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 suffe, Ordering of great Feasts, preserving of all sorts of Wines, conceited Secrets, Distillations, Perfumes, ordering of Wooll, Hemp, Flax, making Cloth, and Dying, the knowledge of Dayries, Office of Making, of Oates, their excellent uses in a Family, of Brewing, Baking, and all other things belonging to an 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. Alsop for JOHN HARISON, and are to be sold at his Shop in Pauls Church-yard, 1649.
ENGLISH HOUSEWIFE
CONTAINING
The Inferior and Country Vassals, which ought to be
conspicuous with
A Perspectival View
Of the several Parts
Of the Country House,
In which the several Parts are described with
Vestiges and Pictures.

London
Printed for James and John Herring, and are to be sold
in the Strand, near Charing-Cross.
To the Right

HONOVRALE

And most excellent Lady, FRNCIS Countesse DOYAGER of EXCETER.

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 wil ever admire and serve you; and though it can adde nothing to your own rare and unparelled 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 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 intention, 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 Glories 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 emboldned to send it to your blessed hand.
hand, knowing you to be a Mistress so full of honorable piety and goodnes, that although this imperfect offer may come unto you weak and disable, yet your noble vertue 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, shal to my last gasp labour to attend you.

The true admirer of your Noble vertues.

GERVACE MARSHAM,
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The approved

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-wise 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-wise. And first of her general knowledges both in Physick and Surgery, with plain approved medicines for health of the House-hold; also the extration 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 Housewife, who is the mother and mistress 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 Sustainman 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 virtuous fruits of good living, which shall be pleasing both to God and his creatures; I doe 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-wi,se or good woman. But let our English House-wife bee 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 amongst her servants.

In which practice of hers, what particular rules are to be obserued I leave her to learne of them who are protestted Divines and have purposely written of this argument; only thus much will I say, which each ones experience will teach him to be true, that the more
ful the master and mistress are to bring up their servants in the daily exercises of Religion toward God, the more faithful they shall find them in all their businesses towards men, and procure God's 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 holiness of life, it is meet that our English housewife 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 sufferance 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 apparel and diet, both which she shall proportion according to the competency of her husband's 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 covetousness is

B 2
Other Gar.

hellish. Let therefore the Huf-wives garments be comely and strong, made a-swell to preserve the health, adorne the person, altogether without his pleasing, or the gloss of light colours, and as far from the vanity of new and fantastick fashions, as near to the comely imitations 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 satisfy nature, then our affections, and affer to kill hunger then revive new appetites, let it proceed more from the provision of her own yard, then the furniture of the Markets; and let it be rather esteemed for the familiar acquaintance the hath with it, then for the strangeness and rarity it bringeth from other Countries.

To conclude, our English Huf-wife must be of chast thought, stout courage, patient, untired, watchfull, diligent, witty, pleasant, constant in friendship, full of good Neighbour-hood, wise in Discourse, but not frequent therein, sharp and quick of speech, but not bitter or talkative, secret in her affairs, comfortable in her counsels, and generally skilful in the worthy knowledges which do belong to her Vocation, or most whereof I now in the ensuing discourse, intend to speak more largely.

To begin then with one of the most principal virtues which doth belong to our English Hous-wife, you shall understand, that in the preservation and care of the family touching their health and soundness of body consisteth most in the diligence: it is meet that she have a phisickall kind of knowledge, how to administer many wholesome 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 evil of the same, when
it hath made pleasure on the body. Indeed we must confesse that the depth and secrets of this most excellent Art of Physicke, as farre beyond the capacity of the most skilfull woman, as lodging onely in the breast of learned professors, yet that our House-wi$f$e may from them receive some ordinary rules & medicines which may availe for the benefit of her Family, as (in our common experience) no derogation at all to that worthy 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 relate unto her some approved medicines, and old doctrines which have been gathered together, by two excellent and famous Physicians, and in a Manuscript given to a great worthy Countesse of this Land, (for farre be it from me, to attribute this goodness unto mine own knowledge) and delivered by my common and ordinary experience, for the curing of those ordinary sicknesses which daily perturb the health of men and women.

First then to speak of Feavers or Agues, the Housewife 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, painfull perturbation of the spirits. There be sundry other Fevers which comming from Consumptions, and other long continued sicknesses, do altogether surpass our Huf-wives capacity.

B 3

First
Of 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 Aquavitæ, and stir it and the yolk very well together, and then as soon as you feel your cold fit begin to come upon you, lift 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 only 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 handful of Dandelion, 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 sickness let your drink be posset ale thus boiled with the same heurb.

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 soveraign 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 Hectique fever which is also a very dangerous sickness,
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 spoonfull of Vinegar, half a spoonfull of Methridate 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 blood, 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.

Therefore, when any man is so overpressed with desire of drink, you shall give him at convenient times either potter ale made with cold herbs, as forrell, purflen, Violet leaves, Lettice, Spinage, & such like, or else a Julip made as hereafter in the pestilent fever, or some Almond milk: and betwixt those times, because the use of these drinks will grow wearisom and lothsome to the patient, you shall suffer him to gargl 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
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 goe downe, and this will much better asswage 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-sore, take elder leaves and leech them in milk till they be sooth, then take them up and strain them, and then Boyle it againe till it be thick, and to use it to the sore 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 with 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 he can force himself to sweat, which if he doe, then halfe 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 past 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 decreasest.
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 Mulberies; 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 coltive, you shall give him a suppository made of honey, boil'd to the height of hardnesse, which you shall know by cooling a drop thereof; and so if you find it hard, you shall then know that the honey is boil'd sufficiently: then put salt to it, and so put it in water, and work it into a roule in manner of a suppository, and administer it, and it most assuredly bringeth no hurt, but safe 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 preverve your body from the infection of the plague, you shall take a quart of old ale, & after it hath risen upon the fire, and hath bin scummed, you shall put therinto of Aristolochia longa of Angelica, & of Celandine of each half a handful, & boil them well therein: then strain the drink through a clean cloth, & dissolve therein a dram of the best Methridate, as much Ivory finely.
For the Pestilence.

Take Fethersem, Malefet, Scabius, and Mugwort, of each a like, bruise them and mix them with old ale, and let the sick drink thereof sffe spoonfull, and it will expell the corruption.

Another.

A preservation against the Pestilence.

Take of Sage, Rue, Brier leaves, or Elder leaves, of each an handful, stamp them and strain them with a quart of

For infection of the plague.

finely powdred and scarce, and six spoonful of Dragon water, then put it up in a close glasse; and every morning fasting take five spoonful thereof, & after bite and chaw in your mouth the dried root of Angelica, or smel on a hole-gai 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 signes therof, as pain in the head, drought, burning, weaknes 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 sweat, which if you do, keep your self moderately therein till the sore begin to rise; 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 chopped 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 Melli-}

lot unto it untill it be whole.
of white wine and put thereto a little Ginger, and a
good spoonfull of the best Treacle, and drink thereof
morning and evening.

Take Smallage, Mallowes, Wormwood, and Rue, stamp
them wel together, and fry them in oyle Olie, till they
be thick, plaisterwise 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 juyce of Smallage, Wheatflower, &
milk and boil them to a pultis, and apply it morning
and evening till it be whole.

Take of Burrage, Langdebees, 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 spoonfulls.

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

For the Head-ach, you shall take of Rose-water, of the
juyce of Camomil, of woman's milk, of strong wine vi-
negar of each too spoonfull, 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 throughly hot, take a
couple of sound Nutmegs, grated to powder and shrow
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 Sorri
ride
d
squirited up into the patient's nostrils, which will purge and cleanse his head exceedingly; & then give him to drink posset ale, in which violet leaves and lettuce hath been boil'd, and it will suddenly bring him to a very temperate mildness, and make the passion of frenzy for sake him.

For the lethargy, you shall by all violent means either by noise or other disturbances, force perforce keep the patient from sleeping; and whenever he calleth for drink, you shall give him white wine and sop water of each a little quantity mixt together, and not suffer him to sleep above four hours in four and twenty, til he come to his former wakeness, which as soon as he have recovered, you shall then forthwith purge his head with the juice of beets squirited up into his nostrils as it is before shewed.

But if any of the family be troubled with too much watchfulness, so that they cannot by any means take rest, then to provoke the party to sleep, you shall take of saffron a dram dry'd, and beaten to powder, and as much lettuce seed also dry'd, and beaten to powder, and twice as much white poppy seed beaten also to powder, and mixe these with woman's 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 dryed, of each two drammes mixt with the juice of ivy, oyle of roses, and white wine, of each like quantity, till it come to a thicke salue, and then binde it to the temples of the head, and it will in short space take away the grief.

For
For the Apoplexye or palse, the strong sent or smell of a Foxe is exceeding sovereignde, or to drinke every morning half a puint of the decoction of Lavender, and to rub the head every morning and evening exceeding hard with a very clean course cloath, whereby the humours may be dissolv'd and disperst 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 getteth the strength of evill and unavoidable pains.

For a cough or cold but lately taken, you shall take a spoonful of Sugar finely beaten and set it, & drop into it of the best Aquavitæ, 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 soon 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 baw, make an electuary thereof and drink it morning and evening for 9 days together; then take of sugar-candy curstly beaten, an ounce of Licoraxs finely peared & trimmed, and cut it 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 licoraxs...
as two good Barley corne, and let it melt in your mouth and it will give you ease.

Although the falling-sicknes 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 moone, or when she is in the sign Vergo, eat the berries of the hearb Afterton, 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 medecine be somewhat doubtfull.

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 Aprill, 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 daies together.

To take away deafnes, take a gray Eele with a white belly, & put her into a sweet earthen pot quick, & stop 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-falt and dry it and beat it to powder, and take a Nut-meg and grate it, and mixe them all together, and put them in a long linne bag, then heat it upon a tile stone and lay it to the nap of the neck.

For a stinking 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 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 eare in the morning, then let him take nine dayes together the juice of Mints 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 Malmse till it be thick, and make a plaister of it, and lay it to the stomack.

For the Tooth-ache, take a handful of Daife-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 Cathabam 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 snuffit up into your nose, and you shall find ease.

Another for the Tooth-ach, take small Sage, Rue, small sage, Fetherfew, Worm-wood, and Mints, 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 vita, stir them well together, then put it between two linen clouts of the bignesse of your cheek, temples, and jaw, and quilt it in a manner of a course embroidery: then set it upon a chasing-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 warme it ag-
gain, or else have another ready warme to lay on.

To make a drink to destroy any pearle or film in the
eye: take a good handfull of Marigold plants, and a
handfull 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 he 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 filed it into a clean vessell,
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 there-
with, and it will cleer them exceedingly.

For sore eyes, or bloody-shotten eyes: take the white
of an egg beaten to yole, as much Rose-water, and as
much of the juice of Houf-leek, mixe them well to-
gether, then dip flat pleacants therein, and lay them
upon the sore eyes, and as they dry, to renew them a-
gain and wet them, and thus do till the eyes be well.

For watery eyes, take the juice of Assodill, Mirrle, 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
wood, Camomill, and Shirivitt, and mixe them with hon-
ny, and bath the swelling therewith, and it will cure it.

For the Quinte, or quinacie, give the party to drink the
hearb Mouscave 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 Betony
And Coleworts 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
take Longdebeef, which is gathered in June or July, and
beating it in a clean mortar; Let him drink the joyce
thereof with warm water, and hee shall finde the be-

If a man be troubled with the Kings Evill, let him
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
an egg, then plaisterwite apply it where the pain is.

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

Take Reme, and steep it in Vinegar a day and a night,
the Reme being well bruiled, then with the same amount
the head twice or three times a day:

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

C Take
Take Agrimony and bruise it, & plaister wise apply it to the wound, and let the prayt drink the juyce of Betony, and it will expell the bones, and heal the wound.

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

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

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

To make teeth white.

Take a lawcer of strong vinegar, & two spoonfuls of the powder of Rock-allom, a spoonful of white salt, and a spoonfull of hony, seeth 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 let them bloud, then take Hartborne 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 venom, and kill any verme, carewig, or other vermine.

Take two ounces of Comine, and beat it in a morter to a fine powder; then Boyle it in wine from a potell to a quart, then drink thereof morning and evening as hot as you can suffer, or otherwise take an ounce of wild syrme, 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 potell of white Wine, till half be consumed, and after mear (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 add such 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, ad thereto a pretty quantity of life-honey, and as much Allom, then with a hearth-stone 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 handfull of red Sage, a handfull of Gelandines, a handfull of Hony suckles, a handfull of Woodbine leaves & flowers; then take a peecworth of grains made into fine powder, and boyl all very wel 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.
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together till it come to a pot, then strain it and put it into a close vessel, and therewith dresle and annoint the fores as occasion servis, 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 roots of Pimrose clean washed in running water, then Boyle them in fair running water the space of an hour, then put thereto a pretty quantity of white Copperas, and then strain all through a linen 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 sovereign.

Another for the sight.

Take fifteen seeds of Gnephe, and as many Gromnell seeds, five branches of Fenoll, beat them all together, then boil them in a pint of old Ale till three parts be 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 Snayles, 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.

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

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

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

Take of Red rose leaves, of Smallage, of Maiden hair, Eupace, Endive, Succory, red Fennel, Hil-wort, and Cel-landine, 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 balme, any of these is most precious for sore 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 rost 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 Hylop, and boil or burn it, and let the fume or smoeke goe into the mouth, and it will stay any rhume falling from the head.

| For the pin and web in the eye |
| A powder for the pin and web in the eye |
| A precious water for the eyes |
| To make hair to grow |
| Another |
| For a pimpled or red saucy face |
| For the rhume |
For heart-fuss in the throat

Take a pint of running water, and three spoonfuls of honey and boil them together; and skim off the filth, then put thereto one ounce of small Baysons, and strain it well through a cloath and so drink it morning and evening.

For a dangerous cough.

Take Aquavitae and salt and mixe it with strong old ale and then beat it on the fire, and therewith wash the soules 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 halfe of fair water, and boyle them till they burst, then straine it into a clean vessell, and adde thereto a quartern of fine Lycoras powder, and two penny worth of gumme-Arabsck, then boile it over again and strain it, and keep it in a sweet vessell, and drink thereof morning and evening.

For the dry cough.

Take the best wort and let it stand till it be yellow, then Boyle 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 bore bound, violet leaves, and Isp, of each a good handfull, steep them in water, and put thereto a little Sugar Licorace and Sugarcandy, after they have boyled a good while, then strain it into an earthen vessell, and let the sick drink thereof five spoonfulls at a time morning and evening; or lastly, take the lunge of a Fox, and lay it in rose water, or Boyle it in rose water; then take it out and dry it in some hot place without the sun, then beat it to powder with Sugar candy, and eat of this powder morning and evening.

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 Cinamon and pepper, give it to the sick person to
drink, and if you add thereto a little of the powder of
Horsemint and calamint, it will comfort the stomack
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 remaine;
then you shall take the herb Brockellhemp, 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 mortar; then ad to them as much of the juice
of Mints, and the juycye 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
stomack; then let the party drink a little white Wine
and oherwise water mixt together, and then steep four
toasted bread in very strong vinegar, wrap it in a fine
cloth, and let the sicke party smell thereto, and it will
stay the excessse of vomiting, and both comfort and
strengthen the stomack.

If you would compel one to vomit, take half a spoon
full of stone.crop, and mixe it with three spoonfull 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 fennell
water, or Anniseeds water; take thereof a good quan-
tity, then straine it, and let the party every morning
Additions, and evening drink a good draught thereof.

If the stomack be troubled with wind or other pain, take Commine and beat it to poudre, and mixe with it red Wine, and drink it at night when you go to bed, divers nights together.

For the Illicia passio.

Take Brokeline roots and leaves, and wash them clean and dry them in the Sun, so dry that you may make poudre thereof; then take of the poudre a good quantity, 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 days; and it need do require, use the same in the brothes you doe care, for it is very recoveraign.

For pain in the breast.

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

The Mother. Take the water of Mouseare, 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 little Cinnamon, a little Cloves, a little Mace, and a very little Ginger, and the flowers of Lavender, beat all unto a fine poudre, and when the passion of the mother commeth, take a chausingdish of good hot coales, and bend the Patient forward, and cast of the poudre into the Chausingdish, so as she may receive the smoak both in at her nose and mouth, and it is a present cure.

Obstructions of the Liver. Against obstructions in the Liver, take Aniseeds, Anis, 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 powder, and the meale of Lupin seeds, and mixe it with honeie, and the juyece of Worme-woode, make a cake thereof and eat it, and it will affwage the great heat and inflammation of the Liver, and take away the pimples and rednesse of the face which proceeded 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 thereof, you shall presently cause the party to be let blood, 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 Almone 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 thoroughly 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 Boyle them in clarissed 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 Raisins, and put them all to
the broth, and steep 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 steep them a while together, and let the party drink it as warm as may be.

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

For the Yellow Jaundise, take two peny-worth of the best English Saffron, dry it, and grind it to an exceeding fine poudre; then mixe it with the pap or a roasted apple, and give it the diseased party to swallow down in the manner of a pill, and doe thus divers mornings together, and without doubt, it is the most present cure that can be for the same, as hath been oftentimes proved.

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

For the Yellow Jaundise 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 Jaundise take the herb called Peny-ryal,
ryall, and either boil it in white Wine, or drinke the 
juice thereof simply by it self to the quantity of three 
or four spoonfull at a time, and it will cure the blakke 
Jaundisfe.

Take of Hysop, Parsley, and Harts-tongue, of each a 
like quantity, and seeth them in wort till they be soft, 
than let it stand till it be cold, and then drinke 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 cast away 
the pitch within; then mince them small, then put them 
to three pints of water, and set them over the fire; then 
take figs and shred them small, take Lycoris & break 
it small, and put them to the herbs, and let all boyl very 
well; then take Sorrel & stamp it, and put it to the rest, 
and let it boile till some part be wafted; then take a 
good quantity of honey, and put to it, and boyl a while, 
than 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 Garlick, and burn it, or 
lay it upon a hot tyle stone untill it be very dry, and 
then beat it into powder, 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 
pouder; then take thereof and mix it with the white of 
an egge and wheat flour, and stamp them together: 
than lay it on a linnen Cloth or Lint, and apply it to 
the bleeding place, and it will staunch 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 knee; if it be on the hand, 
bind
bine him about the wrist; if it be on the arm, bind him about the brawn of the arm, with a good list, and the blood will presently staunch.

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

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

For the Drop-fic.
For the Dropisie, take Agnus castus, Fennel, Asfodil, dark Wal-mote, Lupins and Wormwood, of each a handful, and boyl them in a gallon of white Wine, untill a fourth part be consumed: then strain it, and drink it morning and evening half a pinte thereof, and it will cure the Dropisie; but you must be carefull that you take not Asfodil for Asfodil.

Paine in the Spleene.
For pain in the Spleen, take Agnus castus, Agrimony, Anis seeds, Centaurie the great, and Wormwood, of each a handful, and boyl them in a gallon of white wine, then strain it, and let the patient drink divers mornings together half a pinte thereof; and at his usuall meals let him neither drink Ale, Beer, nor Wine, but such as hath bad the heurb Tamorisk steeped in the same, or for want of the heurb, 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 farnesse and short breath.
To help him that is exceeding far, pursie, and short breathed: take honey clarified, and bread unleavened and make toastes of it, and dip the toastes in the clarified honey, 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 seethe the herbe in Oyle and Wine together, and plaster wise apply it to the side.

