any evill at the heart, for the Morphew, and the Canker in the mouth, and for divers other evils in the Body.

3 Take the rootes of Fennell, Parsley, Endive, Bettony, of each an ounce, and first wash them well in lake-warm water, and bray them well with white wine a day and a night, and then distill them into water: this water is more worthy then Balme; it preserveth the sight much, and cleanseth it of all filth, it restraineth tears, and comforteth the head, and avoideth the water that cometh through the pain of the head.

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

5 Take Limmell of Gold, Silver, Latten, Copper, Iron, Steele, and Lead; and take Lethargy of Gold and Silver, take Calumint, and Columbine, and steep all together, the first day in the Urine of a man-child, that is between a day and a night; the second day in white wine; the third day in the juryce of Fennell; the fourth day in the whites of Eggges; the fift day in womans milk that nouriseth a man-child; the sixt in red wine; the seuenth day in the whites of Eggges; and upon the eight day bind all these together, and distill the water of them, and keepe this water in a vessell of Gold or Silver: the vertues of this water, are these: First, it expelles all Rhumes, and doeth away all manner of sicknesse from the eyes, and weares away the pearle pin and web; it draweth againe into his own kind the eye-lids that have been bleeared, it easeth the ache of the head, and if a man drink it, maketh
him look young, even in old age, besides a world of other most excellent virtues.

6 Take the Goldsmith’s stone, and put it into the fire, till it be red hot, and quench it in a pint of white-wine, and do so nine times, and after grind it, and beat it small, and cleanse it as clean as you may, and after set it in the Sun, with water of Fennel distilled, and Vervine, Roses, Celladine and Rem., and a little Aquavvia; and when you have sprinkled it in the water nine times, put it then in a vessell of glasse, and yet upon a reversion of the water distill it, till it passe over the touch foure or five inches; and when you will use it, then stirre it altogether, and then take up a drop with a feather, and put it on your naile, and if it abide, it is fine and good: then put it in the eye, that runneth, or anoint the head with it if it ake, and temples, and believe it, that of all waters this is the most precious, and helpeth the sight, or any pain in the head.

The water of Chervile is good for a sore mouth.

The water of Calamint is good for the stomack.

The water of Planten is good for the fluxe, and the hot dropse.

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

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

Water of Endive is good for the dropse, and for the Jaundifie and the stomack.

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

Water of both Sages is good for the Palsie.

Water of Bettony is good for old age, and all inward sicknesses.
Water of Radish drunk twice a day, at each time an ounce, or an ounce and a halfe, doth multiply and provoke Lust, and also provoketh the terme in women.

Rosemary-water (the face washed therein both morning and night) causeth a faire and cleare countenance; also the head washed therewith, and let dry of it self, preserveth the falling of the hair, and causeth more to grow: also two Ounces of the same drunk, driveth Venome out of the Body in the same fort as Methradate doth; the same twice or thrice drunk, at each time halfe an Ounce, rectifyeth the mother, and causeth women to be fruitful: when one maketh a Bath of this Decotion, it is called the Bath of Life: the same drunk, comforteth the heart, the braine, and the whole body, and cleanseth away the spots of the face; it maketh a woman looke young, and causeth women to conceive quickly, and hath all the virtues of Balme.

Water of Rew drunk in a morning four or five dayes together, at each time an ounce, purifieth the flowers in women: the same water drunke in the morning fasting, is good against the griping of the bowels, and drunk at morning and at night, at each time an ounce, it provoketh the terme in women.

The water of Sorrel drunk, is good for all burning and pestilent Fevers, and all other hot sicknesses: being mixt with Beere, Ale, or Wine, it allaketh the thirst; it is also good for the yellow Jaundice, being taken sixe or eight dayes together: it also expellith from the liver, it it be drunk, and a cloath wet in the same, and a little wrung out, and so applied to the right side over against the Liver, and when it is dry, then wet another, and apply
apply it; and thus do three or four times together.

Lastly the water of Angelica is good for the head, for inward infection, either of plague or pestilence, it is very sovereign for sore Breasts, also the same water being drunk of twelve or thirteen dayes together, is good to unlaide the stomach of grosse humours & superfluities, and it strengtheneth and comforteth all the univerall parts of the body: and lastly it is a most sovereign medicine for the gout, by bathing the diseased members much therein.

Now to conclude and knit up this chapter, it is meet that our house-wife know that from the eight of the Kalends of the month of Aprill, unto the eight of the Kalends of July, all manner of herbes and leaves are in that time most in strength and of the greatest vertue to be used and put in all manner of medicines, also from the eight of the Kalends of July, unto the eight of the Kalends of October, the stalkes, stems and hard branches of every heareb and plant is most in strength to be used in medicines; and from the eight of the Kalends of October, unto the eight of the Kalends of Aprill, all manner of roots of herbes and plants are the most of strength and vertue to be used in all manner of medicines.

To make an excellent sweet water for perfume, you shall take of Basill, Mints, Marjoram, Corn-flagget roots, Issop, Savory, Sage, Balme, Lavender & Rosemary, of each one handful, of Cloves, Cinamon and Nutmegs of each half an ounce, then three or four Pomeltrons cut into slices, infuse all these into Damask rose-water the space of three dayes, and then distill it with a gentle fire of Char-coale, then when you have put it into a very clean glasse, take of fat Muske, Civer, and...
and Amber-greece of each the quantity of a scruple, and put into a ragge of fine Lawn and then hang it within the water; This being either burnt upon a hot pan, or else boyled in perfuming pans with Cloves, Bay-leaves and Lemmon-pils, will make the most delicatesse perfume that may be without any offence, & will last the longest of all other sweet perfumes, as hath been found by experience.

To perfume gloves excellently, take the oyl of sweet Almonds, oyl of Nutmegs, oyl of Benjamin of each a dramme, of Amber-greece one graine, fat Musk two graines: mixe them altogether and grind them upon a painters stone, and then annoint the gloves therewith; yet before you annoint them, let them be dampishly moistned with Damaske Rose-water.

To perfume a Jerkin well, take the oyl of Benjamin a penny-worth, oyl of spike and oyl of Olives, half penny-worths of each, and take two sponges, and warm one of them against the fire and rub your jerkin therewith and when the oyl is dried take the other sponge and dip it in the oyl, and rub your jerkin therewith till it be dry, then lay on the perfume before prescribed for gloves.

To make very good washing balls, take Storax of both kinds, Benjamin, Calamus Aromaticus, Labdanum of each a like; and bray them to powder with Cloves and arras; then beat them all with a sufficient quantity of Sope till it be stiff, then with your hand you shall work it like paste, and make round balls thereof.

To make Muske balls, take Nutmegs, Mace, Cloves, Saffron and Cinnamon, of each the weight of two pence, & beat it to fine pouder, of Mastick the weight of
of two-pence half-penny, of Storax the weight of six-pence; of Labdanum the weight of ten-pence; of Ambergreece the weight of six-pence; and of Musk four grains, dissolve and worke all these in hard sweet paste till it come to a stiff paste, and then make bals thereof.

To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Mastick white Ambergreece, of each one ounce, Iregos, Calamus, Aromaticus, Cypressse-wood, of each half an ounce, of Camphire one scruple, Labdanum one ounce; beat all these to powder, then take of Salow Charcole six ounces of liquid Storax two ounces, beat them all with Aquavit, and then shall you role them into long round rolles.

To make Pomanders, take two penny-worth of Labdanum two penny-worth of Storax liquid, one penny-worth of Calamus Aromaticus, as much Balme, half a quarter of a pound of fine wax, of Cloves & Mace two penny-worth, of liquid Aloes three penny-worth, of Nutmegs eight penny-worth, and of Musk four grains; beat all these exceedingly together till they come to a perfect substance, then mould it in any fashion you please and dry it.

To make excellent strong vinegar, you shall brew the strongest Ale that may be, and having runned it in a very strong vessel, you shall set it either in your garden or some other safe place abroad, where it may have the whole Summers day Sun to shine upon it; and there let it lie till it be extremly sour; then into a Hoghead of this Vinegar put the leaves of four or five hundred Damaske Roses, and after they have layen for the space of a moneth therein: house the Vinegar
To make dry vinegar.

To make dry Vinegar which you may carry in your pocket: you shall take the blacks of green Corn either Wheat or Rye, and beat it in a morter with the strongest Vinegar, you can get till it come to paste, then role it into little balls, and dry it in the Sunne till it be very hard, then when you have occasion to use it, cut a little piece thereof and dissolve it in Wine, and it will make a strong Vinegar.

To make Verjuyce you shall gather your Crabs as soon as the Kernels turne black, and having layd them a while in a heap to sweat together, take them and picke them from stalkes, blackes and rottennesse: then in long troughs with beetles for the purpose, crush and break them all to mash: then make a bagge of course hair cloth as square as the press, and fill it with the crushd Crabs, then put it into the press, and press it, while any moisture will drop forth, having a clean vessell underneath to receive the liquor: this done, turn it up into sweet Hogheads, and to every Hoghead put halfe a dozen handfuls of Damaske Rose leaves, and then bang it up, and spend it as you shall have occasion.

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

Take of Arras five ounces, of Damask Rose-leaves as much, of Marjerum and sweet Bafill of each an ounce, of Cloves two ounces, yellow Saunders two ounces, of Citron pils seven drammes, of Lignum-aloes one ounce, of Benjamin on ounce, of Storaxe one ounce, of Musk one dram: bruise all these, and put them
them into a bag of silk or linnen, but silk is the best.

Take of Arras four ounces, of Gallamini six ounces, of Ciris half an ounce, of Rose-leaves dried two handfuls, of dried Marjoram one handful, of Spike one handful, Cloves one ounce, of Benjamin and Storax each two ounces, of white Saunders & yellow of each one ounce beat all these into a grosse powder, then put to it Musk a dram, of Civet half a dram, and of Amber-greece half a dram; then put them into a Taffata-bagge and use it.

Take of Bay-leave one handful, of Red-roses two handfuls, of Damaske-Roses three handfuls, of Lavender foure handfuls, of Basil one handful, Marjoram two handfuls, of Camomile one handful, the young tops of sweet briar two handfuls, of Mandelion-ramsey, two handfuls, of Oranage peels sixe or seven ounces of Cloves and Mace a groats worth: put all these together in a potle of new Ale in corne, for the space of three daies, shaking it every day three or four times; then distill it the fourth day in a still with a continual soft fire and after it is distilled, put into it a grain or two of musk.

Take a quart of malmsay Lees, or a quart of malmsay simpily, one handful of Marjoram, of Basil as much, of Lavander foure handfuls, bay leaves one good handful, Damaske rose-leaves four handfuls, and as many of red the peels of sixe Oranges, or for want of them one handful of the tender leaves of walnut-trees, of benjamin half an ounce, of Calamus Aramaticus as much, of Camphire four drammes, of Cloves one ounce, of Bildamum half an ounce; then take a potle of running water, and put in all these spices bruised into your water and malmsay together, in a close
close stopt pot with a good handfull of Rosemary, and let them stand for the space of sixe dayes: then distill it with a soft fire: then let it in the sunne sixe eene dayes with four grains of Musk bruised. This quantity will make three quarts of water, Probabile est.

Take and brew very strong Ale, then take half a dozen gallons of the first running, and let it abroad to cool, and when it is cold put yeast unto it, and head it very strongly: then put it up in a ferkin, and distil it in the Sun: then take four or five handfuls of Beanes, and parch them in a pan till they burst: then put them in as hot as you can into the ferkin, and stop it with a little clay about the bung-hole: then take a handful of clean RyLeaven and put in the ferkin; then take a quantity of Barbaries, and bruise and strain them into the Ferkin, and a good handful of Salt, and let them lye and work in the Sun from May till August: then having the full strength, take rise leaves and clip the white ends off, and let them dry in the Sun; then take Elder-flowers & pick them, and dry them in the Sun, and when they are dry put them in baggs, and keep them all the Winter: then take a pottle-pot, and draw forth a pottle out of the ferkin into the bottle, and put a handful of the red rose-leaves, & another of the Elder-flowers, & put into the bottle, and hang it in the Sun, where you may occupy the same, and when it is empty, take out all the leaves and fill it again as you did before.

Take Angelica water and Rose-water, and put into them the powder of Cloves, Amber, greece, Musk and Lignum Aloes, Benjamine and Callamus Aramatus: boyle these till halfe be consumed: then straine it and put your Gloves therein; then hang them in the Sunne
funne to dry, and turn them often: and thus three times wet them, and dry them again: or otherwise, take Rose-water and wet your Gloves therein, then hang them vp till they be almost dry; then take half an ounce of Benjamin, and grind it with the oyle of Almonds, and rub it on the Gloves till it be almost dried in: then take twenty graines of Amber-greece; and twenty graines of Muske, and grind them together with oyl of Almonds, and so rub it on the Gloves, and then hang them up to dry, or let them dry in your bosome, and so after use them at your pleasure.

CHAP. 4.
The ordering, preserving, and helping of all sorts of wines, and first of the choice of sweet wines.

I do not assume to my self this knowledge of the Vintners secrets, but ingeniously confesse that one profession skillfull in the Trade, having rudely written, and more rudely disclosed this secret, & preferring it to the Stationer, it came to me to be published, which I have done knowing that it is necessary, &c.

It is necessary that our English-house-wife be skillful in the election, preservation and curing of all sorts of Wines, because they be usual charges under her hands, and by the least neglect must turn the Husband to much losse: therefore to speak first of the election of sweet Wines, she must be carefull that her Malmseys be full Wines, pleasant, well hewed and fine: that Ba-stdar be fat, and if it be tawny it skils not, for the tawny Bstdards be alwaies the sweetest. Muskadine must be great, pleasant, and strong with a sweet scent, and with Amber-colour. Sack if it be Seres (as it should bee) you
you shall know it by the mark of a corke burned on one side of the bung, and they be ever full gage, and so are no other Sackes, and the longer they lye, the better they be.

Take a pleasant But of Malmsey, and draw it out a quarter and more, then fill it up with fat Bastard within eight gallons, or thereabouts, and parill it with five eggs, yolkes and all, one handfull of Bay-salt, and a pint of conduit water to every parill, and if the Wine be high of colour, put in three gallons of new milke, but skimme off the Creame first, and beat it well, or otherwise, if you have a good But of Malmsey, and a good pipe of Bastard, you must take some empty But or pipe; and draw thirty gallons of Malmsey, and as many of Bastard; and beat them well together: and when you have so done take a quarter of a pound of ginger and bruise it, and put it into your vessel, then fill it up with Malmsey & Bastard. Or otherwise thus, if you have a pleasant But of Malmsey, which is called Salt-mow, you may draw out of it forty gallons, and if your Bastard be very faint, then thirty gallons of it will serve to make it pleasant; then take four gallons of new milk, and beat it and put it into it when it lacketh of twelve gallons of ful, and then make your flavor.

Take one ounce of Collianders, of Bay-salt, of Cloves, of each as much, one handful of Savory: let all these be blended, and bruised together, and sow them close in a bagge, and take half a pint of Damask-water, and lay your flavor into it, and then put it into your But, and if it fine, give it a parill and fill it up, & let it lie till it fine; or else thus, take Colliander roots a penny-worth, one pound of Aniseeds, one penny-worth in Ginger
Ginger, bruise them together, and put them into a Bag as before, and make your Bag long and small, that it go in and out at the Bung hole, and when you doe put it in, fasten it with a thread at the Bung: then take a pint of the strongest Damask-water, and warme it Luke-warm, then put it into the But, and then stop it close for two or three dayes at least, and then, if you please, you may let it abroach.

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

Draw out of a Pipe of Bastard ten Gallons, and put it to five Gallons of new milk, and skim it as before, and all to beat it with a paril of eight whites of Egges, and a handful of Bay salt, and a pint of Condant-water, and it will be white and fine in the morning. But if you will make very fine Bastard, take a white wine Hog's head and put out the Lees, and wash it clean, and fill it half full, and half a quarter, and put to it four Gallons of new milk, and beat it well with the whites of six Egges, and fill it up with white wine and Sack, and it will bee white and fine.

Take two Gallons of the best honed honey, and two Gallons of white-wine, and boil them in a faire pan, skim it clean, and strein it thorow a faire cloath, that there be no moats in it: then put to it one ounce of Collianders, and one ounce of Anniseeds, four or five Orange-pills dry and beaten to powder; let them lye three dayes: then draw your Bastard into a clean pipe
then put in your honey with the rest, and beat it well: then let it lye a week, and touch it not, after draw it at your pleasure.

To make bastard white, and to rid away Lagges.

If your bastard be fat and good, draw out forty gallons, then you may fill it up with the lags of any kind of white wines or Sackes; then take five gallons of new Milke, and first take away the Creame; then streine it thorow a cleane cloath, and when your pipe is three quarters full put in your milk; then beat it very well, and fill it so, that it may lacke fifteen Gallons, then apparell it thus: take the whites only of ten Egges, and beat them in a fair tray with Bay salt and Conduct water; then put into the pipe and beat it well, and so fill it up, and let it stand open all night; and if you will keep it any while, you must on the morrow stop it close, and to make the same drink like Offey, give it this flavor: Take a pound of Auniseeds, two pence in Colianders, two pence in Ginger, two pence in Cloves, two pence in Graines, two pence in long Pepper, and two pence in Licros; bruise all these together: then make two bags of linnen cloth, long and small, and put your spices into them, and put them into the pipe at the bung, making them fast there with a thread, that it may sink into the Wine, then stop it close: and in two dayes you may broach it.

Take and draw him from his lees, if he have any, and put the wine into a Malmsey But to the Lees of Malmsey, then put to the Bastard that is in the Malmsey But, nigh three gallons of the best Wort of a fresh tap, and then fill him up with Bastard or Malmsey, or Cude, if you will; then apparell it thus: First, Parell him, and beat him with a staffe; and then take the whites of foure new laid Egges, and beat them with a handful of salt till it
be as short as Moss, and then put a pint of running wa-
ter therein, and so fill the pipe up full, and lay a little stone
on the bung, and set it abroach within four and twenty
hours, if you will.

