

ENGLISH

HOUSE - WIFE

MARKHAM

1631











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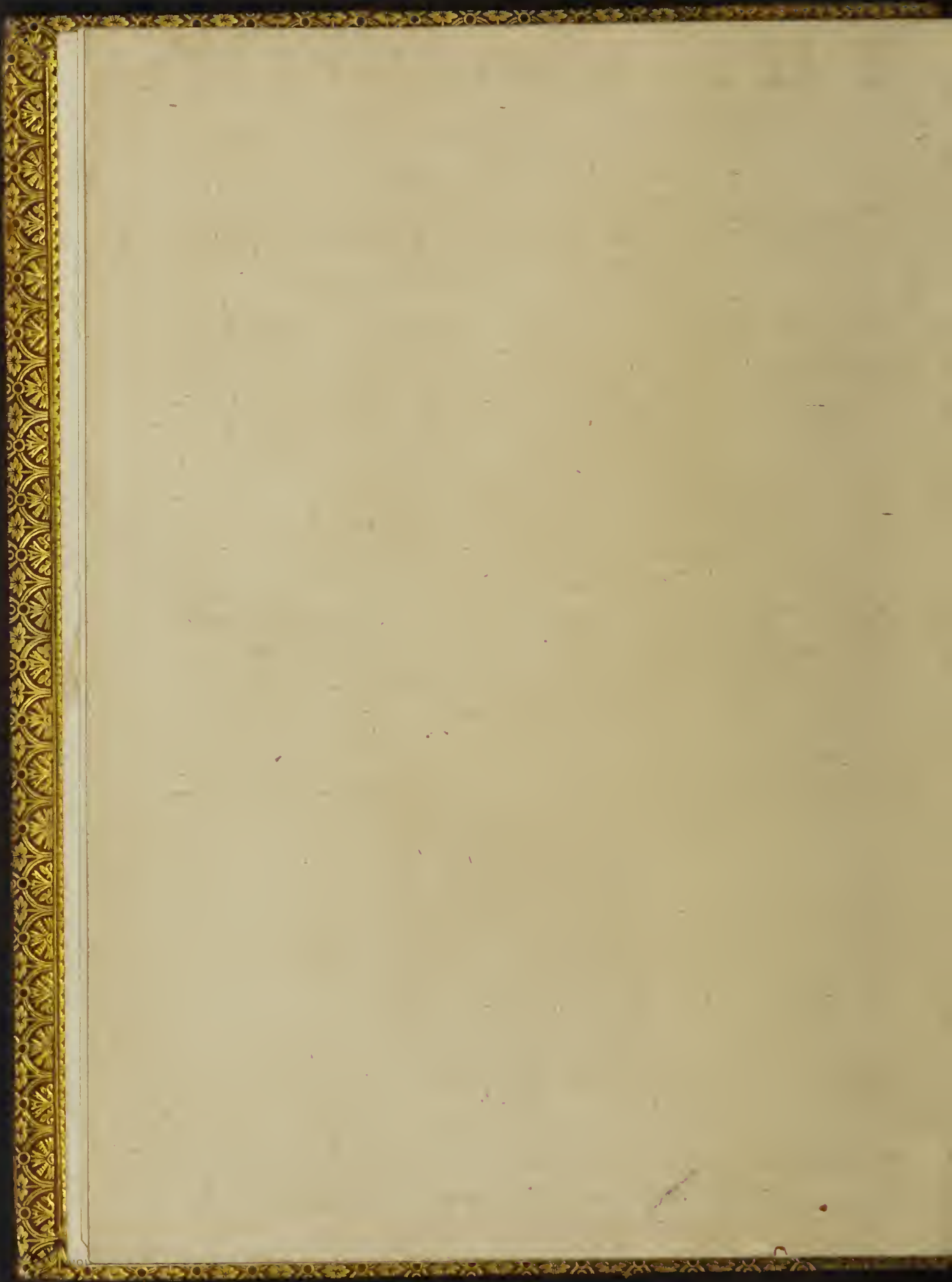
935 Markham (Gervase) *The English House-wife, containing the inward and outward Vertues which ought to be in a complete Woman, as her Skill in Physicke, Surgery, Cookery, &c. fine copy with the scarce blank leaf a1, mottled calf extra, old style, g. e. by Rivière* 1631











69546  
THE ENGLISH  
HOUSEWIFE.

CONTAINING

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

*As her skill in Physicke, Surgery, Cookery,*  
Extraction of Oyles, Banqueting stufte, Ordering of  
great Feasts, Preseruing of all sorts of Wines, Concei-  
*ted Secrets, Distillations, Perfumes, ordering of Woolle,*  
Hempe, Flax, making Cloth, and Dying, the know-  
ledge of Dayries, office of Malting, of Oates,  
their excellent vses in a Family, of Brew-  
ing, Baking, and all other things  
belonging to an Houshold.

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

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By G. M. *arkham*

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LONDON.

Printed by Nicholas Okes for JOHN HARRISON, and are to  
be sold at his shop at the signe of the golden  
Vnicorne in Pater-noster-row. 1631.

THE ENGLISH  
DICTIONARY

*[The main body of the page contains extremely faint and illegible text, likely bleed-through from the reverse side of the page.]*



TO THE RIGHT  
HONOURABLE AND  
MOST EXCELLENT

Ladie, FRANCES.  
Countesse Dowager  
of Excester.



Howsoever (Right Honourable and most vertuous Ladie) this Booke may come to your Noble Goodnesse clothed in an old Name or Garment, yet doubtlesse (excellent Madam) it is full of many new vertues which will euer admire & serue you; and though it can adde nothing to your owne rare and vnparalleled knowledge, yet may it to those Noble good ones (which will endeauour any small sparke of your imitation) bring such a light, as may make them shine with a great deale of charity. I doe not assume to my selfe (though I am not altogether ignorant in abilitie to iudge of these things) the full inuention and scope of this whole worke: for it is true (great Ladie) that much of it was a Manuscript which many yeeres agoe belonged to an Honourable Countesse, one of the greatest Glories of our Kingdome, and were the opinions of the

*The Epistle dedicatory.*

greatest Physicians which then liued; which being now  
approved by one not inferiour to any of that Profession,  
I was the rather imboldned to lend it to your blessed  
hand, knowing you to be a Mistresse so full of honorable  
piety and goodnes, that although this imperfite offer may  
come vnto you weake and disable, yet your Noble ver-  
tue will support it, and make it so strong in the world,  
that I doubt not but it shall doe seruice to all those  
which will serue you, whilst my selte and my poore  
prayers shall to my last gaspe labour to attend you.

The true admirer of your  
Noble Vertues,

**GERVASE MARKHAM.**



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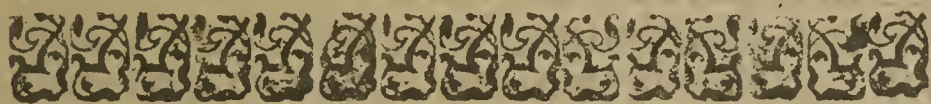
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The

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The approoued Booke, Called the  
*English Houſ-wife.*

Contayning all the Vertuous knowledges and  
actions both of minde and body, which  
ought to be in any compleate Houſwife,  
of what degree or calling  
ſocuer.

Booke 2.

CHAP. I.

*Of the inward vertues of the minde, which ought to be in  
euery Houſe-wife. And firſt of her general Knowledges  
both in Phiſicke and Surgery, with plaine approo-  
ued 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 Husbandrye  
which belong vnto the perfect  
Husbandman, who is the Father  
and Maſter of the Family, and  
whoſe office and employments  
are euer for the moſt part abroad,  
or remoued from the houſe, as  
in the field or yard: It is now meete that we deſcend in  
as orderly a Method as we can, to the office of our Eng-  
liſh

lish Houf-wife, 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 skill of her knowledges, those of her family may both learne to-serue God and sustaine man in that godly and profitable sort which is required of euery true Christian.

A Houf-wife  
must be religi-  
ous.

First: then to speake of the inward vertues of her mind; she ought, above all things, to be of an vpright and sincere religion, and in the same both zealous and constant, giuing by her example, an incitement and spurre vnto al her family to persue the same steppes, and to vtter forth by the instruction of her life, those vertuous fruits of good liuing, which shall be pleasing both to God and his creatures; I doe not meane that herein she should vtter forth that violence of spirit which many of our (vainely accounted pure) women doe, drawing a contempt vpon the ordinary Ministry, & thinking nothing lawfull but the fantazies of their owne inuentions, vsurping to themselues a power of preaching & interpreting the holy word, to which only they ought to be but hearers and beleeuers, or at the most but modest perswaders, this is not the office either of good Houf-wife or good woman. But let our English Husf-wife be a godly, constant, and religious woman, learning from the worthy Preacher and her husband, those good examples which she shall with all carefull diligence see exercised amongst her seruants.

In which practise of hers, what particular rules are to be obserued, I leaue her to learne of them who are professed Diuines and haue purposely written of this argument; onely this much will I say, which each ones experience will teach him to be true, that the more care-  
full



Full the master and mistris are to bring vp their seruants in the dayly exercises of Religion toward God, the more faithfull they shall find them in all their businesse towards men, and procure Gods fauour the more plentifully on all the household: and therefore a small time morning and euening bestowed in prayers, and other exercises of religion, will proue no lost time at the weekes end.

Next vnto this sanctity and holinesse of life, it is meet that our English Houf. wife be a woman of great modesty and temperance as well inwardly as outwardly; inwardly, as in her behauiour and cariage towards her husband, wherein she shall shunne all violence of rage, passion and humour, coueting lesse to direct then to be directed, appearing euer vnto him pleasant, amiable, & delightfull and though occasion, mishaps, or the misgouernement of his will may induce her to contrary thoughts, yet vertuously to suppressse them, and with a mild sufferance rather to call him home from his error, then with the strength of anger to abate the least sparke of his euill, calling in her mind that euill and vncomely language is deformed though vttered euen to seruants, but most monstrous and vgly when it appeares before the presence of a husband: outwardly, as in her apparrell and diet, both which she shall proportion according to the competency of her husbands estate and calling, making her circle rather strait then large, for it is a rule if we extend to the vttermost, we take away increase, if we goe a hayre breadth beyond, we enter into consumption: but if we preferue any part, we build strong towers against the aduersaries of fortune, provided that such preferuation be honest and conscionable: for as lauish prodigality is brutish, so miserable covetousnesse is hellish.

Other Gar-  
ments.

hellish! Let therefore the Hus-wifes garments be com-ly and strong, made aswel to preserue 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 neere to the comly imitations of modest Matrons: Let her dyet be wholesome and cleanly, prepared at due houres, and Cookt with care and diligence, let it be rather to satisfie nature then our affections, and apter to kil hanger then rouiue new appetites, let it proeede more from the prouision of her owne yard, then the furniture of the Markets; and let it be rather esteemed for the familiar acquaintance she hath with it, then for the strangenesse and rarity it bringeth from other Countries.

Of her Dyet.

Her generall  
vertues.

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

OF  
Her vertues in  
Physike.

To begin then with one of the most principal vertues which doth belong to our English Houf-wife; you shal vnderstand, that sith the preseruation and care of the family touching their health and soundnesse of body consisteth most in the diligence: it is meet that she haue a physicall kind of knowledge, how to administer many wholelome receits or medicines for the good of their healths, as wel to preuent the first occasion of sicknesse, as to take away the effects and euill 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 Physicke, is farre beyond the capacity of the most skilfull woman, as lodging onely in the brest of learned Professors, yet that our House-wife may from them receiue some ordinary rules and medicines which may auaille for the benefit of her Family, is (in our common experience) no derogation at all to that worthy Art. Neither doe I intend here to lead her minde with al the Symptomes, accidents, and effects which go before or after euery sicknesse, as though I would haue her to assume the name of a Practitioner, but only relate vnto her some approoued medicines, and old doctrines which haue bene gathered together, by two excellent and famous Phisitions, and in a Manuscript giuen to a  
Dr. Barkec.  
Dr. Bonelius.  
 groat worthy Countesse of this Land, (for farre bee it from me, to attribute this goodnesse vnto mine owne knowledge) and deliuered by common and ordinary experience, for the curing of those ordinary sicknesse which daily perturb the health of men and Women.

First then to speake of Feuers or Agues, the Hus-  
Of Feuers in  
General.  
 wife shall know those kinds thereof, which are most familiar and ordinary, as the *Quotidian* or daily ague, the *Tertian* or euery other day ague, the *Quartan* or euery third dayes ague, the *Pestilent*, which keepeth no other in his fits, but is more dangerous and mortall: And lastly the accidental Feuer which proceedeth from the receite of some wound or other, painefull perturbation of the spirits. There bee sundry other Feuers which comming from Consumptions, and other long continued sicknesse, doe altogether surpasse our Huswifes capacity.

Of the quoti-  
dian.

First then for the *quotidian* feuer, (whose fits alwaies last aboute twelue houres) you shall take a new laid egge, and opening the crowne you shall put out the white, then fill vp the shell with very good *Aquavita*, and stirre it and the yolke very well together, and then as soone as you feele your cold fit begin to come vpon you, sup vp the egge, and either labour till you sweate, or else laying great store of cloathes vpon you, put your selfe in a sweat in your bed; and thus do whilst your fits continue, and for your drinke let it be onely posset ale.

Of the single  
Tertian.

For a single *Tertian* feuer, or each othet dayes ague; take a quart of posset ale, the curde being well drained from the same, and put thereinto a good handfull of *Dandelion*, and then setting it vpon the fire, boyle it till a fourth part be consumed, then as soone as your cold fit beginneth; drinke a good draught thereof, and then either labour till you sweat, or else force your selfe to sweat in your bed, but labour is much the better, prouided that you take not cold after it, and thus do whilst your fits continue, and in all your sicknesse let your drinke bee posset Ale thus boyled with the same hearbe.

Of the acciden-  
tall Feuer.

For the accidentall Feuer which commeth by meanes of some dangerous wound receiued, although for the most part it is an ill signe, if it be strong and continuing, yet many times it abateth, and the party recouereth when the wound is well tended and comforted with such soueraigne balmes and hot oyles as are most fit to be applied to the member so grieued or iniured: therefore in this Feuer you must respect the wound from whence the accident doth proceed, and as it recouereth, so you shall see the feuer wast and diminish.

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

sicknesse, you shall take the oyle of Vioiers, and mixe it with a good quantity of the powder of white *Poppy seed* Of the Feuer he tucke. finely leasf, and therewith annoint the small and raines of the parties backe, euening and morning, and it will not onely giue ease to the Feuer, hut also purge and cleanse away the dry scalings which is ingendred either by this or any other feuer whatsoeuer.

For any feuer whatsoeuer, whose fit beginneth with a cold. Take a spoonfull and a halfe of Dragon water, For the quartan or for any Feuer. a spoonfull of Rosewater, a spoonfull of running water, a spoonfull of *Aquavite*, and a spoonfull of Vinegar, halfe a spoonfull of *Methridate* or lesse, and beate all these well together, and let the party drinke it before his fit beginne.

It is to be vnderstood that all feuers of what kind soeuer they be, and these infectious diseases, as the Pestilence, Plague, and such like, are thought the inflammation of the bloud, infinitely much subiect to drought; so that, should the party drinke so much as he desired, neither could his body containe it, nor could the great abundance of drinke do other then weaken his stomacke, and bring his body to a certaine destruction. Of thirst in Feuers.

Wherefore, when any man is so ouerpressed with desire of drinke, you shall giue him at conuenient times either posset ale made with cold herbes; as sorrell, purslen, Violet leaues, Lettice, Spinage, and such like, or else a Iulip made as hereafter in the pestilent feuer, or some Almond milke: and betwixt those times, because the vse of these drinckes wil grow wearisome and loathsome to the patient, you shall suffer him to gargil in his mouth good wholesome beare or ale, which the patient best liketh, and hauing gargled it in his mouth, to spit it out againe, and then to take more, and thus to do as oft as

and then to take more, and thus to doe as oft as he pleaseth, till his mouth be cooled: provided that by no meanes he suffer any of the drinke to goe downe, and this will much better assuage the heat of his thirst then if he did drinke; and when appetite desireth drinke to goe downe, then let him take either his Iulip, or his almond milke.

For any ague  
fore.

To make a pultis to cure any ague-fore, take elder leaues and seeth them in milke, till they be soft then take them vp and straine them; and then boyle it againe till it be thicke, and so vse it to the fore as occasion shall serue.

For the quartaine  
Feuer.

For the *Quartaine* Euer or third day ague, which is which is of all feuers the longest lasting, & many times dangerous consumptions, blacke iaundies and such like mortall sicknesses follow it: you shall take Methridate and spread it vpon a lymon slice, cut of a reasonable thicknes, and so as the lymon be couered with the Methridate; then bind it to the pulse of the sicke mans wrist of his arme about an houre before his fit doth beginne, and then let him goe to his bed made warme, and with hot cloathes laid vpon him; let him try if he can force himselfe to sweate which if he doe, then halfe an houre after he hath sweate he shall take hot posset ale brewed with a little Methridate, and drinke a good draught thereof; and rest till his fit be passed ouer: but if he bee hard to sweate, then with the sayd posset Ale also you shall mixe a few bruised Anny-seeds, and that will bring sweate vpon him: and thus you shall doe euery fit till they beginne to cease, or that sweate come naturally of it owne accorde, which is a true and manifest signe that the sickness decreaseth.

To make one  
sweate.

For

For the pestilent Feuer, which is a continuall sicknesse full of infection, and mortality, you shall cause the party first to bee let blood, if his strength will beare it: then you shall giue him coole Iulyps made of Endite or Suceorie water, the sirrop of Violets, conserue of Barberries, and the iuyce of Lymons, well mixed and simboliz'd together. Of the pestilent Feuer.

Also you shall giue him to drink Almond milke made with the decoction of coole hearbes, as violet leaues, strawberry leaues, french mallowes, pursline, and such like; and if the patties mouth shall through the heate of his stomacke, or liner inflame or grow sore, you shall wash it with the sirrop of mulberries; and that will not onely heale it, but also strengthen his stomacke. (If as it is most common in this sicknesse) the party shall grow costive, you shall giue him a suppositary made of hony, boyled to the height of hardnesse, which you shall know by cooling a drop thereof, and so if you find it hard, you shall then know that the hony is boyled sufficiently; then put salt to it, and so put it in water, and worke it into a roule in the manner of a suppositary, & administer it, and it most assuredly bringeth no hurt, but ease to the party, of what age or strength soeuer he be: during his sicknesse, you shall keepe him from all manner of strong drinkes, or hot spices, and then there is no doubt of his recouery.

To preserue your body from the infection of the plague, you shall take a quart of old ale, & after it hath risen vpon the fire and hath been scummed, you shall put therinto of *Aristolochia longa*, of *Angelica* & of *Cellandine* of each halfe an handfull, & boile them wel therin; then strain the drink through a cleane cloath, & dissolue therein a dramme of the best *Metbridate*, as much *suory* finely. A preseruaue against the plague.

finely powdred and searst, and sixe Spoonful of *Dragon* water, then put it vp in a cloffe giasle ; and euery morning fasting take siue Spoonful thereof, and after bite and chaw in your mouth the dried root of *Angelica*, or smel on a nole-gay made of the tasseld end of a shippe rope, and they wil surely preterue you from infection.

For infection  
of the plague.

But if you be infected with the plague, and feele the assured signes thereof, as paine in the head, drought, burning, weaknesse of stomacke and such like : Then you shal take a dram of the best *Methridate*, and dissolue it in three or foure Spoonful of *dragon* water, and immediately drink it off, and then with hot cloathes or bricks made extreame hot, and layd to the soales of your feet, after you haue bene wrapt in woollen cloathes, compel your selfe to sweat, which if you do, keep your selfe moderately therein till the sore begin to rise ; then to the same apply a liue Pidgeon cut in two parts, or else a plaister made of the yolke of an Egge, Hony, hearbe of grace chopt exceeding small, and wheate flower, which in very short space will not onely ripen, but also breake the same without any other incision ; then after it hath runne a day or two, you shall apply a plaister of *Melilot* ynto it vntil it be whole.

For the Pestilence.

Take *Fetherfew*, *Malselon*, *Scabiens*, and *Mugwort*, of each a like, bruise them and mixe them with old ale, and let the sicke drinke thereof sixe Spoonful, and it wil expel the corruption.

Another.

Take *Tarrow*, *Tansie*, *Fetherfew*, of each a handful, and bruise them wel together, then let the sicke party make water into the hearbs, then straine them, and giue it the sicke to drinke.

A preseruation  
against the Pestilence.

Take of *Sage*, *Rue*, *Brier leaues*, or *Elderleaves*, of each an handful, stampe them and straine them with a quart  
of



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

Take *Smalledge*, *Mallowes*, *Wormewood*, and *Rue*, stamp them wel together, and fry them in oyle *Olive*, til they be thicke, plaisterwise apply it to the place where you would haue it rise, and let it lye vntil it breake, then to heale it vp, take the iuyce of *Smallage*, *Wheateflower*, & *milke*, and boile them to a pultis, and apply it morning and evening til it be whole.

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

Take of *Burrage*, *Langdebecfe*, and *Callamint*, of each a good handful, of *Hartstongue*, *Red mint*, *Violets*, and *Marigolds*, of each halfe a handful, boyle them in white wine, or faire running water, then adde a penny woorth of the best *Saffron*, and as much *Sugar*, and boyle them ouer againe wel, then straine it into an earthen pot, and drinke thereof morning and evening, to the quantity of seauen spoonfuls.

A Cordiall for any infection at the heart.

Take *Linseed*, and *Lettice*, and bruisse it wel, then apply it to the stomacke, and remooue it once in foure houres.

Against too violent sweating.

For the *Head-ach*, you shal take of *rosewater*, of the iuyce of *Cammomil*, of *womans milke*, of strong wine *venegar*, of each two spooneful, mixe them together wel vpon a chafing-dish of coales: then take of a peece of a dry rose cake and steepe it therein, and as soone as it hath drunke vp the lyquor and is thoroughly hot, take a couple of sound *Nutmegs* grated to powder, and strew them vpon the rose cake; then breaking it into two parts, binde it on each side vpon the temples of the head, so let the party lye downe to rest, and the paine wil in a short space be taken from him.

For the Head-ache.

For *Frenzie* or inflammation of the callés of the braine, you shal cause the iuyce of *Beets* to be with a *Serrindge* squirted.

Forth Frenzy.

squirted vp into the patients nostrils, which will purge and cleanse his head exceedingly; and then giue him to drinke posset ale, in which *Violet* leaues and *Lettice* hath been boyled, and it will sodainely bring him to a very temperate mildnesse, and make the passion of *Frenzie* forsake him.

For the lethar-  
gy.

For the *Lethargie* or extreame drowlines, you shall by all violent meanes either by noyse or other disturbances, force perforce keepe the party from sleeping; and whensoever he calleth for drink, you shal giue him white wine and *Isop* water of each a little quantity mixt together, and not suffer him to sleepe aboute foure houres in foure & twenty, till he come to his former wakefulness, which as soone as he haue recouered, you shall then forthwith purge his head with the iuyce of *Beets* squirted vp into his nostrils as is before shewed.

To proucke  
sleepe.

But if any of the family be troubled with too much watchfulnessse, so that they cannot by any meanes take rest, then to prouoke the party to sleepe, you shall take of *Saffron* a dramme dryed, and beaten to pouder, and as much *Lettice seed* also dryed, and beaten to pouder, and twice as much white *Poppy seed* beaten also to pouder, and mixe these with womans milke till it be a thick salue, and then binde it to the temples of the head, and it will soone cause the party to sleepe; and let it lye on not aboute foure houres.

For the swim-  
minge of the  
head.

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

For

For the *Apoplexie* or pallsie, the strong sent or sinell of a Foxe is exceeding soueraigne, or to drinke euery morning halfe a pint of the decoction of Lauendar, and to rub the head euery morning and euening exceeding hard with a very cleane course cloath, whereby the humours may be dissolued and disperst into the outward parts of the body: by all meanes for this infirmity keepe your feet safe from cold or wet, and also the nape of your necke, for from those parts it first getteth the strength of euill and vnauidable paynes.

For the pallsie.

For a cough or cold but lately taken, you shall take a spoonfull of *Sugar* finely beaten and searst, and drop in to it of the best *Squawite*, vntill all the sugar be wette through, and can receiue no more moysture: Then being ready to lye downe to rest, take and swallow the spoonefull of sugar downe, and so couer you warme in your bed, and it will soone breake and dissolue the cold.

For a new cough.

But if the cough be more old & inueterate, & more inwardly fixt to the lungs, take of the pouder of *Bettontie*, of the pouder of *Carraway seeds*, of the pouder of *Sherbit* dried, of the pouder of *Hounds tongue*, and of *Pepper*, finely beaten, of each two drams, and mingling them well with clarified hony make an electuary therof and drink it morning & euening for nine daies together: then take of *Sugar candy* courly beaten, an ounce of *Licoras* finely peared & trimmed, and cut into very little small shees, as much of *Aniseeds* and *Coriander seeds* halfe an ounce; mixe all these together, and keepe them in a paper in your pocket, and euer in the day time when the cough offendeth you, take as much of this dredge, as you can hold betweene your thumbe and fingers & eate it, and it will giue ease to your griefe: And in the night when the cough taketh you, take of the iuice of *Licoras*

For an old cough.

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

For the falling  
sicknesse.

Although the falling sicknes be seldome or neuer to be cured, yet if the party which is troubled with the same, wil but morning and euening, during the wane of the moone, or when she is in the signe *Virgo*, cate the berries of the hearbe *Asterion*, or beare the hearbs about him next to his bare skin, it is likely he shall finde much ease and fal very seldome, though this medicine be somewhat doubtful.

For the falling  
euill.

For the falling euill take, if it be a man, a female mole, if a woman a male mole, and take them in *March*, or else *April*, when they go to the Bucke: Then dry it in an oven, and make powder of it whole as you take it out of the earth: then giue the sick person of the powder to drink euening & morning for nine or ten daies together.

OF  
An Oyle to  
helpe hearing.

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

For the Rhum:

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

For a stinking  
breath.

For a stinking breath, take Cack buds when they are new budded out, and distil them, then let the party giued nine mornings, and nine eueninges, drinke of it, then

then forbear a while, and after take it againe.

To make a vomit for a strong stinking breath, you must take of *Antimonium* the waight of three Barley cornes, and beate it very small, and mixe it with conserue of Roses, and giue the Patient to eate in the morning, then let him take nine dayes together the iuyce of Mints and Sage, then giue him a gentle purgation, and let him vse the iuyce of Mint and Sage longer. This medicine must be giuen in the spring of the yeare, but if the infirmity come for want of digestion in the stomacke, then take *Mints*, *Maioram*, and *Worme-wood*, and chop them small and boile them in *Malmisie* till it be thicke, and make a plaister of it, and it to the stomacke.