Make a playster of worm-wood boyled in Oyle, or make an oyntment of the juyc of VVormwood, of Vinegar, Armoniack, Waxe, and Oyle, mixe and melted together, and annoint the side therewith, either in the Sun, or before the fire.

Take the powder of Galangal, and mixe it with the juyc of Burage, and let the offended party drinke it with sweet Wine.

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

Take the juyc of Fenel mixt with honey, and seethe them together till it be hard, and then eat it evening and morning, and it will consume the fattenesse.

For the wind collick, 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 to having made your stomach and taste familiar therewith, eat every morning whilst 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, 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 Bloody fluxe, take a quart of red wine, and boyl 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 Pomagranates, and boyle them well together; then take Sugar, and the yolk of an egg, and make a caudell of it, and give the grieved party it.

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 bloody Fluxe that may be, take a quart
quart of red wine, and a spoonful of Commin seed, boil them together until half be consumed, then take Knot-grasse & Shepheard's pursle, and Plantain, and stamp them severally, and then strain them, and take of the juice of each of them a good spoonful, 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 fail out to be in winter, so that you cannot get the herbs, then take the water of them herbs distilled, of each three spoonfuls, and use it as before.

For extreame costiveness, or binding in the body, to as a man cannot avoid his excrements, take Anniseeds, Fennicreec, 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 Cikatrine, 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 sickness, that you dare nor administer any thing inwardly, then you shal dissolve your Aloes in the oyle of Savine, making it salve-like thick, then plai-ster-wise spread it upon Sheeps leather, and lay it upon the navil & mouth of the Stomack of the grieved party, & it will give him ease; so wil also unset leeks chopt small, and fryed 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 eggs, and a penniworth of long-Pepper and grains, and
Additions.
To the diseases of the belly and guts.
For the greatest lax.
For the bloody flux.
For an easie lax.
To have two stools a day and no more.
For hardnesse of the belly or womb.
Against colicteness.
For the wind collick.
For the stoppings of the womb.

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 penny worth of long pepper, and boyl them in a pinte 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 aquavitae, stirring the egg and aquavitae till it be hard, then let the party eat the egg, and it will cure him; or otherwise take a pinte of red wine, and nine yolks of eggs, and twenty pepper corns small beaten, let them be the 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 hony, and boyl it in red wine, and drink it warm, first and last morning and evening.

Take Mercury, Sinksfoile, and Mallowes, and when you make porriage or broth with other herbs, let these herbs before named, have most strength in the porriage, and eating theron it will give you two stoolles and no more.

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

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 three peach stones, and bruise them, seven cornes of case pepper, and of sieved ginger.
ger a greater quantity than of the pepper, pound all together grossly, and put it into a spoonfull of sack (which is best) or else white Wine, or strong Ale, and drink it off in a great spoon, then fast two hours after, and walk up and down if you can; if otherwise, keep your self warm, and beware.

Take of Daisies, comfrey, Polygody, of the Oak and Aldrens of each half a handful, two roots of Osmund, boil them in strong Ale and honey, and drink thereof morning, noone, and night, and it will heal any reasonable rupture. Or otherwise take of Smallage, Comfrey, Set-wel, Polygody, that grows on the ground like Sainn, daisies, and mores, of each alike, stamp them very small, & boile them well in Barm until it be thick like a poultis, 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 griev'd, then with a trufe, trufe him up close, & let him be careful for straining of himself, & 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 boulte stirring it wel 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 Camymill flowers into the drink, then put it into a pewter pot and let it stand upon hot embers, so that it may dissolve; 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 hafill-nut with a draught of good Ale or white wine.

For the Collick and stone, take hawthorn berries, the
the berries of sweet briars, & ashna keys, and dry them every one severally until you make them into powder, then put a little quantity of every one of them together, then if you think good, put to it the powder of licorice and aniseed, to the intent the party may the better take it, then put in a quantity of this powder in a draught of white wine, and drink it fasting. Otherwise you may take smallage seed, parsley, lovage, saxifrages, & broomseed, of each one of them a little quantity, beat them into a powder, and when you feel a fit of either of the diseases, eat of this powder a spoonful at a time either in potage, or else in the broth of a chicken, and to fast two or three hours after.

To make a powder for the collick and stone, take fennel, parsley seed, aniseed, and caraway seed of each the weight of six pence, of granel seed, saxifrages seed, the roots of filipendula, and licorice, of each the weight of twelve pence, of galangal, spikenard, and cinnamon, of each the weight of eight pence, of seena the weight of 17 shillings good weight, beat them all to powder and sease it, which will weigh in all 25 shillings & 6 pence. This powder 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 tenne pence or twelve pence.

Other Physicians for the stone take a quart of renish 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 thereof sugar according to your discretion, & so drink it, keeping your self warm in your bed, and lying upon your back.

For the stone in the reynes, take Ameos, Camomill,
Maidenhair, Sparrow tongue, and Philippendula, 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 crosswise 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 one 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. Also if you take the oyle of Scorpion, 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 marshmallows, holibock, and lily roots, and hinstead, 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 straightsness of the water conduits, so 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 handful of pellitory of the wall, and a handful of wild thyme, and a handful of Saxisrage & a handful of parsley, & two or three radish
radish roots sliced and a quantity of *Phippendula* 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 fish 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 urin, or hardness to make water, take *Smallage*, *Dill*, *Any seeds*, and *Burnet*, of each a like 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 tart, and from all meats and savices which are sour and sharp.

**For the strangulation.**

For the strangullion, take *Saxifrage*, *Polipody*; of the Oak, the root of beans, and a quantity of *Raisins*, of every one three handfuls or more, and then two gallons of good wine or else wine lees, and put it into a berpentary and make therof a good quantity, & give the sick to drink morning and evening a spoonfull at once.

**For pissing in bed.**

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

For the rupture or burstness in men, take *Comphy* and *Fermeo-smord*, and beat them together, and yellow
yellow wax, and Dears suet until it come unto a tafve,
and then apply it unto the broken place and it will knit,
it; also it shal be good for the party to take Compnry
roots, & rost them in hot embers as you rost wardenes,
and let the party eat them for they are very soveraign
for the rupture especially being eaten in a morning ta-
string and by all meanes let him were a strong mufle til
it be whole.

Take Gous clawe 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 Grummell, and stamp them together, and mixe it
with wine and drink it.

Take Agnes castum and Castoreum, and sethe them toge-
ther in wine, and drink thereof, also sethe them in
vinegar, and lap it hot about the privy parts and it will
help.

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

First wash the reines of the back with warm white
wine then annoint all the back with the oyntment cal-
led persuance.

Take a leg of beef a handfull of Fenue roots, a hand-
full of parsly roots, two roots of Compny, 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 five leaves of neep, six leaves
of clary, twelve leaves of bittany of the wood, and a lit-
tle harts tongue, then 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

For the diseases of the reins and bladder.
For him that cannot hold his water.
For the Gonzalez or shedding of seeds.
For weakness in the back.
For heat in the reins.
For comforting and strengthening of the back.
For the Hemeroides, which is a troublesome and a
fore grief, take of Dill, Dugge-sennell, and Pellitory of
Spain, of each half a handfull, and beat it in a morter
with Sheeps suet and black Soper till it come to a salve
and then plasterwise apply it to the fore, 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 bird-
lime or thicker, this done, take the juyce of white vio-
lets, and the juyce of Horse-leek, and when it is almost
cold, put in the juyce and strain them altogether, and
with this oynment annoint the fore place twice a day.
Otherwise for this grief take Lead and grate it small,
and lay it upon the fores; or else take muskles dried and
beat to powder, and lay it on the fores.

If a mans fundament fall down through some cold
taken, or other cause, let it be forthwith put up again:
then take the powder of Town-cress 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 orpia, 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 sicknesse take a pottle 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 Chirurgions, for this griev

take hone 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
Bolearmoniack and Camphire, and boil them together,
and dip in a cloth, & lay it to the sore as hot as may be
indured: all so Plantain 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 verjuyce, that hath been burnt or salted, it is a
present remedy.

There be divers others which for this grief take the
green of Goose dung and boil it in fresh butter, then
straine it very clean and use it. And Salters oyle and
Snow water beaten together will cure any scald or burn-
ing.

To cure any old sore how grievous soever it be, take
of new milk three quarts, & a good handful of Plantain
and let it boil till a pint be confused: then add three
ounces of aloes made in powder, and an ounce and a
half of white Sugar candy powdered. Also then let it
boyl 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 Ba-
sicon spread on lint, and your diminution 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
aloe in powder two ounces, vinegar a spoonfull, when
the milk doth scald, put in the aloe 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 Unguentum Populion, & there
with anoint the part 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 elbows, his armpits and hams, and it will cure all his body.

For the leprosy.

To cure the leprosy, take the juyce 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 Vergin wax and Spermaceti, of each alike quenity, 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 cloath in your hands, and all to flight it with the cloath, then take as much as will cover the grieved place.

Privy 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 same member therewith, and it will cure it.

For any burning.

For any burning, take sixe 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 glasse by it self, 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 in a stone wal, take also jarrow
the green of elder bark and fire grasse, and chop them small, then put them into the cream, and stir it well till it come to an oyl salve, then straine it and anoint the sore with it.

To dry up any sore, take 
Smallage, Groundsel, Wild Mallowes, and violet leaves: chop them small and boil 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 leaf, or red wort leaf, and so roast it in the hot embers and so lay it to the sore; and it will fret away all the dead flesh, or otherwise, if you strew upon the sore a little precipitate, 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 Aprill, when the flowers are at the best, distil it, then with that water bath the wound, and lay a linnen 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 stitched, stitch it up, and then take Vaguenum aurum, and lay it upon a pleasant of lint as big as the wound, & then over it lap a diminium plaiyster made of Saffer 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 chafing dish of coales, dip the ten therein and so put it into the wound, then lay your plaiyster of diminium over it, and do thus at least once a day untill it be whole.

If a mans sinews be cut or shrunken, he shall go to the roote of the wild neepe, 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 not 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 anoint the sore therewith against the fire, then wet a linen cloath 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 burns
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 anoint the sore
with a feather, till the fire be taken out, then take the
white of egges, 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
cloath, and so lay it upon the sore, and remove it not,
untill it be whole and if any rise up of it selfe, 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: otherwise take halfe a bushel of
Glovers 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 bushel of the dowe of Cats
tagles; and boil them altogether, continually stirring
them, untill they be sodden that they may be strained
into an earthen pot or glasse, and with it anoint the
sore.
Or else take Capresolii, Mouscare, ground-Ivy, and
Honeysuckle of the reddest or the yellowest and fry them
with May-butter altogether until it be brown, then
strain it through a clean cloath, and annoint 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 annoint it therewith: Or oth-
erwise, take sheepe, tallow and sheeps dung, and mixe
them together till they come to a salve, and then apply
it to the sore.

Take Plantine leaves, daise leaves, the green bark of
Elders, and green Germaunder, stamp them altogether
with fresh butter or with oyle, then strain it through
a linen cloath, and with a feather annoint the sore till
it be whole.

Take of the oyle olive a pint, Turpentine a pound, unw-
rought wax half a pound, Rosin a quarter of a pound
sheeps suet two pounds, then take of Orpents, Smallage,
Ragwort, Plantine, and Sicklewort, of each a good
handsfull, chop all the hearbs very small, and boil them
in a pan altogether upon a soaking fire, and stir them
exceeding much, until they be well incorporate together
then take it from the fire and strain it through a strong
canvasse cloath into clean pots or glaesses, and use it as
your occasion shall serve, either to annoint, taint, or
plaister.

Or otherwise take Poplar buds, and Elder buds, stamp
and strain them, then put thereunto a little Venice tur-
pentine, Waxe, and Rosin, and so boyle them togeth-
er, and therewith dress the sore, or else take two
handsfull of plantain leaves, bray them small and strain
out the juice, then put to it as much womans milk, a
1 spoon.
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 upon 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 Precipitatum in fine powder, and strew it on the sore.

A water for a sore.

Take a gallon of Smith's black water, two handfuls of sage, a pint of honey, a quart of ale, two ounces of allom, and a little white, copperas, set the them altogether tily halt 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 boil till the allom and the madder be consumed, then take the clearer of the water, and therewith wash the sore.

Or else take sage, fennel, cinquesoyl, of each a good handful, boil them in a gallon of running water till they be tender, then strain the liquor from the herbs and put to it a quart of a pound of roche allom, and let it set 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 to bind on the bolster close.

Take a pint of sallet oyle, and put into it five ounces of red lead, and a little cerute of 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 boyled, 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 plaitsterwise; and spread it and apply it as occasion shall serve.

Take mallowes and betes 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 appoiture hot.

Take a handfull of Rue, and stamp it with rusty Bacon till it come to a perfect tafve, and therewith dresse 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 juyce 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 Quicksilver foure, pennyworth killed well with Vinegar, then mixe it with two peaworth 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 sodden in straine them in, and then wash the infected place with the same.

Take a great quantity of Hearbe Benuet, and as much
For the dried stab.
much of red nettles, pound them well, and strain them, and with the juyce 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 itch.
Take a penyworth of white copperas, and as much green copperas, a quarter of an ounce of white Mercury, a halfe penyworth of allom, and burn it, and set all over the fire with a pint of fair water, and a quarter of a pint of wine Vinegar, boyl all these together till they come to half a pint, and then annoint the fore therwith.

To take away the skarres of the small poxe.
Take Burrowes grease a pretty quantity, and take an apple and pare it, and take the chase clean out, then chop your apple and your Burrowes grease together, and set it over the fire that it may melt but not boyl, 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 cleane vessell, and then annoint the face therewith.

For the french or spanish pox.
Take quicksilver and kill it with fastig spittle; then take verdigrease, Arabeske, Turpentines, Oyle olive, and populsion, and mixe them together to one entire oyntment, and annoint the fores therwith, and keep the party exceeding warme. Or otherwise, take of allom burned, of Rosson, Frankinsence, populsion, Oyle of Roses, Oyle de bay, Oyle olive, green Copperas, Verdigrease, White Lead, Mercury sublimate, of each a pretty quantity, but of allom most; then beate to powder the ymples that are hard, and melt your Oyls, and caff in your pouders and stir all well together; then straine them through a cloth, and apply it warme to the fores; or else take of Capons grease that hath toucht no water, the juyce 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 Treakle halfe penny worth, of long Pepper as much, and of Graynes as much, a little Ginger, and a little quantity of Licorice, warm 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 Fennel, and the Juyce of Senegreene and Stone honey, 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 galloon to a pottle, and put therein a quantity of honey & some allom, and let them boil a little together; when you have strained the herbs from the water, then put in your honey 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 honey and Venice-Tarpeantine, 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 Balmcaryak.

Take Apononax and Galbanum of each an ounce, Ammoniak, and Bealind of each two ounces, of Letherlands of gold one pound and an halfe new waxe, halfe a pound, Lapis Calaminarius one ounce, Tarpeantine four ounces, Myrth two ounces, oyl de bay one ounce, Thusbe one ounce, Artichoke roots two ounces, oyl of Roses two ounces, salter oyl two pound, all the hard tym- ples must be beaten to fine powder and scoured.

To put out
the French or
Spanish pox.

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

Additions to
green wounds.

A defensifte
for a green wound.

A salve for a
green wound.
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 let it over the fire and let it boyl 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 Bason of water, and work it with oyl of Roses for stickling unto your hands, and make it up in roules plasterwise, and here is to be noted that your oyl of Roses 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 Oxegals, a quart of Aquavite, a quart of Rose water, a handful
full of Rosemary stript, and Boyle 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 seeth them together, and annoint the hurt against the fire, and rent the Sore with the same.

Take groundsell and stamp it, and seeth 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, seeth all them together in a pint of white Wine till it come to skimming; then take it from the fire, and put thereto two ounces of Venice Turpentine, and apply it to the wound or sore.

Take Mustard made with strong vinegar, the crumbs of brown bread, with a quantity of honey and sixe figs, mixt temper all together well, and lay it upon a cloath plasterwise, put a thin cloath between the plaster and the flesh 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 Poputum as much, of Frankinsence halfe a pound, of Oyle of Spike two ounces, of Oyl Camomille two ounces, of Oyle of Roses two ounces, of Waxe halfe 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 lefle 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.

For a wound in the guts.

For pricking with a thorne.

To gather flesh in wondns.

Additions for ache or swellings.

A yellow sear cloth for any pain or swelling.

For bruises swallowed.
Take marrowes and seeth them in the dregs of good Ale or Milk, and make a plaster 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 there to 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 Rose fin, one ounce of galbanum, a quarter of a pound of lebargy of gold, three quarters of white Lead, beaten to powder and scarce, then take a pint of Neates foot oyle and set it on the fire in a small vesseell 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 bottome of a saucer, when it beginneth to be somewhat hard, then take it from the fire, and anoint 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 sixe yeares, being wrapped up close in papers, and when you will use it, spread of it thin upon new lockram or leather somewhat bigger then the grievfe, and so if the grief 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 foure or five yelkes of egges, hard sodden or rostet, and take the branches of grete Morrell, and the Berries the Summer, and in Winter the roots, and bray all well together in a mortar with sheeps milk, and then try it untill it be very thick, and so make a plaster thereof, and lay it aboute the fore, and it will take away both pain and swelling.

Take a gallond of standing yse, put to it of plantaine 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 
day, or sit in it an hour or two, the bath reaching up to the stomack, and when they come out they must go to bed and sweat, beware taking of cold.

Make a plaister of wheat flour, and the whites of eggs and spread it on a double linen cloth, 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 Knitwort, the juyce thereof twice and no more; for the third time it will unknit, but give him to drink nine dayes each day the juyce of comfrey, daisies, and asmund in stale Ale and it shall knit it, and let the forefaid plaister lye to, ten dayes at the least, and when you take it away do thus, take horehound, red sennel, Hounds tong, walwort, and Pellitory, and seethe 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 aforefaid plaister and lay thereto five or sixe dayes very hot, and let each plaister ly a day.
and a night, and alwayes splint it well, and after cherish it with the oyntments before rehearsed for broken bones, and keep the party from unwholesome 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 fevers.

Take Sage, Raggwood, Tarrow, unfer Leekes, of each a like quantity, stamp them with Bay salt, and apply them to the wrists of the hands.

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.

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

Another.

Take two roots of Crowfoot 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 waf them, and adde 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 neather 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 plaster; then spread it upon a linnen cloth 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, until the Laske be 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 Allecroft, Strawberry strings, Tussan, Plantain, Walnut tree leaves, the tops of young Bates, Isop, Violet leaves, Sage of vertue, fine Roman Wormwood, of each of them a handful, Camomile 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 daies 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 let your pot close stopped into a pan of water, and let it boyl 6 or 8 hours and then strain it: this oyl is exceeding soveraign for any broken bones, bones out of joynt, or any paine or grief either in the bones or sinews.

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 daies, only thou must stir it every three daies; that is to strain 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 cammomile.

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 Receipt to the Arch-bishop of Canterbury, a little before the death of the said Doctor. Take a gallond of good Gascoyn wine, then take Ginger, Galangale, 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, Peny-royal, Mints, red roses, Tyme, Pellitory, Rosemary, wild time, cammomile, Lavender, of each of them a handfull; 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 it self, 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 pallie, &cureth the contracion of sinewes, and helpeth the conception of women that be barren, it killeth the wormes in the body, it cureth the cold
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 flinking 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 extream 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 goodnesse in it, that he liued 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 set in the Sun.