If you have a good But of Malmsey, and a But or two
of Sack that will not be drunk: for the Sack prepare
some empty But or Pipe, and draw it more than halfe
tull of Sacke: then fill it up with Malmsey, and when
your But is full within a little, put into it three gallons
of Spanish Cute, the best that you can get; then beare it
well, then take your toster, and see that it be deepe co-
oured; then fill it up with Sack, and give it apparell,
and beare it well: the apparell is this: Take the yeles
of ten Egges, and beare them in a clea[n] Bason with a
handfull of bay-salt, and a quart of Conduit-water, and
beare them together with a little piece of birch, and beare
it till it be as short as Moss, then draw five or six gall-
ons out of your But; then beare it again, and then fill
it up, and the next day it will be ready to be drewne;
this apparell will serve both for Muscadine, Bastard, and
for Sack.

If you have two principal Buts of Malmsey, you
may make three good Buts with your Lagges of Cla-
ret and Sacke. If you put two Gallons of red Wine
in a But, it will save the more Cute: then put two
or three Gallons of Cute, as you see cause; and if it
be Spanish Cute, two Gallons will goe further than
five gallons of Candy Cute, but the Candy Cute is more
naturall for the Malmsey: also one But of good Malms-
sey, and a But of Sack that hath lost his colour, will
make two good Buts of Malmsey, with the more Cute;
and when you have fil'd your buts within twelve
gallons, then put in your Cute, and beat it half an
hour.
hour and more: then put in your parell and let it lye.

First, parell him as you did the Bason, and order him as shall be shewed you for the white wine of Gage cogn with milk, and so let him abroach.

For Sack that is tawny.

If your Sack have a strong Lee or taste, take a good sweet But, fair washed, and draw your Sack into it, and make unto it a parell as you do to the Bason, and beat it very well, and so stop up your But: and if it be tawny, take three gallons of new milk, and before it clean, and put it into your Sack, then heat it very well, and stop it close.

Take a fair empty But with the Lees in it, and draw your Sack into the same from his Lees fine: then take a pound of Rice flower, as fine as you can get, and four grains of Camphire, and put it into the Sack, and if it will not fine, give it a good parell, and beat it well: then stop it and let it lye.

If any of your Sackes or white wines have lost their colour, take three Gallons of new milk, and take away the Creame: then over-draw your wine five or sixe gallons, then put in your milke and beat it; then lay it a fore and a rice all night, and in the morning lay it up, and the next day (if you will) you may let it abroach. Draw him out into fresh Lee, and take three or four gallons of storne honey clarified, and being coole, put it in, and parell it with the yolkes of four Egges, whites and all, and heat it well, and fill it up, and stop it close, and it will be pleasing and quick, as long as it is in drawing.

For Allegian that is lower.

Take three Gallons of white Honey and two gallons of red Wine, boyle them together in a faire pan, and skim it clean, and let it stand till it be fine and cold, then put it into your Pipe: yet nothing but the finest; then
then beat it well, and fill it up, and stop it close, and if your Alligant be pleasant and great, it will doe much good, for the one Pipe will rid away divers.

There are two sorts of Renish wines, that is to say, Elsfurtan and Barabant: the Elsfurtan are the best, you shall know it by the Fat, for it is double bard, and double pinned; the Barabant is nothing so good, and there is not so much good to be done with them as with the other. If the wines be good, and pleasant, a man may rid away a hogshead or two of VVhite wine, and this is the most vantage a man can have by them: and if it be slender and hard, then take three or four gallons of stone-honey, and clarifie it cleane; then put into the honey, four or five gallons of the same wine, and then let it seeth a great while, & put into it two pence in Cloves bruised, let them seeth together, for it will take away the scent of honey, and when it is sodden take it off, and let it by, till it be thorow cold; then take four gallons of milk and order it as before, and then put all into your wine, and all to beat it; and (if you can) roll it, for that is the best way; then stop it close, and let it lye, and that will make it pleasant.

The VVines that be made in Burdeaux are called Gafine VVine, and you shall know them by their hazell hoopes, and the most be full gadge and found VVines.

The VVines of the high countryes, and which is called hy-country wines, are made some thirty or forty miles beyond Burdeaux, and they come not downe so soon as the other; for if they doe, they are all forfeited, and you shall know them ever by their hazell hoopes, and the length gadge lacks.

Then have you VVines that be called Galloway, both in Pipes and Hogsheads, and be long, and lackes two
two Cesternes in gadge and a half, and the wines themselves are high coloured. Then there are other Wines which is called white Wine of Angulle, very good Wine, and lacks little of gadge, and that is also in pipes for the most part, and is quarter bound. Then there are Rochell wines, which are also in pipes long and slender: they are very small hedge-wines, sharp in taste, and of a pallad complexions. Your best Sacke are of Seres in Spain, your smaller of Galicia and Portugal: your strong Sackes are of the Islands of the Canaries, and of Malligo, and your Muskadine and Malmseyes are of many parts of Italy, Greece, and some special Islands.

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

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

The depth of every Puncheon is the fourth prick next to the punchener.

The depth of every Sack but is the four prickes next to the puncheon.

The depth of the half Hogshhead is at the lowest notch, and is accounted one.

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

The depth of the half Hogshhead and half pipe, is at the third notch, and accounted three.

The depth of the halfe But is at the fourth notch, and is accounted four.
1. The first gage is marked thus.

2. The half Sestern lacketh, thus.

3. The whole Sestern lacketh, thus.

4. The Sestern and half lag:

5. The two Sesternes, thus.

6. The two and a half Sesterns, thus.
A But of Malmsey if he be full gauge, is one hundred and twenty six gallons.

And so the tun is two hundred and fifty two gallons.

Every Sesterne is three gallons.

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

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

Eight pence the gallon is the tun eight pounds.

Six pence the gallon is the tun six pounds.

Five pence the gallon is the tun five pounds.

Four pence the gallon is the tun four pounds.

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

Now for Baaard it is at the same rate, but it lacketh of gauge two Sesterne and a half, or three at a pipe, and then you must abate six gallons of the price, and so in all other wines.

To choose Gascoine wines.

See that in your choice of Gascoine wines, your ob-
servive, that your Clarret wines be faire coloured, and
bright as a Rubie, not deep as an Amethyst; for though
it may shew strength, yet it wanteth neatness; also let it
be sweet as a Rote or a Violet, and in any case let it be
short; for if it be long, then in no case meddle with it.

For your white wines, see they be sweet and pleasant
at the nose, very short, clear and bright and quick in the
taste.

Lastly.
Lastly for your Red wine, provided that they be deep coloured and pleasant, long, and sweet, and if in them, or Clarre: wines be any default of colour, there are remedies now to amend and repair them.

If your Clarret wine be faint, and have lost his colour, then take a fresh Hog's head with his fresh Lees which was very good wine, & draw your wine into the same; then stop it close and tight, and lay it a foretake for two or 3 days that the Lees may run through it; then lay it up till it be fine, and if the colour be not perfect, draw it into a red wine hog's head, that is new drawn with the Lees, and that will colour of him self, and make him strong; or take a pound of Tournefoil or two, and beate it with a gallon or two of wine, and let it lye a day or two; then put it into your hog's head, draw your Wine again, and wash your cloths; then lay it a foretake all night, and roule it on the morrow; then lay it up, and it will have a perfect colour.

And if your Clarret wine have lost his colour, take a peny worth of Damfens, or else black Bullkes, as you see cause, and stew them with some red wine of the deepest colour, and make thereof a pound or more of sirrup, and put it into a clean glasse, and after into the hog's head of Clarret wine; and the same you may likewise do unto red wine if you please.

And if your white wine be faint, and have lost his colour, if the wine have any strength in it, take to a hog's head so much as you intend to put in, out of the said milk, and a handful of Rice beaten very well, and a little salt, and lay him a foretake all night, and on the morning lay him up again, and let it a brand in any wine, the next wine you spend for it will not last long.

Take three Gallons of new milk, and take away the Cream
Cream off it; then draw five or six gallons of wine, and put your milk into the hog's head, and beat it exceeding well, then fill it up, but before you fill it up, if you can, roule it, and if it be long and small, take halfe a pound of Roche Allum finelie beaten into powder, and put into the vessel, and let it lie.

Take and draw it into new lees of the one nature, and then take a dozen of new pippins, and pare them, & take away the chores, and then put them in, and it that will not serve, take a handful of the Oak of Jerusalem, and stamp it, then put it into your wine, and beat it exceeding well, and it will not only take away the foulneffe, but also make it have a good scent at the nose.

If your red wine drink faint, then take a hog's head that Allegant hath been in with the lees also, and draw your wine into it, and that will refresh it well, and make the wine well coloured, or otherwise draw it close to fresh lees, and that will recover it again, and put to it three or foure gallons of Allegant, and turn it on his lees.

If your red wine lack colour, then take out four gallons, and put in four gallons of Allegant, and turn him on his lees, and the bung up, and his colour will return and be fair.

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

You shall in all points dresse him, as you did dresse your Sack, or white wine in the like case, and parrell him, and then let him abroach: And thus much touching wines of all sorts, and the true use and ordering of them so far forth as belongeth to the knowledge and profit of our English House-wife.

CHAP.
CHAP. 5.
Of Wooll, Hemp, Flaxe and Cloth, and dying of Colours,
of each severall substance, with all the know-
ledges belonging thereto.

Ut English House-wife after her knowledge
of preserving and feeding her Family,
must learn also how out of her owne in-
deavours, she ought to cloath them out-
wardly and inwardly for defence from
the cold and comeliness to the person;
and inwardly, for cleanlinesse and neatnesse of the skin
whereby it may bee kept from the filthy of sweat or
vermine; the first consisting of woollen cloth, the latter
of linen.

To speak then first of the making of woollen cloth,
it is the office of a Husbandman at the sheering of his
sheep, to bestow upon the House-wife such a competent
proportion of wool, as shall be convenient for the clo-
thing of his family, which wooll as soon as she hath re-
cived it, she shall open, and with a pair of sheeres (the
fleece lying as it were whole before her) she shall cut
away all the course locks, pitch, brands tar’d locks, and
other feltrings, and lay them by themselves for course
Cover-lids, or the like: then the rest to cloisled, she shall
break into pieces, and tose it every lock by lock, that is,
with her hands open, and to divide the wool, as not any
part thereof may be feltred or close together, but all
open and loose, then so much of the Wooll as shee
intends to spin white, shee shall put by it felte, and
the rest which she intends to put into colours the shall
weigh up, and divide into severall quantities, ac-
ding
To dye wool black.

First then to dye wool black, you shall take two pound of Galls, and bruise them, then take half so much of the best green Copperas, and boil them both together in two gallons of running water: then shall you put your wool therein and boil it, so done, take it forth and dry it.

To dye wool of a hair colour.

If you will dye your wool of a bright hair colour: first boil your wool in Allum and Water, then take it forth, and when it is cold, take Chamber-lye and chimney-foot, and mixing them together well, Boyle your wool again therein, and stirre it exceeding well about, then take it forth, and lay it where it may conveniently dry.

To dye wool red.

If you would dye your wool into a perfect red colour, set on a pan full of water, when it is hot put in a peck of Wheat bran, and let it Boyle a little: then put it into a tub, and put twice as much cold Water unto it, and let it stand until it be a week old: having done so, then shall you put to ten pounds of wool, a pound of Allum, then heate your liquor againe, and put in your Allum, and so soone as it is melted, put in your wool and
and let it boyl the space of an hour: Then take it again, and then let on more Bran and Water.

Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken put in the wool and open it, and when it commeth to be very hot, then stir it with a staffe, and then take it out and wash it with fair water; then let on the pan again with fair water, and then take a pound of Saradine buck, and put it therein, and let it boyle the space of an Egge seething; then put in the wool, and stirre it three or foure times about, and open it well, after dry it.

To dye wool blew, take good store of old chamber-lye, and set it on the fire; then take half a pound of blew Neale, Byfe or Indico, and beat it small in a Morter, and then put it into the Lye, and when it seethes put in your wool.

To dye wool of a puke colour, take Galles, and beate them very small in a Morter, put them into puke, faire seething Water, and boyle your wool or your Cloth therein, and boyle them the space of halfe an hour: then take them up, and put in your Cophe-ras into the same Liquor: then put in your Wooll again, and doing this once or twice, it will bee sufficient.

And if you will dye your wool of a Sinder colour, which is a very good colour, you shall put your red der colour, wool into your puke liquor; and then it will faile lese to be of a Sinder colour.

If you will dye your wool either greene, or yellow, then boyle your Woodward in a faire Water, then put in your Wool or Closh, and the Wooll which you
you put in white, will bee yellow, and that wool which you put in blew will be green, and all this with one liquor: provided that each be first boiled in Allom.

When you have thus dyed your wool into thole several colours meet for your purpose, and have also dried it well; then you shall take it forth, and toaste it over again as you did before: for the first toasting was to make it receive the colour or dye: this second is to receive the oyl, and make it fit for spinning; which as soon as you have done, you shall mixe your colours together, wherein you are to note that the best medly is that which is compounded of two colours only, as a light colour and a dark: for to have more is but confusion, and breeds no pleasure but distraction to the light: therefore for the proportion of your mixtures, you shall ever take two parts of the darker colour, and but a third part of the light. As for example, your web contains 12 pound, and the colours are red and green: you shall then take eight pound of the green wool, and but four pound of the red, and so of any other colours where there is difference in brightness.

But if it be so that you will needs have your cloth of three Colours, as of two darke and one light, or two light and one dark: As thus, you will have Crimson, Yellow, and Puke; you shall take of the Crimson and yellow of each two pound, and of the Puke 8 pound: for this is two light colours to one darke; but if you will take a Puke, a green and an orenge tawny, which is two dark, and one light; then you shall take of the puke and green, and the orenge tawny of each a like quantity; that is to say, of either four pounds, when you have equally divided your portions, then you shall spread upon the ground a sheet, and upon the same first lay a thin
thin layr or bed of your darker colour, all of one even thickness: then upon the same layr, lay another much thinner of the brighter quantity, being so neere as you guesse it, hardly half so much as the darker: then cover it over with another layr of the said colour or colours again; then upon it another of the bright again: And thus lay layr upon layr till all your wool be spread: then begining at one end to role up round and hard together the whole bed of wool; and then caunting one to kneel hard upon to roule, that it may not stir nor open, with your hands toale and pull out all the wool in small pieces: And then taking a paire of Stock-cards sharpe and large, and bound fast to a forme, or such like thing, and on the same Combe, and Card over all the Wool till you see it perfectly and undistinctly mixed togethe: and that indeed it is become one entire colour of divers without spots, or undivided lockes or knots; in which doing you shall be very carefull and heedfull with your eye: and if you find any hard knot or other felter in the Wool, which will not open, though it be never so small, yet you shall picke it out, and open it, or else being any other fault, cast it away: for it is the greatest Art in House-wifery to mixe these Wools aright, and to make the Cloth without blemish.

Your wool being thus mixed perfectly together, you shall then oyle it, or as the plain House-wifre taxymes it, grease it: In this manner being laid in a round flat bed you shall take of the best Rape oyle, or for want there-of either wel rayd red Goole grease, or Swines grease and having melted it with your hand sprinkle it all over your wool, & work it very well into the same: then turne your wool about, and doe as much on the other side.
side, till you have oyled all the wooll over, and that there is not a locke which is not moystened with the same.

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

After your wooll is oyl’d and annointed thus, you shall then turn it, which is, you shall put it forth as you did before when you mixe it, and card it over againe upon your Stock-cards: and then those cardings which you strike off, are called turnings, which you shall lay by, till it come to Spinning. There be some House-wives which oyl it as they mixe it, and sprinkle every layr as they lay it, and work the oyl well into it: and then rolling up as before said, pull it out, and tumme it; so that then it goeth but once over the Stock-cards, which is not amisse: yet the other is more certain, though somewhat painfull.

After your wooll is thus mixed, oyled and tummed, you shall then spin it upon great wooll-wheele, according to the order of good Housewifery: the action whereof must be got by practife, and not relation; only this you shall be careful, to draw your thread accor-

ding to the nature and goodness of your wool, not according to your particular desire: for if you draw a fine thread from a wool which is of a coarse staple, it will want substance when it comes to the walk-mill, and either there beate in pieces, or not being able to bed, and cover the threads well, be a cloth of a very short lasting; So likewise if you draw a course thread from a wool of a fine staple, it will then so much overthick, that you must either take away a great part of the substance of your wool in flocks; or else let the cloth weare course, and high, to the disgrace of the good House-wife, and loss of much cloth, which else might have beene fa

Now for the diversities of spinning, although our ordinary English housewife make none at all, but spin every thread alike, yet the better experience make two manner of spillings, and two sorts of thread; the one they call warp, the other weft; or else woolfe; warp is spunne close, round and hard twiffted, being strong and well smoothen, because it runnes through the fleies, and also endureth the tretting and beating of the beame, the weft is spunne open, loose, hollow, and but halfe twiffted; neither smoothen with the hand, nor made of any great strength, because it but only croseth the warpe, without any violent straining, and by reason of the softnesse thereof, bedeth closer, and covereth the warpe so well, that a very little beating in the Mill, bringeth it to perfect cloth: and though some holde it lesse substantiall then the web, which is all of twiffted yarne, yet experience findes they are deceived, and that this open weft keepes the cloth longer from tretting and wearing.

After the spinning of your wool, some House wives use
use to winde it from the broch into round cleues for more ease in the warping, but it is a labour may very well be saved, and you may as well warpe it from the broch as from the clew, as long as you know the certain weight, for by that only you are to be directed in all manner of cloth walking.

