

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 stufte, Ordering of great Feasts, preserving of all sorts of
Wines, conceited Secrets, Distillations, Perfumes, ordering of
Wool, Hemp, Flax, making Cloth, and Dying, the know-
ledge of Dayries, Office of Making of Oates, their
excellent uses in a Family, of Brewing, Ba-
king, and all other things belonging
to an Household.

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

By G. M.



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THE



The approved

B O O K E

Called the

ENGLISH HOUSE-WIFE,

CONTAINING

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

The second Book.

CHAP. I.

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



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

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

A Houſwife
muſt be reli-
gious.

Fiſt then to ſpeak of the inward vertues 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 perſue the ſame ſteps, and to utter forth by the inſtruction of her life, thoſe vertuous fruits of good living, which ſhall be pleaſing both to God and his creatures; I doe not meane that herein ſhe ſhould utter forth that violence of ſpirit which many of our vainly accounted pure *women* do, drawing a cōtempt to the ordinary Miniſtery, 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 perſwaders, this is not the office either of good Houſ-wife or good woman. But let our English Houſ-wife bee a godly, conſtant, and religious woman, learning from the worthy Preacher and her husband, thoſe good examples which ſhe ſhal with all careful diligence ſee exerciſed amongſt her ſervants.

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

ful the master and mistress are to bring up their servants in the daily exercises of Religion toward God, the more faithful they shal find them in all their businesses towards men, and procure Gods favour the more plentifully on all the household: and therefore a small time morning and evening bestowed in prayers and other exercises of religion, wil prove no lost time at the weeks end.

Next unto this sanctity and holines of life, it is meet that our English Houf-wife be a woman of great modesty and temperance, as well inwardly as outwardly; inwardly, as in her behaviour and carriage towards her husband, wherein she shall shun all violence of rage, passion and humour, coveting les 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 vertuously to suppress them, and with a mild sufferance rather to cal him home from his error then with the strength of anger to abate the least spark of his evil, calling in her mind that evill 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 shal proportion according to the competency of her husbands estate and calling making her circle rather strait then large, for it is a rule if we extend to the uttermost, we take away increase, if we go a hair bredth beyond, we enter into consumption: but if we preserve any part, we build strong forts against the adversaries of fortune, provided that such preservation be honest and conscionable: for as lavish prodigality is brutish, so miserable covetousnesse is

She must be
temperate.

Other Garments. hellish. Let therefore the Hus-wives garments be comely and strong, made aswel to preserve the health, as adorne the person, altogether without toyish garnishes, or the glosse of light colours, and as far from the vanity of new and fantastick fashions, as neer 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 satisfie nature, then our affections, and aprer to kil 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 she hath with it, then for the strangeness and rarity it bringeth from other Countries.

Her generall vertues.

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

OF Her vertues in Physick.

To begin then with one of the most principal vertues which doth belong to our English Houf-wife; you shal understand, that sith the preservation and care of the family touching their health and soundnesse of body consisteth most in the diligence: it is meet that she have a phisicall kind of knowledge, how to administer many wholesome receipts or medicines for the good of their healths, as wel to prevent the first occasion of sicknesse, as to take away the effects and evill of the same, when

it hath made feaſure on the body. Indeed we muſt confeſſe that the depth and ſecrets of this moſt excellent Art of Phiſicke, as farre beyond the capacity of the moſt ſkilfull woman, as lodging onely in the breaſt of learned profeſſors, yet that our Houſe-wife may from them receive ſome ordinary rules & medicines which may auaile 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 ſickneſſe, 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 Phiſitians, and in a Manuscript given to a great worthy Counteſſe of this Land, (for farre be it from me, to attribute this goodneſſe unto mine own knowledge) and delivered by my common and ordinary experience, for the curing of thoſe ordinary ſickneſſes which daily perturb the health of men and women.

Dr Burke?
Dr Bomelius?

First then to ſpeak of Feavers or Agues, the Houſe-wife ſhall know thoſe kinds thereof, which are moſt familiar and ordinary, as the *Quotidian* or daily ague, the *Tertian* 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 receipt of ſome wound or other, painfull perturbation of the ſpirits. There be ſundry other Feavers which comming from Conſumptions, and other long continued ſickneſſes, do altogether ſurpaſſe our Houſewives capacity.

Of Feavers in general.

Of the quoti-
dian.

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

Of the single
Tertian.

For a single *Tertian* fever, or each other days ague, take a quart of posset ale, the curd being well drained from the same, and put therunto a good handfull of *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 sicknesse let your drink be posset ale thus boyled with the same herbe.

Of the acci-
dentall Fever.

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

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

sicknesse, you shall take the oyl of Violets, and mixe it with a good quantity of the powder of white Poppy seed finely searft, 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.

Of the Fever
Letrack.

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 *Aquavite*, and a spoonfull of *Vinegar*, half a spoonfull of *Mithridate* or lesse, and beate all these well together, and let the party drink it before his fit begin.

For the quartan or for any fever.

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 inflammation 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 stomach, and bring his body to a certain destruction.

Of that in fevers.

Wherefore, when any man is so overpressed with desire of drink, you shall give him at convenient times either posset ale made with cold herbs; as sorrell, purslen, Violet leaves, Lettice, Spinnage, & 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 wholsome beer or ale, which the patient best liketh, and having gargled it in his mouth, to spit it out again,

and then to take more, and thus to do as oft as he pleaseth, till his mouth be cooled: provided, that by no meanes he suffer any of the drink to goe downe, and this wil much better asswage the heat of his thirst then if he did drink; and when appetite desireth drink to go downe, then let him take either his Julip or his almond milk.

For any ague fore. To make a pultis to cure any ague-fore, take elder leavs and seeth them in milk till they be soft, then take them up and strain them, and then boyle it againe till it be thick, and so use it to the fore as occasion shall serve.

The quartaine Fever. For the Quartaine Fever, or third day ague, which is of all Fevers the longest lasting, and many times dangerous Consumptions, black Jaundies, and such like mortall sicknesses follow it: you shal 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 sicke mans wrist of his arm about an hour before his fit doth begin, and then let him go to his bed made warm, and with hot cloaths laid upon him, let him try if hee can force himself to sweat, which if he doe, then halfe an hour after he hath sweat, he shall take hot possert-ale brewed with a little Methridate, and drinke a good draught thereof, and rest till his fit be passed over: but if he be hard to sweat, then with the said possert-ale also you shall mixe a few bruited 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 decreaseth.

To make one sweat.

For the Pestilent Fever which is a continuall sicknesse 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 Enderite or Succory water, the sirrop of Violets, conserve of Barberries, and the juyce of Lymons well mixed and simboliz'd together.

The pestilent
Fever.

Also you shal give him to drink Almond milk made with the decoction of coole hearbs, as violet leaves, strawberry leaves, french mallows, purslane, and such like; and if the parties mouth shall through the heat of his stomach 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 stomach, (If as it is most common in this sicknesse) the party shal grow costive, you shal give him a suppositary made of honey, boyl'd to the height of hardnesse, which you shall know by cooling a drop thereof, and so if you find it hard, you shal then know that the honey is boyl'd sufficiently: then put salt to it, and so put it in water, and work it into a roule in manner of a suppositary, and administer it, and it most assuredly bringeth no hurt, but ease to the party, of what age or strength soever he be: during his sickness you shall keep him from all manner of strong drinks, or hot spices, and then there is no doubt of his recovery.

To preserve your body from the infection of the plague, you shal take a quart of old ale, & after it hath risen upon the fire, and hath bin scummed, you shal put therinto of *Aristolochia longa* of *Angelica*, & of *Cellandine* of each half a handfull, & boyl them well therein; then strain the drink through a clean cloth, & dissolve therein a dram of the best *Methridate*, as much *Ivory* finely.

A preservati-
on against the
plague.

finely powdred and searst, and six spoonfull of *Dragon* water, then put it up in a close glasse; and every morning fasting take five spoonfull thereof, & after bite and chew in your mouth the dried root of *Angelica*, or smel on a nose-gy made of the raffeld end of a ship rope, and they will surely preserve you from infection.

For infection
of the plague.

But if you be infected with the plague, and feel the assured signes thereof, as pain in the head, drought, burning, weaknes of stomach, and such like: Then you shal 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 chopt exceeding small, and wheat flower, which in very short space will not only ripen, but also break the same without any other incision; then after it hath run a day or two, you shall apply a plaister of *Melilot* unto it untill it be whole.

For the Pestilence.

Take *Fetherfew*, *Maleselot*, *Scabious*, and *Mugwort*, of each a like, bruise them and mix them with old ale, and let the sick drink thereof sixe spoonfull, and it will expell the corruption.

Another.

Take *Tarrow*, *Tansie*, *Fetherfew*, of each a handfull, and bruise them well together, then let the sick party make water in the hearbs, then strain them, and give it the sick to drink.

A preservation
against the
Pestilence.

Take of *Sage*, *Rue*, *Brier leaves*, or *Elderleaves*, of each an handfull, stamp them and strain them with a quart

of white wine and put thereto a little Ginger, and a good spoonfull of the best *Treacle*, and drink thereof morning and evening.

Take *Smalledge*, *Mallowes*, *Wormwood*, and *Rue*, stamp them wel together, and fry them in oyle *Olive*, till they be thick, plaisterwite 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 boyl them to a pultis, and apply it morning and evening till it be whole.

How to draw a plague both to any place you will,

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

A Cordiall for any infection at the heart.

Take *Linseed* and *Lettice*, and bruise it wel, then apply it to the the stomach, and remove it once in four hours.

Against too violent sweating

For the *Head-ach*, you shal take of *Rose-water*, of the juyce of *Camomil*, of *womans milk*, of strong wine vinegar 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 strow 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 the head-ach.

For *Frenzie* or inflammation of the calles of the brain, you shal cause the juyce of *Beets* to be with a *Sorrindge* squirted

For the Frenzy

squirted up into the patients nostrils, which will purge and cleanie his head exceedingly; & then give him to drink posset ale, in which *Violet* leaves and *Lettice* hath been boyled, and it will sodainly bring him to a very temperate mildnesse, and make the passion of Frenzie forsake him.

For the lethargy.

For the *Lethargie* or extream drowlines, you shal by all violent meanes either by noise or other disturbances, force perforce keep the party from sleeping; and whensoever he calleth for drink, you shal give him white wine and *Isop* 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 wakefulness, whith as soon as he have recovered, you shal then forthwith purge his head with the juyce of *Beets* squirted up into his nostrils as it is before shewed,

To provoke sleep.

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

For the swimming of the head.

For the swimming or dizzing in the head, you shall take of *Agnus castus*, of *Broome wort*, and of *Camomile* dried, of each two drammes mixt with the juyce of *Ivie*, oyle of *Roses*, and white wine, of each like quantity, till it come to a thicke salve, and then binde it to the temples of the head, and it will in short space take away the griefe.

For

For the Apoplexie or palsie, the strong sent or smell of a Foxe is exceeding soveraigne, or to drinke every morning half a pint of the decoction of Lavendar, and to rub the head every morning and evening exceeding hard with a very clean course cloath, whereby the humours may be dissolved and disperst into the outward parts of the body: by all meanes 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 shal take a spoonfull of Sugar finely beaten and serst, & drop into it of the best Aquavitæ, untill all the Sugar be wet through, and can receive no more moysture: 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 Bettony, of the powder of Carraway leeds, of the powder of Shervit dried, of the powder of *Hounds tongue*, and of pepper finely beaten, of each two drams, and mingling them wel with clarified *hozy* make an electuary therof and drink it morning and evening for 9 days together; then take of *sugar-candy* coursfly beaten, an ounce of *Licoras* finely peared & trimed, and cut it into very little small slices, as much of *Annis seeds* 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 dredg 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 *licoras*

For the palsie

For a new cough.

For an old cough.

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

For the falling
sicknes.

Although the falling-sicknes be seldome or never to be cured, yet if the party which is troubled with the same, wil but morning and evening, during the wane of the moone, or when she is in the sign *Vergo*, eat the berries of the hearb *Asterton*, or beare the hearbs about him next to his bare skin, it is likely he shal find much ease and fal very seldome, though this medicine be somewhat doubtfull.

For the fall-
ling evill.

For the falling evill take, if it be a man, a female *mole*, if a woman a male *mole*, and take them in *March*, or 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.

an Oyle to
help hearing.

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 set 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 eare, or both, if both be imperfect.

For the Rhum

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

For a stinking
reath.

For a stinking breath, take Oak buds when they are new budded out, & distil them, then let the party griev'd nine mornings, and nine evenings, drink of it, then

then forbear a while, and after take it again.

To make a vomit for a strong stinking breath, you must take of *Antimonium* the weight of three Barley cornes, and beat it very small, and mixe it with conserve of Roses, and give the Patient to eat 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 stomach then take *Mints*, *Marjoram*, and *Wormwood*, and chop them small, and boyl them in *Malmse* till it be thick, and make a plaister of it, and lay it to the stomach.

A vomit for
an ill breath.

For the Tooth
ach.

For the *Tooth-ache*, take a handful of *Dasse-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 narshel full of *Bay-salt*, and strew it amongst the roots, and then when they are very well beaten, strain them through a clean cloth: then grate some *Cattham Aromaticum*, and mixe it good and stiff with the juice of the roots, and when you have done so, put it into a quill, and snuffit up into your nose, and you shall find ease.

Another for the *Tooth-ach*, take small *Sage*, *Rue*, small *lage*, *Fetherfew*, *Worm-wood*, and *Mints*, of each of them half a handfull, then stamp them wel 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 linnen clouts of the bignesse of your cheek, temples, and jaw, and quilt it in a manner of a course imbroidery: then set it upon a chafing-dish of coales, and as hot as you may abide it, lay it over the side where the pain is, and lay

Another.

you.

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

A drink for a
pearl in the
eye.

To make a drink to destroy any pearle or film in the eye: take a good handfull of Marigold plants, and a handfull of Fennell; 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 lie of that side on which the pearl is, and likewise drinke of it in the morning next his heart when he is risen.

For paine in
the eyes.

For pain in the eyes, take Milk when it comes new from the Cow, and having siled 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 wil ease them.

For dim eyes

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

For sore eyes

For fore eyes, or bloud-shotten eyes: take the white of an egge beaten to oyle, as much Rose-water, and as much of the juyce of Houf-leek, mixe them well together, then dip flat pleageants therein, and lay them upon the fore eyes, and as they dry, so renew them again and wet them, and thus do till the eyes be well.

For watery
eyes

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

For a canker.

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

A swelled
mouth.

For any swelling in the mouth: take the juyce of worm-

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

For the *Quinsie, or quinancie,* give the party to drink the hearb *Moufcare* steep 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.

For the quinsie.

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

Against drunkennesse.

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

To quicken the wit.

If a man be troubled with the *Kings Evil*, 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.

For the Kings Evil.

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

Additions to the particular sicknesses; and first of the head and the parts thereof; and the lungs. Another.

The oyl of *Lillies* if the head bee annoiated therewith, is good for any pain therein.

Take *Rew*, and steep it in *Vinegar* a day and a night, the *Rew* being well bruiled, then with the same annoiate the head twice or thrice 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.

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

To draw out
nes broken
the head. Take *Agrimony* and bruise it, & plaister wise apply it
to the wound; and let the praty drink the juyce of *Bet-
tony*, and it will expell the bones, and heal the wound.

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

The Squinan-
cy. 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 upright; thus do three or four times in
a night till the swelling waste.

The toothake Take two or three *Dock* roots, and as many *Daisie*
rootes, and boil 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 annoint the pained tooth therewith, and keep
your mouth close, and it will not onely take away
thee pain, but also ease any megrem or grieft in the
head.

To make teech
white. Take a lawcer of strong vinegar, & two spoonfulls of
the powder of *Roch-allom*, a spoonfull of white salt, and a
spoonfull of hony, seeth all these till it be as thiane as
water, then put it into a close vial and keep it, and
when occasion serves wash your teech therewith, with
a rough cloath and rub themf oundiy, but not to bleed.

To draw teech
without yron. Take some of the green of the elder tree, or the ap-
ples of Oke trees, and with either of these rub the teech
and gums, and it will loosen them so, as you may take
them out.

Teeth that are
yellow. 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 teech
evening and mornings and it will take away all yellow-
nesse,

First let them bloud, then take *Hartshorn* 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.

For teeth that are looſe.

Take the juyce of *Louage*. and drop it into the eare; and it will cure any venome, and kill any worme, earwig, or other vermine.

For any venome in the ear.

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

For a ſtinking breath which cometh from the ſtomack.

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

For ſtinking noſtrils.

Take old *Ale*, and having boyl'd it on the fire, and cleaned it, ad thereto a pretty quantity of life-honey, and as much *Allom*, and then with a ferrindge or ſuch like, waſh the ſores therewith very warm.

For a canker in the noſe.

Take a gallon of running water, and boyl it to a pottell; then put to it a handfull of red *Sage*, a handfull of *Cellandines*, a handfull of *Hony ſuckles*, a handfull of *Woodbine* leaves & flowers; then take a peniworth of grains made into fine powder, and boyl all very well together; then put to it a quart of the beſt life-hony of a yeere old; and a pound of *Roch Allom*, let all boyle

A red water for any canker.

together till it came to a pottel, then strain it and put it into a close vessell, and therewith dresse and annoint the sores as occasion serves, it will ease any canker or Ulcer, and cleanse any wound; It is best to be made at

Midsummer.

To cleere the eyes.

Take the flowers and rootes of *Pimrose* clean washt in running water, then boyle them in fair running water the space of an houre, then put thereto a pretty quantity of white *Copperas*, and then strain all through a linnen cloth, and so let it stand a while, and there will an Oyle appear upon the water, with that Oyle annoint the lids and the browes of your eyes, and the temples of your head, and with the water wash your eyes, and it is most soveraign.

Another for the sight.

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

For sore eyes.

Take red *Sneyles*, and seeth 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 *Limbbeck*, and the water is most precious to wash eyes with.

For bleeted eyes.

Take *Cellandine*, *Rue*, *Chervile*, *Plantain*, and *Anyse*, of each alike, and as much *Fenell*, as of all the rest, stampe them all well together, then let it stand two dayes and two nights; then straine it very well and annoint your

your eyes morning and evening therewith.

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

For the pin
and web in
the eye.

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

A powder for
the pin and
web in the eye.

Take of Red rose leaves, of Smallage, of Maiden hair, Euface, Eadive, Succory, red Fennel, Hil-wort, and Celandine, of each half a quarter of a pound, wash them clean, and lay them in steep in white wine a whole day, then distill them in an ordinary Still, and the first water wil 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,

A precious
water for the
eyes.

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

To make hair
to grow.

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

Another.

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 oyntment, then with it anoint the face morning and evening, for the space of a weeke and more.

For a pimpled
or red fauce
face.

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

For the thume

**For hoarseness
in the throat** Take a pint of running water, and three spoonfulls of hony and bottle 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 *Aquavita* and salt and mixe it with strong old ale and then beat it on the fire, and therewith wash the soles of the feet when you go to bed.

For the dry cough. Take of clean wheat and of clean Barly of each alike quantity, and put them into a gallon and a half of fair water, and boyle them till they burst, then straine it into a clean vessell, and adde thereto a quarterne of fine *Lycoras* powder, and two penny worth of *gumme-Arabick*, then boile it over again and strain it, and keep it in a sweet vessell, and drink thereof morning and evening.

For the tick. Take the best wort and let it stand till it be yellow, then boyl it, and after let it coole, then put to it a little quantity of *barns* and *Saffron*, and so drink of it every morning and evening while it lasteth, otherwise take *bore-bound*, *violet leaves*, and *Isop*, of each a good handfull, seeth 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 sixe spoonfull at a time morning and evening; or lastly, take the lunges of a Fox, and lay it in rose water, or boyl it in rose water; then take it out and dry it in some hot place without the sun, then beat it to powder with *Sugar candy*, and eat of this powder morning and evening.

For griefes in the stomach. To ease pain in the stomach, 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 adde thereto a little of the powder of *Horse-mint* and *Calamint*, it will comfort the stomach exceedingly, and occasion swift and good digestion.

For spitting of blood,

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.

For vomiting.

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

To force one to vomit.

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 *Iliac* passio, take of *Polipody* an ounce, and stamp it; then boyl it with *prunes* and *violets* in fennell water, or *Annisfeeds* water; take thereof a good quantity; then straine it, and let the party every morning

For the Iliac passio.

and evening drink a good draught thereof.

Additions,
to the diseases
of the stomach
For the sto-
mach.

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

For the Ilica
passio.

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

For pain in
the breast.

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

The Mother.

Take the water of *Monseare*, 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 *Cinamon*, a little *Cloves*, a little *Mace*, and a very little *Ginger*, and the flowers of *Lavender*, beat all unto a fine powder, and when the passion of the mother commeth, take a chaffingdish of good hot coales, and bend the Patient forward, and cast of the powder into the Chaffingdish, so as she may receive the 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*, *Ames*, *Burnet*, *Camomile*, and the greater *Centuary*, and boyl 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 *honey*, and the juyce of *Worme-wood*, make a cake thereof and eat it, and it will asswage the great heat and inflammation of the Liver, and take away the pimples and rednesse of the face which proceedeth from the same.

Against the heat of the Liver.

To prevent a *Plurisie* a good while before it come, there is no better way then to use much the exercise of ringings, 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, stiches, and pangs thereof, you shall presently cause the party to be let bloud, and then take the herb *Althea* or *Hollylock*, and boyle it with *Vinegar* and *Linseed* till it be thick plaister-wise, and then spread it upon a piece of *Allom Leather*, and lay it to the side that is grieved, and it will help it.

For the Plurisie.

To help a stich 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 *Chaffingdish* 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.

A playster for a stich.

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

Heat in the Liver.

If you will make a *Cordial* for a *Consumption*, or any other weaknes: take a quart of *runing 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*, *Hissop*, of each a good quantity; then take *Prunes* and *Rasins*, and put them all to the

For the Consumption.

the

the broth, and seeth them from a quart to a pint; then strain the yolk of an egg, and a little Saffron therinto, putting in Sugar, whole Mace, and a little white wine, to seeth them a while together, and let the party drink it as warm as may be.

To staunch
blood.

To staunch blood, take the herb *shepherds-purse*, (if it may be gotten) distilled at the Apothecaries, and drink an ounce thereof at a time morning and evening, and it wil stay any flux of blood 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 boyl 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 blood return.

For the yel-
low Jaundise.

For the *Yellow Jaundise*, take two peny-worth of the best English *Saffron*, dry it, and grind it to an exceeding fine powder; 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 *pimpernell* 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 sicke party.

For the *black Jaundise* take the herb called *Peny-ryal*,

ryall, and either boil it in white Wine, or drinke the
 juyce thereof simply by it self to the quantity of three
 or four spoonfull at a time, and it will cure the blacke
 Jaundisse.

For the black
 Jaundisse.

Take of Hysop, Parsley, and Harts-tongue, of each a
 like quantity, and seeth them in wort till they be soft,
 then let it stand till it be cold, and then drinke thereof
 first and last, morning and evening.

Additions, to
 the diseases of
 the iver.

For wasting
 of the liver.

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 smal,; then put them
 to three pints of water, and set them over the fire; then
 take figs and shred them smal, take Lycoras & break
 it smal, and put them to the herbs, and let all boyl very
 wel; then take Sorrel & stamp it, and put it to the rest,
 and let it boil till some part be wasted; then take a
 good quantity of hony, and put to it, and boyl a while,
 then take it from the fire, and clarifie it through a
 strainer into a glasse vessel, and stop it very close; then
 give the sick to drink thereof morning and evening.

A restorative
 for the liver.

Take the stalk of Saint *Mary Garcick*, 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.

To heal a
 Ringworm,
 coming of the
 heat of the
 liver.

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

To stanch
 blood.

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;

For grea
 danger in
 bleeding.

bind

binde him about the wrist; if it be on the arm binde him about the brawn of the arm, with a good list, and the blood will presently staunch.

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

A Bath for the Leprosie. 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 Dropsie. For the Dropsie, take *Agnus castus*, *Fennel*, *Affodill*, *dark Wal-wort*, *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 Dropsie; but you must be carefull that you take not *Daffodil* for *Affodil*.

Paine in the Spleenc. For pain in the Spleen, take *Agnus castus*, *Agrimony*, *Aniseeds*, *Centuary* 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 pint thereof; and at his usuall meals let him neither drink Ale, Beer, nor Wine, but such as hath had the hearb *Tamorisk* steeped in the same, or for want of the hearb, let him drink out of a cup made of *Tamorisk* wood, and he shall surely finde remedy.

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

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

Take a lump of iron or steel, and heat it red hot, and quenc

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

Take *Fennel seeds* and the roots, boyl them in water, and after it is cleaned, put to it honey, and give it the party to drink; then seeth the herbe in Oyle and Wine together, and plaister-wise apply it to the side.

Make a playster of *Worm-wood* boyled in Oyle, or make an oyntment of the juyce of *Wormwood*, of *Vinegar*, *Armoniack*, *VVaxe*, and *Oyle*, mixe and melted together, and annoint the side therewith, either in the Sun, or before the fire.

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

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

Take the juyce of *Fenel* mixt with honey, and seeth them together till it be hard, and then eat it evening and morning, and it will consume the fatnesse.

For the *Wind-collick*, which is a disease both generall 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 therof; the 2^d. morning eat two quarters, and the third eat three quarters, and the fourth morning eat a whole *Nutmeg*, and so having made your stomach and taste familiar therewith, eat every morning whilest 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.

Additions,
To the diseases of the Spleen.
For stopping of the Spleen.

For hardness of the Spleen.

Diseases of the heart.

For passion of the heart.
For Heart sickness.

For fatness about the heart.

For the wind Collick.

For

**The wind col-
lick,**

For the wind Collick, take a good handfull of clean wheat meal as it cometh from the Mil, and two eggs and a little wine-vinegar, and a little *Aquavita*, and mingle them together cold, and make a cake of it, and bake it on a gridyron with a soft fire, and turn it often and tend it with blasting of *Aquavitæ* 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 feedes of the *Wood-rose*, Or *Bryer-rose*, beate it to powder, and mixe a dram thereof with an ounce of the conserve of *Sloes*, and eat it, and it will in a short space bind and make the belly hard.

**For the bloody
flux. §**

For the *Bloudy-fluxe*, take a quart of red wine, and boyl therein a handfull of *shepheards purse*, till the herb be very soft: then strain it, and adde thereto a quarter of an ounce of *Cynamon*, and as much of dried *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 *Pomgranates*, and boyle them well together; then take *Sugar*, and the yolk of an egge, and make a caudell of it, and give the grieved party it.

For the flux.