To make a cordial rosalis, take rosalis, 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 just, and so let it stand three days and three nights, & the third day strain it through a cleane cloth into another glasse or pewter pot, and put thereto half a pound of Sugar beaten small, four ounces of fine Licorice beaten into powder, halfe 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 glafs or pot close and just, and after distil it through a lymebeck, then drink of it at night to bedward half a spoonfull with ale or beere but
but alle 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 al-
ways 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 an ale oyl, and let them stand in
the same ten or twelve dayes, and then press it. Or oth-
wise take a quart of Oyle Olive, and put thereto fixe
spoonfuls of clean water, and stir it well with a slice, till
it waxe as white as milk; then take two pound of red
rofe leaves, and cut the white of the ends of the leaves
away, and put the roses into the oyle, and then put it in-
to 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, then 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 vessell of glasse or of earth, and stop it
well about, that no ayr enter in nor out, and set it in an-
other vessell with water, and let it boyle half a day or
more, and then take it forth, and strain or press it thro-
row 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 bruile them well, then put them into a pan
and heat them, and stir them about, which done, put
them into a canvas or strong linnen bagg, and clothe
them
them in a pressé and pressé them, and get out all the li-
quor 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 allaying the pain of the mother and cystica.

Take the flowers of Spike, and wash them only in oyle
olive, and then stamp them well, then put them in a can-
vass bag, and pressé them in a pressé 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 itself, 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 Lavend-
um, 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
olive (a quart) to a third part; then pressé it and put it
into a glass, and after ten or twelve days it will be per-
fecf: it is exceeding good for any colde grief.

Thus having in a summary manner passed over all the
most Physical and Chyrurgical notes with burtheneth
the mind of our English Housewife, being as much as is
needful for the preservation of the health of her fami-
ly: 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 be-
fore: yet is the body a great deal more in use: neither
can the work be well affected by rule or direction.

The
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, Banquets, &c. 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 Kitchen, 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 unable and not burden her memory, I will here give her a short Epitome 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, Radice, and Chives.


In March the Moon new, sow Garick, Borage, Buglose, Cherryle, Coriander, Gords, Marioram, white poppy, Purslane, Radish, Sorrel, Double Marigolds, Time, violets. At the full Moon, Anniseeds, Bleets, Skirrits, Succory, Fennell, Apples of Love, and Marveilous Apples. At the wane, artichocks, Bassel, Blessed thistle, Cole cabage, white cole, Green cole, citrouxs, cucumbers, Harts-Horne, Samphire, Spinage, Gilliflowers, Isop, cabage, Lettice, Melons, Mugreis, 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.

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

Allo the 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, sa-
vory, beets, origan, cresses, Spinage and poppy, you must
keep cold lettuce, artichokes, basil, holy thistle, cabbage, cale,
Dyers grain, and melons, fifteen days after they put
forth of the earth.

Allo Seeds prosper better being towne in temperate
weather, then in hot, cold, or dry days. In the moneth
of Aprill, the Moon being new, sow marjoram, flower-
gentle, time, violets: in the full of the Moon, apples of
love, and marvellous apples: and in the wane, artichokes,
holy thistle, cabbage, cale, citrons, barts horn, sapphire, gil-
flours 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 sha-
dow: Othersome, as Onions, Chibols, and Leekes, must
be kept in their huskes. Lastly, the must know, that it
is best to plant in the last quarter of the moone; to ga-
ther grafts in the last but one, and to graft two days
after
after the charge, & thus much for her knowledge briefly of Hearbs, and how she shall have them continually for her use in the Kitchin.

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 her self, 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-fingered, sweet toothed, nor faint-hearted;) for, the first will let every thing fall, the second will consume what it should encrease, and the last will loose time with too much niceness. Now for the substance of the Art it self, I will divide it into five parts; the first, Sallets and Fricases; the second, boyled Meats and Broths; the third, Roast meats and Carbohydrates; the fourth, Baked meats 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, Scallions, Radish-roots, boyled Carrots, Skirres, and Turneps, with such like served up simply: alfo, 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: Onyons boyled, and stript from their rind, and served up with Vinegar, Oyl,
Of compound Sallats.

Another compound Sallat.

Oyl 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 Hearbs, at their first springing; as red Sage, Mint, Lettice, 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 shreeding knife cut them grossely; then take as many Raisins of the Sun clean washt: 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 washt: a good handsfull 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 lemmons, 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 leafe of the red Cole-flowre, 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 wel-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 boil'd 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 drain 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 to serve it upon fippets.

Your preserved Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purslan, Broome, and such like; or preserved with Vinegar, as Violets, Primrose, Cowflups, 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 pickt clean from their stalkes, and the white ends (of them which have any) clean cut away, and washt and dryed, and taking a glasse pot, like a Gally-pot, or for want thereof a gally-pot itself; and first strew a little Sugar in the bottome, then lay a layer of the Flowers, then
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 componing 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 Gilliflower, and asuring 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 Purslan leaves make the green Coffin of the Flower, and with the Purslan stalks, make the stalk of the flower, and the divisions of the leaves and branches; then with the thinne slices of Cucumbers make their leaves in true proportions, jagged or otherwise: and thus you may set forth some full 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 Bugloffe-flowers, and these Salluts are both for shew and use; for they are more excellent for tast then for to look on.
Now for Sallers for the only, and the adorning and setting out of a table with number of dishes, they be those which are made of Carret roots of lundry 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 House-wifes eye, but the composition of them, and the serving of them differeth nothing from these already rehearsed.

Now to proceed to your Fricases, or Quelque choses, which are dishes of many compositions, and ingredients, as Flesh, Fish, Eggges, 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 Eggges 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 it selfe with Butter or sweet Oyle.

To have the best Collops and Eggges, you shall take the whitest and youngest Bacon, and cutting away the fatward, cut the Collops into thin slices, lay them in a dish, and put hot water unto them, and so let them stand an hour or two, for that will take away the extreme saltnessse: 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 heat of the fire, so as they may toaste: and turne them so,
as they may be sufficiently thorow and thorow: which done, take your Egges, and break them into a dish, and put a spoonfull of Vinegar unto them: then let on a clean Skillet with fair water on the fire, and as soon as the water boileth 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 Eggs upon them, and serve them up: and in this sort you may porceh 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 Tansey, 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 Chickinknors 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 juice, and mixing it with a little more Creame, put it to the eggs, 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 Tansey, and fry it browne without burning, and with a dish turn
To make the best Pancakes, take two or three Eggs, and give them up.

To make the best Fritters, take a pint of Cream and a little Sugar, and warm it, then take eight Eggs, and beat them well together with the cream, then put in a little Cloves, and mix them with the Cream, then put in a little Cinnamon upon them, being fair dry, and so serve them up.

To make the best Biscuits, take a pint of Cream, and put it into a boiling cream, and boil it in a pan, and when it is boiled, and begins to bubble, you shall renew it, and then take the boiling cream, and put it into the cream, and then mix it with the cream, and when it is boiled, and begins to bubble, you shall renew it, and so continue it until it is boiled, and begins to bubble. When you find the cream to be boiled, and begins to bubble, you shall renew it, and so continue it until it is boiled, and begins to bubble. When you find the cream to be boiled, and begins to bubble, you shall renew it, and so continue it until it is boiled, and begins to bubble.
and break them into a dish, and beat them well; then add into them a pretty quantity of fair running water, and beate all well together: then put in Cloves, Mace, Cinamon, and Nutmeg, and season it with salt; which done, make it thicke as you thinke good with fine Wheate-flower: then fry the cakes as thinne as may be with sweet butter, or sweet Seame, and make them browne, and so serve them up with Sugar strowed upon them. There be some which mixe Pancakes with new Milke or Creame, but that makes them rough, cloying, and not crisp, pleasant and savory as running water.

To make the best Veale toasts, take the kidney, fat & all of a loyne of veale rosted, and shred as small as is possible; then take a couple of Eggses and beate them very well; which done, take Spinage, succory, Violet-leaves, and Marigold-leaves, and beate them, and strain out the juype, and mix it with the Eggs: then put it to your Veale, and stirre it exceedingly well in a dish; then put to good store of Currance cleane washt and pickt, Cloves, Mace, Cinamon, Nutmegge, Sugarte, and Salt, and mixe them all perfectly well together: then take a Manchet & cut it into toasts, and tost them well before the fire; then with a spoon lay upon the toast in a good thicknesse 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 tostes into the same with the bread side upward, and the flesh side downward: and asoon as you see they are fryed brown, lay upon the upper-side of the tostes which are bare more of the flesh meate, and then turne them, and frye that side browne also: then take them out of the pan, and dishe them up, and
and strow 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 add 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 season 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 pour upon them one halfe of your Eggs, then when it is fryed, with a dish turn your slices of bread upward, and then pour on them the other halfe of your Eggs, and so turn them til both sides be browne; then dish it up and serve it with Sugar strowed upon it.

To make a Quelquechose, which is a mixture of many things together, take the Eggs and break them, and do away one half 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, &c., and grossely chopped, and mix them with the Eggs, and with your hand stirre them exceeding 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 Frycafe.
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, gibles, lemons, Oranges, or any fruit, pulse, or other Sallet hearb whatsoever, of which to speak severally were a labour 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 Fricases.

To make Fritters another way, take flower, milk, Barm, grated bread, small Raisins, Cinamon, 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 shame, as hath been before shewed, and when they are served up to the table, see you throw upon them good store of Sugar, Cinamon, 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 oate-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 houlewisery; and then boil them on a soft and gentle fire, and as they twell, prick them with a great pin,
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 fixe 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 Beefe-suet, but Beefe-suet is the more wholesome, and leste loosing, then after it hath stood a while, fill it into the Farines, and boyl them, as before shewed: and when you serve them unto the table, first boyle them a little; then lay them on a Gridyron over the coals, and broyle them gently, but scorche them not, nor in any wise break their skinnes, which is to be prevented by oft turning and tosting them on the Gridyron, 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 poudre 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 stirred well together, & hath stood a while to settile, then fill it into the Farines as hath been before shewed, and in like manner boyle them.
take halfe a pound of Rice, and steepe 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 Egges, a little Pepper, Cloves, Mace, Currants, Dates, Sugar, and Salt; and having mixt them well together, put in great store of Beefe suer 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.

Take the best Hogg's Liver you can get, and Boyle it extremely, till it bee 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 crumbs of (at least) two penny loaves of white bread, and Boyle 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 egges, a little Pepper, Cloves, Mace, Currants, Dates small shred, Cinnamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beefs and Swines suer great plenty, then fill it into the Farmes, & Boyle them as before shewed.

Take a Calves Mugget, clean and sweet dryt, and Boyle it well; then shred it as small as is possible, then take of Strawberry leaves, of Endive, Spinage, Succory, and Sarnell, of each a pretty quantity, and chop them as small as is possible, and then mixe them with the Mugget; then take the yolkes of halfe a dozen Egges, and three Whites, and beat 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, 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, Sheeps bag, or Horse bag, and then boil it well, and so serve it up.

Take the blood of an Hog whilest it is warm, and steep it in a quart, or more, of great Oate-meal-grotes, and at the end of three daies 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 Spinnage, Succory, Endive, Sorrel, and Strawberry, leaves, of each a few chopped exceeding small, and mixe them with the Groats; and also a little Fennel seed, finely beaten: then adde a little Pepper, Cloves, and Mace, Salt and great store of suet finely shred, and wel beaten: then therwith fill your Forms, and boil them, as have been before described.

Take the largest of your chines of Pork, and that Linke, which is called a Lift, and first with your knife cut the lean thereof into thinne slices, and then shred smal those slices, and then spread it over the bottome of a dith or woodden 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 lean, and then cut more lean, and spread it upon the fatte, and thus doe one lean upon another, til all the Pork be shred, observing to begin and end with the lean: then with your sharp knite scorch it through and through divers
divers wayes, and mixe it all well together: then take
good store of Sage, and shred it exceeding small, and
mixe it with the fleth; then give it a good seafon 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 sever-
rall linkes as you please; then hang them up in the cor-
er of some Chimney clean kept, where they may take
ayre of the fire, and let them dry there at least four
dayes before any be eaten; and when they are served up
let them be either fryed, or broyled on the Grydyron,
or else roasted about a Capon.

It resteth now that we speak of boyld meates, and
broths, which for almuch as our Houfwife 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
joynets are the best, although any other joynte, or any
fresh Beefe will likewise make good Pottage; and ha-
vings wast your meat well, put it into a clean pot with
fair water, and let it on the fire; then take Violet leaves,
Succory, Strawberry leaves, Spinage, Langdebebe, Mari-
gold flowers, Scallions, and a little Parsly, and chop
them very small together: then take half so much Oat-
meal 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, steem 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, till the meat be 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 sippets 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 al, and then you must only 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 wil 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 throughly skum’d, you shall put in a good handful or two of smal Oat-meal: and then take whole Lettice, of the best and most inward leaves, whole Spin-nage, Endive, Succory, & whole leaves of Coleflower, 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 together; and then season it with Salt, and as much Verjuyce as will onely turn the taf of the Pottage; and to serve them up, covering the meat with the whole
whole herbs, and adorning the dish with sippets.

To make ordinary stewd broth, you shall take a neck of Veal, or a leg or, mery-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, skumme it wel: then you shall take a couple of Manchetts, 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 Currents clean picked and washed, with a little whole Mace, and two or three bruised Cloves, and put them into the pot, and stirre al wele together, and so let them boyl til the meat be enough, then if you wil 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 boyl a good while, then take a peice 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 boyl a Mallard curiously, take the Mallard when it is faire dressed, washed and trussed, and put it on a spit and rost it till 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 save, with a piece of sweet Butter and Currants, Vinegar, Sugar, Pepper, and grated Bread: Thus Boyle all these together, and when the Mallard is Boyle sufficient, lay it on a dish with sippets, and the broth upon it, and so serve it forth.

To make an excellent Oeleparghe, which is the onely principall dish of boyld meat which is esteemed in all Spain, you shall take a very large vessel, pot or Kettle, 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 skum your pot; when the Beefe is half Boyle, you shall put in Potato-roots, Turneps and Carrets; also like gobbets of the best Mutton, and the best Pork; after they have Boyle 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, Lettice, Violet leaves, Strawberry leaves, Buglosse and Scallions all whole and unchop't: then when they have Boyle a while, put in a Partridge and a Chicken chop't in pieces, with Quails, Railes, Blackbirds, Larkes, Sparrows, and other small Birds, all being well and tenderly Boyle, season up the broth with good store of Sugar, Cloves, Mace, Cinnamon, Ginger, and Nutmeg, mixt together in a good quantity of verjuice 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
Almonds, boyled in a thing by themselves; then cover the fruit and the whole boyled hearbs, and the hearbs with slices of Oranges and Lemmons, and lay the roots round about the sides of the dish, and strew good store of Sugar over all, and to serve it forth.

To make the best white broth, whether it be with Veale, Capon, Chickins, or any other fowle 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 feeths put in a pretty quantity of Beefe marrow, and the marrow of mutton with some whole Mace and a few bruised Cloves; then put in a pint of White wine with a few whole slices of Ginger; after these have boyled a while together: take blanch'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 verjuyce and sugar, with a few sliced Dates; and boyle them till the verjuyce be most part consumed, or at least come to a syrrup; then draine the fruit from the syrrup, and if you fee it be high colour'd, make it white with sweet creame warmed, and so mixe it with your wine broth; then take out the Capon or the other Flesh or Fish, and dish it up dry in a dish; then powre the broth upon it, and lay the fruit on the top of the meate, 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 such 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 a good store of sliced Onions, a bunch of sweet pot-hearbys and a lump of sweet Butter; after it hath boyled well, season it with verjuyce, 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 sippets, some use to thicken it with toasts 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 washed it clean, parboyle it a little, then spit it and give it half a dozen tunes before the fire, then draw it when it begins to drop, and press it betweene two dishes, and save the gravy; then flash it with your knife, and give it half a dozen tunes 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 Verjuyce 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 tooke from the Mutton, stewing gently upon a Chaffing dish and coales you shall adde unto it good store of salt; sugar, cinamon and ginger, with some Lemmon slices, and a little of an Orenge-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 Lemmon slices uppermost, and trimming the Dish about with Sugar.

If you will boil Chichens, young Turkies, Pea-hens, or any house fowle daintily; you shall after you have trimmed them, drawn them, turf them, and wash them, fill their Bellies as full of Parsley as they can hold; then boyle them with Salt and Water onely 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 Verjuyce 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 whatsoever, whether it be Pike, Breame, Carp, Eele, Barbell, or such like: you shall boyle water, verjuyce and Salt together with a handful of sliced onyon; then you shall thicken it with two or three spoonts of Ale-barm, then put in a good quantity of of whole Barberies, both branches and other, as also pretty store of Currants; then when it is boyled enough, dish up your Fish, and pour your broth unto it, laying your fruit and Onyons uppermost. Some to this broth, will put Prunes and Dates slic't, but it is according to the fancy of the cook, or the will of the Housholder.

Thus I have from these few presidents shewed you the true Art and making of all sorts of build-meates, and broths; and though men may coin 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 too 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, and parboyl it in water, till it be skimmed and purified: then take it up, and put it into a Pipkin with the necke downward, and the taille 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, Violer-leaves, Vine-leaves, Spinage, Endive, Succory, and such like, which have no bitter or hard taffe, 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 lumpe of Butter, Sugar, Cynamon, and if it be in Summer, so many Goose-berries as will give it a sharp taffe, 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 sippits, and powr 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 up close together.

After your Pike is dress, and opened in the backe, and laid flat, as if it were to fry, then lay it in a large dish for to flav a Pike.
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 if any skum arise take it away: then put to it Currants, Sugar, Cynamon, Barberry berries, and as many Prunes as will serve to garnish the dish: then cover it close with another dish, and let it strew till the fruit be soft, and the Pike enough: then put to it a good lump of sweete Butter: then with a fine skimmer take up the fish, and lay it in a clean dish with sippets: 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 soon 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 Barberries, 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.

Take a Lambs-head and Purtenance clean wash't and pickt, 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 fercing herbs, ryed 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 sippets; then put in a good lump of Butter, and beate the yolkes of two Egges with a little Creame, and put it to the broath with Sugar, Cynamon, and a spoonfull or two of Verjuyce, 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 chopp'd 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 one's hand, and clean washed and scraped, then good store of the best Onion's, and all manner of sweet pleasant pot herbes, and Lettice, all grossly chopp'd, 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 cleane dish with sippets, and to the broth put a little wine vinegar, and so powre 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 Soul-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 boil 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 meate, 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 cleane dish with sippets, 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 general knowledge thereof are to be observed these few rules. First, the cleanly keeping and crowing of the Spits and cob-irons: Next, the meate picking and washing of meat before it be spitted; then the spitting and broaching of meate, which must bee done so strongly and firmly, that the meate may by no meanses eyther shrinke from the spit, or else turn about the spit: and yet ever to observe that the spit do not goe through any principall part of the meate, but such as is of least account and estimation: and if it be 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 stuffing 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 Beefe, Swans, Turkies, Peacocks, Butwards, 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, Quailes, and all sorts of middle sized, or lesser Fowl, and all small birds, or compound roast-meates, as Olives of Veale, Haslets, a pound of Butter roasted; or puddings simple of themselves, and many other such like, which indeed would be suddenly and quickly dispatcht, because it is intended in Cookery, that one of these dishes must be made ready
ready whilst the other is in eating: then to know the complexions of meates, as which must be pale and white roasted, yet thoroughly roasted, as Mutton, Veale, 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 basting for meate, which is sweet Butter, sweet Oyle, barrell Butter, or fine rendered up seame with cinamon cloves and mace: there be some that will baste 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 rawnes is unwholesome, so too much drynes 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 asceneth upright, or else either goeth from the fire, when it beginneth a little to shrinke 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 sangned to make the coate rise, and crackle, and the latter, when it is full enough, and would bee drawne, or if it bee any kind of Fowle you
you roast, when the thighs 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 out white gravy without any bloudiness, 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 suffured 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 returne to some particular dishes, together with their severall sauces.