Now as touching the warping of cloth, which is both the skill and action of the Weaver, yet must not our English Housewife be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done must not be beyond her knowledge, both to bridle the fallhood of unconscionable Workmen, and for her own satisfaction, when she is rid of the doubt of another's evill doing. It is necessary then that shee first cast by the weight of her wooll, to know how many yards of cloth the web will arise: for if the wool be of a reasonable good staple, and well spun, it will run yard and pound, but if it be course, it will not runne so much.

Now in your warping also, you must look how many pounds you lay in your warpe, and so many you must necessarily preserve for your weft: for House-wifes lay the best cloth is made of even and even; for to drive it to greater advantage is hurtfull to the Cloth: There be other observations in the warping of Cloth; as to number your portuffles, and how many goes to a yard: to looke to the closeness, and filling of the fleete, and such like, which sometimes hold, and sometimes faile, according to the art of the Workman; and therefore I will not stand much upon them, but refer the Housewife to the instruction of her own experience.

Now after your Cloth is thus warped, and delivered up
up into the hands of the Weaver: the House-wise hath
finisht her labour; for in the Weaving, walking, and
dressing thereof, she can challenge no property more
then to intreat them severally to discharge their duties
with a good conscience; that is to say, that the Weaver
weave close, strong, and true; that the Walker or
Fuller mill it carefully, and looke well to his Scouring
Earth, for fear of beating holes into the Cloth; and
that the Clothworker, or Sheer-man burle and dresse it
sufficiently, neither cutting the wooll too unreasonable
high, whereby the cloth may not wear rough, nor too
low, lest it appear thread-bare ere it come out of the
hands of the Taylor.

These things forewarn'd and performed, the Cloth is
then to be used at your pleasure.

The next thing to this, which our English House-wise
must be skilfull in, is in the making of all sorts of linen
cloth, whether it be of hemp or flax, or from those two
only; this is the most principall cloth derived, and made
both in this, and in other Nations.

And first, touching the Soyle fittest to sowe Hemp
upon, it must be a rich mingle earth of Clay and Sand,
or Clay and Gravell well tempered: and of these the
best serveth best for that purpose, for the simple clay,
or the simple Sand are nothing to good; for the first
is too rough, too rich, and too heavy, bringeth forth
all Bun, and no Rind; the other is too barren, too hot,
and too light, and bringeth forth such slender withered
increase, that it is nothing more worth the labour:
briefly then the best earth is the best mixt ground which
Husband-men call the red hazell ground, being well or-
dered and manured: and of this earth a principall place
to sowe Hemp on, is in old Stacke-yards, or other
places
places kept in the winter time for the laire of sheep or cattle, when your ground is either scarce, or formerly not employed to that purpose: but if it be where the ground is plenty, and onely used thereunto, as in Holland, in Lincolnshire, the Isle of Axom, and such like places, then the custome of the Country will make you expert enough therein: there be some that will preserve the endes of their corne lands, which but upon grasse to sow hempe or flaxe thereon, and for that purpose will manure it well with sheep: for whereas corne which butteth on grasse hads, where cattle are teathered is commonly destroyed, and no profit issuing from a good part thereof; by this means, that which is sowne will be more safe and plentiful, and that which was destroyed, will beare a commodity of better value.

Now for the tillage or ordering of the ground where you sow Hempe or Flax, it would in all points be like unto that where you sow Barley, or at the least as often broke up, as you do when you sow fallow wheat, which is thrice at least, except it be some very mellow, and ripe mould, as flacock-yards, and usuall hempe-lands be, and then twice breaking up is sufficient: that is to lay, about the latter end of February, and the latter end of April, at which time you shall sow it: and herein is to be noted, that you must sow it reasonable thicke with good found and perfect seed, of which the smoothest, roundest, and brightest with least dust in is best: you must not lay it too deepe in the earth, but you must cover it close, light, and with so fine a mould as you can possible breake with your harrowes, clotting-beetles, or fleathering: then till you see it appeare above the earth, you must have it exceedingly carefully tended, especially an houre
hour or two before the Sun rise, and as much before
is set from Birds and other Vermin, which wil other-
wise pick the seed out of the earth, and so deceive you
of your profit.

Now for the weeding of hemp, you may save the la-
bour, because it is naturally of itself fruitful of growth,
rough, and venomous to any thing that grows under it,
and will sooner of its owne accord destroy those un-
wholesome weeds then by your labour: But for your
Flax or line which is a great deal more tender, and of
harder increase, you shall as occasion serveth weed it,
and trim it, especially if the weeds overgrow it, but
not otherwise; for if it once get above the weeds, then
it will save it self.

Touching the pulling of Hempe or Flaxe, which is
the manner of gathering of the same: you shall under-
stand that it must be pulled up by the roots, and not
cut as Corn is, either with the or hook: and the best
time for the pulling of the same is, when you see the
leaves fall downward, or turn yellow at the tops, for
that is full ripe, and this for the most part will be in
July, and about Mary Maudlins day. I speake now
touching the pulling of hemp for cloth: but if you in-
gend to save any for seed, then you shall save the prin-
cipall buns, and let them stand till it be the latter end of
August, or some times till mid September following:
and then seeing the seed turned brown and hard, you
may gather it, for it stand longer, it will shed sud-
denly: As for Flaxe, which ripeneth a little after the
hemp, you shall pull it as soon as you see the seed turn
brown, and bend the head to the earthward, for it will
afterward ripen of it self as the bun drieth.

Now for the ripening and seasoning of hempe or
flaxe
Flax, you shall to soon as you have pulled it, lay it all along flat, and thin upon the ground, for a day and a night at the most, and no more; and then as House-wives call it, tie it up in bawes, and rear them upright till you can conveniently carry it to the water, which would be done as speedily as may be. Now there be some which ripen their Hemp and Flaxe upon the ground where it grew, by letting it lye thereon to receive dewes and rain, and the moistnesse of the earth, till it be ripe: but this is a vile and naughty way of ripening, it making the hemp or flax black, rough, and often rotten: therefore I would with none to use it, but such as necessity compelleth thereunto, and then to be careful to the often turning thereof, for it is the ground onely which rots it.

Now for the watering of the Hemp or Flax, the best water is the running stream, and the worst the standing pit; yet because Hemp is a poysousous thing, and infecteth the water, and destroyeth all kind of fish, it is more fit to employ such pits and ditches as are least subject to annoyance, except you live neer some great broad and twight stream, and then in the shallow parts thereof you may water without danger: touching the manner of the watering thereof, you shal according to the quantity knock foure or sixe strong stakes into the botomme of the water, and let them square-wise, then lay your round bawes or bundles of Hemp down under the water, the thicke end of one bundle one way, and the thicke ends of another bundle another way; and so lay bait upon bait, till you have laid in all, and that the water covereth them all over; then you shall take over-lyers of wood, & binding them overthwart to the stakes, kepe the Hemp downe close, and especially
cially, at the four corners; then take great stones, gravel, and other heavy rubbish, and lay it between, and over the over-lyers, and to cover the Hemp close, that it may by no means stirre, and so let it continue in the water four daies & nights, if it be in a running water, but if it be in a standing water, then longer, and then take out one of the uppermost bastes and wash it; and if in the washing you see the leaf come off, then you may be assured the Hemp is watered enough: as for Flax, let the time will serve it, and it will sheed the leaf in three nights.

When your Hemp or Flax is thus watered enough, you shall take off the gravel, stones, over-lyers of wood and unloosing it from the stakes, take and wash out every baste or bundle severally by it self, and rub it exceeding clean, leaving not a leaf upon it, nor any filth within it, then set it upon the dry earth upright, that the water may drop from it, which done, load it up, and carry it home, and in some open close, or piece of ground reare it upright either against hedges, pales, walls, back-sides of houses, or such like, where it may have the full strength or reflection of the Sun, & being throughly dried then house it; yet there be some House-witnes which as soon as their Hemp comes from the water, will not reaer it upright, but lay it upon the ground flat and thin for the space of a fennight, turning it at the end of every two days; first on the one side, then on the other, and then after reaer it upright, dry it, and so house it, and this House-witnes is good and orderly.

Now although I have hitherto joyned Hemp and Flax together, yet you shall understand that there are some particular differences between them; for whereas your Hemp may within a night or two after the pulling,
ling be carried to the water, your flaxe may not, but
must be reared up, and dried and withered a weeke or
more to ripen the seed, which done, you must take rip-
ple combs, and ripple your flax over, which is the bea-
ting or breaking off from the stalkes the round belles
or bobs which contain the seed, which you must pre-
serve in some dry vessell or place till the spring of the
year, and then beat it, or thresh it for your use, and
when your flax or line is ripled, then you must lend it
to the water as aforesaid.

After your Hemp or Flax hath been watered, dried,
and housed, you may then at your pleasure brake it,
which is in a brake of wood (whose proportion is so
ordinary, that every one almost knows them) brake
and beat out the dry bun, or hexe of the Hemp or Flax
from the rinde which covers it, and when you brake
either, you shall do it, as near as you can, on a faire
dry Sun-shine day, observing to let forth your Hemp
and Flax, and spread it thin before the Sun, that it may
be as dry as tender before it come to the brake; for if
either in the lying close together it shall give again or
sweat, or through the moistnesse of the ayre, or place
where it lies, receives any dampishnesse, you must ne-
cessarily receive it dried sufficiently again, or else it
will never brake well, nor the bun break and fall from
the rinde in order as it should.

Therefore, if the weather be not reasonable,
and your need much to use your Hemp or Flaxe, you
shall then spread it upon your Kilne, and making a soft
fire under it, dry it upon the fame, and then brake it:
yet for as much as this is oft times dangerous, and
much hurt hath beene received thereby through ca-
guallty of fire, I would wish you to sticke four stakkes
in the earth at least five feet above ground, and laying over them small overlayers of wood, and open sheakes or hurdles upon the same, spread your Hemp, and also rear some round about it, all, but at one open side; then with straw, small shavings, or other light dry wood make a soft fire under the same, and so dry it, and brake it; and this without all danger or mistrust of evil; and as you brake it, you shall open and look into it, ever beginning to break the root ends first, and when you see the bun is sufficiently crushed, fallen away, or at the most hangeth but in very small shiver within the Hemp or Flax, then you shall say it is brake enough, and then terming that which you called a Baite or Bundle before, now a strike, you shall lay them together, and so house them, keeping in your memory either by score or wrighting, how many strikes of hemp, and how many strikes of Flaxe you brake up every day.

Now that your Hemp or Flax may brake so much the better, you must have for each several fort two severall brakes; which is an open and wide toothed, or nickt brake, and a close and straight toothed brake: the first being to crush the bun, and the latter to beate it forth. Now for Flax, you must take first that which is the straightest for the Hempe, and then after one of purpose, much straighter and sharper for the bun of it being more small, tough, and thin, must necessarily be broken into much leisse pieces.

After your Hemp and Flax is brake, you shall then twingle it, which is upon a twingle tree blocke made of an half inch board about foure foot above ground, and set upon a strong foot or stock, that will not easliely move and stir, as you may see in any House wives

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house whatsoever better then my words can express; and with a piece of wood called the swingle-tree dagger, and made in the shape and proportion of an old dagger with a reasonable blunt edge; you shall beat out all the loose buns & shivers that hang in the hemp or flaxe, opening and turning it from one end to the other, till you have no bun or shiver to be perceived therein; and then strike a twist, and fold in the midst, which is ever the thickest part of the strike, lay them by till you have swinged all; the generall profit whereof, is not only the beating out of the hard bun, but also an opening and softening of the tear, whereby it is prepared and made ready for the Market.

Now after you have swinged your Hemp and Flaxe over once, you shall take and shake up the refuse stuff which you beat from the same severally, and not only it, but the tops and knots; and half brackt buns which fall from the brake also, and drying them again, cause them to be very well thresht with flayls; and then mixing them with the refuse which fell from the swingle-tree, dresse them all well with threshting and shaking, till the buns be clean driven out of them; and then lay them in some safe dry place till occasion of use: these are called swingle-tree hurds, and that which comes from the Hemp will make window-cloth, and such like course stuff, and that which comes from the flax, being a little towed again in a pair of wool-cards, will make a course harding.

But to proceed forward in the making of cloth, after your hemp or flaxe hath been swinged once over, which is sufficient for the market, & for ordinary sale, you shall then for cloth swingle it over the second time, and as the first did beat away the bun, and soften the
the rind, to this shall break and divide, and prepare it
fit for the heckle; and hords which are this second time
beaten off, you shall also save: for that of the hemp
(being toasted in wool cards) will make a good hempen
harden and that commeth from the flaxe (used in that
manner) a flaxe harden better then the former.

After the second swingling of your Hemp, and that of beating
the hords thereof have been layd by, you shall take the
stikes, and dividing them into dozens, and half dozens,
make them up into great thick roles, and then as it
were broaching them, or spitting them upon long sticks
let them in the corner of some chimney, where they
may receive the heat of the fire, and there let them abide,
till they be dried exceedingly, then take them,
and laying them in a round trough made for the pur-
pose, so many as may conveniently lye therein, and
there with beestles beat them exceedingly, till they
handle both without and within as soft and plyant as
may be, without any hardnesse or roughnesse to be felt
or perceived, then take them from the trough, and
open the roler, and divide the stikes severally as at the
first, and if any be insufficiently beaten, role them up,
and beat them over as before.

When your Hemp hath been twice swingled, dried
and beaten, you shall then bring it to the heckle, hemp.
Of heckling
which instrument needeth no demonstration, because
it is hardly unknown to any woman whatsoever: and
the first heckle shall be courte, open and wide toothed
because it is the first breaker or divider of the same, &
the layer of the stikes even and straight: and the hords
which come of this heckling you shall mixe with those
of the latter swingling, and it will make the cloth much
better; then you shall heckle it the second time through

N 4
a good straight heckle made purposely for Hemp, and be sure to break it very well and sufficiently thereupon, and save both the hurds by themselves, and the strikes by themselves in several places.

Now there bee some very principall good House-wives, which use only but to heckle their hemp once over, affirming, that if it be sufficiently dryed and beaten, that once going over through a straight heckle wil serve without more losse of labour, having been twice swinled before.

Now if you intend to have an excellent piece of Hempen cloth, which shall equall a piece of very pure Linnen; then after you have beaten it, as before said, and heckled it once over, you shall then roule it up again, dry it as before, and beat it again as much as at the first; then heckle it through a fine flaxen heckle, & the Towe which falls from the Heckle, will make a principal hemping, but the teare it fells a cloth as pure, as fine House-wifes Linnen, the indurance and lasting whereof is rare and wonderfull: thus you see the utmost art in dressing of hemp for each severall purpose in cloth-making till it come to the spinning.

Flaxe after it hath been twice swinled needeth neither more drying nor beating as hemp doth, but may be brought to the heckle in the same manner as you did hemp; only the heckle must be much finer & straiter, and as you did before, the first heckle being much coarser than the latter, holding the strike stiff in your hand, brake it very well upon that heckle: then the hurdes which comes thereof, you shall save to make fine burden cloth of, and the strike it fells you shall passe thorow a finer heckle: and the hurdes which come from thence, you shall save to make fine midlen cloth
cloth of, and the teare it self for the best Linnen.

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

After your teare is thus dress'd, you shall spin it either upon
upon wheel or rock, but the wheel is the swifter way, and the rock maketh the finer thread; you shall draw your thread according to the nature of the tear, and as long as it is even, it cannot be too small, but if it be uneven, it will never make a durable Cloath. Now for as much as every Housewife is not able to spin her own teare in her own house, you shall make choice of the best Spinners you can hear of, and to them put forth your teare to spin, weighing it before it go, and weighing it after it is spun and dry, allowing weight for weight, or an ounce and a half for waste at the most: as for the prices for spinning, they are according to the natures of the Country, the finenesse of the teare, and the dearnesse of provisions: some spinning by the pound, some by the lay, and some by day, as the bargain shall be made.

After your yarn is spun upon spindles, spools, or such like, you shall then reele it upon reeles, of which the reeles which are hardly two foot in length, and have but only two contrary crosse bars at the best, the most easie and leffe to be troubled with ravelling, and in the weaving of your fine yarn to kepe it the better from ravelling, you shall as you reel it, with a Leyband of a big twist, divide the flipping or skeane into divers Leyes, allowing to every Ley eighty threads, and twenty Leyes to every flipping, the yarne being very fine, otherwise leffe of both kinds; but if you spin by the Ley as at a pound of Ley or so, then the ancient custome hath been to allow to the reele which was 8 yards all above 160 threads to every Ley, and 25 Leyes, and sometimes 30 Leyes to a flipping, which will ordinarily amount to a pound or thereabouts; and so by that you may proportion forth the price for any manner of spinning.
ning whatsoever; for if the best thus, then the second so much bared; and so accordingly the worst.