A vomit for  
an ill breath.

For the *Tooth ach*, take a handful of *Dasie rootes*, and waite them very cleane, and drie them with a cloath, and then stamp them: and when you haue stamped them a good while, take the quantity of halfe a nutshel full of Bay-salt, and strew it amongst the roots, and then when they are very wel beaten, straine them through a cleane cloath: then grate some *Cattham Aromaticus*, & mixe it good and stiffie with the iuyce of the roots, and when you haue done so, put it into a quill and snuffe it vp into your nose, and you shall find ease.

For the Tooth-  
ache.

Another for the *Tooth-ake*, take smal *Sage*, *Rue*, *Smal-lage*, *Fetherfew*, *Wormewood*, and *Mints*, of each of them halfe a handful, then stampe them wel all together putting thereto foure drams of *vinegar*, and one dram of *Bay salt*, with a penny-worth of good *Aquavita*: stir them well together, then put it betweene two linnen clouts of the bignesse of your cheeke, temples, and iawe, and quilt it in manner of a course imbrodery: then set it vpon a chafing-dish of coales, and as hot as you may abide it, lay it ouer that side where the paine is, and lay you

Another.

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

A drinke for a  
pearle in the  
eye.

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

For paine in  
the eye.

For payne in the eies, take *Milke* when it comes new from the *Cowe*, and hauing syled it into a cleane vessell, couer it with a pewter dish, and the next morning take off the dish and you shall see a dew vpon the same, and with that dew wash the pained eies, & it will ease them.

For dimme  
eyes.

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

For sore eyes:

For sore eyes, or blood-shotten eyes: take the white of an *egge* beaten to oyle, as much *Rosewater*, & as much of the iuyce of *House-leeke*, mixe them well together, then dippe flat pleagants therein, and lay them vpon the sore eyes, and as they drye, so renew them againe, and wet them, and thus doe till the eyes be well.

For watery  
eyes.

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

For a canker.

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

A swelled  
mouth.

For any swelling in the mouth: take the iuyce of *worm-wood*,

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

For the *Quinsie*, or *Quinacy*, giue the party to drinke the hearbe *Moufeare* steeped in ale or beere, and looke where you see a swine rub himselfe, and there vpon the same place rubbe a sleight stone, and then with it sleight all the swelling, and it will cure it.

For the Quinsie.

If you would not be drunke, take the powder of *Beta-uy* and *Coleworts* mixt together; and eate it euery morning fasting as much as will lie vpon a sixpence, and it will preserue a man from drunkennesse.

Against drunkennesse.

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

To quicken the wit.

If a man be troubled with the *Kings euill*, let him take the red *docke* and seeth it in wine till it be very tender, then straine it, and so drinke a good draught thereof, and he shall finde great ease from the same: especially if he doe continue the vse thereof.

For the Kings euill.

Take *Frankinsence*, *Doues-dung*, and *Wheate-flower*, of each an ounce, and mixe them well with the white of an egge, then plaisterwise apply it where the paine is.

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

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

Take *Rewe*, and sleepe it in Vinegar a day and a night, the *Rewe* being first well bruised, then with the same annoynt the head twice or thrice a day.

Another.

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

For the head ache and to stay bleeding at the nose.

C

Take

To draw out  
bones broken  
in the head.

For the falling  
of the mould of  
the head.

For the Squy-  
nancy.

For the tooth  
ake.

To make teeth  
white.

To draw teeth  
without yron.

For teeth that  
are yellow.

Take *Agrymonie* and bruise it, and plasterwise apply it to the wound, and let the party drinke the iuyce of *Ber-tanie*, and it will expell the bones, and heale the wound.

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

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

Take two or three dock roots, & as many dayisy roots, and boyle them in water till they be soft, then take them out of the water, and boyle them well ouer againe in oyle *Oliue*, then straine them through a cleane cloath, and anoynt the pained tooth therewith, and keepe your mou. h close, and it will not onely take away the payne, but also ease any megrem or grieffe in the head.

Take a sawcer of strong vinegar, and two spoonefulls of the pouders of *Roch allom*, a spooneful of white salt, and a spoonefull of hony, seeth all these till it be as thinne as water, then put it into a close viol and keepe it, and when occasion serues wash your teeth therewith, with a rough cloath, and rub them soundly, but not to bleed.

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

Take Sage and salt, of each a like, and stampe them well together, then bake it till it be hard, and make a fine pouders thereof, then therewith rub the teeth euening and morning and it will take away all yellownesse.



First let them bloud, then take *Harts korne* or *Iuo-  
rie* and red *Pimpernell*, and bruise them well together, For teeth that  
are loose.  
then put it into a linnen cloath and lay it to the teeth, &  
it will fasten them.

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

Take two ounces of comine and beate in a mortar to  
fine pouders, then boile it in wine from a pottell to a  
quart, then drinke therof morning and evening as hot  
as you can suffer it, or otherwise take an ounce of wild  
time, and being cleane washed cut it small and then  
pouder it, then put to it halfe an ounce of peper in fine  
pouder, and as much comyne, mixe them all well toge-  
ther, and boile them in a pottell of white wine, till halfe  
be consumed, and after meate (but not before) vse to  
drinke thereof hot, also once in the afternoone and at  
your going to bed, and it will purge the breath.

Take red nettles and burne them to a pouder, then  
adde as much of the pouder of pepper, and mixe them  
well together, and snuffe thereof vp into the nose, and  
thus do diuers times a day. for stinking  
no. rills.

Take old ale, and hauing boyld it on the fire, & clenfd  
it, adde thereto a pretty quantity of lyfe hony and as  
much allom, then with a serindge or such like wash the  
sores therewith very warme. For a canker in  
the nose.

Take a gallond of running water, and boile it to a pot-  
tell, then put to it a handfull of red sage, a handfull of  
*Cellandine*, a handfull of *Hony suckles*, a handfull of  
woodbine leaues & flowers, then take a penniworth of  
graynes made into fine pouders, and boile all very well  
together, then put to it a quart of the best life hony of a  
yeare old, and a pound of *Roch allom*, let al boyle  
A red water for  
any canker.

together till it come to a pottell, then straine it and put it into a close vessell, and therewith dresse and annoint the sores as occasion serues, it will heale any canker or vlcer, and cleanse any wound; It is best to be made at Midsomer.

To cleare the eyes.

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

Another for the sight,

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

For sore eyes.

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

For sicke eyes.

Take a galiond or two of the dregges of strong ale, & put thereto a handfull or two of *Comyne*, and as much salt, and then distill it in a *Lymbecke*, and the water is most pretious to wash eyes with.

For bleared eyes.

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

your eyes morning and evening therewith.

Take an egge, and rost excreame hard, then take the white being very hot and lapp in it as much white *Copperas* as a pease and then violently straine it through a fine cloath, then put a good drop thereof into the eye, and it is most soueraigne.

For the pin  
and web in  
the eye.

Take two drams of preparad *Tussa*, of *Sandragon* one dram, of *Sugar* a dram, bray them all very well together till they be exceeding small, then take of the pouder & blow a little thereof into the eye, and it is soueraigne.

A pouder for  
the pin and  
web in the  
eye.

Take of *Red rose leaues*, of *Smalladge*, of *Maiden haire*, *Ensaace*, *endiu*, *succory*, *red fenel*, *hill-wort*, and *celandine*, of each halfe a quarter of a pound, wash them cleane and lay them in steepe in white wine a whole day, then still them in an ordinary still, & the first water will be like gold, the second like siluer, and the third like balme, any of these is most pretious for sore eyes, and hath recovered sight lost for the space of Ten yeares, hauing been vsed but foure dayes.

A pretious  
water for the  
eyes.

Take the leaues of *willow*, and boile them well in oyle and therewith annoint the place where you would haue any haire to grow, whether vpon head or beard.

To make haire  
to grow

Take *Treakle* water and hony, boyle them together, and wet a cloath therein, and lay it where ycu would haue haire to grow, and it will come speedily.

Another.

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

For a pimpled  
or red laucy  
face.

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

For the rhume

For hoarsenes  
in the throate.

Take a pint of running water, and three spoonefulls of hony and boile them together and skime off the filth, then put thereto on ounce of small *Raysons*, and straine it well through a cloath, and so drinke it morning and euening.

For a danger-  
ous cough;

Take *Aquauite* and salt, and mixe it with strong old ale and then heate it on the fire, and therewith wash the soales of the feete when you goe to bed.

For the dry  
cough.

Take of cleane Wheate and of cleane Barly of each a like quantity, and put them into a gallond and a halfe of faire water, and boyle them till they burst, then straine it into a cleane vessell, and adde thereto a quarterne of fine *Lycoras* powder, and two penyworth of *gumme-Arabecke*, then boyle it ouer againe and straine it, and keepe it in a sweete vessell, and drinke thereof morning and euening.

For the tickle.

Take the best wort and let it stand till it be yellow, then boyle it and after let it coole, then put to it a little quantity of *barme* and *saffron*, and so drinke of it euery morning and euening while it lasteth, otherwise take *hore-hound*, *violet leaues*, and *Isop*, of each a good handfull, seeth them in water, and put thereto a little *Saffron*, *Lycoras*, and *Sugar-candy*, after they haue boiled a good while, then straine it into an earthen vessell, and let the sicke drinke thereof fixe spoonefull at a time morning and euening; or lastly, take the lunges of a Fox, and lay it in rose-water, or boyle it in rose-water, then take it out and dry it in some hot place without the sunne, then beate it to powder with *Sugar-candy*, and eate of this powder morning and euening.

For griefes in  
the stomacke.

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

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

For spitting of blood, whether it proceede of inward  
bruises, ouerstraiuing or such like, you shall take some  
pitch, and a little *Sperma Ceti*, and mixe it with old ale  
and drinke it, and it will stay the the flux of blood: but  
if by meanes of the bruise any outward grieffe remayne,  
then you shall take the hearbe *Brockellhempe*, and frying  
it with sheepes tallow lay it hot to the grieued place,  
and it will take away the anguish. For spitting of  
blood.

To stay the fluxe of vomiting take *Worme-wood*, and  
sowre bread roasted of each like quantity, & beat them  
well in a mortar, then ad to them as much of the iuyce  
of *mints*, and the iuyce of *Plantaine* as well bring it to  
a thick salue: then fry them all together in a fryingpan,  
& when it is hot lay it plaister wise to the mouth of the  
stomacke, then let the party drinke a little white wine  
and *cheruile* water mixt together, and then steepe sower  
toasted bread in very strong Vinegar, wrapt it in a fine  
cloath and let the sicke party smell thereto, and it will  
stay the excesse of vomiting, and both comfort and  
strengthen the stomacke. For vomiting.

If you would compell one to vomit, take halfe a  
spoonfull of *Stonecrop*, and mixe it with three spoone-  
full of white wine and giue it to the party to drinke, and  
it will make him vomit presently, but do this seldome  
and to strong bodyes, for otherwise it is dangerous. To force one  
to vomite.

For the *Iliaca passio*, take of *Polipody* an ounce, and  
stampe it, then boyle it with prunes & violets in *fennell*-  
water or *Anni-seeds* water, take thereof a good quan-  
tity, then strayne it and let the partie euery morning  
and For the Iliaca  
passio.

and evening drinke a good draught thereof.

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

If the stomacke be troubled with winde or other paine, take *Commune* and beate it to powder, and mixe with it red wine, and drinke it at night when you goe to bed, diuers nights together.

For the *Illica*  
passio.

Take *Brokelime* roots and leaues & wash them cleane and dry them in the Sunne, so dry that you may make powder thereof, then take of the powder a good quantity, and the like of *Treacle*, and put them in a cup with a pretty quantity of strong o'd ale and stirre them well together, and drinke thereof first and last morning and euening for the space of three or foure dayes, and if need doe require, vse the same in the brothes you doe eat, for it is very soueraigne.

For paine in  
the breast.

Take *Hartshorne* or *Iuery* beaten to fine powder, and as much *Cynarion* in powder, mixe them with Vinegar, and drinke thereof to the quantity of seauen or eight spoonefuls.

For the Mo-  
ther.

Take the water of *Moufeare*, and drinke thereof the quantity of an ounce and a halfe or two ounces, twice or thrice a day, or otherwise take a little *Nutmeg*, a little *Cinamond*, a little *Cloues*, a little *Mace*, and a very little *Ginger*, and the flowers of *Lauender*, beate all vnto a fine powder, and when the passion of the mother comneth, take a chaffingdish of good hot coales, and bend the Patient forward, and cast of the powder into the Chaffingdish, so as she may receiue the smoake both in at her nose and mouth, and it is a present cure.

Obstructions  
of the liuer.

Against obstructions in the Liuer, take *Aniseeds*, *Ameos*, *Burnet*, *Camomile*, and the greater *Centuary*, and boyle them in white wine with a little hony, and drinke it euery morning and it wil cure the obstructions, and cleanse the Liuer from all imperfection.

Against

Agaynst the heate and inflammation of the Liuer, take *Endiue* dried to powder, and the meale of *Lupin* seedes, and mixe it with hony and the iuyce of *Wormewood*, make a cake thereof and eate it, and it wil asswage the great heate and inflammation of the Liuer, and take away the pimples and rednesse of the face which proceedeth from the same.

Against the  
heat of the  
Liuer.

To prevent a *Plurisie* a good while before it come, there is no better way then to vse much the exercise of ringing, or to stretch your armes vppward, so as they may beare the weight of your body, and so to swing your body vp and downe a good space: but hauing caught a *Plurisie* and feeling the gripes, stiches, and pangs thereof, you shal presently cause the party to be let blood, & then take the hearb *Althea* or *Hollyhocke*, and boyle it with *vinegar* and *Linseede* til it be thicke plaister-wise, and then spread it vpon a peece of *Allom* Leather, and lay it to the side that is grieued, and it wil helpe it.

For the Plurisy.

To help a stich in the side or else where, take *Doues* dung, red *Rose* leaues and put them into a bag, and quilt it: then thoroughly heat it vpon a *Chaffingdish* of coales with *vinegar* in a platter: then lay it vnto the pained place as hot as may be suffered, and when it cooleth heat it againe.

A playster for  
a stich.

For any extraordinary heate or inflammation in the Liuer, take *Barbaries* and boyle them in clarified whay, and drinke them, and they wil cure it.

Heate in the  
Liuer.

If you wil make a *Cordial* for a *Consumption* or any other weaknes: take a quart of running water, a peece of *Mutton* and a peece of *Veale*, and put them with the water into a pot, then take of *Sorrel*, *violet leaues*, *Spinage*, *Endiue*, *Succory*, *Sage*, *Hysop*, of each a good quantity; then take *prunes* and *raisins*, and put them all to  
the

For the Con-  
sumption.

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

To staunch  
blood.

To staunch blood, take the hearb *Shepherds-purse*, (if it may be gotten) distilled at the Apothecaries, and drinke an ounce thereof at a time morning and euening, and it wil stay any fluxe of blood natural or vnnatural, but if you cannot get the *distilled water*; then boyle a handful of the hearb with *Cinamon*, and a little *Sugar*, in *Claret* wine, and boyle it from a quart to a pint, and drinke it as oft as you please: a so if you but rubbe the hearbe betweene your hands, you shal see it wil soone make the blood returne.

For the yellow  
jaundice.

For the *Yellow Jaundisse*, take two penyworth of the best English *Saffron*, drye it, and grind it to an exceeding fine powder, then mixe it with the pap of a roasted apple, and giue it the diseased party to swallow down, in the manner of a *Pill*, and doe thus diuers mornings together, and without doubt, it is the most present cure that can be for the same, as hath been often times prooued.

For the yellow  
jaundice.

For the *Yellow Jaundisse* take *Pimpernell* and *Chicweed*, stampe them and straine them into posset ale, and let the party drinke thereof morning and euening.

For a desperate  
yellow jaundisse.

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

For the *blacke Jaundisse* take the hearbe called *Penyryall*,



ryall, and cyther boyle it in white Wine, or drinke the iuyce thereof simply by it selfe to the quantity of three or foure spooneful at a time, and it wil cure the blacke Iaundisse.

For the blacke Iaundisse.

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

Additions,  
To the diseases of the liuer For wasting of the Liuer.

Take *Fenel roots*, and *Parsley roots*, of each a like, wash them cleane, and pil off the vpper barke, and cast away the pith within, then mince them smal, then put them to three pints of water, and set them ouer the fire, then take *figges* and shred them smal, *Lycoras* and breake it smal, and put them to the hearbs, and let al boile very wel, then take *Sorrel* and stamp it and put it to the rest, and let it boile til some part be wasted, then take a good quantity of honey and put to it and boile a while, then take it from the fire and clarifie it through a strayner into a glasse vessel, and stop it very close, then giue the sick to drinke thereof morning and euening.

A restorative for the Liuer.

Take the stalke of *Saint Mary Garcicke*, and burne it, or lay it vpon a hot tyle stone vntil it be very drye, and then beate it into pouder, and rub the sore therewith til it be whole.

To heale a ring worne coming of the heate from the liuer.

Take *Wooll* in the *Walkmil* that commeth from the cloath and flyeth about like *Doune*, and beate it into pouder, then take thereof and mixe it with the white of an egge and wheate flower, and stampe them together, then lay it on a linnen cloath or Lint and apply it to the bleeding place, and it wil stanch it.

To stanch blood.

If a man bleed and haue no present helpe, if the wound be on the foot, bind him about the ankle, if in the legges bind him about the knee, if it be on the hand, bind

For great danger in bleeding

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

For a Sitch.

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

A bath for the  
Dro, sic.

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

For the dropie.

For the Dropie, take *Agnus castus*, *Fennel*, *Affodill*, *darke Wal-wort*, *Lupins* and *Wormwood*, of each a handful, and boyle them in a gallon of white Wine, vntil a fourth part be consumed: then strayne it, and drinke it morning and euening halfe a pinte thereof, and it wil cure the Dropie; but you must be careful that you take not *Daffodil* for *Affodil*.

Paine in the  
spleene.

For paine in the Spleene, take *Agnus castus*, *Agrimony*, *Aniseeds*, *Centuary* the great, and *Wormwood*, of each a handful, & boile them in a gallon of white wine, then straine it and let the patient drinke diuers mornings together halfe a pint thereof; and at his vsual meales let him reither drinke Ale, Beere, nor Wine, but such as hath had the hearbe *Tamoriske* steeped in the same, or for want of the hearbe, let him drinke out of a cup made of *Tamoriske* wood, and he shal surely find remedy.

For paine in  
the side.

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

For farnes and  
short breath

To helpe him that is exceeding fat, pursie, and short breathed: take hony clarified, and bread vnleauened & make roasts of it, and dippe the roasts into the clarified hony, and eate this diuers times with your meate.

Take a lump of yron or steele, and heat it red hot, and quench

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

Take *Fenel seeds* and the roots, boile them in water, and after it is cleansed put to it hony and giue it the party to drinke, then seeth the hearbe in oyle and wine together, and playster wise apply it to the side.

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

Take the pouder of *Galincal*, and mixe it with the iuyce of *Burrage*, and let the offended party drinke it with sweet wine.

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

Take the iuyce of *Fenell* mixt with hony, and seeth them together til it be hard, and then eate it Euening and Morning, and it wil consume away the fatnesse.

For the wind *Collicke*, which is a disease both general and cruel, there be a world of remedies, yet none more approoued then this which I wil repeate: you shal take a *Nutmeg* lound and large, and diuide it equally into foure quarters: the first morning as soone as you rise eate a quarter thereof; the second morning eate two quarters, and the third eate three quarters, and the fourth morning eate a whole *Nutmegge*, and so hauing made your stomacke and tast familiar therewith, eate euery morning whilst the *Collicke* offendeth you a whole *Nutmeg* dry without any composition, and fast euer an houre at least after it, and you shal find a most vnspcakable profit which wil arise from the same.

For

The Wind Col-  
licke

For the winde Collick, take a good handful of cleane wheat meale as it commeth from the Mil, and two eggs, and a little wine-vinegar, and a little *Aquavita*, and mingle them altogether cold, and make a cake of it, and bake it on a gridyron with a soft fire, and turne it often and tend it with basting of *Aquavita* with a feather; then lay it somewhat higher then the paine is, rather then lower.

For the Laske.

For the *Laske* or extreame scouring of the belly, take the seeds of the Wood-rose, or Bryer-rose, beate it to pouded, and mixe a dramme thereof with an ounce of the conferue of Sloes and eat it, and it will in a short space bind and make the belly hard.

For the bloody

For the bloody-fluxe, take a quart of Red-wine, and boile therein a handful of *Shepherds purse* til the hearb be very soft: then straine it, and adde thereto a quarter of an ounce of *Cynamon*, and as much of dried *Taners barke* taken from the ouze, and both beaten to fine pouded, then giue the party halfe a pint thereof to drinke morning and eueing, it being made very warm, and it will cure him.

For the Laske.

To stay a sore *Laske*, take *Plantaine* water and *Cynamon* finely beaten, and the flowers of *Pomgranats*, and boile them wel together, then take Sugar, and the yolke of an egge, and make a caudle of it, and giue it the grieued party.

For the Fluxe.

For the *Fluxe* take a Stags pizzel dryed and grated and giue it in any drinke, either in Beere, Ale, or Wine, and it is most soueraigne for any *Fluxe* whatsoeuer: So is the iawe bones of a Pike, the teeth and all dried and beaten to pouded, and so giuen the party diseased in any drinke whatsoeuer.

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

quart of red-wine, and a spooneful of *Commin-seede*,  
boile them together vntil halfe be consumed, then take  
*Knot-grasse* and *Shepherds purse*, and *Plantaine*, and  
stampe them seueral, and then straine them and take of  
the iuyce of each of them a good spoonful, and put  
them to the wine, and so seeth them againe a little: then  
drinke it luke-warme, halfe ouer-night, and halfe the  
next morning: and if it is fal out to be in Winter, so that  
you cannot get the hearbs, then take the water of them  
hearbs distil'd, of each 3 spoonfuls, and vse it as before.

For extreame costiuenesse, or binding in the body, fo  
as a man cannot auoid his excrements, take *Aniseedes*,  
*Fennicreet*, *Linseeds*, and the powder of *Pyonie*: of each  
halfe an ounce, and boile them in a quart of white wine,  
and drinke a good draught thereof, and it wil make a  
man goe to the stoole orderly, and at great ease.

For wormes in the belly, either of child or man, take  
*Aloes-Cikatrine*, as much as halfe a hazel Nut, and wrap  
it in the pap of a roasted apple, and so let the offended  
party swallow it in manner of a pil fasting in the mor-  
ning, or else mixe it with three or foure spoonful of Mus-  
kadine, and so let the party drinke it, and it is a present  
cure: But if the child be either so young, or the man so  
weake with sicknesse, that you dare not administer any  
thing inwardly, then you shal dissolue your *Aloes* in  
the oyle of *Sauine*, making it salue-like thick, then plai-  
ster-wise spread it vpon Sheepes Leather, and lay it vp-  
on the nauil and mouth of the stomacke of the griued  
party, and it wil giue him ease; so wil also vnset Leekes  
chopt smal and fryde with sweet butter, and then in a  
linnen bag apply it hot to the nauil of the griued party.

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

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

To the diseases  
of the belly and  
gals  
For the greatest  
Laske.

For the bloody  
flux.

Take an egge and make a little hole in the top, and put out the white, the fil it vp againe with *Aquavite*, stirring the egge and *Aquavite* til it be hard, then let the party eate the egge and it wil cure him, or otherwise take a pint of red wine and nine yolkes of egges, and twenty pepper cornes smal beaten, let them seeth vntil they be thicke, then take it off and giue the diseased party to eate nine spoonful morning and euening.

For an easie  
Laske.

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

To haue two  
stooles a day  
and no more.

Take *Mercury*, *Sinkefoile*, and *Mallows*, and when you make pottage or broth with other hearbes, let these hearbs before named, haue most strength in the pottage, and eating thereon it wil giue you two stooles and no more.

For hardnes of  
the belly or  
wombe.

Take two spooneful of the iuyce of Iuye Leaues, and drinke it three times a day, and it wil disolue the hardnesse.

Against Colicke  
fluencie.

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

For the winde  
Collicke.

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

For the stopping  
of the wombe.

Take the kirkels of three Peach stones, and bruisse them, seauen cornes of case pepper, and of sliced ginger

ger a greater quantity then of the pepper, pound all together grossly and put it into a spoonfull of (Sacke which is the best) or else white wine or strong ale, and drinke it off in a great spoone, then fast two houres after and walke vp and downe if you can, if othe: wise, keepe your selfe warme, and beware of melancholy. It may be an enemy at all times.

Take of *Dasies*, *comfrey*, *Polpodi*, of the oake and *Auens* of each halfe a handful, two roots of *Osmund*, boile For the Rupture. them in strong Ale and hony, and drinke thereof morning, noone, and night, and it will heale any reasonable rupture. Or otherwise take of *smallage*, *Comfrey*, *setwell*, *polypody* that growes on the ground like *fearne*, *daisies*, and *mores*, of each a like, stampe them very small, & boyle them well in *Barme*, vntill it be thick like a pultis, and so keepe it in a close vessell, & when you haue occasion to vse it, make it as hot as the party can suffer it, and lay it to the place grieued, then with a trusse, trusse him vp close, & let him be carefull for straining of himselfe, and in a few dayes it will knit, during which cure giue him to drinke a draught of red wine, and put therein a good quantity of the flower of *setches* finely boulded stirring it well together, and then fast an houre after.

For the violent paine of the stone, make a posset of milke and sacke, then take off the curd, and put a handful of *Camomill* flowers into the drinke, then put it into a pewter pot and let it stand vpon hot imbers, so that it may dissolue: and then drinke it as occasion shall serue: Other for this grieffe take the stone of an Oxe Another. gall, and dry it in an ouen, then beate it to powder, and take of it the quantity of a hasill-nut with a draught of good old ale or white wine.

For the Colucke and stone, take hawthorne berries,

D

the.

The collicke  
and stone.

the berries of sweete briars, and ashen keyes, and dry them euery one seuerally vntil you make them into powder, then put a little quantity of euery one of them together, then if you thinke good put to it the powder of *Licoras* and *Annis seeds*, to the intent that the party may the better take it, then put in a quantity of this powder in a draught of white wine, and drinke it fasting. Otherwise you may take *smallage-seede*, *Parsley*, *L. uage*, *Saxifrage*, and *broome-seede*, of each one of them a little quantity, beate them into a powder, and when you feele a fit of either of the diseases, eate of this powder a spoonfull at a time either in pottage, or elie in the broth of a chicken, and lo fast two or three houres after.