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

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

quart of red wine, and a spoonfull of *Commin seed*, boil them together untill half be consumed, then take *Knot-grasse* & *Shepherds purse*, and *Plantain*, and stamp them severall, and then strain them, and take of the iuyce of each of them a good spoonfull, and put them to the wine, and so seeche them again a little: then drink it luke-warm, half overnight, and half the next morning: and if it fall out to be in Winter, so that you cannot get the hearbs, then take the water of them hearbs distilled, of each three spoonfulls, and use it as before.

For the worst
Fluxe.

For extream costivenesse, or binding in the body, so as a man cannot avoid his excrements, take *Aniseeds*, *Fennicreet*, *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 costive-
ness.

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 spoonfulls of *Muscadine*, and so let the party drinke it, and it is a present cure: But if the child be either so young, or the man so weak with sicknesse, that you dare not administer any thing inwardly, then you shal dissolve your *Aloes* in the oyle of *Savine*, making it salve-like thick, then plaister-wisely spread it upon *Sheeps leather*, and lay it upon the navil & mouth of the Stomack of the grieved party, & it wil give him ease; so wil also unfer leeks chopt small and fryed with sweete butter, and then in a linnen bag appy it hot to the navill of the grieved party.

For Wormes

Take a quart of red wine, and put to it three yolks of egges, and a penniworth of long-Pepper and grains, and
boyle

- Additions.**
 To the diseases
 of the belly
 and guts.
 For the great-
 est Lax.
- 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 peny-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.
- For the bloody
 flux.
- Take an egg, and make a little hole in the top, and put out the white, then fill it up again with *Aquaviva*, stirring the egg and *Aquaviva* till it be hard, then let the party eat the egg and it wil cure him: or otherwise take a pinte of red wine, and nine yolks of eggs, and twenty pepper corns small beaten, let them sethe until they be thick, then take it off, and give the diseased party to eat nine spoonfuls morning and evening.
- For an easie
 Lask.
- 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.
- To have two
 stools a day
 and no more.
- Take *Mercury*, *Sinkfoile*, and *Mallowes*, and when you make portage or broth with other herbs, let these herbs before named, have most strength in the portage, and eating thereon it will give you two stools and no more.
- For hardnesse
 of the belly
 or womb.
- Take two spoonfuls of the juyce of *Ivie* leaves, and drink it three times a day, and it will dissolve the hardnesse.
- Agst inst ce-
 siveness.
- 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.
- For the wind^o
 collick.
- Take the crummes of white bread, and steep it in Milk with *Allow*, and adde Sugar unto it and eate it, and it will open the belly.
- For the stop-
 pi^g of the
 womb.
- Take the *Kernels* of three *Peach* stones, and bruise them, seven cornes of case pepper, and of sliced *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 drinke it off in a great spoon, then fast two hours after, and walk up and down if you can; if otherwise, keepe your self warm, and beware

Take of *Daisies*, *cumfrey*, *Polypody*, of the Oak and A-
 vens of each half a handfull, two roots of *Osmund*, boil ^{For the rup-}
 them in strong Ale and hony, and drink thereof mor-
 ning, noone, and night, and it will heal any reasonable
 rupture. Or otherwise take of *Smallage*; *Comfrey*, *set-*
mel, *Pollipody*, that grows on the ground like *fearn*, *dai-*
sies, and *mores*, of each alike, stamp them very smal, &
 boile them well in *Barm*, until it be thick like a poultis,
 and so keep it in a close vessell, and when you have oc-
 casion to use it, make it as hot as the party can suffer it
 & lay it to the place grieved, then with a trusse, trusse
 him up close, & let him be careful for straining of him-
 self, & in a few daies it will knit, during which cure,
 give him to drink a draught of red wine, & put therein
 a good quantity of the flower of fetches, finely boulted
 stirring it wel together, and then fast an hour after.

For the violent paine of the stone, make a posset of ^{For the stone,}
 milk and sack, then take off the curd, and put a hand-
 full 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 pouders, and ^{Another,}
 take of it the quantity of a hassil-nut with a draught of
 good Ale or white wine.

For the Collick and stone, take hawthorn berries,

D

the

The collick
and stone.

the berries of sweet briars, & ashen keys, and dry them every one severally untill you make them into powder, then put a little quantity of every one of them together, then if you think good, put to it the powder of *Licoriss* and *Aniseeds*, 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*, *Saxifrage*, & *broom-seed*, of each one of them a little quantity, beat them into a powder, and when you feele a fit of either of the diseases, eat of this powder a spoonful at a time either in pottage, or else in the broth of a chicken, and to fast two or three houres after.

Another.

A powder for
the collick
and stone.

To make a powder for the collick and stone, take *fenell*, *parsley-seed*, *aniseed*, and *carraway seed* of each the waight of six pence. of *grunel seed*, *saxifrage seed*, the roots of *Filapendula*, and *licoriss*, of each the waight of twelve pence, of *galingall*, *spikenard*, and *Cinamon*, of each the waight of eight pence, of *Seena* the waight of 17. shillings good waight, beat them all to powder and searce it, which wil waigh in al 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 houres after; and to take of it at one time the waight of tenn: pence or twelve pence.

Another.

Other Physicians for the stone take a quart of rhenish or white wine, and two lemons, and pare the upper rind thin, and slice them into the wine, and as much white soap as the waight of a groat, and boyl them to a pint, and put thereto 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*,
Maidens

Maidenhair, Sparrowtongue, and Philipendula, 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 reins.

For the stone in the bladder, take a radish-root and slit it crosse twice, then put it into a pint of white wine and stop the vessell 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

For the stone in the bladder, take the kernels of *floes*, and dry them on a tile stone, then beat them to powder, then take the roots of *Alexander, parslly, pellitory, & holihock*, of every of their roots a like quantity, & fethe them all in white wine, or else in the broth of a young chicken: then strain them into a clean vessell, 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 annoint the members, and the tender parts of the belly against the bladder.

A powder for
the stone in
the bladder.

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

A bath for the
stone.

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

A water for
the stone.

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

Difficulty of
Vrine.

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

For hot vrine

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 meanes to abstain from beer that is old, hard, and tart, and from all meats and sawces which are sower and sharp.

For the strangullion.

For the strangullion, take *Saxifrage*, *Polipody*, of the Oak; the root of beanes, and a quantity of *Raisins*, of every one three handfull or more, and then two gallons of good wine or else wine lees, and put it into a serpentary and make therof a good quantity, & 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 *Kids* hoof, and dry it, and beat it into powder, and give it to the patient to drinke, either in beer or ale four or five times over.

For the rupture

For the rupture or bursenneffe in men, take *Comphry* and *Ferretosmond*, and beate them together, and yellow

yellow wax, and Deers suet untill it come unto a salve, and then apply it unto the broken place and it will knit, it; also it shal be good for the party to take *Comphry* roots, & rost them in hot embers as you rost wardens, and let the party eat them for they are very soveraign for the rupture especially being eaten in a morning fasting and by all meanes let him were a strong trusse til it be whole.

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

Additional to the diseases of the reins and bladder.

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

For him that cannot hold his water.

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

For the Gonorrhea or shedding of seed.

First wash the reins of the back with warm white wine then annoint all the back with the oyntment called *persuane:o*.

For weakness in the back.

Take a leg of beef a handfull of *Fennel* roots, a handfull of *parfly* roots, two roots of *comphry*, one pound of *raisins* of the Sun, a pound of damask *prunes*, and a quarter of a pound of *dates*, put all these together, and boyle them very soft with sixe leaves of *neep*, six leaves of *clary*, twelve leaves of *bittany* of the wood, and a little *harts tongue*, when they are sod very soft, take them into the same broth again with a quart of sack, and a penny worth of large mace, and of this drink at your pleasure.

For heat in the reins. For someforting and strenghtning of the back.

For the hemeroides;

For the Hemeroides, which is a troublesome and fore grief, take of *Dill*, *Dizge-fennell*, and *Pellitory of Spain*, of each half a handfull, and beat it in a mortar with Sheeps suet and black Sape till it come to a salve and then plaisterwise apply it to the fore, and it will give the grief ease.

For the piles or hemeroids.

For the Piles or Hemeroides, take half a pint of ale, and a good quantity of pepper, and as much allom as a walnut; boyl all this together till it be as thick as bird-lime or thicker, this done, take the juyce of white violets, and the juyce of Housleek, 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 sores: or else take muskles dried and beat to powder, and lay it on the sores

For the falling of the fundaments

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 *Toton-cresse* dryed, and strew it gently upon the fundament, and annoint the reins of the back with hony, and then about it strew the powder of *Cammin* and *Calasine* mixt together, and ease will come thereby.

Additions to the diseases of the private parts.
For the hemaroids.

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

For the green sickness,

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 houres before supper:

and

and to take it for a fortnight, and let her stir as much as she can, the more the better, and as early as she can, otherwise for this sicknesse take *Hysope, Fennell, Penny-royall*, of these three one good handfull, take two ounces of *currants* sethe these in a pint of fair water to a half, then strain the hearbs from the liquor, and put thereto two ounces of fine sugar, and two spoonfulls of white wine vinegar, let the party drink every morning foure spoonfulls thereof, and wake upon it.

To increase a womans milk, you shall boyl in strong posset ale good store of *Colworts*, and cause her to drink every meal of the same: also it she use to eat boyled *Colworts* with her meat, it will wonderfully increase her milk.

To increase
womans milk

To dry up womans milk, take red sage, and having stamp it and strained the iuyce from the same, adde thereunto as much wine vinegar, and stir them well together, then warme it on a flat dish, over a few coals keep therein a sheet of browne paper, then making a hole in the midst thereof for the nipple of the brest to go through, cover al the breast over with the paper, and remove it as occasion shall serue, but be very carefull it be layd very hot to. Some are of opinion, that for a woman to milk her breasts upon the earth, will cause her to dry, but I refer it to tryal.

To dry up
milk.

To help womens sore breasts, when they are swelled or else inflamed, take violet leaves and cut them small and sethe them milke or running water with wheate bran, or wheat bread crummes, then lay it to the sore as hot as the party can indure it.

A pultis for
sore breasts in
women.

If a woman have a strong and hard labour, take four spoonfulls of another womans milke, and give

For ease in
child bring.

it the woman to drink in her labour, and she shall be delivered presently.

child dead in
the womb;

If a woman by mischance have her childe dead within her, she shall take *Dittander*, *Felwort*, and *Penyroyall*, and stamp them, and take of each a spoonfull of the juyce, and mix it with old wine, and give it her to drink, and she shall soon be delivered without danger.

Appeare to
conceive.

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

Additions to
womens infir-
mities.

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

To cease wo-
mens flowers.

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

Against the
flowers
For the matrix

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

A generall
purge for a
woman in
child-bey.

Take twy or three egges, and they must bee neither rost nor raw, but between both, and then take butter that salt never came in, and put into the egges, and snp them off, and eat a piece of brown bread to them, and drink a draught of small Ale.

To deliver the
dead birth:
To increase
milk

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

Take the buds and tender crops of *Briony* and boyl them in broth or pottage, and let the woman eat thereof, it is soveraign.

Take

Take *Mugwort*, *Motherwort*, and *Minis*, the quantity of a handfull in all, sethe them together in a pint of *malmsey*, and give her to drink thereof two or three spoonfulls at a time and it will appeale her swooning.

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

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

To provoke sleep.

Take *Sage*: *Smallage*, *Mallows*, and *plantain*, of each an handful, beat them all wel in a mortar, then put unto them oatmeal and milk, and spread it on a fine linnen cloth an inch thick, and lay it to the breast or breasts: or otherwise take white bread Leaven and strain it with cream, and put thereto two or three yolkes of egges salt oyle or oyl of *Roses*, and put it upon a soft fire till it be warm and so apply it to the brest.

For sore breasts.

For Morpew, whether it be white or black, take of the *Litharge* of gold a dram, of unwrought brimstone two drams, beat them into fine powder, then take of the oyle of *Roses* and *Swines* grease of each alike quantity, and grind them altogether with half a dram of *camphire* and a little vinegar, and anoint the same therewith morning and evening.

For morpew of both kinds.

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

To breed haire

For the Gout, take *Aristolochia rotunda*, *Althea*, *Cetony*, and the roots of wild *Neep*, and the roots of the wild *deck* cut in pieces after the upper Rind ista ken away, of each alike quantity, boyle them all in running water till they be soft and thick: then stamp them in a mortar as smal as may be, and put thereto a litle quantity of chimney soot, and a pint or better of new milk.

For the gout.

of.

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

For the sciatica.

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

For any pain or swelling, or stinging of venomous beasts.

To help all manner of swellings or aches, in what part of the body soever it be, or the stinging of any venomous beast, as *Adder*, *Snake*, or such like: take *Horc-hound*, *Smallage*, *Porrets*, *small Mallows*, and wild *tansy* of each alike quantity, and bruise them or cut them small: then seth them altogether in a pan with milk, *oatmeal*, and as much Sheeps suet, or Deares suet as an Hens egg, and let it boyl till it be a thick plaister, then lay it upon a blew woollen cloath, and lay it to the grief as hot as one can suffer it.

For swellings in the legs or feet.

For any swelling in the legs or feet, take a good handfull of water Cressies, & shread them smal, and put them in an earthen pot, and put thereto thick Wine Lees, and wheat bran, and Sheeps suet, of each of them a like quantity, and let them boyl together untill they be thick, then take a linnen cloath, & bind it about the sore & swelling as hot as the party grieved can indure it, & let it remain on a whole night & a day without any removing, & when you take it away, lay to it a fresh plaister, hot, as before, and it will take away both the pain

pain and swelling. Other Chirurions, for this grieft take hony and beer and beat them together, and therewith bath the swelling morning and evening.

To wash any fore or Ulcer, take running water, and *Bolearmoniack* and *Campfire*, and boyl them together, and dip in a cloth, & lay it to the fore as hot as may be indured: al so *Plantain* water is good to kill the heat of any fore: or if you take *Woodbine* leaves and bruise them small, it will heal a fore; or if you wash a fore with verjuyce, that hath been burnt or falded, it is a present remedy.

A water to wash a fore with.

There be divers others which for this grief take the green of Goose dung and boyl it in fresh butter, then straine it very cleane and use it. And *Sallet-oyle* and *Snow* water beaten together wil cure any scald or burning.

A pulvis for a fore.

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

For any old fore.

For scabs or itch take *Unguentum Populion*, & therewith annoint the party and it wil help, but if it be more strong

For any scabs or itch.

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 quick-silver is killed, then let the party annoint therewith the palmes of his hands, the boughs at his elbowes, his arm-pits and hams, and it will cure all his body.

For the lepro-
sie.

To cure the leprosie take the juyce of *Colwortts*, and mixe it with *Allom* and strong ale, and annoint the Leaper therewith morning and evening, and it will cleane him wondertully, especially if he be purged first, and have some part of his corrupt bloud taken away.

To take away
pimples.

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

Privie parts
burnt.

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

For any bur-
ning.

For any burning, take sixe new layd egges and roast them very hard, and take out the yolkes thereof, & put them into an earthen pot, and set it oven 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 annoint the burning, and it will cure it.

For any scald-
ing.

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

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 fore with it.

To dry up any fore, take *Smallage*, *Groundfill*, *wilde mallowes*, and *violet leaves*: chop them small and boyl them in milk with bruised *Oatmeal* and sheeps suet, and so apply it to the fore. A pult is to dry a fore.

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

To make a water to heal all manner of wounds, you shall take *Iup wort* flowers, leaves and roots, and in *March* or *April*, 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. A water to heale wounds.

To heal any wound or cut in any flesh or part of the body; first if it be fit to be sticht, stich it up, and then take *Voguentum aurum*, and lay it upon a pleagant of lint as big as the wound, & then over it lap a *diminium* plaister made of Sallet oyl and red lead, and so dresse it at least once in four and twenty houres, but if it bee a hollo. 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 tent therein and so put it into the wound, then lay your plaister of *diminium* over it, and do thus at least once a day untill it be whole. To heale any wound.

If a mans sinews be cut or shrunk, he shall go to the roote of the wild neepe which is like woodbine, For sinews cut or shrunk.
and

and make a hole in the midst of the roote, then cover it wel again that no ayr go out nor in, nor rain, nor other moyiture; 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 whilest you find any moyiture in the hole; and this must onely be done in the months of *April* and *May*: then annoint the sore therewith against the fire, then wet a linnen cloath in the same liquor, and lap it about the sore, and the vertue wil soon be perceived.

To break any Imposthume To break any Imposthume; and to ripe it onely, take the green *Mililot* plaitter, and lay it thereunto; and it is sufficient.

Two generall infirmities of Surgery, and first of burnings & scalding. For burning or scalding, with either Liquor or Gunpowder. Take *Plantain* water, or *Sallet oyle* and running water beaten together, and therewith annoint 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 linnen cloath, and so lay it upon the sore, and remove it not, untill it be whole; and if any rise up of it self, clip it away with your hears, and if it be not perfectly whole, then take a little of the oyntment and lay it unto the same place again: otherwise take halfe a bushell 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 greafe, and then take half a bushell of the doune of Cats tailes; and boyl them altogether, continually stirring them, untill they be sodden that they may be strained into an earthen pot or glasse, and with it annoint the sore.

Or else take *Caprefoliz*, *Moufeare*, *ground-Ivy*, and *Hensdung* of the reddest or the yellowest and fry them with *May-butter* altogether untill it be brown, then strain it through a clean cloth, and annoint the fore 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 the fore therewith: Or otherwise, take sheeps tallow and sheeps dung, and mixe them together till they come to a salve, and then apply it to the fore.

For burnings
or scaldings
on the face.

Take *Plantine* leaves, *daisie* leaves, the green bark of *Elders*, and green *Germaunders*, stamp them altogether with fresh butter or with oyle, then strain it through a linnen cloth, and with a feather annoint the fore till it be whole.

An oynment
for burning.

Take of the oyle *olive* a pint, *Turpentine* a pound, unwrought wax half a pound, *Rosen* a quarter of a pound sheeps suet two pound, then take of *Orpents*, *Smallage*, *Ragwort*, *Plantine*, and *Sicklewort*, of each a good handfull, chop all the hearbs very smal, and boyl them in a pan altogether upon a soaking fire, and stir them exceeding much, until they be wel incorporate together then take it from the fire and strain al through a strong canvaffe cloth into clean pots or glasses, and use it as your occasion shall serve, either to anoint, taint, or plaister.

Or otherwise take *Poplar* buds, and *Elder* buds, stamp and strain them, then put thereto a little Venice-turpentine, Waxe, and Rosin, and so boyle them together, and therewith dresse the fore; or else take two handfull of plantain leaves, bray them small and strain out the juice, then put to it as much womans milk, a spoon.

Ulcers and
fores.

A salve for
any old fore.

spoonfull of hony, a yolk of an egge, and as much wheat flowre as you think will bring it to a salve then make a plaister thereof and lay it on to the sore, renewing it once in four and twenty hours.

To take away
dead flesh.

Take an ounce of *Vnguentum Apostolorum*, and an ounce of *Vnguentum 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 dresse the sore, or otherwise take onely *Precipitate* in fine powder, and strew it on the sore.

A water for
a sore.

Take a gallon of Smiths sleack water, two handfulls of Sage, a pint of hony, a quart of Ale. two ounces of Allom, and a little white, *copperus*, seth them altogether till half be consumed, then strain it, and put it into a clean vessell, and therewith wash the sore. Or otherwise, take clean running water, and put therein *roch-allom*, and *madder*, and let them boyle till the *allom*, and the *madder*, be consumed, then take the clearer of the water, and therewith wash the sore.

Or else take *Sage*, *Fennell*, *cinquefoyl*, of each a good handfull, boyl them in a gallon of running water till they be tender, then strain the liquor from the herbs and put to it a quarter of a pound of *roch Allom*, and let it seth 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 linnen cloth, and wet it well in the water, then wring out the water, and so bind on the bolster close.

A black plaister
to heale
o'ld sores and
killin flames
tions.

Take a pinte of sallet oyle, and put into it sixe ounces of red lead; and a little ceruse or white lead, then set it over a geatle 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 bottome of a faucer, 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 roubles plaisterwise, and spread it and apply it as occasion shall serue.

Take *mallowes* and *beetes* 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 apostume hot. An Oyntment to ripen fores.

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

If the party be outwardly venomd, take Sage, and bruise it well and apply it unto the fore, renewing it at least twice a day; but if it be inwardly, then let the party drink the iuyce of Sage either in Wine or Aje morning and evening. For a venomi.

Take *Sellandine* early in the morning, and bruise it well, and then apply it to the fore, and renew it twice or thrice a day. For a ring-worme.

Take of *Campheire* one dram, of *Quicksilver* foure penyworth killed well with *Vinegar*, then mixe it with two peny-worth 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. For the Itch.

Take a great quantity of the Hearbe *Bennet*, and as
E much

For the dried scab. much of red *nettles*, pound them wel, 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 so 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 sore therewith.

To take away the skarres of the smal poxe. Take *Barrowes* grease a pretty quantity, and take an *apple* and pare it, and take the chore clean out; then chop your *apple* and your *Barrowes* 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 til 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 fasting spittle; then take *verdigrease*, *Arabecke*, *Turpentine*, *Oyle olive*, and *populion*, and mixe them together to one entire oyntment, and annoint the sores therewith, and keep the party exceeding warm. Or otherwise, take of *allom* burned, of *Rosin*, *Frankinsence*, *populion*, *Oyle of Roses*, *Oyle de bay*, *Oyle olive*, green *Coperas*, *Verdigrease*, *White Lead*, *Mercury sublimate*, of each a pretty quantity, but of *allome* most; then beate to powder the tymples that are hard, and melt your Oyls, and cast in your pouders and stir all well together; then straine them through a cloth, and apply it warme to the sores; or else take of *Capons* grease that hath toucht no water, the juyce of *Rue*, & the fine powder of *pepper*, and mix them together to an Oyntment, and apply it round about the Sores, but

but let it not come into the sores, and it will dry them up.

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

To put out the French or Spanish pox,

Take the juyce of red *Fennell*, and the juyce of *Senegreene* and *Stone hony*, and mixe them very wel together till it be thick, and with it annoynt the party, but before you do annoynt him, you shal make this water. Take *Sage* & leeth it in very fair water from a gallond to a pottle, and put therein a quantity of hony & some allom, and let them boyl a little together; when you have strained the hearbs 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 oyntment.

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

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

Additions to green wounds

Take *Apopanax* and *Galbanum* of each an ounce, *Amorizianum*, and *Bealind* of each two ounces, of *Lethargy* of gold one pound and an halfe new waxe, halfe a pound, *Lapis Calamniaris* one ounce, *Turpentine* four ounces, *Myrrh* two ounces, *oyl de bay* one ounce, *Thusse* one ounce, *Aristolochia*-roots two ounces, *oyl of Roses* two ounces, *sallet-oyl* two pound, all the hard symptoms must be beaten to fine powder and searfed,

A defenitive 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 set 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 sticking unto your hands, and make it up in roulees plaisterwise, 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*:

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

Take three good handfull of Sage, and as much of Honisuckle 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 seeth till half be consumed; then take it from the fire till it be almost cold, and straine it through a cleane cloath, and put it up in a glasse, and then either on taint or pleagant use it as you have occasion.

To staunch
bleud, and
draw sinewes
together.

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

A made Oyle
for shrinking
of sinewes.

Take a quart of Neats foot oyle, a quart of Oxegals, a quart of Aquavita, a quart of Role water, a hand-
full

full of *Rosemary* stript, and boyl all these together till half be consumed, then presse and strain it, and use it according as you find occasion.

Take *honey*, *pitch*, and *butter*, and seeth them together, For a wound and annoint the hurt against the fire, and rent the Sore in the guts, with the same.

Take *grouse* 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. For pricking with a thorne.

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 takt it from the fire, and put thereto two ounces of *Venice Turpentine*, and apply it to the wound or sore. To gather flesh in wodnds.

Take *Mustard* made with strong vinegar, the crums of brown bread, with a quantity of honey and six figs mixt, temper all together well, and lay it upon a cloath plaisterwise, put a thin cloath between the plaister and the flesh, and lay it to the place grieved, as oft as need requires. Additions for ache or swelling.

Take a pound of fine *Rozin*, of *oyle de bay* two ounces, of *Populion* as much, of *Frankinsence* halfe a pound, of *Oyle of Spike* two ounces, of *Oyl Camomile* two ounces, of *Oyle of Roses* two ounces, of *waxe* half a pound, of *Turpentine* a quarter of a pound, melt them and stir them well together, and then dip linnen cloths therein, and apply the Sear cloth as you shall have occasion, and note the more Oyl you use, the more supler the Sear-cloth is, and the lesse Oyl the stiffer it will be. A yellow lead cloth for any pain or swelling.

Take a little *black sope*, *salt* and *hoay*, and beat them well together, and spread it on a brown paper, and apply it to the bruise. For bruises swelled.

For swelled
legs.

Take *mallows* and seeth them in the dregs of good Ale or Milk, and make a plaister thereof, and apply it to the place swelled.

For any ache.

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

A plaister for
any pain in the
Joints.

Take half a pound of unwrought wax, as much *Rosin*, one ounce of *galbanum*, a quarter of a pound of *lethargy* of gold, three quarters of white Lead, beaten to powder and searst; then take a pint of *Neates foot oyle* and set it on the fire in a small vessell which may contain the rest, and when it is all moulten, then put in the pouders, 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 annoint a faire boord with *Neates foot oyle*, and as you may handle it for heat, work it up in roubles, and it will keepe five or sixe years, 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 grieft, 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.

For bones out
of Joynt, or
sinews sprung
or sprained.

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

A Bath for
broken Joints.

Take a gallond of standing lye, put to it of *plantaine* and *knot-grasse*, of each two handfull, 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 availes 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 or sit in it an hour or two, the bath reaching up to the stomach, and when they come out they must go to bed and sweat, beware taking of cold.

Make a plaister of wheat flower, and the whits of eggs and spread it on a double linnen cloath, and lay the plaister on an even board, and lay the broken limb thereon and let it even according to nature, and lay the plaister about it and splint it, and give him to drink *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 *osmund* in stale Ale and it shall knit it, and let the foresaid plaister lye to, ten dayes at the least, and when you take it away do thus, take *horehound*, *red fennel*, *Hounds tong*, *Wal-wort*, and *Pellitory*, and seeth them; then unrole the member and take away the splints, and then bath the linnen and the plaister about the member in this bath wil it have soakt so long that it come gently away of it selfe, then take the foresaid plaister and lay thereto, five or sixe days very hot, and let each plaister ly a day

A general bath
for clearing the
skin, and com-
forting the bow-
els.

A Sovereign
help for bro-
ken bones.

and a night, and alwayes splint it well, and after cherish it with the oynments before rehearsed for brooken bones, and keep the party from unwholsome meats and drinks till he be whole, and if the hurt be on his arm let him bear a ball of green hearbes in his hand to prevent the shrinking of the hand and sinewes.

For any fever.