After thus your yarn is spun and reeled, being in the flippings, you shall scour it; Therefore, first to fetch out the spots, you shall lay it in lukewarm water, and let it lye so three or four days, each day shifitit once, and wringing it out, and laying it in another water of the same nature; then carry it to a well or brook, and there rinse it, till you see that nothing commeth from it, but pure clean water; for whilest there is any filth within it, there will never be white cloth; which done, take a bucking tub, and cover the bottom thereof with very fine ashes; then opening your flippings, and spreading them, lay them on those ashes; then cover those flippings with ashes again, then lay in more flippings, and cover them with ashes as before, and thus lay one upon another, till all your yarn be laid in; then cover the uppermost yarn with a bucking-cloth, and lay therein a peck or two (according to the bignesse of the tub) of ashes more: then powre into all through the uppermost cloth so much warme water, till the tub can receive no more; and so let it stand all night; the next morning you shall set a Kettle of clean water on the fire; and when it is warme, you shall pull out the spigget of the bucking tub, and let the water therein run into another clean vessel, and as the bucking tub wasteth, so you shall fill it up again with the warme water on the fire, and as the water on the fire wasteth, so you shall fill it up again with the lie which commeth from the bucking tub, ever obseruing to make the lie hotter and hotter till it seeth; and then when it so seetheth, you shall as before apply it with boyling lie, at least four hours together, which is called
led, the driving of a buck of yarn: All which being
done, you shall take off the Buckling cloth, and then
putting the yarn with the Lie-ashes into large Tubs
of Boales, with your hands as hot as you can suffer it
to posse, and labour the yarn, ashes, and Lie, a pretty
while together; then carry it to a Well, River, or other
clean scouring water, and there rinse it as clean as may
be from the ashes; then take it, and hang it up upon
poales abroad in the ayre all day, and at night take the
flippings down, and lay them in water all night; then
the next day hang them up again, and if any part of
them dry, then cast water upon them, observing ever
to turn that side outmost which whiteth slowest, and
thus do at least seven dayes together; then put all the
yarn again into a Bucking Tub without ashes: and
cover it as before with a Bucking cloth and lay there-
on good store of fresh ashes, and drive that buck as
you did before, with very strong seething Lies, the
space of half a day or more; then take it forth, posse
it, rinse it, and hang it up as you did before on the days,
and laying it in water on the nights another week, and
then wash it over in fair water, and so dry it up.

Other wayes there are of scouring and whitening of
yarn; as steeping it in bran and warme water, and
then boiling it with Ozier stickes, wheat straw, water,
and ashes, and then posse, rinsing, and bleaching it up-
on hedges, or bushes; but it is a foule and uncernein
way, and I would not wish any good House-wife to use
it.

After your yarn is scoured and whited, you shall
then wind it up into round balls of a reasonable bignesse,
rather without bottomes then with any at all, becaus it may deceive you in the weight, for accor-
ding
ding to the pounds will arise your yards and lengths of

cloth.

After your yarn is wound and weighed, you shall
carry it to the Weavers, and warp it as was before
shewed for woollen cloth, knowing this, that if your
Weaver be honest and skilful, he will make you good
and perfect cloth of even and even, that is just the same
weight in weft that then was in warp; as for the action
of weaving it itself, it is the work-mans occupation, and
therefore to him I refer it.

After your cloth is woven, and the Web or Webs come home, you shall first lay it to steep in all points
as you did your yarn, to fetch out the foyling and o-
other filth which is gathered from the Weaver; then
rinse it also as you did your yarn, then buck it also in
lie and ashes, as before said, and rinse it, and then having
lopes fix to the selvage of the cloth, spread it upon
the grass, and take it down at the uttermost length &
breadth, and as fast as it dries, water it again; but take
heed you wet it not too much, for fear you mildew or
rot it, neither cast water upon it, till you see it in a man-
ner dry, and be sure weekly to turn it first on one side,
and then on the other, and at the end of the first week
you shall buck it as before in Lie and Ashes: Again
then rinse it, spread it, & water it as before; then if you
see it whites apace, you need not to give it any more
bucks with the ashes and the cloth mixt together: but
then a couple of clean bucks (as was before shewed in
the yarn) the next fortnight following; and then being
whitened enough, dry up the cloth, and use it as occa-
sion shall require; the best season for the same white-
ning being in April and May. Now the course & worst
house-wifes (cour and white their cloth with Water
and bran, and buck it with lie and green hemlocks: but as before I said, it is not good, neither would I have it put in practice. And thus much for wooll, hemp, Flax, and Cloth of each severall substance.

CHAP. 6. Of Dairies, Butter, Cheese, and the necessary things belonging to that Office.

There followeth now in this place after these knowledges already rehearsed, the ordering and Government of Dairies, with the profits and commodities belonging to the same. And first touching the stock wherewith to furnish Dairies, it is to be understood, that they must be Kine of the best choice and breed that our English House-wise can possibly attain unto, as of big bone, faire shape, right bred, and deepe of milke, gentle, and kindly.

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

For her shape, it must a little differ from the Butchers rules; for being chose for the Dairy, she must have all the signes of plenty of milke; as a crumpled horne, a thinne uck, a hairy dewlap, and a very large udder, with foure teats, long, thicke, and sharpe at the ends; for the most part either all white, or what colour soever the Cow be; or at least the fore part thereof, and if it be well haird before and behind, and smooth in the bottome, it is a good signe.
As touching the right breed of Kine through our nation, it generally affordeth very good ones, yet some Countries do far exceed other Countries, as Cheshire, Lancashire, Yorkshire, and Derbyshire, for black Kine; Kiln, Gloucestershire, Somersetshire, and some part of Wiltshire, for red Kine, and Lincolnshire pide Kine; and from the breeds of these Countries generally doe proceed the breeds of all other, howsoever dispersed over the whole Kingdom. Now for our House-wifes direction, she shall choose her Dairy from any of the best breeds before named, according as her opinion and delight shall govern her, only observing not to mix her breeds of divers kinds, but to have all of one entire choice without variation, because it is unprofitable; neither must you by any means have your Bull a forreiner from your Kine, but either of one country, or of one shape and colour: again in the choice of your Kine, you must look diligently to the goodness and fertility of the soil where in you live, and by all means buy no Kine from a place that is more fruitful the your own, but rather harder; for the latter will prosper and come on, the other will decay and fall into disease; as the pissing of blood and such like, for which disease and all other you may find assured cures in the former book, called Cheap & good.

For the depth of milk in Kine (which is the giving of most milk) being the maine of a House-wifes profit, she shall be very carefull to have that quality in her beasts. Now those Kine are said to be deepest of milk, which are new harn, that is, which have but lately calved, and have their milke deepe springing in their adders, for at that time the giveth the most milk; and if the quantity then be not convenient, doublesthe Cow cannot be said to be of deep milch: and for the quantity
quantity of milk for a Cow to give two Gallons at a meal, is rare and extraordinary; to give a Gallon and a half is much and convenient, and to give but a Gallon certain is not to be found fault with: again, those Kine are laid to be deep of milk, which though they give not so exceeding much milk as others, yet they give a reasonable quantity, and give it long, as all the yeere through, whereas other Kine that give more in quantity, will go dry, being with Calf some three moneths, some two, and some one, but these will give their usuall measure even the night before they calve; and therefore are laid to be Kine deep of milk. Now for the retained opinion, that the Cow which goeth not dry all, or very little, bringeth not forth so good a Calf as the other, because it wanteth much of the nourishment it should enjoy, it is vain and frivolous; for should the substance from whence the milk proceedeth convert to the other intended nourishment, it would bee too superabundant, that it would convert either to disease or putrefaction; but letting these secret reasons pass, there be some Kine which are so exceedingly full of milke, that they must be milkt at least thrice a day, at morning, noon, and evening, or else they will shed their milk, but it is a fault rather then a vertue, and proceedeth more from a laxativeness or loosenesse of milk, then from any abundance; for I never saw those three meales yet equal the two meales of a good Cow, and therefore they are not truly called deep of milk.

Touching the gentleness of Kine, it is a vertue as fit to be expected as any other; for if she be not assable to the Maid, gentle and willing to come to the paile, and patient to have her dugs drawn without skimpishnesse, striking or wildnesse, she is utterly unfit for the dairy.
As a Cow must be gentle to her milker, so the must be kind in her own nature; that is, apt to conceive and bring forth fruitful to nourish, and loving to that which springs from her; for so she bringeth forth a double profit, the one for the time present which is in the Dairy, the other for the time to come, which is in the maintenance of the stock, and upholding of breed.

The best time for a Cow to Calve in for the dairy, is in the latter end of March and all April, for then grass beginning to spring to its perfect goodness, will occasion the greatest increase of milk that may be, and one good early Cow will countervail two latter, yet the Calves thus calved are not to be reared, but suffered to feed upon the Dams best milk, and then to be sold to the Butchers, and surely the profit will equal the charge; but those Calves which fall in October, November, or any time of the depth of winter may well be reared up for breed, because the main profit of the Dairy is then spent, and such breed will hold up any Calves which are calved in the prime days, for they generally are subject to the disease of the Sturdy, which is dangerous and mortal.

The House-wife, which only hath respect to her dairy, and for whose knowledge this discourse is written (for we have shewed the Grafter his office in the English Husband-man) must rear her Calves upon the finger with flothen milke, and not suffer them to run with the Dams; the general manner whereof, and the cure of all the diseases incident to them and all other cattel is fully declared in the book called Cheap and Good.

To proceed then to the general use of Dairies, it consisteth first in the cattel (of which we have spoken sufficiently) then in the hours of milking, the ordering of kindliness in Kind.
of the milke, and the profits arising from the same. The best and most commended hours for milking are indeed but two in the day; that in the Spring and Summer time which is the best season for the Dairy, is betwixt five and six in the morning, and five and leven a clock in the evening: and although wise and curious House-wives will have a third hour betwixt them, as between twelve and one in the afternoon, yet the better experient do not allow it, and say as I believe, that two good meals of milk are better ever than the three bad ones; also in the milking of a Cow, the woman must sit on the near side of the Cow, she must gently at the first handle and stretch her dugs, and moisten them with milk that they may yeeld out the milk the better and with lesse pain: she shall not settle her self to milk, nor fixe her pail firmly to the ground till she see the Cow stand sure and firm, but be ready upon any motion of the Cow to lave her pail from over-turning: when she seeth all things answerable to her desire, she shall then milk the Cow boldly, and not leave stretching and straining of her teate, till not one drop of milk more wil come from them, for the worst point of House-wifery that can be, is to leave a Cow half milked; for besides the losse of the milk, it is the only way to make a Cow dry, and utterly unprofitable for the Dairy: the Milk-maid whilst she is in milking, shall doe nothing rashly or suddenly about the Cow, which may affright or amaze her; but as shee came gently, so with all gentlenesse she shall depart.

Touching the well ordering of milk after it is come home to the Dairy, the main point belongeth thereunto is the House-wifes cleanliness in the sweet and neat keeping of the Dairy-house, where not the least moat of
of any filth may by any means appear, but all things either to the eye or nose so void of flowers or fluts-tilates that a Prince's bed-chamber must not exceed it: to this must be added the sweet and delicate keeping of her milk vessels whether they be of wood, earth or lead, the best as yet is best disputable with the best House-wise; only this opinion is generally received, that the wooden vessel, which is round and shallow is best in cold vaults, the earthen vessels principal for long keeping, and the leaden vessel for yeeding of much Cream: but howsoever, any and all these must be carefully searched once a day, and set in the open air to sweeten, lest getting any taint of sourness into them, they corrupt the milk that shall be put therein.

But to proceed to my purpose, after your milk is come home, you shall as it were strain it from all unclean things, through a neat and sweet kept Syledish, the form whereof every House-wise knowes, and the bottom of this Syle, through which the milk must passe, be covered with a very clean washt fine linnen cloath, such as one as will not suffer the least more or hair to go through it, you shall into every vessel fyle a pretty quantity of milk, according to the proportion of the vessel, the broader it is, the shallower it is, and the better it is, and yeeldeth ever the most cream, and keepeth the milk longest from souring.

Now for the profit arising from milk, they are three of especiall account, as Butter, Cheese, and Milk, to be eaten simple or compounded: as for Curds, Sowr Milk, or Wigge, they come from secondary means, and therefore may not bee numbered with these.

For your Butter which only proceedeth from the Cream,
Creame, which is the very heart and strength of Milk, it must be gathered very carefully, diligently, and painstakingly. And though cleanliness be such an ornament to a Housewife, that it be want any part thereof, she loseth both that and all good names else; yet in this action it must be more seriously employed than in any other.

To begin then with the fleeting or gathering of your Creame from the Milke, you shall do it in this manner: The Milk which you do milk in the morning you shall with a fine thin shallow dish made for the purpose, take off the Cream about five of the clock in the evening; and the Milk which you did milk in the evening, you shall fleet and take off the Cream about five of the clock the next morning, and the Cream to taken off, you shall put into a clean sweet and well leaded earthen pot close covered, and set in a close place: and this Cream so gathered you shall not keep above two dayes in the Summer, and not above four in the Winter, if you will have the sweetest and best butter; and that your Dairy containe five Kine or more; but how many or few soever you keep, you shall not by any means preserve your Cream above three dayes in Summer, and not above six in the Winter.

Your Creame being neatly and sweet kept, you shall churn or churme it on those usuall daies which are fittest either for your use in the house, or the markets adjoining near unto you, according to the purpose for which you keep your Dairy. Now the daies most accustomed held amongst ordinary House-wives, are Tuesday and Friday: Tuesday in the afternoone, to serve Wednesday morning market, & Friday morning to serve Saturday-market; for Wednesday and Saturday are the most general market daies of this Kingdom,
dome, and Wednesday, Friday, and Saturday, the usual fasting days of the weeke, and so meetest for the use of Butter. Now for churning, take your cream, and through a strong and clean cloth strain it into the churn; and then covering the churn clothe, and letting it in a place fit for the action in which you are imploud (as in the summer) in the coolest place of your Dairy, and exceeding early in the morning, or very late in the evening: and in the winter, in the warmest place of your dairy, and in the most temperate hours, as about none, or a little before or after, and so churn it with swift strokes, marking the noise of the same, which will be solid, beaute, and intense, until you hear it alter, and the sound is light, sharp, and more spirity; and then you shall say that your butter breaks, which perceived both by this sound, the light ness of the churn-staffe, and the sparks and drops which will appear yellow about the lip of the churn, then cleanse with your hand both the lidde and inward side of the churn, and having put all together, you shall cover the churn again, and then with easie strokes round, and not to the bottom, gather the butter together into one intire lump and body, leaving no pieces thereof severall or unaunched.

Now forasmuch as there be many mischiefes and inconveniences which may happen to butter in the churning, because it is a body of much tendersesse, and neither will endure much heat nor much cold: for if it be over-heated, it will look white, crumble, and be bitter in taste; and if it be over-cold, it will not come at all, but make you waste much labour in vain, which faults to help, if you churn your butter in the heat of summer, it shall not be amiss, if during the time of your churning...
churning, you place your churn in a pale of cold water, as deep as your Creame riseth in the churn, and in the churning thereof let your strokes go slow, and be sure that your churn be cold when you put in your cream: but if you churn in the coldest time of Winter, you shall then put in your Creame before the churn be cold; after it hath been scalded, you shall place it within the ayre of the fire, and churn it with as swift strokes, as fast as may be, for the much labouring of it will keep it in a continual warmth, and thus you shall have your butter good, sweet, and according to your wish. After your butter is churn’d, or churn’d and gathered well together in your churn, you shall then open your churn, and with both your hands gather it well together, and take it from the butter milk, and put it into a very clean boul of wood, or panshion of earth sweetned for the purpose; and if you intend to spend the butter sweet and fresh, you shall have your boul or panshion filled with very clean water, and therein with your hand you shall work the butter, turning and tossing it to and fro, till you have by that labour beaten and wash’d out all the butter milke, and brought the butter to a firme substance of it selfe, without any other moisture; which done, you shall take the butter from the water, and with the point of a knife stoch and slath the butter over and over every way, as thicke as is possible, leaving no part through which your knife must not passe: for this will cleanse and fetch out the smallest baire or more, or rag of a strayne, and any other thing which by casuall means may happen to fall into it.

After this you shall spread the butter in a boul thin, and take so much salt as you shall think convenient, which must by no means be much for sweet butter,
and sprinkle it thereupon; then with your hands work the butter and the salt exceedingly well together, and then make it up either into dishes, pounds, or half pounds at your pleasure.

If during the moneth of May before you salt your butter you have a lump thereof, and put it into a vessel, and so let it into the Sun the space of that moneth, you shall find it exceeding sovereign and medicinable for wounds, strains, aches, and such like grievances.

Touching the poudring up or potting of butter, you shall by no means, as in fresh butter, wash the butter milk out with water, but only work it cleare out with your hands; for water will make the butter rusty, or reese: this done, you shall weigh your butter, and know how many pounds there is thereof; for should you weigh it after it were salted, you would be deceived in the weight: which done, you shall open the butter, and salt it very well and throughly, beating it in with your hand till it be generally dispersed through the whole butter; then take clean earthen pots, exceedingly well leaded, lest the brine should leake through the same, and cast salt into the bottome of it; then lay in your butter, and presse it downe hard within the same, and when your pot is filled; then cover the top thereof with salt so as no butter be seen: then closing up the pot, let it stand where it may bee cold and safe: but if your Dairy be so little that you cannot at first fill up the pot, you shall then when you have potted up so much as you have, cover it all over with salt, and pot the next quantity upon it till the pot be full.

Now there be Housewives whose Dairies being great, can by no means conveniently have their butter contain-
tained in pots; as in Holland, Suffolk, Norfolk, and such like, and therefore are fit to take barrels very close and well made; and after they have salted it well, they fill their barrels therewith; then they take a small stick, clean and sweet and therewith make divers holes, down through the butter, even to the bottome of the barrel; and then make a strong brine of water and salt which will beare an egg, and after it is boil'd, well skimmed and cool'd, then pow'r it up upon the top of the butter, till it swim above the same, and so let it settle. Some use to Boyle in this brine a branch or two of Rosemary, and it is not amiss, but pleasant and wholesome.

When to pot Butter.

Now although you may at any time betwixt May and September pot up butter, observing to do it in the coollest time of the morning; yet the most principal season of all is in the moneth of May only: for then the ayre is most temperate, and the butter will take salt the best, and the least subject to reesing.