If you will roast Mutton with Oysters, take a shouder alone, or a legge, and after it is washed, parboyle it a little: then take the greatest Oysters, and having opened them into a dish, draine the grasse clean from them twice or thrice, then parboyle them a little: then take Spinage, Endive, Succory, Strawberry leaves, Violet-leaves, and a little parsely, with some Scallions; chop these very small together: then take your Oysters 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 whilstt 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 remainder of your herbes without Oysters, and a good quantity
quantity of Currants with Cynamon, and the yolk of a couple of Eggs: And after they are well boyled and stirred together, season it up according to taste with Sugar: then put in a few Lemon slices, the 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 outmost skinne entirely whole and fast to the bone: then take thicke Creame and the yolkes of Eggs, and beare them exceedingly well together: then put to Cynamon, Mace, and a little Nutmegge with Salt: then take Bread-crummes finely grated and searck, with good store of Currants, and as you mixe them with the Creame put in Sugar, and so make it into a good stuffnesse: Now if you would have it looke greene, put in the juice of sweete Hearbes, 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 forme that it was before, and sticke 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 joynt of meat, as breast or loyne, or the belly of any Fowle boyled or roaft, or Rabber, 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 shooe raigne for any disease, aches or fluxe in the reines what soever.
To roast a Gigget of Mutton, which is the legge platted, and halfe part of the loyne together, you shall after it is washed, stop it with cloves, so spit it, and lay it to the fire, and tend it well with basting: then you shall take Vinegar, Butter and Currants, and set them on the fire in a dish or pipkin: then when it boyles you shall put in sweet Herbes finely chop't, 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 seacon 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.

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 scallions, 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 Verjuyse, Butter, Sugar, Cynamon, Currants, and sweet herbes together, and being season'd with a little salt, serve the Olives up upon the sauce, with salt cast over them.

To roast a Pigge curiously, you shall not scald it but draw it with the haire on, then having wash'd 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 (coch 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 stiffe with Sugar, and the yelkes of Eggs; then clap it roundwise about a spit, and lay it before a soft fire, and presently dredge it with the dredging before appointed for the 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 the dish being as neatly 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 herbs or saffron, and put to a little sweet Butter, and mixe it very stiffe: then fold it about the spit, and have ready in another dish some of the same mixture well seasoned, but a great 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 spoone 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 fat part of the loyn of Mutton, without any part disclosed: then baste your Capon, and and your loyn of Mutton with cold water and salt, the chine of Beefe with boylinge Lard: then when you see the Beefe is almost enough, which you shall hasten by schorching 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 oustide; 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 looking fire, then take vinegar, bread-crumpes, and some of the gravy, which comes from the venison, and boil them well in a dish: then season it with sugar, cinnamon, ginger and salt, and serve the venison forth upon the sauce when it is roasted enough.

If you will roast a piece of fresh Sturgeon, which is a dainty dish, you shall flop 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 onely 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 trussing your meat 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 Pigeon you shall chine, and divide into two parts: Capons, Pheasants, Chickens, and Turkeys, you shall roast with the pinions folded up, and the legs extended; Hens, Stock-Doves and Hunte-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-fowl shall have their pinions cut away, and their legs turned backward: Wood-cockes, Snipes and Sterts shall be roasted with their heads and necks on, and their legs thrust into their bodies, and Shovelers and Bittums shall have no necks 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 sufficiently roasted and browne, then dredge it, and draw it from the fire, take vinegar and butter, and put it on a Chaffing dish and coales, and Boyle it with 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 to serve it up.

To roast a fillet of veal.

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 chopt 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 wel with sweet butter: then take of the former hearbs much finer chopt then they were for fiercing, and put them into a Pipkin with Vinegar, and clean washt Currants, and boil them well together: then when the hearbs are sufficiently boil'd and soft, take the yelkes of four very hard boil'd Eggs, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the gravie which drops from the veal, and boil it over again, and then put it into a clean dish, and the fillet being drag'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, Boyle them in faire water with Pepper, Salt, and a few bread crums: 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 boil them on
on a chaffing dish and coales; then take the yolkes of three or four hard Eggs, and being shred small, put it to the Beer, and boyl it also: then the Hen being almost enough, take three or four spoonsfuls of the gravy which comes from her, and put it in also, and boyle all together to an indifferent thickness: 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 Oranges, and the slices of Lemmon-pils shred small, and the slices of Oranges also having the upper rine taken away: then the Hen being broken up, take the braines thereof, and shreeding them small, put it into the sauce also, and stirring all well together, put it hot into a clean warm dish, and lay the Hen (broke up) in the same.

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

The best sauce for a Pheasant is water and onions slice't Pepper and a little salt mixt together, and but stewed upon the coales, and then powred upon the Pheasant, or Partridge, being broken up, and some will put thereunto the juyce or slices of an Orange or Lemmon, or both: but it is according to taste, and indeed more proper for Pheasant then a Partridge.

Sauce for a Quaile, Rail, 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 boyl'd together, and either a sage-leaf, or Bay-leaf crush't among it, according to mens tastes.
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.

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

The best sauce for green Geese is the juices of Sorrell and Sugar mixt together with a few scalded Berries, and served upon sippets, or else the belly of the green Goose filled with Berries, and so rosted: and then the same mixt with Verjuyce, Butter, Sugar, and Cinnamon, and so served upon sippets.

The sauce for a Grubbe 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 Barberries and Bread crumbs, and when it is boil'd to a good thicknesse, season it with Sugar and a little Cinnamon, 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 oat-meal-groars, and being rosted enough, mix it with the gravy of the Goose, and sweet herbes well boiled 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 bloud of the
the same fowl, and being third well, boil 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 boil it over again; then being come to good thickness, season it with sugar and cinamon, so as it may take pretty and sharp 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 boyling Venjuice, 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 hearbs, and chopping them very small with the yelkes of two or three Eggs, boil 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 cruft, 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 set the same upon a chaffing-dish of coals, and when it is half boil'd, put to it a good lump of Butter, and then lay good store of fippets 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 Turkey, and boyle them very well together; then put to it a few fine crums of grated bread to thicken it.
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 Cinamon, 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 bloud 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 Cinamon, and to serve it in Saucers with the fowl, but this sauce must be served cold.

Take good store of Onyons, pit 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 Cinamon, and so serve it up with the fowl.

Carbonados, or Carbonados, which is meat broyled 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 therisno meat either boiled or roasted whatsoever, but may afterwards be broyled, 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 broyled, a shoulder of Mutton half rosted, the legs, wings, and Carcasses of Capon, Turkey, Goose, or any other fowl whatsoever especially Land fowl.

And lastly, the uttermost thicke skinne which covereth the ribbes of Beef, and is called (being broyled)
broyled) the Inns of Court-Goose, and is indeed a dish used most for wantonness, sometimes to please appetite: to which may also be added the broying of Pigs' heads, or the brains of any Fowl whatsoever after it is roasted and dressed.

Now for the manner of Carbonadoing, it is in this sort; you shall first take the meat you mustCarbonado, and scorcht 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 smoak of the coales,occasioned by the dropping of the meat, will ascend about it, and make it stinke: but a Plate-iron made with hooke and pricke, on which you may hang the meat, and set it close before the fire, and so the Plate heating the meat behind, as the fire dooth before, it will both the sooner, and with more neatenesse be 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 toasting of Mutton, Venison, for any other Joynt of Meate, which is the most excellent of all Carbonadoes, you shall take the fatest and largest that can possibly be got (for leane meate is losse of labour, and little meat not worth your time,) and having scorcht it, and cast talt 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 meanes scorcht, but toast at leisure; then with that which falles 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 leasure; and as oft as you bastie it, so oft sprinkle salt upon it, and as you see it roaste, scotch it deeper, and deeper, especially in the thickest and most fleshly parts where the bloud most resteth: and when you see that no more bloud drappeth 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 juyce of an Orange mixt together, and warmed with some of the gravy.

Additions unto carbonados.

A rasher of Mutton or Lambe that hath been either rostled, 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 browne it on the Grid-iron, 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 boyled, 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 pild, and cut into little foure-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 souce any fish.

Take any Fresh-fish whatsoever (a Pike, Breame, Carpe, Barbell, Cleam, and such like), and draw it, but scale it not; then take out the Liver and the refuile, 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 boile it a little, take it up into a fair vessell, then put into the liquor some grosse Pepper and Ginger, and when it is boile 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 boile small Fish, as Roaches, Daces, Gudgeon, or Flounder, boile White-wine and water together with a bunch of choife Herbs, and a little whole Mace, when all is boild well together, put in your fish, and leaum it well; then put in the soal of a Mancchet, a good quantity of sweet Butter, and season it with Pepper, and Verjuyce, and so serve it in upon Sippes, and adorne the sides of the dish with Sugar.

First, draw your fish, and either split it open in the back, or joynt it in the back, and trufe it round, then wash it cleane, and boyle it in water and Salt, with a bunch of sweet Herbs, then take it up into a large dish, and powre unto it Verjuyce, 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 drawn, washed and scal'd 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 juyce of Lemos, and some slices of Orange-pils, and then sprinkling on a little Vinegar, close up and bake it.

First let your Trench bebloud in the tail, then leoure it, wash it, and scal'd it, then having dryed, take it the fine crummes of Bread, sweet Creame, the yolkes of Eggs,
Eggs, Currants, cleane washed, a few sweet hearbs, chopt small, seafon it with Nutmegs and pepper, and make it into a stiffe past, & put it into the belly of the Trench, then seafon the fish on the other side with pepper salt and Nutmeg, and so put it into a deep coffin with sweet butter, and so close up the pие, and bake it; then when it is enough, draw it, and open it, and put into a fit good piece of preserved Orange minst, then take Vinegar, Nutmeg, Butter, Sugar, and the yolk of a new layd egge, and Boyle it on a Chaffing dish and coales, always stirring it to keep it from curd; then powre it into the pие, 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 time minse them all small, and put them into the Trench belly, and so let it stew a quarter of an hour, then minse the yelke of a hard Egge throw 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 seafon them with Pepper, Salt and Ginger, and so put them into a coffin with a good lump of butter, great Raishins, Onions small chopt, and so close it, bake, and serve it up.

Next to these already rehearsed, our English House-wife must be skillfull in pastry, 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 pasts. 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 bak't in a moist, thick, rough, course, & long lasting crust, and therefore of all other your Rye paste is best for that purpose: your Turky, Capon, Pheasant, Partridge Veale, Peacocks, Lambe, and all sorts of water-fowle which are to come to the table more than once (yet not many days, would be bak't in a good white crust, somewhat thick; therefore your wheate is fit for them: your Chickens, Calves' feet, Olives, Potatoes, Quinces, Fallow Deere and such like, which are most commonly eaten hot, would be in the finest, shortest and thickest 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 pasts you shall understand that your rie past would be kneaded only with hot water and a little butter, or sweete scame Rye flour very finely sifted, and it would be made rough & stiff, that it may stand well in the rising for the cooffin thereof must ever be very deep; your course wheate crust should be kneaded with hot water, or Mutton broth, and good store of butter, & the paste made stiff & rough, because that cooffin must be deep also, your fine wheate crust must be kneaded with as much butter as water, & the past 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 wheate flour after it hath bin little bakt in a pot in the oven, and blend it well with eggs whites and yealke 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 a
ny bak't meat, or make paste for Venison, Florentine,
Tart or what dish else you please and to bake it; there
be some that to this past use sugar, but it is certaine it
wil hinder the rising thereof, and therefore when your
puff past is bak't, you shall dissolve Sugar into Rose-
water; and drop it into the paste as much as it wil 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 shal if it be clean, lard
it, if fat save the charge, then put it into a press to squee
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 fleshes
to put in the Pepper, for it will of itself Sink fast
enough into the flesh, and be more pleasant in the eat-
ting, 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 so 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.
To bake beef or mutton for venison.

To bake a Custard or Dowser.

To bake an Olive-pye.
it will give the better taste, then take the yolks of hard Eggis with Currants, Cinamon, Cloves and Mace, and chop them among the hearbs also, 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, together with a good deale 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 picked 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 baked, take Claret-wine, Sugar, Cinamon, and two or three Spoonful of Vinegar, and boyle them together, and then drawing the pie, at a vent in the top of the lid put in the fame, and then set it into the Oven again a little space, and to serve it forth.

To make a Marrow-bone pie: to make the best Marrow-bone pie, after you have 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 Bees, mixt with Currants: then upon it a lay of the soales of Artichokes, after they have been boiled, and are divided from the thistle: then cover them over with marrow, Currants, and great Raisins, the stones pickt out: then lay a course of Potatoes cut in thick slices, after they have been boiled soft, and are cleane pil'd: then cover them with Marrow, Currants, great Raisins, Sugar and Cinamon: then lay a layer of candied Rinses-rootes mixt very thicke 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'd poure into it as long as
it will receive it, White-wine, Rose water, Sugar, Cinnamon & vinegar mix't together, & cand'y al the cover with Rose water and Sugar onely, 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 breast-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, cinnamon, sugar, whole mace, & salt: then cover all with great store of Butter, and so bake it: after pour into it the same liquor you did in your Marrow bone pye with yelks or 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 all the flesh from the bones; then put it into a mortar either of wood or stone, and with a wooden pestle let a strong person 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 mortar 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 pressse 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, assone as it is cold, take at least a pound and half of Raisins of the Sunne, and take out the stones: then mixe them with a good quantity
quantity of Mutton luet, and with a sharp shredding-knife shred it as small as you would do for a Chewet then put to it Currants, and whole Rayfans, Cloves and Mace, Cinamon and Rall 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 meates of that nature.

Take a Gammon of Bacon, and onely wash it cleane, and then Boyle it on a soft gentle fire, till it be Boyle as tender as is possible, ever and anon stewing it clean. that by all meanes it may Boyle white; then take off the swerd, and tearse it very well with all manner of sweet and pleasant herbing herbs, then strow 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 strow Pepper upon the Butter, that as it melts, the Pepper may fall upon the Bacon; then cover it, and make the proportion of a 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.

A Herring pie. 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 picke the fish cleane 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 pare it; and slice it in small slices from the chorde, and put it likewise to the fish: then with a very sharpe shredding-knife shred all as small and fine as may be; then put to it good store of Currants, Sugar, Cinamon, &c. Dates, and to put it
it into the coffin, with good store of very sweet Butter, and so 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 bakes, draw it out, and take claret wine and a little verjuyce, sugar, cinnamon, 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 watered, 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 wonderful 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 baked, draw it, and take Verjuyce, sugar, Cinnamon, and Butter, and boyle them together, and first with a feather annoint 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 then serve it up as pies of the same nature, and both these pies of Fish before rehearsed, are extraordinary and special Lenten dishes.

Take a pint of the sweetest and thickest creame that can be gotten, and let it on the fire in a very cleane scow.
scowred skillet, 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 bottom, 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 Comfits, and prick up some Cinnamon Comfits, and some split Dates; or for want thereof, scrape all over it some Sugar, and trim the sides of the dish with sugar, and so serve it up.

Take a pint of the best and thickest Cream, and set it on the fire in a cleane skillet, 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 than 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 pick 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 Cinnamon, and a Nutmeg slit into four quarters, and season it before with Salt: then
then close up the coffin, and only leave a vent-hole: When it is bakt, draw it, and at the vent-hole put in the same liquor you put in the Ling-pie, and trim the lid after the same manner, and so serve it up.

Take of the greatest Oyster drawn from the shells, and perboyle them in Venjuce: then put them into a Cul-lander, and let all the moisture run from them, till they be as dry as possible: then raise up the coffin of the Pie, and lay them in: then put to them good store of Currants, and fine powdered Sugar, with whole Mace, whole Cloves, whole Cinnamon and Nutmegge slic'd, dates cur, and good store of sweet butter: then cover it, and only leave a vent-hole: when it is bakt, then draw it, and take white wine, and white wine Vinegar, Sugar, Cinnamon, and sweet Butter, and melt it together: then first trim the lid therewith, and candy it with Sugar: then powre the rest in at the vent-hole, and shake it well, and so set it into the Oven againe for a little space, and so serve it up, the dish edges trim'd with Sugar. Now some use to put to this Pie, Onions sliced and shred, but that is referred to discretion, and to the pleasure of the taste.

Take strong Ale, and put to it wine-vinegar as much as will make it sharp, then let it on the fire, and boyl it well, and skum it, and make of it a strong brine with bay-salt or other salt: then take it off, and let it stand till it be cold, then put your Venison into it, and let it lie in it full twelve hours: then take it out from that meere sauce, and presse it well; then parboyl it, and season it with Pepper and Salt, and bake it, as hath beene before shewed in this Chapter.

Take the brawns and the wings of Capons and Chicks after they have beene roasted, and pull away the skin.
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 Orenge 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 strow store of Sugar on the top of the meat, and upon the lid. And in this sort you may also bake Beefe or Veale, only the Beefe would not be parboyl'd, 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 Orenge pills and Dates, and on the top of everr 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 boyld, and taste it, & if it be not sweet enough, then put in more sugar, and some Rose-water, and boyle it againe a little: then power it in at the vent hole, and shake the pie well: then take sweet butter, and Rose water melted, and with it anoint 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 Woor, 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 boyld stand to coole allso: then straine it through a rauinge or fine, then put the Quinces into a sweet earthen pot: then power the pickle or sirrump unto them, so as all the Quinces may be quite covered all over: then stop up the pot close.

To preserve quinces to bake all the yeer.
A Pippin tart.

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 yeer.

Take Pippins of the fairest, and pare them, and then divide them just in the halves, and take out the cores clean: then having rold the coffin flat, and raised up a small verdge of an inch, or more high, lay in the Pippins with the hollow side downward, as close one to another as may be: then lay here and there a clove, and here and there a whole stick of Cinamon, 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's, then draw it out, and having boyled butter and rose-water together, anoint all the lid over therewith, and then scrape or stroie 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 halves, and cut out the cores, 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.

A codlin pie.

Take Codlins as before said, and pill them and divide them in halftes, and Chore them, and lay a leare thereof in the bottome of the pie: then scatter here and there a clove, and here and there a piece of whole Cinamon, then cover them all over with Sugar, then lay another
another leare of Codlings, 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-stickke, and if you will a slic't Orange pill and a Date; then cover it, and bake it as the Pies of that nature: when it is bake, draw it out of the Oven, and take of the thickest and best Creame with good store of Sugar, and give it one boyle or two on the fire, then open the pie, and put the Creame therein, and mash the Codlings all about; then cover it, and having trim'd the lidde (as was before shewed in the like pies and tarts) set it into the oven againe for halfe an houre, 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 coffin as for your pippin tart, and cover the botome 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, Rasberries, Bilberries, or any other Berry whatsoever.