A powder for  
the collicke  
and stone.

To make a powder for the collicke and stone, take *fenell*, *parsley-seede*, *anis seed*, and *carraway seede*, of each the waight of sixe pence, of *gravel seede*, *saxifrage seede*, the roots of *Filapendula*, and *Licoras*, of each the waight of twelue pence, of *gallingall*, *spikenard*, and *Cinamon*, of each the waight of eight pence, of *Scena* the waight of 17. shillings, good waight, beate them a l to powder and searce it, which will waigh in all 25. shillings & 6. pence: This powder is to be giuen in white wine and sugar in the morning fasting, & so to continue fasting two houres after; and to take of it at one time the waight of tennepence or twelue pence.

Another.

Other Physitians for the stone take a quart of renish or white wine, and two limons, and pare the vpper rinde thinne, and slice them into the wine, and as much white soape as the waight of a groate, and boyle them to a pint, and put thereto sugar according to your discretion; and so drinke it keeping your selfe warme in your bed, and lying vpon your backe.

For the stone in the reynes, take *Amies*, *Camemill*,  
*Maiden*



*Maiden-haire, Sparrow-tongue, and Filapendula*, of each a like quantity, dry it in an ouen, and then beate it to powder, and euery morning drinke halfe a spoonefull thereof with a good draught of white wine, and it will helpe.

For the stone  
in the reynes.

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

For the stone  
in the bladder.

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

A powder for  
the stone in the  
bladder.

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

A bath for the  
stone.

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

A water for the  
stone.

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

Diffiulty of  
Vine.

For the difficultie of vrin, or hardnesse to make water, take *Smallage*, *Dill*, *Any-seeds* and *Burnet*, of each a like quantity, and dry them and beate them to fine powder, and drinke halfe a spoofull thereof with a good draught of white wine.

For hot vrine.

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

For the strangullion.

For the strangullion, take *Saxifrage*, *Polipody*, of the Oake, the roots of beanes, and a quantity of *Raysins*, of euery one three handfull or more, and then two gallons of good wine, or else wine lees, and put it into a slerpentary and make thereof a good quantity, & giue the sicke to drinke morning and euening a spoonefull at once.

For pissing in bed.

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

For the rupture.

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

yellow waxe and Deares suet vntil it come vnto a saue, and then apply it vnto the broken place, and it wil knit it: also it shal good for the party to take *Comphry* roots, and rost them in hot imbers as you rost Wardens, and let the party eat them, for they are very soucraine for the rupture, especially beeing eaten in a morning fasting, and by al means let him weare a strong trusse til he be whole.

Take *Goates* clawes and burne them in a new earthen pot to poulder, then put of the poulder into broth or pot-  
 tage and eat it therein, or other wise take *Rue*, *Parsley*,  
 and *gromel*, and stampe them together and mixe it with  
 wine and drinke it.

Additions,  
 To the disease  
 of the reines &  
 bladder.

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

For he that can  
 not hold his  
 water.

Take *Malmsey* and Butter, and warme it and wash the  
 reines of the backe, whereupon you find paine, then take  
 oyle of *mace* and annoynt the backe therewith.

For the Gono-  
 rea or freuding  
 of seed.

First wash the reines of the backe with warme white  
 wine, then annoynt al the backe with the ointment cal-  
 led *Perstuaneto*.

For weakenesse  
 in the backe.

Take a leg of Beefe, a handful of *Fenel* roots, a hand-  
 ful of *parsley* roots, two roots of *comphry*, one pound of  
*raisins* of the Sunne, a pound of *damaske prunes*, and a  
 quarter of a pound of *dates*, put al these together, and  
 boile them very soft with sixe leaues of *my*, sixe leaues  
 of *clary*, twelue leaues of *bittany* of the wood, and a lit-  
 tle *harts-tongue*, when they are sod very soft, take them  
 into the same broth againe with a quart of sacke, and a  
 penny-worth of large *mace*, and of this drinke at your  
 pleasure.

For heat in the  
 Reines.  
 For comforting  
 and streng-  
 ning of the  
 backe.

For the Hemeroides, For the Heme-  
roides, fore griefe, take of *Dill*, *Dogge-fennell*, and *Pellitory of Spaine*, of each halfe a handfull, and beate it in a mortar with sheepes suet and blacke sope till it come to a sa'ue, and then lay it plasterwise to the sore, and it will giue the griefe ease.

For the piles or Hemeroids, For the piles or Hemerods, take halfe a pinte of ale, and a good quantity of pepper, and as much allome as a walnut : boyle all this together till it be as thicke as birdlime or thicker, this done take the iuyce of white violets, and the iuyce of housleeke, and when it is almost cold, put in the iuice and straine them all-together, and with this oyntment annoynt the sore place twice a day. Otherwise for this griefe take lead and grate it small, and lay it vpon the sores : or else take muskles dried and beate to pouder, and lay it on the sores.

For the falling of the fundament, If a mans fundament fall downe through some cold taken or other cause, let it be forthwith put vp againe : then take the pouder of *Towne cresses* dried, and strew it gently vpon the fundament, and annoynt the reines of the backe with hony, and then about it strew the pouder of *Cummin* and *Calasine* mixt together, and ease will come thereby.

Additions,  
to the diseases  
of the priuate  
parts.

For the Heme-  
roids.

For the Greene  
sicknesse.

Take a great handfull of *orpyns*, and bruisse them betweene your hands till they be like a saluc, and then lay them vpon a cloth & bind them fast to the fundament.

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

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

To increase a womans milke, you shall boyle in strong posset-ale good store of *Colworts*, and cause her to drink euery meale of the same, also if she vse to eate boyled *Colworts* with her meate, it will wonderfully increase her milke also.

To dry vp womans milke, take red sage, and hauing stamp't it and strayned the iuyce from the same, adde thereunto as much wine vinegar, and stirre them well together, then warming it on a flat dish ouer a few coales keepe therein a sheete of browne paper, then making a hole in the midst thereof for the nipple of the breast to goe through, cover all the breast ouer with the paper, and remoue it as occasion shall serue, but bevery carefull it be laid very hot to. Some are of opinion, that for a woman to milke to her breasts vpon the earth will cause her milke to dry, but I referre it to triall.

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

If a woman haue a strong and hard labour: Take foure spoonefull of another womans milke, and giue

it the woman to drinke in her Labour, and she shal be deliuered presently.

Child dead in  
the wombe.

If a woman by mischance haue her child dead within her, she shal take *vitander*, *Felwort*, and *Penyroyall*, and stampe them, and take of each a spoonful of the iuyce, and inixe it with old wine and gae it her to drinke, and she shal soone be deliuered without danger.

Aptnesse to  
conceiue.

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

Additions,

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

To womens in-  
firmities.

Against womens Termes make a pessary of the ioyce of *Mugwort*, or the water that it is sodden in and apply it, but if it be for the fluxe of the flowers, take the iuyce of *plantaine* and drinke it in red wine.

To cesse wo-  
men flowers.

Against the  
flowers.

For the matrix.

Take a *Fomentation* made of the water wherein the Leaues and flowers of *Tuison* is sodden to drinke vp the superfluities of the Matrixe, it cleanseth the entrance, but this hearbe would be gathered in haruest; if a woman haue paine in the Matrixe, set on the fire water that *Amomum* hath bin sodden in, and of the decoction make a pessary and it wil giue ease.

A general purg-  
for a woman in  
chill bed.

Take two or three egges, and they must be neyther rost nor raw, but betweene both, and then take butter that salt neuer came in, and put it into the egges and sup them off, and eate a peece of browne bread to them and drinke a draught of smal Ale.

To deliuer the  
dead birth.

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

To increase  
milke.

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

Take

Take *Mugwort*, *motherwort*, and *mints*, the quantity of a handful in al, seeth them together in a pint of *malmsey*, and giue her to drinke thereof two or three spooneful at a time, and it wil appeaseth her swounding.

For a woman that is new brought in bed, and foundeth much. To prouoke sleepe.

Take *Herbane* stamped and mixt with vinegar and apply it plaisterwise ouer al the forehead, and it wil cause sleepe.

Take *Sage*, *Smallage*, *mallowes*, and *Plantaine*, of each an handful beat them al wel in a mortar, then put vnto them oatemeale and milke, and spread it on a fine linnen cloath an inch thicke, and lay it to the brest or breasts, or otherwise take white bread Leauen and straine it with Creame, and put thereto two or three yolkes of egges, Salt, oyle, or oyle of *Roses*, and put it vpon a soft fire til it be warme, and so apply it to the brest

For sore breasts.

For *Morphew*, whether it be white or blacke, take of the *Lethargy* of gold a dram, of vnwrought *Brimstone* two drams, beate them into fine powder, then take of the oyle of *Roses*, and *Swines* grease, of each a like quantity, and grind them al together with halfe a dram of *camphire* and a little venegar, and annoynt the same there-with morning and euening.

For Morphew of both kinds.

To breed haire, take *Southern-wood* and burne it to ashes, and mixe it wel with common oyle, then annoynt the bald place therewith morning and euening, and it wil breed haire exceedingly.

To breed haire.

For the gout, take *Aristolochia rotunda*, *Althea*, *Betony*, and the rootes of wild *Necpe*, and the rootes of the wild *docke* cut in peeces after the vpper Rind is taken away, of each a like quantity, boyle then al in running water til they be soft and thicke: then stampe them in a mortar as smal as may, and put thereto a little quantity of chimney soot, and a pint or better of new milke

For the Gout.

of

of a Cow which is all of one entire colour, and as much of the vrine of a man that is fasting, and hauing stirred them all wel together, boyle them once againe on the fire, then as hot as the party can suffer it, apply it to the grieued place, and it wil giue him ease.

For the *Ciatica* For the *Ciatica*, take of Mustard seed a good handfull, and as much in weight of Hony, and as much in weight of figges, and crummes of white bread halfe so much, then with strong vinegar beate it in a mortar till it come vnto a salue, then apply it vnto the grieued place, and it will giue the grieued party ease, to wil also a plaister of *Oxicrotium*, if it be continually warme vpon the same.

For any payne or swelling, or the stinging of Venemous beasts, To helpe all manner of swellings or aches, in what part of the body focuer it be, or the stinging of any venemous beast, as *Adder*, *Snake*, or such like: take *Horehound*, *Smallage*, *Porrets*, *small mallowes*, and wild *tansy*, of each a like quantity, and bruisse them or cut them small: then seeth them altogether in a pan with Miike, *oatemeale*, and as much Sheepes suet, or Deares suet as an Hens egge, and let it boyle till it be a thicke playster, then lay it vpon a blew woollen cloath, and lay it to the grieue as hot as one can suffer it.

For swellings in the leggs or feete. For any swelling in the legges or feete, take a good handful of water Cresses and shread them small, and put them in an earthen pot, and put thereto thicke Wine Lees, and wheat bran, and Sheeps suet, of each of them alike quantity, and let them boile together vntill they be thicke, then take a linnen cloth bind it about the fore and swelling as hot as the party grieued can indure it, & let it remayne on a whole night, and a day without any remouing, and when you take it away lay to it a fresh plaister, hot, as before, and it wil take away both the  
paine



paine and the swelling. Other Surgions for this griete take hony and beere and heat them together, and therewith bath the swelling both morning and euening.

To wash any sore or Vlcer, take running water and *Bolearmoniacke* and *Camphire*, and boyle them together and dip in a cloath, and lay it to the sore as hot as may be indured, also *Plantaine* Water is good to kill the heate of any sore: or if you take *Woodbine* leaues and bruise them smal, it wil heale a sore; or if you wash a sore with *Veriuyce*, that hath beene burnt or scalded, it is a present remedy.

A water to wash a sore with.

There be diuers others which for this griefe, take the greene of *Goose* dung and boyle it in fresh butter, then strayne it very cleane and vse it. Also *Sallet* oyle and *Snow* water beaten together, will cure any scald or burning.

A pultis for a sore.

To cure any old sore how grieuous soeuer it be, take of new milke three quarts, a good handful of *Plantain* and let it boile til a pint be consumed: then adde three ounces of *Allom* made in powder, and one ounce and a halfe of white *sugar candy* powdered. Also then let it boile a little til it haue hard *Curd*, then straine it, with this warme wash the *Vlcer*, and all the member about it: then dry it, and lay vpon the vlcer, *unguentum Basilicon* spread on lint, and your *diminium* plaister ouer it, for this strengthneth and killeth the itch: but if you find this is not sharpe enough, then take of milke a quart, *Allom* in powder two ounces, vinegar a spoonful, when the milke doth feeth, put in the *Allom* and vinegar: then take off the curd, and vse the rest as was before said, and it wil cure it.

For any olde sore.

For scabs or itch take *unguentum populion*, and therewith appoint the party and it wil helpe, but if it be more strong

For any scabs or itch.

strong and ranke, take an ounce of *Neue oyle* and three penyworth of *Quicksiluer*, and beate and worke them together, vntil you see that assuredly the *Quicksiluer* is Kild, then let the party annoynte therewith the palmes of his hands, the boughs at his elbowes, his arme pits and hams, and it wil cure al his body.

For the Leprosie,

To cure the Leprosie, take the iuyce of *colirorts*, and mixe it with *Allow* and strong Ale, and annoint the Leaper therewith morning and euening, and it wil cleanse him wonderfully, especially if he be purged first, and haue some part of his corrupt blood taken away.

To take away pimples,

To take away either pimples from the face, or any o-ther part of the body, take *Virgin wax*, and *Spermaceti*, of each a like quantity, and boyle them together, and dip in a fine Linnen cloth, and as it cooles dippe it wel of both sides, then lay it vppon another faire cloath vpon a table, and then fold vp a cloath in your hands, and al to slight it with the cloath, then take as much as wil couer the grieued place.

Priuy parts burnt,

If any man haue his priuy parts burnt, take the ashes of a fine Linnen cloath in good quantity, and put it into the former oyle of egges, and annoynt the sore member therewith, and it wil cure it.

To cure any burning,

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 ouer the fire on hote impers, and then whilst the egges looke blacke, stirre them with a slice til they come to an oyle, which oyle take and clarifie and put into a glasse by it selfe, & therewith annoynt any burning, and it wil cure it.

For any scalding,

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

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

To drye vp any fore, take *Smallage*, *Groundsill*, *wild mallowes* and *violet leaues*: chop them small and boyle them in milke with bruised *Oatemeale* and sheepes suet, and so apply it to the fore. A pultis to dry a fore.

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

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

To heale any wound or cut in any flesh or part of the body: First if it be fit to be sticht stich it vp, and then take *Vnguentum aurum*, and lay it vpon a piegant of lint as bigge as the wound, and then ouer it lay a *diminuum* plaister made of *Sallet oyle* and red lead, and so dresse it at least once in foure and twenty houres, but if it be a hollow wound, as some thrust in the body or other members, then you shall take *Balsamum cephalicum*, and warming it on a *Chafing dish* and coales, dip the tent therein and so put it into the wound, then lay you plaister of *diminuum* ouer it, and do thus at least once a day till it be whole. To heale any wound.

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

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

To breake any  
n postume.

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

Additions,

To generall in-  
humities of Sur-  
gery, and h. of  
burnings and  
scaldings:  
For burning, or  
scalding, with  
eyther Lyquer,  
or Gunpowder.

Take *Plantaine* water, or *Sallet* oyle and running wa-  
ter beaten together, and therewith annoynte the fore  
with a feather, till the fire be taken out, then take the  
white of egges, and beate them to oyle, which done,  
take a Hare skinne and clip the haire into the oyle, and  
make it as thicke as you may spread it vpon a fine linnen  
cloath, and so lay it vpon the fore, and remooue it not,  
vntill it be whole, and if any rise vp of it selfe, clip it  
away with your sheares, and if it bee not perfectly  
whole, then take a little of the oyntment and lay it vn-  
to the same place againe: otherwise take halfe a bushell  
of Glouers shreads of all sorts, and so much of run-  
ning water as shal be thought conuenient to seeth them,  
and put thereto a good quarter of a pound of Barrowes  
grease, and then take halfe a bushell of the doune of  
Cats tailes, and boyle them altogether, continually  
stirring them, vntill they be sodden that they may be  
strayned into an earthen pot or glasse, and with it an-  
noynt the fore.

Or

Or else take of *Capresolij*, *Moufeare*, *ground-Iuy*, and *Hens dung* of the reddest or of the yellowest, and frie them with *May-butter* altogether vntil it be brown, thkn straine it through a cleane cloath, and annoynt the sore therewith.

Take the middle rind of the *Elme tree*, and lay it two or three houres in faire running water till it waxe ropye like gliew, and then annoynt the sore therewith: Or otherwise, take sheepes tallow and sheepes dung, and mixe them together till they come to a salue, and then apply it to the sore.

For burnings  
or scaldings on  
the face.

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

An oymntment  
for burning.

Take of oyle *Oliue* a pint, *Turpentine* a pound, vnwrought *wax* halfe a pound, *Rosen* a quarter of a pound, sheepes *Suet* two pound, then take of *Orpents*, *Smallage*, *Ragwort*, *Plantaine*, and *Sickle-wort*, of each a good handfull, chop all the hearbs very smal, and boile them in a pan altogether vpon a soaking fire, and stirre them exceeding much till they be wel incorporate together, then take it from the fire and straine it through a strong canuasse cloth into cleane pots or glasses, and vse it as your occasion shal serue, cyther to annoint, taint, or plaister.

Otherwise take *Poplar* buds, and *Elder* buds, stampe and straine them, then put thereto a little *Venice-turpentine*, *Waxe*, and *Rosin*, and so boile them together, and therewith dresse the sore, or else take two handfull of *plantaine* leaues, bray them smal, and straine out the wyce, then put to it as much womans milke, a spoon.

Vicers & Sores.

A salue for any  
old sore.

spoonfull of hony, a yolke of an egge, and as much wheate flower as you thinke will bring it to a salve, then make a plaister thereof and lay it vnto the sore, renewing it once in foure and twenty houres.

To take away  
dead flesh.

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

A water for a  
sore.

Take a gallon of Smithes sleack water, two handfulls of sage, a pint of hony, a quart of ale, two ounces of Allom, and a little white *copperas*, seeth them all together till halfe be consumed, then straine it, and put it into a cleane vessell, and therewith wash the sore. Or otherwise take cleane running water and put therein rock *allom* and *madder*, and let them boyle till the *allom* and the *madder* be consumed, then take the clearest of the water and therewith wash the sore.

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

A blacke plai-  
ster to heale  
old res and  
kil inflamati-  
on.

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

it wel til it be stiffe, which you shal trye in this order; let it drop from your sticke or slice vppon the bottome of a laucer, and so stand vntil it be cold, and then if it be wel boyled, it wil bee stiffe and very blacke, then take it off, and let it stand a little, and after straine it through a cloath into a Bason, but first annoynt the Bason with Sallet oyle, and also your fingers, and so make it vp into roules plaisterwise, and spread it and apply it as occasion shal serue.

Take *mallowes* and *beetes*, and seeth them in Water, then drye away the Water from them, and beate the hearbs wel with old Boares grease, and so apply it vnto the Appostume hot. An cyrticall to ripen sore.

Take a handful of *rue* and stampe it with rusty Bacon til it come to a perfect salue, and therewith dresse the sore til it be whole. For the sting- ing or any ad- det or ven- rous thing.

If the party be outwardly venomed, take *Sage* and bruise it wel and apply it vnto the sore, renewing it at least twice a day, but if it be inwardly, then let the party drinke the iuyce of *Sage* eyther in Wine or ale morning and evening. For any veno- ming.

Take *Selladine* early in the morning, and bruise it wel, and then apply it to the sore, and renewing it twice or thrice a day. For a ring- worme.

Take of *campheire* one dramme, of *Quicksiluer* foure penny-worth killed wel with Vinegar, then mixe it with two penny-worth of oyle de Bay, and therewith annoynt the body. Or otherwise take red *onions* and seeth them in running water a good while, then bruise the *onions* smal, and with the Water they were sodden in, straine them in, then wash the infected place with the same. For the itch.

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

E much

For the dryed  
Scabbe.

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

To kill the Itch  
or better serpe-  
go.

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

To take away  
the skarres of  
the mal Poxe.

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

For the French  
or Spanish pox.

Take *quicksiluer* and kill it with fasting spittle, then take *verdigrease*, *Arabecke*, *Turpentine*, *Oyle oliue*, and *Populion*, and mixe them together to one entire oyntment, and anoynt the Sores therewith, & keepe the party exceeding warme. Or otherwise, take of *Allom* burned, of *Rosin*, *Frankensence*, *Populion*, oyle of *Roses*, *Oyle de bay*, *Oyle olyue*, greene *Copperas*, *verdigrease*, *White lead*, *Mercury sublimite* of each a pretty quantity but of *Allome* most, then beate to pouders the symples that are hard, and melt your oyles, and cast in your pouders and stirre al wel together, then strayne them through a cloth, and apply it warme to the sores; or else take of *Capons* grease that hath toucht no water, the iuyce of *Rue* and the fine pouders of *Pepper*, and mixe 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 vp.

Take of *Treakle* halfe pennyworth, 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, vse some of the oyntment before rehearsed.

To put out the French or Spanish Poxe.

Take the iuyce of red *Fennell*, and the iuyce of *Senegreene* and *Stone hony*, and mixe them very well together till it be thicke, and with it annoynt the party, but before you doe annoynt him you shall make this water.

To make the scabs of the French Poxe fall away.

Take *Sage* & seeth it in very faire water from a gallond to a pottle, and put therein a quantity of hony and some allom, and let them boyle a little together, when you haue strained the hearbs from the water, then put in your hony and your allom, and therewith wash the poxe first, and let it dry in well, and then lay on the aforesayd oyntment.

Additions, to greene wounds.

Take the oyle of the white of an egge, wheate-flower, a little hony and venice *Turpentine*, take and stirre all these together, and so vse it about the wound but not within, & if the wound do bleed, then adde to this salue a little quantity of *Bolcarmoryak*.

A deffensiuve for a greene wound.

Take *Apoponax* and *Galbanum*, of each an ounce, *Ammoniannum*, and *Bedlynd* of each two ounces, of *Lethargy* of gold one pound and a halfe, new waxe halfe a pound, *Lapis Calamniaris* one ounce, *Turpentine* foure ounces, *Myrrh* two ounces, *Oyle de bay* one ounce, *Thusse* one ounce, *Aristeleshia* roots two ounces, oyle of *Roses* two ounces, *salter oyle* two pound, all the hard simples must bee beaten to fine powder and searified,

A salue for a greene wound.

take also three pints of right Wine vinegar, and put your foure gummes into the vinegar a whole day before, till the gummes be dissolued, then set it ouer the fire and let it boile very softly vntil your vinegar bee as good as boiled 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 gummes and all the rest, but let your *Turpentine* be last, and so let it boile till you see it grow to be thicke, then poure it into a Bason of water, and worke it with oyle of *roses* for sticking vnto your hands, and make it vp in roules plaisterwise, and here is to be noted, that your oyle of *roses* must not be boyled with the rest, but after it is taken from the fire a little before the *Turpentine*.

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

Take three good handfull of *Sage*, and as much of *Honi-suckle* leaues and the flowers cleane picked, then take one pound of Roch *Allome*, and a quarter of a pound of right English Honey clarified, halfe a pennyworth of graines, and two gallonds of running Water, then put all the sayd things into the water, and let them seeth til halfe be consumed, then take it from the fire til it be almost cold, and strayne it through a cleane cloath, and put it vp in a glasse, and then eyther on taine or pleagant vse it as you haue occasion.

To staunch  
bleed, & draw  
sinewes toge-  
ther.

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

A made oyle  
for shrinking  
of sinewes.

Take a quart of *Neates foot oyle*, a quart of Oxe gals, a quart of *Aquavite*, and a quart of rose water, a hand-

tull

full of rosemary strypt, and boyle all these together till halfe be consumed, then presse and strayne it, and vse it according as you find occasion.

Take hony, pitch and butter, and seeth them together, and annoynt the hurt against the fire, and tent the sore with the same. For a wound in the guts.

Take grountell and stampe it, and seeth it with sweet milke till it be thicke, then temper it with blacke sope and lay it to the sore. For picking with a thorn.

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

Take mustard made with strong vinegar, the crums of browne bread, with a quantity of hony and sixe figgs minxt, temper all together well and lay it vpon a cloth plaisterwise, put a thinne cloath betweene the plaister and the flesh and lay it to the place griued as oft as need requires. Additions, for ach or swellings. For the Cyatica.

Take a pound of fine Rozin, of oyle de bay two ounces, of Populion as much, of Frankensence halfe a pound, of oyle of Spyke two ounces, of oyle Camomile two ounces, of oyle of Roses two ounces, of Waxe halfe a pound, of Turpentine a quarter of a pound, melt them and stirre them well together and then dip linnen clothes therein, and apply the seare cloath as you shall haue occasion, & note the more oyle you vse, the more supler the seare cloath is, and the lesse oyle the stiffer it will be. A yellow seare cloth for any paine or swelling.

Take a little blacke sope, salt and hony, and beate them well together, and spread it on a browne paper and apply it to the bruise. For bruises swelled.

For swelled  
legs.

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

For any ache.

Take in the moneth of *may*, *Henbane*, and bruiſe it wel and put it into an earthen pot and put thereto a pint of *Sallet oyle* and set it in the Sunne til it be all one substance, then annoynt the ache therewith.

A playster for  
any paine in  
the ioynts.

Take halfe a pound of vawrought wax, as much *Roſin*, one ounce of *galbanum*, a quarter of a pound of *Le-thargy* of gold, three quarters of white *Leade*, beaten to powder and learst, then take a pint of *Neates foot oyle*, and set it on the fire in a smal vessel which may containe the rest, and when it is all moulten, then put in the pouders and stire it fast with a slice, and trye it vpon the bottome of a saucer, when it beginneth to be somewhat hard, then take it from the fire, and annoynt a faire boord with *Neates foote oyle*, and as you may handle it for heate, worke it vp in roules, and it wil keepe five or fixe yeates, being wrapped vp close in papers, and when you wil vse it, spread of it thin vpon new lockram or leather somewhat bigger then the grieſe, and so if the grieſe remooue follow it, renewing it morning and evening, and let it be somewhat warme when it is layd on, and beware of taking cold, and drinking hot wines.

Additions,  
To greeke in the  
Bones.  
For bones cut  
of ioynt, or sin-  
newes sprung  
or strained.