The best use of Butter milk for the ablest House-wife is charitably to bestow it on the poor Neighbours whose wants do daily cry out for sussenance; and no doubt but she shall find the profit thereof in a divine place, as well as in her earthly business. But if her own wants command her to use it for her own good, then she shall of her Butter-milk make curds, in this manner: she shall take her Butter milk and put it into a clean earthen vessel, which is much larger then to receive the Butter-milk only; and looking unto the quantity thereof, she shall take as it were a third part so much new milk, and set it on the fire, and when it is ready to rise, take it off, and let it cool a little: then pow'r it into the butter milk in the same manner as you would
would make a posset, and having stirred it about, let it stand: then with a fineskimmer, when you will use the curds (for the longer it stands, the better the curds will eat) take them up into a cullender, and let the whey drop well from it, and then eate them either with Cream, Ale, Wine, or Beer; as for the whey, you may keep it also in a sweet stone vessel: for it is that which is called Whig, and it is an excellent cool drinke, and wholesome, and may very well be drunk a Summer through, in stead of any other drink, and without doubt will slake the thirst of any labouring man as well, if not better.

The next main profit which ariseth from the Dairy is cheese, of which there be divers kinds, as new milke, or morrow milke, cheese, nettle-cheese, floaten-milk cheese, and eaddish, or after-mash-cheese, all which have their several orderings and compositions, as you shall perceive by the discourse following: yet before I do begin to speak of the making of the cheese, I will shew you how to order your Cheeselep bag or Runner, which is the most principall thing wherewith your cheese is compounded, and giveth the perfect taste unto the same.

The Cheeselep bag or Runner, which is the slomack bag of a young sucking Calfe, which never tasted other food then milk, where the curd lyeth undigested. Of these Bags, you shall in the beginning of the Yeere provide your self good store, and first open the Bag and powr out into a clean Vessell the curd and thicke substance thereof; but the rest which is nor curdled you shall put away: then open the curd and pick out of it all manner of motes, chiers of grasse, or other firth gotten into the same: then washe the curd into many cold waters, till it be as white and clean from all sorts
farts of moats as is possible; then lay it on a cleane cloath that the water may drain from it, which done, lay it in another dry vessiel; then take a handfull or two of salt, and rub the curd therewith exceedingly, then take your bag and wash it also in divers cold waters till it be very clean, and then put the curd and the salt up into the bag, the bag being also well rub'd within with salt: and so put it up, and salt the outside also over, and then close up the pot close, and so keep them a full yeer before you use them. For touching the hanging of them up in chimney corner (as coarse Housewives do) it is suitfull, naught and wholesome, and the spending of your Runnet whilst it is new, makes your cheese heayie and prove hollow.

When your Runnet or Earning is fit to be used, you shall season it after this manner; you shall take the bag you intend to use, and opening it, put the curd into a stone morter or a boyle, and with a wooden pestle, or a rolling pin beat it exceedingly, then put to it the yolkes of two or three egges, and halfe a pint of the thickest and sweetest cream you can steal from your milk, with a penny worth of saffron finely dried and beaten to powder, together with a little Clove and Mace, and stirre them all passing well together, till they appear but as one substance, and then put it up in the bag again; then you shall make a very strong brine of water and salt, and in the same you shall boil a handful of Saxifrage, and then when it is cold clear it into a clean earthen vessell; then take out of the bag half a dozen spoonfuls of the former curd and mixe it with the brine; then closing the bag up again, close hang it with the brine, and in any case also steep in your brine a few Wall-nut-tree leaves, and so keep your
your Runner a fortnight after before you use it; and in this manner dresse all your bags so, as you may ever have one ready after another, and the youngest a fortnight old ever at the least; for that will make the earning quick and sharp, so that four spoonfuls thereof will suffice for the gathering and seasoning of at least twelve Gallons of milk, and this is the choicest and best earning which can possibly be made by any Housewife.

To make a new-milk or morning milk cheese, which is the best cheese made ordinarily in our Kingdom, you shall take your milk early in the morning as it comes from the Cow, and syle it into a clean tub; then take all the Cream also from the milk you milk'd the evening before, and strain it into your new-milk; then take a pretty quantity of clean water, and having made it scalding hot, powre it into the milk also to scald the cream and it together; then let it stand, and cool it with a dish till it be no more then luke-warm; then go to the pot where your earning bags hang, and draw from thence so much of the earning without stirring of the bag, as will serve for your proportion of milk, & strain it therein very carefully; for if the least more of the curd of the earning fall into the cheese, it will make the cheese rot and mould; when your earning is put in, you shall cover the milk, and so let it stand half an hour or thereabout; for if the earning be good it will come in that space; but if you see it doth not, then you shall put in more: being come, you shall with a dish in your hand breake and make the curd together, poloing and turning it about diversly: which done, with the flat palmes of your hands very gently preffe the curd down into the bottome of the Tub, then with
a thin dish take the whey from it as clean as you can, and so having prepared your Cheese-tat answrable to the proportion of your curd with both your hands joined together, put your curd therein, and break it, and press it down hard into the fat till you have fill'd it; then lay upon the top of the curd your hard cheese-board, and a little small weight thereupon, that the whey may drop from it into the under vessell; when it hath done dropping, take a large Cheese-cloth, and having wet it in the cold water, lay it on the Cheese-board, and then turn the Cheese upon it; then lay the cloth into the Cheese-tat, and so put the Cheese therein againe, and with a thin slice thrust the same downe close on every side: then laying the cloth also over the top to lay on the Cheese-board, and so carry it to your great press, and there press it under a sufficient weight: after it hath been there press half an hour, you shall take it and turn it into a dry cloth, and put it into the press again, and thus you shall turn it into dry cloths at least five or six times in the first day, and ever put it under the press again, not taking it there from till the next day in the evening at soonest, and the last time it is turned, you shall turn it into the dry fat without any cloth at all.

When it is press sufficiently, and taken from the fat, you shall then lay it in a Kimmel, and rub it first on the one side, & then on the other with salt, and so let it lye all that night; then the next morning you shall doe the like again, & so turn it upon the brine, which comes from the fat two or three days or more, according to the bignessse of the Cheese, and then lay it upon a faire table or shelf to dry, forgetting not every day once to rub it all over with a clean cloth, and then to turn it, till such time that it be throughly dry, and fit to goe into
into the Cheese hecke: and in this manner of drying you must observe to lay it first where it may dry hastily, and after where it may dry at more leisure: thus may you make the best and most principal cheese.

Now if you will make Cheese of two meales, as your mornings new milke, and the evenings Creame milk, & all you shal do is but the same formerly rehearsed. And if you will make a simple morrow milk Cheese, which is all of new milke and nothing else, you shal then do as is before declared, onely you shal put in your earring so soon as the milk is fild (if it have any warmth in’t) and not scald it: but if the warmth be lost you shal put it into a kettle and give it the ayre of the fire.

If you will have a very dainty nettle Cheese, which is the finest summer cheese which can be eaten; you shal doe in all things as was formerly taught in the new milke cheese compound; Onely you shal put the curd into a very thinne Cheese-fat, not above halfe an inch or a little better deepe at the most, and then when you come to dry them as soone as it is drained from the brine, you shal lay it upon fresh nettles and cover it all over with the same; and so lying where they may feele the ayre, let them ripen therein, observing to renew your nettles once in two dayes, and every time you renew them, to turne the Cheese or Cheeses, and to gather your nettles as much without stalkes as may be, and to make the bed both under and aloft as smooth as may be, for the more even and fewer wrinkles that your cheese hath, the more dainty is your House-wise accounted.

If you will make floaten milke cheese, which is the courtest of all cheeses, you shal take some of the milk and
and heat it upon the fire to warm all the rest; but if it be low or that you dare not adventure the warming of it for fear of breaking, then you shall heat water, and with it warm it, then put in your earning as before, thowed, and gather it, press it, salt it, and dry it as you did all other Cheeses.

Of eddish Cheese.

Touching your eddish Cheese or Winter Cheese, there is not any difference betwixt it and your Summer Cheese, touching the making them, of only, because the season of the year denieth a kindly drying or hardening thereof, it differeth much in taste, and will be soft always; and of these eddish Cheeses you may make as many kinds as of Summer Cheeses, as of one meal, two meales, or of milk that is floaten.

When you have made your Cheese, you shall then have care of the whey, whose general use differeth not from that of Butter-milk, for either you shall preserve it to beflow on the poor, because it is a good drink for the labouring man, or keep it to make curds out of it, or lastly, to nourish and bring up your Swine.

Of whey curds.

If you will make curds of your best Whey, you shall set it upon the fire, and being ready to boil, you shall put into it a pretty quantity of Butter-milk, and then as you see the Curds arising up to the top of the Whey, with a skimmer skim them off, and put them into a Cullender, and then put in more Butter-milk, and thus do whilst you can see any Curds arise; then the Whey being drained clean from them, put them into a clean vessel, and so serve them forth as occasion shall serve.
CHAP. 7.
The Office of the Malt, and the several secrets, and knowledges belonging to the making of Malt.

It is most requisite and fit that our Housewife be experienced and well practis'd in the well making of Malt: both for the necessary and continual use thereof, as also for the generall profit which accrueth and ariseth to the Husband, House-wife, and the whole family: for as from it is made the drink by which the Household is nourished and sustained, so to the fruitfull Husband-man (who is the master of rich ground, and much tillage) it is an excellent merchandize, and a commodity of so great trade, that not alone especiall Towns and Countries are maintained thereby, but also the whole Kingdom, and divers others of our neighbouring Nations. This office or place of knowledge belongeth particularly to the House-wife; and though we have many excellent Men-malsters, yet it is properly the work and care of the woman, for it is a house-work, and done altogether within doors, where generally lyeth her charge; the man only ought to bring in, and to provide the grain, and excute her from portage or too heavy busithens, but for the Art of making the Malt, and the several labours appertaining to the same, even from the Fat to the Klin, it is only the work of the House-wise, and the Maid-servants to her appertaining.

To begin then with the first knowledge of our Maltster, it consisteth in the election and choice of grain fit to make Malt on, of which there are indeed truly but two kinds, that is to say, Barley, which is of all
other the most excellent for this purpose; and Oates, which when Barley is scant or wanting, maketh also a good and sufficient Malt: and though the drink which is drawn from it, be neither so much in the quantity, so strong in the substance, nor yet so pleasant in the taste, yet is the drink very good and tolerable, and nourishing enough for any reasonable creature. Now I do not deny, but there may be made Malt of Wheat, Pease, Lupins, Petches, and such like, yet it is with us of no retained custom, nor is the drink simply drawn or extracted from those grains, either wholesome or pleasant, but strong and fullsome: therefore I think it not fit to spend any time in treating of the same. To speak then of the election of Barley, you shall understand there be divers kinds thereof, according to the alteration of soyles, some being big, some little, some empty, some full, some white, some brown, and some yellow: but I will reduce all these into three kinds, that is, into the Clay-barley, the Sandy-barley, and the Barly which groweth on the mixt soyle. Now the best Barly to make Malt on, both for yielding the greatest quantity of matter, and making the strongest, best, and most wholesome drink, is the Clay Barley well drest, being clean Corne of it selfe, without weed or Oates, white of colour, full in substance, and sweet in taste: that which groweth on the mixt grounds is the next, for though it be subject to some Oates and some Weeds: yet being painfully and carefully drest, it is a fair and bold Corn, great and full; and though somewhat browner then the former, yet it is of a fair and clean complexion. The last and worst grain for this purpose is the Sand Barly, for although it be seldom or never mixt with Oates, yet if the tillage be not painfully and cunningly handled, it
it is much subject to weeds of divers kinds, as rares, stetches, and such like, which drink up the liquor in the brewing, and make the yield or quantity thereof very little and unprofitable: besides the grain naturally of it self hath a yellow, withered, empty huske, thick, and unfurnished of meale, so that the drink drawn from it can neither be so much, so strong, so good, nor so pleasant, so that to conclude, the clean Clay-barley is best for profit in the sake drink, for strength and long lasting.

The Barley in the mixt grounds will serve well for households and families: and the sandy barley for the poor, and in such places where better is not to be gotten. And these are to be known of every Husband or House-wife: the first by his whiteness, greatness and fulness: the second by his brownness, and the third by his yellowness, with a darke browne neither end, and the emptines and thickness of the husk (and in this election of Barley) you shall note, that if you find in it any wild oates, it is a sign of a rich clay-ground, but ill husbanded, yet the malt made thereof is not much amiss, for both the wild oate and the perfect oate give a pleasant sharp relish to the drink, if the quantity be not too much, which is evermore to be respected.

And to conclude this matter of election, great care must be had of both Husband and House-wife, that the barley chosen for malt, be exceeding sweet, both in smell and taste, and very clean drest: for any corruption maketh the malt loathsome, and the foul dresting afforseth much loss.

After the skilfull election of graine for malt, the House-wife is to look to the situation, goodness and apt accomodation of the Malt-house; for in that con-

Of the Malt house, and the situation.
fifth both much of the skill, and much of the profit: for the general situation of the house, it would (as near as can be) stand upon firm dry ground, having prospect every way, with open windows and lights to let in the Wind, Sun, and Ayre, which way the Maltster plealeth, both to cool and comfort the graine at pleasure, and also close-shuts or draw-windowes to keep out the Frosts and Storms, which are the only lets and hinderances for making the malt good and perfect: for the modell or forme of these houses, some are made round, with a court in the middle, some long, and some square, but the round is the best, and the least laborious, for the Cellars or Fars being placed (as it were) at the head or beginning of the circle, and the Pump or Well (but the Pump is best) being close adjoyning, or at least by conveyance of troughs made as useful as if it were near adjoyning, the Corne being steept, may with one persons labour, and a shovell be cast from the Fat or Cellern to the floore, and there coucht; then when the coucht is broken, it may in the turning either with the hand or the shovell be carried in such a circular house round about from one floore to another, till it come to the Kiln, which would also be placed next over against the Pump and Cellernes, and all contained under one rooffe.

And thus you may empty steeping after steeping, and carry them with one persons labour from floore to floore, till all the floors be full: in which circular motion you shall find, that ever that which was first steeped, shall first come to the Kilne, and so consequently one after another in such sort as they were steeped, and your work may evermore be constant, and your floore at no time empty, but at your own pleasure, and all the
the labour done only with the hand and shovell, without carrying or recarrying, or lifting heavy burdens, is both troublesome and offensive, and not without much loss, because in such cafes ever some graine scattereth.

Now over against the Kilne hole, or Furnace (which is evermore intended to be on the ground,) should a convenient place be made to pile the fuel for the Kiln, whether it be Straw, Bracken, Furs, Wood, Coale, or other fuel; but Sweat Straw is of all other the best and nearest. Now it is intended that this Malt-house may be made two stories in height, but no higher: over your Cisterns shall be made the Garners wherein to keep your Barley before it be steeped: in the bottoms of these Garners, standing directly over the Cisterns, shall be convenient holes made to open and shut at pleasure, through which shall run downe the Barley into the Cistern.

Over the bed of the Kiln can be nothing but the place for the Hair cloth, and a spacious roof open every way that the smoke may have free passage: and with the least air be carried from the Kiln, which maketh the Malt sweet and pleasant. Over that place where the fuel is piled, and is next of all to the bed of the Kiln, would likewise be other spacious Garners made some to receive the Malt as soon as it is dried with the Combe and Kiln dust, in which it may lye to mellow and ripen; and others to receive the Malt after it is skreeneed and dress'd up, for to let it bee too long in the Combe, as above three months at longest, will make it both corrupt, and breed Weevils and other worms, which are the greatest destroyers of Malt that may be. And these Garners should be so conveniently
niently place before the front of the Kilne-bed, that either with the shovel or a small scuttle you may cast, or carry the malt once dried into the Garners.

For the other part of the floors, they may be employed as the ground-floors are, for the receiving of the malt when it comes from the Cellars; and in this manner, and with these accommodations you may fashion any Malt house, either round, long, square, or of what proportion soever, as either your estate, or the convenience of the ground you have to build on shall administer.

Next to the cite or proportion of the ground, you shall have a principal care for the making of your malt floors, in which (all the custom and the nature of the soil binds many times a man to sundry inconveniences, and that a man must necessarily build according to the matter he hath to build withall, from whence ariseth the many diversities of Malt floors) yet you shall understand, that the general best Malt-floor, both for Summer and Winter, and all seasons, is the cave or vaulted arch which is hewed out of a dry and main greey Rocke, for it is both warm in Winter, cool in Summer, and generally comfortable in all seasons of the year whatsoever. For it is to be noted, that all House-wives do give over the making of Malt in the extreme heat of Summer, it is not because the Malt is worse that is made in Summer than that which is made in Winter, but because the floors are more unseasonable, and that the Sun getting a power into such open places, maketh the Grain which is steeped to sprout and come so swiftly, that it cannot induce to take time on the floor, and get the right seasoning which belongeth to the same; whereas these kind of vaults being dry, and as it were couch under
under the ground, not only keepeth out the Sunne in Summer, which maketh the Malt come much too fast, but also defendeth it from frosts and cold bitter blasts in sharp Winters, which will not suffer it to come, or sprout at all; or if part do come and sprout, as that which lyeth in the heart of the bed: yet the upper parts and out-side by means of extream cold cannot sprout: but being again dryed, hath his first hardnesse, and is one and the same with raw Barley; for every House-wife must know, that if Malt do not come as it were altogether, and at an instant, and not one come more then another, the Malt must needs be very much imperfect.