Take Rice that is cleane picked, and Boyle it in sweet Creame, till it be very soft: then let it stand and coole, and put into it good store of Cinnamon and sugar, and the yelkes of a couple of Eggses and some Currants, stir and heat all well togeth'er, 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 scrap 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 Pot hearbs, or leafting hearbes, which have no bitter or strong taste, and chop them as small as may be; and putting the veale into a large dish put the hearbs unto it, and good store of cleanewaft Currants, Sugar, Cinamon, the yelkes of four eggs, a little sweete Creame warmd, and the fine grated crummes of a halfe penny loafe 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 flower 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 pceces of sweet butter upon it, and scrape sugar over it; then rowle out another past reasonable thick, and with it cover the dish all over, closing the two pasts with the beaten whites of Egges very falt 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 prues you can get and put them in a cleane pipkin with faire water, Sugar, unbruised Cinamon, and a branch or two of Rose-
merry, 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 let it to cool, then make a reasonable tuck 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 let 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 thickness of the verge; then stirrow 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 bignesse of the tart, and at the second course, and tart carryeth the coloure black.

Take apples and pare them, and slice them thin from the chere 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 Pruentart, and adorn.
A Spinage tart.

A yellow tart.

A white 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 cinnamon, and Boyle it till it be as thicke as Marmalad, then let it cool, and after fill your coffin and adorn it, and serve it in all points as you did your pruene tart, and this carryeth the colour green.

Take the yolkes of Eggs and break away the filmes, 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, cinnamon Rosewater, and then Boyle it well: when it is boyld, and still boylng 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 whay 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 pruene 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 cinnamon, rosewater and Boyle it well, and as it boyles stirre it exceedingly, and in the stirring put in the whites of eggs then Boyle it till it curdle, and after do in all things 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 comfets, and as this so with
Take Sorell pinage, partly rub them in water. An heate the pippins, partly rub them in water. Then take them up, sever the water clean from them, then take good flour of currants, sugar, and cinamon, and put all well together. Then put them into a deep tart coff, with a little tart and cover it, and bake it like a mamehall, and so serve it up.

An heate a pippin, and let it stand till it be cold; then put in the yolks of four eggs, and two whites good flour of currants, sugars, and flour, and mix them all together. Let it stand till it be cold, then take it up, and put it into a deep tart coff; and cover it, and bake it like a mamehall, and so serve it up.

If the tart be in the proportion of beef the body, the body of one colour, the eyes another, the teeth an other, and of birds the wall colour, the charge of another. As for the manifres, and of certain colours, the chong of another, and of birds, the field of another; and if you please, you may put all thefe gallours, and severall twitches into one tart as thinne.
Sugar, Cinamon, Cloves, Mace, and plenty of Sheeps luet finely thread and a good season 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, strow sugar upon it.

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

There are a world of other baked meats and Pies but for as much as whosoever can do these may do all the rest, because herein is contained all the art of seasonings. I will trouble you with no further repetition; but proceed to the manner of making Banqueting stuff, & conceived dishes, with other pretty and curious secrets necessary for the understanding of our English House-wife: for albeit they are of generall use, yet in their due times, they are so needfull for adornation, that whosoever is ignorant therein, is lame, and but the half part of a House-wife.

To make paste of Quinces, first boyl 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 & scraffed, & put in a little rosewater and boile it together till it be thick; then put in the cut Quinces and so boyl them together till it be stiffe enough to mold, and when it is cold then role it; and print it: a pound of Quinces will take a pound of sugar of
or neere thereabouts.

To make thin quince-cakes, take your quince when it is boyled soft as before laid, and dry it upon a pewter plate with soft neat, &c be ever stirring of it with a slice till it be hard, then take learled sugar quantity for quantity & strue it into the quince, as you beat it in a wood or stone mortar: &c to role the thin &c print them.

To preserve quinces, first pare your quinces & take out the cores, and boyl 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 boyle the Quinces in the srrup till they be tender: then take them up &c boyle the srrup till it be thick: If you will have your quinces red, cover them in the boiling, and it will you have them white do not cover them.

To make Ipocras take a pottle 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 lest &c when it is well setted, let it run through a woollen bag made for that purpose: thus if your wine be claret the Ipocras will be red if white the of that color also.

To make the best jelly, take calves feet &c wash them and scald off the haire as cleane rs 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 vatill it will jely, which you shall know by now and then cooling a spoonful of the broth, when it will jely then straine it, and when it is cold then put in a pint of sacke and whole Cinamon and Ginger slice, and sugar and a little rose-water, and boyle all well together againe: 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 Isinglass, and soule no calves feete at all.

To make Leach.

To make the best Leach, take Isinglass & lay it two hours 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 sliced, and boyle them till it taste well of the spice: then put in your Isinglass, and sugar, and a little Rose-water, and then let them all run through a strainer.

Tomake Gin-
gerbread.

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 Liquorice, Aniseeds, Ginger and Cinnamon beaten very small and scoured: 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 warm.

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 sometimes turn them and keep them covered with a Pewter dish, so that the fire may come a little out: the longer they are in boyling the better colour they will have: and
when they be soft, take a knife, and cut them crosse up on the top, it will make the sirrop go through that they may be all of the like colour: then set a little of your sirrop to cool, and when it beginneth to be thick, then break your quinces with a slice or a spoon so full 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 parts 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 flower, and a pound of sugar finely beaten and scoured, & mix them together: Then take eight eggs, and put foure yolkes, and beat them very well together: then strow in your flower and sugar as you are beating of it, by a little at once, it will take very near an hours beating; then take halfe an ounce of Anniseeds and Coriander seeds, and let them be dried, and rub'd very clean, and put them in; then rub your bisket pans with cold sweet butter as thin as you can, and so put it in, and bake it in an oven: but if you would have thinne Cakes, then take Fruit-dishes, and rub them in like fort with butter, and so bake your Cakes on them, and when they
they are almost baked, turne them, and thrust them down close with your hand. Some to this Bisket bread will add a little cream, and it is not amiss, but excellent good also.

To make Jumbals more fine and curious than the former, and neerer to the taste of the Macaroon: take a pound of sugar; beat it fine; then take as much fine wheat flour, 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 shall also, if you please, adde a few dried Annis seeds finely rubbe, and streude into the paste, and also Coriander seed.

To make dry Sugar leach, blanchem your Almonds, and heat them with a little Rose water, and the white of one egge, and you must beat it with a great deale of sugar, and work it as you would work a piece of pate: then roule it, and print it as you did other things, only be sure to strewe 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 seard, half a pound of sugar; then beat your Almonds, and strewe in your sugar and cinamon till it come to a pate: 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 Creame: then take a spoonfull of rummet 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 draine from it: then put it into a bowle, and take the yolke of an Egge, a spoonfull of Rose-water, and bray them together with a very little Salt, with Sugar and Nutmegs, and when all these are brayed together, and seare, mix it with the curd, and then put it in the Cheese-fat with a very fine cloth.

To make course Ginger bread, take a quart of 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 peny worth of Saunders: all these must be beaten and seare, and so put into the Honey: then put in a quart of a pint of Clarret wine, or old Ale; then take three peny maccots 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 ordinarie 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 seare Sugar: then print it, and dry them gently.

To make most Artificial Cynamon sticks, 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 rode it in form of a Cynamon stick.

To make Cynamon water, take a potte of the best Ale, and a potte of Sack-leece, a pound of Cynamon sliced fine, and put them together, and let them stand two days; then distil them in a Limbeck, or Glasse Still.

To make Wormwood water, take two Gallons of good Ale, a pound of Annisteres, half a pound of Li.
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, & 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 bottom 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, wrap it in a piece of Saracen, or fine cloth.

Another way. 

Others to make "sweet water" take of "Roses" two ounces, of Calamin half an ounce, of Cipresse roots, half an ounce, of yellow Saffron, nine drammes, of Cloves bruised one ounce, of Benjamin, one ounce, of Sopran, and Calamin one ounce, and of Musk twelve grains, and infusion 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 "Fi

To make a kind of "Sugar plate", take Glasse Draggon, and lay it in Rose water two dayes; then take the powder...
der of faire Hepps and Sugar, and the juyce of an Or-
range; 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 to-
gether, set 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 quantitie: then take seven
or eight spoon-tulls of good Ale-barm, and eight egges
with two yolks, 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 stiff, that you need not work in any flower
after: then put in a little rose-water cold, then rub it wel
in the thing you knead it in, and work it throughly: if
it be not sweet enough, scrape in a little more Sugar,
and pull it all in pieces, and hurle in a good quantitie
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 drie them in a cloth: then take three eggs, and put
away one yelke, and beat them and strain them with
barne, putting thereto Cloves, Mace, Cinamon, and
Nutmegges, then take a pint of Creme, and as much
mornings milk, and let it on the fire till the cold be ta-
ten away; then take flower, and put in good store of
cold butter and Sugar, then put in your egges, barne,
and meale, and worke them all together an hour 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 nor any Currants, cover it very thin, both underneath, and a loft. And so bake it according to the bignesse.

To make the best march-pane, take the best Jordan Almonds, and blanch them in warm water, then put them into a stone mortar, and with a wooden pestel beat them to pap; then take of the finest refined sugar, well searst, 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 searst sugar under it, mould it like leaven, then with a roiling pin role it forth, and lay it upon wafer, washt with rose-water, then pinch it about the sides, and put it into what form you please; then strow searst Sugar all over it; which done, washt it over with Rose-water and Sugar mixt to gether, for that will make the Ice; then adorn it with Comfits, guilding, or whatsoever devices you please, and so let it into a hot stove, and there bake it crispy, and so serve it forth. Some use to mixe with the paste, Cinamon and Ginger finely searst, but I referre that to your particular taste.

To make paste of Genoa, you shall take Quinces after they have been bowled soft, and beat them in a morter with refined Sugar, Cinamon and Ginger finely searst, 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 past of Pears, Apples, Wardsen, Plumes of all kinds, Cherries Barberries or what other fruit you please.

To make the best Marc-pane.
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 chorde, and then boil them in fair running water to a reasonable height: then draine them from thence, and put them into a fresh vessel with Claret wine, or White wine, according to the colour of the fruit: and so 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, strayn 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 paire 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 scarrd, and beat it all together, till it come to one inure 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 yolkes of eggs, Rose-water, Sugar, and Cinnamon, till it be a little thicker then Pancake-batter, and then warming your wafre Irons on a char-coale-fire, annoint them first with sweet butter, and then lay on your batter and press 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 sort
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 raff 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 mixed and stirred them all well together, strain it through very fair strainers into boxes, and so use it as you shall see occasion.

Take a pottle of fine flower, and a pound of sugar, a little Mace, and good store of water to mingle the flower into a stiffe paste, and a good season of Salt, and so knead it, and rote 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 boultered, with a quantity of Aniseed 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 abovesaid, 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.

Take sweet Apples, and stamp them as you doe for Cider, then press them through a bag as you doe Verjuyce, then put it into a firkin wherein you will keep your Quinces, and then gather your Quinces, and wipe them clean, and neither chose 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 shore them as you thinke good.

Take a gallon of Claret or White wine, and put therein soure ounces of Ginger, an ounce and a halfe of Nutmegs, of Cloves one quarter, of Sugar soure pound; let all this stand together in a pot at least 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 shore them, and as you shore them, put the shore straight into faire water, and let the shore and the water boyle; when the water boyleth, put in the Quinces unpaved, 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 faire cloth, and take as much of the same water as you thinke will make sirrup enough for the Quinces, and put in some of your sugar and let it boyle a while, and then put in your Quinces, and let them boyle a while, and turne them, and cast a good deale of sugar upon them; they must seethe apace, and ever as you turne them, cover them still with sugar, till you have bestowed all your sugar; and when you think that your Quinces are tender enough, take them forth, and if your sirrup bee not stiffe enough, you may seethe 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 safer your Quinces will bee, and the better and longer they will be preserved.
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 stirre 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 easilly) then if you will make it very pleafant, take a little Muske, and lay it in Rofe-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 leafe-gold thereon.

Take all the parings of your Quinces that you make your Conserve withall, and three or four other Quinces, and cut them in pieces, and boyle the fame 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 faid Quinces and parings, and if any skum arise whilst it boyles, take it away: then let the faid water runne thorough a strainer 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 faid Quinces, and picke out the kernels and chores as clean as you can, and put them into the faid 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 Egg 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, or Oranges, or Poucithrons, 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 sev'n or seaven 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; then
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 Licorcas and Aniseedes: 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 pastes of all kinds, in which four heads consists the whole art of Banqueting dishes; I will now proceed to the ordering or setting forth of a Banquet, wherein you shall observe, that March-panes have the first place, the middle place, and last place: your preserved fruits shall be dight up first, your pastes next, your wet suckets after them, then your dryed suckets, then your Marmelades and Goodiniakes, then your comfets of all kinds; Next, your peares, apples, wardens bak't, raw or roasted, and your Oranges and Limons sliced; and lastly your Wafer-cakes. Thus you shall order them in the closet; but when they goe to the table, you shall first send forth a dish made for shew onely, as Beef, Bird, Fish, Fowle, according to invention: then your Marchpane, then preserved Fruit, then a Paste, then a wet sucket, then a dry sucket, Marmelade, comfets, apples, peares, wardens, Oranges and Limons sliced; and then wafers, 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-wife into these se-
verall Knowledges of Cookery, in as much as in her is
contained all the inward offices of Houseold, wee 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-wife to be never so skilfull in
the parts of Cookery, if she want skill to marshall the
dishes, and set every one 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-wife must many
times supply) to order the meat at the Dresser, and de-
deliver 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-wife, 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 Boyle Sallets, then some smaller compound sallets.
Next unto Sallets shee shall deliver forth all her fricas-
ses, the simple first, as collops, rashers, and such like:
then compound fricasces, after them all her Boyle 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
furloyne, 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 Pasty, Chicken, or Calves-foot-pie and Douser. Then cold bak't meates, Pheasant, Partridges, Turkie, Goose, Woodcock, and such like. Then lastly, Carbonados both simple and compound. And being thus Marshald from the Desser, 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 Roast 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 Guesse. So likewise in the second course the shall first preferre the lesser wild-fowle, as Mallard, Teyle, Snipe, Plover, Woodcocke, and such like: then the lesser land-fowle, as Chicken, Pidgeons, Partridge, Raile, Turky, Chickens, young Pea-hens, and such like. Then the greater wild-Fowle; as Bitter, Heare, Shoveler, Crane, Bustard, and such like. Then the greater land-fowls; as Peacocks, Pheasant, Puets, Gulls, 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 bee marshald at the Table, as the first course not one kind altogether, but each severall sort mixt together, as a lesser wild-fowle and a lesser land-fowle; a great wild-fowle, and a great land-fowle; a hot bak't meat and a cold; and for made dishes
dishes and Quelquechose, which relie on the invention of the Cooke, they are to bee thrust in into every place that is empty, and so sprinkled over all the table: and this is the best method for the extraordinary great feasts of Princes. But in case it be for much more humble meanes, then lesse care and fewer dishes may discharge it: yet before I proceed to that lower rate, you shall understand, that in the 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 several services, as thus; amongst your Sallets all sorts of soured fish that lives in the fresh water; amongst your Fricasles all manner of fryde-fish; amongst your boild-meat, all fish in broaths; amongst your rost meat, all fish served hot, but drie; amongst the bak’t meat, sea-fish that is souft, as Sturgeon 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 proportion 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 season 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 meafe, as thus for example. First, a shield of Brawne with mustard; Secondly, a boyld capon; Thirdly, a boyld pece of Beefe: Fourthly, a chine of Beefe rostede: Fiftly, a neats tongue rostede: Sixtly, a Pigge rostede: Seventhly, chewets bak't; Eightly, a goole rostede: Ninethly, a swan rostede: Tenthly, a turkey rostede; the eleventh, a haunch of venison rostede; the twelfth, a pasty of venison; the thirteenth, a Kid with a pudding in the belly; the fourteenth, an olive pye; the fifteenth, a couple of capons; the sixteenth, a cuttard or doufets. Now to these full dishes may be added in halloys, fricaires, quel-quechoises, and devised paste, as many dishes more, which make the full service no lesse than two and thirty dishes, which is as much as can conveniently stand, on one table, and in one meafe: 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 pleasaure and delight to the beholders. And thus much touching the ordering of great feastts and ordinary contentments.

CHAP. 3.
Of Distillations, and their vertues, and of perfuming.

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

Therefore first I would have her furnish her self of very good Stills, for the distillation of all kinds of Waters, which Stills 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. Angellica 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 Fieblones; Treacle water for mouth Canker; water of Cloves for pain in the Stomack; Saxifrage water for gravel and hard Urine; Allum water for old Ulcers, and a world of others, any of which will last a full year at the least. Then she shall know that the best waters for the smoothing of the skin, and keeping the face delicate and amiable, are those which are distilled from Bean-flowers, from Strawberries, from Vine leaves, from Goats-milk, from Asphæs 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 Stillary, 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 Marroram, Winter-savor, Rosemary, Rew-unlet Time Germander, Rybworte, Harts-tongue, Mousace, White wormwood, Buglosse, red Sage, Liver wort, Hooare-hound,
hound, fine Lavender, Thop-crops, Penny royall, Red fennell, of each of these one handfull: of Elecompaine rootes, cleane pared and sliced, two handfulls: Then take all these aforesaid and shred them, but not wash them, then take foure gallons and more of strong Ale, and one gallon of sack-leece, and put all these aforesaid hearbes shred into it, and then put into it one pound of Licorors bruised, halfe a pound of Anyseeds cleane sifted 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 glass with a wide mouth, and put therein a pottle of the best water and clearest, and put into it a pottle of Rosa folis, halfe a pound of Dates bruised and one ounce of grains and halfe a pound of Sugar, halfe an ounce of seed pearle beaten, three leaves of fine gold, stirre all these together well, then stop 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 spoon-full 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 nebous, grases of pure long pepper, blacke Pepper, Com
Common, Fennel seed, Smalledge, Parsley, Sage, Reew, Mint, Calamint, and Horithow, 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 abovefyed 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 luted 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 glasse viall. This water is called the water of Life, and it may be likened to Balm, for it hath all the virtuues and properties which Balm hath: this water is clearer, and lighter then Rose water, for it will fleet above all liquors, for if oyl be put above this water, it sinketh to the bottom. This water keepeth flesh, and fith, both raw, and sodden, in his own kind and state, it is good against aches in the bones, the poxe and such-like neither can any thing kept in this water rot or putrify, it doth draw out the sweetness, savour, and virtues of all manner of spices, roots and hearbs that are wet or layd therein it gives sweetness to all manner of water that is mixt with it, it is good for all manner of cold sicknesse, and namely for the palese or trembling joyntes, and stretching of the sinewes, it is good against the cold gout, and it maketh an old man seem young, using to drink it fasting, and lastly it freteth away dead flesh in wounds, and killeth the canker.

Take Rosemary, Time, Iflop, Sage, Fennel, Nip, rootes of Elecompane, of each an handful, of Marierum and Pennyroyall of each halfe a handful, eight slips of red Mint, halfe a pound of Licoras, half a pound of Aniseeds, and two gallons of the best Ale that can be brewed, wash all these hearbes clean, and put into the
the Ale, Licoros, Aniseeds, and herbes into a cleane brassie pot, and set your Limbeck thereon, and paste it round about that no Ayre come out, then distill the water with a gentle fire, and keep the Limbeck cool above, not suffering it to run too fast: and take heed when your water changeth colour, to put another glass 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 handfull, one root of Elycompane, the whitest that can be got, three quarters of a pound of Licoros, two ounces of Cinnamon, two drams of great Mace, two drams of Gallendgall, three drams of Coliander seeds, three drammes of Carraway seeds, two or three Nuremegges cut in foure quarters, an ounce of Aniseeds, a handfull of Borrage; you must chuse a faire Sunny day, to gather the hearbs in; you must not wash them, but cut them in funder, and not too small; then lay all your hearbs in foule all night and a day, with the spices grossly beaten or bruised, and then distill it in order aforesaid, this was made for a learned Phisitians owne drinking.