Take foure or five yolkes of egges, hard sodden or rosted, and take the bianches of great *morrel*, and the berries in Summer, and in Winter the rootes, and bray all wel together in a mortar with sheeps milke, and then frye it vntil it bee very thicke, and so make a plaister thereof, and lay it about the sore, and it wil take away both paine and swelling.

A bath for bro-  
ken ioynts.

Take a gallond of standing lye, put to it of *Plantain* and *knot-grasse*, of each two handfull, of *worme-wood*, and  
*comfrey*,

*comfrey*, of each a handful, and boile all these together in the lye a good while, and when it is luke warme bath the broken member therewith, and take the buds of Elder gathered in *March*, and stripped downeward and a little boyle them in water, then eate them in oyle and very little wine Vinegar, a good quantity at a time in the morning euer before meat, or an houre before the Patient go to dinner, and it much auailles to the knitting of bones.

Take *rosemary*, *fetherfew*, *orgaine*, *Pellitory* of the wall, *fennell*, *mallowes*, *violet leaues*, and *Nettles*, boyle all these together, and when it is wel sodden put to it two or three gallonds of milke, then let the party stand or sit in it an houre or two, the bath reaching vp to the stomacke, and when they come out they must go to bed and sweat, beware taking of cold.

¶ A general bath for clearing the skin, and comforting the body.

Make a plaister of wheat flower and the whits of egges and spread it on a double linnen cloth, and lay the plaister on an euen board, and lay the broken limbe thereon, and fet it euen according to nature, and lap the plaister about it and splint it, and giue him to drinke *Knitwort* the iuyce thereof twice and no more, for the third time it wil vnknit, but giue him to drinke nine dayes each day twice the iuyce of *comfrey*, *daisies* and *osmund* in stale Ale and it shal knit it, and let the fore-laid plaister lye to, ten dayes at the least, and when you take it away do thus, take *hore-bound*, *red fennel*, *Hounds tong*, *Wal-wort*, and *Pelitory*, and seeth them, then vnroule the member and take away the splints and then bath the linnen and the plaister about the member in this bath, vntil it haue soakt so long that it come gently away of it selfe, then take the afore sayd plaister and lay thereto sixe or sixe daies very hot, and let each plaister lye a day

¶ A soueraine help for broken bones.

and a night and alwayes splint it wel, and after cherish it with the oyntments before Rehearsed, for broken bones, and keep the party from vnwhollome meats and drinks til he be whole, and if the hurt be on his arme let him beare a bal of greene hearbs in his hand to preuent the shrinking of the hand and sinewes.

*For any Feuer.* Take *Sage, Ragwort, Yarrow, vnset Leekes* of each a like quantity, stamp them with Bay salt and app'y them to the wrests of the hands.

*To expel heate in a Feuer.* 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 drinke thereof.

*The royall medicine for Feuers.* Take three spooneful of Ale and a little *Saffron*, and bruise and straine it thereto, then adde a quarter of a spoonful of fine *Treacle* and mixt altogether, and drinke it when the fit comes.

*Another.* Take two roots of *Crow-foot* that growes in a marsh ground, which haue 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 wel together, and lay it on linnen cloathes, and bind it about your thumbs betwixt the first and the neather ioynt, and let it lie nine daies vnremoued, and it wil expel the Feuer.

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

Take a right *Pomwater* the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skinn and the core and vse only the pap, and the like quantity of *Chalke* finely scraped, mix them both together vpon a Trencher before the fire, and worke

worke them wel to a plaister, then spread it vpon a linnen cloth warmed very hot as may be suffered, and so bind it vnto the nauill for twenty foure houres, vse this medicine twice or thrice or more, vntil the Laske bee stayed.

To make the oyle of *Swallowes*, take *Lauendar cotton*, *Spike*, *Knot-grasse*, *Ribwort*, *Balme*, *Valerian*, *Rose-mary tops*, *Woodbine tops*, *Vine strings*, *French mallows*, the tops of *Alecost*, *Strawberry strings*, *Tulsan*, *Plantain*, *Walnut tree leaues*, the tops of young *Baies*, *Isop*, *violet leaues*, *Sage of vertue*, fine *Roman Wormwood*, of each of them a handful, *Camomile* and *Red roses*, of each two handful, twenty quicke *Swallowes*, and beate them altogether in a great mortar, and put to them a quart of *Neats foot oile*, or *May butter*, and grind them all well together with two ounces of *Cloues* wel beaten, then put them altogether in an earthen pot, and stop it very close that no ayre 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 smal, & a pint of oyle or butter, then set your pot close stopped into a pan of water, and let it boile sixe or eight houres, and then straine it: this oyle is exceeding soueraine for any broken bones, bones out of ioynt, or any paine or grieffe eyther in the bones or sinewes.

To make oyle of *Camomile*, take a quart of *Sallet oyle* and put it into a glasse, then take a handful of *Camomile* and bruisse it, and put it into the oyle, and let them stand in the same twelue daies, onely you must shift it euery three dayes, that is to straine it from the old *Camomile*, and put in as much of new, and that oyle is very soueraine for any grieffe proceeding from cold causes.

To

To make oyle  
of Lauender.

To make oyle of *Lauender*, take a pint of Sallet oyle and put it into a glasse, then put to it a handfull of *Lauender*, and let it stand in the same twelue dayes, and vse 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 beate them to oyle, then take whole *cloues* and put them both together into a glasse, & let it in the Sunne five or sixe dayes, then strayne it, and with the same annoynt your hands euery night when you goe to bed, otherwise as you haue conuenient leasure.

To make Dr.  
Steuens water.

To make that soueraigne water which was first inuen-  
ted by Doctor *Steuens*, in the same forme as he deliue-  
red the Receite to the Arch-bishop of *Cantwbury*, a lit-  
tle before the death of the sayd Doctor. Take a gallond  
of good *Gascoyne* wine, then take *Ginger*, *Galingale*, *ci-  
namon*, *Nutmegs*, *Graines*, *cloues*, bruiled, *Fennell-seeds*  
*carraway-seeds*, *Origanum*; of euery of them a like quan-  
tity, that is to say a dramme: Then take *Sage*, *wild Mar-  
iaram*, *Peny royall*, *Mints*, *red roses*, *Time*, *Pellitory*, *rose-  
mary*, *wild time*, *commomill*, *Lauender*, of each of them  
a handfull, then bray the spices smal, & bruiſe the hearbs  
& put all in o the wine, and let it stand so twelue houres,  
only stirre it diuers times, then distill it by a *Lymbecke*,  
and keepe the first water by it selfe for that is the best,  
then keepe the second water for that is good, & 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 & vitall parts, & helpeth  
all inward diseases that commeth of cold, it is good a-  
gainst the shaking of the palsie, & cureth the contraction  
of sinews, & helpeth the conception of women that be  
barraine, it killeth the wormes in the body, it cureth the  
cold



cold Cough, it helpeth the tooth-ach, it comforteth the stomach, and cureth the old dropfy, it helpeth the stone in the bladder and in the reines, it helpeth a stinking breath: And whosoever vseth this water moderately & not too often, preserueth him in good liking, and will make him seeme young in old age. With this water Doct<sup>r</sup> *Steuens* preserued his owne life vntill such extreame age, that he could neither goe nor ride, & he continued his life being bed rid fve yeeres, when other Physitions did iudge he could not liue one yeere, when he did confesse a little before his death; saying: that if he were sicke at any time, he neuer vsed any thing but this water only; And also the Archbishop of *Canterbury* vsed it, and found such goodnes in it that he liued till he was not able to drinke of a cup, but sucked his drinke through a hollow pipe of siluer. This water will bee much the better if it be set in the Sunne.

To make a cordial *rosafolis*, take *rosafolis*, & in any wise touch not the leaues thereof in the gathering, nor wash it; take thereof foure good handfu's, then take two good pints of *Aquauite*, and put them both in a glasse or pewter pot of three or foure pints, and then stop the same hard and iust, and so let it stand three dayes and three nights, and the third day straine it through a clean cloth into another glasse or pewter pot, and put thereto halfe a pound of *Sugar* beaten small, foure ounces of fine *Licoras* beaten into powder, halfe a pound of sound Dates the stones being taken out, and cut them & make them cleane, and then mince them small, and mixe all these together and stop the glasse or pot close & iust, and after distill it through a lymbecke, then drink of it at night to bedward halfe a spoonefull with ale or beere, but

A restorative  
of *rosafolis*.

but Ale is the better, as much 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 againe, and cause him to be strong & lusty, and to haue maruailous hungry stomacke, provided alwaies that this *rosafolis* be gathered (as you possibly you can) at the full of the Moone when the Sun shineth before noone, and let the roots of them be cut away.

Additions,  
to the Oyles.  
To make oyle  
of Roles or Vi-  
okts.

Take the flowers of roses or violets and breake them small and put them into sallet oyle, and let them stand in the same tenne or twelue daies, and then presse it. Or otherwise take a quart of oyle *Olyue*, and put thereto Sixe spoonefuls of cleane water, and stirre it well with a slice, till it waxe as white as milke, then take two pound of red rose leaues and cut the white of the ends of the leaues away, and put the roses into the oyle, and then put it into a double glasse and set it in the Sunne all the summer time, and it is soueraine for any scalding or burning with water or oyle.

Or els take red roses new plucked a pound or two, and cut the white ends of the leaues away, then take May Butter and melt it ouer the fire with two pound of oyle *Olyue*, and when it is clarified put in your roses and put it all in a vessell of glasse or of earth, and stop it well about that no ayre enter in nor out, and set it in another vessell with water and let it boyle halfe a day or more, and then take it forth and straine or presse it through a cloth, and put it into glasse bottells, this is, good for all manner of vnkind heates.

To make oyle  
of Nutmegges.

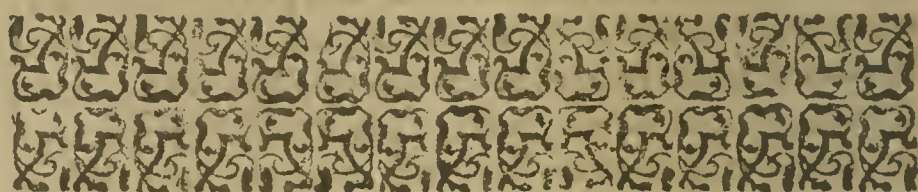
Take two or three pound of *Nutmegs* and cut them small and bruisce them well, then put them into a pan and beate them and stirre them about, which done, put them into a canuasse or strong linnen bagge, and close them

them in a presse and presse them, and get out al the Ly-  
quor of them which will be like manna, then scrape it  
from the canuas bagge as much as you can with a knife,  
then put it into some vessel of glasse and stoppe it wel,  
but set it not in the Sun for it will waxe cleane of it selfe  
within ten or fiftene dayes, and it is woorth thrice so  
much as the Nutmegges themselues, and the oyle hath  
very great vertue in comforting the stomack and inward  
parts, and asswaging the paine of the mother & Cyatica.

Take the flowers of *Spike*, and wash them only in *oile*  
*olive*, and then stamp them wel, then put them in a Can- To make per-  
fect oyle of  
spike.  
uasse bagge, 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 wil cleare of it selfe, and waxe faire and bright, and  
wil haue a very sharpe odor of the *Spike*; and thus you  
may make oyle of other hearbs of like nature, as *Lauen-*  
*der*, *camomile* and such like.

Take an ounce of *Mastick*, and an ounce of *Olibanum* To make oyle  
of Masticke.  
pounded as smal as is possible, and boyle them in oyle  
*Oliue* (a quart) to a third part, then presse it and put it  
into a glasse, and after ten or twelue dayes it wil be per-  
fect: it is exceeding good for any cold griefe.

Thus hauing in a summary manner passed over al the  
most Physical and Chyrurgical notes which burtheneth  
the mind of our *English House-wife*, being as much as is  
needful for the preservation of the health of her family;  
and hauing in this Chapter shewed al the inward ver-  
tues wherewith she should be adorned. I wil now re-  
turne vnto her more outward and actiue Knowledges,  
wherin albeit the mind be as much occupied as before:  
yet is the body a great deale more in vse: neyther can  
the worke be wel affected by Rule or direction.



## The English Housewifes Skill in Cookery.

### CHAP. 2.

*Of the outward and actiue 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.*

**T**O speake then of the outward and actiue Knowledges which belong vnto our English Houf-wife, I hold the first and most principal to be a perfect skill and Knowledge in Cookery, together with al the secrets belonging to the same, because it is a duty rarely belonging to a woman; and she that is vtterly ignorant therein, may not by the Lawes of strict Iustice challenge the freedome of Marriage, because indeede she can then but performe halfe her vow; for shee may loue and obey, but she cannot cherish, serue, and keepe him with that true duty which is euer expected.

She must know  
all Hearbes.

To proceede then to this knowledg of Cookery, you shal vnderstand, that the first steppe thereunto is, to haue Knowledge of all sorts of hearbes belonging vnto the Kitchin, whether they be for the Pot, for Sallets, for Sauces, for Seruings, or for any other Seasoning, or adorning: which skill of Knowledge of the Hearbes, shee must get by her owne true labour and experieñce;  
and

and not by my relation, would be much too tedious, & for the vse of them, he shall see it in the composition of dishes & meates here after following. She shal also know the time of the yeere, Moneth and Moone, 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, shee may haue the prime vse of the same. And because I will inable, and not burden her memory, I will here giue her a short Epitomie of all that knowledge.

First then, let our English Houf. wife know, that she Her skill in  
the Garden. may at al times of the Moneth and Moone, generally sow *Asparagus, Colwerts, Spinage, Lettice, Parsnips, Radish, and Chines.*

In February, in the new of the Moone, she may sow *Spyke, Garlicke, Borage, Buglose, Cheruyle, Coriander, Gourds, Cresses, Marioram, Palma Christi, Flower gentle, white Poppy, Purslan, Radish, Rocket, Rosemary, Sorrell, Double Marigolds and Time.* The Moone full shee may sow *Annisseedes musked, Violets, Bleets, Skirrits, White Succory, Fennell, and Parsly.* The Moone old, sow *Holy Thystell, Cole Cabadge, white Cole, greene Cole, Cucumbers, Harts-Horne, Diers Graine, Cabadge, Lettice, Mellons, Onions, Parsnips, Larkes Heele, Burnat and Leekes.*

In March the Moone new, sow *Garicke, Borrage, Buglosse, Cheruile, Coriander, Gourds, Marioram, white Poppy, Purslan, Radish, Sorrel, Double Marigolds, Time, violets.* At the full Moone; *Anisseedes, Bleets, Skirrets, Succory, Fennell, Apples of Loue, and Marueilous Apples.* At the wane; *artichocks, Bassil, Blessed Thistle, Cole cabadg, white cole, Greene cole, citrons, cucumbers, Harts-Horne, Samphire, Spinage, Gilliflowers, Isop, cabadge, Lettice, Mellons, Mugrets, Onions, Flower Gentil, Burnet, Leeks,*  
and

and *Sauory*. In *May*, the Moone old, sow blessed *Thistle*. In *June*, the Moone new, sow *gourds* and *radishes*. The Moone old, sow *cucumbers*, *mellons*, *parsnips*. In *July*, the Moone at ful, sow *white Succory*; and the Moone old, sow *cabadge*, *lettice*. Lastly, in *August*, the Moone at the ful, sow *white Succory*.

Transplanting  
of Hearbes,

Also she must know, that Hearbs growing of Seeds, may be transplanted at all times, except *chervile*, *Arage*, *Spinage*, and *Pseley*, which are not good being once transplanted, obseruing euer to transplant in moyste and rainy weather.

Choice of seeds

Also she must know, that the choice of seeds are twofold, of which some grow best, being new, as *cucumbers* and *leekes*, and some being old as *coriander*, *parsley*, *sauory*, *beets*, *organ*, *creffes*, *spinage* and *poppy*, you must keep cold *lettice*, *artichokes*, *basil*, *holy thistle*, *cabadge*, *cole*, *Dyers graine*, and *mellons*, fiteene dayes after they put forth of the earth.

Prosperity of  
seeds.

Also Seedes prosper better being sowne in temperate weather, then in hot, cold, or dry dayes. In the moneth of *April*, the moone being new, sow *marigolds*, *flower-gentle*, *time*, *violets*: in the ful of the moone, *apples of loue*, and *maruailous apples*: and in the wane, *artichokes*, *holy thistle*, *cabadge*, *cole*, *citrons*, *karts-horne*, *Samphire*, *gilliflowers*, and *parsnips*.

Gathering of  
seeds

Seeds must be gathered in faire weather, at the wane of the moone, and kept some in Boxes of Wood, some in bagges of Leather, and some in vessels of earth, and after to be wel cleansed and dryed in the Sunne or shadow: Other some, 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 grafts in the last but one, and to graft two dayes after

After the change, and thus much for her knowledge briefly of Hearbs, and how he shall haue them continually for her vse in the Kitchin.

It resteth now that I proceede vnto Cookerie it selfe, which is the dressing and ordering of meate, in good and wholesome manner; to which, when our *Houswife* shall addressse her selfe, she shall well vnderstand, that these qualities must euer accompany it: First, shee must bee cleanly both in body and garments, shee must haue a quicke eye, a curious nose, a perfect taste, and ready eare (shee must not be butter-fingred, sweete-toothed, not faint-hearted;) for, the first will let euery thing fall, the second will consume what it should increase, and the last will loose time with too much nicenesse. Now for the substance of the Art it selfe, I will diuide it into five parts; the first, Sallats and Fricases; the second, boyled Meates and Broaths; the third, Roast meates, and Carbonados; the fourth, Bak't meates and Pies; and the fifth, Bnqueting and made dishes, with other conceites and secrets.

O F  
Cockery and  
the parts  
thereof.

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

Of Sallats.  
Simple Sallats.

F

oyle

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

Of compound Sallets.

Your compound Sallats, are first the young Buds and Knots of all manner of wholesome hearbs at their first springing; as Red-sage, Mints, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then serued vp to the table with Vinegar, Sallet Oyle and Sugar.

Another compound Sallet.

To compound an excellent Sallat, and which indeed is vsuall at great feasts, and vpon Princes tables: Take a good quantity of blancht Almonds, and with your shredding Knife cut them grossely; then take as many Raisins of the Sunne cleane washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so many Olyues, and as many Currants as of all the rest cleane washt: a good handfull of the small tender leaues 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 vnto them Vinegar and Oyle, and scrape more Sugar ouer all: then take Orenge and Lemons, and paring away the outward pilles, cut them into thinne slices, then with those slices couer the Sallet all ouer; which done, take the fine thinne leafe of the red Coleflower, and with them couer the Orenge and Lemons all ouer; then ouer those red leaues lay another course of old Oliues, and the slices of wel pickled Cucumbers, together with the very inward heart of your Cabbage lettice cut into slices; then adorne the sides of the dish, and the top of the Sallet with moe slices of Lemons and Orenge, and so serue it vp.

To



To make an excellent compound boild Sallat : take of Spinage well washt, two or three handfulls, and put it into faire water, and boile it till it be exceeding soft, & tender as pap; then put it into a Cullander and draine the water from it, which done, with the backside of your Chopping-knife chop it, and bruisse it as small as may be: then put into a Pipkin with a good lumpe of sweete butter, and boile it ouer againe; then take a good handfull of Currants cleane washt, and put to it, & stirre them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serue it vpon sippets.

An excellent  
boiled Sallat.

Your preserued Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Puslan, Broome, and such like, or preserued with Vinegar; as Violets, Primrose, Cowslops, Gillyflowers of all kindes, Broome-flowers, and for the most part any wholesome flower whatsoever.

Of preseruing  
of Sallets.

Now for the picking of Sallats, they are only boiled, and then drained from the water, spread vpon a table, and good store of Salt throwne ouer them, then when they are thorow cold, make a Pickle with Water, Salt, and a little Vinegar, and with the same pot them vp in close earthen pots, and serue them forth as occasion shall serue.

Now for preseruing Sallats, you shall take any of the Flowers before-layd after they haue beene pickt cleane from their stalkes, and the white ends (of them which haue any) cleane cut cway, and washt and dryed, and taking a gasse-pot like a Gally-pot, or for want thereof a Gally-pot it selfe; and first strew a little Sugar in the bottome, then lay a layer of the Flowers,

F 2

then

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

The making of  
strange Sallats

Now for the compounding of Sallats of these pickled and preserued thinges, though they may be serued vp simply of themselves, and are both good and daintie; yet for better curiosity, and the finer adorning of the table, you shall thus vse them: First, if you would set forth any red Flower that you know or haue seene, you shall take your pots of preserued Gilliflowers, and suting the colours answerable to the Flower you shall proportion it forth, and lay the shape of the Flower in a Fruit-dish; then with your Purslan leaues make the greene Coffin of the Flower, and with the Purslan stalkes, make the stalke of the Flower, and the diuisions of the leaues and branches; then with the thinne slices of Cucumbers make their leaues in true proportions, iagged or otherwise: and thus you may set forth some full blowne, some halfe blowne, and some in the bud, which will be pretty and curious. And if you will set forth yellow flowers, take the pots of Primroles and Cowslips, if blew flowers, then the pots of Violets, or Bugloise Flowers, and these Sallats are both for shew and vse; for they are more excellent for taste then for to looke on.

Now

Now for *Sallets* for shew only, and the adorning and setting out of a table with numbers of dishes, they be those which are made of *Carret* rootes of fundrye colours well boiled, and cut out into many shapes and proportions, as some into knots, some in the manner of Scutchions and Armes, some like Birds, and some like 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 *Hous-wifes* eye, but the composition of them, and the serving of them differeth nothing from these already rehearsed.

*Sallets for shew onely.*

## OF

*Fricases and Quelque ches.*

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

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

*Of simple Fricases.*

To have the best *Collops* and *Egges*, you shall take the whitest and youngest *Bacon*; and cutting away the sward, cut the *Collops* into thin slices, lay them in a dish, and put hot water vnto them, and so let them stand an houre or two, for that will take away the extreame saltnesse: then draine away the water cleane, and put them into a drie 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 toast sufficiently thorow and thorow: which done, take your Egges and breake them into a dish, and put a spooneful of vinegar vnto them: then set on a cleane Skillet with faire water on the fire, and as soone as the water boyleth put in the Egges, and let them take a boile, or two, then with a spoone trie if they bee hard enough, and then take them vp, and trim them, and dry them; and then dishing vp the Collops, lay the Egges vpon them, and so serue them vp: and in this sort you may potch Egges when you please, for it is the best and most wholsome.

Of the compound fricases.

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

To make the best Tansy.



First then for making the best Tansy, you shal take a certaine number of egges, according to the bignesse of your Frying-pan, and breake them into a dish, abating euer the white of euery third egge; then with a spoone you shal cleanse away the little white Chickin-knots which sticke vnto the yolkes; then with a little Creame beate them exceedingly together; then take of greene Wheat blades, Violet leaues, Strawberry leaues, *Spinage*, and *Succory*, of each a like quantity, and a few *Walnut tree* buds; choppe and beate all these very wel, and then straine out the iuice, and mixing it with a little more Creame, put it to the egges, and stirre all wel together, then put in a few crummes of Bread, fine grated Bread, *Cynamon*, *Nutmegge*, and Salt, then put some sweete Butter into the Frying-panne, and so soone as it is dissolued or melted, put in the Tansy, and frie it browne without burning, and with a dish

turne

turne it in the Panne as occasion shall serue; then letue it vp, hauing strewed good store of Sugar vpon it, for to put in Sugar before wil make it heavy: Some vse to put of the herbe Tansey into it, but the *Walnut* tree buds do giue the better taste or rellish; and therefore when you please for to vse the one, doe not vse the other.

To make the best Fritters, take a pint of Creame and warme it: then take eight egges, onely abate foure of the whites, and beate them wel in a Dish, and so mixe them with the Creame, then put in a little Cloues, Mace Nutmegge and Safron, and stirre them wel together: then put in two Spoonful of the best Ale-barme, and a little Salt, and stirre it againe: then make it thicke according vnto your pleasure with wheate flower: which done, set it within the aire of the fire, that it may rise and swell, which when it doth, you shall beate it in once or twice, then put into it a penny pot of Sacke: al this being done, you shall take a pound or two of very sweet leame, and put it into a panne, and set it over the fire, and when it is moulten and beginnes 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 spoone, put it into the boiling Seame, and boile your Fritters crispe and browne: And when you finde the strength of your leame consume or decay, you shall renew it with more leame, and of all sorts of leame, that which is made of the Beefe-suet is the best and strongest: when your Fritters are made, strow good store of Sugar and Cinnamon vpon them, being faire dight, and so letue them vp.

The best Fritters.

The best Pancake.

To make the best Pancake, take two or three egges,

F 4

and

and breake them into a dish, and beate them well: then adde vnto them a pretty quantity of fair running water, and beate all well together: then put in Cloues, Mace, Cinamon, and Nutmeg, and season it with Salt: which done, make it thicke as you thinke good with fine Wheate-flower: then frie the cakes as thinne as may be with sweete Butter, or sweete Seame, and make them browne, and so serue them vp with Sugar strowed vpon them. There be some which mixe Pancakes with new Milke or Creame, but that makes them tough, cloying, and not crispe, pleasant and sauory as running water.

Veale toasts.

To make the best Veale toasts; 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 Spinage, Succory, Violet-leaues, and Marigold-leaues, and beate them, and straine out the iuyce, and mixe it with the Egges: 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, Cloues, Mace, Sinamon, Nutmegge, Sugar and Salt, and mixe them all perfectly well together: then take a Manchet and cut it into toasts, and tost them well before the fire; then with a spoone lay vpon the tost in a good thicknesse the Veale, prepared as before-layd: 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 vpward, and the flesh side downeward: and as soone as you see they are fryed browne, lay vpon the vpper-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 vp, and

and strow Sugar vpon them, and so serue them forth.

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

To make the best Panperdy, take a dozen Egges, & breake them, and beate them very well, then put vnto them Cloues, Mace, Cinamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it: then take a Manchet, and cut it into thicke slices like tostes; which done, take your frying pan, and put into it good store of sweete Butter, and being melted lay in your slices of bread, then powre vpon them one halfe of your Egges; then when that is fryed, with a dish turne your slices of bread vpward, and then powre on them the other halfe of your Egges, & so turne them till both sides be browne; then dish it vp, and serue it with Sugar strowed vpon it.

To make the best panperdy.