The next Flower to the Cave, or dry sandy Rock, is the Flower which is made of earth, or a fluffe strong binding Clay well watered, and mixt with Horse-dung and Soap-ashes, beaten and wrought together, till it come to one solid firmnesse; this Flower is a very warm comfortable Flower in the Winter season, and will help the Grain to come and sprout exceedingly, and with the help of windowes to let in the cold ayre, and to shut out the violent reflection of the Sun, will serve very conveniently for the making of Malt, for nine months in the year, that is to say, from September till the end of May; but for June, July, and August, to imploie it to that purpose, will breed both loss and incumbrance: The next Flower to this of earth, is that which is made of plaster, or plaster of paris, being burnt in a reasonable time, and kept from wet, till the time of shooting, and then smoothly laid, and well levelled; the imperfection of the plaster flower is only the extream coldnesse thereof, which in frosty and cold leasons, do bindeth in the heart of the Grain,
that it cannot sprout, for which cause it behoveth every Malster that is compelled to these Floores, to look well into the seasons of the yeere, and when he findeth either the Frosts, Northern blasts, or other nipping storms to rage too violently, then to make his first couches or beds, when the Grain commeth newly out of the Ceftern, much thicker and rounder than otherwise he would do; and as the cold abateth, or the corn increaseth in sprouting, so to make couches or beds thinner and thinner, for the thicker and closer the Grain is coucht and laid together, the warmer it lyeth and so catching heat, the sooner it sprouteth, and the thinner it lyeth, the cooler it is, and so much the flower in sprouting. This floore, if the Windows be close, and guard off the Sun sufficiently, will (if necessity compell) serve for the making of Malt ten months in the year, only in July and August, which contain the Dog-days, it would not be employed, nor in the time of any Frost, without great care and circumspection.

Again, there is in this floor another fault, which is a natural calling out of dust, which much fullieth the Grain, and being dryed, makes it look dun and foule, which is much disparagement to the Malster; therefore she must have great care that when the Malt is taken away, to swepe and kepe her flooreres as clean and neate as may be. The last and worst is the boarded floore, of what kind soever it be, by reason of the too much heat thereof, and yet of boarded flooreres the Oken boarded is the coolest and longest lasting; the Elme or Beech is next, then the Ash, and the worst (though it be the fairest to the Eye), is the Firre, for it hath in itself (by reason of the Frankinence and
Turpentine which it holdeth doth a natural heat, which mixed with the violence of the Sunne in the Summer-time, forceth the grain not onely to sprout, but to grow in the couch, which is much lose and a howle imputation. Now these boarded floors can hardly be in use for above five moneths at the most, that is to say, October, November, December, January, and February: for the rest, the Sun hath too much strength, and these boarded floors too much warmth; and therefore in the coolest times it is good to observe to make the couch thin whereby the ayr may passe thorough the corn, and to cool it, that it may sprout at leisure.

Now for any other floor besides these already named there is not any good to malt upon: for the common flore which is of naturall earth, whether it be Clay, Sand or Oravell, if it have no mixture at all with it more then its own nature, by oft treading upon it, groweth to gather the nature of saltynesse or Salt-peter into it, which not onely giveth an ill taste to the grain that is laid upon the same, but also his moisture and mouldiness, which in the moist times of the year arise from the ground, it often corrupteth and putrefieth the corn. The rough paved floor by reason of the unevenenes, is unfit to malt on, because the grain getting into the crannies, doth there lye, and is not removed or turned up and downe as should be with the hand, but many times is so fixed to the ground, it sprouteth and groweth up into a greene blade, affording much lose and hinderance to the owner.

The smooth paved floor, or any floore of stone whatsoever is full as ill; for every one of them naturally against much wet or change of weather, will sweat
sweat and distill forth such abundant moisture, that the Malt lying upon the same, can neither dry kindly and expell the former moisture received in the cestern, but also by that over-much moisture many times roteth, and comes to be altogether useless. Lastly, for the flower made of lime and hair, it is as ill as any former.

ly spoken of, both in respect of the nature of the Lime, whole heat and sharpness is a main enemy to Malt, or any moist corn, as also in respect of the weakness and brittleness of the substance thereof, being apt to molder and fall in pieces with the lightest treadings, on the same, and that lime and dust once mixing with the corn, it doth so poyson and suffocate it, that it neither can sprout, nor turn serviceable for any use.

Next unto the Malt flowers, our Malster shall have a great care in the framing and fashioning of the Kilne, of which there are sundry sorts of models, as the ancient forme which was in times past used of our forefathers, being only made in a square proportion at the top with small splints or rafters, joyned within foure inches one of another, going from a maine beam, crossing the mid part of that great square; then is this great square from the top, with good and sufficient studs to be drawn slopewise narrower and narrower, till it come to the ground, so that the harth or lowest part thereof may not be above a sixt part to the great square above, on which the Malt is laid to be dried, and this Harth shall be made hollow and descending, and not levell nor ascending; and these Kilnes doe not hold any certain quantity in the upper square, but may ever be according to the frame of the house, some being thirty foot each way, some 20, and some eighteen. There be other Kilnes which are made after this...
this manner open and slope, but they are round of proportion; but both these kind of Kilnes have one fault, which is danger of fire; or lying every way open and apt for the blaze, if the Malster be any thing negligent, either in the keeping of the blaze low and forward, or not sweeping every part about the hearth any thing that may take fire; or foreseeing that no straws which do belong to the bedding of the Kiln do hang down, or are loose, whereby the fire may take hold of them, it is very possible that the Kiln may be set on fire, to the great losse and often undoing of the owner.

Which to prevent, and that the Malster may have better assurance and comfort in his labour, there is a Kiln now of generall use in this Kingdom, which is called a French Kiln, being framed of a Brick, Ashler, or other fire-stone, according to the nature of the foil in which Husband and Housewives live: and this French Kiln is ever safe and secure from fire, and whether the Malster wake or sleep, without extreme wilfull negligence, there can no danger come to the Kiln; and in these Kilnes may be burnt any kind of sewell whatsoever, and neither shall the smoke offend or breed ill taste in the Malt, nor yet discolour it, as many times it doth in open Kilnes, where the Malt is as it were covered all over, & even parboyl in smoke: so that of all sorts of Kilnes whatsoever, this which is called the French Kiln, is to be preferred and onely embraced. Of the forme or modell whereof, I will not here stand to treat, because they are now to generally frequent amongst us, that not a Mason or Carpenter in the whole Kingdom but can build the same; so that to use more words thereof were tediousness to little purpose. Now there is another kind of Kiln.
Kiln which I have seen (and but in the west country onely) which for the profitable quaintnesse thereof, I took some special note of; and that was a Kilne made at the end of a Kitchin Raunge or Chimney, being in shape round and made of brick, with a little hollownesse narrowed by degrees, into which came from the bottome and midit of the Kitchin-chimney a hollow tunnell or vault, like the tunnell of a Chimny, and ranne directly on the back-side, the hood, or back of the Kitchin-chimney, then in the midit of the chimney, where the greatest strength of the fire was made, was a square hole made of about a foot and a half every way, with an Iron thick plate to draw to and fro, opening and closing the whole at pleasure; and this hole doth open onely into that tunnell which went to the Kiln, so that the Malt being once laid, and spread upon the Kiln, draw away the Iron-plate, and the ordinary fire with which you dress your meate, and perform other necessary businesse, is sucked up into this tunnell, and so conveyeth the heat to the kiln, where it drieth the Malt with as great perfection, as any kiln I saw in my life, and needeth neither attendance or other ceremony more, then once in five or sixe houres to turn the Malt, and take it away when it is dried sufficiently: for it is here to be noted, that how great or violent soever the fire be, which is in the Chimney, yet by reason of the passage, and the quantity thereof it carrieth no more then a moderate heat to the kiln, and for the smoke, it is so carried away in other loop-holes which run from the hollownessse between the tunnell, and the Malt-bed, that no Malt in the world can possibly be sweeter or more delicately coloured: only the fault of these kilns are, that they
are but little in compass, and so cannot dry much at a time, as not above a quarter or ten strike at the most in one drying, and therefore are no more but for a man's own particular use, and for the furnishing of one settled Family, but so applyed, they exceed all the kilnes that I have seen whatsoever.

When our Malster hath thus perfected the Malthouse and Kiln, then next look to the well bedding of the Kiln, which is diversly done according to men's divers opinions; for some use one thing, and some another, as the necessity of the place, or men's particular profits draw them.

But first to shew you what the bedding of a Kiln is, you shall understand, that it is a thin covering laid upon the open ratters, which are next unto the heat of the fire, being made either too thin, or too open, that the smallest heat may pass through it, and come to the corn: this bed must be laid so even and leavell as may be, and not thicker in one place than another, lest the Malt dry too fast where it is thinnest, and too slowly where it is thick, and so in the taste seem to be of two several dryings.

It must also be made of such stuff, as having received heat, it will long continue the same, and be assistant to the fire in drying the corn: it should also have in it no moist or darkish property, lest at the first receiving of the fire it send out a stinking smoke, and so taint the Malt; nor should it be of any rough or sharp substance, because upon this bed or bedding is laid the hair-cloth, and on the hair-cloth the Malt, so that with the turning the Malt, and treading upon the cloth, should the Bed be of any inch roughness, it would loone wear out the hair-cloth, which would bee both
But now for the matter or substance whereof this bedding should be made, the best, neatest, and sweetest, is clean long Rye straw, with the ears only cut off, and the ends laid even together, not one longer than another, and so spread upon the rafter of the Kilne as even and thin as may be, and laid as it were straw by straw in a just proportion, where skill and industry may make it thin or thick at pleasure, as but the thickness of one straw, or of two, three, four or five, as shall seem to your judgment most convenient, and then this, there can be nothing more even, more dry, sweet, or open to let in the heat at your pleasure: and although in the old open Kilnes it be subject to danger of fire, by reason of the quickness to receive the flame, yet in the French Kilnes (before mentioned) it is a most safe bedding, for not any fire can come near unto it. There be others which bed the Kiln with Mat; and it is not much to be disliked, if the Mat be made of Rye straw fowled, and woven together according to the manner of the Indian Mats, or those usuall thin Bent Mats, which you shall commonly see in the Summer time, standing in Husband-mens Chimneyes, where one bent or straw is laid by another, and so woven together with a good strong pack-thread: but these Mats according to the old Proverb (More cost more worship) for they are chargeable to be bought, and very troublesome in the making, and in the wearing will not outlast one of the former loose beddings, for if one thread or flitch break, immediately most in that rowe will follow: only it is most certain, that during the
time it lasteth it is both good, necessary and handsome. But if the Mat be made either of Bulrushes, Flags, or any other thick substance (as for the most part they are) then it is not so good a bedding, both because the thicknesse keepeth out the heat, and is long before it can be warmed; as also in that it ever being cold, naturally of it selte draweth into it a certain moisture, which with the first heat being expelled in smoke, doth much offend and breed ill taste in the Malt. There be others that bed the Kilne with a kind of matt made of broad thin splints of good wrought Checkerwise one into another, and it hath the same faults which the thick matt hath; for it is long in catching the heat, and will ever smoke at the first warming, and that smoke will the mallet smell on ever after; for the smoke of wood is ever more sharpe and piercing then any other smoke whatsoeuer.

Besides, this wooden matt, after it hath once bedded the Kiln, it can hardly afterward be taken vp or removed; for by continuall heat, being brought to such an extreme drynesse, if upon any occasion either to mend the Kiln, or cleanse the Kiln, or do other necessary labour underneath the bedding, you shall take vp the wooden matt, it would presently crack, and fall to pieces, and be no more serviceable.

There be others which bed the Kiln with a bedding made all of wickers, of small wands fouled one into another like a hurdle, or such wand-worke; but it is made very open, every wand at least two or three fingers one from another: and this kind of bedding is a very strong kind of bedding, and will last long, and catcheth the heat at the first springing, only the smoke is offensive, and the roughness without great care used, will
will soon wear out your hair cloth: yet in such places where straw is not to be got or spared, and that you are compelled only to use wood for your fewell in drying your malt, I allow this bedding before any other, for it is very good, strong, and long lasting: besides, it maybe taken up and set by at pleasure, so that you may sweep and cleanse your kilne as oft as occasion shall serve, and in the neat and fine keeping of the kilne, doth consist much of the house-wives art, for to be choaked either with dust, dirt, foot or ashes, as it shews slurriness and rath, the only great imputations hanging over a house-wise, so likewise they hinder the labour, and make the malt dry a great deal worse, and more unkindly.

Next the bedding of the kilne, our maltster by all means must have an especiall care with what fewell the dryeth the malt; for commonly according to that it ever receiveth and keepeth the taste, it by some especiall art in the kiln that annoyance be not taken away. To speak then of fewels in generall, they are of divers kinds according to the natures of foyles, and the accommodation of places in which men live; yet the bed and most principal fewell for the kilnes (both for sweeteness, gentle heat, and perfect drying) is either good Wheat-straw, Rye-straw, Barley-straw, or Oaten-straw; and of these the Wheat straw is the best, because it is most substantiall, longest lasting, makes the sharpest fire and yelds the least flame: the next is Rye straw, then Oaten straw, and last Barley straw, which by reason it is shortest, lightest, least lasting, and giveth more blaze then heat, it is last of these white straws to be chosen, and where any of these fail or are scarce, you may take the stubble or after crop
of them, when the upper part is shrunk away; which being well dried and housy, is as good as any of the rest already spoken of, and less chargeable, because it is not fit for any better purpose as to make fodder, measure, or such like, of more than ordinary thatching, and so fittest for this purpose. Next to these white strawes, your long Fen Rushes, being very exceedingly well withered and dryed, and all the sappy moisture gotten out of them, and so either safely housed or stacked, are the best; for they make a very substantial fire and much lattung, neither are apt to much blazing, nor the smoke so sharp or violent but may very well be endured: where all these are wanting, you may take the Straw of Pease, Fetces, Lupins, or Tares, any of which will serve; yet the smoke is apt to taint, and the fire without prevention dryeth too daintily and swiftly. Next to these is clean Bean straw, or straw mixed of Beans and Pease together; but this must be handled with great discretion, for the substance containeth so much heat, that it will rather burn then dry, if it be not moderated; and the smoke is also much offensive. Next to this Bean straw is your Furs, Goine, Whins, or small Brush-wood, which differeth not much from Bean straw; only the smoke is much sharper, and tainteth the Malt with a much stronger favour. To these I may adde Braken or Braks, Ling, Heath, or Brome, all which may serve in time of necessity, but each one of them have this fault, that they add to the Malt an ill taste or favour. After these I place wood of all sorts, for each is alike noyseome, and if the smoke which commeth from it touch the Malt, the infection cannot be removed; from whence amongst the best Husband's hath sprung this Opinion that
that when at any time drinke is ill tailed; they say straight, it was made of Wood-dryed malt. And thus you see the generality of sours, their ventures, faults, and how they are to be employed. Now for Coke of all kindes, Turse or Peate, they are not by any meanes to be used under Kilns, except where the furnaces are so subtilly made, that the smoak is conveyed a quite contrary way, and never commeth near the malt in that cake it skilleth not what fuell you use, so it be durable and cheap it is fit for the purpose. Only great regard must be had to the gentleness of the fire; for as the old Proverb is (Soft fire makes sweet Malt) so too rash and hasty a fire Scorches and burneth it, which is called amongst Maltsters Fire-fanged; and such Malt is good for little or no purpose: therefore to keep a temperate and true fire, is the only Art of a most skilfull Maltster.

When the Kiln is thus made and furnished of all necessaries duly belonging to the same, your Maltsters next care shall be to the fashioning and making of the Garners, Hutches, or Holds in which both the malt after it is dried, and the Barly before it be steeped, is to be kept and preserved; and these Garners or Safes for Corne are made of diverse fashions, and diverse matters, as some of Boords, some of Bricks, some of Stone, some of Lime and Haire, and some of Mud, Clay or Loame: but all of these have their severall faults; for wood of all kindes breedeth Weevell and Wormes which destroy the Graine, and is indeed much too hot: for although malt would ever be kept passing dry, yet never so little over-pluss of heat withers it, and takes away the vertue; for as moisture rots and corrupts it, so heat takes away and decayeth
decayeth the substance. Brick, because it is laid with Lime, is altogether unwholesome; for the Lime being apt at change of weather to sweat, moisteth the grain, and so raineth it; and in the dryest seasons with the sharp hot taste, doth fully as much offend it: those which are made of Stone are much more noysome, both in respect of the reasons before reheard, as also in that all stone of it selfe will sweate, and so more and more corrupteth the grain which is harboured in it. Lime and harre being of the same nature, carrieth the same offences, and is in the like sort to be eatenewed. Now for mud, clay, or loame, in as much as they must necessarily be mixt with wood, because otherwise of themselves, they cannot knit or bind together, and besides, that the clay or loame must be mixt either with chopt hay, chopt straw, or chopt litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences against Mice, but easie to be wrouht through, and so very unprofitable for any Husband or Housewife to use. Besides, they are much too hot, and being either in a close house, neere the Kilne, or the backe or face of any other Chimney, they dry the Corn too sore, and make it dwindle and wither, so that it neither filleth the bushel nor enricheth the liquor, but turnes to losse every way. The best Garner then that can be made both for safety and profit, is to be made either of broken tile-thread, or broken brickes, cunningly and even laid & bound together with Plaster of Paris, or our ordinary English Plaster, or burnt Alabaster, and then covered all over both within and without, in the bottom and on every side, at least three fingers thick with the same Plaster, so as no brecue or tyle-thread may by any
any means be seen, or come neer to touch the Corn, and these Garners you may make as big, or as little as you please, according to the frame of your house, or places of most convenience for the purpose, which indeed would ever be as neer the Kilne as may be, that the ayre of the fire in the days of drying, may come unto the same, or else neer the backes or sides of Chimnies, where the ayre thereof may correct the extrem coldnesse of the plaster, which of all things that are bred in the earth, is the coldest thing that may be, and yet most dry, and not apt to sweat, or take moysture, but by some violent extremity; neither will any wrme or vermine come neer it, because the great coldnesse thereof is a mortall enemy to their natures, and so the safest and longest these Garners of plasters keep all kind of Graine, and Pulse in the best perfection.