Take a gallond of Gascoine-wine. Ginger Gallendgall, Nutmegs, Grains, Cloves, Aniseeds, 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 handfull, then Bray the spices small, and the hearbs also, and put all together into the wine, and let it stand so 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.
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 pale, the contraction of sinewes, also it killeth wormes, and conforteth the stomack, it cureth the cold droppie, helpeth the stone, the stinking breath, and maketh one seeme young.

Take a pottle of the best Sack, and half a pint of rose water, a quarter, & half a pound of good cinamon well bruised but not small 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 sovereign for the stomack, the head and all the inward parts; it helpeth digestion and conforteth the vital spirits.

1. Take Fennel, Rose-Verbeine, Endive, Betony, German-der, Red-rose, Capillus Veneris, 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 it fell, for it is more precious than gold, the second 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 cleanness, and purgeth all gross humours.

2. Take Salgemma a pound, and lap it in a greene dock leaf, 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 shall cleanse

To make Cinamon Water.
and sharp the sight: it is good for any evil at the heart, for the Morphem, and the Canker in the mouth, and for divers other evils in the Body.

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

4 Take the seed of Parsley, Achannes, Verwone, Carrawace, and Centaurie, of each ten drams, beat all these together, and put it in warm water a day and a night, and put it in a vessel to distill: this water is a precious water for all sore eyes, and very good for the health of mans or woman's body.

5 Take Limmell of Gold, Silver, Lattin, Copper, Iron, Steele, and Lead; and take Latharine 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 juice of Fennell; the fourth day in the whites of Eggs; the fifth day in woman's milk that nourisheth a man child; the sixt in red wine; the seventh day in the whites of Eggs; and upon the eight day bind all these together, and distill the water of them, and keepe this water in a vessel of Gold or Silver: the vertues of this water, are these: First, it expelleth all Rhumes, and doeth away all manner of sickness from the eyes, and weares away the pearle pin and web; it draweth againe into his own kind the eye-lids that have been bleared, 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 Fennell distilled, and Vervine, Roses, Celandine and Rem, and a little Aquaviva; and when you have sprinkled it in the water nine times, put it then in a vessel of glass, and yet upon a reversion of the water distill it, till it passe over the touch four 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 annoint 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 Calamine is good for the stomack.
The water of Plantain is good for the fluxe, and the hot dropsie.

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

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

Water of Endive is good for the dropsie, and for the Jaundice 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 Palsy.

Water of Betony 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 Luft, and also provoketh the tearmes in women.

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

Water of Rem 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 tearmes in women.

The water of Sorre all drunk, is good for all burning and pestilent Fevers, and all other hot sicknesses: being mixt with Beere, Ale, or Wine, it maketh the thirst: it is also good for the yellow Jaundice, being taken sixe or eight dayes together: it also expellith from the liver, it he 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 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 unloade the stomach of grosse humours & superfluities, and it strengtheneth and comforteth all the universal 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 hearbs 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 hearb 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 hearbs 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-flagge, rooتس, &c. of each one handfull, of Cloves, Cinnamon and Nut-megs of each half an ounce, then three or four Pomcrons cut into slices, infuse all these into Damaske-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, Giver, 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 delicatest 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, far 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 spunges, and warm one of them against the fire and rub your Jerkin therewith and when the oyl is dried take the other spunge 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 bals, 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 Sopre till it be stiff, then with your hand you shall work it like paste, and make round bals thereof.

To make Muske balls, take Nutmegs, Mace, Cloves, Saffron and Cinnamon, of each the weight of two pence, & beat it to fine pounder, of Masticke the weight of
of two-pence half-penny, of Storax the weight of six-pence; of Labdanum the weight of ten-pence; of Ambergrise the weight of six-pence; and of Musk four grains, dissolve and work all these in hard sweet hope 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 Ambergrise, of each one ounce, Ires, Calamus, Aromaticus, Cypress 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 Aqua-vita, 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 Aloe three penny-worth, of Nutmegs eight penny-worth, and of Musk four grains; beat all these exceedingly to tender 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 tunned 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 Hog's head of this Vinegar put the leaves of foure 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 mortar 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 verjuice.

To make Verjuice you shall gather your Crabs as soon as the Kernels turne black, and having layd them a while in a heap to sweate 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 crushed Crabs, then put it into the press, and press it, while any moisture will drop forth, having a clean vessel underneath to receive the liquor: this done, tun it up into sweet Hogsheads, and to every Hogshead put halfe a dozen handfulls of Damaske Rose leaves, and then hang it up, and spend it as you shall have occasion.

Many other pretty secrets there are belonging unto curious house-wifes, but none more necessary 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 Basil 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 ounce, 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 of 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 four handfuls, of Basill one handful, Marjoram two handfuls, of Camomile one handful, the young tops of sweet briar two handfuls, of Mandelion- ranley, two handfuls, of Oranje peels sixe or seven ounces of Cloves and Mace a groats worth; put all these together in a potle of new Ale in corbes, 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 malmsey Lees, or a quart of malmsey simply, one handful of Marjoram, of Basill as much, of Lavender four handfuls, bay leaves one good handful, Damaske role-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 malmsey together, in a close
To make the best vinegar.

close stop'd 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 days with four grains of Musk bruised. This quantity will make three quarts of water, Probatum 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 distill it in the Sun; then take four or five handfull 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 Barberries, and bruise and strain them into the Ferkin, and a good handfull of Salt, and let them lye and work in the Sun from May till August; then having the full strength, take rose 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 bags, 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.

To perfume Gloves.

Take Angelica water and Rose-water, and put into them the powder of Cloves, Amber-greece, Musk and Lignum Aloes, Benjamime and Callamus Aramaeicus: 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 up 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 grains of Amber-greece, and twenty grains 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 bosom, 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 confess that one profest skillfull in the Trade, having rudely written, and more rudely disclosed this secret, &c. 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 skillfull 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 turne 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 Bastard be fat, and if it be tawny it shall not, for the tawny Bastards 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 be) you
you shall know it by the marke 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 Basterd with
in eight gallons, or thereabouts, and parill it with fixe
egges, yolkes and all, one handful 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 Basterd, you must take some empty But
or pipe; and draw thirty gallons of Malmsey, and as
many of Basterd; 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 ves-
tel; then fill it up with Malmsey & Basterd: Or other-
wise thus, if you have a pleasant But of Malmsey,
which is called Ralt-mow, you may draw out of it for-
ty gallons, and if your Basterd be very faint, then thirty
gallons of it will serve to make it pleasant: then take
tour gallons of new milk, and beat it and put it into it
when it lacketh of twelve gallons of ful, and then make
your flaver.

Take one ounce of Coliandres, 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 flaver 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 Coliander roots a
penny-worth, one pound of Anseeds, 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 beate them till they be as short as snow; then over draw the But seven or eight Gallons, and beat the Wine, and stirre the Lees, and then put in the parell, and beate it and so fill it up, and stop it close, and draw it on the morrow.

Draw out of a Pipe of Bastard ten Gallons, and put 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 Conduit-water, and it will be white and fine in the morning. But if you wil make very fine Bastard, take a white wine Hogs 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 honey and two Gallons of white-wine, and boyl 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 Orenge-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 Laggas.

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 Eggses, and beat them in a fair tray with Bay salt and Conduit water; then put it 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 Ossey, give it this flavor: Take a pound of Anniseeds, two pence in Colanders, two pence in Ginger, two pence in Cloves, two pence in Graines, two pence in long Pepper, and two pence in Licors; 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 days you may broach it.

A remedy for bastard if it pick.

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 Woort of a fresh tap, and then fill him up with Bastard or Malmsey, or Cuite, if you will; then apparell it thus: First, Parell him, and beate him with a staffe, and then take the whites of four new laid Eggses, and beat them with a handful of salt till it be
be as short as Mosse, and then put a pint of running water therein, and so fill the pipe up full, and lay a little stone on the bung, and set it 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 full of Sacke: then fill it up with Malmsey, and when your But is full within a little, put into it three gallons of Spanish Cute, the best that you can get; then beate it well, then take your toster, and see that it be deepe coloured; then fill it up with Sack, and give it apparell, and beat it well; the apparell is this: Take the yelkes of ten Eggs, and beate them in a clean Bason with a handfull of bay-salt, and a quart of Conduit-water, and beat them together with a little piece of birch, and beat it till it be as short as Mosse, then draw five or six gallons out of your But; then beate it again, and then fill it up, and the next day it will be ready to be drawne: this apparell will serve both for Muskadine, Bastard, and for Sack.

If you have two principal Buts of Malmsey, you may make three good Buts with your Lagges of Clarret 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 then five gallons of Candy Cute, but the Candy Cute is more naturall for the Malmsey: also one But of good Malmsey, and a But of 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 houre.
hour and more: then put in your parell and let it lye.

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

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 Bastard, and bear it very well, and so stop up your But: and if it be tawny, take three gallons of new milk, and strein it clean, and put it into your Sacke, then beat it very well, and stop it close.

Take a fair empty But with the Lees in it, and draw your Sacke into the same from his Lees fine: then take a pound of Rice flower, as fine as you can get, and four grains of Camphire, and put it into the Sacke; 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 tarce 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 stone-honey clarified, and being coole, put it in, and parell it with the yolkes of four Egges, whites and all, and beat it well, and fill it up, and stop it close, and it will be pleasant and quick, as long as it is in drawing.

Take three Gallons of white Honey, and two gallons of red Wine, boil 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, Elstertune and Barabant: the Elstertune are the best; you shall know it by the Fat, for it is double hard, 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 hog'shead or two of White wine, and this is the most vantage a man can have by them: and if it be flender and hard, then take three or four gallons of honey, and clarifie it clean; 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 foddent take it off, and set 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) role it, for that is the best way; then stop it close, and let it lye, and that will make it pleasant.

The Wines that be made in Burdeau, are called Gascoine Wines, and you shall know them by their hazel hoopses, and the most be full gadge and sound Wines.

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

Then have you Wines that be called Galloway, both in Pipes and Hogshelves, 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 Wise, and lackes 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 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 Serternes, thus.

6. The two and a half Sesterne, thus.
A But of Malmsey if he be full gage, 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 four 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 Bastard it is at the same rate, but it lacketh of gage two Sesterne and a half, or three at a pipe, and then you must abate five gallons of the price, and so in all other wines.

To choose Gascoine wines.

See that in your choice of Gascoine wines, your observe, 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 Rose 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 Clare: wines be any default of colour, there are remedies now to amend and repair them.

If your Claret 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 himself, and make him strong; or take a pound of Tournsoil 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 Claret wine have lost his colour, take a penny worth of Damfens, or else black Bulleskes, 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 glass, and after into the hog's head of Claret 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 abrach in any wise 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 finely 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, and 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 foulnesse, 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 overdraw it a quarter or more, and fill him up with fat Baftard, and with Cute 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. 5.
Of Wooll, HEMPE, Flaxe and Cloth, and dying of Colours, of each several substance, with all the knowledges belonging thereto.

Ur English Hous-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 outwardly and inwardly for defence from the cold and comeliness to the person; and inwardly, for cleanliness and neatness of the skin whereby it may bee kept from the filth 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 Hous-wife such a competent proportion of wooll, as shall be convenient for the clothing of his family, which wooll as soon as she hath received 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 Coverlids, or the like; then she shall cleanse, the 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, she shall put by it felte, and the rest which she intends to put into colours she shall waigh up, and divide into severall quantities, accor-


ding to the proportion of the web which she intends to make, & put every one of them into particular bags made of netting, with toies or little pieces of wood fixed unto them, with privy marks thereon both for the weight, the colour, and the knowledge of the same wool when the first colour is altered; this done, she shall if she please send them unto the Diers, to be died after her own fancy; yet for as much as I would not have our English Housewife ignorant in any thing meet for her knowledge, I will shew her here before I proceed any further, how she shall dye her wooll her felse into any colour meet for her use.

First then to dye wooll 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 wooll therein and boil it; so done, take it forth and dry it.

If you will dye your wooll of a bright hair colour: first boil your wooll 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 wooll again therein, and stirre it exceeding well about, then take it forth, and lay it where it may conveniently dry.

If you would dye your wooll 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 untill it be a week old: having done so, then shall you put to ten pounds of wooll a pound of Allum, then heate your liquor againe, and put in your Allum, and so soone as it is melted, put in your wooll
and let it boil the space of an hour: Then take it again, and then set 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 Eggge 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 houre; then take them up, and put in your Copheras 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 wool into your puke liquor; and then it will faile leffe 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 Wooll 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 boyled in Alkmom.

When you have thus dyed your wool into those several colours meet for your purpose, and have also dried it well; then you shall take it forth, and toast 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 oil, 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 brightnesse.

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 beginning at one end to role up round and hard together the whole bed of wool; and then causling 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 sharp 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 undistinguishably mixed together, and that indeed it is become one intire 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 pick 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-wisit tearmes 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 Goose 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 certain in the truth of your proportions, you shall know, that three pound of grease or oyle, will sufficiently anoint or grease ten pounds of wool: and so according to that proportion, you may oyl what quantiety you will.

After your wooll is oyl'd and annointed thus, you shall then tum 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 tummings, 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 woolly wheelies, according to the order of good Housewifery: the action whereof must be got by practise, and not relation; only this you shall be carefull, to draw your thread acor-
ding to the nature and goodness of your wooll, not according to your particular desire: for if you draw a fine thread from a wooll which is of a course 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 VVooll of a fine Staple, it will then so much over-thick, that you must either take away a great part of the substance of your wooll in flocks; or else let the cloth weare course, and high, to the disgrace of the good Houf-wifery, and losse of much cloth, which else might have beene sa-

Now for the diversities of spinnings, although our ordinary English house-wife make none at all, but spin every thread alike, yet the better experience make two manner of spinnings, and two sorts of thread; the one they call warpe, the other west: or else wooffe; warpe is spunne close, round and hard twisser, being strong and well smoothed, because it runnes through the fleies, and also endureth the fretting and beating of the beame; the west is spunne open, loose, hollow, and but halfe twisser; neither smoothed 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 warp to well, that a very little beating in the Mill, bringeth it to perfect cloth: and though some hold it leffe substantiall then the web, which is all of twisted yarne, yet experience findes they are deceived, and that this open west keepes the cloth longer from fretting and wearing.

After the spinning of your wooll, some Houle-wifes use
winding of woollen yarn,

Of warping cloth.

use to winde it from the broch into round clewses for more ease in the warping, but it is a labour may very well be saved, and you may as well warp 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 flailhood of un conscionable 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 coarse, 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 west: for House-wifes lay the best cloth is made of even and even; for to drive it to greater advantage is hurtful to the Cloth: There be other observations in the warping of Cloth; as to number your portufles, and how many goes to a yard: to looke to the closenesse, and filling of the fleie, 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 finish'd 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 weare rough, nor too low, lest it appear thread-bare ere it come out of the hands of the Taylor.

These things fore-warn'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 skillfull 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 tough, 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 neere worth the labour briefly then the best earth is the best mixt ground which Husband-men call the red hazell ground, being well ordered and manured: and of this earth a principall place to sowe Hemp 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 only used thereto, as in Hol-
land, 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 pre-
serve the endes of their corn lands, which but upon
graffe to sow hempe or flaxe thereon, and for that
purpose will manure it well with sheep: for whereas
corne which butteth on graffe hads, where cattle are
tethered is commonly destroyed, and no profit issuing
from a good part thereof; by this means, that which
is sown 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 stacke-yards, and usuall hempe-lands be,
and then twice breaking up is sufficient: that is to say,
about the latter end of February, and the latter end of
April, at which time you shall sow it: and herein is to be
noted, that you must sow it reasonable thicke with good
found and perfect seed, of which the smoothest, round-
dest, and brightest with least dust in is best: you must
not lay it too depe 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 sleigh-
ring; 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 Vermine, which will otherwise pick the seed out of the earth, and so deceive you of your profit.

Now for the weeding of hemp, you may save the labour, because it is naturally of itself twelvemonth of growth, rough, and venomous to any thing that grows under it, and will sooner of its own accord destroy those unwholesome weeds than by your labour: But for your Flax, or linen 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 itself.

Touching the pulling of Hempe or Flaxe, which is the manner of gathering of the same: you shall understand that it must be pulled up by the roots, and not cut as Corn is, either with the scythe 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 intend to save any for seed, then you shall save the principal 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 if it stand longer, it will shed suddenly: 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 buns dryth.

Now for the ripening and seasoning of hempe or flaxe,
Flax, you shall so 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 bales, 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, as making the hemp or flax black, rough, and often rotten: therefore I would wish none to use it, but such as necessity compelleth thereof unto, 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 streame, and the worst the standing pit, yet because Hemp is a poisonous thing, and infecteth the water, and destroyeth all kind of fish, it is more fit to imploy such pits and ditches as are least subject to annoyance, except you live neer some great broad and twist streame, and then in the shallow parts thereof you may water without danger: touching the manner of the watering thereof, you shall according to the quantity knock foure or sixe strong stakes into the bottome of the water, and set them square-wise, then lay your round baits or bundles of 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, keepe 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 days & 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 bales and wash it; and if in the washing you see the leaf come off, then you may bee assured the Hemp is watered enough: as for Flax, let the time will serve it, and it will sheathe 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 bale or bundle severally by itself, and rub it exceeding clean, leaving not a leaf upon it, nor any filth within it; then let 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 thoroughly dried then house it; yet there be some House-wives which as soon as their Hemp comes from the water, will not rear 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 rear it upright, dry it, and so house it, and this House-wifery 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 pul-

The time is that lie in water.

Of washing out of Hemp Flax.
ling be carried to the water, your flaxe may nor, but must be reared up, and dried and withered a week or more to ripen the seed, which done, you must take ripple combs, and ripple your flax over, which is the beating or breaking off from the stalkes the round belles or bobs which contain the seed, which you must preserve in some dry vessel 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 break it, which is in a brake of wood (whose proportion is so ordinary, that every one almost knows them) break and beat out the dry bun, or hexe of the Hemp or Flax from the rind 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 necessarily 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 bee 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 same, and then brake it: yet for as much as this is oft times dangerous, and much hurt hath beene received thereby through casualty of fire, I would wish you to sticke four stakes
in the earth at least five foot above ground, and laying over them small over-layers of wood, and open fleakes or hurdles upon the fame: 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 crush’t, fallen away, or at the most hangeth but in very small shivers within the Hemp or Flax, then you shall lay it is brake’t enough, and then terming that which you called a Baite or Bundle before, now a strike, you shall lay them together, and so house them, keeping in your 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 several 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 Hemp, 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 lesse pieces.