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

To expel heat in a fever.

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

The rōyal medicine for fevers.

Take three spoonfulls 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 *Crow-foot* that growes in a Marsh ground, which have no little rootes about them, to the number of twenty or more, and a little of the Earth that is about them, and do not wash them, and 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 joynt, and let it lie nine dayes unremoved, and it will expell the Fever.

*An approved Medicine for the greatest laske
or Flix.*

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 cote and use onely the pap, and the like quantity of *Chalke* finely scraped, mixe them both together upon a trencher before the fire, and work them

them well to a plaister; then spread it upon a linnen cloath warmed very hot as may be suffered, and so bind it unto the navill for twenty four houres, use this medicine twice or thrice or more, untill the Laske bee stayed.

Of Oyle of Swallowes.

To make the oyl of Swallowes, take Lavendar-cotton, Spike, Knot-grasse, Ribwort, Balm, Valerian, Rosemary tops, Woodbine tops, Vine strings, French mallowes, the tops of Alecost, Strawberry strings, Tuisan, Plantain, Walnut tree leaves, the tops of young Bates, Isop, Violet leaves, Sage of vertue, fine Roman Wormwood; of each of them a handfull, Cammomile and Red-roses, of each two handfull, twenty quick Swallowes, and beat them altogether in a great mortar, and put to them a quart of Neats foot oyle, or May butter, and grind them all well together with two ounces of Cloves well beaten; then put them altogether in an earthen pot, and stop it vey close that no ayr come into it, and set it nine dayes in a Seller or cold place, then open your pot and put into it halfe a pound of white or yellow waxe cut very small; and a pint of 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 sinewes.

To make oyle of Camomile, take a quart of *fallet oyle* and put it into a glasse, then take a handfull of Camomile and bruisse it, and put it into the oyle, and let them stand in the same twelve dayes, only thou must shift it every three days, 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

To make oyle
of lavender,

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

To make
smooth hands.

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 set it in the Sun five or six dayes, then strain it, and with the same annoint your hands every night when you go to bed, otherwise as you have convenient leisure.

To make [Dr.
Stevens water

To make that soveraign 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, Galingale, Cinnamon, Nutmegs, Grains, Gloves bruised, Fennell-seedes, Carraway-seeds, *Origanum*; of every of them a like quantity, that is to say a dram: then take sage, wild marjoram, penny-royal, mints, red roses, tyme, pellitory, rosemary, wild tyme, camomile, lavender, of each of them a handfull, then bray the spices smal & 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 pallsie, & cureth the *contractions* of sinewes, and helpeth the *conception* of women that be barrain, it killeth the wormes in the body, it cureth the cold

cold cough: it helpeth the tooth-ach; it comforteth the stomacke, and cureth the old dropfie, it helpeth the stone in the Bladder, and in the Reins, it helpeth a stinking 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 extreame age that he could neither go nor ride, and he continued his life being bed-rid five years, when other Physitians 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 lived till he was not able to drink of a cup, but sucked his drink through a hollow pipe of silver.

This Water will be much the better if it be let in the Sun,

To make a *cordial rosafolis*, take *rosafolis*, and in any wise touch not the leaves thereof in the gathering, nor wash it; take therof four good handfulls then take two good pints of *Aqvavitæ*, 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 dayes 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 *Licoras* 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 glasse or pot close and just, and after distil it through a lymbeck, then drink of it at night to bedward half a spoonfull with ale or beere but

A restorative
of *Rosafolis*.

but ale is the better, as much in the morning fasting for there is not the weakest body in the world that wanteth nature or strength, or that is in a *consumption*. but it will restore him again, and cause him to be strong and lusty and to have marvellous hungry stomack, provided alwayes that this *rosafolis* 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.

Additions to
the Oyls,
To make oyle
of Roses or
Violets.

Take the flowers of roses or violets and break them small, and put them into fallet oyl, and let them stand in the same ten or twelve dayes, and then presse it. Or otherwise take a quart of *Oyle Olive*, and put thereto six spoonfulls of cleane water, and stir it well with a slice, till it waxe as white as milk; then take two pound of red rose leaves, and cut the white of the ends of the leaves away, and put the roses into the oyle, and then put it into a double glasse, and set it in the Sun all the Summer time, and it is soveraigne 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 vessel of glasse or of earth, and stop it well about, that no ayre enter in nor out, and set it in another vessel with water, and let it boyle half a day or more, and then take it forth, and strain or presse it thorow a cloth, and put it into glasse bottels, this is good for all manner of unkind heates.

To make Oyl
of Nutmegs.

Take two or three pound of *Nutmegs*, and cut them small and bruisse them well, then put them into a pebble and beat them, and stin them about, which done, put them into a canvass or strong linnen bagg, and close them

them in a presse and presse them, and get out all the liquor of them which will be like *manna*; then scrape it from the canvas bag as much as you can with a knife; then put it into some vessell of glasse, and stop it well, but set 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 asswaging the pain of the *mother* and *cyatica*.

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

Take an ounce of *Mastick*, and an ounce of *Olibanum* pounded as small as is possible, and boyl them in Oyle olive (a quart) to a third part; then presse it and put it into a glasse, and after ten or twelve days it wil be perfect: it is exceeding good for any cold grief.

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

The



*The English Housewives Skill in
Cookery.*

CHAP.

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

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

To proceed then to this knowledge of cookery, you shall understand, that the first step thereunto is, to have knowledge of all sorts of herbs belonging unto the Kitchin, whether they be for the Pot, for Sallets, for Sauces, for Servings, or for any other Seasoning, or adorning: which skill of knowledge of the Herbs, she must get by her own true labour and experience,
and

She must
know all
Herbs.

and not by my relation, would be much too tedious, and for the use of them, he shal see it in the composition of dishes and meats hereafter following. She shal also know the time of the year, Moneth, and Moon, in which all Hearbs are to be sowne; and when they are in their best flourishing, that gathering all Hearbs in their height of goodnesse, she may have the prime use of the same. And becau'e I will inable and not burden her memory; I will here give her a short Epitomy of all that knowledge.

First then, let our English Houf-wife know, that she may at all times of the Moneth and Moon, generally sow *Asparagus, Colworts, Spinage, Lettice, Parsnips, Radice,* and *Chives.* Her skill in
the Garden.

In February in the new of the Moon, she may sow *Spyke, Garlike, Borage, Buglose, Cheruyle, Coriander, Gourds, Crespes, Marioram, Palma Christi, Flower gentle, white Poppy, purslan, Radish, Rocket, Rosemary, Sorrel, Double Marigolds* and *time.* The Moon full she may sow *Anniseeds* maked, *Violets, Bleets, Skirrits, White Succory, Fennell,* and *parsty.* Te Moon old, sow *Holy thysell, Cole Cabadge, white Cole, green Cole, Cucumbers, Harts-Horne, Dies Graine, Cabadge, Lettice, Meltons, Onions, parsnips, Larkes, Heele, Burnat* and *Leeks.*

In March the Moon new, sow *Garick, Borrage, Buglose, Cheruyle, Coriander, Gourds, Marioram, white poppy, Purslan, 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 cabadge, whita cole, Green cole, citrons, cucumbers, Harts-Horne, Samphire, spinage, Gilliflowers, Isop, cabadge, Lettice, Mellons, Mugrets, 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*, *mellons*, *parſnips*. In *July* the Moon at full, sow *white ſuccory*; and the Moon old, sow *cabadge*, *lettice*. Laſtly, in *Auguſt*, the Moon at the full, sow *white ſuccory*.

Transplant-
ing of herbs.

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

Choice of
ſeeds.

Alſo ſhe muſt know that the choice of ſeeds are two-fold, of which ſome grow beſt, being new, as *cucumbers* and *Leeks*, and ſome being old as *coriander*, *parſley*, *ſavory*, *beets*, *origan*, *creſſes*, *ſpinage* and *poppy*, you muſt keep cold *lettice* *hartichokes*, *baſil*, *holy thistle*, *cabage*, *cole*, *Dyers grain*, and *mellons*, fifteen dayes after they put forth of the earth.

Alſo Seeds proſper better being ſowne in temperate weather, then in hot, cold, or dry dayes. In the month 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, *hartichokes*, *holy thistle*, *cabadge cole*, *citrons*, *harts-horn*, *ſamphire*, *gilliflowers* and *parſnips*.

Gathering of
ſeeds.

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 cleaned and dryed in the Sun or ſhadow: Otherſome, as *Onions*, *Chibols*, and *Leekes*, muſt be kept in their huſkes. Laſtly, ſhe muſt know, that it is beſt to plant in the laſt quarter of the moone; to gather graſts in the laſt but one, and to graſt two dayes after

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

It resteth not that I proceed unto Cookery it self, which is the dressinS and ordering of meat, in good and wholesome manner; to which, when our *Housewife* shal addressse her self, she shal wel 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 tast, and ready ear, (she must not be butter-fingred, sweet toothed, nor faint-hearted;) for, the first wil let every thing fall, the second will consume what it should encrease, and the last wil loose time with too much nicenesse. 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 Carbonadoes; the fourth Bak't meates and Pies; and the fift Banqueting and made dishes, with other conceits and secrets.

Of Cookery
and the parts
thereof.

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 adoration: your simple Sallets are Chibols pilled, washed cleane, and half of the green tops cut clean away, so served on a Fruit-dish or, Chines, Scalions, Radish-roots, boyled Carrets, Skirrers, and Turneps, with such like served up simply: also, all young Lettice, Cabbage-lettice, Porrlane, 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,

Of Sallets, simple and plain.

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

Of com-
pound Sal-
lets.

Your compound Sallers, 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-Oyle, and Sugar.

Another com-
pound Sallat.

To compound an excellent Sal lat, and which indeed is uſuall at great feaſts, and upon Princes Tables. Take a good quantity of blancht Almonds, and with your ſhredding knife cut them groſſely; then take as many Raiſins of the Sun clean waſht: and the ſtones pickt out, as many Figs ſhred like the Almond; as many Capers twice ſo many Olives, and as many Currant; as of all the reſt clean waſht: a good handfull of the ſmall tender leaves of red Sage and Spinage: mixe all theſe well together with good ſtore of Sugar, and lay them in the bottome of a great diſh; then put unto them Vinegar and Oyle, and ſcrape more Sugar over all: then take Oranges and Lemmons, and paring away the outward pillcs, 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-flower, and with them cover the Oranges & Lemons all over; then over thoſe red Red leaves lay another courſe of old Olives, and the ſlices of 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 Oren- ges, and ſo ſerve it up.

To make an excellent compound boyld Sallat: take of Spinage well washt, two or three handfulls, and put into it fair water, & boyl 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 bruse 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 handfull of Currants clean washt, and put to it & stir them wel together; then put to as much Vinegar as wil make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serve it upon sippets.

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

Of preserving
of Sallats.

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, put them up in close earthen pots, and serve them forth as occasion shall serve.

Now for preserving Sallats; you shal take any of the Flowers before sayd, after they have been pickt cleane from their stalkes, and the white ends (of them which have any) cleane cut away; and washt and dried, and taking a glasse pot, like a Gally-pot, or for want thereof a gally-pot it self; 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 ſhal 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 aloſt, and no more can be received; then ſtop up the pot cloſe, and ſet them in a dry temperate place, and uſe them at pleaſure, for they will laſt all the yeere.

The making of
ſtrange Sallets

Now for the comopunding 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 ſhal thus uſe them: Firſt, if you would ſet forth any red Flower that you know or have ſeen, you ſhal take your pots of preſerved Gilli-flowers, and ſuting the colours anſwerable to the flower you ſhal proport: on it forth, and ley the ſhape of the Flower in a Fruit-diſh; then with your Purſlae leaves make the green Coffin of the Flower, and with the Purſlan ſtalkes, 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 wil ſet forth yellow flowers, take the pots of Primroſes and Cowſlops, if blew-flowers then the pots of Violets, or Bugloſſe-flowers, and theſe Sallets are both for ſhew and uſe; for they are more excellent for taſt then for to look on.

Now

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

Sallets for shew only.

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

O F

Fricases and *Quelque choses*.

Your simple Fricases are Egges and Collops fried, 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 frying of any Flesh or Fish simple of it self with Butter or sweet Oyle.

Of simple Fricases.

To have the best Collops and Egges, you shall take the whitest and youngest Bacon, and cutting away the iward, 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 saltnesse: then draine away the water cleane, and put them into a drye pewter dish, and lay them one by one, and set them before the heate of the fire, so as they may toast: and turne them so,

Best collops and Egges.

as they may tost sufficiently thorow and thorow: *which done*, take your Egges, and break them into a dish, and put a spoonfull of Vinegar unto them : then set on a clean Skillet with fair water on the fire, and as soone as the water boyleth put in the Eggs, and let them take a boyle or two ; then with a spoon try if they be hard enough, and then take them up, and trim them, and dry them; and then dishing up the Collops, lay the Egges upon them, and so serve them up : and in this sort you may porch Egges when you please , for it is the best and most wholesome.

Of the compound Fricas-
les.

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

To make the best Tansy,



First, then for making the best Tansy, you shall take a certain number of Egges, according to the bignesse of your Frying-pan, and break them into a dish, abating ever t. white of every third Egge : then with a spoon you shall cleanse away the little white Chickie-knots which stick unto the yolkes : then with a little Creame beat them exceedingly together : then take of green Wheat blades, *Violet leaves, Strawberry leaves, Spinage, and Succory*, of each a like quantity, and a few *Walnut tree buds*; chop and beat all these very well, and then straine out the juyce, and mixing it with a little more Creame, put it to the egges, and stir all well together; then put in a few Crums of Bread, fine grated Bread, Cynamon, Nutmeg, and Salt ; then put some sweet Butter into the Frying-pan, and so soon as it is dissolved or melted, put in the Tansy, and fry it browne without burning, and with a dish
turn

turn it in the Pan as occasion shall serve; then serve it up, having strewed good store of Sugar upon it, for to put in Sugar before, will make it heavy: Some use to put of the Hearb Tansey into it, but the Walnut tree buds doe give the better tast or rellish; and therefore when you please for to use the one, doe not use the other.

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

The best
Fritters.

To make the best Pancake, take two or three Egges, and

The best
Pancakes.

and break them into a dish, and beat them well: then add vnto 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 serue them vp with Sugar strowed upon them. There be some which mixe Pancakes with new Milke or Creame, but that makes them rough, cloying, and not crispe, pleasant and favyory as running water.

Veale tosts.

To make the best Veale tosts, take the kidney, fat & all, of a loyne of veale roasted, and shred as small as is possible; then take a couple of Egges and beate them very well; which done, take Spinnage, succory, Violet-leaves, and Marigold-leaves, and beate them, and strain out the iuyce, and mixe 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, Sugar, and Salt, and mixe them all perfectly well together: then take a Manchet & cut it into tosts, and tost them well before the fire; then with a spoone lay upon the rost 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 assoone 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 frie that side browne also: then take them out of the pan, and dish them up, and

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

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

To make the best Panperdy, take a dozen Egges, 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 shal 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 powr upon them one halfe of your Egges, then when it is fryed, with a dish turn your slices of bread upward, and then powr on them the other half of your Egges, and so turn them til both sides be browne; then dish it up and serve it with Sugar strowed upon it.

To make the best Panperdy

To make a Quelquechose, which is a wixture 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 chopt, and beat them all very well together, then take Piggs Petitoes slic't, and grossely chopt, and mixe 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 Petitoes must be very well boyled before you put them into the Frycase.

To make any quelquechose

And

Additions to
the Housewife
cookery.

And in this manner as you make this *Quelquechose*, so you make any other, whether it be of flesh, small Bires, sweet roots, oysters, muskles, cockles, giblets, lemons, Oranges, or any fruit, pulse, or other *Sallet* herb 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.

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 wel with a strong spoon, or smal 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 seame, as hath been before shewed, and when they are served up to the table, see you strow upon them good store of Sugar, Cinamon, and Ginger.

To make the
best white
puddings.

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 dickt, and formerly steep 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 formes according unto the order of good housewifery; and then boyl them on a soft and gentle fire, and as they swell, prick them with a great pin,
or

or small Awle, to keep them that they burst not; and when you serve them to the Table (*which must not be, untill 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 either with Salt or Sugar.

Take the Liver of a fat Hogge, and parboyl it; then shred it small, and after beat it in a Morter very fine; then mixe it with the thickest and sweetest Cream, and strain it very well through an ordinary strainer: then put thereto sixe yolkes of Egges, 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 *Beef-suet* is the more wholsome, and lesse loosning; then after it hath stood a while, fill it into the Farmes, 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 scorch them not, nor in any wise break their skinnes, which is to be prevented by oft turning and tossing them on the Gridyron, and keeping a slow fire.

Take the yolkes and Whites of a dozen or fourteene Egges, and having beat them very well, put unto them the fine powder of *Cloves, Mace, Nutmegues, 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 Beete suet beaten and cut small: then when all is mixt and stirred wel together, & hath stood a while to settle, then fill it into the Farms as hath been before shewed; and in like manner boyle them

puddings of a
Hogs Liver.

To make
bread pudd-
ings.

them, cook them, and serve them to the Table.

Rice Puddings 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 suet well beaten, and small shred, and so put it in to the farmes, and boyle them as before shewed, and serve them after a day old.

Another of Liver.

Take the best Hogges Liver you can get, and boyl 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 sieve, and put to it the crums of (at least) two penny loaves of white bread, and boyl 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 half a dozen egges, a little Pepper, Cloves, Mace, Currants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beef and Swines suet great plenty, then fill it into the Farmes, & boyl them as before shewed.

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

it 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, Cinamon, Ginger, Sugar, Currants, Dates and salt, and work altogether, with casting in little pieces of sweet butter, one after another, till it have received good store of Butter, then put it up in the Calves bag, Sheeps bag, or Horse bag, and then boyl it wel, 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 bloud, 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 chopt exceeding smal, 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 beared: then therewith fil your Forms, and boyl them, as have been before described.

Take the largest of your chines of Porke, and that which is called a Liff, and first with your knife cut the lean thereof into thinne slices, and then shread smal those slices, and then spread it over the bottome of a dish or wooden platter: then take the fat of the Chine and the Liffe, and cut it in the very selfe same manner, and spread it upon the leane, and then cut more leane, and spread it upon the fatte, and thus doe one lean upon another, til all the Porke be shread, observing to begin and end with the lean: then with your sharp knife scotch it through and through
divers

An excellent
Soi ed Saller.

divers wayes, and mixe it all well together : then take good ſtore of Sage, and ſhred it exceeding ſmall, and mixe it with the fleſh ; then give it a good ſeaſon of Pepper and Salt ; then take the farmies 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 ſeverall linkes as you pleaſe; then hang them up in the corner of ſome Chimney clean kept, where they may take ayre of the fire, and let them dry there at leaſt foure dayes before any be eaten; and when they are ſerved up let them be either fryed, or broyled on the Grydyron, or elſe roaſted about a Capon.

Of boy'ed
meats ordina-
ry.

It reſteth now that we ſpeak of boyld meate, and broths, which for ſo much as our Houſwife is intended to be generall, one that can as well feed the poore as the rich, we firſt begin with thoſe ordinary wholeſome boyld meates, which are of uſe in every good mans houſe : therefore to make the beſt ordinary Pottage, you ſhall take a rack of mutton cut into pieces, or a leg of mutton cut into pieces ; for this meate and theſe joynts are the beſt, although any other joynt, or any freſh Beeſe will likewiſe make good Pottage ; and having waſht your meat well, put it into a clean pot with fair water, and ſet it on the fire; then take *Violet* leaves, *Succory*, *Strawberry* leaves, *Spinage*, *Langdebeſe*, *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, ſcum it very well, and then put in your Hearbs, and ſo let it boyle with a quicke
fire

fire, stirring the meat oft in the pot, til the meate bee boyld enough, and that the Hearbs and water are mixt together without any separation, which will be after the consumption of more then a third part: Then season them with salt, and serve them up with the meat either with 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 pestle 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.

Pottage without sight of hearbs.

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

Pottage without hearbs.

If you wil make Pottage of the best and daintiest kind, you shal 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 Spinnage, Endive, Succory, & whole leaves of Coleflowers, or the inward parts of white Cabage, with two or or three slic't Onyons: and put all into the pot, and boyl 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 tast of the Pottage; and so serve them up, covering the meat with the whole

Pottage with whole hearbs.

whole hearbs, and adorning the dish with sippers.

To make ordi-
nary stewd-
broth.

To make ordinary stewd broth, you shal take a neck of Veal, or a leg or, many-bones of Beef, or a Puller, or Mutton, and after the meat is washt, put it into a pot with fair water, and being ready to boyle, skumme it wel: then you shal take a couple of Manchets, and paring away the crnst, cut it into thick slices, and lay them in a dish, and cover them with hot broth out of the pot when they are steep, put them and some of the broth into a strainer, and straine it, and then put it into a pot then take half a pound of Prunes half a pound of Raisins, and a quarter of a pound of Currants clean pickt and washt, with a little whole Mace, and two or three bruised Cloves, and put them into the pot, and stirre al wel 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 sippers, and the fruit uppermost.

A fine boyled
meat.

To make an excellent boyled meat: take four peeces of a rack of Mutton, and wash them clean, and put them into a pot wel 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 peece 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 sippers.

yle a
urd.

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

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

To make an excellent *Olepotrige*, which is the onely principall dish of boyled meat which is esteemed in all *Spain*, you shall take a very large vessel, pot or Kettell, and filling it with water, you shall set it on the fire, and first put in good thick gobbets of well fed Beefe, and being ready to boyle skum your pot; when the Beefe is half boyled, you shall put in Potato-roots, Turneps and Carrets: also like gobbets of the best Mutton, and the best Pork; after they have boyled a while, you shall put in the like gobbets of Venison, red and Fallow, if you have them; then the like gobbets of Veal, Kid, and Lambe; a little space after these, the fore-parts of a fat Pig, and a cramb'd Pullet: then put in Spinage, Endive, Succory, Marigold leaves and Flowers, Lettice, Violet leaves, Strawberry leaves, Buglosse and Scallions all whole and unchopt: then when they have boyled a while, put in a Partridge and a Chicken chopt in pieces, with Quales, Railes, Blackbirds, Larkes, Sparrows, and other small Birds, all being well and tenderly boyled, season up the broth with good store of Sugar, Cloves, Mace, Cinamon, Ginger, and Nurmeg, mixt together in a good quantity of verjuyce and salt, and so stir up the pot well from the bottome: then dish it up upon great Chargers, or long Spanish Dishes made in store of sippers in the bottome: then cover the meat all over with Prunes, Raisins, Currants, and blanch't

G

Almonds

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

To make the
best white
broth.

To make the best white broth, whether it be with Veale, Capon, Chickins, or any other towle or Fish: First boyl the flesh or fish by it selfe, then take the value of a quart of strong mutton broth, or fat Kidde broth, and put into it a pipkin by it selfe, and put into it a bunch of Time, Marjoram, Spinage and Endive bound together; then when it seeths 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 mortar 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 syrrop; then draine the fruit from the syrrop, and if you see it behigh coloured; make it whire 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 drie 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 sippets; First Orenge, Lemmons, and Sugar, and so serve it forth to the table.

To boyl any wild Fowle, *Mallard, Teale, widgeon*, or such like: First boyl the fowl by it self, then take a quart of strong *Mutton*-broth, and put it into a pipkin- and boile it; then put unto it good store of sliced *Onions*, a bunch of sweet pot-herbs, 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 any wild Fowle.

To boyle a legge of *Mutton*, or any other joynt of meate whatsoever; first after you have washed it cleane, parboyle it a little, then spit it and give it half a dozen turnes before the fire, then draw it when it begins to drop, and presse it betweene two dishes, and save the gravy; then slash it with your knife, and give it half a dozen turnes more, and then presse 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 cleane consumed; then having all that while kept the gravy you tooke from the *Mutton*, stewing gently upon a Chaffing dish and coales you shall adde unto it good store of salt; sugar, cinnamon and ginger, with some Lemmon slices, and a little of an Orange-peel, with a few fine white bread crums: then taking up the *Mutton*; put the remainder of the broth in, and put in likewise the gravy,

To boyl a leg of Mutton.

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

If you will boyl Chickens, young Turkeys, Pea-hens, or any house fowle daintily; you shall after you have trimmed them, drawn them, trust them, and washed them, fill their Bellies as full of Parsly as they can hold: then boyle them with Salt and Water onely till they be enough: then take a Dish and put into it Verjuyce, and Butter, and Salt, and when the Butter is melted, take the Parsly 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.

If you will make 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 handfull of sliced onyons; then you shall thicken it with two or three spoonfull 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 powr 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 Houfholder.

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

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

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

Additions:
To boyle meats.
A Mallard smoared, or a Hare, or old Cony.

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

To stew a pike

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

To stew a
Lambs head &
Purtenance

Take a Lambs head and Purtenance cleane washt 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 tyed up together, and so let it boyle well till the meate be enough: then take up the Lambs-head and Purtenance, and put it into a cleane dish with sippets; then put in a good lumpe of Butter, and beate the yolkes of two Egges with a little Creame, and put it to the broth with Sugar, Cynimon, and a spoonfull or two of Verjuce, and whole Mace, and as many Prunes as will garnish the dish, which should be put in when it is but halfe boyl'd, and so poure it upon the Lambes-head and Purtenance, and adorne the sides of the dish

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

Take a very good breast of Mutton chopt into sundry large peeces, and when it is cleane washt, put it into a pikin 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 peeces as long as ones hand, and cleane washt and scrapt; then good store of the best Onyons, and all manner of sweet pleasant Pot-herbs and Lettice, all grossely chopt, and good store of Pepper and Salt, and then cover it, and let it stew till the Mutton be enough; then take up the mutton, and lay it in a cleane dish with sippets, and to the broth put a little wine-vinegar, and so poure it on the Mutton with the Parsneps whole, and adorne the sides of the dish with Sugar, and so serve it up: And as you doe with the Brest, so you may doe with any other Ioynt of Mutton.

A brest of
Mutton stewd.

Take a Neates foote that is very well boyl'd (for the tenderer it is, the better it is) and cleave it in two, and with a cleane cloth dry it well from the Souf drinke; then lay it in a deep earthen platter, and cover it with Verdjuyce, then set it on a cassing-dish and coales, and put to it a few Currants, and as many Prunes as will garnish the dish, then cover it, and let it boyle well, many times stirring up with your knife, for feare it stick to the botome of the dish; then when it is sufficiently stewed, which will appeare by the tendernesse of the meat and softnesse of the fruit; then put in a good lumpe of Butter, great store of Sugar and Cynemon, and let it boile a little after: then put it all together into a cleane dish with Sippets, and adorne the sides of the dish with Sugar and Prunes, and so serve it up.

To stew a
Neates foot

Of Roast-
meats.

Observations.
in roast-meats.