After these Garners, Hutches, or large Keepes for Corn are perfitted and made, and fitly adjoyned to the Kilne, the next thing that our Maultster hath to look unto, is the framing of the Fatts or Cesternes, in which the Corn is to be steeped, and they are of two sorts; that is, either of Coopers work, being great Fatts of Wood, or else of Malons work, being Cesternes made of stone; but the Cestern of stone is much the better; for besides that these great Fatts of Wood are very chargeable and costly (as a Fatt to contain four quarters of Grain, which is but two and thirty bushells, cannot be afforded under twenty thillings) so likewife they are very casuall and apt to mischief and spilling; for, and besides their ordinary wearing, if in the heat of Summer they be never
so little neglected without water, and suffered to be over-drye, it is tenne to one but in the Winter they will be ready to fall in pieces; and if they bee kept moist, yet if the water be not oft shifted and preserved sweet, the Fatte will soon be taynt, and being once growne faulty, it is not only irrecoverable, but also whatsoever commeth to be steeped in it after will be sure to have the same favour, besides the wearing and breaking of Garthes and Plugges the binding clensing, sweetning, and a whole world of other troubles and charges doth so dayly attend them, that the benefit is a great deale short of the incumbrance; whereas the Stone Ceillern is ever ready and useful, without any vexation at all, and being once well and sufficiently made, will not need trouble or reparation (more than ordinary washing) scarce in a hundred yeares.

Now the best way of making these Malt-ceillernes, is to make the bottoms and sices of good tyle-threads fixed together with the best Lime and Sand, and the bottome shall be raised at least a foot and a half higher then the ground, and at one corner in the bottome a fine artificially round hole must be made, which being outwardly stoppt the maltster may through it drain the Ceillern dry when the pleaseth, and the bottome must be so artificially leveld and contrived, that the water may have a true descent to that hole, and not any remain behind when it is opened.

Now when the modell is thus made of tile-thread, which you may do greater little at your pleasure; then with Lime, Hair, and Beasts-blood mixed together, you shall cover the bottome at least two inches thick laying it level and plaine, as is before shewed: which

Q 2

done,
done you shall also cover all the sides and toppe, both within and without, with the same matter, at least a good fingers thicknesse, and the main Wall of the whole cistern shall be a full foot in thicknesse, as well for strength and dureableness, as other private reasons for the holding the grain and water, whose poyse and weight might otherwise in danger a weaker substance. And thus much concerning the Malt-house, and those severall accommodations which do belong unto the same.

I will now speake a little in generall as touching the Art skill and knowledge of Malt making, which I have referred to the conclusion of this chapter, because who soever is ignorant in any of the things before spoken of, cannot by and means ever attain to the perfection of most true any most thrifty malt making. To beginne then with the Art of making, or (as some terme it melting of malt, you shall first (having proportioned the quantity you mean to steep, which should ever be answurable to the continent of your Cistern, and your Cistern to your flowers) let it either runne downe from your upper Garner into the Cistern, or otherwise be carried into your Cistern, as you shall please, or your occasions desire, and this Barley would by all means be very Clean, and neatly drest; then when your Cistern is filled, you shall from your Pomp or Well, convey the water into the cistern, till all the corn be drencht, and that the water float above it: it there be any corn that will not sink, you shall with your hand stirre it about, and wet it, and so let it rest and cover the cistern; and thus for the space of three nights you shall let the Corne steep in the water. After the there night is expired, the
the next morning you shall come to the Cestern, and
pluck out the plug or bung-stick, which stoppeth the
hole in the bottome of the Cestern, and so drain the
water clean from the Corne, and this water you shall
by all meanes save, for much light Corne and others
will come forth with this drain-water, which is very
good Swines meat, and may not be lost by any good
House-wife. Then having drained it, you shall let the
Cestern drop all that day, and in the evening with
your shovell you shall empty the Corn from the Ce-
stern unto the Malt-flowre, and when all is out, and
the Cestern cleansed, you shall lay all the wet corn on
a great heap round or long, and flat on the top; and the
thicknesse of this heap shall be answerable to the sea-
sion of the year; for if the weather be extreame cold,
then the heap shall be made very thicke, as three or
four foot, or more, according to the quantity of the
grain: but if the weather be temperate and warme, then
shall the heap be made thinner, as two foot, a foot and
a half, or one foot, according to the quantity of the
grain. And this heap is called of Malsters a Couch or
Bed of raw Malt.

In this couch you shall let the corn lye three nights
more without stirring, and after the expiration of the
three nights, you shall look upon it, and if you find that
it beginneth but to sprout (which is called comming
of Malt,) though it be never so little, as but the very
white end of the sprout peeping out (so it be in the
outward part of the heap or couch,) you shall then
break open the couch, and in the midst where the
Corn lay nearest, you shall finde the sprout; or
Corn of a greater large essence; then with your shovell
you shall turne all the outward part of the couch in-
ward,
ward, and the inward outward, & make it at least three or four times as big as it was at the first, and so let it be all that day and night, and the next day you shall with your shovell turn the whole heap over againe, increasing the largeness and making it of one indiffe-
rent thickeens over all the floore, that is to say, not above a handful thick at the most, not failing after for the space of fourteen dayes, which doth make up full in all three weekes, to turn it all over twice or thrice a day according to the season of the weather, for if it be warm, the Malt must be turned ofter, if cool, then it may lie looser, thicker, and longer together, and when the three weeks is fully accomplisht, then you shall (having bedded your Kilne, and spread a cleane
hair cloath thereon) lay the Malt as thinne as may be (as about three fingers thickness) upon the hair-
cloath, and so dry it with a gentle and soft fire, ever and anon turning the Malt (as it drieth on the Kilne) over and over with your hand, till you find it suffici-
ently well dried, which you shall know both by the taste when you bite it in your mouth, and also by the falling off the Come or sprout, when it is through-
ly dried. Now as soon as you see the Come beginne to shed, you shall in the turning of the Malt rubbe it well between your hands, and scower it to make the Come fall away, then finding it all sufficiently dri-
ed, first put out your fire then let the Malt cool upon the Kiln for four or five houres, and after raising up the four corners of the hair cloath, and gathering the Malt together on a heape, empty it with the Come and all into your garner, and there let it lye (if you have not present occasion to use it) for a moneth or two or three to ripen, but no longer, for as the
come or dust of the Kila, for such a space melloweth and ripeneth the Malt making it better both for sale or expence, so to lye too long in it doth ingender Weevil, Wormes, and Vermine which doe destroy the grain.

Now for the dressing and cleansing of Malt at such time as it is either to be spent in the house, or sold in the Market; you shall first winnow it with a good wind either from the Ayr or from the Fan; and before the winnowing, you shall rub it exceeding well between your hands, to get the come or sproutings clean away: for the beauty and goodness of malt is when it is most snug, clean, bright, and likely to Barley in the view, for then there is least waste and greatest profit: for come and dust drinketh up the liquor, and gives an ill taste to the drink. After it is well rub'd and winnowed, you shall then ree it over in a fine Sive, and if any of the malt be uncleansed, then rub it again into the Sive till it be pure, and the rubbings will arise on the top of the Sive, which you may cast off at pleasure, and all those rubbings from the Sive, and the chaff, and dust which commeth from the winnowings should be safe kept; for they are very good Swines meate, and feed well, mixt either with Whey or Swilling; and thus after the malt is reed, you shall either lye it up for especial use or put it into a well cleansed Garner, where it may lye till there be occasion for expence.

Now there be certain observations in the making of malt, which I may by no means omit: for though divers opinions do diversly argue them, yet as near as I can, I will reconcile them to that truth, which is most consonant to reason, and the rule of honesty and equality.
First, there is a difference in men's opinions as touching the constant time for the mellowing and making of the Malt; that is, from the first steeping until the time of drying; for some will allow both Fat and Flowre hardly a fortnight, some a fortnight and two or three days, and do give this reason.

First, they say, it makes the Corn look wither and brighter, and doth not get so much the fulling and foulness of the flowre, as that which lieth three weeks, which makes it a great deale more beautifull, and so more saleable: Next, it doth not come or shoot out so much sprout, as that which lieth a longer time, and so preserves more heart in the grain, makes it bold and fuller, and so consequently more full of substance, and able to make more of a little, than the other much more.

These reasons are good in shew, but not in substantiall truth: for (although I confesse that corne which lieth least time of the flowre must be the whitest and brightest, yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection, and lesse then three weeks cannot ripen Barley: for look what time it hath to swell and sprout, it must have full that time to flourish, and as much time to decay: now in less then a week it cannot do the first, and so in a week the second, and in another week the third; so that in lesse thene three weeks a man cannot make perfect Malt. Again, I confesse, that Malt which hath the least Come, must have the greatest Kernels, and so be most substantial; yet the Malt which puttheth not out his full sprout, but hath that moisture (with too much baste) driven in which should be expelled, can never be Malt of any long lasting or profitable for endurance, because it hath so much moist substance as doth make it both
apt to corrupt and breed worms in most great abundance. It is most true, that this hastily made Malt is fairest to the eye, and will longest be vended in the Market; and being spent as soon as it is bought, little or no loss is to be perceived, yet if it be kept three or four moneths or longer (unless the place where it is kept, be like a hot House) it will so dank and give again, that it will be little better then raw Malt, and so good for no service without a second drying.

Besides, Malt that is not suffered to sprout to the full kindly, but is stoppt as soon as it begins to peepe, much of that Malt cannot come at all; for the moistest grains do sprout first, and the hardest are longer in breaking the husk; now, if you stop the grain on the first sprouts, and not give all leisure to come one after another, you shall have half Malt, and half Barley, and that is good for nothing but Hens and Hogs trough. So that to conclude, if ye then three weeks you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for some (and those be the most Men-malsters whatsoever) turn all their Malt with the shovell, and say it is more easie, more speedy, add dispatcheth more in an hour, than any other way, doth in three; and it is very true, yet it scattereth much, leaveth much behind un-turn'd, and commonly that which was undermost, it leaveth undermost still, and so by some coming too much, and others not coming at all, the Malt is oft much imperfect, and the old saying made good, that too much hast maketh wast. Now, there are others (and they are for the most part women Malsters) which turn all with the hand, and that is the best, safest, and most certaine way; for there is not a graine which the hand
hand doth not remove, and turn over and over, and
layes every severall heape or rowe of such an even and
just thickness, that the Malt both equally commeth, &
equally leaseth together without defect or alteration:
and though he that hath much Malt to make, will
be willing to harken to the swiftest course in making
yet he that will make the best Malt, must take such con-
venient leisure, and imployle that labor which commeth
nearest to perfection.

Then there is another especiall care to be had in the
comning or sprouting of Malt, which is, that as it must
not come too little, so it must not by any means come
too much; for that is the grossest abuse that may be:
and that which we call comed or sprouted too much,
is, when either by negligence, for want of looking to
the couch, and not opening of it, or for want of turning
when the Malt is spread on the floor, it come or sprout
at both ends, which Husband's call Akerspierd; such
corn by reason the whole heart or substance is driven
out of it, can be good for no purpose but the Swine-
trough, and therefore you must have an especial care
both to the well tending of the couch, and the turning
the Malt on the floor, and be sure (as nearest as you
can by the ordering of the couch, and happing the har-
dest grain inward and warmest) to make it all Come
very indifferently together. Now, if it so fall out, that
you buy your Barley, and happen to light on mixt
grain, some being old Corn, some new Corn, some
of the heart of the stack, and some of the straddle, which
in an ordinary deceit with Husband-men in the market,
them you may be well assured, that this grain can never
Come or sprout equally together, for the new Corn
will sprout before the old, and the straddle before that
in the heart of the stack by reason the one exceedeth
the other in moistnesse: therefore in this case you shall
marke wel which commeth first, which will be still in
the heart of the Couch, and with your hand gather it
by it self into a separeate place, and then heape the o-
ther together again, and thus as it commeth and sprou-
teth so gather it from the heap with your hand, and
spread it on the floor and keep the other still in a
thick heap till all be sprouted. Now lastly observe,
that if your Malt be hard to sprout or Come, and that
the fault consist more in the bitter coldnesse of the sea-
son than any defect of the corn, that then (besides the
thick or close making of the heap or couch) you faile
not to cover it over with some thick woollen cloathes,
as course Coverlids, or such like stuffe, the warmth
whereof will make it come prently: which once
perceived, then forthwith uncloath it, and order it as a-
foresaid in all points. And thus much for the Art, order,
skill, and cunning belonging to the Malt-making.

Now as touching the making of Oates into Malt, or oat-
which is a thing of generall use in many parts of this
Kingdome where Barley is scarce, as in Cheshire, Lon-
cashire, much of Darbishiere, Devonshire, Carmar-
and the like, the heart and skill is all one with that of
Barley, nor is there any variation or change of work,
but one the same order still to be observed, onely
by reason that Oates are more twist in sprouting, and
apt to cluster, ball, and hang together by the length
of the sprout then Barley is, therefore you must not
fail but turn them othert then Barley, and in the tur-
ing be carefull to turn all, and not leave any unmo-
ved. Lastly, they will need lefs of the floor than Bar-
ley will for in a full fortnight, or a fortnight and two or
three
three days you may make very good and perfect Oat-
malt. But because I have a great deale more to speake
particularly of Oates in the next chapter, I will here
conclude this, and advise every skillfull House-wife to
joyn with mine observations, her owne tryed experi-
ce, and no doubt but she shall find both profit and sa-
tisfaction.

CHAP. 6.
Of the excellency of Oates, and the many singular vertues
and use of them in a Family.

Oats although they are of all manner of grain the
cheapest, because of their generality being a
grain of that goodness and hardinesse, that it will grow in
any soyl whatsoever, be it never so rich, or never so
poor, as if Nature had made it the only loving com-
panion and true friend to mankind; yet it is a grain of
that singularity for the multiplicity of vertues, and
necessary ues for the sustenance and support of the
Family, that not any other grain is to be compared
with it; for if any other have equall vertue, yet it hath
not equall value, and if equal value, then it wanteth
degrees of equall vertue; so that joyning vertue and
value together, no Husband, Housewife, or House-keeper
whatsoever, hath so true and worthy a friend, as his
Oates are.

To speake then first of the vertues of Oates, as they
accruet to cattle and creatures without door, and first
to begin with the Horse, there is not any food what-
ever that is so good, wholesome, and agreeable with
the nature of a Horse, as Oates are, being a Provender
in which hee taketh such delight, that with it hee
feedeth
feedeth, travelleth, and doth any violent labour whatsoever with more courage and comfort, then with any other food that can be invented, as all men know, that have either use of it, or Horses: neither doth the horse ever take surfeit of Oats, if they be sweet & dry for all be, he may well be glutted or stalled upon them (with indiscreet feeding) and so refuse them for a little time, yet he never surfeiteth, or any present sickness follow after; whereas no other grain but glut a Horse therewith, and instantly sicknese will follow which shewes surfeit, and the danger is oft incurable: for we read in Italy, at the siege of Naples, of many hundred Horses that died on the surfeit of wheat; at Rome also died many hundred horses of the plague, which by due proof was found to proceed from a surfeit taken of peason and fitches, and so I could run over all other grains, but it is needless, and farre from the purpose I have to handle: suffice it, Oats for Horses are the best of all foods whatsoever, whether they be but only clean thrashed from the straw, and so dried, or converted to Oat-meal, and so ground and made into bread, Oats boild and given to a Horse whilst they are cool and sweet are an excellent food for any horse in the time of disease, poverty, or sickness for they scowre and far exceedingly.

In the same nature that Oates are for Horses, so are they for the Ass, Mule, Camell, or any other Beast of burthen.

If you will feed either Ox, Bull, Cow or any Neat, whatsoever to an extraordinary height of fatnesse, there is no food doth it so loone as Oates doth, whether you give them in the straw, or clean thatesht from the sheaf, and well winnowed; but the winnowed Oate is
is the best, for by them I have seen an Ox fed to twenty pound, to twenty four, pound, and thirty pounds, which is a most unreasonable reckoning for any beast; only fame and the tallow hath been precious.

Sheep or Goats may likewise be fed with Oats, to as great price and profit as with Pease, and Swine are fed with Oats, either in raw Milk or otherwise, to as great thickness as with any graine whatsoever; only they must have a few Pease after the Oats to harden the fat or else it will waste, and consume in boiling. Now for holding Swine, which are only to be preferred in good flesh, nothing is better than a thin mange made of ground Oats, Whey, Butter-milke, or other ordinary wash, or swillings, which either the Dairy or Kitchin affordeth; nor is there any more sovereign or excellent meat for Swine in the time of sickness, then a mange made of ground Oats and sweet Whey, warmed lukewarm on the fire, and mixt with the powder of Raddle or red Oaker. Nay if you will goe to the matter of pleasure, there is not any meat so excellent for the feeding, and wholesome keeping of a Kennel of hounds, as the Mange made of ground oats and scalding water, or of beefe-broth, or any other broth, in which flesh hath beene foddern, if it be for the feeding, strengthening and comforting of Greyhounds, Spaniels, or any other sort of tenderer Doggs, there is no meat better then Sheeps-heads, haire and all, or other, intralls of Sheepe chopt and well foddern with good store of Oat-meale.

Now for all manner of Poultry, as Cocks, Capons Hens, Chickens of great size, Turkeys Geese, Ducks, Swannes and such like, there is no food feedeth them better then Oats, and if it be the young breed of any
of those kinds, even from the first hatching or disclosing, till they be able to shift for themselves; there is no food better whatsoever than oat-meal Groat, or fine oat-meal, either simple of itself, or else mixt with milk, drink, or else new made Urine.

Thus much touching the virtues and quality of Oates or oat-meale, as they are serviceable for the use of Cattell and Poultry. Now for the most necessary use thereof for man, and the general support of the family, there is no grain in our knowledge answerable unto it.