After your Hemp and Flax is brake’t, you shall then twingle it, which is upon a twingle tree blocke made of an half inch bode about four foot above ground, and set upon a strong foot or stock, that will not easilie move and stir, as you may see in any House wifes house.
house whatsoever better then my words can express;
and with a piece of wood called the swingle-tree dag-
ger, and made in the shape and proportion of an old
dagger with a reasonable blunt edge, you shall beate
out all the loose buns & shivers that hang in the hemp
or flaxe, opening and turning it from one end to the o-
ther, till you have no bun or shiver to be perceived
therein, and then strike a twist, and found in the midst,
which is ever the thickest part of the strike, lay them
by till you have swinged all; the generall profit wher-
of is not only the beating out of the hard bun, but also
an opening and softning of the tear, whereby it is pre-
pared 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 bracelet buns which
fall from the brake also; and drying them again, cause
them to be very well thresht with flayls, and then mix-
ing them with the refuse which fell from the swingle-
tree, dresse them all well with threshing and shaking,
till the buns be clean driven out of them; and then lay
them in some safe dry place till occasion of use: there
are called swingle-tree hords, 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 hurchs 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 hurchs thereof have been layd by, you shall take the
strikes, and dividing them into dozens, and half dozens,
make them up into great thick roles, and then as it
were broaching them, or splitting 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 strikes 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,
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 strikes even and straight: and the hurchs
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
a good straight heckle made purposely for hemp, and be sure to break it very well and sufficiently thereupon, and save both the hurs by themselves, and the strikes by themselves in several places.

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

Now if you intend to have an excellent piece of hempen cloth, which shall equall a piece of very pure linen; 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 againe 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 felt a cloth as pure, as fine house-wifes Linen, the indurance and lasting whereof, is rare and wonderfull; thus you see the uttermost art in dressing of hemp for each severall purpose in cloth-making till it come to the spinning.

Flaxe after it hath been twice swingled 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 courter then the latter, holding the strike stiff in your hand, breake it very well upon that heckle: then the hurses which comes thereof, you shall save to make fine burden cloth of, and the strike it selde you shall passe thorow a finer heckle, and the hurses which come from thence, you shall save to make fine midlen cloth
cloth of, and the teare it self for the best Linnen.

To dresse 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 con-
cealed from the best House-wifes with us; you shall
take your Flax after it hath been handled, as is before
shewed, and laying three strakes 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 an-
other plat, and thus plat as many several 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 so many roules more
or leas, according to the purpose you dresse them for:
this done, put the roules into a hempe trough, and beat
them soundly, rather more then leas than the hempe:
and then open & unplat it, and divide every strake from
other very carefully; the heckle it through a finer hec-
kle than any formerly used: for of heckles there be e-
ever three sorts, and this must be the finest: and in this
heckling you must be exceeding carefull to do it gent-
ly, lightly, and with good deliberation, least what you
heckle from it should run to knots, or other hardnesses,
as it is apt to do; but being done artificially as it ought
you shall see it looke and feel it handle like fine soft
cotton, or Jerseie wool; and this which thus looketh
and feeleth, and falleth from the heckle, will notwithstanding make a pure linnen, and run at least two yards
and a 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 drest, 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 House-wife 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 prizes for spinning, they are according to the natures of the Country, the finenesse of the teare, and the dearenesse of provisions: some spinning by the pound, some by the lay, and some by day, as the bargain shall be made.

After your yarn is spun upon spindles, spools, or such like, you shall then reel 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 leesse to be troubled with ravelling, and in the weaving of your fine yarn to keepe it the better from ravelling, you shall as you reel it, with a Leyband of a big twist, divide the flipping or skeene into divers Leyes, allowing to every Ley eighty threads, and twenty Leyes to every flipping, the yarne being very fine, otherwise less 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 reel 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
to much bated; and so accordingly the worst.

After thus your yarn is spun and reeled, being in the
spinning, you shall scour it: Therefore, first to fetch
out the spots, you shall lay it in lukewarm water, and
let it lye for three or four days, each day shifting it
once, and wringing it out, and laying it in another wa-
ter 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 whilst 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 Athen-ashes: then opening your slipp-
ings, and spreading them, lay them on those ashes;
then cover those slippings with ashes again, then lay
in more slippings, and cover them with ashes as before;
and thus lay one upon another, till all your yarn be laid
in; then cover the uppermost yarne 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 vessell, and as the buc-
kling tub wasteth so you shall fill it up again with the
warm 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 observing to
make the lie hotter and hotter till it seeth; and then
when it to seetheth, you shall as before apply it with
boiling lie, at least four hours together, which is cal-
led
led, the driving of a buck of yarn: All which being done, you shall take off the Buckling cloth, and then putting the yarne with the Lie-ashes into large Tubs of Boales, with your hands as hot as you can suffer it to posse, and labour the yarne, 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 yarne again into a Bucking Tub without ashes: and cover it as before with a Bucking-cloth and lay there-upon 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 weeke, and then wash it over in fair water, and so dry it up.

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

After your yarne 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, because it may deceive you in the weight, for accor-
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 Weaver, 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 self, 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 soylings and 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 loophes fixt to the selvedge of the cloth, spread it upon the grasse, and make 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 dry and be sure weekly to turn it first on one side, and then on the other, and at the end of the first weeke you shall buck it as before in Lie and Ashes: Again rinse it, spread it, & water it as before; then if you see it white, 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 occasion shall require; the best season for the same whitening being in April and May. Now the course & worst house-wifes take and white their cloth with Water and
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 several substance.

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

Here 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 Housewise 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 shambles, and so no loss, 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 neck, 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 botteme, 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; The breed of Kiln. Gloucestershire, Somersetshire, and some part of Wilts, for red Kine, and Lincolnshire pide Kine: and from the breeds of these Countries generally doe proceed the breeds of all other, however dispersed over the whole Kingdom. Now for our House-wifes direction, the shall chuse her Dairy from any of the best breeds before named, according as her opinion and delight shall govern her, onely observing not to mixe her breeds of divers kinds, but to have all of one 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 hale; that is, which have but lately calved, and have their milke deepes springing in their adders, for at that time she giveth the most milk; and if the quantity then be not convenient, doublere the Cow cannot be said to be of deep milk: 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 usual 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 at all, or very little, bringeth not forth to 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 to 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 milked 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 laxativenesse 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 asstable to the Maid, gentle and willing to come to the paile, and patient to have her dugs drawn without skittishness, striking or wildnesse, she is utterly unfit for the dairy.
As a Cow must be gentle to her milker, so she 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 goodnesse, 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 all 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 Housewife which only hath respect to her dairy, and for whose knowledge this discourse is written (for we have shewed the Grazier his office in the English Husbandman) must rear her calves upon the finger with floten milke, and not suffer them to run with the Dams, the generall 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 King.
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 six and seven a clock in the evening: and although nice and curious House-wives will have a third hour betwixt them, as between twelve and one in the afternoon, yet the better experienced 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 yield out the milk the better and with less pain: she shall not settle herself to milk, nor fix her pail firm 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 overturning: when she seeth all things answerable to her desire, she shall then milk the Cow boldly, and not leave stretching and straining of her teats till not one drop of milk more will come from them, for the worst point of House-wisery that can be, is to leave a Cow half milked, for besides the loss 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 afeard 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-wives cleanliness, in the sweet and neat keeping of the Dairy-house, where not the least mote of
of any filth may by any meanes appeare, but all things either to the eye or nose so void of foweres or flutters that a Princes bed chamber must not exceed it: to this must be added the sweet and delicate keeping of her milk vessells whether they be of wood, earth or lead, the best as yet is best disputable with the best House wifes; onely this opinion is generally receiv'd, that the woodeen vessell, which is round and shallow is best in cold vaults, the earthen vessels principall for long keeping and the leadeen vessell for yeelding of much Cream: but how soever, any and all these must be carefully scalled on a day, and set in the open ayr, to sweeten, lest getting any taint of sowernesse 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 Syleish, the form whereof every House-wife knowes, and the bottome of this Syle, through which the milk must passe, be covered with a very clean waseht fine linnen cloath, such an one as will not suffer the least more or hair to go through it, you shall into every vessell syle a pretty quantiety of milk according to the proportion of the vessell: 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, sower Milk, or Wigge, they come from secondary means, and therefore may not bee numbered with these.

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

To begin then with the fleeting or gathering of your Creame from the Milk, 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 so taken off, you shall put into a clean sweet and well leaden earthen pot close covered, and set in a close place: and this Cream so gathered you shall not keep above two days 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 forever you keep, you shall not by any means preserve your Cream above three days 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 days which are fittest either for your use in the house, or the markets adjoyning neer 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 creame, and through a strong and cleane cloth straine it into the churm; and then covering the churm clothe, and letting it in a place fit for the action in which you are imployd (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 noone, or a little before or after, and so churn it with swift strokes, marking the noise of the same, which will be solid, beavour, and intire, until you hear it alter, and the sound is light, sharp, and more spirited, and then you shall say that your butter breaks which perceived both by this sound, be lightnesse 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 botomme, gather the butter together into one intire lump and body, leaving no pieces thereof severall or unjoyned.

Now forasmuch as there be many mischieves and inconveniences which may happen to butter in the churning, because it is a body of much tendernesse, 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 amisse, 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 continuall 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 wel 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 washed out all the butter milk, 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 scotch and slie 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 strainer, and any other thing which by casual 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 halfe 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 soveraigne 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 milke out with water, but onely 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 thoroughly, beating it in with your hand till it be generally dispersd through the whole butter; then take clean earthen pots, exceedingly well leaded, lest the brine should leake through the lame, and cast salt into the bottome of it: then lay in your butter, and press it downe hard within the lame, 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 contai-
tined in pots; as in Holland, Suffolk, Norfolk, and such like, and therefore are first 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 bottom of the barrel; and then make a strong brine of water and salt which will beare an egg, and after it is boyl'd, well skimmed and cool'd, then power it 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.

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

The best use of Butter milk for the ablest House-wif is charitably to bestow it on the poor Neighbours, whose wants do daily cry out for sustenance; 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 than to receive the Butter milk only; and looking unto the quantity thereof, the shall take as it were a third part of 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 power it into the butter milk in the same manner as you would
would make a posset, and having stirr’d it about, let it stand: then with a fine skimmer, when you will use the curds (for the longer it stands, the better the curds will eat) take them up into a cullander, 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 vessell: 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 make the thirst of any labouring man as well, if not better.

The next main profit which ariseth from the Dairy is cheesf, of which there be divers kinds, as new milke, or morrow milke, cheese, nettle-cheese, floaten-milk cheese, and eddise, or after-mash-cheese, all which have their severall 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 Cheeselip bag or Runnet, which is the most principall thing wherewith your cheese is compounded, and giveth the perfect taste unto the same.

The Cheeselip bag or Runnet, which is the stomack bag of a young suckling Calfe, which never tasted other food than 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 pour out into a clean Vessell the curd and thicke substance thereof; but the rest which is not curdled you shall put away: then open the curd and pick out of it all manner of morses, chiers of grasse, or other fifth gotten into the same: then wash the curd in so many cold waters, till it be as white and clean from all sorts
sorts of moats as is possible; then lay it on a clean cloath that the water may drain from it, which done, lay it in another dry vessel; 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 corners (as course House-wifes do) it is suitably, naught, and unwholsome, and the spending of your Runnet whilst it is new, makes your cheese heavie 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 boule, and with a wooden pestle, or a rolling pin beat it exceedingly; then put to it the yokes of two or three egges, and halfe a pint of the thickest and sweetest cream you can fetch from your milk, with a penye worth of saffron finely dried and beaten to powder, together with a little Cloves 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 handfull of Saxifrage, and then when it is cold clear it into a clean earthen vessel; 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 scalding 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 milke 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 milke you milk'd the evening before, and strain it into your new-milk; then take a pretty quantity of cleane water, and having made it scalding hot, powre it into the milke 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 molder, when your earning is put in, you shall cover the milk, and so let it stand halfe 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 mashe the curd together, posseting and turning it about diversely: 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 answerable 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 filled 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 vessel; 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 again, and with a thin slice thrust the same down 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 Kimnel, 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 salt two or three days or more, according to the bignesse 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 hasty, and after where it may dry at more leasure: thus may you make the best and most principall cheese.

Now if you will make Cheese of two meales, as your mornings new milke, and the evenings Creame milk, & all you shall 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 shall then do as is before declared, onely you shall put in your earring so soon as the milk is fild (if it have any warmth in it) and not scald it: but if the warmth be left you shall put it into a kelette 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 shall doe in all things as was formerly taught in the new milke cheese compound; Onely you shall put the curd into a very thinne Cheese-fat, nor above halfe an inch or a little better deepe at the most, and then when you come to dry them as soone as it is drained from the brine, you shall lay it upon fresh nettles and cover it all over with the same; and so lying where they may feele the 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-wife accounted.

If you will make floaten milke cheese, which is the courtest of all cheeses, you shall take some of the milk
and heat it upon the fire to warm all the rest; but it is
be sowe 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
threwed, and gather it, press it, salt it, and dry it as you
did all other Cheeses.

Touching your eddih Cheefe or Winter Cheefe,
there is not any difference betwixt it and your Summer
Cheefe touching the making thereof of only; because the
season of the yeer denieth a kindly drying or hard-
ning thereof, it differeth much in taste, and will be soft
always; and of these eddih 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 bestow 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.

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 cleane
vessell, and to 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 practised 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, Housewife, 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 maintainted thereby, but also the whole Kingdom, and divers others of our neighboring Nations. This office or place of knowledge belongeth particularly to the House-wi'se; and though we have many excellent Men-malsters, yet is it 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 burthens, 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-wife, and the Maid-Servants to her appertaining.

To begin then with the first knowledge of our Malster, 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
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, Peaches, and such like, yet it is with us of no retained custome, 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 Barly, you shall understand that 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 yeilding the greatest quantity of matter, and making the strongest, best, and most wholesome drink, is the Clay Barley well dress'd, 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 dress'd, it is a fair and a 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 tares,
ketches, and such like, which drink up the liquor in the
brewing, and make the yeild 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 drinke drawne
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 sale drink, for strength and long
lashing.

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 got-
ten. And these are to be known of every Husband or
House-wife: the first by his whitenesse, greatness and
fulness: the second by his browness, and the third
by his yellowness, with a darke browne nether 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 perfit oate
give a pleasant sharp relish to the drink, if the quan-
tity be not too much, which is evermore to be respe-
ted. 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 dressed: for any cor-
ruption maketh the malt loathsome, and the foul dress-
ing afforded 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-
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fifteth 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 mallet pleateth, both to cool and comfort the grain at pleasure, and also close-thus 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 cesterns or fats 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 usefull as if it were neer adjoyning, the corne being steept, may with one persons labour, and a shovell be cast from the fat or cestern 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 cesternes, 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 filled: 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 floores at no time empty, but at your own pleasure, and all
the labour done only with the hand and shovell, without carrying or recarrying, or lifting heavy burthen, is both troublesome and offensive, and not without much losse, because in such cales 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 fewell, but sweet Straw is of all other the best and neatest. Now it is intended that this Malt-house may be made two stories in height, but no higher; over your Cesterns shall be made the Garners where-in to keep your Barley before it be steeped. In the bottomes of these Garners, standing directly over the cesternes, shall be convenient holes made to open and shut at pleasure, through which shall run downe the Barley into the Cestern.

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 ayr be carried from the Kiln, which maketh the Malt sweet and pleasaunt. Over that place where the fewell is piled, and in next of all to the bed of the Kilne, would likewise be other spacious Garners made some to receive the Malt as soone as it is dried with the Combe and Kiln dust, in which it may yce to mellow and ripen; and others to receive the Malt after it is skreened and dried up, for to let it bee too long in the Combe, as above three moneths 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 conven-

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iently
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 Cistern: 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 floeres, 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 floeres) yet you shall understand, that the general best Malt-floore, both for Summer and Winter, and all seasons, is the cave or vaulted arch which is hewed out of a dry and main greety Rocke, for it is both warm in Winter, cooling 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 Floores are more unseasonable, and that the Sun getting a power into such open places, maketh the Grain which is steeped to sprout and come to swiftest, that it cannot indure to take time on the floore, and get the right seasoning which belongeth to the same: whereas these kind of vaults being dry, and as it were couched 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 sprount at all; or if part do come and sprount, as that which lyeth in the heart of the bed; yet the upper parts and out-side by means of extream cold cannot sprount: but being again dryed, hath his first hardnese, and is one and the same with raw Barley; for every House-wife must know, that if Malt doe not come as it were altogether, and at an instant, and not one come more 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 stiffe strong binding Clay well watered, and mixt with Horse-dung and Soap-ashes, beaten and wrought together, till it come to one solid firmness; this Flower is a very warm comfortable Flower in the Winter season, and will help the Grain to come and sprount 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 moneths in the year, that is to say, from September till the end of May; but for June, July, and August, to imploy it to that purpose, will breed both losse and incumbrance: The next Flower to this of earth is that which is made of plaster, or plaster of parde, being burnt in a seizable 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 coldnese thereof, which in frosty and cold seaons, so bindeth in the heart of the Grain,
that it cannot sprout, for which cause, it behoveth every Maltster that is compelled to these Flooers, to look well into the seasons of the yeere, and when he finds 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 Cestern, 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 couched 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-dayes, it would not be employed, nor in the time of any Frost, without great care and circumspection.

Again, there is in this floore another fault, which is a natural casting out of dust, which much fulfilieth the Grain, and being dried, makes it look dun and foule, which is much disparagement to the Maltster; therefore, she must have great care that when the Malt is taken away to sweep and keepe her flooers as clean and neat 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 flooers 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 it self (by reason of the Frankincense and Tur-
Turpentine which it holdeth a natural heat, which mixed with the violence of the Sunne in the Somner-tyme, forceth the grain not only to sprout, but to grow in the couche, which is much losse and a Fowlie impuation. 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 couche 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 than its own nature, by oft treading upon it, growth to gather the nature of saltinesse 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 unevennesse, 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 losse and hinderance to the owner.

The smooth paved floore, or any floore of stone whatsoever is full as ill; for every one of them naturally against much wet or change of weather, will
sweat and distill forth such abundant moisture, that
the Malt lying upon the same, can neither dry kindly
and expel the former moisture received in the cestern,
but also by that over-much moisture many times ro-
reth, and comes to be altogether uselesse. 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,
whose heat and sharpnesse is a main enemy to Malt, or
any moist corn, as also in respect of the weaknesses and
brittleness of the substance thereof, being apt to molder
and fall in pieces with the lightest treading on the
same, and that lime and dust once mixing with the corn
it doth so poison and suffocate it, that it neither can
sprout, nor turn serviceable for any use.

Next unto the Malt flower, our Malster shall have
a great care in the framing and fashioning of the Kilne,
of which there are sundry sorts of moddels, as the an-
cient forme which was in times past used of our fore-
fathers, 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, cross-
ing the mid part of that great square: then is this
great square from the top, with good and sufficient
slopes 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 sixth part to the
great square above, on which the Malt is laid to be
dried, and this Harth shall be made hollow and de-
scending and not levell nor ascending: and these Kilnes
do 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 harth any thing that may take fire, or foresaying 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 loss and often undoing of the owner.

Which to prevent, and that the Malster may have better assurance and comfort in her labour, there is a Kilne now of generall use in this Kingdom, which is called a French Kilne, being framed of a Brick, Ashlar, or other fire-stone, according to the nature of the soil in which Husbandes and Housewives live: and this French Kilne is ever safe and secure from fire, and whether the Malster wake or sleep, without extreme willfull negligence, there can no danger come to the Kiln; and in these Kilnes may be burnt any kind of straw 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 parboyled in smoke: so that of all sorts of Kilnes whatsoever, this which is called the French Kilne, is to be preferred and only embraced. Of the forme or modell whereof, I will not here stand to treat, because they are now so 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 Kilne
Kiln which I have seen (and but in the west-country only) which for the profitable quaintness the like, I took some particular note of, and that was a Kiln made at the end of a Kitchin Raunge or Chimney, being in shape round and made of Brick, with a little hollowness narrowed by degrees, into which came from the bottom and midst of the Kitchin-chimney a hollow tunnel or vault, like the tunnel of a Chimney, and ran directly on the back-side the hood, or back of the Kitchin-chimney; then in the midst of the chimney, where the greatest strength of the fire was made, was a square hole made of about a 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 tunnel 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 meat, and perform other necessary business, is sucked up into this tunnel, 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, than once in five or six hours 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 hollowness between the tunnel, 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 compasse, and so cannot dry much at a
time, as not above a quarter or ten strike at the most in
one drying, and therefore are no more but for a man's
own particular use, and for the furnishing of one set-
ted Family; but so apply'd, they exceed all the kilnes
that I have seen whatsoever.