Spitting of
roast-meats.

Temperature
of fire.

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

Then to know the temperatures of fires for every meate, and which must have a slow fire, and yet a good one, taking leasure in roasting, as chines of Beefe, Swans, Turkeys, Peacocks, Bustards, and generally any great large Fowle, or any other joynts of Mutton, Veale, Duck, Kidde, Lambe, or such like: whether it bee Venison red, or fallow, which indeed would lie long at the fire, and soak well in the roasting, and which would have a quick and sharpe fire without scorching, as Pigs, Pullers, Pheasants, Partridges, Quails, and all sorts of middle sized, or lesser fowle, and all small birds, or compound roast-meates, as Olives of Veale, Hastets; a pound of Butter roasted; or puddings simple of themselves, and many other such like, which indeed would be suddenly, and quickly dispatch, 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 meats, as which must be pale and white roasted, yet throughly roasted, as Mutton, Veale, Lamb, Kid, Capon, Pullet, Pheasant, Partridge, Quale, and all sorts of middle and small land or water Fowle, and all small birds, and which must be browne roasted, as Beefe, Venison, Porke, Swanne, Geese, Piggess, Crane, Bustards, and any large Fowle, or other thing whose flesh is black.

The complexion of meat.

Then to know the best bastings for meate, which is sweet Butter, sweet Oyle, barrell Butter, or fine rendered up seame with Cynamon, 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 alwaies.

The best bastings of meats.

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

The best dredging.

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

To know when meat is enough.

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

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

Roasting Mutton with Oysters.

If you will roast Mutton with Oysters, take a shoulder alone, or a legge, and after it is washt, parboyle it a little: then take the greatest Oysters, and having opened them into a dish, draine the gravy cleane from them twice or thrice, then parboyle them a little: then take Spinage, Endive, Succory, Strawberry-leaves, Violet-leaves, and a little parsley, with some Scallions: chop these very small together: then take your Oysters very dry, drain'd, and mix them with an halfe part of these herbes: then take your meate, and with these Oysters and herbes face or stop it, leaving no place empty, then spit it and roast it, and whilst it is in roasting, take good store of Verjuice 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 hearbes without Oysters, and a good quantity

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

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

To roast a leg
of Mutton o-
the wise.

To roast a
Gigget of
mutton.

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

To roast olive
of Veale.

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

To roast a pig.

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

fine bread crums, currants, sugar and salt mixt together; and thus apply dredging upon basting, and basting upon dredging, till you have covered all the flesh a full inch deep: Then the 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 overcome, 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 nearly trim'd with Sugar as may be.

To roast a pound of Butter well.

To roast a pudding upon a spit, you shall mixe the pudding before spoken of in the 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.

To roast a pudding on a spit.

If you will roast a chine of Beefe, 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 perboyl it more then half through: Then first take your Capon, being

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

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 so 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 boyling Lard: then when you see the Beefe is almost enough, which you shall hasten by schorching and opening of it: then with a cleane cloth you shall wipe the Mutton and Capon all over, and then baste it with sweet butter till all be enough roasted: 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.

To roast veni-
son,

If you will roast any venison, after you have washed it, and cleansed all the blood from it, you shall stick it with cloves all over on the out side; and if it be cleane, you shall lard it either with mutton-lard, or gork-lard but mutton is the best: then spit it and roast it by a soking fire, then take vinegar, bread-crummes, and some of the gravy, which comes from the venison, and boile them wel in a dish: then season it with sugar, cinamon 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 stop it with Cloves, then spit it, and let it roast at great leisure, plying it continually with basting, which will take away the hardnesse: then when it is enough, you shall draw it, and serve it upon Venison sawce, 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 prescripts, and by them you may perform any work whatsoever: but for the ordering, preparing, and trussing your meates for the spit or table, in that there is much difference: for in all joynts of meat except a shoulder of Mutton, you shall crush & break the joynts 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 Pigge you shall chine, and divide into two parts: Capons, Pheasants, Chickens, and Turkeys, you shall roast with the pinions foulded up, and the legs extended; Hens, Stock-doves and Houle-doves, you shall roast with the pinions foulded up, and the legs cut off by the knees and thrust into the bodies: Quails, Partridges, and all sorts of small birds shall have their pinions cut away, and the legges extended: all sorts of Water-fowle shall have their pinions cut away, and their legges turned backward: Wood-cockes, Snipes and Stunts shall be roasted with their heads and necks on, and their legs thrust into their bodies, and Shovelers and Bitterns shall have no neckes but their heads onely.

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 crums, till it be thick; then put to it good store
of

To roast a
Cows udder,

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

To roast a
fillet of veal.

Take an excellent good leg of Veal, and cut the thick part thereof a handfull and more from the Knuckle: then take the thick part (which is the fillet, and pierce 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 piercing, and put them into a Pipkin with Vinegar, and clean washt Currants, and boyl them well together: then when the hearbs are sufficiently boyl'd and soft, take the yelkes of four very hard boyl'd Egges, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the gravie which drops from the veal, and boyl it over again, and then put it into a clean dish, and the fillt being dreg'd and drawn, lay upon it, and trim the side of the dish with Sugar, and so serve it up.

To make an excellent sauce for a rost Capon, you shall take Onyons, and having sliced and pilled them, 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 Orange, and three or four slices of a Lemmon pill; all these shred together, and so powr it upon the Capon being broke up.

To make sauce for an old Hen or Puller, take a good quantity of Beer and Salt, and mixe them well together with a few fine bread crums, and boyl them

on a chaffing dish and coales; then take the yolkes of three or four hard Egges, and being shred small, put it to the Beer, and boyl it also: then the Hen being almost enough, take three or four Spoonfuls of the gravy which comes from her, and put it in also, and boyle all together to an indifferent thicknesse: which done, suffer it to boyl no more, but only to keep it warm on the fire, and put it into the juyce of two or three *Orenges*, and the slices of *Lemmon-pils* shred small, and the slices of *Orenges* also having the upper rine taken away: then the Hen being broken up, take the braines thereof, and shredding them small, put it into the sauce also, and 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* roasted in their Bellies mixt together; others, will have *Butter*, *Verjuyce* and *Sugar* boyl'd together with toasts of bread; and others wil have thick *sp-pets* with the juyce of *sorrel* and *sugar* mixt together.

The best sauce for a *Pheasant* is *water* and *onyons* slic't *Pepper* and a little *salt* mixt together, and but stewed upon the coales, and then powred upon the *Pheasant*, or *Partridge*, being broken up, and some will put thereto the juyce or slices of an *Oreng*e or *Lemmon*, or both: but it is according to tast, and indeed more proper for *Pheasant* then a *Partridge*.

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

Sauce for
pigeons.

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

A generall -
sauce for wild
Fowle.

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

Sauce for
green Geese.

The best sauce for green *Geese* is the juyce of *Sorrell* and *Sugar* mixt together with a few scalded *Ferberries*, and served upon sippets, or else the belly of the green *Goose* filld with *Ferberries*, and so roasted: and then the same mixt with *Verjuyce*, *Butter*, *Sugar*, and *Cinamon*, and so served upon sippets.

sauce for stub-
ble Geese.

The sauce for a stubble *Goose* is diverse, according to mens minds, for some will take the pap of roasted *Apples*, and mixing it with *Vinegar*, boyle them together on the fire with some of the gravy of the *Goose*, and a few *Barberies* and *Bread crums*. and when it is boyled to a good thickenesse, season it with *sugar* and a little *cinamon*, and so serve it up: some will add a little *Mustard* and *Onyons* unto it, and some will not rost the apples, but pare them and slice them, and that is the nearer way, but not the better. Others will fill the belly of the *Goose* full of onyons shred, and oat-meal-groats, and being roasted enough, mix it with the gravy of the *Goose*, and sweet hearbs well boyled together, and seasoned with a little *Verjuyce*.

A gallantine.
sauce for a
swan,

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 stird well, boyl it on the fire, then when it comes to be thick, put unto it vinegar a good quantity, with a few fine bread-crummes, and so boyl it over again; then being come to good thicknes, season it with sugar and cinamon, so as it may taste 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 Verjuyce, 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.

A sauce for Pigge.

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 Egges, boyl them in vinegar and Butter, with a few Bread crummes, and good store of sugar; then season it with Sugar and Cinamon, and a Clove or two crushed, and so powre it upon the Veal, with the slices of Oreniges and Lemons about the dish.

A sauce for Veale.

Take Oreniges 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 boyl'd, put to it a good lump of Butter, and then lay good store of sippets of fine white bread therein, and so serve your Chickens upon them, and trim the sides of the dish with sugar.

Additions unto saucce.

Take fair water, and set 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;

Sauce for Turkey.

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

The best Gallantine.

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

Sauce for a Mallard.

Take good store of Onions, pil them, and slice them, and put them into vinegar and boyl 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.

Of carbonados.

Charbonados, 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 mens pleasures: for there is no meat either boyled 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 boyled a shoulder of Mutton half roasted, the legs, wings, and Carcasses of Capon, Turkey, Goose, or any other fowl whatsoever especially Land fowl.

what is to be carbonadoed.

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

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

Now for the manner of *Carbonadoing*, it is in this ſort; you ſhal firſt take the meat you muſt *Carbonado*, and ſcorch 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 *hookes and prickes*, 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 doth 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*.

The manner of carbonadoing.

Touching the toaſting of *Mutton, Veniſon*, for any other Joynt of Meate, which is the moſt excellent of all *Carbonadoes*, you ſhal take the fatteſt and largeſt that can poſſibly be got (for *leaner meate is loſe of labour, and little meat not worth your time*;) and having ſcorcht it, and caſt ſalt upon it, you ſhal 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 ſcorch, 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

Of the toaſting of Mutton.

brown at great leasure; and as oft as you baste it, so oft sprinkle *salt* upon it, and as you see it toast, scotch it deeper, and deeper, especially in the thickest and most fleshy parts where the bloud most testeth: and when you see that no more bloud droppeth from it. but the gravy is clear and white, then shall you serve it up either with *Venison-sauce*, or with *Vinegar, Peppers, and Sugar, Cinamond*, and the juyce of an *Orange* mixt together, and warmed with some of the gravie.

Additions,
unto carbonados.
A rasher of
Mutton or
Lambe.

Take *Mutton* or *Lambe* that hath been either roasted, or but parboyl'd, and with your knife scotch it many wayes, then lay it in a deep dish, and put to it a pint of *White-wine*, and a little whole *Mace*, a little slic'd *Nutmeg*, and some *Sugar*, with a lumpe of sweet *Butter*, and stew it so till it be very tender: then take it forth, and browne it on the Grid-iron, and then laying *Sippets* in the former broth, serve it up.

how to carbonadoe
tongues

Take any *Tongue*, whether of *Beef, Mutton, Calves, Red-Deer* or *Fallow*, and being well boyled, pill them, cleave them, and scotch them many wayes: then take three or four *Egges* 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 soure-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
Fisht.
how to souce
any fresh-fish

Take any *Fresh-fish* whatsoever (a *Pike, Breame, Carpe, Barbell, Cheam*, and such like, and draw it, but scale it not; then take out the *Liver* and the refuse, and having opened it, wash it: then take a pottle of fair water, a pretty quantity of *White-wine*, good store of *Salt*,
and

and some *Vinegar*, with a little bunch of sweet *Herbs* and set it on the fire, and as soon as it begins to boile, put in your fish, and having boiled a little, take it up into a fair vessell, then put into the liquor some grosse *Pepper* and *Ginger*, and when it is boiled well together with more *Salt*, set it by to cool, and then put your fish into it, and when you serve it up, lay *Fenell* thereupon.

To boile small fish, as *Roches*, *Daces*, *Gudgeon*, or *Flounder*, boile *White-wine* and *water* together with a bunch of choise *Herbs*, and a little whole *Mace*, when all is boild well together, put in your fish, and scum it well: then put in the soal of a *Manchet*, a good quantity of sweet *Butter*, and season it with *Pepper*, and *Verjuice*, and so serve it in upon *Sippets*, and adorne the sides of the dish with *Sugar*.

how to boyle
small Fish.

First, draw your fish, and either split it open in the back, or joynt it in the back, and trusse 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 *Verjuice*, *Nutmeg*, *Butter*, and *Pepper*; and letting it stew a little, thicken it with the yelkes of *Egges*: then hot remove it into another dish, and garnish it with slices of *Oranges* & *Lemmons*, *Barberries*, *Prunes*, and *Sugar*, and so serve it up.

To boile a
Gurnet or
Rocher.

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

how to bake a
Carpe.

First let your *Tench* bloud in the tail, then scoure it, wash it, and scald it, then having dryed, take it the fine crummes of *Bread*, sweet *Creame*, the yelkes of

How to bake
Tench.

Eggs, Currants, cleane washr, a few sweet hearbs, chopt small, season it with Nutmegs and pepper, and make it into a stiffe past, & put it into the belly of the Tench, then season the fish on the out side with pepper salt and Nutmeg, and so put it into a deep coffin with sweet butter, and so close up the pye and bake it: then when it is enough, draw it, and open it, and put into a fit good piece of preserved Orange minst: then take Vinegar, Nutmeg, Butter, Sugar, and the yelk of a new layd egge, and boyle it on a Chaffing dish and coales, always stirring it to keep it from curding; then powre it into the pye, shake it well, and so serve it up,

How to stew a Trout.

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

How to bake Beles.

After you have drawn your Beles, chop them into small pieces of three or four inches, and season them with Pepper, Salt and Ginger, and so put them into a coffin with a good lump of butter, great Raisins, Onions small chopt, and so close it, bake, and serve it up,

The pastery & baked meats.

Next to these already rehearsed, our English Housewife must be skilfull in pastery, and know how and in what manner to bake all sorts of meat, & 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 past is best for that purpose: your Turkey, Capon, Pheasant, Partridge Veale, Peacocks, Lambe, and all sorts of water-fowle which are to come to the table more then once (yet not many dayes, would be bak't in a good white crust, somewhat thick; therefore your wheate is fit for them: your Cickins Calves-feet, Olives, Potatoes, Quinces Fallow Deere and such like, which are most commonly eaten hot, would be in the finest, shortest and thinnest crust; therefore your fine wheate flower which is a little baked in the oven before it be kneaded is the best for that purpose.

To speake then of the mixture and kneading of pasts you shall understand that your rie past would be kneaded only with hot water and a little butter, or sweete seame Rye flower very finely sifted, and it would be made rough & stiffe, that it may stand well in the rising for the coffin thereof must ever be very deep; your course wheat crust should be kneaded with hot water, or Mutton broth, and good store of butter, & the paste made stiffe & rough, because that coffin 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.

Of the mixture of pasts

Now for the making of puff past of the best kind, you shal take the finest wheat flowre after it hath bin litle bak't in a pot in the oven, and blend it well with egges whites and yelkes all together, and after the paste is well kneaded, roule out a part thereof as thinn as you please, and then spread cold sweete butter over the same

Of puff past

same, then upon the same butter role another leafe of the paste as before; and spread it with butter also, and thus role leaf, upon leaf with butter between, till it be as thick as you think good: and with it either cover any bak't meat, or make paste for Venison, Florentine, Tart or what dish elle you please and so 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 puffed past is bak't, you shal dissolve Sugar into Rose-water, and drop it into the paste as much as it wil by any meanes receive, and then set it a little while in the oven after, and it will be sweet enough.

Of baking red Deer, or Fal-
low or any-
thing to keep
old.

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 squeeze out the blood; then for a night lay it in a meat sauce made of Vinegar, small drink and salt, and then taking it forth, season it well with Pepper finely beaten, and salt wel mixt together, and see that you lay good store thereof, both upon and in every open and hollow place of the Venison, but by no meanes cut any slashes to put in the Pepper, for it will of it self sink fast enough into the flesh, and be more pleasant in the eating, then having raised 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

please to keep cold, the meate sauce onely being left out, which is onely proper to red Deer. And if to your meat sauce you adde a little Turnesole, and therein steep Beet, and Ramme mutton: you may also in the same manner take the first for Red Deer Venison, and the latter for Fallow, and a very good judgement shal not be able to say otherwise, then that it is of it self perfect Venison, both in taste, colour, and the manner of cutting.

To bake beef
or mutton for
venison.

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

To bake a Custard or Dowset.

To make an excellent olive pye: take sweet herbes as Violet leaves, Strawberry leaves, Spinage, Succory, Endive, Time and Sorrell, and chop them as small as may be, & if there be a Scallion or two amongst them

To bake an Olive-pye.

it will give the better taste, then take the yelks of hard Egges 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 so mixed within the Olives, together with a good deale of sweet *Butter*; then having raised your crust of the finest and best paste, strow in the bottome the remainder of the hearbs, with a few great Raisins, having the stones pickt out: then put in the Olives, and cover them with great Raisins, and a few Prunes: then over all lay good store of *Butter*, and so bake them: then being sufficiently bak't, take *Claret-wine*, *Sugar*, *Cinamon*, and two or three spoonfull of *Wine Vinegar*, and boyle them together, and then drawing the pie, at a vent in the top of the lid put in the same, and then set it into the Oven again a little space, and so serve it forth.

To make a
Marrow-bone
Pie.

To bake 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 shal first in the bottome thereof lay a course of marrow of Beefe, mixt with *Currants*: then upon it a lay of the soales of *Artichokes*, after they have been boyled, 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 boyled soft, and are cleane pil'd: then cover them with *Marrow*, *Currants*, great Raisins, *Sugar* and *Cinamon*: then lay a layer of *candied Eringo-roots* mixt very thicke with the slices of *Dates*: then cover it with *Marrow*, *Currants*, great Raisins, *Sugar*, *Cinamon* and *Dates*, with a few *Damask prunes*, and so bake it: and after it is bak't powre into it as long as
it

it will receive it, White-wine, Rose water, Sugar, Cinnamon & vinegar mixt together, & candy al the cover with Rose water and Sugar onely, and so 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 brest-bones, and raised your crust of the best paste, you shall lay them in the coffin close together with their bodies full of butter: then lay upon them, & underneath them currants, great raisins, prunes, cinamon, sugar, whole mace, & salt: then cover all with great store of Butter, and so bake it: after pour into it the same liquor you did in your Marrow bone pye with yelks of two or three eggs beaten amongst it, and so serve it forth.

To bake a chicken-pye.

To make good Red-Deer Venison of 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 presse it as hard as may be: then the water being prest out of it, season it well with Pepper and Salt: then lard it with the fat of Bacon so thick as may be: then bake it as you bake other Red-deer, which is formerly declared.

Addition to the pastery Venison or hares.

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, as soone 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

To bake a hare-pye.

quantity of Mutton suet, and with a sharp shredding-knife shred it as small as you would do for a Chewet: then put to it Currants, and whole Ray sins, Cloves and Mace, Cinamon and salt: then having raised the coffin long-wise to the proportion of a Hare, first lay in the head, and then the foresaid 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 bak't meates of that nature.

**A Gammon
of Bacon pic.**

Take a Gammon of Bacon, and onely wash it cleane, and then boyle it on a soft gentle fire, till it be boyld as tender as is possible, ever and anon sleeting it clean, that by all meanes it may boyle white: then take off the sward, and searse it very well with all manner of sweet and pleasant serfing 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 Hering pic.

Take white pickled Herrings of one nights watering, and boyl 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 chore, 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, sic't Dates, and so 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 bak't, draw it out, and take claret wine and a little verjuice, sugar, cynamon, and sweet *Butter*, and boyle them together: then put it in at the vent-hole, and shake the pipe a little, and put it againe into the *Oven* for a little space, and so serve it up, the lid being candied over with sugar, and the sides of the dish trimmed with sugar.

Take the 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 yelkes of a dozen *Egges* boild exceeding hard, and put them to the *Fish*, and shred all together as small as is possible, then take all manner of the best and finest pot-herbes, and chop them wonderfull 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 *Verjuice*, sugar, *Cinamon*, 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 reheard, are extraordinary and speciall *Lenten* dishes.

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

scowred skillet, and put into it Sugar, Cynamon, and a Nutmeg cut into four quarters, and so boyle it well : then take the yelks of four Eggs, and take off the slimes, and beat them well with a little sweet Creame : then take the foure quarters of the Nutmegge out of the Cream, then put in the egges, 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 bottome, and holding it in your hand, powr half the Cream into the dish : then lay your bread over it, and cover the bread with the rest of the creame, and so let it stand till it bee cold : then strew it over with *Carraway Comfets*, and pricke up some *Cinamon Comfets*, and some slic't *Dates*; or for want thereof, scrape all over it some Sugar, and trim the sides of the dish with sugar, and so serve it up.

Take a pint of the best and thickest Creame, and let it on the fire in a cleane skillet, and put into it Sugar, Cinamon, and a Nutmeg cut into four quarters, and so boyle it well : then put it into the dish you intend to serve it in, and let it stand to coole till it be more then luke-warm : then put in a spoonfull of the best earning, 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.

4 calves foot
pye.

Take Calves feet well boyl'd, and picke all the meate from the bones: then being cold, shred it as smal 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 sticke of *Cinamon*, and a *Nutmeg* slic't into foure quarters ; and season it before with Salt : then

then close up the coffin, and onely leave a vent-hole : When it is bak't, draw it, and at the vent-hole put in the same liquor you put in the Ling-pic, and trim the lid after the same manner, and so serve it up.

Take of the greatest *Oysters* drawn from the shells, and perboyle them in *Verjuice* : then put them into a Cullander, and let all the moysture run from them, til they be as dry as possible : then raise up the coffin of the Pie, and lay them in : then put to them good store of Currants, and fine powdred Sugar, with whole Mace, whole Cloves, whole Cinamon and Nutmegge slic'd, dates cut, and good store of sweet butter: then cover it, and onely leave a vent-hole : when it is bak't, then draw it, and take white wine, and white wine Vinegar, Sugar, Cinamon, 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 set 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 meer 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 Chickens after they have beene roasted, and pull away the skin

Oyster pie.

To recover
venison that is
tainted.

A chowet pie.

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

A minced 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 smal: 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-pils slic'd; then being all well mixt together, put it into a coffin, or into divers coffins, and so bake them: and when they are served up, open the lids, and strow store of Sugar on the top of the meat, and upon the lid. And in this sort you may also bake Beefe or Veale, onely the Beefe would not be parboyl'd, and the Veale will aske 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, annoint 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, A warden pie 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 stiekes of cinnamon, 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 boyled, 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 powr it in at the vent-hole, and shake the pie well: then take sweet butter, and Rose water melted, and with it annoint the pie-lid all over, and then strow of it store of sugar, and so set it into the oven againe a little space, and then serve it up: and in this manner you may also bake Quinces.

Take the best and sweetest *Woorst*, and put to it good store of sugar: then pare and cover the Quinces clean, To preserve quinces to bake all the year. 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 boyled stand to coole also: then straine it through a raunge or sive, then put the Quinces into a sweet earthen pot: then powr the pickle or sirrup unto them, so as all the Quinces may be quite covered all over: then stop up the pot close,

and set in a dry place, and once in six or seven weekes look unto it; and if you see it shrink, or doe begin to hoar or mould, then powre out the pickle or firrup, 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.

A Pippin tart

Take Pippins of the fairest, and pare them, and then divide them just in the haltes, and take out the chores 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't, then draw it out, and having boyled butter and rose-water together, annoint all the lid over therewith, and then scrape or strow on it good store of Sugar, and so set it in the oven again, and after serve it up.

A codlin tart.

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 haltes, and cut out the chores, and so lay them into the coffin, and doe in every thing as you did in the Pippin tart; and before you cover it when the sugar is cast in, see you sprinkle upon it good store of Rose-water, then close it, and do as before shewed.

A codlin pie.

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

another leare of *Codlins*, and 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 *Cinamon-sticke*, 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 bak't, draw it out of the *Oven*, and take of the thickest and best *Creame* with good store of *Sugar*, and give it one boyle or two on the fire, then open the pie, and put the *Creame* therein, and mash the *Codlins* all about; then cover it, and having trim'd the lidde (as was before shew'd 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 bottome with *sugar*: then cover the *sugar* all over with *Cherries*; then cover those *Cherries* with *sugar*, some *stickes* of *Cinamon*, and here and there a *Clove*: then lay in more *Cherries*, and so more *sugar*, *Cinamon* and *Cloves*, till the coffin be filled up: then cover it, and bake it in all points as the *Codling* and *pippin Tart*, and so serve it: and in the same manner you may make *Tarts* of *Gooseberries*, *Strawberries*, *Rasberies*, *Bilberries*, or any other *Berry* whatsoever.

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

and scrape some sugar over it also, then cover the tart, & bake it, and trim it in all points, as hath been before shewed, and so serve it up.

A Florentine.

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 feasting hearbes, which have no bitter or strong tast, 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 cleane washt 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 peeces 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 fast together, then with your knife cut the lid into diverse pretty works according to your fancy, then set it in the oven & bake it with pies and tarts of like nature: when it is bak't, draw it and trim the lid with sugar, as hath been shewed in tarts, and so serve it up your second courses.

A russe tart.

Take of the fairest damaske pruens you can get and put them in a cleane pipkin with faire water, Sugar, unbrused Cinamon, and a branch or two of Rosemary,

mary, and if you have bread to bake, stew them in the oven with your bread: if otherwise stew them on the fire: when they are stewed, then bruise them all to mash in their sirrop, and strain them into a clean dish; then boyl it over again with sugar, Cynamon and Rose-water, till it be as thick as Marmelad: then set it to cool, then make a reasonable tuffe past with fine flower, Water, and a little butter, and rowl it out very thinne: then having patternes of paper cut into divers proportions as Beasts, Birds, armes, Knots, Flowers and such like: Lay the patternes on the paste, and so cut them accordingly: then with your fingers pinch up the edges of the past, and set the work in good proportion: then prick it well all over for rising, and set it on a clean sheet o 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 confectiion of prunes before rehearsed, and with your Knife or a spoon fill the coffin according to the thicknesse of the verge; then strow it over with carraway comfets, and prick long comfets 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 colour black,

Take apples and pare them, and slice them thin from ^{Apple-carr.} the chore into a pipkin with whitewine, good store of Sugar, Cinamon, 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 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.

A Spinage tart.

Take good store of Spinage, and boyle it in a Pipkin, with White-wine, til 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 cynamon, 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 pruen tart, and this carryeth the colour green.

A yellow tart. Take the yelkes 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, cynamon Rosewater, and then boyle it well: when it is boyld, and still boyling 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 pruen tart, and so serve it and this carryeth the colour yellow.

A white tart.

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 cynamon, rosewater and boyl it well, and as it boyles stirre it exceedingly, and in the stirring put in the whites of eggs then boyl 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
wish

with blanched almonds like white tarts and full as pure. Now you may if you please put all these severall colours, and severall stufes into one tart, as thus; If the tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another, and the tallents of another: and of birds, the body of one colour, the eyes another, the legs of another, and every feather in the wings of a severall color according to fancy: and so likewise in armes, the field one colour, the charge of another, according to the forme of the Coat armour; as for the mantles, trailes, and devices about armes, they may be set out with severall colours of preserves, conserves, marmalads, and good in cakes, & as you shal find occasion or invention, and so likewise of knots, one tayle of one colour, and another of another, and so of as many as you please.