To make a Quelquechose, which is a mixture of many things together; take the Egges and breake them, & do away the one halfe of the Whites, and after they are beaten put them to a good quantity of sweete Creame, Currants, Cinamon, Cloues, Mace, Salt, & a little Ginger, Spinage, Endiue, and Marigold flowers grossely chopt, and beate them all very well together; then take Piggs Pettitoes slic't, and grossely chopt, and mixe them with the egges, and with your hand stirre them exceeding well together; then put sweete butter in your frying pan, and being melted, put in all the rest, and fry it browne without burning, euer and anon turning it till it be fryed enough; then dish it vp vpon a flat Plate, and so serue it forth. Onely herein is to be obserued, that your Pettitoes must be very well boyled before you put them into the Frycase.

To make any quelquechose.

And

Additions, *And in this manner as you make this Quelquechoise,*  
 To the House- *so you may make any other, whether it be of flesh, smal*  
 wifes Cookery, *Birds, sweet roots, oysters, muskles, cockles, giblets, le-*  
*mons, Orenge, or any fruit, pulse, or other Sallet hearb*  
*whatsoever; of which to speake severally were a labour*  
*infinite, because they vary with mens opinions. On-*  
*ly the composition and worke is no other then this be-*  
*fore prescribed; and who can do these, need no further*  
*instruction for the rest. And thus much for Sallets and*  
*Fricases.*

To make Frit- *To make Fritters another way, take Flower, milke,*  
 tice. *Barme, grated Bread, smal Raisins, Cinamon, Suger,*  
*Cloues, Mace, Pepper, Saffron, and Salt; stirre all these*  
*together very wel with a strong spoone, or smal Ladle;*  
*then let it stand more then a quarter of an houre that it*  
*may rise, then beate it in againe, and thus let it rise &*  
*bebeate in, twice or thrice at least; then take it and bake*  
*them in sweete and strong seame, as hath beene before*  
*shewed, and when they are serued vp to the table, see*  
*you strow vpon them good store of Suger, Cynamon,*  
*and Ginger.*

To make the *Take a pint of the best, thickest and sweetest cream,*  
 best white Pud- *and boile it, then whilest it is hot, put thereunto a good*  
 dings. *quantity of faire great Oate-meale Grotes very sweete,*  
*and cleane pickt, and formerly steept in Milke twelue*  
*houres at least, and let it soake in this Cream another*  
*night; then put thereto at least eight yolkes of Egges, a*  
*little Pepper, Cloues Mace, Saffron, Currants, Dates,*  
*Suger, Salt, and great store of Swines suet, or for*  
*want thereof, great store of Beefe suet, and then fill*  
*it vp in the Farmes according vnto the order of good*  
*House-wifery, and then boile them on a soft and gen-*  
*tle fire, and as they swel, pricke them with a great pin,*  
 or



or smal Awle, to keepe them that they burst not; and when you serue them to the Table (which must be not vntil they be a day old,) first, boile them a little; then take them out and toast them browne before the fire, & so serue them, trimming the edge of the dish eyther with salt or Suger.

Take the Liuer of a fat Hogge, and parboile it, then Puddings of a Hogs Liuer, shred it smal, and after beate it in a mortar very fine; then mixe it with the thickest and sweetest Creame, and strayne it very wel through an ordinary strainer, then put thereto six yolkes of egges, and two whites, and the grated crummes of neere-hand a penny white loafe, with good store of *Currants, Dates, Cloues, Mace, Sugar, Saffron, Salt*, and the best *Swine* suet, or *Beefe* suet, but *Beefe* suet is the more wholsome, and lesse loosning; then after it hath stood a while, fil it into the Farmes, & boile them, as before shewed: and when you serue them vnto the table, first, boile them a little; then lay them on a Gridyron ouer the coalés, and broile them gently, but scorch them not, nor in any wise breake their skinnes, which is to be preuented by oft turning and tossing them on the Gridyron, and keeping a slow fire.

Take the yolkes and Whites of a dozen or fourteene To make bread puddings. egges, and hauing beate them very wel, put vnto them the fine pouders of *Cloues, Mace, Nutmegges, Sugar, Cynamon, Saffron* and *Salt*; then take the quantity of two loaves of white grated Bread, *Dates* (very smal shred) and great store of *Currants*, with good plenty eyther of *Sheepes, Hogges, or Beefe* suet beaten and cut smal: then when all is mixt and stirred wel together, & hath stood a while to settle, then fil it into the Farmes as hath been before shewed, and in like manner boyle them,

them, cooke them, and serue them to the Table.

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

Another of  
Lice:

Take the best Hogges Liuer you can get, and boyle it extremely till it bee as hard as a stone; then lay it to coole, and being cold, vpon a bread-grater grate it all to powder; then sift it through a fine meale siue, and put to it the crummes of (at least) two penny loaues of white bread, and boyle all in the thickest and sweetest Creame you haue till it be very thick; then let it coole, and put it to the yolkes of halfe a dozen Egges, a little Pepper, Cloues, Mace, Currants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beete and Swines suet great plenty, then fill it into the Farmes, & boyle them as before shewed.

Puddings of a  
Calues Mug-  
get.

Take a Calues Mugget, cleane and sweete drest, and boyle it well; then shred it as small as is possible, then take of Strawberry leaues, of Endiue, Spinage, Succory, and Sainell of each a pretty quantity, and chop them as small as is possible, and then mixe them with the Mugget; then take the Yolkes of halfe a dozen Egges, and three Whites, and beate them into  
it

it also; and if you find it is too stiffe, then make it thinner with a little Creame warmed on the fire; then put in a little Pepper, Cloues, Mace, Cynamon, Ginger, Sugar, Currants, Dates and Salt, and worke all together, with casting in little peyres of sweet Butter one after another, till it haue receiued good store of Butter, then put it vp into the Calues bagge, Sheepes bagge, or Hogs bagge, and then boyle it well, and so serue it vp.

Take the Blood of an Hogge whilest it is warme, and steepen it in a quarte, or more, of great Oate-meale-grotes, and at the ende of three dayes with your hands take the Groats out of the bloud, and draine them cleane; then put to those Grotes more then a quart of the best creame warmed on the fire: then take mother of Time, Parsley, Spinnage, Succory, Endiue, Sorrell and Strawberry leaues, of each a few chopt exceeding small, and mixe them with the Grotes; and also a little Fennell seede finely beaten: then adde a little Pepper, Cloues and Mace, Salt and great store of suet finely shred, and well beaten: then therewith fill your Farnes, and boyle them, as hath bene before described.

A Blood Pudding.

Take the largest of your chines of Porke, and that which is called a Lisse, and first with your knife cut the leane thereof into thinne slices, and then shred small those slices, and then spread it ouer the bottome of a dish or wodden platter: then take the fatte of the chine and the Lisse, and cut it in the very selfe same manner, and spread it vpon the leane, and then cut more leane, and spread it vpon the fatte, and thus doe one leane vpon another, till all the Porke be shred, obseruing to beginne and ende with the leane: then with your sharpe knife scorch it through

Lisses.

through and through diuers 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 giue it a good season of Pepper and Salt; then take the farmes made as long as is possible, and not cut in pieces as for Puddings, and first blow them well to make the meate slip, and then fill them: which done, with threads deuide them into severall linkes as you please, then hang them vp in the corner of some Chimney cleane kept, where they may take ayre of the fire, and let them drie there at least foure dayes before any bee eaten; and when they are serued vp, let them bee either fried or broyled on the Gridyron, or else roasted about a Capon.

## OF

Boyl meates  
ordinary.

It resteth now that we speake of boild meates and broths, which for asmuch as our Houf-wife is intended to be generall, one that can as well feed the poore as the rich, we will first begin with those ordinary wholesom boyl'd meates, which are of vlc in euery good mans house: therefore to make the best ordinary Pottage, you shall take a racke of Mutton cut into pieces, or a leg of Mutton cut into pieces; for this meate and these ioynts are the best, although any other ioynt, or any fresh Beefe will likewise make good Pottage: and hauing washt your meate well, put it into a cleane pot with faire water, & set it on the fire; then take *Violet* leaues, *Succory*, *Strawberry* leaues, *Spinage*, *Langdibeefe*, *Marigold* flowers, *Scallions*, and a little *Parsly*, and chop them very small together, then take halfe so much oat-meale well beaten as there is Hearbs, and mixe it with the Hearbs, and chop all very well together: then when the pot is ready to boyle, skum it very well, and then put in your hearbs, and so let it boyle with a quicke fire,

fire, stirring the meate oft in the pot, till the meate be 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 serue them vp with the meate either with Sippets or without.

Some desire to haue their Pottage geene, yet no hearbs to be seen in this case: you must take your herbs Pottage without figure of herbs. and Oat-meale, and after it is chopt, put it into a stone Morter, or Bowle, and with a wooden pestell beate it exceedingly; then with some of the warme liquor in the pot strayne it as hard as may be, and so put it in and boyle it.

Others desire to haue Pottage without any hearbs at all, and then you must only take Oat-meale beaten, and Pottage without hearbs. good store of Onions, and put them in, and boyle them together; and thus doing you must take a greater quantity of Oat-meale then before.

If you will make Pottage of the best and daintiest kind, you shall take Mutton, Veale or Kidde, & having Pottage with whole hearbs. broke the bones, but not cut the flesh in pieces, and wash it, put it into a pot with faire water, after it is ready to boyle, and is thoroughly skumd, you shall put in a good handfull or two of small Oat-meale: and then take whole lettice of the best and most inward leaues, whole spinage, endiue, succory, and whole leaues of coliflower, or the inward partes of white cabage, with two or three sic't Onions: and put all into the pot and boyle them well together till the meate bee enough, and the hearbes so soft as may bee, and stirre them oft well together; and then season it with salt and as much veriuycce as will onely turne the tast of the pottage; and so serue them vp, covering the meate with the whole

whole hearbes, and adorning the dish with sippets.

To make ordi-  
nary stewd  
broth.

To make ordinary stewd broth, you shall take a necke of veale, or a leg, or mary bones of beefe, or a pullet, or mutton, and after the meate is washt, put it into a pot with faire water, and being ready to boyle, skumme it well: then you shall take a couple of manchets, and paring away the crust, cut it into thicke slices, and lay them in a dish, and couer them with hot broth out of the pot: when they are steept, put them and some of the broth into a strainer, and straine it, and then put it into the pot: then take halfe a pound of Prunes, halfe a pound of Raisins, and a quarter of a pound of Currants cleane pickt and washt, with a little whole Mace, and two or three bruised cloues, and put them into the pot, and stirre all well together, and so let them boyle till the meate be enough, then if you will alter the colour of the broth, put in a little Turnefole, or red Saunders, and so serue it vpon sippets, and the fruite vppermost.

A fine boyld  
meate.



To make an excellent boyled meate: take foure peeces of a racke of mutton, and wash them cleane, and put them into a pot well scowred with faire water: then take a good quantity of Wine and Veriuyce and put into it: then slice a handfull of Onions and put them in also, and so let them boyle a good while, then take a peece of sweete butter with ginger and salt and put it to also, and then make the broth thicke with grated bread, and so serue it vp with sippets.

To boyle a  
Mallard. ¶

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

you saued, with a peece of swete butter and Currants, Vinegar, Sugar, Pepper and grated bread: Thus boyle all these together, and when the Mallard is boyled sufficiently, lay it on a dish with sippets, and the broth vpon it, and so serue it foorth.

To make an excellent *Olepotrige*, which is the onely principall dish of boild meate which is esteemed in all *Spaine*, you shall take a very large vessell, pot or kettell, and filling it with water, you shall set it on the fire, and first put in good thicke gobbets of well fed Beefe, and being ready to boyle, skumme your pot; when the Beefe is halfe boyled, you shall put in Potato-roots, Turneps, and Skirrets: also like gobbers of the best Mutton, and the best Porke; after they haue boyled a while, you shall put in the like gobbets of Venison, red, and Fallow, if you haue them; then the like gobbets, of Veale, Kidde, and Lambe; a little space after these, the foreparts of a fat Pigge, and a crambd Pullet; then put in Spinage, Endiue, Succory, Marigold leaues and flowers, Lettice, Violet leaues, Strawberry leaues, Buglosse and Scallions, all whole and vnchopt; then when they haue boyled a while, put in a Partridge and a Chicken chopt in peeces, with Quails, Railes, Blackbirds, Larkes, Sparrowes and other small birds, all being well and tenderly boiled, season vp the broth with good store of Sugar, Cleues, Mace, Cinamon, Ginger and Nutmegge mixt together in a good quantity of Veriuyce and salt, and so stine vp the pot well from the bottome, then dish it vp vpon great Chargers, or long Spanish dishes made in the fashion of our English wooden trayes, with good store of sippets in the bottome; then couer the meate all ouer with Prunes, Raisins, Currants, and blancht

To make an  
excellent Ole-  
potrige.

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

To make the  
best white  
broth,

To make the best white broth, whether it be with Veale, Capon, Chickins, or any other Fowle or Fish: First boile the flesh or fish by it selfe, then take the value of a quart of strong mutton broth, or fat Kaddo broth, and put it into a pipkin by it selfe, and put into it a bunch of Time, Marjoroms, Spinage and Endiue 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 Cloues; then put in a pint of White-wine with a few whole slices of Ginger; after these haue boyled a while together, take blanch't Almonds, and hauing beaten them together in a mortar with some of the broth, straine them and put it in also; then in another pipkin boile Currants, Prunes, Raisins, and whole Cinnamon in veriuice and Sugar, with a few sliced Dates; and boile them till the veriuice bee most part consumed, or at least come to a syrriup; then draine the fruit from the syrriup, and if you see it be high coloured; make it white with sweete creame warmed, and so mixe it with your wise broth; then take out the Capon or the other Flesh or Fish; and dish it vp drie in a dish; then powre the broth vpon it, and lay the fruit on the top of the meate, and adorne the side of the dish with very dainty sippets; first Oranges, Lemmons, and sugar, and so serve it toorth to the table.

To



To boile any wild *Fowle*, as *Mallard*, *Teale*, *Widgeon*, or such like: First boile the *Fowle* by it selfe, then take a quart of strong *Mutton*-broth, and put it into a pipkin, and boile it; then put into it good store of sliced *Onions*, a bunch of sweete pot-herbs, and a lump of sweete butter; after it hath boiled well, season it with veruice, salt and sugar, and a little whole Pepper; which done, take vp your *Fowle* and breake it vp according to the fashion of caruing, and stick a few *Clones* about it; then put it into the broth with *Onions*, and there let it take a boyle or two, and so serue it and the broth forth vpon sippets, some vse to thicken it with toasts of bread steeped and strained, but that is as please the Cooke.

To boile any  
wilde Fowle.

To boile a legge of *Mutton*, or any other ioynt of meate whatsoeuer; first after you haue washt it cleane, parboile it a little, then spit it and giue it halfe a dozen turnes before the fire, then draw it when it begins to drop, and presse it betweene two dishes, and saue the grauy; then slash it with your knife, and giue it halfe a dozen turnes more, and then presse it againe, and thus doe as often as you can force any moisture to come from it; then mixing *Mutton*-broth, White-wine, and Veruice together, boyle the *Mutton* therein till it bee tender, and that most part of the liquor is cleane consumed; then hauing all that while kept the grauy you tooke from the *Mutton*, stewing gently vpon a Chaffing-dish and coales, you shall adde vnto it good store of salt; sugar, cinamon and ginger, with some Lemmon slices, and a little of an Oringe pill, with a few fine white-bread crums: then taking vp the *Mutton*, put the remainder of the broth in, and put in likewise the graue,

To boile a legg  
of Mutton.

and then serue it vp with sippets, laying the *Lemon* slices vppermost, and trimming the dish about with *Sugar*.

An excellent  
way to boyle  
Chickens.

If you will boile *Chickens*, young *Turkies*, *Pea-hens*, or any house fowle daintily, you shall after you haue trimmed them, drawne them, trust them, and washt them, fill their bellies as full of *Parsly* as they can hold; then boyle them with salt and water onely till they bee enough: then take a dish and put into it veriuice, and *Butter*, and *Salt*, and when the *Butter* is melted, take the *Parsly* out of the *Chickens* bellies, and mince it very small, and put it to the veriuice and *Butter*, and stirre it well together; then lay in the *Chickens*, and trimme the dish with sippets, and so serue it forth.

A broth for any  
fresh Fish.

If you will make broth for any fresh fish whatsoever, whether it be *Pike*, *Bream*, *Carpe*, *Eele*, *Barbell* or such like: you shall boile water, veriuice and *Salt* together with a handfull of sliced *Onions*; then you shall thicken it with two or three spoonefull of *Albarme*; then put in a good quantity of whole *Barberies*, both branches and other, as also pretty store of *Currants*: then when it is boild enough, dish vp your *Fish*, and powre your broth vnto it, laying the fruite and *Onions* vppermost. Some to this broth, will put *Prunes*, and *Dates* flie't, but it is according to the fancy of the Cooke, or the will of the House-holder.

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

occasion: And when a broth is too sweete, to sharpen it with veriuycce, when too tart, to sweeten it with sugar: when flat and wallowish, to quicken it with Oren- ges- and Lemmons; and when too bitter, to make it pleasant with hearbes and spices.

Take a Mallard when it is cleane dressed, washed and trust, and parboyle it in water till it be skund and purified: then take it vp, and put it into a Pipkin with the necke downeward, and the taylor vpward, standing as it were vpright: then fill the Pipkin halfe full with that water, in which the Mallard was parboyled, and fill vp the other halfe with White Wine: then pill and slice thin a good quantite of Onyons, and put them in with whole fine hearbes, according to the time of the yeare, as Lettice, Strawberry-leaues, Violet-leaues, Vine-leaues, Spinage, Endiue, Succory, and such like, which haue no bitter or hard taste, and a pretty quantity of Currants and Dates sliced: then couer it close, and set it on a gentle fire, and let it stew, and smoare till the Hearbs and Onyons be soft, and the Mallard inough: then take out the Mallard, and carue it as it were to goe to the Table; then to the Broth put a good lumpe of Butter, Sugar, Cinamon, and if it be in summer, so many Goose-berries as will giue it a sharpe taste, but in the winter as much wine Vinegar, then heate it on the fire, and stirre all well together: then lay the Mallard in a dish with sippets, and powre all this broth vpon it, then trim the edge of the dish with Sugar, and so serue it vp. And in this manner you may also smoare the hinder parts of a Hare, or a whole olde Cony, being trust vp close together.

Additions,

To boyle meates.

A Mallard  
fricate, or a  
frate, or olde  
Cony.



After your Pike is drest and opened in the backe, and To stew a pike.  
layd flat, as if it were to fry, then lay it in a large dish

for the purpose, able to receive it; then put as much White Wine to it as will cover it all over; then set it on a chaffin-dish and coales to boyle very gently, and if any skum arise, take it away; then put to it Currants, Sugar, Cynamon, Barberie-berries, and as many Prunes as will serve to garnish the dish; then cover it close with another dish, and let it stew till the fruit be soft, and the Pike enough; then put to it a good lump of sweet 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 egges, the filme taken away, and beate them well together with a spoonefull or two of Creame, and as soone as the Pike is taken out, put it into the broth, and stirre it exceedingly to keepe it from curding; then powre the broth vpon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barberies; slices of Oranges or Lemmons, and so serve it up. And thus may you also stew Rochets, Gurnets, or almost any sea-fish, or fresh-fish.

To stew a  
Lambes head  
& Purtenance.

Take a Lambes-head and Purtenance cleane washt & pickt and put it into a Pipkin with faire water, and let it boile and skumme it cleane; then put in *Currants* and a few sliced Dates, and a bunch of the best fercing hearbs tyed vp together, and so let it boyle well till the meate be enough: then take up the Lambes head and purtenance, and put it into a cleane dish with Sippets; then put in a good lump of Butter, and beate the yolkes of two Egges with a little Creame, and put it to the broth with Sugar, Cynamon, and a spoonefull or two of Verdiuyce, and whole Mace, and as many Prunes as will garnish the dish, which should be put in when it is but halfe boyld, and so powre it vpon the Lambes-head and Purtenance, and adorne the sides of the dish

dish with Sugar, Prunes, Barberries, Orenge, and Lemons, and in no case forget not to season well with Salt, and so serue it vp.

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

A Breast of  
Mutton stews

Take a Neates foot that is very well boyl'd (for the tenderer it is, the better it is) & cleaue it in two, and with a cleane cloth dry it well from the Souf-drinke; then lay it in a deepe earthen platter, and cover it with Verd-iuyce; then set it on a chaffing-dish and coales, and put to it a few Currants, and as many Prunes as will garnish the dish; then cover it, and let it boile well, many times stirring it vp with your knife; for feare it sticke to the bottome of the dish; then when it is sufficiently stewed, which will appeare by the tenderesse of the meate and softnesse of the suite; then put in a good lumpe of Butter, great store of Sugar and Sinamon, and let it boile a little after: then put it altogether into a cleane dish with Sippets, and adorne the sides of the dish with Sugar and Prunes, and so serue it vp.

To stew a  
Neates foot

**OF** **Roast-meates.** To proceede then to roast meates, it is to be vnder-  
**Observations** stood, that in the generall knowledge thereof are to be  
**in roast meats.** obserued these few rules. First, the cleanly keeping &  
 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 bee  
 done so strongly and firmly, that the meate may by  
 no meanes either shrinke from the spit, or else turne a-  
 bout the spit: and yet euer to obserue, that the spit doe  
 not goe through any principall part of the meate, but  
**Spitting of** such as is of least account and estimation: and if it be  
**roast-meates.** birds or fowle which you spit, then to let the spit goe  
 through the hollow of the body of the Fowle, and so  
 fasten it with prickes or skewers vnder the wings about  
 the thighes of the Fowle, and at the fecte or rumpe;  
 according to your manner of trussing and dressing  
 them.

**Temperature** Then to know the temperatures of fires for euery  
**of fire.** meate; and which must haue a slow fire, yet a good one,  
 taking leasure in roasting, as *Chines of Beefe, Swannes,*  
*Turkies, Peacocks, Bustards,* and generally any great  
 large Fowle, or any other ioynts of Mutton, Veale,  
 Porke, Kidde, Lambe, or such like: whether it be Ve-  
 nison red, or Fallow, which indeed would lie long at  
 the fire and soake well in the roasting, and which would  
 haue a quick and sharpe fire without scorching; as *Pigs,*  
*Pullets, Pheasants, Partridge, Quail,* and all sorts of  
 middle sized or lesser fowle, and all small birds, or com-  
 pound roast-meates, as *Olines,* of Veale, Haslets; a  
 pound of butter roasted; or puddings simple of them-  
 selues, and many other such like, which indeed would  
 be suddenly and quickly dispatcht, because it is inten-  
 ded in Cookery, that one of these dishes must be made  
 ready

ready whilst the other is in eating. Then to knowe the complexions of meates, as which must bee pale and white roastd (yet thoroughly roasted) as Mutton, Veale, Lambe, Kid, Capon, Pullet, Pheasant, Partridge, Quaille, 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, Gæse, Pigges, Crane, Bustards, and any large fowle, or other thing whose flesh is blacke.

The complexions of meate,

Then to know the best bastinges for meate, which is sweete butter, sweete oyle, barreld butter, or fine rendered vp seame with Cinamon, Cloues, and Mace. There be some that will bast onely with water, and salt, and nothing else; yet it is but opinion, and that must be the worlds Master alwaies.

The best bastinges of meats.

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

The best dredging.

Lastly to know when meate is roasted enough; for as too much rawnes is vnholosome, so too much drinesse is not nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too dry, you shall obserue these signes first in your large ioynts of meate, when the steme or smoake of the meate ascendeth; either vpright or els goeth from the fire, when it beginneth a little to shrinke from the spit, or when the gray which droppeth from it is cleare without bloodinesse then is the meate enough.

To know when meate is enough.

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

you

you roſt, when the thighes are tender, or the hinder parts of the pinions at the ſetting on of the wings, are without blood: then bee ſure that your meate is fully enough roaſted: yet for a better and more certaine aſſuredneſſe, you may thruſt your knife into the thickeſt parts of the meate, and draw it out againe, and if it bring out white gray without any bloodineſſe, then aſſuredly it is enough, and may bee drawne with all ſpeed conuenient, after it hath bene well baſted with butter not formerly melted, then dredged as aforeſaid, then baſted ouer 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 ouer it, and ſo ſerue it forth. Thus you ſee the generall forme of roaſting all kind of meate: Therefore now I will re- turne to ſome particular diſhes, together with their ſe- uerall ſawces.

Roaſting Mut-  
ton with Oy-  
ſters.

If you will roaſt Mutton with Oyiſters, take a ſhoul- der alone, or a legge, and after it is waſht, barboyle it a little: then take the greateſt Oyiſters, and hauing ope- ned them into a diſh, draine the gray cleane from them twice or thrice, then parboyle them a little: Then take Spinage, Endiue, Succory, Strawberry leaues, Violet leaues, and a little Paſley, with ſome Scallions: chop theſe very ſmall together: Then take your Oyiſters very dry, drain'd, and mixe them with an halfe part of theſe hearbes: Then take your meate, and with theſe Oyiſters and hearbes farce or ſtop it, leauing no place empty, then ſpit it and roaſt it, and whiſt it is in roaſting, take good ſtore of Veriuce and Butter, and a little ſalt, and ſet it in a diſh on a chaffing-diſh and coales: and when it beginnes to boyle, put in the re- mainder of your hearbes without Oyiſters, and a good quantity



quantity of Currants, with *Cinamon*, and the yelke of a couple of egges: And after they are well boyled and stirred together, season it vp according to taste with sugar: then put in a few Lemmon slices, the meate being inough, draw it, and lay it vpon this sawce removed into a cleane dish, the edge thereof being trimmed about with sugar, and so serue it forth.

To roast a legge of Mutton after an out-landish fashion, you shall take it after it is washt, and cut off all the flesh from the bone, leauing onely the outmost skinn entirely whole and fast to the bone; then take thicke creame and the Yelkes 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 stiffnes: Now if you would haue it looke greene, put in the iuyce of sweete hearbs, as *spinage*, *violet* leaues, *Endiue*, &c. If you would haue it yellow, then put in a little *Safforn* strayed, and with this fill vp the skin of your legge of Mutton in the same shape and forme that it was before, and sticke the out side of the skin thicke with Cloues, and so roast it thorowly and baste it very well, then after it is dredg'd serue it vp as a legge of Mutton with this pudding, for indeede it is no other: you may stop any other ioynt of meate, as breast or loine, or the belly of any Fowle boiled or roast, or rabbit, or any meate else which hath skinn or emptinesse. If into this pudding also you beate the inward pith of an Oxes backe, it is both good in taste, and excellent soueraigne for any disease, ach or fluxe in the raynes whatsoever.