First, for the simple oat itself (excepting some particular physic helps as frying them with sweet butter, and putting them in a bag, and very hot applied to the belly, or stomach, to avoid collick or windinesse, and such like experiments) the most especial use which is made of them, is for Malt to make Beer or Ale of, which it doth exceeding well, and maintaineth many Towns and Countries; but the oat-meale which is drawn from them, being the heart and kernel of the oat, is a thing of much rarer price and estimation; for to speak truth, it is like salt of such a general use, that without it hardly can any family be maintained: therefore, I think it not much amiss to speak a word or two touching the making of oat-meale, you shall understand then, that to make good and perfect oat-meale, you shall first dry your oates exceeding well; and then put them on the Mill, which may either be water-mill, wind-mill, or Horse-mill, (but the horse-mill is best) and no more but crush or hull them; that is, to carry the stones so large, that they may no more but crush the huske from the Kernels: then you shall winnow the hulls from the Kernels either with the wind or a Fan, and finding them of an indifferent cleanliness.
Now for the use and virtues of these severall kinds of Oat-meales in maintaining the Family, they are so many (according to the many customes of many Nations) that is almost impossible to reckon all; yet (as near as I can) I will impart my knowledge, and what I have taken from relation.

First, for the small Dust, or meale Oat-meal, it is that with which all pottage is made and thickned; whether they be Meat-pottage, Milk-pottage, or any thick, or else thin; Grewell whatsoever, of whose goodness and wholesome it is needless to speake, in that it is frequent with every experience: Also, with this small meale Oat-meale is made in divers Countries sixe severall kindes of very good and wholesome bread, every one finer than o"ther, as your Nanacks, Tanacks, and such like. Also, there is
is made of it, both thick, and thin: Oaten cakes, which are very pleasant in taste, and much esteemed; but if it be mixed with fine wheate meale, then it maketh a most delicate and dainty Oate-cake, either thick or thin, such as no Prince in the world but may have them served to his table; also this small oat-meale mixed with blood, and the Liver of either Sheepe, Calfe, or Swine maketh that pudding which is called the Haggas or Haggus, of whose goodnesse it is in vaine to boast, because there is hardly to be found a man that doth not affect them. And lastly, from this small oat-meale by oft steeping it in water and cleansing it, and then boiling it to a thick and stiffe jelly, is made that excellent dish of meate which is so esteemed of in the west parts of this Kingdome, which they call Wash-brew, and in Chesbeire, and Lancashire they call it Flamer, or Flumery, the wholesomenesse and rare goodnesse, nay, the very Physicke helps thereof, being such and so many that I myselfe have heard a very reverend and worthily renowned Physician speak more in the commendations of that meate, then of any other foode whatsoever: and certaine it is that you shall not heare of any that ever did surfeite of this Wash-brew or Flammer; and yet I have seene them of very dainety and sickely stomaches which have eaten great quantities thereof beyond the proportion of ordinary meates. Now for the manner of eating this meate, it is of diverse diversely used; for some eat it with hony, which is reputed the best sauce; some with Wine, either Sacke, Clare or White; some with strong Beere, or strong Ale; and some with milke, as your ability, or the accommodations of the place will administer. Now there is derived from this Wash-brew another courser meate, which
which is as it were the dregges, or grosser substance of the Wash-brew, which is called Gird-brew, which is a well filling and sufficient meat fit for servants and men of labour; of the commendations whereof, I will not much stand, in that it is a meat of harder digesti-
on, and fit indeed but for strong able stomacks, and such whole toyl and much sweat both liberally spendeth evil humors, and also preserveth men from the offence of tulnesse and surteits.

Now for the bigger kind of Oat-meale, which is called Greets, or Corn Oat-meale, it is of no lesse use then the former, nor are there fewer meats com-
pounded thereof: for first, of these Greets are made all sorts of puddings, or pots (as the West-Country tearms them) whether they be black, as those which are made of the blood of Beasts, Swine, Sheep, Geese, Red or Fallow Deere, or the like, mixt with whole Greets, Suet, and wholesome hearbs, or else white, as when the Greets are mixt with good Cream, Egges, Bread-crums, Suet, Currants, and other wholesome Spices. Also of these Greets are made the good Fry-
day pudding, which is mixt with Eggs, Milk, Suet, peny-
royal, and boyl'd first in a linnen bag, and then strip-
t and buttered with sweet butter. Again, if you roast a Goole, and stop her belly with whole grits beaten to-
gether with Egges, and after mixt with the gravy, there cannot be a more better or pleasanter sawce: nay, if a man be at Sea in any long travel, he cannot eat a more wholesome and pleasant meat then these whole Grits boyl'd in water till they burst, and then mixt with but-
ter, and so eaten with spoons; which although Sea-
men call simply by the name of CobbLOLLY, yet there is not any meat how significant euer the name be, that
is more toothsome or wholesome. And to conclude, there is no way or purpose whatsoever to which a man can use or imploy Rice; but with the same seasoning and order you may imploy the whole greetes of Oatmeale, and have full as good and wholesome mete, and as wel tasted, so that I may well knit up this chapter with this approbation of Oat meal, that the little charge and great benefit considered, it is the very Crowne of the Hous-wives garland, and doth more grace her table and her knowledge, then all graines whatsoever; neither indeed can any Family or Houses hold be wel and thriftily maintained where this is either scant or wanting. And thus much touching the nature, worth, vertues, and great necessity of Oates and Oat-meale.

CHAP. 8.

Of the Office of the Brew-house, and the Bake-house, and the necessary things belonging to the same.

Hen our English House-wife knows how to preserve health by wholesome Phylicke, to nourish by good meate, and to cloath the body with warm garments, she must not then by any means be ignorant in the provision of Bred and Drinke; she must know both the proportions and compositions of the same. And for as much as drink is in every house more generally spent then bread, being indeed (but how well I know not) made the very substance of all entertainment; I will first begimne with it, and therefore you shall know that generally our Kings and nobles but two kinds of drinks, that is to say, Beer and Ale.
Ale, but particularly our, as Beere, Ale, Perry and Cider; and to these we may add two more, Meed and Methyel, two compound drinks of honey and herbs which in the places where they are made, as in Wales and the marches, are reckoned for exceeding wholesome and cordiall.

To speake then of Beere, although there be divers kinds of tastes and strength thereof, according to the allowance of Malt, Hoppes, and age given unto the same, yet indeed there can be truly said to be but two kinds thereof; namely, ordinary Beere, and march Beere, all other Beeres being derived from them.

Touching ordinary beere, which is that wherewith either Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeere, it is meet of the English house-wife respect the proportion or allowance of Malt due to the same, which amongst the best Husbandmen is thought most convenient and it is held, that to draw from one quarter of good Malt three Hogheads of beer is the best ordinary proportion that can be allowed, and having age and good caske to ly, in it will be strong enough for any good man's drinking.

New for the Brewing of ordinary Beere, your Malt being well ground and put in your Mash-fat, and your liquor in your lead ready to boyle, you shall then by little and little with scoopes or pails put the boylinge liquor to the Malt, and then stirre it even to the bottom exceedingly well together (which is called the mashing of the Malt) then the liquor swimming in the top cover al over with more Malt; and so let it stand an houre and more in the mash fat, during which space you may if you please heat, more liquor
in your lead for your second or small drink, this done, pluck up your mashing stream, and let the first liquor run gently from the Malt, either in a clean trough, or other vessels prepared for the purpose, and then stopping the Mash-fat again, put the second liquor to the malt, and stir it well together; then your lead being emptied, put your first liquor or wort therein, and then to every quarter of Malt, put a pound and a halfe of the best Hops you can get; and boile them an houre together, till taking up a dish full thereof, you see the hops shrink into the bottome of the dish; this done, put the wort thorow a strait Sive which may draine the hops from it into your cooler, which standing over the Guil-fat, you shall in the bottome thereof let a great bowl with your barm, & some of the first wort (before the Hops come into it mixt together) that it may rise therein, and then let your wort drop or run gently into the dish with the barm which stands in the Guil-fat, and this you shall doe the first day of your brewing, letting your cooler drop all the night following, & some part of the next morning, and as it drops if you find that a black skum or mother riseth upon the barm, you shall with your hand take it off, and cast it away, then nothing being left in the cooler, and the Beer well risen, with your hand stir it about, & so let it stand an hour after, and then beating it and the barm exceeding well together, turn it up into the Hog's-Heads, being clean wash'd and scalded, and so let it purge: and herein you shall observe not to turn your vessels to full, for fear thereby it purge to much of the barm away: when it hath purged a day and a night, you shall close up the bung-holes with clay, & only for a day or two after keep a vent-hole in it, and after close it up as fast
as may be. Now for your second or final drink which are left upon the grain, you shall suffer it there to stay but an hour, or a little better, and then drain it all off also, which done, put it into the Lead with the former Hops, and boil the other also, then clear it from the Hops, and cover it very close, til your first Beer be turned and then as before, put it also to Barm, and so run it up also in smaller vessels, and of this second beer you shall not draw above one Hogshead to three of the better. Now there be divers other wages and observations, for the brewing of ordinary beer, but none so good, so easie, so ready and quickly performed, as this before shewed; neither will any Beer last longer, or ripen sooner, for it may be drunk at a fortnights age, and will last as long and lively.

Now for the brewing of the best March Beer, you shall allow to a Hogshead thereof, a quarter of the best Malt well ground; then you shall take a Peck of Pease, half a peck of Wheat, and half a peck of Oats, and grind them all very well together, and then mixe them with your Malt; which done, you shall in all points brew this beer as you did the former ordinary Beer; only you shall allow a pound and a half of Hops to this one Hogshead; and whereas before you drew but two sorts of Beer, so now you shall draw three; that is, a Hogshead of the best and a Hogshead of the second, and half a Hogshead of small beer, without any augmentation of Hops or Malt.

This March beer would be brewed in the moneths of March or April, and (should it have right) have a whole yeer to ripen in; it will last two, three, and four yeeres if it lie coole and close, and endure the drawing to the last drop, though with never so much leisure.

Now
Now for the brewing of strong Ale, because it is
drink of no such long lasting as beer is, therefore you
shall brew lessle quantity at a time thereof, as two bu-
shels of Northern measure (which is four bushels, or
half a quarter in the South) at a brewing, and not
above, which will make fourteen gallons of the best
Ale. Now for the mashing and ordering of it in the
mash-fat, it will not differ anything from that of Beer,
as for Hops, although some use not to put in any, yet
the best Brewers thereof will allow to fourteen gal-
lons of Ale a good espent full of hops, and no more,
yet before you put in your Hops, as soon as you take
it from the graines, you shall put it into a vessell, and
change it, or blink it in this manner: put into the
wort a handfull of Oke-bowes, and a pewter-dish, and
let them lie therein, till the wort look a little paler than
it did at the first, and then presently take out the dish
and the leafe, and then boile it a full hour with the
Hops, as aforesaid, and then cleanse it, and set it in ves-
sells to coole; when it is milk-warm, having set your
Barm to rise with some sweet wort: then put all
into the Guilefar, and as soon as it riseth, with a dish or
bowle beat it in, and so keep it with continual bea-
ting a day and a night at least, & after turn it. From this
Ale you may also draw halfe so much very good midle
Ale, and a third part very good small Ale.

Touching the brewing of Bottle-ale, it differeth no-
thing at all from the brewing of strong Ale, onely it
must be drawn in a larger proportion, as at least twen-
ty gallons of half a quarter; and when it comes to be
changed, you shall blink it (as was before shewed)
more by much then was the strong Ale, for it must be
pretty and sharp, which giveth the life and quick-
ness.
neffe to the Ale; and when you turn it, you shall put it into round bottles with narrow mouths, and then stopping them cloe with cork, set them in a cold Cellar up to the waist in sand, and be sure that the corks be fast tied in with strong pack-thread, for fear of rising out, or taking vent, which is the utter spoyle of the Ale.

Now for the small drink arising from this Bottle-ale or any other Beer or Ale whatsoever, if you keepe it after it is blinck'd and boyled in a cloe vessel, and then put it to barn every morning as you have occasion to use it, the drink will drink a great deal the fresher, and be much more lively in taste.

As for the making of Perry and Cider, which are drink much used in the West parts, and other Countries well stored with fruit in this Kingdom; you shall know that your Perry is made of Pears only, and your Cider of Apples; and for the manner of making them, it is done after one fashion, that is to say, after your Pears and Apples are well pick'd from the stalks, rottenesse, and all manner of other filth, you shall put them in the Press-mill, which is made with a Millstone running round in a circle, under which you shall crush your Pears or Apples, and then straining them thorow a bag of hair-cloth, turn up the same (after it hath been a little setted) into Hogf heads, Barrels, and other close vessels.

Now after you have prest all, you shall have that which is within the hair-cloth bag, and putting it into several vessels, put a pretty quantity of Water thereunto, and after it hath stood a day or two, and hath been well stirred together, press it over also againe, for this will make a small Perry or Cider, and must be spent
spent first. Now of your best cider that which you make of your summer, or sweet fruit, you shall call summer, or sweet cider or, perry, and that you shall spend first also; and that which you make of the winter and hard fruit, you shall call winter and lowe cider, or perry; and that you may spend last, for it will endure the longest.

Thus after our English housewife is experience in the brewing of these several drinkes, thee shall then look into her Bake-houle, and to the making of all sorts of bread, either for Masters, servants, or hinds, and to the ordering and compounding of the meale for each several use.

To speak then first of meales for bread, they are either simple or compound, simple, as Wheat, and Rye, or compound, as Rye, and Wheat mixt together, or Rye, Wheat and Barley mixt together; and of these the oldest meal is ever the best, and yeeldeth most, so it be sweeter, and untainted for the preservation whereof, it is meet that you cleanse your meal well from the bran, and then keep it in sweet vessels.

Now for the baking of bread of your simple meales, your best and principall bread is manchet, which you shall bake in this manner. First your meal being ground upon the black stones, if it be possible, which make the whitest flower, and boulted through the finest bolting cloth, you shall put it into a cleane Kimnel, and opening the flower hallow in the midst, put into it of the best Ale-barme, the quantity of three pints to a bushell of meal, with some salt to season it with: then put in your liquor reasonable warm, and knead it very well together with both your hands, and through the brake, or for want thereof, fold it in a cloath, and with your
your feet tread it a good space together, then letting
it lie an hour or there abouts to swel, take it forth and
mold it into manchetes, round and flat, scotch them a-
bout the waist to give it leave to rise, and prick it with
your knife in the top, and so put it into the Oven, and
bake it with a gentle heat.

To bake the best cheat bread, which is also sim-
ply of Wheat onely, you shall after your meale is
drest and boulded through a more course boulter then
was used for your manchetes, and put also into a clean
tub, trough, or kimmell, take a sowre leaven, that
is, a piece of such like leaven faved from a former
batch, and well fill with salt, and so laid up to sowe,
and this sowre leaven you shall break into small pieces
into warmwater, and then strain it, which done, make
a deep hollow hole, as was before said in the midst
of your flour, & therein powr your strained liquor
then with your hand mixe some part of the flower
therewith, till the liquor be as thick as a pancake batter
then cover it al over with meale, and so let it lie all that
night, the next morning stirre it, and all the rest of the
meale well together, and with a little more warm water
barm and salt to season it with, bring it to a perfect
leaven settle, and firme; then kneade it, break it, and
read it, as was before said in the manchetes, & so mold
it up in reasonable bigge loaves, and then bake it with
an indifferent good heate: and thus according to these
two examples before shewed, you may break leavened
or unleavened whatsoever, whether it be simple corn,
as Wheat or Rye of it sole, or compound grain, as
Wheate and Rye, or Wheat and Barley, or Rye and
Barley, or any other mixt white corn: onely because
Rye is a little stronger grain then Wheate, it shall be
good
good for you to put your water a little hotter then you did to your wheat.

For your brown bread, for bread or your hinde-servants which is the courtest bread for mans use, you shall take of barley two bushels, of pease two pecks, of Wheat or Rye a pecke, a pecke of Malt; these you shall grind altogether, and dresse it through a meale five, then putting it into a foure trough, set liquor on the fire, and when it boyles let one put on the water, & another with a mash rudder stir some of the flour with it after it hath been seasoned with salt, and so let it be till the next day, and then putting to the rest of the flour, work it up into stiffe leaven, then mould it and bake it into great loaves with a very strong heat; now if your trough be not now enough to sowr your leaven, then you shall either let it lie longer in the trough, or else take the help of a foure leaven with your boylingwater: for you must understand, that the hotter you liquor is, the lesse will the smell or ranknesse of the pease be received. And thus much for the baking of any kind of bread, which our English Housewife shall have occasion to use for the maintenance of her family.

As for the generall observations to be respected in the Brew-house or Bake-house, they be these: first, that your Brewhouse be seated in so convenient a part of the house, that the smoke may not annoy your other more private rooms; then that your furnace be made close & hollow for saving fuel, & with a vent for the passage of smoke, lest it taint your liquor; then that you prefer a Copper before a Lead, next that your Mash-fat be ever nearest to your Lead, your cooler nearer your Mash-fat, and your Guilt-fat under
under your cooler, and adjoyning to them all severall clean tubs to receive your worts and liquors: then in your Bake-house you shall have a faire boulting house with large pipes to boul meale in, faire troughes to lay leaven in, and sweet safes receive your bran: you shall have boulters, scarse, raunget and meale lyeses of all sortes both fine and course; you shall have faire tables to mould on, large ovens to break in the soales thereof rather of one or two entire stones then of many bricks and the mouth made narrow, square and ease to be close covered: as for your peales, cole-rakes, mawkins and such like, though they be necessary yet they are of such generall use they need no further relation. And thus much for a full satisfaction to all the Husband, and House-wifes of this Kingdom, touching Brewing, Baking and all whatsoever else appertaining to either of their offices.

The end of the English house-wise.

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