Take Sorrell, spinage, parfly, and boyl them in water till they be very soft as pap, then take them up, & presse the water clean from them, then take good store of yelkes, of eggs boild very hard, and chopping them with the hearbs exceeding small, then put in good store of currants, sugar and cynamon, and stir all well together; then put them into a deep tart coffin with good store of sweet butter, and cover it, & bake it like a pippin tart, and adorn the lid after the baking in that manner, also and so serve it up,

An hearbraine

Take a quart of the best cream, and set it on the fire and slice a loaf of the lightest white bread into thinn slices, and put into it, & let it stand one the fire till the milk begin to rise; then take it off, & put it into a bason, & let it stand till it be cold then put in the yelkes of four eggs, and two whites good store of currants
sugar,

To bake a pippin
ding'pye, 3

Sugar, Cinamon, Cloves, Mace, and plenty of Sheeps suet finely ihred, 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,

A whitepore

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 pickt rice, but not so much as to make it thick, & let it steep therein til it be cold, then put in the yelkes of six eggs & two whites, *Currants*, *Cinamon*, *Sugar*, & rose-water, and salt, then put it into a pan or pot as thin as it were a custard; and so bake it, and serve it in the pot it is baked in, trimming the top with *sugar* or comfets.

Banquetting
fruit and con-
served dishes

There are a world of other bakt meats and Pies but for as much as whosoever, cando these may do all the rest, because herein is contained all the art of seasoning; I wil trouble you with no further repetitions; but proceed to the manner of of making Banquetting stufte, & 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 adoration, that whosoever, is ignorant therein, is lame, and but the half part of a Houf-wife.

To make past
er Quinces.

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 & searsed, & put in a little rose-water 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 wil take a pound of *sugar*

of

or neere thereabouts.

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

To make thin quince cakes.

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 waight of your quinces in sugar, and boile the Quinces in the firrup til they be tender: then take them up & boile the firrup till it be thick: If you will have your quinces red, cover them in he boiling, and if you will have them white do not cover them.

To preserve quinces.

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

To make Ipocras.

To make the best jelly, take calves feet & wash them & scald off the haire as cleane as you can get it: then split them & take out the fat and lay them in water & shift them, then bruise them in fair water untill it will jelly, which you shall know by now and then cooling a spoonful of the broth, when it will jelly then straine it, and when it is cold then put in a pint of sacke and whole Cinamon and Ginger slicd, and sugar and a little rose-water, and boyle all well together againe:

To make jelly.

Then

Then beate the white of an *Egge* 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 *Townesfall*. Also if you want calves feete you may make as good Jelly if you take the like quantity of *Isinglasse*, and so use no calves feete at all.

To make
leach.

To make the best Leach, take *Isinglasse* & lay it two houres in water, and shift it and boyle it in fair water and let it coole: Then take *Almonds* and lay them in cold water till they will blanch: And then stampe them and put to new milke, and straine them and put in whole *Mace* and *Ginger* slic't, and boyle them till it tast well of the spice: then put in your *Isinglasse*, and sugar, and a little *Rose-water*, and then let them all run through a *strayner*.

To make gin-
gerbread.

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

Marmelade of
quinces red.

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

when they be soft take a knife, and cut them crosse upon 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 smal as you can in the pan, and then strow a little fine sugar in your boxes bottome, and so put it up.

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

Marmalade
white.

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

To make
jumbals.

To make Bisket-bread, take a pound of fine flower, and a pound of sugar finely beaten and searled, & mix them together: Then take eight Egges, and put foure yelkes, 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 neer an houres beating; then take halfe an ounce of Anniseeds and Coriander-seeds, and let them be dryed, and rub'd very cleane, and put them in; then rub your *bisket-pans* with cold sweet butter as thin as you can, and so put it in, and bake it in an oven: but if you would have thinne Cakes, then take Fruit dishes, and rub them in like sort with butter, and so bake your Cakes on them, and when they

To make bisket
bread.

they are almost baked, turne them, and thrust them down close with your hand. Some to this Bisket bread will adde a little cream, and it is not amisse, but excellent good also.

To make finer
Jumbals.

To make Jumbals more fine and curious than the former, and neerer to the taste of the Macaroon: take a pound of sugar, beate it fine: then take as much fine wheat flower, and mixe them together: then take two whites, and one yelk 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 Anniseeds finely rubbed, and strewed into the paste, and also Coriander seed.

To make dry
Sugar-leach.

To make dry sugar leach, blanch 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 past: then roule it, and print it as you did other things, only be sure to strew sugar in the print for fear of cleaving too.

To make leach
Lumbard.

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

To make fresh
cheese.

To make an excellent fresh cheese, take a pottle of milk as it comes from the Cow, and a pint of Cream: then take a spoonfull of runnet or earning, and put it unto it, and let it stand two houres: then stir it up,
and

and put it into a fine cloth, and let the Whey draine from it : then put it into a bowl, and take the yelk 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 searst, mix it with the curd, and then put it in the Cheefe-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 Licoras and a quarter of a pound of Aniseeds, and a peny-worth of Saunders : all these must be beaten and searfed, and so put into the Honey : then put in a quarter of a pint of Claret wine, or old Ale; then take three peny manchets finely grated, and strow it amongst the rest, and stir it till it come to a stiffe past, and then make it into cakes, and dry them gently.

How to make
course Ginger-
bread,

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

How to make
Quince cakes
ordinary.

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

How to make
Cinamon
stickes.

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

How to make
cinamon-wa-
ter.

To make Wormwood water, take two Gallons of good Ale, a pound of Anniseedes, half a pound of Li-

To make
worm-wood/
water,

coras,

cer. 15, and beat them very fine; and then take two good handfulls of the crops of *wormwood*, and put them into the *Ale*, and let them stand all night, and then distill them in a *Limbeck* with a moderate fire.

To make
Sweet water.

To make *Sweet water* of the best kind, take a thousand *Damask Roses*, two good handfulls of *Lavendar-tops*, a three peny weight of *Mace*, two ounces of *Cloves* bruised, a quart of *running-water*: put a little *water* into the bottome of an earthen-pot, and then put in your *Roses* and *Lavender*, with the spices by little and little, and in the putting in, alwayes 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 alwayes a little of your water; then stop your pot close, and let it stand four dayes, in which time, every morning and evening put in your hand, and pull from the bottome of your pot the said *Roses*, working it for a time: and then distill it, and hang in the glasse of water a graine or two of *Muske* wrapt in a picce of *Sarcenet*. or fine cloth.

Another way.

Others to make *sweet water*, take of *Ireos* two ounces, of *Calamus* half an ounce, of *Cipresse roots* halfe an ounce, of yellow *Saunders* nine drams, of *Cloves* bruised one ounce, of *Benjamin* one ounce, of *Storax* and *Calamint* one ounce, and of *Musk* twelve grains, and infusing all these in *Rose-water* distill it.

To make
Date Leach.

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

To make
Sugar plate.

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

der of faire Hepps and Sugar, and the juyce of an Orange; beat all these together in a Mortar, then take it out, and work it with your hand, and print it at your pleasure.

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

To make spice
Cakes.

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 egges, and put away one yelke, and beat them and strain them with barme, putting thereto Cloves, Mace, Cinamon, and Nutmegges, then take a pint of Creame, and as much mornings milk, and set it on the fire till the cold be taken away; then take flower, and put in good store of cold butter and Sugar, then put in your egges, barme, and meale, and worke them all together an houre or

To make a
Banbury cake

More; then ſave a part of the paſte, and the reſt break in peeces, and work in your Currants; which done, mold your Cake of what quantity you pleaſe; and then with that, paſte which hath not any Currants, cover it very thin, both underneath, and a loſt. And ſo bake it according to the bigneſſe.

To make the
beſt Marc-
pane.

To make the beſt march-pane, take the beſt Iordan Almonds, and blaunch 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 Iordan Almond, three ſpooneful of ſugar: then when it is brought thus to a paſte, lay it upon a fair table, and ſtrowing ſearſt ſugar under it, mould it like leaven, then with a rolling pin role it forth, and lay it upon waſers 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, waſh it over with Roſe-water and Sugar mixt together, for that will make the Ice; then adorn it with Comfers, guilding, or whatſoever devices you pleaſe, and ſo ſet it into a hot ſtove, and there bake it criſpie, and ſo ſerve it forth. Some uſe to mixe with the paſte, Cinamon and Ginger finely ſearſt, but I referre that to your particular taſte.

To make paſte
of Genoa or
any other paſte.

To make paſte of Genoa, you ſhall take Quinces after they have been boyled ſoft, and beat them in a mortar 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, Wardens, Plummes of all kinds, Cherries Barberries or what other fruit you pleaſe.

To make conserve of any fruit you please, you shall take the fruit you intend to make conserve of, and if it be stone-fruit you shall take out the stones: if other fruit, take away the paring and chere; and then boyl them in fair running water to a reasonable height: then draine them from thence, and put taem into a fresh vessel with Claret wine, or White wine, according to the colour of the fruit: and so boyl 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 any
Conserve.

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 mortar, 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 searft, and beat it all together, till it come to one intire body, & then pot it up, & use it as occasion shall serve.

To make Con-
serve of Flow-
ers.

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

To make
Wafers.

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

To make Mar-
malade of O-
rang ges.

fort, as by no means you alter the color of the Orange; then ſteepe them in fair water, changing the water twice a day, till you find no bitterneſſe of taſt therein; then take them forth, and firſt boyl them in fair running water, and when they are ſoft, remove them into roſe-water, and boyl them therein till they break: then to every pound of the pulpe, put a pound of refined Sugar, and ſo having maſht and ſtirred them al wel together, ſtrain it through very fair ſtrainers into boxes, and ſo uſe it as you ſhall ſee occaſion.

Additions
to banquet-
ting ſtuſſe.
To make fine
Cakes.

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

Fine bread.

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

To preſerve
Quinces for
Kitchin ſer-
vice.

Take ſweet Apples, and ſtamp them as you doe for Cider, then preſſe 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 chore them nor pare them, but onely 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 the liquor, but as you are ready to use them, whether it be for pies, or any other purpose, and then pare them, and chore them as you thinke good.

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


To make Ipo-
cras.

Take Quinces and wipe them very cleane, and then chore them, and as you chore them, put the chores straight into faire water, and let the chores and the water boyle; when the water boyleth, put in the Quinces unpared, and let them boyle till they be tender, and then take them out and pare them, and ever as you pare them, put them straight into sugar finely beaten: then take the water they were sodden in, & strain it through a fair cloth, and take as much of the same water as you thinke will make sirrup enough for the Quinces, and put in some of your sugar and let it boyle a while, and then put in your Quinces, and let them boyle a while, and turne them, and cast a good deale of sugar upon them; they must seeth 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 seeth it again after the Quinces are forth. To every pound of Quinces you must take more then a pound of Sugar: for the more Sugar you take, the fairer your Quinces will bee, and the better and longer they will be preserved.

To preserve
Quinces.

Conserue of
Quinces.

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 easily) then if you will make it very pleasant, take a little Muske, and lay it in Rose-water, and put it thereto; then take and 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.

 To keepe
Quinces all
the yeare.

Take all the parings of your Quinces that you make your Conserue withall, and three or foure other Quinces, and cut them in pieces, and boyle the same parings, and the other pieces in two or three gallons of water, and so let them boyle till all the strength bee sodden out of the said Quinces and parings, and if any skum arise whilst it boyles, take it away: then let the said water runne thorough a strayner into a faire vessell, and set it on the fire again, and take your Quinces that you will keepe, and wipe them cleane, and cut off the uttermost part of the said Quinces, and picke out the kernels and chores as cleane as you can, and put them into the said liquor, and so let them boyle till they be a little soft, and then take them from the fire, and let them stand till they be cold:
then

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

Take of the best sugar, and when it is beaten scarce it very fine, and of the best Ginger and Cinamon; then take a little Gum-dragon, and lay it in Rose-water all night, then poure the water from it, and put the same with a little White of an Egge well beaten into a brasse mortar, 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.

Fine Ginger
Cakes.

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

To make
Suckets.

Take a quart of Hony clarified, and seeth it till it bee browne, and if it be thicke, put to it a dish of water: get

Ecuse Gin-
bread.

then take fine crummes of white bread grated, and put to it, and stirre it well, and when it is almost cold, put to it the powder of Ginger, Cloves, Cinamon, and a little Licoras and Aniseedes: then 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.

To candy any
root, fruits, or
flower.

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.

Ordering of
Banquers.

Thus having shewed you how to preserve, conserve, candy, and make pasts 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 disht up first, your pasts next, your wet suckets after them, then your dried suckets, then your Marmelades and Goodiniakes, then your comfets of all kinds; Next, your peares, apples, warden's 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 Beast, 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, warden's, Oranges and Limons sliced; and then waters, 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 severall Knowledges of Cookery, in as much as in her is contained all the inward offices of Household, wee will proceed to declare the manner of serving and setting forth of meat for a great Feast, and from it derive manner, making a due proportion of all things : for what availes it our good *House-wife* to be never so skilfull in the parts of Cookery, if she want skill to marshall the dishes, and set every one in his due place, giving precedence according to fashion and custome ? It is like to a Fencer leading a band of men in 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 deliver it unto the Sewer, who is to deliver it to the Gentlemen 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 boyld sallets, then some smaller compound sallets. Next unto Sallets shee shall deliver forth all her fricasés, the simple first, as collops, rashers, and such like : then compound fricasés, after them all her boyld meats in their degree, as simple broths, stewd-broth, and the boylings of fundry Fowles. Next them all sorts of rost-meats, of which the greatest first, as chine of Beefe, or surloyne, the gigget or Legs of Mutton, Goose, Swan,

Veale,

Ordering of
great Feasts,
and proporti-
on of expence.

Veale, Pig, Capon, and such like. Then bak't-meates, the hot first, as Fallow-deere in Pasty, Chicken, or Calves-foot-pie and Doufer. Then cold bak't meates, Pheasant, Partridges, Turkie, Goose, Woodcock, and such like. Then lastly, Carbonados both simple and compound. And being thus Marshall'd from the Dresser, the Sewer upon the placing them on the table, shall not set them down as he received them, but setting the Sallets extravagantly about the table, mixe the Fricases about them; then the boild meats amongst the Fricases, rost meates amongst the boyld, bak't meates amongst the rost, and Carbonados amongst the bak't, so that before every trencher may stand a Sallet, a Fricase, a boild meat, a Rost 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 she 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, Turkey, Chickens, young Pea-hens, and such like.

Then the greater wild-Fowle; as Bitter, Hearne, Shoveler, Crane, Bustard, and such like. Then the greater land-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 Quelquehofes, 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 lesser care and fewer dishes may discharge it: yet before I proceed to that lower rate, you shall understand, that in these great Feasts of Princes, though I have mentioned nothing but flesh, yet is not fish to be exempted; for it is a beauty and an honour unto every Feast, and is to be placed amongst all the severall services, as thus; amongst your Sallets all sorts of soufed fish that lives in the fresh water; amongst your Fricases all manner of fryde-fish; amongst your boild-meates, all fish in broaths; amongst your rost meates, all fish served hot, but drie; amongst the bak't meates, sea-fish that is soust, as Sturgion and the like; and amongst your Carbonados, fish that is broyld. As for your second course, to it belongeth all manner of shell-fish, either in the shell, or without; the hot to goe up with the hot meat, and the cold with the cold.

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

Now for a more humble Feast, or an ordinary 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 messe, as thus for example. First, a shield of Brawne with mustard: Secondly, a boyld capon; Thirdly, a boyld peece of Beefe: Fourthly, a chine of Beefe roasted: Fifthly, a neatstongue roasted: Sixtly, a Pigge roasted: Seventhly, chewets bak't; Eighthly, a goose roasted: Ninethly, a swan roasted: Tenthly, a turkey roasted; the eleventh, a haunch of venison roasted; 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 custard or dousets. Now to these full dishes may be added in sallets, fricases, quelquehofes, 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 messe: and after this manner you may proportion both your second and third course holding fulnesse in one halfe of the dishes, and shew in the other, which will bee both frugall in the spendor, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great feasts and ordinary contentments.

CHAP. 3.

Of Distillations, and their vertues, and of perfumming.

WHen our English *House-wife* is exact in these rules before rehearsed, and that she is able to adorne and beautifie her table; with all the vertuous illustrations meet for her knowledge; she shall then sort 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 Stils, for the distillation of all kinds of Waters, which stils would either be of Tin, or sweet Earth, and in them she shall distill all sorts of Waters meet for the health of her household, as Sage Water, which is good for all Rhumes, and Collicks; Radish water, which is good for the stone, 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 Fistuloes; Treacle water for mouth Cankers; 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 yeare at the least: Then shee shall know that the best waters for the smoothing of the skin, and keeping the face delicate and amiable, are those which are distilled from Bean-flowers, from Strawberries, from Vine leaves, from Goats-milk, from Asses milk, from the whites of Eggs, from the flowers of Lillies, from Dragons, from Calves feet, from bran, or from yelkes of Egges, any of which will last a year or better.

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

Take of Rosemary flowers two handfuls, of Marjoram, Winter-savory, Rosemary Rew, unlet Time, Germander, Rybworte, Harts tongue, Mouseare, White wormewood, Bugloss, red Sage, Liver wort, Hoarehound,

OF
The nature of
waters.

Additions
to distillations.
To distill water of the colour of the herb or flower you desire.
To make Aquavita.

hound, fine Lavender, Iſlop-crops, Penny royall, Red fennell, of each of theſe one handfull: of Elecompane 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-lees, and put all theſe aforeſaid hearbes ſhred into it, and then put into it one pound of Licoras bruifed, halfe a a pound of Anyſeeds cleane ſit- ted and bruifed, and of Mace and Nutmegs bruifed 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 hea- teth, draw out your hot water and put in cold, keeping the head of your Lymbeck ſtill with cold water, but ſee your fire bee not too raſh at the firſt, but let your water come at leiſure; and take heed unto your ſtilling, that your water change not white: for it is not ſo ſtrong as the firſt draught is; and when the water is diſtilled, take a gallon glaſſe with a wide mouth, and put therein a pottle of the beſt water and cleereſt, and pu. into it a pottle of Roſa ſolis, halfe a pound of Dates bruifed and one ounce of grains and half a pound of Sugar, half an ounce of ſeed pearle beaten, three leaves of fine gold, ſtirre all theſe together well, then 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 in- finite.

Another excel-
lent Aquavita.

Fill a pot with red wine clean and ſtrong, and put therein the powders of Cammomile, Gilli-flowers, Gin- ger, Pellitory, Nutmeg, Gallengall, Spicknard, Quer- nebus, grains of pure long pepper, blacke Pepper, Com-

Commin, Fennel seed, Smalledge, Parsley, Sage, Rew, Mint, Calamint, and Horshew, 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 abovesayd in to the wine, and after put them into the distilling pot, and distil it with a soft fire, and look that it be wel 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 vertues and properties which Balm hath: this water is cleer, and lighter then Rose water, for it wil fleet above al liquors, for if oyl be put above this water, it sinketh to the bottome. This water keepeth flesh, and fish, 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 sweetnesse, savour, and vertues of all manner of spices, roots and hearbs that are wet or layd therein it gives sweetnesse to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the palsie or trembling joynts, and stretching of the sinewes; it is good against the cold gout, and it maketh an old man seem young, using to drink it fasting, and lastly it fretteth away dead flesh in wounds, and killeth the canker.

Take Rosemary, Time, Iffop, Sage, Fennel, Nip, rootes of Elecompane, of each an handful, of Marjerum and Penny-royall 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

To make aqua
composita.

the Ale, Licoras, Aniſeeds, and herbes into a cleane braſſe pot, and ſet your Limbecke thereon, and paſte it round about that no Ayre come out, then diſtill the water with a gentle fire, and keep the Limbeck cool above, not ſuffering it to run too faſt: and take heed when your water changeth colour, to put another glaſſe under, and keep the firſt water, for it is moſt precious, and the latter water keep by it ſelf, and put it into your next pot, and that ſhall make it much better.

A very principal aqua composita.

Take of Balme, of Roſemary Flowers, tops and all, of dried red Role 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 Licoras, two ounces of Cinamon, two drams of great Mace, two drams of Gallendgall, three drams of Coliander ſeeds, three drammes of Carraway ſeeds, two or three Nutmegges 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 ſunder, and not too ſmall; then lay all your hearbs in ſouſe all night and a day, with the ſpices groſſy beaten or bruised, and then diſtill it in order aforeſaid, this was made for a learned Phiſitians owne drinking.

To make the Imperial water.

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, Wildtime, 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 palsie, the contraction of sinewes, also it killeth wormes, and comforts the stomack, it cureth the cold dropfie, 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 smal beaten, distil all these together in a glasse still, but you must carefully look to it, that it boyl not over hastily, & attend it with cold wet cloaths to cool the top of the stil if the water should offer to boyl too hastily. This water is very soveraign for the stomack, the head and all the inward parts; it helps digestion, and comforteth the vitall spirits.

To make Cinnamon water.

1. Take *Fennel*, *Red Vervine*, *Endive*, *Bettony*, *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 self, for it is more precious then 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 sight in clearenesse, and purgeth all grosse humours.

Six most precious waters which Hipocrates made and sent to a queen sometimes living in England.

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

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

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

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

5 Take *Limmell of Gold*, *Silver*, *Lattin*, *Copper*, *Iron*, *Steele*, and *Lead*; and take *Lethargy of Gold and Silver*, take *Calumint*, and *Columbine*, and steep all together the first day in the Urine of a man-child, that is between a day and a night; the second day in *white wine*; the third day in the juyce of *Fennell*; the fourth day in the whites of Egges; the fift day in *womans milk* that nourisheth a man child; the sixt in *red wine*; the seventh day in the whites of Egges; and upon the eight day bind all these together, and distill the water of them, and keepe this water in a vessell of Gold or Silver: the vertues of this water, are these: First, *It expelleth all Rhumes, and doeth away all manner of sicknesse from the eyes*; and wears 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

him look young, even in old age, besides a world of other most excellent vertues.

6 Take the Gold-smiths 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*, *Celladine* and *Rew*, and a little *Aquavita*; and when you have sprinkled it in the water nine times, put it then in a vessell of glasse, and yet upon a reversion of the water distill it, till it passe over the touch foure or five inches; and when you will use it, then stirre it altogether, and then take up a drop with a feather, and put it on your naile, and if it abide, it is fine and good: then put it in the eye that runneth, or 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 *Calamint* is good for the stomack.

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

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 reins, and for the liver.

Water of *Endive* is good for the dropie, and for the Jaundise and the stomack.

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

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

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

The vertues
of severall wa-
ters.

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

;*Rofemary-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 haire, and cauſeth more to grow : alſo two Ounces of the ſame drunk, driveth Venome out of the Body in the ſame ſort as Methridate doth ; the ſame twice or thrice drunk, at each time halfe an Ounce, rectifyeth the mother, and it cauſeth women to be fruitfull : when one maketh a Bath of this Decoction, it is called the Bath of Life: the ſame drunke, comforteth the heart, the braine, and the whole body, and cleanſeth away the ſpots of the face ; it maketh a woman looke young, and cauſeth women to conceive quickly, and hath all the vertues of Balme.

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

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

apply it; and thus do three or four times together.

Lastly the water of *Angelica* is good for the head, for inward infection, either of plague or pestilence, it is very soveraign for sore Breasts; also the same water being drunke of twelve or thirteen dayes together, is good to unlade the stomack of grosse humours & superfluities, and it strengthneth and comforteth all the universall parts of the body: and lastly it is a most soveraign medicine for the gout, by bathing the diseased members much therein.

Now to conclude and knit up this chapter, it is meet that our hous-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 al manner of medicines.

To make an excellent sweet water for perfume, you shall take of Basill, Mints, Marjoram, Corn-flagge-roots, Iffop, Savory, Sage, Balme, Lavender & Rosemary, of each one handfull, of Cloves, Cinamon and Nutmegs of each half an ounce, then three or four Pomcitrons 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, Civet,

An excellent water for perfume.

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.

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

To perfume a
Jerkin.

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

To make wash
ing balls.

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 Sopc till it be stiff, then with your hand you shall work it like paste, and make round bals thereof.

To make a
Musk ball.

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

of two-pence half-penny, of Storax the weight of six-pence; of Labdanum the weight of ten-pence; of Ambergrece the waight of six-pence; and of Musk foure graines; dissolve and worke all these in hard sweet sope till it come to a stiff paste, and then make bals there-of.

To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Mastick white Ambergrece, of each one ounce, Ireos, Calamus, Aromaticus, Cypresse-wood, of each half an ounce, or 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 Aquavita, and then shall you role them into long round rolles.

A perfume to burn.

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

To make Pomanders.

To make excellent strong vinegar, you shall brew the strongest Ale that may be, and having runned it in a very strong vessell, you shal 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 extream sowre, then into a Hogshhead 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 Vi-

To make vinegar.

negar and draw it as you need it.

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 ſtrong-eſt 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 Verjuyce you ſhall gather your Crabs as ſoon as the Kernels turne black, and having layd them a while in a heap to ſweat together, take them and picke them from ſtalke, 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 preſſe, and fill it with the cruſht Crabs, then put it into the preſſe, and preſſe it, while any moiſture will drop forth, having a cleau veſſell underneath to receive the liquor: this done, run it up into ſweet Hogſheads, and to every Hogſhead put halfe a dozen handfulls of Damaske Roſe leaves, and then bung it up, and ſpend it as you ſhall have occaſion.

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

Additions to concealed ſecrets To make ſweet powder for baggs.

Take of Arras fixe ounces, of Damask Roſe-leaves as much, of Marjerum and ſweet Baſill of each an ounce, of Cloves two ounces, yellow Saunders two ounces, of Citron pils ſeven drammes, of Lignum-aloes one ounce, of Benjamin one ounce, of Storaxe one ounce, of Muſk one dram: bruife all theſe, and put them

them into a bag of silk or linnen, but silk is the best.

Take of Arras four ounces, of Gallaminis one ounce, of Ciris half an ounce, of Rose-leaves dried two handfulls, of dried Marjoram one handfull, of Spike one handfull, 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 Taffatabagge and use it.

To make sweet bagges.

Take of Bay-leave one handfull, of Red-roses two handfulls, of Damaske-Roses three handfulls, of Lavender foure handfulls, of Basill one handfull, Marjoram two handfulls, of Camomile one handfull, the young tops of sweet briar two handfulls, of Mandeliontansey, two handfulls, of Orange peels sixe or seven ounces, of Cloves and Mace a groats worth: put all these together in a pottle of new Ale in cornes, 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.