To roast a legg  
of Mutton o-  
therwise.

To

To roast a  
Gigget of mutton.

To roast a Gigget of Mutton, which is the legge splatted, and halfe part of the loine together; you shall after it is washt, stop it with Cloues, 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 hearbes finely chopt, with the yelke of a couple of egges, and so let them boyle together: then the meate being halfe roasted, you shall pare off some part of the leanest and brownest, then shred it very small and put it into the pipkin also: then season it vp with Sugar, Cynamon, Ginger, and Salt, and so put it into a cleane dish: Then drawe the Gigget of Mutton and lay it on the sauce, and throw salt on the top, and so serue it vp.

To roast Oliues  
of Veale.

You shall take a Legge of Veale, and cut the flesh from the bones, and cut it out into thin long slices; then take sweete hearbes, and the white parts of scallions, and chop them well together with the yelkes of egges, then rowle it vp within the slices of veale, and so spit them, and roast them: then boyle veriuice, butter, sugar, cynamon, currants and sweete hearbes together, and being seasoned with a little salt, serue the Oliues vp vpon that sauce with salt, cast ouer them.

To roast a pig.

To roast a Pigge curiously, you shall not scald it, but draw it with the haire on, then hauing washt it, spit it and lay it to the fire so as it may not scorch, then being a quarter roasted, and the skinne blistered from the flesh, with your hand pull away the haire and skin, and leaue 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-crummes, currants, sugar and salt mixt together, and thus apply dredging, vpon basting, and basting vpon dredging, till you haue couered all the flesh a full inch deepe: Then the meate being fully roasted, draw it, and serue it vp whole.

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

To roast a pound of butter well



To roast a pudding vpon a spit, you shall mixe the pudding before spoken of in the legge of Mutton, neither omitting hearbes, nor saffron, and put to a little sweete butter and mixe it very stiffe: then fold it about the spit, and haue ready in another dish some of the same mixture well seasoned, but a great deale thinner, and no butter at all in it, and when the pudding doth beginne to roast, and that the butter appeares, then with a spoone couer it all ouer with the thinner mixture, and so let it roast: then if you see no more butter appeare, then baste it as you did the Pigge, and lay more of the mixture on, and so continue till all be spent: And then roast it browne, and so serue it vp.

To roast a pudding on a spit.

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

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

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

To roast Venison.

If you will roast any Venison, after you haue washt it, and cleansed all the blood from it, you shall sticke it with cloues all ouer on the out side; and if it be leane, you shall larde it either with mutton-larde, or porke-larde, but mutton is the best: then spit it and roast it by a soaking fire, then take Vinegar, bread-crummes, and some of the grauy, which comes from the venison, and boyle them well in a dish: then season it with sugar, cinnamon, ginger and salt, and serue the venison foorth vpon the sauce when it is roasted enough.

How to roast fresh Sturgeon

If you will roast a peece of fresh Sturgeon, which is a dainty dish, you shall stop it with cloues, then spit it, and let it roast at great leasure, plying it continually with basting, which will take away the hardness: then when it is enough, you shall draw it, and serue it vpon venison sauce with salt onely throwne vpon it.

The

The roasting of all sorts of meates, differeth nothing but in the fires, speede and leasure as is aforesayd, except these compound dishes, of which I haue giuen you sufficient presidents: and by them you may performe any worke whatsoeuer: but for the ordering, preparing and trussing your meates for the spit or table, in that there is much difference: for in all ioynts of meate except a shoulder of Mutton, you shall crush and breake the bones well, from Pigges and Rabbits you shall cut off the feete before you spit them, and the heads when you serue them to the table, and the Pigge you shall chine, and diuide into two parts: Capons, Pheasants, Chickens and Turkies you shall roast with the Pinions foulded vp, and the legges extended; Hennes, Stock-dones and House-deues, you shall roast with the pinions foulded vp, and the legges cut off by the knees, and thrust into the bodies: Quales, Partidges, and all sorts of small birds shall haue their pinions cut away, and the legges extended: all sorts of Water-fowle shall haue their pinions cut away, and their legges turned backward: Wood-cockes, Stipes and Stints shall be roasted with their heads and neckes on, and their legges thrust into their bodies, and Sho-uelers and Bitterns shall haue no neckes but their heads onely.

Ordering of  
meates to be  
roasted.

Take a Cowes vdder, and first boyle it well: then sticke it thicke all ouer with Cloues: then when it is cold, spit it, and lay it to the fire, and apply it very well with bastirg of swete 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 Ch. fting-cub and coales, and boyle it with White-bred creames, till it be thick, then put to it good store  
of

To roast a  
Cowes Vdder.

of Sugar and Cynamon, and putting it in a cleane dish: lay the Cowes Vdder therein, and trimme the sides of the dish with sugar, and so serue it vp.

To roast a fillet of Veale.

Take an excellent good legge of Veale, and cut the thicke part thereof a handfull and more from the Knuckle: then take the thicke part (which is the fillet) and fierce it in euery part all ouer with Strawberry-leaues, Violet-leaues, Sorrell, Spinage, Endiue and Succorie grossely chopt together, and good store of Onyons: then lay it to the fire and roast it very sufficiently and browne, casting good store of salt vpon it, and basting it well with sweete Butter: then take of the former hearbes much finer chopt then they were for fiercing, and put them into a Pipkin with Vinegar, and cleane washt Currants, and boyle them well together: then when the hearbes are sufficiently boyld and soft, take the yelkes of foure very hard boyld Egges, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the graue which drops from the veale, and boyle it ouer againe, and then put it into a cleane dish, and the Fillet beeing dredgd and drawne, lay vpon it, and trimme the side of the dish with Sugar, and so serue it vp.

OF  
Sauces, and  
sift for a rost  
Capon or Tur-  
key.

Sauce for a hen  
or puller,

¶

To make an excellent sauce for a rost Capon, you shall take Onyons; and hauing sliced and pilled them, boyle them in faire water with pepper, salt, and a few bread-crummes: then put vnto it a spoonfull or two of Claret wine, the iuyce of an Orange, and three or foure slices of a Lemmon-pill; all these shred together, and so powre it vpon the Capon being broake vp.

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

on

on a chaffing dish and coales, then take the yelkes of three or foure hard Egges, and being fined small, put it to the Beere, and boyle it also: then the Hen being almost enough, take three or foure spoonefull of the gray which comes from her and put it in also, and boyle all together to an indifferent thicknesse: which done, suffer it to boyle no more, but onely keepe it warme on the fire, and put into it the iuyce of two or three oranges, and the slices of Lemmon pils shred small, and the slices of oranges also hauing the vpper rine taken away: then the Henne beeing broken vp, take the brawnes thereof, and shredding them small, put it into the sauce also, and stirring all well together, put it hot into a cleane warme dish, and lay the Henne (broke vp) in the same.

The sauce for Chickens is diuers, according to mens tastes: for some will onely haue butter, Veriuiice, and a little Parsley rolled in their bellies mixt together; others will haue Butter, veriuiice and Sugar boild together with toasts of bread: and others will haue thick sippets with the iuyce of Sorrell and Sugar mixt together.

The best sauce for a Pheasant, is wter and onions sift, Pepper and a little Salt mixt together, and but stewed vpon the coales, and then powred vpon the Pheasant or Partridge being broken vp, and some will put thereto the iuyce or slices of of an orange or lemmon, or both: but it is according to taste, and indeed more proper for a Pheasant then a Pittridge.

Sauce for a Quail, Rail, or any fat big bird, is Claret wine and Salt mixt together with the gray of the Bird, and a few fine bread-crummes well boild together, and either a Sage-leaf, or Bay-leaf crust among it according to mens tastes.

Sauce for pigeons.

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

A generall sauce for wild fowle.

The most generall sauce for ordinary wild-fowle roasted, as Duckes, Mallard, Widgea, Teale, Snipe, Sheldrake, Plovers, Puets, Guls, and such like, is onely mustard and vinegar, or mustard and verjuice mixt together, or else an onion, water and pepper, and some (especiall in the Court) vse only butter melted, and not with any thing else.

Sauce for greene Geese.

The best sauce for greene Geese is the iuyce of sorrell and sugar mixt together with a few scalded Feberies, and serued vpon sippets, or else the belly of the greene Goose filld with Feberies, and so roasted, and then the same mixt with veriuycce, butter, sugar and cynamon, and so serued vpon sippets.

Sauce for a stubble goose.

The sauce for a stubble Goose is diuerse, according to mens minds, for some will take the pap of roasted apples, and mixing it with vinegar, boyle them together on the fire with some of the gray of the Goose, and a few Barberies and bread-crummes, and when it is boild to a good thicknesse, season it with sugar and a little cynamon, and so serue it vp: some will adde a little mustard and onions vnto it, and some will not rost the apples, but pare them and slice them, and that is the neerer way, but not the better. Others will fill the belly of the Goose full of Onions shred, and oate-meale groats, and being roasted enough, mixe it with the gray of the Goose, and sweete hearbs well boild together, and seasoned with a little veriuycce.

A Gallatine, or Sauce for a Swan, Bitter,

To make a Gallatine, or sauce for a Swan, Bitter, Sho- ueler, Herne, Crane, or any large foule, take the blood of



the same fowle, and being sturd well, boile it on the fire, then when it comes to be checke, put vnto it *vinegar* & good quantity, with a few fine bread-crummes, and so l oile it ouer againe: then being come to good thicknes, season it with *Sugar* & *Cinamon*, so as it may taste pretty and sharpe vpon the *Cinamon*, and then serue it vp in saucers as you do *Mustard*: for this is called a *chauder* or *gallantine*, & is a sauce almost for any foule whatloeuere.

Shouler, or  
large F. wic.

To make sauce for a Pigge, some take Sage and roast it in the belly of the Pigge, then boiling *verruice*, *Butter* and *currants* together, take & chop the Sage small, and mixing the braines of the Pig with it, put all together, and so serue it vp.

Sauce for a pig.

To make a sauce for a Ioynt of Veale, take all kind of sweete Pot hearbs, and chopping them very small with the yelkes of two or three Egges, boyle them in *vinegar* and *Butter*, with a few bread crummes, and good store of *Currants*; then season it with *Sugar* and *Sinamon*, and a clove or two crasht, and so powre it vpon the Veale, with the slices of *Orenge*s and *Lemons* about the dish.

Sauce for  
Veale.

Take *Orenge*s and slice them thin, and put vnto them *White wine* and *Rose water*, the powder of *Mace*, *Ginger* and *Sugar*, and set the same vpon a chaffing dish and coales, & when it is halfe boiled, put to it a good lump of *Butter*, and then lay good store of sippets of fine white bread therein, and so serue your *Chickens* vpon them, and trimme the sides of the dish with *Sugar*.

Additions,  
vnto Sauces.  
Sops for Chickens.

Take faire water and set it ouer the fire, then slice good store of *Onions* and put into it, and also *Pepper* and *Salt*; and good store of the graye that comes from the *Turkie*, and boyle them very well together: then put to it a few fine crummes of grated bread to thicken it;

Sauce for a  
Turkie.

a very little Sugar and some vinegar, and so serue it vp with the Turkey: or otherwise, take grated white bread and boile it in White wine till it be thicke as a *Gallantine*, and in the boyling put in good store of Sugar and Cinamon, and then with a little *Turnesole* make it of a high Murrey colour, and so serue it in Saucers with the Turkey in the manner of a *Gallantine*.

The best Gallentine.

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

Sauce for a Mallard.

Take good store of Onions, pill them, and slice them, and put them into vinegar, and boyle them very well till they be tender: then put into it a good lumpe of sweete butter, and season it well with Sugar and Cinamon, and so serue it vp with the Fowle.

OF Carbonados.

Carbonados, or Carbonados, which is meate broiled vpon the coales (and the inuention thereof first brought out of *France*, as appeares by the name) are of diuers kinds according to mens pleasures: for there is no meate either boiled or roasted whatsoeuer, but may afterwards be broiled, if the Maister thereof be disposed; yet the generall dishes for the most part which are vted to be Carbonadoed, are a Breast of Mutton halfe boyled, a shoulder of Mutton halfe roasted, the Leggs, Winges, and Carcasses of Capon, Turkey, Goose, or any other Fowle whatsoeuer, especially Land-Fowle.

What is to be Carbonadoed.

And lastly, the vtermost thicke skinne which couereth the ribbes of Beeffe, and is called (beeing broyled)

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

Now for the manner of Carbonadoing, it is in this sort; you shall first take the meate you must Carbona-  
 doe, and scorch it both aboue and below, then sprinkle good store of *Salt* vpon it, and baste it all ouer with sweete *Butter* melted, which done, take your broiling-iron, I doe not meane a Grid-iron (though it be much vsed for this purpose) because the smoake of the coales, occasioned by the dropping of the meate, will ascend about it, and make it stinke; but a plate-Iron made with hookes and pricks, on which you may hang the meate, and set it close before the fire, and so the Plate heating the meate behind, as the fire doth before, it will both the sooner, and with more neatnesse bee readie: then hauing turned it, and basted it till it bee very browne, dredge it, and serue it vp with *Vinegar* and *Butter*.


The manner of Carbonadoing

Touching the roasting of Mutton, Venison, or any other Ioynt of meate, which is the most excellentest of all Carbonadoes, you shall take the fattest and largest that can possibly be got ( for leane meate is losse of labour, and little meate not worth your time, ) and hauing scorcht it, and cast salt vpon it, you shall set it on a strong forke, with a dripping pan vnderneath it, before the face of a quicke fire, yet so farre off, that it may by no means scorch, but toast at leasure; then with that which falles from it, and with no other basting, see that you baste it continually, turning it euer and anon many times, and so oft, that it may soake and

Of the roasting of Mutton

browne at great leasure, and as oft as you baste it, so oft sprinkle Salt vpon it, and as you see it toast scotch it deeper and deeper, especially in the thickest and most fleshly parts where the blood most resteth: and when you see that no more blood droppeth from it, but the grauy is cleere and white; then shall you serue it vp either with venison sauce, or with vinegar, pepper and fugar, cynamon, and the iuyce of an orange mixt together and warmed with some of the grauy.

**Additions,**


 Vnto Carbo-  
nados.  
A rashter of  
mutton or  
lambe.

Take mutton or Lambe that hath bene either roasted, or but parboyled, and with your knife scotch it many wayes; then lay it in a deepe dish, and put to it a pint of white Wine, and a little whole mace, a little slic't nutmeg, and some sugar, with a lumpe of sweete butter, and stew it so till it be very tender: then take it foorth, and browne it on the Grid.yron, and then laying sippets in the former broth serue it vp.

How to carbo-  
nado tongues.

Take any tongue, whether of Beeffe, Mutton, Calues, red Deere or Fallow, and being well boyled, pill them, cleaue them, and scotch them many wayes; then take three or toure Egges broken, some Sugar, Cynamon and Nutmeg, and hauing beaten it well together, put to it a Lemoa cut in thin slices, and another cleane pild, and cut into little foure-square bits, and then take the tongue and lay it in: and then hauing melted good store of butter in a frying-pan, put the tongue and the rest therein, and so fry it browne, and then dish it, and scrape sugar vpon it, and serue it vp.

**Additions**

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

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

and some vinegar, with a little bunch of sweete hearbs, and set it on the fire, and as soone as it begins to boile, put in your fish, and hauing boild a little, take it vp into a faire vessell, then put into the liquor some grosse pepper and ginger, & when it is boild well together with more salt, ser it by to coole, and then put your fish into it, and when you serue it vp, lay Fenell thereupon.

To boyle small fish, as Roches, Daees, Gudgeon or Flounders, boyle White-wine and water together with a bunch of choise hearbs, and a little whole mace, when all is boyled well together, put in your fish, and skum it well: then put in the soale of a manchet, a good quantity of sweet butter, and season it with pepper and veriuiue, and so serue it in vpon sippers, 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 backe, or ioynt it in the backe, and trusse it round, then wash it cleane, and boyle it in water and salt, with a bunch of sweete hearbs: then take it vp into a large dish, and powre vnto it veriuiue, Nutmeg, Butter and Pepper, and letting it stew a little, thicken it with the yelkes of Egges: then hot remoue it into another dish, and garnish it with slices of Orenge and Lemons, Barberies, Prunes and Sugar, and so serue it vp.

To boyle a  
GUNET or Ro-  
chet.

After you haue 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 sweete butter, and then cast on Rayfins of the Sunne, the iuyce of Lemons, and some slices of orange pils; and then sprinkling on a little vinegar, close vp and bake it.

How to bake a  
Carpe.

First, let your Tench blood in the tayle, then scour it, wash it, and scald it; then hauing dried it, take the fine crummes of bread, sweete Creame, the yelkes of

How to bake a  
Tench.

Egges, Currants cleane wash't, a few sweete hearbes chop small, season it with Nutmegs and Pepper, and make it into a stiffe paste, and put it into the belly of the Tench: then season the fish on the outside with pepper, salt and Nutmeg, and so put it into a deepe coffin with sweete Butter, and so close vp the pye and bake it: then when it is enough, draw it, and open it, and put into it a good peece of preserued Orange minst: then take Vinegar, Nutmeg, Butter, Sugar, and the yelke of a new layd egge, and boyle it on a Chaffing-dish and coales, alwayes stirring it to keepe it from curding; then powre it into the pye, shake it well, and so serue it vp.

How to stew  
a Trout.

Take a large Trout, faire trimd, and wash it, and put it into a deepe pewter dish, then take halfe a pint of sweete wine, with a lumpc of butter, and a little whole mace, parsley, saury and time, mince them all small, and put them into the Trouts belly, and so let it stew a quarter of an houre: then mince the yelke of an hard Egge, strow it on the Trout, and laying the hearbs about it; and scraping on sugar, serue it vp.

How to bake  
Eeles.

After you haue drawne your Eeles, chop them into small peeces of three or foure inches, and season them with Pepper, Salt and Ginger, and so put them into a coffin with a good lumpc of butter, great Rayfins, Onions small chop't, and so close it, bake it, and serue it vp.

OF  
The pastery and  
bakewares

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 meate, and what past is fit for euery meate, and how to handle and compound such pasts: As for example, red Deere venison, wilde Boare, Gammons of Bacon, Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, wold be

be bak't in a moyst, thicke, tough, course, & long-lasting crust, and therefore of all other your Rye paste it best for that purpose: your Turkie, Capon, Pheasant, Partridge, Veale, Peacocks, Lambe, and all sorts of water-fowle which are to come to the table more then once (yet not many dayes, would be bak't in a good white crust, somewhat thick; therefore your Wheate is fit for them: your Chickens, Calues-feet, Oliues, 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 wheat flower which is a little baked in the ouen before it be kneaded is the best for that purpose.

To speake then of the mixture and kneading of paste, you shall vnderstand that your rye paste would be kneaded onely with hot water and a little butter, or sweete seame and Rye flower very finely sifted, and it would be made tough & stiffe, that it may stand well in the rising, for the coffin therof must euer be very deep; your course wheat crust would be kneaded with hot water, or Mutton broth, and good store of butter, and the paste made stiffe and tough; because that coffin must be deepe also; your fine wheat crust must be kneaded with as much butter as water, and the past made reasonable ly the and gentle, into which you must put three or foure egges or more; according to the quantity you blend together, for they will giue it a sufficient stiffening.

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

Of the mixture of paste.

Of puffed paste.

same, then vpon the same butter role another leafe of the paste as before; and spread it with butter also; and thus role leafe vpon leafe with butter betweene till it be as thicke as you thinke good: and with it either couer any bak't meate, or make pastie for Venison, Florentine, Tart' or what dish else you please and so bake it: there be some that to this paste vse sugar, but it is certaine it will hinder the rising thereof; and therefore when your puffed paste is bak't, you shall dissolue sugar into Rose-water, and drop it into the paste as much as it will by any meanes receiue, and then set it a little while in the ouen after and it will be sweete enough.

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

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



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

To bake an excellent Custard or Dowset: you shall take good store of egges, and putting away one quarter of the whites, beate them exceeding well in a bason, and then mixe with them the sweetest and thickest creame you can get, for if it be any thing thinne, the Custard will be wheyish: then season it with salt, sugar, cinamon, cloues, mace, and a little Nutmegge: which done raise your coffins of good tough wheate paste, being the second sort before spoke of, and if you please raise it in pretty workes, or angular formes, which you may doe by fixing the vpper part of the crust to the netter with the yelks of egges: then when the coffins are ready, strow the bottomes a good thicknesse ouer with Currants and Sugar, then set them into the Ouen; and fill them vp with the confection before blended, and so drawing them, adorne all the toppes with Carraway Cumfets, and the slices of Dates pickt right vp, and so serue them vp to the table. To preuent the wheyishnes of the Custard, dissolue into the first confection a little Issinglasse and all will be firme.

To make an excellent Oliue-pie: take sweete hearbs as Violet leaues, Strawberry leaues, Spinage, Succory, Endiue, Time and Sorrell, and chop them as small as may be, and if there be a Scallion or two amongst them

To bake beefe  
or mutton for  
Venison.

To bake a Cu-  
stard or Dow-  
set.

To bake an  
Oliue-pye.

it.

it will giue the better taste, then take the yelks of hard egges with Currants, Cinamon, Cloues and Mace, and chop them amongst the hearbs also; then hauing cut out long oliues of a legge of Veale, roule vp more then three parts of the hearbs so mixed within the Oliues, together with a good deale of sweet butter; then hauing raised your crust of the finest and best paste, strow in the bottome the remainder of the hearbs, with a few great Raisins hauing the stones pickt out: then put in the Oliues and couer them with great Raisins and a few Prunes: then ouer all lay good store of Butter and so bake them: then being sufficiently bak't, take Claret wine, Sugar, Cinamon, and two or three spoonefull of wine Vinegar and boile 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 Ouen againe a little space, and so serue it forth.

To make a  
Marrow bone  
pye.

To bake the best Marrow-bone-pye, after you haue mixt the crusts of the best sort of pastes, and raised the coffin in such manner as you please: you shall first in the bottome thereof lay a course of marrow of Beefe mixt with Currants: then vpon it a lay of the soales of Artichokes, after they haue beene boiled, and are diuided from the thistle: then couer them ouer with marrow, Currants, and great Raisins, the stones pickt out: then lay a course of Potatoes cut in thicke slices, after they haue beene boiled soft, and are cleane pild: then couer 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 couer it with marrow, Currants, great Raisins, Sugar, Cinamon and Dates, with a few Damaske-prunes, and so bake it: and after it is bakt powre into it as long as

it will receiue it white-wine, rose-water, sugar, cinamon, and vinegar, mixt together, and candie all the couer with rose-water and sugar onely, and so set it into the ouen a little, and after serue it forth.

To bake a chicken-pie, after you haue trust your chickens, broken their legges and breast-bones, and raised your crust of the best paste, you shall lay them in the coffin close together with their bodies full of butter: then lay vpon them, and vnderneath them currants, great raisins, prunes, cinamon, sugar, whole mace and salt: then couer all with great store of butter, and so bake it; after powre into it the same liquor you did in your marrow-bone Pie with yelkes of two or three eggs beaten amongst it; and so serue it forth.

To bake a chicken-pie.

To make good *Red-Deere* Venison of *Hares*, take a *Hare* or two, or three, as you can or please; and picke all the flesh from the bones; then put it into a mortar either of wood or stone, and with a wooden pestle let a strong person beate it exceedingly, and euer as it is beating, let one sprinkle in *vinegar* and some *salt*; then when it is sufficiently beaten, take it out of the mortar, and put it into boiling water and parboile it: when it is parboild, take it and lay it on a table in a round lumpe, and lay a board ouer 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 thicke as may be: then bake it as you bake other *Red-Deere*, which is formerly declared.

Additions  
to the Pastery.  
Venison of  
Hares.

Take a *Hare* and pick off all the flesh from the bones, and on'y reserue the head, then parboile it well: which done, take it out and let it coole, as soon as it is cold, take at least a pound and halfe 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 luer, and with a sharpe shredding knife shred it as small as you would doe for a Chewet: then put to it *Currants* and whole *Raisins*, *Cloues* and *Mace*, *Cinnamon* and *Salt*: then hauing tailed the coffin long wise to the proportion of a *Hare*, first lay in the head, and then the aforesaid meate, and lay the meate in the true portion of a *Hare*, with necke, shoulders, and legges, and then couer 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 boile it on a soft gentle fire, till it be-boiled as tender as is possible, euer and anon steering it cleane, that by all meanes it may boile white: then take off the swerd, and searse it very well with all manner of sweete and pleasant lesing hearbs: then strow store of *Pepper* ouer it, and pricke it thicke with *Cloues*: then lay it into a coffin made of the same proportion, and lay good store of *Butter* round about it, and vpon it, and strow *Pepper* vpon the *Butter*, that as it melts, the *Pepper* may fall vpon the Bacon: then couer it, and make the proportion of a *Piggis* head in paste vpon it, and then bake it as you bake *Kid Deere*, or things of the like nature, onely the Paste would be of *Wheate-meale*.


A Herring-pic.

Take white pickled *Herrings* of one nights watering and boyle them a little: then pill off the skinne and take onely the backs of them, and picke the fish cleane from the bones, then take good store of *Raisins* of the Sunne, and stone them, and put them to the fish: then take a *Warden* or two, and pare it, and slice it in small slices from the chere, 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*, *Cinnamon*, *Sicc Dates*, and so put

it into the coffin with good store of very sweet *Butter*, and so couer it, and leaue onely a round vent-hole on the top of the lid, and so bake it like pies of that nature: When it is sufficiently bak't, draw it out, and take *Claret-wine* and a little *Veriuce*, *Sugar*, *Cinamon*, and sweet *Butter*, and boile them together; then put it in at the vent-hole, and shake the pie a little, and put it againe into the Ouen for a little space, and so serue it vp, the lid being candied ouer with *Sugar*, and the sides of the dish trimmed with *Sugar*.

Take a Iole of the best *Ling* that is not much watred, and is well sodden and cold, but whilest it is hot take off <sup>A Ling pie.</sup> the skin, and pare it cleane vnderneath, and pick out the bones cleane from the fish: then cut it into grosse bits, and let it lie: then take the yelks 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-herbs, and chop them wonderfull small, and mixe them also with the fish; then season it with *Pepper*, *Cloues*, and *Mace*, and so lay it into a coffin with great store of sweete *Butter*, so as it may swimme therein, and then couer it, and leaue a vent hole open in the top when it is bak't, draw it, and take *Veriuce*, *Sugar*, *Cinamon* and *Butter*, and boile them together, and first with a feather annoynt all the lid ouer with that liquor, and then scrape good store of *Sugar* vpon it; then powre the rest of the liquor in at the vent hole, & then set it into the Ouen againe for a very little space, and then serue it vp as pies of the same nature, and both these pies of fish before reheated, are especial Lenten dishes.