When our Malster hath thus perfected the Malt-
house and Kiln, then next look to the well bedding of
the Kiln, which is diversly done according to mens di-
vers opinions; for some use one thing, and some an-
other, as the necessity of the place, or mens 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 so thin, or so open, that the
smallest heat may passe thorow it, and come to the
corn; this bed must be laid so even and levell as may
be, and not thicker in one place then 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 stuffe as having receiv-
ed heat, it will long continue the same, and be assis-
ant to the fire in drying the corn: it should also have in it
no moist or darkish property, lest at the first receiv-
ing of the fire it send out a flinking 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 roughnesse, it would loose
weare out the hair-cloth, which would bee both
loffe
loffe and ill House-wifery, which is carefully to be eschewed.

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 thinne 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, foure 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 quicknese to receive the flame, yet in the French Kilnes (before mentioned) it is a most safe bedding, for not any fire can come neer unto it. There be others which bed the Kiln with Mat; and it is not much to be misliked, if the Mat be made of Rye straw fowed, 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 losse beddings; for if one thread or ditch breake, immediately most in that rowe will follow: only it is most certaine, that during the time
time it lasteth it is both good, necessary and handsome. But if the **Malt** 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 selfe 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 Checkerswise 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 **malt** smell on ever after; for the smoke of wood is ever more sharpe and piercing then any other smoke whatsoever.

Besides, this **wooden matt**, after it hath once bedded the Kiln, it can hardly afterward be taken up or removed; for by continual 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 up 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-wifes Art; for to be choaked either with dust, dirt, foot or ashes, as it shews flurtnesse and sloth, the only great impurities hanging over a House-wife, so likewise they hinder the labour, and make the malt dry a great deal worse, and more unkindly.

Of fewell for the drying of Malt.

Next the bedding of the kilne, our malster 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, if 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 yeoles, and the accommodation of places in which men live; yet the bed and most principal fewell for the kilnes (both for sweetnesse, 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 yeelds the least flame: the next is Rye straw, then Oaten straw, and last Barley straw, which by reason it is shortest, lightest, least lasting, and giveth more blaze than 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 shorn away; which being well dried and housed, is as good as any of the rest already spoken of, and lesse chargable, 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 straws, your long Fen Rushes, being very exceedingly well withered and dried, and all the sappy moisture gotten out of them, and so either safely hauled or stacked, are the best: for they make a very substantial fire and much lasting, 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, Fetches, Lupins, or Tares, any of which will serve, yet the smoke is apt to taint, and the fire without prevention dryeth too dolefully and swiftly. Next to these is clean Bean straw, or straw mixt 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 than dry, if it be not moderated, and the smoke is also much offensive. Next to this Bean-straw is your Furs, Gorse, 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 add 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 noylome, 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 tasted, they say straight, it was made of Wood-dryed malt. And thus you see the generality of fuels, their virtues, faults, and how they are to be employed. Now for Coale of all kindes, Turfe or Peate, they are not by any means to be used under Kilnes, 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 case it skilleth not what dwell 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 torcheth and burneth it, which is called amongst Malsters Fire-tangd; 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 skilful Maltster.

When the Kiln is thus made and furnished of all necessaries duey belonging to the same, your Malsters 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 Weevill and Wormes which destroy the Graine, and is indeed much too hot: for although malt would ever be kept passing drie, yet never so little over-plus of 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 tainteth 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 rehearsed, 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 haire being of the same nature, carrieth the same offences, and is in the like fort to be efficewed. 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 chipt hay, chipt straw, or chipt Litter, these are as great breeders of Worms and vermine as wood is, nor are they defences against Mice, but easie to be wrought through, and so very unprofitable for any Husband or Husbandwife 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 increaseth the liquor, but turns 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 bottome and on every side, at least three fingers thick with the same Plaster, so as no brique or tyle-thread may by any
any means be seen, or come neer to touch the Corne, 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 moisture, but by some violent extremity; neither will any worme 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 adjoined to the Kilne, the next thing that our Mautlter hath to look unto, is the framing of the Fatts or Cefternes, 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 Mafons work, being Cefternes made of stone; but the Ceftern 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 bushels, cannot be afforded under twenty thillings) so likewise they are very casuall and apt to mischance 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 soone 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 cleansing, sweetening, and a whole world of other troubles and charges doth so daily attend them, that the benefit is a great deale short of the incumbrance; whereas the Stone Cistern is ever ready and useful, without any vexation at all, and being once well and sufficiently made, will not need trouble or reparation (more then ordinary washing) scarce in a hundred yeares.

Now the best way of making these Malt-cisterns, is to make the bottoms and sides of good tyle-thread 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 artificiall round hole must be made, which being outwardly stopp'd the maltster may through it drain the Cistern 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 model 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 done,
done you shall also cover all the sides and toppe both within and without with the same matter at least a good fingers thickness, and the main Wall of the whole cistern shall be a full foot in thickness 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 whosoever 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 earme it melting of malt, you shall first (having proportioned the quantity you mean to steepe, which should ever be answerable 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 Cleane, 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 drenched, and that the water float above it; if there be any corn that will not sink, you shall with your hand miner 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 steepe in the water. After the there night is expired,
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 draine the
water clean from the Corne, and this water you shall
by all means 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 Cestern
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-
son of the year; for if the weather be extreme 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 Maltsters 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 heape or couch,) you shall then
break open the couch, and in the middest where the
Corn lay nearest (you shall finde the sprout, or
Corn of a greater large esse; 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 thickness 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 often; 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 cloth thereon) lay the Malt as thinne as may be (as about three fingers thickness) upon the hair cloth, 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 throughly 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 scowr 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 hours, and after raising up the four corners of the hair cloth, 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 engender Weevell, Wormes, and Vermin 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 betweene your hands, to get the come or sproutings cleane away: for the beauty and goodness of malt is when it is most smug, cleane, bright, and likest to Barley in the view, for then there is least waft 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 see 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, & both 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 Swillings; and thus after the malt is reed, you shall either lack 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 nere 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 mens 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 foulnesse of the Flowre, as that which lyeth three weeks, which makes it a great deal more beautifull, and so more saleable: Next, it doth not come or shoot out so much Sprout, as that which lyeth a longer time, and do so preserve 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 substantial truth: for (although I confess that corn which lyeth 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 lesse 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 the three weeks a man cannot make perfect Malt. Again, I confess, that Malt which hath the least come, must have the greatest kernel, and so be most substantial; yet the Malt which puttheth not out his full Sprout, but hath that moisture (with too much heat) driven in which should be expelled, can never be Malt of any long lasting, or profitable for indurance, because it hath so much moist substance as doth make it both
apt to corrupt and breed worms in most great abundance: It is most true, that this hasty made Malt is fairest to the eye, and will soonest be vented in the Market; and being spent as soon as it is bought, little or no losse is to be perceived yet if it be kept three or four moneths or longer (unlesse the place where it is kept, be like a hot House) it will so dank and give againe, that it will be little better then raw Malt, and go good for no service without a second drying.

Besides, Malt that is not suffer'd to sprout to the full kindly, but is stopp'd as soon as it begins to peep, 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 leasure 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, este 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 these be the most Men-malsters whatsoever) turn all their Malt with the shovell, and say it is more easie, more speedy, and dispatcheth more in an hour, then 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 comming too much, and others not comming at all, the Malt is of 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 doth not remove, and turn over and over, and layes every severall heape or row of such an even and just thickness, that the Malt both equally commeth, & equally leaseneth together without defect or alteration: and though he that hath much Malt to make, will be willing to harken to the swiftest course in making, yet he that will make the best Malt, must take such convenient leisure, and imploy that labor which commeth nearest to perfection.

Then there is another especiall care to be had in the comming 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, or 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 Husbandmen call Aker spierd; 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 neere as you can by the ordering of the couch, and happing the hardest 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 hart of the stack, and some of the straddle, which in an ordinary deceit with Husbandmen in the market, then you may be well assured, that this grain can never Come or sprout equally together, for the new Corne will sprout before the old, and the straddle before that
in the heart of the stack by reason the one exceedeth the other in moistness: 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 separate place, and then heape the other together again; and thus as it commeth and sprouteth 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 coldness of the season, 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 presently; which once perceived, then forthwith uncloth it, and order it as aforesaid in all points. And thus much for the art, order, skill, and cunning, belonging to the malt-making.

Nowas touching the making of Oates into malt, which is a thing of generall use in many parts of this Kingdome where barley is scarce, as in Cheshire, Lancashire, much of Derbyshire, Devonshire, Cornwall 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 swift in sprouting, and apt to clutter, ball and hang together by the length of the sprout then barley is, therefore you must not fail but turn them other then barley, and in the turning be careful and turn all, and not leave any unmoved. Lastyly, they will need less of the floor than barley 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 skilfull House-wise to
joyn with mine observations, her owne tryed experi-
ence, and no doubt but she shall find both profit and sa-
tisfaction.

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

Oat's although they are of all manner of grain the
cheapest, because of their generality being a
grain of that goodness and hardnèssé, 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 utes 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
many degrees of equall vertue; so that joyning vertue and
value together, no Husband, House-wise, 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
accrue 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 sickness 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 dryed, or converted to Oat-meal, and so ground and made into bread, Oats boil'd 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 scour and fat exceedingly.

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

If you will feed either Oxe Bull Cow or any Neat, whatsoever to an extraordinary height of fatness, there is no food doth it so loone as Oates doth, whether you give them in the straw, or clean thatch'd from the sheaf, and well winnowed; but the winnowed Oate
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; onely 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 Milt or otherwise, to as great thickness as with any graine whatsoever; onely they must have a few Pease after the Oats to harden the fat or else it will waft, and consume in boyling. Now for holding Swine, which are onely to be preserved in good flesh, nothing is better than a thin mange made of ground Oats, Whey, Butter-milke, or other ordinary wash, or twillings, which either the Dairy or Kitchen 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 jule-warm 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 Kennell of hounds, as the Mange made of ground oats and scalding water, or of beefe-broth, or any other broth, in which flesh hath beene sodden, if it be for the feeding, strengthing 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 sodden 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 discol-
ing, till they be able to sit for themselves; there is
no food better whatsoever then Oat-meal Groat's, or
fine Oat-meal, either simple of it selfe, 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 necessa-
ry 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 particu-
lar physic helps as frying them with sweet butter, and
putting them in a bag, and very hot applied to the belly,
or stomack, to avoid collick or windiness, and such like
experiments) the most especiall use which is made of them,
is for Malt to make Beer or Ale of, which it doth excee-
ding 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 amisse
to speak a word or two touching the making of Oate-
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
not more but crush the huske from the Kernal; then you
shall winnow the hulls from the Kernels either with
the wind or a Fan, and finding them of an indifferent

cleanness.
cleanliness (for it is impossible to hull them all clean at the first) you shall then put them on again, and making the Mill go a little closer, run them through the Mill again, and then winnow them over again, and such Greets or Kernels as are clean hulled and well cut, you may lay by, and the rest you shall run through the mill again the third time, and so winnow them again, in which time all will be perfect, and the Greets or full Kernels will separate from the smaller Oat-meals; for you shall understand, that at this first making of Oat-meale, you shall ever have two sorts of Oat-meales; that is, the full whole Greet or Kernel, and the small dust Oat-meale: As for the course Hulls or Chaffe that commeth from them, that also is worthy saving; for it is an excellent good Horse provender, for any plow or labouring Horses, being mixt with either Beans, Pease, or any other Pulse whatsoever.

Now for the use and virtues of these several 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-meale, 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 goodnesse 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 fife several kinds of very good and wholesome bread, every one finer than other, as your Annacks, 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 flisse jelly, is made that excellent dish of meat which is so esteemed of in the west parts of this Kingdom, which they call Wash-brew, and in Chester, and Lancashire they call it Flamery, or Flumery, the wholesome and rare goodnesse, nay, the very Physicke helps thereof, being such and so many that I my selfe have heard a very reverend and worthily renowned Philitian 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 Flammary, and yet I have seene them of very dainety and sickely stomackes which have eaten great quantities thereof beyond the proportion of ordinary meates. Now for the manner of eating this meate, it is of diverse diversly used; for some eate it with honie, which is reputed the best sauce; some with Wine, either Sacke, Claret 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 is as it were the dregges, or gosser 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 digestion, 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 tulnesh and surteits.

Now for the bigger kind of Oat-meale, which is called Greets, or Corn Oat-meale, it is of no lese use than the former, nor are there fewer meats compounded thereof: for first, of these Greets are made all sorts of puddings, or pots (as the West-Country tearns 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 Funday pudding, which is mixt with Egs, Milk, Suet, pennyroyal, and boyld first in a linnen bag, and then stript and buttered with sweet butter. Again, if you rost a Goole, and stump her belly with whole grits beaten together with Egs, 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 boyld in water till they burst, and then mixt with butter, and so eaten with spoons, which although Sea-men cal simply by the name of Lobolloy, yet there is not any meat how significant soever the name be, that
is more toothsome or wholesome. And to conclude, there is no way or purpose whatsoever to which a man can use or employ Rice, but with the same seasonings and order you may imploy the whole greetes of Oatmeale, and have full as good and wholesome meate, and as well tasted, so that I may well knit up this chapter with this approbation of Oat meal, that the little charge and great benefit considered, it is the very Crowne of the Hous-wifes garland, and doth more grace her table and her knowledge, than all graines whatsoever, neither indeed can any Family or Household be well and thriftily maintained where this is either scant or wanting. And thus much touching the nature, worth, virtues, 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-wise knows how to preserve health by wholesome Physick, to nourish by good meate, and to cloath the body with warm garments, she must not then by any meane be ignorant in the provision of Pread and Drinke; shee 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 incedee (but how well I know not)made the very substance of all entertainment; I will first beginne with it, and therefore you shall know that generally our Kingsme hath but two kinds of drinks, that is to say, Beer and Ale.
Ale, but particularly four, as Beere, Ale, Perry and Cider; and to these we may add two more, Mead and Metheglin, 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 cordial.

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 maintain his family the whole yeere, it is meet first that our English house-wife respect the proportion or allowance of Malt due to the same, which amongst the best Husband 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, it will be strong enough for any good man 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 boiling 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 all over with more Malt, and so let it stand an hour and more in the mash fat, during which space you may if you please heate, 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 half of the best Hops you can get; and boil them an hour together, till taking up a dish full thereof, you see the hops shrink into the bottom of the dish; this done, put the wort through a strait Sive which may drain the hops from it into your cooler, which standing over the Guilt-fat, you shall stand in the bottom 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 in gently into the dish with the barm which stands in the Guilt-fat, and this you shall do 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 Hogs-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 small 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, till your first Beer be tunned 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 Hog's head to three of the better. Now there be divers other waies 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 Hog's head 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 Beere; only you shall allow a pound and a half of Hops to this one Hog's head; and whereas before you drew but two sorts of Beer, so now you shall draw three; that is, a Hog's head of the best and a Hog's head of the second, and half a Hog's head of small beer, without any augmentation of Hops or Malt.

This March beer would be brewed in the moneths of March or Aprill, and (should it have right) have a whole year 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 for the brewing of strong Ale, because it is
drink of no such long lasting as beer is, therefore you
shall brew less quantity at a time thereof, as two bu-
sheels 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-tub, 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 espen full of hops, and no more,
yet before you put in your Hops, as soon as you take
it from the grains, you shall put it into a vessell, and
change it, or blink it in this manner: put into the
wort a handful 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 continuall bea-
ing a day and a night at least, & after tun it. From this
Ale you may also draw half 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, only 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.
ness to the Ale: and when you tun it, you shall put it into round bottles with narrow mouths, and then stop-ping them close with cork, set them in a cold Cellar up to the waist in sand, and be sure that the corks be fast tyed 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 close vessel, and then put it to barm 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 ther-of, 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-e-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 setled) into Hogf-heads, Barrels, and other close vessels.

Now after you have press all, you shall have that which is within the hair-cloth bag, and putting it into severall vessels, put a pretty quantity of Water there- unto, 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 lower cider, or perry, and that you may spend last, for it will endure the longest.

Thus after our English hous-wife is experience In the brewing of these several drinkes, thec shall then look into her Bake-houfe, 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 meall is ever the best, and yeeldeth most, so it be sweet, & untainted, for the preservation whereof it is meet that you cleanse your meale 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 mancher, 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 boiled through the finest bouling cloth, you shall put it into a cleane Kimnel, and opening the flower hollow in the midst, put into it of the best Ale-barme, the quantity of three pints to a bushell of meale, with some salt to season it with; then put in your liquor reasonable warm and knead it very well together with both your hands, and through the brake, or for want thereof, told 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 manchets, round and flat; scotch them about 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 simply of Wheat onely, you shall after your meal is dressed and boiled through a more course boulter than was used for your manchets, and put also into a clean tub, trough, or kimmell, take a sour leaven, that is, a piece of such like leaven saved from a former batch, and well filled with salt, and to laid up to sour, and this sour leaven you shall break into small pieces into warm water, and then strain it, which done, make a deep hollow hole, as was before said, in the midst of your flour, & therein pour your strained liquor then with your hand mix some part of the flour therewith, till the liquor be as thick as a pancake batter then cover it all over with meal, and so let it lie all that night, the next morning stirre it, and at the rest of the meal weel together, and with a little more warm water beat, and salt to season it with, bring it to a perfect leaven stiffe, and firm; then kneade it, break it, and read it, as was before said, in the manchets, & so mold it up in reasonable bigge loaves, and then bake it with an indifferent good heat: and thus according to these examples before shewed, you may break leavened or unleavened whatsoever, whether it be simple corn, as Wheat or Rye of it selfe, or compound grain, as Wheate and Rye, or Wheat and Barley, or Rye and Barley, or any other mixt white corne; only because Rye is a little stronger grain than Wheate, it shall be good
good for you to put your water a little hotter than you did to your wheat.

For your brown bread, for brown bread or your hinde-servants, which is the coarsest 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 dress it through a meale five, then putting it into a sowre 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 flourer 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 flourer, work it up into stiff leaven, then mould it and bake it into great loaves with a very strong heat; now if your trough be not sour enough to sour your leaven, then you shall either let it lie longer in the trough, or else take the help of a sowre leaven with your boylingwater: for you must understand, that the hotter you liquor is, the lefle will the smell or ranknesse of the pease be receiv'd. 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 respek'ted 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 bee 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 adjoining to them all several clean tubs to receive your worts and liquors: then in your Bake-house you shall have a fair boulting house with large pipes to boul't meale in, faire troughes to lay leaven in, and sweet saies receive your bran: you shall have boulters, fearses, raunges and meale fives of all sorts both fine and course: you shall have fair tables to mould on, large ovens to break in the soales thereof rather of one or two intire stones then of many bricks and the mouth made narrow, square and ease to be close covered: as for your peales, cole-rakes, maukins 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 Hous-wifes of this Kingdome, touching Brewing, Baking and all whatsoever else appertai-neth to either of their offices.

The end of the English house-wife.
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