How to make sweet water.

Take a quart of malmsey Lees, or a quart of malmsey simply, one handfull of Marjoram, of Basill as much, of Lavender four handfulls, bay leaves one good handfull, Damaske rose-leaves four handfulls, and as many of red, the peels of sixe Oranges, or for want of them one handfull 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 pottle of running water, and put in all these spices bruised into your water and malmsey together, in a close

A very rare & pleasant Damask-water.

close stopped 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 set it in the sunne sixe eene days with four grains of Musk bruised. This quantity will make three quarts of water, *Probatum est.*

To make the
best vinegar.

Take and brew very strong Ale, then take half a dozen gallons of the first running, and set it abroad to cool, and when it is cold put yest 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 handfull of clean Ry Leaven 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 baggs, and keep them all the Winter: then take a pottle-pot, and draw forth a pottle out of the ferkin into the bottle, and put a handfull 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, Benjamine and Callamus Aramattecus: boyle these till halfe be consumed: then straine it and put your Gloves therein; then hang them in the
furne

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

CHAP. 4.

The ordering, preserving, and helping of all sorts of Wines, and first of the choice of sweet Wines.

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

It is necessary that our *English-hous-wife* be skillfull in the election, preservation and curing of all sorts of Wines, because they be vsual 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 careful that her Malmseys be full Wines, pleasant, well hewed and fine: that Bastard be fat, and if it be tawny it skills 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 bee)

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.

To make Muſ-
kadiſe and
give it aſter

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

How to flaver
Muſkadiſe.

Take one ounce of Collianders, of Bay-ſalt, of Cloves, of each as much, one handfull of Savory: let all theſe be blended, and bruised together, and ſow them cloſe in a bagge, and take 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 Aniſeeds, one penny-worth in
Ginger

Ginger, bruise them together, and put them into a Bag as before, and make your Bag long and small, that it go in and out at the Bung-hole, and when you doe put it in, fasten it with a thread at the Bung: then take a pint of the strongest *Damask-water*, and warme it luke-warme, 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 set 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.

To apparell Muskadiac when it comes new to be fined in twenty four hours.

Draw out of a Pipe of *Bastard* ten Gallons, and put it to five Gallons of new milk, and skima it as before, and all to beat it with a paril of eight whites of Egges, and a handfull of *Bay salt*, and a pint of *Conduit-water*, and it will be white and fine in the morning. But if you will make very fine *Bastard*, take a *white-wine Hogs-head* and put out the Lees, and wash it clean, and fill it halfe 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 be white and fine.

To make white bastard.

Take two Gallons of the best stoned 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 *Co-lianders*, and one ounce of *Anniseeds*, foure or five *Orange-pills* dry and beaten to powder; let them lye three dayes: then draw your *Bastard* into a clean pipe then.

How to help bastard being eager.

then put in your honey with the rest, and beat it well : then let ielye a week, and touch it not, after draw it at your pleasure.

To make *bastard* white, and to rid away Lagges.

If your *Bastard* be fat and good, draw out forty gallons, then you may fill it up with the lags of any kind of white wines or Sackes; then take five gallons of new Milke, and first take away the Creame; then streine it thorow a cleane cloath, and when your pipe is three quarters full put in your milk; then beat it very well, and fill it so, that it may lacke fifteen Gallons, then aparell it thus: take the whites only of ten Egges, 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 flaver: Take a pound of *Aniseeds*, two pence in *Colianders*, two pence in *Ginger*, two pence in *Cloves*, two pence in *Graines*, two pence in long *Pepper*, and two pence in *Licoras*; bruise all these together: then make two bags of linnen-cloth, flong and small, and put your spices into them; and put them into the pipe at the bung, making them fast there with a thread, that it may sink into the Wine, then stop it close, and in two dayes you may broach it.

A remedy for *bastard* if it sick.

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

be as short as *Mosse*, and then put a pint of running water therein, and so fill the pipe up full, and lay a little stone on the bung, and set it 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 a patell, and beat it well; the a patell is this: Take the yelkes of ten Egges, and beate them in a cleen 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 a patell will serve both for *Muskadine*, *Barlard*, and for Sack,

If you have two principall Buts of *Malmsey*, you may make three good Buts with your Lagges of Claret 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 fill'd your buts within twelve gallons, then put in your *Cute*, and beat it half an

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

houre

hour and more : then put in your parrall and let it lye.

If sack want
his colour.

First, parrall him as you did the *Bastard*, and order him as shall be shewed you for the *white wine* of *Gas-cogn* with *milk*, and so let him abroach.

For sack that
is tawny.

If your *Sack* have a strong *Lee* or taste, take a good sweet *But*, fair washed, and draw your *Sack* into it, and make unto it a parrall as you do to the *Bastard*, and beat 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.

For Sack that
doth rape and
is brown.

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 foure grains of *Camphire*, and put it into the *Sacke*; and if it will not fine, give it a good parrall, and beat it well: then stop it, and let it lye.

To colour
Sack or any
white wine.

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-taree all night, and in the morning lay it up, and the next day (if you will) you may set it abroach.

If Alligant be
growne hard.

Draw him out into fresh *Lee*, and take three or four gallons of *stone-honey* clarified, and being coole, put it in, and parrall it with the yelkes 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.

For Alligant
that is slower.

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

then 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.

How to order
Renish wines.

There are two sorts of Renish wines, that is to say, *Elstertune* and *Barabant*: the *Elstertune* are the best, you shal know it by the Fat, for it is double bard, and double pinned; the *Barabant* is nothing so good, and there is not so much good to be done with them as with the other. If the wines be good and pleasant, a man may rid away a hoghead or two of VVhite wine, and this is the most vantage a man can have by them: and if it be slender and hard, then take three or four gallons of stone-honey, and clarifie it cleane; then put into the honey, four or five gallons of the same wine, and then let it seeth a great while, & put into it it two pence in Cloves bruised, let them seeth together, for it will take away the sent of honey, and when it is sodden take it off, and set it by, till it be thorow cold; then take 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 VVines that be made in *Burdeaux* are called *Gafcoine* VVine, and you shal know them by their hazell hoops, and the most be full gadge and sound VVines.

Of what coun-
tries wines are
by their names.

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

Then have you VVines that be called *Galloway*, both in Pipes and Hogheads, and be long, and lacks

two Cesternes in gadge and a half, and the wines themselves are high coloured. Then there are other Wines which is called white Wine of *Angulle*, very good Wine, and lacks little of gadge, and that is also in pipes for the most part, and is quarter bound. Then there are *Rockell* 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 *Portugall*: your strong Sackes are of the Islands of the *Canaries*, and of *Malligo*; and your Muskadine and Malmfeyes are of many parts of *Italy*, *Greece*, and some special Islands.

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

Notes of
gadging of
wines, oyles,
and liquors.

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

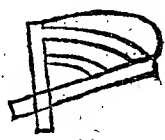
The depth of the halfe But is at the fourth notch, and is accounted four.

1. The first gage is marked thus.



The marks of gaging.

2 The half Sestern lacketh, thus.



3 The whole Sestern lacketh, thus.



4 The Sestern and half lag.



5 The two Sesternes, thus.



6 The two and a half Sesterns, thus.



The contents
of all manner
of Gascoine
VVine, and o-
thers.

A But of Malmsey if he be full gadge, is one hundred and twenty six gallons.

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

Every Sesterne is three gallons.

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

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

Eight pence the gallon is the tun eight pounds.

Six pence the gallon is the tun six pounds.

Five pence the gallon is the tun five pounds.

Four pence the gallon is the tun four pounds.

Now for Gascoine wine, there goeth foure hogf. heads to a tun, and every hoghead is sixty three gallons; the two hogheads are one hundred twenty six gallons, and four hogheads are two hundred fifty two gallons; and if you sell for eight pence the gallon, you shall make of the tun eight pounds, and so forth looke how 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 gadge two Sesterne and a half, or three at a pipe, and then you must abate six gallons of the price, and so in all other wines.

To chuse Gas-
coyne wines.

See that in your choise of Gascoine wines, your ob-
serve, 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 neamesse: 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 time or Clarre: wines be any default of colour, there are remedies enow to amend and repair them.

If your Claret wine be faint, and have lost his colour; then take a fresh Hoghead 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 dayes that the Lees may run through it; then lay it up till it be fine, and if the colour be not perfit, draw it into a red wine hoghead, that is new drawn with the Lees, and that will colour of himself, and make him strong; or take a pound of Tournsol 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 hoghead, draw your Wine again, and wash your cloths; then lay it a foretake all night, and reule it on the morrow; then lay it up, and it will have a perfit colour.

To remedy
Claret wine
that hath lost
his colour.

And if your Claret wine have lost his colour, take a peny worth of Damfens, or else black Billeffes, as you see cause, and stew them with some red wine of the deepest colour, and make thereof a pound or more of sirrup. and put it into a clean glasse, and after into the hoghead 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 hoghead so much as you intend to put in, out of the said milk, and a handfull 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 wine the next wine you spend, for it will not last long.

A remedy for
white wine
that hath lost
his colour.

Take three Gallons of new milk, and take away the
M 3 Cream

For white
wine that hath
lost his colour.

Cream off it; then draw five or six gallons of wine, and put your milk into the hoghead, and beat it exceeding well, then fill it up, but before you fill it up, if you can, rouse 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.

A remedy for
claret that
drinks foule.

Take and draw it into new lees of the one nature, and then take a dozen of new pippins, and pare them, & take away the chöres, and then put them in, and if that will not serve, take a handfull 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 foulness, but also make it have a good sent at the nose.

If your red wine drink faint, then take a hoghead 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 Butt of Malmsey, and over draw it a quarter or more, and fill him up with fat Bastard, and with Cute a gallon and more, then parrell him as you did your Malmsey.

HOsey com-
pleat, hath lost
his colour.

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 set him abroad: 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 Wool, Hemp, Flaxe and Cloth, and dying of Colours,
of each severall substance, with all the know-
ledges belonging thereto.*



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

To speake then first of the making of woollen cloth,
it is the office of a Husbandman at the sheering of his
sheep, to bestow upon the Houf-wife such a competent
proportion of wool, as shall be convenient for the clo-
thing of his family, which *wool* as soon as she hath re-
ceived 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 the rest to clenise, she shal
break into pieces, and rose it every lock by lock, that is,
with her hands open, and so divide the wool, as nor any
part thereof may be feltred or close together, but all
open and loose, then so much of the Wool as shee
intends to spin white, shee shall put by it seife, and
the rest which she intends to put into colours she shall
waigh up, and divide into severall quantities, accor-

*Of making
woollen cloth*

ding to the proportion of the web which she intends to make, & put every one of them into particular bags made of netting, with talies or little pieces of wood fixed unto them, with privy markes thereon both for the weight, the colour, and the knowledge of the same wool when the first colour is alread: 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 House-wife* 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 selfe into any colour meet for her use.

To dye wool
black.

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

To dye wool
of a haire co-
lour.

If you will dye your *wooll* of a bright haire colour: first boyl 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.

To dye wool
red.

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

and let it boyle 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 *wooll* and open it, and when it cometh to be very hot; then stir it with a staffe, and then take it out and wash it with fair water; then set on the pan again with fair water, and then take a pound of Saradine buck, and put it therein, and let it boyle the space of an Egge seething; then put in the *wooll*, and stirre it three or foure times about, and open it well, after dry it.

To dye *wooll* 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 *wooll*. To dye *wooll* blew.

To dye *wooll* of a puke colour, take Galles, and beate them very small in a Morter, put them into faire seething Water, and boyle your *wooll* 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. To dye a puke.

And if you will dye your *wooll* 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 lesse to be of a Sinder colour. To dye a Sinder colour.

If you will dye your *wooll* either greene or yellow, then boyle your Woodward in a faire Water, then put in your Wooll or Cloth, and the Wooll which you To dye green or yellow.

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 Allom.

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 toase it over again as you did before: for the first toasing was to make it receive the colour or dye: this second is to receive the oyl, and make it fit for spinning; which as soon as you have done, you shal 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 sight: therefore for the proportion of your mixtures, you shall ever take two parts of the darker colour; and but a third part of the light. As for example, your web 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.

The mixing
of colours.

Making of
three colours.

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 orange tawny, which is two dark, and one light; then you shal take of the puke and green, and the orange 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 thicknesse: 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 wooll be spread: then begining at one end to role up round and hard together the whole bed of wool; and then causing one to kneel hard upon to roule, that it may not stir nor open, with your hands toafe and pull out all the wool in smal pieces: And then taking a paire of Stock-cards sharpe and large, and bound fast to a forme, or such like thing, and on the same Combe, and Card over all the Wooll till you see it perfectly and undistinctly 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 Wooll, 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-wife* tearmes it, grease it: In this manner being laid in a round flat bed you shal take of the best Rape oyle, or for want thereof either wel rayd red Goole grease, or Swines grease and having melted it with your hand sprinkle it all over your wool, & work it very well into the same: then turne your wool about, and doe as much on the other side

Of the oyling
of wool.

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

the quantity
of Oyl.

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 peeces; 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 wel, then to keep it there without any alteration: but because you shall be a little more certaine in the truth of your proportions, you shall know, that three pound of greafe or oyle, will sufficiently annoint or greafe ten pounds of wooll: and so according to that proportion, you may oyl what quantity you will.

Of tumming
wool.

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 *Hous-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 rulling 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.

Of spinning
wool.

After your wooll is thus mixed, oyled and tummed, you shall then spin it upon great wooll-wheeles, 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 according

ding to the nature and goodnesse of your wooll, not according to your particuler 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 walke-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 VVool of a fine Staple, it will then so much overthick, that you must either take away a great part of the substance of your wooll in flocks; or else let the cloth wear course, and high, to the disgrace of the good House-wifery, and losse of much cloth, which else might have bene saved.

Now for the diversities of spinning, although our ^{The diversities} ordinary English house-wife make none at all, but spin ^{in spinning.} every thread alike, yet the better experient make two manner of spinnings, and two sorts of thread; the one they call warp, the other west. or else wooffe; warpe is spunne close, round and hard twisted, being strong and well smoothed, because it runnes through the sleies, and also endureth the fretting and beating of the beame; the west is spunne open, loose, hollow, and but halfe twisted; neither smoothed with the hand, nor made of any great strength, because it but only crosseth the warpe, without any violent straining, and by reason of the softnesse thereof, beddeth closer, and covereth the warp so well, that a very little beating in the Mill, bringeth it to perfect cloth: and though some hold it lesse substantiall then the web, which is all of twisted yarne, yet experience findes they are deceived, and that this open west keeps the cloth longer from fretting and wearing.

After the spinning of your wooll, some House-wifes
use

winding of
woollen yara.

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

Of warping
cloth.

Now as touching the warping of cloth, which is both the skill and action of the Weaver, yet must not our *English 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 falshood of unconscionable Work-men, and for her own satisfaction, when she is rid of the doubt of anothers evill doing. It is necessary then that shee first cast by the waight of her wooll, to know how many yards of cloth the Web will arise: for if the Wool be of a reasonable good staple, and well spun, it will run yard and pound, but if it be course, it will not runne so much.

Now in your warping also, you must look how many pounds you lay in your warpe, and so many you must necessarily preserve for your west: for House-wives say the best cloth is made of even and even; for to drive it to greater advantage is hurtfull to the Cloth: There be other observations in the warping of Cloth; as to number your portusses, and how many goes to a yard: to looke to the closenesse, and filling of the steie, 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-wife* hath finisht her labour: for in the Weaving, walking, and dressing thereof, she can challenge no property more, and then to intreat them severally to discharge their duties^{it} 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 scowring 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, least it appear thread-bare ere it come out of the hands of the Taylor.

Of weaving
cloth, walking
and dressing.

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-wife* must be skilfull in, is in the making of all sorts of linnen 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.

Of linnen
cloth.

And first touching the Soyle fittest to sowe Hempt 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 so 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 Hempt on, is in old *Stacke-yards*, or other places

The ground
best to sowe
hempton.

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

The tillage of
the ground.

Now for the tillage or ordering of the ground where you sow Hemepe 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 hemepe-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 shal sow it: and herein is to be noted, that you must sow it reasonable thicke with good sound and perfect seed, of which the smootheest, roundest, and brightest with least dust in is best: you must not lay it too deepe in the earth, but you must cover it close, light, and with so fine a mould as you can possible breake with your harröwes, clotting-beetles, or sleighting: 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 wil 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 it selfe swift of growth, rough, and venomous to any thing that grows under it, and will sooner of its owne accord destroy those unwholesome weeds then by your labour: But for your Flax or line which is a great deale more tender, and of harder increase, you shall as occasion serveth weed it, and trim it, especially if the weeds overgrow it, but not otherwise: for if it once get above the weeds, then it will save it selfe.

Of weeding
of hemepe and
flaxe.

Touching the pulling of Hemepe 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 sithe 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 *Iuly*, 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 principall 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 browne and hard, you may gather it, for if it stand longer, it will shed suddenly: As for Flaxe, which ripeneth a little after the 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 selfe as the bun drieth.

The pulling of
hemp or flaxe.

Now for the ripening and seasoning of hemepe or

N

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 baits, 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 moystnesse of the earth, till it be ripe: but this is a vile and naughty way of ripening, it making the hemp or flax black, rough, and often rotten: therefore I would wish none to use it, but such as necessity compelleth thereunto, and then to be carefull to the often turning thereof, for it is the ground onely which rots it.

The watering
of Hempe or
Flaxe.

Now for the watering of the Hemp or Flax, the best water is the running streame, and the worst the standing pit, yet because Hemp is a poysonous 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 swift streame, and then in the shallow parts thereof you may water without danger: touching the manner of the watering therof, you shall according to the quantity knock foure or sixe strong stakes into the bottome of the water, and set them square-wise, then lay your round baits or bundles of Hempe 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 Hempe downe close, and especially

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

The time is
shal lie in way
ter.

When your Hempe or Flax is thus watered enough, you shal take off the gravel, stones, over-lyers of wood and unlosing it from the stakes, take and wash out every bait or bundle severally by it self, and rub it exceeding clean, leaving not a leafe upon it, nor any filth within it; then set it upon the dry earth upright, that the water may drop from it, which done, load it up, and carry it home; and in some open close, or piece of ground reare it upright either against hedges, pales, wals, back-sides of houses, or such like, where it may have the full 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.

Of washing
out of Hempe
Flax.

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

ling be carried to the water, your flaxe may not, but must be reared up, and dried and withered a weeke or more to ripen the seed, which done, you must take 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 vessell or place till the spring of the year, and then beat it, or thresh it for your use, and when your flax or line is ripled, then you must send it to the water as aforesaid.

After your Hemp or Flax hath been watered, dried, and housed, you may then at your pleasure brake it, which is in a brake of wood (whose proportion is so ordinary, that every one almost knowes them) break and beat out the dry bun, or hexe of the Hemp or Flax from the rinde which covers it, and when you brake either, you shall do it, as neer as you can, on a faire dry Sun-shine day, observing to set forth your Hemp and Flax, and spread it thin before the Sun, that it may be as dry as tinder 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 dampnesse, 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.

The drying of
hemp or flax.

Therefore if the weather bee not seasonable, 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 bene 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 same; spread your Hemp, and also rear some round about it all, but at one open side; then with straw, small shavings, or other light dry wood make a soft fire under the same, and so dry it, and brake it, and this without all danger or mistrust of evill; 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 crusht, fallen away, or at the most hangeth but in very small shivers within the Hemp or Flax, then you shall say it is brak't enough, and then terming that which you called a Baite or Bundle before, now a strike, you shall lay them together, and so house them, keeping in your memory either by score or wrighting, how many strikes of hemp, and how many stikes of Flaxe you brake up every day.

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

After your Hemp and Flax is brak't, you shall then swingle it, which is upon a swingle tree blocke made of an half inch boord about foure foot above ground, and set upon a strong foot or stock, that will not easily move and stir, as you may see in any *House-wives*.

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

Now after you have swingled your Hemp and Flaxe over once, you shall rake and shake up the refuse stuff which you beat from the same severally, and not only it, but the tops and knots, and half brackt buns which fall from the brake also; and drying them againe, cause them to be very well threshed with flays, and then mixing 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: these are called swingle-tree hurds, and that which comes from the Hempe 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 swingled once over, which is sufficient for the market, & for ordinary sale, you shall then for cloath swingle it over the second time, and as the first did beat away the bun, and soften
the

the rind, so this shall break and divide, and prepare it fit for the heckle; and hurds which are this second time beaten off, you shall also save: for that of the hemp (being roasted 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 the hurds 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 spitting them upon long sticks set 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 purpose, so many as may conveniently lye therein, and there with beetles 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 course, 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 hurds which come of this heckling you shall mixe with those of the latter swingling and it will make the cloth much better; then you shall heckle it the second time through

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

Now there bee some very principall good *House-wives*, which use only but to heckle their hemp once over, affirming, that if it be sufficiently dryed and beaten, that once going over through a straight heckle 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 Linnen; then after you have beaten it, as before said, and heckled it once over, you shall then roule it up again, dry it as before, and beat it 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 self a cloth as pure, as fine *House-wives* Linnen, the indurance and lasting wheteof, 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 coarser then the latter, holding the strike stiff in your hand, breake it very well upon that heckle: then the hurdes which comes thereof, you shall save to make fine hurden cloth of, and the strike it selfe you shall passe thorow a finer heckle; and the hurds 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 concealed from the best *House-wives* with us; you shall take your Flax after it hath been handled, as is before shewed, and laying three strikes together, plat them in a plat of three so hard and close together as is possible, joyning one to the end of another, till you have platted so much as you think convenient, and then begin another plat, and thus plat as many severall plats as you think will make a roule, like unto one of your Hempe roules before spoke of, and then wreathing them hard together, make up the roule; and so many roules more or lesse, according to the purpose you dresse them for: this done, put the roules into a hempe-trough, and beat them soundly, rather more then lesse than the hempe: and then open & unplat it, and divide every strike from other very carefully; the heckle it through a finer heckle than any formerly used: for of heckles there be ever three sorts, and this must be the finest: and in this heckling you must be exceeding carefull to do it gently, lightly, and with good deliberation, least what you heckle from it should run to knots, or other hardness, as it is apt to do: but being done artificially as it ought you shall see it looke and feele it handle like fine soft cotton, or Jersey wool; and this which thus looketh and feeleth, and falleth from the heckle, will notwithstanding make a pure 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.

The dressing
of flaxe so the
finest use.

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 teare, 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 Houf-wife is not able to spin her owne 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 span and dry, allowing weight for weight, or an ounce and a half for waste at the most: as for the prises for spinning, they are according to the natures of the Country, the finenessse of the teare, and the dearnessse of provisions: some spinning by the pound, some by the lay, and some by day, as the bargain shall be made.

Of reeling of
yarn.

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

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

After thus your yarn is spun and reeld, being in the slipping, you shall scowr it: Therefore, first to fetch ^{Of the scowring of yarns} out the spots, you shall lay it in lukewarm water, and let it lye so three or four dayes, each day shifting it once, and wringing it out, and laying it in another water of the same nature; then carry it to a wel or brook, and there rinse it, till you see that nothing commeth from it, but pure clean water; for whilest there is any filth within it, there will never be white-cloth; which done, take a bucking tub, and cover the bottome thereof with very fine Ashen-ashes: then opening your slippings, and spreading them, lay them on those Ashes; then cover those slippings with ashes againe, then lay in more slippings, and cover them with ashes as before, and thus lay one upon another, till all your 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 bucking tub wasteth, so you shall fill it up again with the warme water on the fire, and as the water on the fire wasteth, so you shall fill it up again with the lie which commeth from the bucking tub, ever observing to make the lie hotter and hotter till it seeth; and then when it so seetheth, you shall as before apply it with boyling lie, at least four hours together, which is called

whitening of
yarne.

led, the driving of a buck or yarn: All which being done, you shall take off the Bucking 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 slippings 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 whitheth slowest, and thus do at least seven dayes together; then put all the yarn again into a Bucking-Tub without ashes: and cover it as before with a Bucking-cloth and lay there-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 whitening of yarn; as steeping it in bran and warme water, and then boyling it with *Ozier* stickes, wheat straw, water, and ashes, and then possing, 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 big-nesse, rather without bottomes then with any at all, because it may deceive you in the waight, for according

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

After your yarn is wound and weighed, you shall carry it to the Weavers, and warpe it as was before shewed for woollen cloth, knowing this, that if your Weaver be honest and skilfull, 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 yarne, to fetch out the soyling 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 loopes fixt to the selvedge of the cloth, spread it upon the grasse, and stake it down at the uttermost length & breadth, and as fast as it dries, water it again. but take heed you wet it not too much, for fear you mildew or rot it, neither cast water upon it, till you see it in a manner 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: Againe then rinse it, spread it, & water it as before; then if you see it whites apace, you need not to give it any more bucks with the ashes and the cloth mixt together: but then a couple of clean bucks (as was before shewed in the varn) the next fortnight following; and then being whitenen 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 scour and white their cloth with Water and

The scouring
and whiting
of cloth.

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

CHAP. 6.

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

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

Bigness of
Kine.

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

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

As

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*, *Lanca-shire*, *York-shire*, and *Darby-shire*, for black Kine; *Glocestershire*, *Somersetshire*, and some part of *Wiltshire*, for red Kine, and *Lincoln-shire* pide Kine: and from the breeds of these Countries generally doe proceed the breeds of all other, howsoever dispersed over the whole Kingdom. Now for our *House-wifes* direction, she shall chuse her Dairy from any of the best breeds before named, according as her opinion and delight shall governe her, onely observing not to mixe her breeds of divers kinds, but to have all of one intire choice without variation, because it is unprofitable; neither must you by any 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 goodnesse and fertility of the soil where in you live, and by all means buy no Kine from a place that is more fruitfull thē your own, but rather harder; for the latter will prosper and come on, the other will decay and fall into ditease; as the pissing of bloud and such like, for which ditease 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 hare; that is, which have but lately calved, and have their milke deepe springing in their adders, for at that time she giveth the most milk; and if the quantity then be not convenient, doubtlesse the Cow cannot be said to be of deep milch: and for the quantity

quantity of milk, for a Cow to give two Gallons at a meal, is rare and extraordinary; to give a Gallon and a half is much and convenient, and to give but a Gallon certain is not to be found fault with: again, those Kine are said to be deep of milk, which though they give not so exceeding much milk as others, yet they give a reasonable quantity, and give it long; as all the yeere through, whereas other Kine that give more in quantity, will go dry, being with Calf some three moneths, some two, and some one, but these will give their usuall measure even the night before they calve; and therefore are said 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 so good a Calf as the other, because it wanteth much of the nourishment it should enjoy, it is vain and frivolous; for should the substance from whence the milk proceedeth convert to the other intended nourishment, it would bee so superabundant, that it would convert either to disease or putrefaction: but letting these secret reasons pass, there be some Kine which are so exceedingly full of milke, that they must be milkt at least thrice a day, at morning, noon, and evening, or else they will shed their milk, but it is a fault rather then a vertue, and proceedeth more from a laxativenesse or looseness of milk, then from any abundance; for I never saw those three meales yet equall the two meales of a good Cow, and therefore they are not truly called deep of milk.