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

  
A Nuttoll  
foole.

scowred skillet, and put into it *Sugar*, *Cinamon* and a *Nutmegge* cut into foure quarters, and so boile it well: then take the yelkes of foure *Eggs*, and take off the filmes, and beate them well with a little sweete *Creame*: then take the foure quarters of the *Nutmegge* out of the *Creame*, then put in the *Egges*, and stirre it exceedingly, till it be thicke: then take a fine *Manchet*, and cut it into thin shiues, as much as will cover a dish-bottome, and holding it in your hand, powre halfe the *Creame* into the dish: then lay your bread ouer it, then couer the bread with the rest of the *Creame*, and so let it stand till it be cold: then strow it ouer with *Carraway Comfets*, and picke vp some *Cinamon Comfets*, and some slic't *Dates*; or for want thereof, scrape ali ouer it some *Sugar*, and trim the sides of the dish with *Sugar*, and so serue it vp.

A Trife.

Take a pint of the best and thickest *Creame*, and set it on the fire in a cleare skillet, and put into it *Sugar*, *Cinamon*, and a *Nutmegge* cut into foure quarters, and so boile it well: then put it into the dish you intend to serue it in, and let it stand to coole till it be no more then luke-warme: then put in a spoonefull of the best *earning*, and stirre it well about, and so let it stand till it be cold, and then strow *Sugar* vpon it, and so serue it vp, and this you may serue either in dish, glasse, or other plate.

A Calues soot:  
p.e.

Take *Calues* feete well boild, and picke all the meate from the bones: then being cold it red it as small as you can, then season it with *Cloues* and *Siace*, and put in good store of *Currants*, *Raisins*, and *Prunes*: then put it into the coffin with good store of sweete *Butter*, then breake in whole stickes of *Cinamon*, and a *Nutmegge* slic't into foure quarters, and season it before with *salt*: then

then close vp the coffin, and onely leaue a vent-hole. When it is bak't, draw it, and at the vent-hole put in the same liquor you did in the *Ling-pie*; and trim the lid after the same manner, and so serue it vp.

Take of the greatest *Oysters* drawne from the shells, and parboile them in *Vernice*: then put them into a cullander, and let all the moysture run from them, till they be as dry as is possible: then raise vp 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 Cloues, whole Cinamon, and Nutmeg slic't, Dates cut, and good store of sweete butter: then couer it, and onely leaue a vent-hole: when it is bak't, then draw it, and take White-wine, and White-wine vinegar, Sugar, Cinamon, and sweete butter, and melt it together; then first trim the lid therewith, and candie it with Sugar; then powre the rest in at the vent-hole, and shake it well, and so set it into the ouen againe for a little space, and so serue it vp; the dish edges trimd with Sugar. Now some vse 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 of *Wine-vinegar* as much as will make it sharpe: then set it on the fire, and boile 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 *Vencion* into it, and let it lie in it full twelue houres: then take it out from that meat sauce, and presse it well; then parboyle it and season it with *Pepper* and *Salt*, and bake it, as hath beene before shewed in this Chapter.

Take the brawnes and the wings of Capons and Chickens after they haue beene roasted, and pull away the

Oysterpye.

To recouer Venison that is tainted.

D

A Chewetpye

skin, then shred them with the Mutton suet very small, then season it with *Cloves*, *Uuace*, *Cinamon*, *Sugar* and *Salt*. then put to *Rasins* of the *Sunne* & *Currants* and sic't *Dates*, and *Orange 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* *Comfers*: then couer them, and bake them with a gentle heate, and these *Chewers* you may also make of roasted *Veale*, seasoned as before shewed, and of all parts the *loyne* is the best.

A mutton pie.

Take a *Legge* of *Mutton*, and cut the best of the flesh from the bone, and parboyle it well: then put to it three pound of the best *Mutton* suet, and shred it very small: then spread it abroad, and season it with *Pepper* and *Salt*, *Cloves* and *Uuace*: then put in good store of *Currants*, great *Rasins* and *Prunes* cleane washt and pickt, a few *Dates* sic't, and some *Orange pills* sic't: then being all well mixt together, put it into a coffin, or into diuers coffins, and so bake them: and when they are serued vp open the liddes, and strow store of *Sugar* on the top of the meate, and vpon the lid. And in this sort you may also bake *Beeffe* or *Veale*; onely the *Beeffe* would not bee parboy'd, and the *Veale* will aske a double quantity of *Suet*.

A Pippin pie.

Take of the fairest and best *Pippins*, and pare them, and make a hole in the top of them; then prick in each hole a *Cloue* or two, then put them into the coffin, then breake in whole stickes of *Cinamon*, and slices of *Orange pills* and *Dates*, and on the top of euery *Pippin* a little peece of sweete butter: then fill the coffin, and couer the *Pippins* ouer with *Sugar*, then close vp the pie, and bake it, as you bake pies of the like nature, and



and when it is bak't, annoint the lidde ouer with store of sweete butter, and then strow *Sugar* vpon it a good thickeesse, and set it into the ouen againe for a little space, as whilest the meate is in dishing vp, and then serue it.

Take of the fairest and best *Wardens*, and pare them, and take out the hard cheres on the top, and cut the sharpe ends at the bottome flat; then boyle them in *White wine* and *Sugar*, vntill the sirrup grow thicke: then take the *Wardens*, from the sirrup into a cleare dish, and let them coole; then set them into the coffin, and prick *Cloues* in the tops, with whole sticks of *Cinnamon*, and great store of *Sugar*, as for *Pippins*, then couer it, and onely reserue a vent-hole, so set it in the ouen and bake it: when it is bak't, draw it forth, and take the first sirrup in which the *Wardens* were boyled, and taste it, and if it be not sweet enough, then put in more *Sugar* and some *Rose water*, and boyle it againe a little, then powre it in at the vent-hole, & shake the pie well; then take sweet butter and *Rose water* melted, and with it annoint the pie lid all ouer, and then strow vpon it store of *Sugar*, and so set it into the ouen againe a little space, and then serue it vp. And in this manner you may also bake *Quinces*.

A Warden-pie,  
or quince-pie.



Take the best and sweetest worte, and put to it good store of *Sugar*; then pare and chore the *Quinces* cleane, and put them therein, and boyle them till they grow tender: then take out the *Quinces* and let them coole, & let the pickle in which they were boild, stand to coole also; then straine it through a raunge or siue, then put the *Quinces* into a sweete earthen pot, then powre the pickle or sirrup vnto them, so as all the *Quinces* may be quite couered all ouer; then stop vp the pot close;

To preserue  
quinces to bake  
all the yeare.

and ſet it in a dry place, and once in ſixe or ſeuē wecks looke vnto it; and if you ſee it ſhrinke, or doe begin to hoare or mould, then powre out the pickle or ſirup, and renewing it, boyle it ouer againe, and as before put it to the *Quinces* being cold and thus you may preſerue them for the vſe of baking, or otherwiſe all the yeere.

**A pippen Tart.** Take Pippins of the faireſt, and pare them, and then diuide them iuſt in the halſes, and take out the chores cleane: then hauing rold out the coffin flat, and raiſd vp 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 *cloue*, and here and there a whole ſticke of *Sinamon*, and a little bit of butter: then couer all cleane ouer with *sugar*, and ſo couer the coffin, and bake it according to the manner of Tarts; and when it is bak't, then draw it out, and hauing boyled *Butter* and *roſe water* together, anoynt all the lid ouer therewith, and then ſcrape or ſtrow on it good ſtore of *Sugar*, and ſo ſet it in the oven againe, and after ſerue it vp.

**A codlin Tart.** Take greene *Apples* from the tree, and codle them in ſcalding water without breaking; then pill the thinne ſkin from them, and ſo diuide them in halſes, and cut out the chores, and ſo lay them into the coffin, and doe in euery thing as you did in the Pippin tart; and before you couer it when the *Sugar* is caſt in, ſee you ſprinkle vpon it good ſtore of *Roſe-water*, then cloſe it, and doe as before ſhewed.

**A codling pie.** Take *Codlins* as before ſaid, and pill them and diuide them in halſes, and chore them, and lay a leare thereof in the bottome of the pie: then ſcatter here and there a *cloue*, and here and there a peece of whole *Sinamon*; then couer them all ouer with *Sugar*, then lay another

another leare of *Codlins*, and doe as betorefaid, and so another, till the coffin be all filled; then couer all with Sugar, and here and there a Cloue and a Cinamon-sticke, and if you will a slic't Orange pill and a Date; then couer it, and bake it as the pies of that nature: when it is bak't, draw it out of the ouen, and take of the thickest and best Creame with good store of Sugar, and giue it one boile or two on the fire: then open the pie, and put the Creame therein, and mash the *Codlins* all about; then couer it, and hauing trimd the lidde (as was before shewed in the like pies and tarts) set it into the ouen againe for halie an houre, and so serue it forth.

Take the fairest Cherries you can get, and pick them cleane from leaues and stalkes: then spread out your coffin as for your Pippin-tart, and couer the bottome with Sugar: then couer the Sugar al. ouer with Cherries, then couer those Cherries with Sugar, some sticks of Cinamon, and here and there a Cloue: then lay in more cherries, and so more Sugar, Cinamon and cloues, till the coffin be filled vp: then couer it, and bake it in all points as the codling and pipping tart, and so serue it: and in the same manner you may make Tarts of Gooseberries, Strawberies, Rasberries, Bilberries, or any other Berrie whatsoeuer.

A Cherry Tart.

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 beate all well together: then hauing 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 bus of sweet butter vpon it all ouer,

A Rice Tart.

and scrape some sugar ouer it also, then couer the tart, and bake it, and trim it in all points, as hath bene before shewed, and so serue it vp.

A Florentine.

Take the Kidneys of veale after it hath bene well roasted, and is cold: then shred it as fine as is possible; then take all sorts of sweete Pot hearbs, or fearsing hearbs, which haue no bitter or strong taste, and chop them as small as may be, and putting the veale into a large dish, put the hearbs vnto it, and good store of cleane washt Currants, Sugar, Cinamon, the yelkes of foure egges, a little sweete creame warnd, and the fine grated crummes of a halfe penny loafe and salt, and mixe all exceeding well together: then take a deepe pewter dish, and in it lay your paste very thin row'd out, which paste you must mingle thus: Take of the finest wheat-flower a quart, and a quarter so much sugar, and a little cinamon; then breake into it a couple of egges, then take sweet creame and butter melted on the fire, and with it knead the paste, and as was before sayd, hauing spread butter all about the dishes sides: then put in the veale, and breake peces of sweete butter vpon it, and scrape sugar ouer it; then rowle out another paste reasonable thicke, and with it couer the dish all ouer, closing the two pasts with the beaten whites of egges very fast together: then with your knife cut the lid into diuerse pretty workes according to your fancy: then set it in the Ouen and bake it with pies and tarts of like nature: when it is back't, draw it, and trim the lid with sugar, as hath bene shewed in tarts, and so serue it vp in your second courtes.

A pruen tart.

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

mary, and if you haue bread to bake, stew them in the ouen with your bread: if otherwise, stew them on the fire: when they are stewed, then bruise them all to mash in their sirrop, and strayne them into a cleane dish; then boyle it ouer againe with Sugar, Cinamon, and Rose-water, till it be as thicke as Marmalad: then set it to coole, then make a reasonable tuffe paste with fine flower, Water, and a little butter, and rowle it out very thinnie: then hauing patternes of paper cut into diuerse proportions, as Beastes, Birdes, armes, Knots, Flowers, and such like: Lay the patternes on the paste, and so cut them accordingly: then with your fingers pinch vpp the edges of the paste, and set the worke in good proportion: then pricke it well all ouer for rising; and set it on a cleane sheete of large paper, and so set it into the Ouen, and bake it hard; then drawe it, and set it by to coole: and thus you may doe by a whole Ouen full at one time, as your occasion of expence is: then against the time of seruice comes, take off the confection of pruens before rehearsed, and with your Knife, or a spoone fill the coffin according to the thickestesse of the verge; then strow it ouer all with Caraway comfets, and pricke long comfets vpright in it, and so taking the paper from the bottome, serue it on a plate in a dish or charger, according to the bignesse of the tart, and at the second courle, and this tart carrieth the colour blacke.

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

Apple-tart.

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

A Spinage  
tart.

Take good store of Spinage, and boyle it in a Pipkin with White wine till it be very soft as pap: then take it and straine it well into a pewter dish, not leauing any part vnstrained: then put to it Rosewater, great store of sugar and cynamon, and boyle it till it be as thicke as Marmalad, then let it coole, and after fill your coffin, and adorne it, and serue it in all points as you did your pruen-tart, and this carrieth the colour Greene.

A yellow tart.

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

A white tart.

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

with

With blanched almonds like white tarts and full as pure. Now you may (if you please) put all these severall colours, and severall stufes into one tart, as thus: If the tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another; and the tallents of another: and so of birds, the body of one colour, the eyes another, the legges of another, and every feather in the wings of a severall colour according to fancy: and so likewise in armes, the field of one colour, the charge of another, according to the forme of the Coat armour; as for the mantles, trailes and deuices about armes, they may be set out with severall colours of preserues, conserues, marmalads, and goodinyakes, as you shall find occasion or inuention, and so likewise of knots, one trayle of one colour, and another of another, and so of as many as you please.

Take sorrell, spinage, pafley, and boyle them in water till they be very soft as pap, then take them vp, and presse the water cleane from them, then take good store of yelkes of egges boild very hard, and chopping them with the heaibes exceeding small, then put in good store of currants, sugar and cynamon, and stirre all well together; then put them into a deepe tart coffin with good store of sweet butter, and couer it, and bake it like a pippin tart, and adorne the lid after the baking in that manner also, and so serue it vp.

An hearbe  
tart.

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

To bake a pud-  
ding pyc.

*Sugar, Cinamon, Cloues, Mace,* and plenty of *Sheepes ſuet* finely ſhred, 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 ſerue it, ſtrow *Sugar* vpon it.

A Whiſper.

Take the beſt and ſweeteſt creame, and boile it with good ſtore of *Sugar*, and *Cinamon*, and a little roſe-water, then take it from the fire and put into it cleane pickt ryce, but not ſo much as to make it thicke, & let it ſteepe therein till it be cold; then put in the yelks of fixe eggs, & two whites, *Currants, Sugar, Sinamon,* and *Roſe-water*, and *Salt*, then put it into a pan, or pot, as thin as if it were a cuſtard; and ſo bake it and ſerue it in the pot it is baked in, trimming the top with ſugar or comfets.

OF  
banquering  
ſuffe and conceited diſhes.

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

To make paſte  
of Quinces.

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

Or



or neere thereabouts.

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

To make thin  
quince cakes.

To preserue Quinces: first pare your Quinces and take out the cores and boile the cores and parings all together in faire water, and when they beginne 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 sirrup till they be tender: then take them vp and boile your sirrup till it be thicke: If you will haue your Quinces red, couer them in the boiling, and if you will haue them white doe not couer them.

To preserue  
quinces.

To make Ipocras, take a pottle of wine, two ounces of good *Cinamon*, halfe an ounce of ginger, nine cloues, & sixe pepper cornes, and a nutmeg, & bruisse them and put them into the wine with some rosemary flowers, and so let them steepe all night, and 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 will be red: if white then of that color also.

To make Ipo-  
cras.

To make the best Ielly, take calves feet and wash them and scald off the haire as cleane as you can get it: then split them and take out the fat and lay them in water, & shift them: then boile them in faire water vntill it will ielly, which you shall know by now and then cooling a spoonefull of the broth: when it will ielly then straine it, and when it is cold then put in a pint of Sacke and whole *Cinamon* and *Ginger* slic't, and Sugar and a little *Rose-water*, and boyle all well together againe:

To make ielly.

Then

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

To make  
Leach,

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

To make Gin-  
ger bread.

Take Claret wine and colour it with Townesall, and put in sugar and set it to the fire: then take wheat bread finely grated and sifted, and Licoras, Aniseedes, Ginger and Cinamon beaten very small and searfed: and put your bread and your spice all together, and put them into the wine and boile it and stire it till it be thicke: then mould it and print it at your pleasure, & let it stand neither too moist nor too warme.

Marmalad of  
quinces red.

To make red Marmelade of Quinces: take a pound of Quinces and cut them in halfes, and take out the cores and pare them: then take a pound of Sugar and a quart of faire water and put them all into a pan, and let them boile with a soft fire, and sometimes turne them and keepe them covered with a Pewter dish, so that the steame or aire may come a little out: the longer they are in boyling the better colour they will haue: and

when

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

To make white Marmalade you must in all points vse 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 boile them as fast as you can, and couer them not at all.

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

To make Bisket-bread, take a pound of fine flower, & a pound of sugar finely beaten and searfed, and mixe them together; Then take eight egges and put foure yelks and beate them very well together; then strow in your flower and sugar as you are beating of it, by a little at once. it will take very neere an houres beating; then take halfe an ounce of Aniseedes and Coriander-seeds and let them be dried and rubbed 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 ouen: But if you would haue thinne Cakes, then take fruit dishes and rub them in like sort with butter, and so bake your Cakes on them, and when

they

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

To make finer  
Lumbals.

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

To make drie  
sugar Leach.

To make drie sugar Leache, blanch your Almonds and beate them with a little rose water and the white of one egge, and you must beate it with a great deale of sugar, and worke it as you would worke a peece of paste: then roule it and print it as you did other things, onely be sure to strew sugar in the print for feare of cleaving too.

To make Leach  
Lumbard.

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

To make fresh  
Cheese.

To make an excellent fresh cheese, take a pottle of Milke as it comes from the Cow, and a pint of creame: then take a spoonfull of runnet or carning, and put it vnto it, and let it stand two houres. then straine it vnp,  
and

and put it into a fine cloth, and let the whay draine from it: then put it into a bowle, and take the yelke of an egge, a spoonefull 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, mixe it with the curd, and then put it into a cheese-fat with a very fine cloth.

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

How to make course Ginger bread.

To make ordinary Quince cakes, take a good peece of a preserved Quince, and beate in a mortar, and worke it vp into a very stiffe paste with fine searst Sugar. then print it and drie them gently.

How to make quince cakes ordinary.

To make most Artificiall *Cinamon* stickes, take an ounce of *Cinamon* and pound it, and halfe a pound of Sugar: then take some gumme Dragon and put it in sleepe in Rosewater, then take thereof to the quantity of a halfe nut, and worke it out and print it, and roule it in forme of a *Cinamon* sticke.

How to make Cinamon stickes.

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

How to make Cinamon water.

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

How to make Wormewood water.

Licoras, and beate them very fine; And then take two good handfuls of the crops of wormewood, 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 sweete water of the best kind, take a thousand damaske roses, two good handfuls of Lauendar tops, a three penny waight of mace, two ounces of cloues bruited, a quart of running water: put a little water into the bottome of an earthen pot, and then put in your Roses and Lauender with the spices by little and little, and in the putting in alwaies knead them downe with your fist, and so continue it vntill you haue wrought vp all your Roses and Lauender, and in the working betweene put in alwaies a little of your water; then stop your pot close, and let it stand foure daies, in which time every morning and evening put in your hand, and pull from the bottome of your pot the saide 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 peece of Sarcenet or fine cloath.

Another way

Others to make sweete water, take of Ireos two ounces, of Calamus halfe an ounce, of Cipresse rootes halfe an ounce; of yellow Saunders nine drams, of Cloues bruised one ounce, of Benjamin one ounce, of Storax and Calamint one ounce, and of Muske twelue graines, and infusing all these in Rose-water distill it.

To make date  
Leache

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

To make su-  
gar plate.

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

der of faire Hepps and Sugar, and the iuyce of an O-  
reng; beate all these together in a Morter, then take it  
out and worke it with your hand: and print it at your  
pleasure.

To make excellent spice Cakes, take halfe a pecke of  
very fine Wheat-flower, take almost one pound of sweet  
butter, and some good milke and creame mixt together,  
set it on the fire, and put in your butter, and a good deale  
of sugar, and let it melt together: then straine Saffron  
into your milke a good quantity: then take seuen or  
eight spoonefulls of good Ale-barme, and eight egges  
with two yelkes and mixe them together, then put your  
milke to it when it is somewhat cold, and into your  
flower put salt, Aniseedes bruised, Cloues and Mace,  
and a good deale of Cinamon: then worke all together  
good and stiffe, that you need not worke in any flower  
after: then put in a little rosewater cold, then rub it well  
in the thing you knead it in, and worke it thoroughly: if  
it be not sweete enough, scrape in a little more sugar,  
and pull it all in peeces, 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  
ouen.

To make spice  
Cakes.


To make a very good Banbury Cake, take foure  
pounds of Currants, & wash and pick them very cleane,  
and drie them in a cloth: then take three egges and put  
away one yelke, and beate them, and strayne them with  
barme, putting thereto Cloues, Mace, Cinamon and  
Nutmegges; then take a pint of Creame, and as much  
mornings milke and set it on the fire till the cold be ta-  
ken away; then take flower and put in good store of  
cold butter and sugar, then put in your egges, barme  
and meale and worke them all together an houre or

To make a  
Banbury Cakes

K

more:

more; then saue a part of the paste, & the rest breake in peeces and worke in your Currants; which done, mold your Cake of what quantity you please; and then with that paste which hath not any Currants couer it very thiane both vnderneath and a left. And so bake it according to the the bignesse.

  
To make the  
best March-  
pane.

To make the best March pane, take the best Iordan Almonds and blanch them in warme water, then put them into a stone-morter, and with a wooden pestell beate them to pappe; then take of the finest refined sugar well sea-ft, and with it Damaske Rose-water, beate it to a good stiffe paste, allowing almost to euery Iordan Ammond three spoonefull of sugar; then when it is brought thus to a paste, lay it vpon a faire table, and strowing searst sugar vnder it, mould it like leauen, then with a roling pin role it forth, and lay it vpon wafers washt with Rose-water; then pinch it about the sides, and put it into what forme you please; then strow searst sugar all ouer it; which done, wash it ouer with Rose-water and sugar mixt together, for that will make the Ice; then adorne it with Comfets, guilding, or whatsoever deuices you please, and so set it into a hot stoue, and there bake it crispie, and so serue it forth. Some vse 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 past

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

To



To make conferue of any fruit you please, you shall take the fruite you intend to make conferue of: and if To make any Conferue. it be stone-fruit you shall take out the stones: if other fruit take away the paring and chore, and then boyle them in faire running water to a resonable height: then draine them from thence, and put them into a fresh vessell with Claret wine, or White wine, according to the colour of the fruit: and so boyle them to a thicke pappe all to mashing, breaking and stirring them together: then to euery pound of pappe put to a pound of Sugar, and so stirre them all well together, and being very hot strayne them through faire strayners, and so pot it vp.

To make conferue of Flowers, as Roses, Violets, Gil-lyflowers, and such like: you shall take the flowers from the stalkes, 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 beate them till they be come to a soft substance: and then to euery pound thereof, take a pound of fine refined sugar well searst and beate it all together, till it come to one intire body, and then pot it vp, and vse it as occasion shall serue. To make Conferue of Flowers.

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

To make an excellent Marmalade of Oranges, take the Oranges, and with a knife pare off as thinn as is possible the vppermost rinde of the Orange: yet in such To make Marmalade of Oranges. sort,

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

Additions

to Banquetting  
stuffs  
To make fine  
Cakes.

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

Finebread,

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

To preserve  
Quinces for  
kitchin seruice.

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

of

of the liquor, but as you are ready to vse 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 To make pe-  
cias. of Nutmegs, of Cloues one-quarter, of Sugar foure pound; let all this stand together in a pot at least twelue houres, then take it, and put it into a cleane bagge made for the purpose, so that the wine may come with good leasure from the spices.

Take Quinces and wipe them very cleane, and then To preserue  
quinces. 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 vnpared, and let them boyle till they be tender, and then take them out and pare them, and euer as you pare them; put them straight into sugar finely beaten: then take the water they were sodden in, & straine it through a faire cloth, and take as much of the same water as you thinke will make sirrups enough for the Quinces, and put in some of your sugar and let it boile a while, and then put in your Quinces, and let them boyle a while, and turne them, and cast a good deale of sugar vpon them; they must seeth a pace, and euer as you turne them, couer them still with sugar, till you haue bestowed all your sugar; and when you thinke that your Quinces are tender enough, take them forth, and if your sirrups be not stiffe enough, you may seeth it againe after the Quinces are forth. To euery 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 pre-erued.

Conferue of  
Quinces,

Take two gallons of faire water, and set it on the fire, and when it is luke-warme, beate the whites of five or six egges, and put them into the water, and stirre it well, and then let the water seeth, and when it riseth vp all on a curd, then scumme it off: Take Quinces and pare them, and quarter them, and cut out the chokes: 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 canuase 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, vntill 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 yeere.

Take all the parings of your Quinces that you make your Conferue withall, and three or foure other Quinces, and cut them in peeces, and boile the same parings, and the other peeces in two or three gallonds of water, and so let them boyle till all the strength bee sodden out of the sayd Quinces and parings, and if any skumme arise whilest it boyles, take it away: then let the sayd water runne thorough a strayner into a faire vessell, and set it on the fire againe, and take your Quinces that you will keepe, and wipe them cleane, and cut off the vttermost part of the said Quinces, and picke out the kernels and chokes as cleane as you can, and put them into the said liquor, and so let them boile till they be a little soft, and then take them from the fire, and let them stand till they be cold:

then

then take a little barrell, and put into the said barrell, the water that your Quinces be sodden in; then take vp your Quinces with a ladle, and put them into your barrell, and stop your barrell close that no ayre come into them, till you haue fit occasion to vse them; and bee sure to take such Quinces as are neither brui-  
sed nor rotten.

Take of the best sugar, and when it is beaten searse it very fine, and of the best Ginger and Cinamon; then take a little Gum-dragon and lay it in rosewater 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 beate them together till you may worke it like past; then take it and driue it forth into Cakes, and print them, and lay them before the fire, or in a very warme Stoue to bake. Or otherwise, take Sugar and Ginger (as is before said) Cinamon and Gum-dragon excepted, in stead whereof, take onely the Whites of Eggs and so doe as was before shewed you.

Fine Ginger  
Cakes

Take Curds, the paring of Lemons, of Oranges or Pouncithrons, or indeede any halfe-ripe greene fruite, and boyle them till they be tender in sweete Wort; then make a sirrop in this sort: take three pound of Sugar, and the whites of foure Eggs, and a gallon of water, then swinge and beate the water and the Eggs together, and then put in your Sugar, and set it on the fire, and let it haue an easie fire, and so let it boyle fixe or seuen 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:

Course G  
Ger-bies

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, Cloues, Cinamon, and a little Licoras and Aniseedes: then knead it, and put it into moulds and print it: some vse to put to it also a little pepper, but that is according vnto taste and pleasure.