Of the going
dry of Kine.

Touching the gentleness of Kine, it is a vertue as fit to be expected as any other; for if she be not affable to the Maid, gentle and willing to come to the paille, and patient to have her dugs drawn without skittishnesse, striking or wildnesse, she is vterly unfit for the dairy.

As

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, fruitfull to nourish, and loving to that which springs from her; for so she bringeth forth a double profit, the one for the time present which is in the Dairy, the other for the time to come, which is in the maintenance of the stock, and upholding of breed.

Of kindlings
in Kings.

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 their Dams best milk, and then to be sold to the Butchers, and surely the profit will equall the charge; but those Calves which fall in *October*, *November*, or any time of the depth of winter may well be reared up for breed, because the main profit of the Dairy is then spent, and such breed will hold up any Calves which are calved in the prime dayes, for they generally are subject to the disease of the *Sturdy*, which is dangerous and mortall.

The best time
to calve in,
for the dairy
or breed.

The *House-wife* which only hath respect to her dairy, and for whose knowledge this discourse is written (for we have shewed the *Grasier* his office in the *English Husband-man*) 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*.

Rearing of
Calves.

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

The generall
use of dairies

The hours of
milking.

of the milke, and the profits arising from the same. The best and most commended hours for milking, are indeed but two in the day, that in the Spring and Summer time which is the best season for the Dairy, is betwixt five and six in the morning, and 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 experient do not allow it, and say as I believe, that two good meals of milk are better ever than the three bad ones; also in the milking of a Cow, the woman must sit on the neer side of the Cow, she must gently at the first handle and stretch her dugs, and moysten them with milk that they may yeeld out the milk the better and with lesse pain: she shall not settle her self to milk, nor fixe her paille firm to the ground till she see the Cow stand sure and firm, but be ready upon any motion of the Cow to save her paille from overturning: when she seeth all things answerable to her desire, she shall then milk the Cow boldly, and not leave stretching and straining of her teate: till not one drop of milk more wil come from them, for the worst point of *House-wifery* that can be, is to leave a Cow half milkt; for besides the losse of the milk, it is the only way to make a Cow dry, and utterly unprofitable for the Dairy: the Milk-maid whilest she is in milking, shall doe nothing rashly or suddenly about the Cow, which may afright or amaze her, but as shee came gently, so with all gentleness she shall depart.

Ordering of
milke

Touching the well ordering of milk after it is come home to the Dairy, the main point belongeth thereunto is the *House-wives* cleanlinesse in the sweet and neat keeping of the Dairy-house, where not the least moat
of

of any filth may by any meanes appeare, but all things either to the eie or nose so void of fowresses or sturtiflanes 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 generall received, that the wooden vessell, which is round and shallow is best in cold vaults, the earthen vessels principall for long keeping, and the leaden vessell for yeelding of much Cream: but howsoever, any and all these must be carefully scalded once a day, and set in the open ayr to sweeten, lest getting any taint of fowerneesse into them, they corrupt the milk that shall be put therein.

Ordering of
milk vessells;

But to proceed to my purpose, after your milk is come home, you shal as it were strain it from all unclean things, through a neat and sweet kept Syledish, 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 washt fine lianen 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 quantity, 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 sowing.

Syiling of
Milk.

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 meanes, and therefore may not bee numbred with these.

Profits arising
from milk.

For your Butter which onely proceedeth from the
O 2 Cream,

Of Butter;

Creame, which is the very heart and strength of Milk, it must be gathered very carefully, diligently, and painfully: And though cleantines be such an ornament to a Houf-wife, that if she want any part thereof, she loseth both that and all good names else; yet in this action it must be more seriously imployed then in any other

Of fleetting
creame.

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

Of keeping
creame.

Of charming
butter and the
daies.

Your Creame being neatly and sweet kept, you shall churme or churme it on those usuall daies which are fittest either for your use in the house; or the markets adjoyning 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 generall market dayes. of this Kingdome,

dome, and *Wednesday, Fryday, and Satterday*, the usual fasting dayes of the weeke, and so meetest for the use of Butter. Now for churning, take your creame, and through a strong and cleane cloth strain it into the churm; and then covering the churm close, and setting it in a place fit for the action in which you are imploud (as in the summer) in the coolest place of your Dairy, and exceeding early in the morning, or very late in the evening: and in the winter, in the warmest place of your dairy, and in the most temperate hours, as about noone, or a little before or after, and so churm it with swift strokes, marking the noise of the same, which will be solid, heavie, and intire, untill you hear it alter, and the sound is light, sharp, and more spirity; and then you shall say that your butter breaks, which perceived both by this sound, the light nesse 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 bottome, gather the butter together into one intire lump and body, leaving no pieces thereof severall or unjoyned.

¶ Now for asmuch as there be many mischiefes and inconveniencies which may happen to butter in the churning, because it is a body of much tenderesse, and neither will indure much heat, nor much cold: for if it be over-heated, it will look white, crumble, and be bitter in tast; 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 churm your butter in the heat of summer, it shal not be amisse, if during the time of your churning

Helpes in
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 flow, 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 churme bee 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 milke, and put it into a very clean boul of wood, or panſhien of earth ſweetned for the purpoſe, and if you intend to ſpend the butter ſweet and freſh, you ſhall have your boul or panſhien 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 waſht out all the butter milke, and brought the butter to a firme ſubſtance of it ſelfe, without any other moiſture; which done, you ſhall take the butter from the water, and with the point of a knife ſcotch and ſlaſh 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 haire or mote, or rag of a ſtrayner, and any other thing which by caſuall means may happen to fall into it.

The handling
of Butter.

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

and sprinkle it thereupon; then with your hands worke 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 save a lump thereof, and put it into a vessel, and so set it into the Sun the space of that moneth, you shall find it exceeding soveraign and medicinable for wounds, strains, aches, and such like grievances. Of May-but-
ter.

Touching the poudring up or potting of butter, you shall by no meanes, as in fresh butter, wash the butter milke out with water; but onely work it cleare out with yout 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 disperst through the whole butter; then take clean earthen pots, exceedingly well leaded, least the brine should leake through the same, and cast salt into the bottome of it: then lay in your butter, and presse it downe hard within the same, and when your pot is filled; then cover the top thereof with salt so as no butter be seen: then closing up the pot let it stand where it may be 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 *Houswives* whose Dairies being great, can by no means conveniently have their butter contain-

ruined in pots; as in *Holland, Suffolk, Norfolk*, and such like, and therefore are first to take barrells very close and well made; and after they have salted it well, they fill their barrells therewith; then they take a small stick, clean and sweet, and therewith make divers holes, down through the butter, even to the bottome of the barrell: and then make a strong brine of water and salt which will beare an egge, and after it is boyl'd, well skimmed and cool'd, then powr 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 amisse, but pleasant and wholesome.

When to pot
Butter.

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

The best use of Butter-milk for the ablest *House-wife* is charitably to bestow it on the poor Neighbours, whose wants do dayly cry out for sustenance: and no doubt but she shall find the profit thereof in a divine place, as well as in her earthly businesse. 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 shal take her Butter milk and put it into a clean earthen vessell, which is much larger then to receive the Butter-milk only; and looking unto the quantity thereof, she shall take as it were a third part so much new milk, and set it on the fire, and when it is ready to rise, take it off, and let it cool a little: then powr it into the butter milk in the same manner as you would

would make a posset, and having stirred it about, let it stand: then with a fine skummer, 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 eat 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 slake the thirst of any labouring man as well, if not better.

Of Whigge

The next main profit which ariseth from the Dairy is *cheese*, of which there be divers kinds, *as new milke, or morrow milke, cheese, nettle-cheese, floaten-milk cheese, and eddish, or after-math-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 *Cheeselep bag* or *Runnet*, which is the most principall thing wherewith your cheese is compounded, and giveth the perfect taste unto the same.

Of cheese,

The *Cheeselep bag* or *Runnet*, which is the *stomack bag* of a young sucking Calfe, which never tasted other food then *milk*, where the curd lyeth undigested. Of these Bags, you shall in the beginning of the Yeere provide your self good store, and first open the Bag and powr out into a clean Vessell the curd and thicke substance thereof; but the rest which is not curdled you shall put away: then open the curd and pick out of it all manner of motes, chiers of grasse, or other filth gotten into the same: then wash the curd in so many cold waters, till it be as white and clean from all

Of the Cheeselep-bagge or Runnet.

forts

forts of moats as is possible; then lay it on a cleane cloath that the water may drain from it; which done, lay it in another dry 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 oorners (as course Housewives do) it is stuttish, naught, and unwholesome, and the spending of your Runnet whilest it is new, makes your cheefe 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 mortar or a boule, and with a wooden pestle, or a rolling pin beat it exceedingly; then put to it the yolkes of two or three egges, and halfe a pint of the thickest and sweetest cream you can sieet from your milk, with a peny 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 brize 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 spoontuls 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 Runnet a fortnight after before you use it; and in this manner dresse all your bags so, as you may ever have one ready after another, and the youngest a fortnight old ever at the least; for that will make the earning quick and sharp, so that four Spoonfuls thereof will suffice for the gathering and seasoning of at least twelve Gallons of milk, and this is the choicest and best earning which can possibly be made by any *Housewife*.

To make a *new-milk* or *morning milk cheese*, which is the best cheese made ordinarily in our Kingdom; you shall take your *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-milke*: 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 mote of the curd of the earning fall into the cheese, it will make the cheese rot and mould*; when your earning is put in, you shall cover the milk, and so let it stand halfe an houre or thereabout; *for if the earning be good it will come in that space*; but if you see it doth not, then you shall put in more: being come, you shall with a dish in your hand breake and mashe the curd together, passing and turning it about diversly: which done, with the flat palmes of your hands very gently presse the 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 Cheefe-fat answerable to the proportion of your curd with both your hands joined together, put your curd therein, and break it; and presse it down hard into the fat till you have filld it; then lay upon the top of the curd your hard cheefe-board, and a little small weight thereupon, that the whey may drop from it into the under vessell; when it hath done dropping, take a large Cheefe-cloth, and having wet it in the cold water, lay it on the Cheefe-board, and then turn the Cheefe upon it; then lay the cloth into the Cheefe-fat, and so put the Cheefe therein againe, and with a thin slice thrust the same downe close on every side: then laying the cloth also over the top to lay on the Cheefe-board, and so carry it to your great presse, and there press it under a sufficient waight: after it hath been there prest half an hour, you shall take it and turn it into a dry cloth, and put it into the presse 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 presse again, not taking it there from till the next day in the evening at soone it, and the last time it is turned, you shall turn it into the dry fat without any cloth at all.

When it is prest sufficiently, and taken from the fat, you shall then lay it in a Kimmel, and rub it first on the one side, & then on the other with salt, and so let it lye all that night; then the next morning you shall doe the like again, & so turn it upon the brine, which comes from the salt two or three days or more, according to the bignesse of the Cheefe, 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 Cheefe-hecke: and in this manner of drying you must observe to lay it first where it may dry hastily, and after where it may dry at more leasure: thus may you make the best and most principall cheefe

Now if you wil make Cheefe of two meales, as your mornings new milke, and the evenings-Creame milke, & all you shal do is but the same formerly rehearsed.

A Cheefe of two meales

And if you will make a simple morrow milke Cheefe, which is all of new milke and nothing else, you shall then do as is before declared, onely you shall put in your evening so soon as the milk is fild (if it have any warmth in't) and not scald it: but if the warmth be lost you shall put it into a kettle and give it the ayre of the fire.

Cheefe of one meale

If you will have a very dainty nettle Cheefe, which is the finest summer cheefe which can be eaten; you shall doe in all things as was formerly taught in the new milke cheefe compound; Onely you shal put the curd into a very thinnē Cheefe-fat, not above halfe an inch or a little better deepe at the most, and then when you comē 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 Cheefe or Cheeses, and to gather your nettles as much without stalkes as may be, and to make the bed both under and aloft as smooth as may be, for the more even and fewer wrinkles that your cheefe hath, the more dainty is your *House-wife* accounted.

Of Nettle cheefe

If you will make floaten milke cheefe, which is the courtest of all cheeses, you shal take some of the milk and

Of floaten milk cheefe

and heat it upon the fire, to warm all the rest; but if it be so low 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 curds as before shewed, and gather it, presse it, salt it, and dry it as you did all other Cheeses.

Of eddish
cheese.

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

When you have made your Cheese, you shall then have care of the whey, whose general use differeth not from that of Butter-milk, for either you shall preserve it to 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.

Of whey
curds.

If you will make curds of your best Whey, you shall set it upon the fire, and being ready to boyl, 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 skummer 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 so serve them forth as occasion shall serve.

CHAP. 7.

The Office of the Malt, and the severall secrets, and knowledges belonging to the making of Malt.



It is most requisite and fit that our *House-wife* be experienced and well practised in the well making of Malt both for the necessary and continuall use thereof, as also for the generall profit which accrueth and ariseth to the *Husband, House-wife*, and the whole family: for as from it is made the drink by which the *Household* is nourished and sustained, so to the fruitfull *Husband-man* (who is the master of rich ground, and much tillage) it is an excellent merchandize, and a commodity of so great trade, that not alone especiall Towns and Countries are maintaiued thereby, but also the whole Kingdom, and divers others of our neighboring Nations. This office or place of knowledge belongeth particularly to the *House-wife*; and though we have many excellent Men-malters; yet it is properly the work and care of the woman, for it is a *house work*, and done altogether within doores, where generallly lieth her charge; the man only ought to bring in, and to provide the grain, and excuse her from portage or too heavy burthens, but for the Art of making the Malt, and the severall labours appertaining to the same, even from the Fat to the Kiln; 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 Maltster, it consisteth in the election and choise 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, Fatches*, 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 litle, 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-Barly, and the Barly which groweth on the mixt soyl. Now the best Barly to make Malt on, both for yeelding the greatest quantity of matter, and making the strongest, best, and most wholesome drink, is the Clay-Barley well drest, being clean Corne of it selfe, without weed or Oates, white of colour, full in substance, and sweet in taste: that which groweth on the mixt grounds is the next; for though it be subject to some Oates and some Weeds: yet being painfully and carefully drest, it is a fair and a bold Com, 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 seldome or never mixt with Oates, yet if the tillage be not painfully and cunningly handled,

it is much subject to weeds of divers kinds, as tares, fetches, and such like, which drink up the liquor in the brewing, and make the yeeld 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 drinke, for strength and long lasting.

The Barley in the mixt grounds will serve well for households and families: and the sandy barley for the poor, and in such places where better is not to be gotten. And these are to be known of every *Husband* or *House-wife*: the first by his whitenesse, greaenesse and fulness: the second by his brownenesse, and the third by his yellownesse, with a darke browne nether end, and the emptinesse and thicknesse 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 drinke, if the quantity be not too much, which is evermore to be respected. And to conclude this matter of election, great care must be had of both *Husband* and *House-wife*, that the barley chosen for malt, be exceeding sweet, both in smell and taste, and very clean drest: for any corruption maketh the malt loathsome, and the foul dresting affordeth much losse.

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

Of the Malt-house, and the situation.

sisteth both much of the skill, and much of the profit: for the general situation of the house, it would (as neer 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 Malster pleateth, both to cool and comfort the graine at pleasure, and also close-shuts or draw-windowes to keep out the Frosts and Storms, which are the only lets and hinderances for making the malt good and perfect: for the modell or forme of these houses, some are made round, with a court in the middle, some long, and some square, but the round is the best, and the least laborious; for the 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 adjoining, or at least by conveyance of troughs made as usefull as if it were neer adjoining, the Corne being steeped, may with one persons labour, and a shovell be cast from the Fat or Cestern to the floore, and there coucht; then when the couch is broken, it may in the turning either with the hand or the shovell, be carried in such a circular house round about from one floore to another, till it come to the 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 floor, till all the *floors* be filld: in which circular motion you shal find, that ever that which was first steeped, shal 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

the labour done only with the hand and shovell, without carrying or recarrying, or lifting heavy burthens, is both troublesome and offensive, and not without much losse, because in such cases ever some graine scattereth.

Now over against the Kilne hole or Furnace (which is evermore intended to 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 wherein to keep your Barley before it be steeped: in the botomes of these Garners, standing directly over the cesternies, 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 pleasant. Over that place where the fewell is piled, and is 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 lye to mellow and ripen; and others to receive the *Malt* after it is skreened and drest up; for to let it be too long in the Combe, as above three moneths at longest, will make it both corrupt, and breed Weevells and other worms, which are the greatest destroyers of *malt* that may be. And these Garners should be so conveniently

niently plac'd before the front of the *Kilne-bed*, that either with the shovel or a smal scuttle you may cast, or carry the *malt* once dryed 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 *Cestern*: and in this manner, and with these accommodations you may fashion any *Malt house*, either round, long, square, or of what proportion soever, as either your estate, or the convenience of the ground you have to build on shall administer.

Of Malt-
floores.

Next to the cite or proportion of the ground, you shal have a principal care for the making of your *malt floores*, in which (*all the custome 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 floores*) yet you shall understand, that the generall best *Malt-floore*, both for Summer and Winter, and all seasons, is the cave or vaulted arch which is hewed out of a dry and main greety *Rocke*, for it is both warm in Winter, coole 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 extreame 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 so swiftly, that it cannot indure to take time on the *floore*, and get the right seasoning which belongeth to the same: whereas these kind of vaults being dry, and as it were coucht
under

under the ground, not only keepeth out the Sunne in Summer, which maketh the Malt come much too fast, but also defendeth it from frosts and cold bitter blasts in sharp Winters, which will not suffer it to come, or sprout at all; or if part do come and sprout, as that which lyeth in the heart of the bed; yet the upper parts and out-side by meanes of extreame cold cannot sprout: but being again dried, hath his first hardnesse, and is one and the same with raw Barley; for every *House-wife* must know, that if Malt doe not come as it were altogether, and at an instant, and not one come more 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 firmnesse; this Flower is a very warm comfortable Flower in the Winter season, and will help the Grain to come and sprout exceedingly, and with the help of windowes to let in the cold ayre, and to shut out the violent reflection of the Sun, will serve very conveniently for the making of Malt, for nine 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 paris*, being burnt in a seasonable time, and kept from wet, till the time of shooting, and then smoothly laid, and well levelled; the imperfection of the *plaster flower* is only the extreame coldnesse thereof, which in frosty and cold seasons, so bindeth in the heart of the Grain,

that it cannot sprout, for which cause it behoveth every Malster that is compelled to these Floores, to look well into the seasons of the yeere, and when hee finderh 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 coucht and laid together, the warmer it lyeth, and so catching heat, the sooner it sprouteth, and the thinner it lyeth, the cooler it is, and so much the slower 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 *Iuly* 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 floor another fault, which is a naturall casting out of dust, which much sullieth the Grain, and being dryed, makes it look dun and foule, which is much disparagement to the Malster; therefore she must have great care that when the Malt is taken away, to sweepe and keepe her floores as clean and neate as may be. The last and worst is the boarded floore, of what kind soever it be, by reason of the too much heat thereof, and yet of boarded floores the Oken boarded is the coolest and longest lasting; the *Elme* or *Beech* is next, then the *Ashe*, and the worst (though it be the fairest to the Eye) is the *Firre*, for it hath in it self (by reason of the Frankinsence and

Turpentine which it holdeth) a naturall heat, which mixed with the violence of the Sunne in the Summer-time, forceth the grain not onely to sprout, but to grow in the couch, which is much losse and a fowle imputation. Now these boarded floors can hardly be in use for above five moneths at the most, that is to say, *October, November, December, January, and February*: for the rest, the Sun hath too much strength, and these boarded floors too much warmth; and therefore in the coolest times it is good to observe to make the couch thin whereby the ayr may passe thorough the corn, and to cool it, that it may sprout at leisure.

Now for any other floor besides these already ^{Imperfect} named there is not any good to malt upon; for the ^{Floors.} common flore which is of naturall earth, whether it be Clay, Sand or Oravell, if it have no mixture at all with it more then its own nature, by oft treading upon it, groweth to gather the nature of saltnesse 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 uneveness, 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 expell the former moisture received in the cester, but also by that over-much moisture many times rottereth, and comes to be altogether uselesse. Lastly, for the flower made of lime and hair, it is as ill as any formerly 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 weaknesse and brittlenes of the substance thereof, being apt to molder and fall in pieces with the lightest treading on the same, and that lime and dust once mixing with the corn it doth so poyson and suffocate it, that it neither can sprout, nor turn serviceable for any use.

Of the Kiline
and the building
thereof.

Next unto the Malt-flowers, our Malster shall have a great care in the framing and fashioning of the Kiline, of which there are sundry sorts of moddels, as the ancient forme which was in times past used of our forefathers, being only made in a square proportion at the top with small splints or rafters, joyned within foure inches one of another, going from a maine beam, crossing the mid part of that great square: then is this great square from the top, with good and sufficient truds to be drawn sloopewise 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 descending, and not leuell nor ascending: and these Killes doe not hold any certain quantity in the upper square, but may ever be according to the frame of the house, some being thirty foot each way, some 20. and some eighteen. There be other Killes 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 fore-seeing 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 Kilne may be set on fire, to the great losse and often undoing of the owner.

Which to prevent, and that the *Malster* may have better assurance and comfort in her labour, there is a The perfect
Kilne, Kilne now of generall use in this *Kingdome*, which is called a *French Kilne*, being framed of a Brick, Ashler, or other fire-stone, according to the nature of the soyl in which *Husbands* and *Housewives* live: and this *French Kilne* is ever safe and secure from fire, and whether the *Malster* wake or sleep, without extreame wilfull negligence, there can no danger come to the Kilne; and in these *Kilnes* may be burnt any kind of fewell whatsoever, and neither shall the smoke offend or breed ill taste in the *Malt*, nor yet discolor 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 onely embraced. Of the forme or moddell 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 *Kingdome* but can build the same; so that to use more words thereof were tediousnesse to little purpose. Now there is another kind of
Kilne

Kiln which I have seen (and but in the west-country onely) which for the profitable quaintnesse thereof, I took some speciall note of, and that was a Kilne made at the end of a Kitchin Raunge or Chimney, being in shape round and made of Brick, with a little hollownesse narrowed by degrees, into which came from the bottome and midst of the Kitchin-chimney a hollow tunnell or vault, like the tunnell of a Chimny, and ranne 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 tunnell which went to the Kiln, so that the Malt being once laid, and spread upon the Kiln, draw away the Iron-plate, and the ordinary fire with which you dresse your meate, and perform other necessary businesses, is sucked up into this tunnell, and so convayeth the heat to the kiln, where it drieth the Malt with as great perfection, as any kiln I saw in my life, and needeth neither attendance or other ceremony more, then once in five or fixe houres to turn the Malt, and take it away when it is dried sufficiently: for it is here to be noted, that how great or violent soever the fire be, which is in the Chimney, yet by reason of the passage, and the quantity thereof it carrieth no more then a moderate heate to the kiln; and for the smoke, it is so carried away in other loop-holes which run from the hollownesse between the tunnell, and the Malt-bed, that no Malt in the world can possibly be sweeter or more delicately coloured: only the fault of these kilns are, that they

are but little in compasse, and so cannot dry much at a time, as not above a quarter or ten strike at the most in one drying, and therefore are no more but for a mans own particular use, and for the furnishing of one settled Family; but so applyed, they exceed all the kilnes that I have seen whatsoever.

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

Bedding of
the Kilne.

But first to shew you what the bedding of a *Kiln* is, you shall understand, that it is a thin covering laid upon the open rafters, 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, least 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 severall dryings.

It must also be made of such stufte, as having received heat, it will long continue the same, and be assistant to the fire in drying the corn: it should also have in it no moist or darkish property, lest at the first receiving of the fire it send out a stinking smoke, and so taint the Malt; nor should it be of any rough or sharp substance because upon this bed or bedding is laid the haire-cloth, and on the haire-cloth the Malt, so that with the turning the *Malt*, and treading upon the cloth, should the Bed be of any such roughnesse, it would loone weare out the haire-cloth, which would bee both
losse

losse 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 eares only cut off, and the ends laid even together, nor 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 thicknesse 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, sweeter, 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 quicknesse 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 sowed; and woven together according to the manner of the *Indian Mats*, or those usuall thin *Bent Mats*, which you shall commonly see in the Summer time, standing in *Husband-mens* Chimneyes, where one bent or straw is laid by another, and so woven together with a good strong pack thread: but these *Mats* according to the old Proverb (*More cost more worship*) for they are chargeable to be bought, and very troublesome in the making, and in the wearing will not outlast one of the former loose beddings, for if one thread or stitch breake, immediatly most in that rowe will follow: onely it is most certaine, that during the
time

time it lasteth it is both good, necessary and handsome. But if the *Mat* be made either of Bulrushes, Flags, or any other thick substance (as for the most part they are) then it is not so good a bedding, both because the thicknesse keepeth out the heat, and is long before it can be warmed; as also in that it ever being cold, naturally of it selfe draweth into it a certain moysture, which with the first heat being expelled in smoke, doth much offend and breed ill taste in the *Malt*. There be others that bed the Kilne with a kind of *matt* made of broad thin splints of good wrought Checkerwise one into another, and it hath the same faults which the thick *matt* hath; for it is long in catching the heat, and will ever smoke at the first warming, and that smoke will the *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 vp or removed; for by continuall heat, being brought to such an extreame 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 mat*, 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 foulded 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 tewel in drying your Malt, I allow this bedding before any other, for it is very good, strong and long lasting : besides, it maybe taken up and set by at pleasure, so that you may sweep and cleanse your Kilne as oft as occasion shall serve, and in the neat and fine keeping of the Kilne, doth consist much of the *House-wives* Art ; for to be choakt either with dust, dirt, soot or ashes, as it shews fluttinesse and sloth, the only great imputations hanging over a *House-wife*, so likewise they hinder the labour, and make the malt dry a great deale worse, and more unkindly.

Of fewell for
the drying of
Malt.

Next the Bedding of the Kilne, our Malster by all meanes must have an especiall care with what fewell she dryeth the Malt; for commonly according to that it ever receiveth and keepeth the taste, it by some especiall Art in the Kiln that annoyance be not taken away. To speak then of fewells in generall, they are of divers kinds according to the natures of soyles, and the accommodation of places in which men live ; yet the best 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 then heat, it is last of these white straws to be chosen, and where any of these fail or are scarce, you may take the stubble or after crop

of them, when the upper part is 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, meaurure, or such like, of more then 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 moysture gotten out of them, and so either safely housed or stacked, are the best fewell: for they make a verp substantiall 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 suddenly and swiftly. Next to these is clean Bean straw, or straw mixt o' Beanes and Pease together; but this must be handled with great discretion, for the substance containeth so much heat, that it wil rather burn then dry, if it be not moderated, and the smoke is also much offensive. Next to this Beans straw is your Furs, Gorse, Whins, or small Brush-wood, which differeth not much from Bean straw; onely the smoke is much sharper, and tainteth the Malt with a much stronger favour. To these I may adde Braken or Braks, Ling, Heath, or Brome, all which may serve in time of necessity, but each one of them have this fault, that they adde to the Malt an ill taste or favour. After these I place wood of all sorts, for each is alike noysome, and if the smoke which commeth from it touch the Malt, the infection cannot 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 vertues, faults, and how they are to be imployed. Now for Coale of all kindes, Turfe or Peate, they are not by any meanes to be used under Kilnes, except where the furnaces are so subtrilly made, that the smoak is conveyed a quite contrary way, and never commeth neere the malt; in that case it skilleth not what fuell you use, so it be durable and cheap it is fit for the purpose, onely 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 scorcheth 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 skillfull Malster.

When the Kiln is thus made and furnished of all necessaries duely 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 Weevell and Wormes which destroy the Graine, and is indeed much too hot: for although malt would ever be kept passing drie, yet never so little over-plus of 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, moistneth 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 sort to be eschewed. Now for mud, clay, or loame, in as much as they must necessarily be mixt with wood, because otherwise of themselves, they cannot knit or bind together, and besides, that the clay or loame must be mixt either with chopt hay, chopt straw, or chopt Litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences against Mice, but easie to be wrought through, and so very unprofitable for any Husband or Houwife to use. Besides, they are much too hot, and being either in a close house, neere the Kilne, or the backe or face of any other Chimney, they dry the Corn too sore, and make it dwindle and wither, so that it neither filleth the bushel nor enricheth the liquor, but turnes to losse every way. The best Garner then that can be made both for safety and profit, is to be made either of broken tile-shread, or broken bricke, 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 bricke or tyle-shread may by

any means be seen, or come neer to touch the Come, 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 dayes of drying, may come unto the same, or else neer the backes or sides of Chimnies, where the ayre thereof may correct the extream coldnesse of the plaster, which of all things that are bred in the earth, is the coldest thing that may be, and yet most dry, and not apt to sweat, or take moyſture, but by some violent extremity; neither will any 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.*

The making
of Cesternes.

After these Garners, Hutches, or large Keeper for Corn are perfitted and made, and fitly adjoynd to the Kilne, the next thing that our Maultster hath to look unto, is the framing of the Fatts or Cesternes, in which the Corn is to be steeped, and they are of two sorts; *that is,* either of Coopers work, being great Fatts of Wood, or else of Masons work, being Cesternes made of stone; but the Cestern of stone is much the better; for besides that these great Fatts of Wood are very chargeable and costly (as a Fatt to contain four quarters of Grain, which is but two and thirty bushels, cannot be afforded under twenty shillings) so likewise they are very casuall and apt to mischance and spilling; for, and besides their ordinary wearing, if in the heat of Summer they be never
so

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 peeces; and if they bee kept moyst, yet if the water be not oft shifted and preserved sweet, the Fatte will soone taynt, and being once growne faulty, it is not onely irrecorable, but also whatsoever commeth to be steeped in it after will be sure to have the same savour, besides the wearing and breaking of Garthes and Plugges the binding cleansing, sweetning, and a whole world of other troubles and charges doth so dayly attend them, that the benefit is a great deale short of the incumbrance; whereas the Stone Cestern is ever ready and usefull, without any vexation at all, and being once well and sufficiently made, will not need trouble or reparation (more then ordinary washing) scaice in a hundred yeares.

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

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

done you ſhall alſo cover all the ſides and toppe, both within and without, with the ſame matter, at leaſt a good fingers thickneſſe, and the main Wall of the whole cifterne ſhall be a full foot in thickneſſe, as well for ſtrength and dureableneſſe, as other private reaſons for the holding the grain and water, whole poyle 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.

The manner
how to make
Malt.

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 any 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 tearme it melting of malt, you ſhall firſt (having proportioned the quantity you mean to ſteepe, which ſhould ever be answerable to the content of your Cifterne, and your Cifterne to your ſlowers) let it either runne downe from your upper Garner into the Cifterne, or otherwiſe be carryed into your Cifterne, as you ſhall pleaſe, or your occaſions deſire, and this Barley would by all means be very Cleane, and neatly dreſt; then when your Cifterne is filled, you ſhall from your Pomp or Well, convey the water into the cifterne, till all the corn be drencht, and that the water float above it: if there be any corn that will not ſinke, you ſhall with your hand ſtirre it about, and wet it, and ſo let it reſt and cover the ceſterne; and thus for the ſpace of three nights you ſhall let the Corne ſteepe in the water. After the there night is expired,
the

the next morning you shall come to the Cestern, and pluck out the plug or bung-stick, which stoppeth the hole in the bottome of the Cesterne, and so draine the water clean from the Corne, and this water you shall by all meanes save; for much light Corne and others will come forth with this drain-water, which is very good Swines meat, and may not be lost by any good House-wife. Then having drained it, you shall let the Cestern drop all that day, and in the evening with your shovell you shall empty the Corn from the 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 thickness of this heap shall be answerable to the season of the year; for if the weather be extreame cold, then the heap shall be made very thicke, as three or four foot, or more, according to the quantity of the grain; but if the weather be temperate and warme, then shall the heap be made thinner, as two foot, a foot and a half, or one foot, according to the quantity of the grain. And this heap is called of Malsters a Couch or Bed of raw Malt.

In this couch you shall let the corn lye three nights more without stirring, and after the expiration of the three nights, you shall look upon it, and if you find that it beginneth but to sprout (which is called comming of Malt) though it be never so little, as but the very white end of the sprout peeping out (so it be in the outward part of the heape or couch) you shall then break open the couch, and in the midst where the Corn lay neerest) you shall finde the sprout or Corn of a greater largenesse; then with your shovell you shall turne all the outward part of the couch in-

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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 largenesse and making it of one indifferent thickness over all the floore, that is to say, not above a handfull 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 ofner; if cool, then it may lie looser, thicker, and longer together, and when the three weeks is fully accomplisht, then you shall (having bedded your Kilne, and spread a cleane hair cloath thereon.) lay the Malt as thinne as may be (as about three fingers thickness) upon the hair-cloath, and so dry it with a gentle and soft fire, ever and anon turning the Malt (as it drieth on the Kilne) over and over with your hand, till you find it sufficiently 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 thoroughly 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 dried, 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 cloath, and gathering the Malt together on a heape, empty it with the Come and all into your garners, 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

The drying of
Malt.

come or dust of the Kila, for such a space melloweth and ripeneth the Malt making it better both for sale or expence, so to lye too long in it doth ingender Weevell, Wormes, and Vermine which doe destroy the grain.

Now for the dressing and cleansing of Malt at such time as it is either to be spent in the house, or sold in the Market; you shall first winnow it with a good *wind* either from the Ayr, or from the Fan; and before the winnowing, you shall rub it exceeding well betweene your hands, to get the *come* or *sproutings* cleane away: for the beauty and goodnesse of *malt* is when it is most smug, cleane, bright, and likest to Barley in the view, for then there is least wast and greatest profit: for *come* and *dust* drinketh up the liquor, and gives an ill tast 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 late 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 sack 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 meanes omit: for though divers opinions do diversly argue them, yet as neere as I can, I will reconcile them to that truth, which is most consonant to reason, and the rule of honesty and equality.

First, there is a difference in mens *opinions* as touching the constant time for the mellowing and making of the Malt; that is, from the first steeping untill the time of drying; for some will allow both Fat and Flowre hardly a fortnight, some a fortnight and two or three dayes, and do give this reason.

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

These reasons are good in shew, but not in substantiall truth: for (although I confesse that corne which 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 2 week the second, and in another week the third; so that in lesse then three weeks a man cannot make perfect Malt. Again, I confesse, that Malt which hath the least Come, must have the greatest Kernell, and so be most substantiall; yet the Malt which putteth not out his full sprout, but hath that moisture (with too much 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

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 again, that it will be little better then raw Malt, and so good for no service without a second drying.

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

Next, there is a difference in the turning of the Malt, for some (and those be the most Men-malsters whatsoever) turn all their Malt with the shovel, and say it is more easie, more speedy; add dispatcheth more in an hour, then any other way doth in three; and it is very true, yet it scattereth much, leaveth much behind unturn'd, and commonly that which was undermost, it leaveth undermost still; and so by some comming too much, and others not comming at all, the Malt is oft much imperfect, and the old saying made good, *that too much hast maketh wast*. Now, there are others (and they are for the most part women Malsters) which turn all with the hand, and that is the best, safest, and most certaine way; for there is not a graine which the hand

hand doth not remove, and turn over and over, and layes every severall heape or row of such an even and just thicknes, that the Malt both equally commeth, & equally seasoneth together without defect or alteration: and though he that hath much Malt to make, will be willing to harken to the swiftest course in making yet he that wil make the best Malt, must take such convenient leifure, and imploy that labor which commeth neereſt 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 sproued too much, is, when either by negligence, for want of looking to the couch, and not opening of it, or for want of turning when the *malt* is spread on the floor, it come or sprout at both ends, which *Husbands* call *Akerspierd*; such corn by reason the whole heart or substance is driven out of it, can be good for no purpose but the Swine-trough, and therefore you must have an especial care both to the well tending of the couch, and the turning the *Malt* on the floore, 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 *Husband-men* 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 stil in the heart of the Couch; and with your hand gather it by it self into a seperate 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 (tuffe, the warmth whereof will make it come presently: which once perceived, then forthwith uncloth it, and order it as aforesaid in all points. And thus much for the Art, order, skill, and cunning, belonging to the Malt-making.

Now as touching the making of Oates into Malt, Of Oates
Malt. which is a thing of generall use in many parts of this Kingdome where Barley is scarce, as in *Cheshire, Lancashire,* much of *Darbishiere, 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 oftner then Barley, and in the turning be carefull to turn all, and not leave any unmoved. Lastly, they will need less of the floor than Barley wil for in a ful fortnight, or a fortnight and two or three

three days you may make very good and perfect Oar-malt. But because I have a great deale more to speake particularly of Oates in the next *Chapter*, I will here conclude this, and advise every skillfull *House-wife* to joyn with mine observations, her owne tryed experience, and no doubt but she shall find both profit and satisfaction.

CHAP. 6.

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

Oats although they are of all manner of grain the cheapest, because of their generality being a grain of that goodness and hardnesse, 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 companion and true friend to mankind; yet it is a grain of that singularity for the multiplicity of vertues, and necessary uses 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 wants many degrees of equall vertue; so that joyning vertue and value together, no *Husband*, *House-wife*, or *House-keeper* whatsoever, hath so true and worthy a friend, as his Oates are.

The vertue
of Oates to
cattell.

To speake then first of the vertues of Oates, as they accrew to cattel and creatures without door, and first to begin with the Horse, there is not any food whatsoever that is so good, wholesome, and agreeable with the nature of a Horse, as Oates are, being a Provender in which 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 graines, but it is needlesse, and farre from the purpose I have to handle: suffice it, Oats for Horses are the best of all foods whatsoever, whether they be but onely clean threshed from the straw, and so dried, or converted to Oat-meal, and so ground and made into bread, Oats boild and given to a Horse whilst they are cool and sweet are an excellent food for any horse in the time of disease, poverty, or sickness for they scowre and fat exceedingly.

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

If you will feed either Oxe Bull Cow or any Neat, whatsoever to an extraordinary height of fatnesse, there is no food doth it so soone as Oates doth, whether you give them in the straw, or clean thashed from the sheaf, and well winnowed; but the winnowed Oate
is

is the beſt, for by them I have ſeen an Oxe fed to twenty pound, to twenty foure pound, and thirty pounds, which is a moſt unreaſonable reckoning for any beaſt; onely ſame and the tallow hath been precious.

Sheepe 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 thickneſſe as with any graine whatſoever; onely they muſt have a few Peaſe after the Oats to harden the fat or elſe it will waſt, and conſume in boyling. Now for holding Swine, which are onely to be preſerved in good fleſh, nothing is better then a thin mange made of ground Oats, Whey, Butter-milke, or other ordinary waſh, or ſwillings, which either the Dairy or Kitchin affordeth; nor is there any more ſoveraigne or excellent meat for Swine in the time of ſickeſſe, then a mange made of ground Oats and ſweet Whey, warmed luke-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, ſtrengthening and comſorting of Grey-hounds, 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.

No.v for all manner of Poultry, as Cocks, Capons Hens, Chickens of great ſize, Turkeys Geefe, Ducks, Swannes and ſuch like, there is no food feedeth them better then Oats, and if it be the young breed of any
of

of those kinds, even from the first hatching or disclosing, till they be able to shift for themselves; there is no food better whatsoever then Oat-meal Groats, or fine Oat-meale, either simple of it selfe, or else mixt with milk, drink, or else new made Urine.

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

First, for the simple Oat it self (excepting some particular physick helps as frying them with sweet butter, and putting them in a bag, and very hot applyed to the belly, or stomack, to avoid collick or windinesse, 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 exceeding well, and maintaineth many Towns and Countries; but the Oat-meale which is drawn from them, being the heart and kernel of the Oat, is a thing of much rarer price and estimation; for to speak truth, it is like Salt of such a general use, that without it hardly can any Family be maintained: therefore, I think it not much amisse to speak a word or two touching the making of Oat-meale, you shall understand then, that to make good and perfect Oat-meale, you shall first dry your Oates exceeding well; and then put them on the Mill, which may either be Water-mill, Wind-mill, or Horse-mill, (but the horse-mil is best) and no more but crush or hull them; that is, to carry the stones so large, that they may no more but crush the huske from the Kernell: then you shall winnow the hulls from the Kernells either with the wind or a Fan, and finding them of an indifferent cleannessse

Vertue of oats
for man.

Making of
Oat'm eale. 1

cleanneſſe (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 againe, and ſuch Greets or Kirnells as are clean huld, and well cut, you may lay by, and the reſt you ſhall run through the mill again the third time, and ſo winnow them againe, in which time all will be perfit, and the Greets or full Kirnells will ſeparate from the ſmaller Oat-meales; 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 Kirnell, 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.

The vertues
of Oat-meal.

Now for the uſe and vertues of theſe ſeverall kinds of Oat-meales in maintaining the Family, they are ſo many (according to the many cuſtomes of many Nations) *that is almoſt impoſſible to reckon all*; yet (as neere as I can) I will impart my knowledge, and what I have tane from relation.

Firſt, for the ſmall Duſt, or meale Oat-meal, it is that with which all pottage is made and thickned, whether they be Meat-pottage, Milk-pottage, or any thick, or elſe thin Grewell whatſoever, of whoſe goodneſſe and wholeſomeſſe it is needleſſe to ſpeake, in that it is frequent with every experience: Alſo, with this ſmall meale Oat-meale is made in divers Countries ſixe ſeverall kindes of very good and wholeſome bread, every one finer then other, as your Anacks, Ianacks, and ſuch like. Alſo, there

is made of it, both thicke, and thin Oaten cakes, which are very pleasant in taste, and much esteemed: but if it be mixed with fine wheate-meale, then it maketh a most delicate and dainty Oate-cake, either thicke 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, Calf, or Swine maketh that pudding which is called the Haggas or Haggus, of whose goodnesse it is in vaine to boast, because there is hardly to be found a man that doth not affect them. And lastly, from this small oat-meale by oft steeping it in water and cleansing it; and then boiling it to a thick and stiffe jelly, is made that excellent dish of meat which is so esteemed of in the west parts of this Kingdome, which they call *Wash-brew*, and in *Cheshire*, and *Lancashire* they call it *Flumery*, or *Flumery*; the whole somelesse 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 Phisitian speak more in the commendations of that meete; then of any other foode whatsoever: and certaine it is that you shal not heare of any that ever did surfeite of this *Wash-brew* or *Flammery*; 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 eat it with hony, 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,

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which

which is as it were the dregges, or grosser substance of the Wash-brew, which is called Gird-brew, which is a well filling and sufficient meat, fit for servants and men of labour; of the commendations whereof, I will not much stand, in that it is a meat of harder digestion, and fit indeed but for strong able stomachs, and such whose toyl and much sweat both liberally spendeth the evil humors, and also preserveth men from the offence of fulnesse and surfeits.

Now for the bigger kind of Oat-meale, which is called Greet, or Corn Oat-meale; it is of no lesse use then 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 terms 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 herbs, or else white, as when the Greets are mixt with good Cream, Egges, Bread-crumbs, Suet, Currants, and other wholesome Spices. Also of these Greets are made the good Fry-day pudding, which is mixt with Egges, Milk, Suet, penny-royal, and boy'd first in a linnen bag, and then stript and buttered with sweet butter. Again, if you roast a Goose, and stop her belly with whole grits beaten together with Egges, and after mixt with the gravy, there cannot be a more better or pleasanter sawce: nay, if a man be at Sea in any long travel, he cannot eat a more wholesome and pleasant meat then these whole Grits boy'd in water til they burst, and then mixt with butter, and so eaten with spoons, which although Seameen call simply by the name of Loblolly, yet there is not any meat how insignificant soever the name be, that

is more toothsome or wholesome. And to conclude, there is no way or purpose whatsoever to which a man can use or imploy Rice; but with the same seasoning and order you may imploy the whole gretes of Oat-meale, and have full as good and wholesome meate, and as wel tasted; so that I may wel knit up this chapter with this approbation of Oat meal, that the little charge and great benefit considered, it is the very Crowne of the *Hous-wives* garland, and doth more grace her table and her knowledge, then all graines whatsoever; neither indeed can any Family or Household be wel and thriftily maintained where this is either scant or wanting. And thus much touching the nature, worth, vertues, and great necessity of Oates and Oat-meale.

CHAP. 8.

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



When our *English House-wife* knows how to preserve health by wholesome Physicke, to nourish by good meate, and to cloath the body with warm garments, she must not then by any meanes be ignorant in the provision of Bread 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 incede (but how well I know not) made the very substance of all entertainment; I will first beginne with it, and therefore you shal know that generally our Kingdome hath but two kinds of drinks, that is to say, Beer and

Dive Saies of
Drinkee.

Ale, but particularly foure, as Beere, Ale, Perry and Cider; and to these we may adde two more, Meed and Metheglin, two compound drinckes of honny and hearbs which in the places where they are made, as in *Wales* and the marches, are reckoned for exceeding wholesome and cordiall.

Strong cccerc.

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 sayd to be but two kinds thereof; namely, ordinary Beere, and march Beere, all other Beeres being derived from them.

Of ordinary
ccerc.

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

Of brewing
ordinary beer.

New for the Brewing of ordinary Beere, your Malt being well greund 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 pailles put the boyling liquor to the Malt, and then stirre it even to the bottoome exceedingly well together (which is called the mashing of the Malt) then the liquor swimming in the top cover al over with more Malt; and so let it stand an houre and more in the mash fat, during which space you may if you please heate, more liquor

in your lead for your second or small drink, this done, pluck up your mashing stroom, 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-tat again, put the second liquor to the malt, and stir it well together; then your Lead being emptied, put your first liquor or wort therein, and then to every quarter of Malt, put a pound and a halfe of the best Hops you can get; and boile them an houre together, till taking up a dishfull thereof, you see the hops shrink into the bottome of the dish; this done, put the wort thorow a strait Sive which may draine the hops from it into your cooler, which standing over the Guil-fat, you shall in the bottome thereof set a great bowl with your barm, & some of the first wort (before the *Hops* come into it mixt together) that it may rise therein, and then let your wort drop or run gently into the dish with the barm which stands in the Guil-fat, and this you shall doe the first day of your brewing, letting your cooler drop all the night following, & some part of the next morning, and as it drops if you find that a black skum or mother riseth upon the barm, you shal 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, tun it up into the Hogf-heads, being clean wash'd and scalded, and so let it purge: and herein you shal observe not to tun 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 boyl the other also, then cleer it from the Hops, and cover it very close, til 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 Hogshead 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.

Of brewing
the best march
beer.

Now for the brewing of the best March-Beere, you shall allow to a Hogshead thereof, a quarter of the best Malt wel 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 Hogshead: and whereas before you drew but two sorts of Beer: so now you shall draw three; that is, a Hogshead of the best and a Hogshead of the second, and half a Hogshead of small beer, without any augmentation of Hops or Malt.

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

Now

Now for the brewing of strong Ale, because it is ^{Brewing of strong Ale.} drink of no such long lasting as beer is, therefore you shall brew lesse quantity at a time thereof, as two bushels of Northern measure (which is four bushels, or half a quarter in the South) at a brewing, and not above, which will make fourteen gallons of the best Ale. Now for the mashing and ordering of it in the mash-fat, it will not differ any thing from that of Beer, as for Hops, although some use not to put in any, yet the best Brewers thereof will allow to fourteen gallons 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 graines, you shall put it into a vessell, and change it, or blink it in this manner: put into the wort a handfull of Oke bowes, and a pewter-dish, and let them lie therein, till the wort look a litle paler than it did at the first, and then presently take out the dish and the lease, and then boile it a full hour with the Hops, as aforesaid, and then cleanse it, and set it in vessells to coole; when it is milk-warm, having set your Barm to rise with some sweet wort: then put all into the Guilefat, and as soon as it riseth, with a dish or bowle beat it in, and so keep it with continuall beating a day and a night at least, & after tun it. From this Ale you may also draw half so much very good middle Ale, and a third part very good small Ale.

Touching the brewing of Bottle-ale, it differeth nothing at all from the brewing of strong Ale, onely it ^{Brewing of bottle Ale.} must be drawn in a larger proportion, as at least twenty 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 quickness.

nesse to the Ale: and when you tun it, you shall put it into round bottles with narrow mouths, and then stopping 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 spoyl of the Ale.

Now for the smal 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.

Of making
Perry or
Cyder.

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 thereof, 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 Presse-mill, which is made with a Mill-stone running round in a circle, under which you shall crush your Pears or Apples, and then straining them thorow a bag of hair-cloth, tun up the same (after it hath been a little setled) into Hogf-heads, Barrels, and other close vessels.

Now after you have prest all, you shall save that which is within the hair-cloth bag, and putting it into severall vessels, put a pretty quantity of Water thereunto, and after it hath stood a day or two, and hath been well stirred together, presse it over also againe, for this will make a small Perry or Cider, and must be

spent

spent first. Now of your best sider that which you make of your summer, or sweet fruit, you shall call summer, or sweet cider or, perry, and that you shall spend first also; and that which you make of the winter and hard fruit, you shall call winter and lowre cider, or perry; and that you may spend last, for it will endure the longest.

Thus after our *English house-wife* is experienc^t In the brewing of these severall drinks, shee shall then look into her Bake-houle, and to the making of al sorts of bread, either for Masters, servants, or hindes; and to the ordering and compounding of the meale for each severall use.

Of Baking.

To speak then first of meales for bread, they are either simple or compound, simple, as Wheat, and Rye, or compound, as Rye and Wheat mixt together, or Rye, Wheat and Barley mixt together; and of these the oldest meal is ever the best, and yeeldeth most, so it be 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.

Ordering of Meale.

Now for the baking of bread of your simple meales your best and principall bread is manchet, which you shall bake in this manner: First your meal being ground upon the black stones, if it be possible, which make the whitest flower, and boulded through the finest boulding cloth, you shall put it into a cleane Kimmel, and opening the flower hallow in the midst, put into it of the best Ale-barme, the quantity of three pints to a bushell of meale, with some salt to season it with: then put in your liquor reasonable warm and knead it very well together with both your hands, and through the brake, or for want thereof, fold it in a cloath, and with your

Baking Manchet.

your feet tread it a good space together, then letting it lie an hour or thereabouts to swell, take it forth and mold it into manchets, round and flat scotch them about the wast 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 hear.

Baking cheate
Bread.

To bake the best cheate bread, which is also simply of Wheat onely, you shall after your meale is drest and boulded through a more course boulder then was used for your manchets, and put also into a cleane tub, trough, or kinnell, take a sowe leaven, that is, a piece of such like leaven saved from a former batch, and well fild with salt, and so laid up to sowe, and this sowe leaven you shal break into smal pieces into warmwater, and then strain it, which done, make a deepe hollow hole, as was before said in the midst of your flower, & therein powr your strained liquor then with your hand mixe some part of the flower therewith, til the liquor be as thick as a pancake batter then cover it al over with meal, and so let it lie al that right, the next morning stirre it, and al the rest of the meal wel together, and with a little more warm water barm, and salt to season it with, bring it to a perfect leaven stiffe, and firme; then kneade it, breake 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 heate: and thus according to these two examples before shewed, you may break leavned or unleavned 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 come; onely because Rye is a little stronger grain then Wheate, it shall be
good

good for you to put your water a little hotter then you did to your wheat.

For your brown bread, for bread or your hinder-servants, which is the courtest bread for mans use, you shal take of barley two bushels, of pease two pecks, of Wheat or Rye a pecke, a pecke of Malt; these you shal grind altogether, and dresse it through a meale sive, then putting it into a sower 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 flower with it after it hath been seasoned with salt, and so let it be till the next day, and then putting to the rest of the flower, work it up into stiff leaven, then mould it and bake it into great loavs with a very strong heat; now if your trough be not sower enough to sower your leaven, then you shal either let it lie longer in the trough, or else take the help of a sower leaven with your boyling water: for you must understand, that the hotter your liquor is, the lesse will the smell or rankness of the pease be received. And thus much for the baking of any kind of bread, which our *English Housewife* shal have occasion to use for the maintenance of her family.

Baking of
brown
bread.

As for the generall observations to be respected in the Brew-house or Bake-house, they be these: first, that your Brewhouse be seated in so convenient a part of the house, that the smoke may not annoy your other more private rooms; then that your furnace be made close & hollow for saving fewel, & 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 Guil-fat under

Generall ob-
servations in
th. brew-
house and
bake-house.

under your cooler, and adjoyning to them. all severall clean tubs to receive your worts and liquors; then in your Bake-house you shall have a fair boiling-house with large pipes to boult meale in, faire troughes to lay leaven in, and sweet sates receive your bran: you shall have boulders, searfes, raunges and meale sives of all sorts both fine and course; you shal 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 easie to be close covered: as for your peeles, cole-rakes, maubins and such like, though they be necessary yet they are of such generall use they need no further relaiion. And thus much for a ful satisfaction to al the *Husbandis*, and *Hous-wives* of this Kingdome, touching *Brewing*, *Baking* and all whatsoever else appertaineth to either of their offices.

The end of the English house-wife.

FINIS.