To candy any  
roote, fruite or  
flower.

Dissolue Sugar, or sugar-candy in Rose-water, boile it to an height, put in your rootes, fruits or flowers, the sirrop being cold, then rest a little, after take them out and boyle the sirrop againe, 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  
banquets.

Thus hauing shewed you how to Preserue, Conserue, candy, and make pasts of all kinds, in which foure heads consists the whole art of banqueting dishes; I will now proceed to the ordering or setting foorth of a banquet, where in you shall obserne, that March-panes haue the first place, the middle place, and last place: your preserued fruites shall be disht vp 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, wardens back't, raw or roasted, and your Oranges and Lemmons 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 foorth a dish made for shew onely, as Beast, Bird, Fish, Fowle, according to inuention: then your Marchpane, then preserued Fruite, then a Paste, then a wet sucket, then a dry sucket, Marmelade, comfets, apples, peares, wardens, oranges and lemmons sliced; and then wafers, and another dish of preserued fruites,

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

Now we haue drawne our *House-wife* into these seuerall Knowledges of Cookery, in as much as in her is contained all the inward offices of household, we will proceede to declare the manner of seruing and setting forth of meate for a great Feast, and from it deriue manner, making a due proportion of all things: for what auails it our good *House-wife* to bee neuer so skilfull in the parts of cookery, if she want skill to marshall the dishes, and set euery one in his due place, giuing precedence according to fashion and custome: It is like to a Fencer leading a band of men in rout, who knowes the vse of the weapon, but not how to put men in order. It is then to be vnderstood, that it is the office of the clerke of the Kitchin (whose place our *House-wife* must many times supply) to order the meate at the Dresser, and deliuer it vnto the Sewer, who is to deliuer it to the Gentlemen and Yeomen-waiters to beare to the table. Now because wee allow no Offices but our *House-wife*, to whom we onely speake in this Booke, shee shall first marshall her sallets, deliuering the grand sallet first, which is euermore compound: then greene Sallets, then boyld sallets, then some smaller compound sallets. Next vnto sallets she shall deliuer foorth all her fricases, the simple first, as collops, rashers, and such like: then compound fricases, after them all her boyld meats in their degree, as simple broths, stewd-broth, and the boylings of sundry fowles. Next them all sorts of rostmeates, of which the greatest first, as chine of Beefe, or surloyne, the gidget or Legges of Mutton, Goose, Swan, Veale,

Ordering of  
grea. Feasts,  
and proportion  
of expence.

Veale, Pig, Capon, and such like. Then bak't-meates, the hot first, as Fallow-deere in Pasty, Chicken, or Calves foote-pie and Douset. Then cold bak't meates, Pheasant, Partidges, Turkie, Goose, Woodcocke, and such like. Then lastly, Carbonados both simple and compound. And being thus marshald from the Dresser, the Sewer vpon the placing them on the table, shall not set them downe as he receiued them, but setting the Sallets extrauagantly about the table, mixe the Fricases about them; then the boild meates amongst the Fricases, rost meates amongst the boild, bak't meates amongst the rost, and Carbonados amongst the bak't; so that before euery trencher may stand a Sallet, a Fricase, a Boild meate, a Rost meate, a Bak't meat, and a Carbonado, which will both giue 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, Tayle, Snipe, Plouer, Woodcocke, and such like: then the lesser land-fowle; a Chicken, Pigeons, Partridge, Raile, Turky, Chickens young Pea-hens, and such like.

Then the greater wild-fowle; as Bitter, Hearne, Shoueler, Crane, Bustard, and such like. Then the greater land fowles; as Peacocks, Pheasant, Pucts, Gullies, and such like. Then hot bak't-meates; as Marrybone-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 all together, but each severall sort mixt together, as a lesser wild-fowle and a lesser land-fowle; a great wild-fowle, and a greater land-fowle; a hot bak't meate and a cold: and for made dishes



dishes and Quelquecholes; which relie on the invention of the Cooke, they are to bee thrust in into euery place that is emptie, and so sprinkled ouer all the table: and this is the best method for the extraordinary great feasts of Princes. But in case it be for much more humble meanes, then lesse care and fewer dishes may discharge it: yet before I proceede to that lower rate, you shall vnderstand, that in these great Feasts of Princes, though I haue mentioned nothing but flesh, yet is not fish to be exempted; for it is a beauty and an honour vnto euery Feast, and is to be placed amongst all the seuerall seruices, as thus; as amongst your Sallets all sorts of souled-fish that lues in the fresh water; amongst your Fricases all manner of fride-fish; amongst your boyld-meates, all fish in broaths; amongst your rost-meates, all fish serued hot, but drie; amongst the bak't meates, and sea-fish that is soust, as Sturgion and the like; and amongst your Carbonados, fish that is broild. As for your second course, to it belongeth all manner of shell-fish, either in the shell, or without, the hot to goe vp with the hot meate, and the cold with the cold.

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

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

good proportion for one course vnto one messe, as thus for example, First, a shield of Brawne with mustard: Secondly, a boyled capon; Thirdly, a boyled peece of Beefe: Fourthly, a chine of beefe roasted: Fifthly, a neates tongue roasted: Sixtly, a Pigge roasted: Seuenthly, chewets back't; Eightly, a goose roasted: Ninethly, a swan roasted: Tenthly, a turkey roasted; the eleuenth, a haunch of venison roasted; the twelfth, a pasty of venison; the thirteenth, a Kid with a pudding in the belly; the fourteenth, an oliue pyc; the fifteenth, a couple of capons; the sixteenth, a custard or dousets, Now to these full dishes may be added in sallets, fricases, quelquechoses, and deuised paste, as many dishes more, which make the full seruice no lesse then two and thirty dishes, which is as much as can conueniently stand on one table, and in one messe: and after this manner you may proportion both your second and third course, holding fulnesse in one halfe of the dishes, and shew in the other, which will be both frugall in the 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 veriuies, and of  
perfuming.*

**W**Hen 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 vnderstanding of other *House-wifely* secrets, right profitable and meete for her vse, such

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

Therefore first I would haue her furnish her selfe of very good Stills, for the distillation of all kinds of Waters, which stils would either be of Tinne, or sweete Earth, and in them she shall distill all sorts of waters meete for the health of her Household, as sage water, which is good for all Rhumes and Collickes; Radish water, which is good for the stone, Angelica water good for infection, Celadine water for sore eyes, Vine water for itchings, Rose water, and Eye-bright water for dim sights; Rosemary water for Fistuloes, Treacle water for mouth cankers, water of cloues for paine in the stomacke; Saxifrage water for grauell and hard v-rine, Allum water for old Vlcers, and a world of others, any of which will last a full yeare at the least: Then she shall know that the best waters for the smoothing of the skinne, and keeping the face delicate and amiable, are those which are distilled from Beane-flowers, from Strawberries, from Vine leaues, from Goates milke, from Asses milke, from the whites of Egges, from the flowers of Lillies, from Dragons, from calves feete, from bran, or from yelkes of Egges, any of which will last a yeare or better.

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

Take of Rosemary flowers two handfuls, of Marigold, Winter-sauory, Rosemary, Rew, vnset time, Germanander, Rybworte, Harts tongue, Mouleare, White wormewood, Buglosse, red sage, Liuer worte, Hoarehound,

C<sup>r</sup>  
The nature of  
waters.

Additions,  
to distillations.  
To distill water  
of the colour of  
of the herbe  
or flower you  
desire.  
To make Aqua  
vita.

hound, fine Lauender, Iffop-croppes, Penny royall, Red fennell, of each of these one handfull: of Elycompane rootes, cleane pared and sliced, two handfuls: Then take all these aforesayd and shred them, but not wash them, then take foure gallons and more of strong Ale, and one gallon of sacke-lees, and put all these aforesayd hearbes shred into it; and then put into it one pound of Licoras bruised, halfe a pound of Anyseeds cleane sifted and bruised, and of Mace and Nutmegs bruised of each one ounce: then put altogether into your stilling-pot close couered with Rye paste, and make a soft fire vnder your pot, and as the head of the Limbecke heateh, draw out your hot water and put in cold, keeping the head of your Limbecke still with cold water, but see your fire be not too rash at the first, but let your water come at leasure; and take heed vnto your stilling that your water change not white: for it is not so strong as the first draught is; and when the water is distilled, take a gallon glasse with a wide mouth, and put therein a pottle of the best water and clearest, and put into it a pottle of Rosa-solis, halfe a pound of Dates bruised, and one ounce of graines, halfe a pound of Sugar, halfe an ounce of seed-pearle beaten, three leaues of fine gold, stirre all these together well, then stop your glasse and set it in the sunne the space of one or two moneths, and then clarifie it and vse it at your discretion: for a spoonfull or two at a time is sufficient, and the vertues are infinite.

Another excellent  
 Aquavita. Fill a pot with red wine cleane and strong, and put therein the powders of Camomile, Gilli-flowers, Ginger, Pellitory, Nutmeg, Gallengall, Spicknard, Que-nebits, graines of pure long pepper, blacke Pepper, Com-


Commin, Fennell seede, Smalledge, Parsley, Sage, Rew, Mint, Calamint and Horshow, of each of them a like quantity, and beware they differ not the weight of a dramme vnder or aboue: then put all the pouders abouesayd into the wine, and after put them into the distilling pot, and distill it with a soft fire, and looke that it be well luted about with Rye paste, so that no fume or breath goe foorth, and looke, that the fire be temperate: also receiue the water out of the Lymbecke into a glasse vyall. This water is called the water of Life, and it may be likened to Balme, for it hath all the vertues and properties which Balme hath: this water is cleere and lighter then Rose water, for it will flect aboue all liquors, for if oyle be put aboue this water, it sinketh to the bottome. This water keeperth flesh and fish both raw and sodden in his owne kind and state; it is good against aches in the bones, the poxe, and such like, neither can any thing kept in this water rot or putrifie; it doth draw out the sweetnesse, saour, and vertues of all manner of spices, rootes and hearbes that are wet or layd therein, it giues 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 ioynts, and stretching of the sinewes; it is good against the cold goute, and it maketh an old man seeme young; vsing to drinke it fasting, and lastly it fretteth away dead flesh in wounds, and killeth the canker.

Take Rosemary, Time, Issop, Sage, Fennell, Nip, rootes of Elicompane, of each an handfull, of Marierum and Peny. royall of each halfe a handfull, eight slips of red Mint, halfe a pound of Licoras, halfe a pound of Aniseeds, and two gallons of the best Ale that can be brewed, wash all these hearbes cleane, and put into

To make aqua  
composita.

the

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 keepe the limbecke coole aboue, not suffering it to runne too fast; and take heede when your water changeth colour, to put another glasse vnder, and keepe the first water, for it is most precious, and the latter water keepe by it selfe, and put it into your next pot, and that shall make it much better.

 A very principall aqua composta.

Take of balme, of Rosemary Flowers tops and all, of dried red Rose leaues, of penny-royall, of each of these a handfull, one roote 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 Borage; 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 soufe all night and a day, with the spices grossly beaten or bruised, and then distill it in order aforesaid, this was made for a learned Phisitians owne drinking.

To make the impertall water.

Take a gallond of Gascoine-wine, Ginger, Gallendgall, Nutmegs, Grains, Cloues, Aniseeds, Fennell seeds, Carraway seeds, of each one dramme, then take Sage, Mints, Red roses, Time, Pellitory, Rosemary, Wild-time Camomile, and Lauender, 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 twelue houres, stirring it diuers times, then distill it with a limbecke, and keepe the first water, for it is best: of a gallond of wine

wine you must not take aboue a quart of water; this water comforteth the vitall spirits, and helpeth inward diseases that commeth of cold, as the palsey, the contraction of sinewes, also it killeth wormes, and comforts the stomacke; it cureth the cold dropsie, helpes the stone, the stinking breath, & maketh one seeme yong.

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

To make Cinamon water.

1 Take Fennell, Rew, Veruine, Endiue, Betony, Germanander, Red rose, Capillus Veneris, of each an ounce; stamp them and keepe them in white wine a day and a night; and distill water of them, which water will diuide in three parts, the first water you shall put in a glasse by it selfe, for it is more pretious then gold, the second as siluer, and the third as Balme, and keepe these three parts in glasses: this water you shall giue the rich for gold, to meaner for siluer, to poore men for Balme: this water keepeth the sight in clearenesse, and purgeth all grosse humors.

Sixe most pretious waters, which Hippocrates made, and sent to a Queene sometimes liuing in England.

2 Take *Salgemma* a pound, and lappe it in a greene docke leafe, and lay it in the fire till it be well rosted, and waxe white, and put it in a glasse against the ayre a night, and on the morrow it shall bee turned to a white water like vnto Christall: keepe this water well in a glasse, and put a drop into the eye, and it shall clense

L

and

and sharpe the sight: it is good for any euill at the heart, for the morpew, and the canker in the mouth, and for diuers other euills in the body.

3 Take the roots of Fennell, Parsley, Endiue, Betony, of each an ounce, and first wash them well in luke-warme water, and bray them well with white wine a day and a night, and then distill them into water: this water is more worthy then Balme; it preserueth the sight much, and clenseth it of all filth, it restrayneth teares, and comforteth the head, and auoideth the water that commeth through the payne in the head.

4 Take the seed of Parsley, Achannaes, Verruine, Carawaies, and Centuary, of each ten drams; beate all these together, and put it in warme water a day and a night, and put it in a vessell to distill: this water is a pretious water for all sore eies, and very good for the health of man or womans body.

5 Take limmell of gold, siluer, lattrin, copper, iron, steele, and lead; and take lethurgy of gold and siluer; take Calamint and Columbine, and steepe all together; the first day in the vrine of a man-child, that is between a day & a night, the second day in white wine, the third day in the iuice of fenell, the fourth day in the whites of eggs, the fift day in the womans milke that nourisheth a man-child, the sixt day in red wine, the seuenth day in the whites of egges, and vpon the eight day bind all these together, and distill the water of them, and keepe this water in a vessell of gold or siluer: the vertues of this water are these; first it expelleth all rhumes, and doth away all manner of sicknesse from the eyes, and weares away the pearle; pin and webbe; it draweth againe into his owne kinde the eye-lidds that haue beene bleared, it easeth the ache of the head, and if a man

dunks



drinke it, maketh him looke young euen 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 doe so nine times, and after grind it, and beate it small, and cleanse it as cleane as you may, and after set it in the Sunne with the water of Fennell distilled, and Veruine, Roses, Celladine and Rew, and a little Aquauite, and when you haue sprinkled it in the water nine times, put it then in a vessell of glasse, and yet vpon a reuerision of the water distill it, till it passe ouer the touch foure or fise inches; and when you will vse it then stirre it all together, and then take vp a drop with a feather, and put it on your naile, & 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 the temples, and beleuee it, that of all waters this is the most pretious, and helpeth the sight, or any paine in the head.

The water of Cheruyle is good for a sore mouth.

The water of Callamint is good for the stomacke.

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

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

Water of Violets is good for a man that is sore within his body and for the raynes and for the liuer.

Water of Endiue is good for the dropsy, and for the iaundise, and the stomacke.

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 palsey.

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

The vertues  
of seuerall  
waters.

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

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

Water of Rew drunke in a morning foure or five daies together, at each time an ounce, purifieth the flowers in women: the same water drunke in the morning fasting, is good against the grying of the bowels, and drunke at morning and at night, at each time an ounce, it prouoketh the tearmes in women.

The water of Sorrell drunke is good for all burning and pestilent feuers, and all other hot sicknesses: being mixt with beere, ale or wine, it slacketh the thirst: it is also good for the yellow Iaudise, being taken sixe or eight dayes together; it also expelleth from the liuer if it be drunke, and a cloth wet in the same and a little wrong out, and so applied to the right side ouer against the liuer, and when it is dry then wet another, and apply.

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

Lastly the water of Angelica is good for the head, for inward infection, either of the plague or pestilence, it is very soueraigne for sore breasts; also the same water being drunke of twelue or thirteene daies together, is good to vnlade the stomack of grosse humours and superfluities, and it strengthneth and comforteth all the vniuersall parts of the body: and lastly, it is a most soueraigne medicine for the gout, by bathing the diseased members much therein.

Now to conclude and knit vp this chapter, it is meete that our hous-wife know that from the eight of the Kalends of the moneth of Aprill vnto the eight of the Kalends of Iuly, all manner of hearbes and leaues are in that time most in strength and of the greatest vertue to be vsed and put in all manner of medicines, also from the eight of the Kalends of Iuly, vnto the eight of the Kalends of October the stalks, stems and hard branches of euery hearbe and plant is most in strength to be vsed in medicines; and from the eight of the Kalends of October, vnto the eight of the Kalends of Aprill, all manner of roots of hearbs and plants are the most of strength and vertue to be vsed in all manner of medicines.

To make an excellent sweet water for perfume, you shall take of Basill, Mints, Marierum, Corne-flagge-  
An excellent water for perfume.  
 roots, Iffop, Sauory, Sage, Balme, Lauender & Rosemary, of each one handfull, of Cloues, Cinamon and Nutmegs of each halfe an ounce, then three or foure Pomecitrons cut into slices, insule 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 haue put it into a very cleane glasse, take of fat Muske, Ciuer,

and Ambergreece of each the quantity of a scruple, and put into a ragge of fine Lawne, and then hang it within the water : This being either burnt vpon a hot pan, or else boyled in perfuming pans with Cloues, Bay-leaues and Lemmon-pils, will make the most delicatest perfume that may be without any offence, and will last the longest of all other sweet perfumes, as hath been found by experience.

To perfume  
Gloues.

To perfume gloues excellently, take the oyle of sweet Almonds, oyle of Nutmegs, oyle of Benjamin, of each a dramme, of Ambergreece one graine, fat Muske two graines : mixe them all together and grind them vpon a painters stone, and then annoint the gloues therewith : yet before you annoint them let them be dampishly moistned with Damaske Rose-water.

To perfume a  
Ierkin.

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

To make washing  
Balls.

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

To make a  
muske Ball.

To make Muske balls, take Nutmegs, Mace, Cloues, Saffron and Cinamon, of each the waight of two-pence, & beate it to fine powder, of Masticke the waight  
of

Of two-pence halfe penny, of Storax the waight of six-pence; of Labdanum the waight of tenne-pence; of Ambergreece the waight of six-pence; and of Muske foure graines, dissolue and worke all these in hard sweete sope till it come to a stiffe paste, and then make balls thereof.

To make a good perfume to burne, take Benjamin one ounce, Storaxe, Calamint two ounces, of Mastick, <sup>☞</sup> white Ambergreece, of each one ounce, Ireos, Calamus Aromaticus, Cypresse-wood, of each halfe an ounce, of Camphire one scruple, Labdanum one ounce: beate all these to powder, then take of Sallow Charcole sixe ounces, of liquid Storax two ounces, beate them all with Aquauita, and then shall you role them into long round rolles. A perfume to burne.

To make Pomanders, take to penny-worth of Labdanum two penny-worth of Storax liquid, one penny-worth of Calamus Aromaticus, as much Balme, halfe a quarter a pound of fine waxe, of Cloues and Mace two penny-worth, of liquid Aloes three penny-worth, of Nutmegs eight peny-worth, and of Muske foure grains; beate 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 hauing tunned it in a very strong vessell, you shall set it either in your garden or some other safe place abroad, where it may haue the whole Summers day Sun to shine vpon it, and there let it lie till it be extreame fowre, then into a Hogshhead of this Vinegar put the leaues of foure or five hundred Damaske Roses, and after they haue layen for the space of a moneth therein, houle the Vinegar. To make Vinegar.

negar and draw it as you neede it.

To make dry  
vinegar.

To make drie Vinegar which you may carry in your pocket, you shall take the blades of greene corne either Wheat or Rie, and beate it in a mortar with the strongest Vinegar you can get till it come to a paste; then role it into little balls, and dry it in the Sunne till it be very hard, then when you haue any occasion to vse it, cut a little peece thereof and dissolue it in wine, and it will make a strong Vinegar.

To make ver-  
iuyce.

To make Veriuyce, you shall gather your Crabbs as soone as the kernels turne blacke, and hauing layd them a while in a heape to sweate together, take them and picke them from stalkes, blackes and rottenesse: then in long troughs with beetles for the purpose, crush and breake them all to mash; then make a bagge of course haire cloth as square as the presse, and fill it with the crusht Crabs; then put it into the presse, and presse it while any moysture will drop forth, hauing a cleane vessell vnderneath to receiue the liquor: this done, turn it vp into sweet Hogsheds, and to euery Hoghead put halfe a dozen handfuls of Damaske Rose leaues, and then bung it vp, and spend it as you shall haue occasion.

Many other pretty secrets there are belonging vnto curious *Hous-wines*, but none more necessary then these already rehearsed, except such as shall hereafter follow in the proper places.

✠  
Additions  
to conceited  
secrets.  
To make sweet  
powder for  
baggs.

Take of Arras sixe ounces; of Damaske Rose-leaues as much, of Marierom and sweete Basill, of each an ounce, of Cloues two ounces, yellow-Saunders two ounces, of Citron pills seuen drammes, of Lignum-aloes one ounce, of Benjamin one ounce, of Storaxe one ounce, of Muske one dram: bruisse all these, and put them

them into a bagge of silke or linnen, but silke is the best.

Take of Arras foure ounces, of Gallaminis one ounce, of Ciris halfe an ounce, of Rose leaues dried two handfulls, of dryed Mariertum one handfull, of Spike one handfull, Cloues one ounce, of Beniamin and Storax of each two ounces, of white Saunders and yellow of each one ounce: beate all these into a grosse powder, then put to it Muske a dramme, of Ciuet halfe a dramme, and of Ambergreece halfe a dramme; then put them into a Taffata bagge and vse it.

To make sweete  
bags.

Take of bay-leaues one handfull, of Red Roses two handfulls, of Damaske Roses three handfull, of Lauender foure handfulls, of basill one handfull, Mariorum two handfulls, of Camomile one handfull, the young tops of sweete briar two handfulls, of Mandelion-tansley two handfulls, of Orange pils sixe or seuen ounces, of Cloues 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 euery day three or foure times, then distill it the fourth day in a still with a continuall soft fire, and after it is distilled, put into it a graiue or two of muske.

How to make  
sweet water,



Take a quart of malmsey Lees, or a quart of malmsey simply, one handfull of margerome, of Basill as much, of Lauender foure handfulls, bay-leaues one good handfull, Damaske rose Leaues foure handfulls, and as many of red, the pils of sixe Orenge, or for want of them one handfull of the tender Leaues of walnut-trees, of Beniamine halfe an ounce, of Callamus Aramaticus as much, of Cami hire foure drammes, of Cloves one ounce, of Baldamum halfe an ounce; then take a pottle of running water, and put in all these spices bruised into your water and malmsey together in a close

A very rare and  
plesant Da-  
mask water,



close

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

To make the  
best vinegar.

Take and brew very strong Ale, then take halfe a dozen gallons of the first running, and set it abroad to coole, and when it is cold, put yest vnto it, and head it very strongly: then put it vp in a ferkin, and distill it in the Sunne: then take foure 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 cleane Rye Leauen and put in the Ferkin; then take a quantity of Barberies, and bruise and straine them into the Ferkin, and a good handfull of Salt, and let them lie and worke in the Sunne from May till August: then hauing the full strength, take Rose leaues and clip the white ends off, and let them dry in the Sunne; then take Elder-flowers and picke them, and dry them in the Sunne, and when they are dry, put them in bagges, and keepe them all the Winter: then take a pottle-pot, and draw forth a pottle out of the Ferkin into the bottle, and put a handfull of the red Rose-leaues, and another of the Elder-flowers, and put into the bottle, and hang it in the Sunne, where you may occupie the same, and when it is empty, take out all the leaues, and fill it againe as you did before.

To perfume  
Gloues.

Take *Angelica* water and Rose-water, and put into them the powder of Cloues, Amoe.-greece, Muske and Lignum Aloes, Beniamine and Callamus Aramattecus. boyle these till halfe be consumed: then straine it, and put your Gloues therein; then hang them in the  
Sunne



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

CHAP. 4.

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

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

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

you

you shall know it by the marke of a corke burnied on one side of the bung, and they be euer full gadge, and so are no other sackes, and the longer they lye, the better they be.

To make Mus-  
kadinie, and  
gine is a flauer.

Take a pleasant Butt of Malmsey, and draw it out a quarter and more; then fill it vp with fat Bastard within 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 euery parill, and if the wine be hie of colour, put in three gallons of new milke, but skimm off the Creame first, and beate it well, or otherwise, if you haue a good butt of Malmsey, and a good pipe of bastard, you must take some empty butt or pipe; and draw thirty gallons of Malmsey, and as many of bastard; and beate them well together: and when you haue so done, take a quarter of a pound of Ginger and bruise it, and put it into your vessel; then fill it vp with malmsey and bastard: Or otherwise thus, if you haue a pleasant butt of malinsey, 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 serue to make it pleasant: then take foure gallons of new milke and beate it, and put it into it when it lacketh twelue gallons of full, and then make your flauer.

How to flauer  
Muskadinie.

Take one ounce of Collianders, of Bay-salt, of Cloues, of each as much, one handfull of Sauory: let all these bee blended and bruised together, and sow them close in a bagge, and take halfe a pint of Damaske-water, and lay your flauer into it, and then put it into your butt, and if it fine, giue it a parill and fill it vp, and let it lie till it fine: or else thus, Take Coliander roots a peniworth, one pound of Aniseedes, one peniworth in  
Ginger;

Ginger: bruise them together and put them into a bagge as before, and make your bagge long and small that it goe in and out at the bung hole, and when you do put it in, fasten it with a thread at the bung: then take a pint of the strongest Damaske water, and warme it luke-warme, then put 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 seuen whites of new layd egges, two handfuls of Bay-salt, and beate them well together, and put therein a pint of Sacke or more, and beate them till they be as short as snow; then ouer-draw the But seauen or eight gallons, and beate the wine, and stirre the Lees, and then put in the parill and beate it, and so fill it vp, and stop it close, and draw it on the morrow.

To aparell  
Muskadine  
when it comes  
new into be fi-  
ned in twenty  
four hours.

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

To make white  
Bastard.

Take two gallons of the best stoned honey, and two gallans of White-wine, and boyle them in a faire pan, skimme it cleane, and straine it through a faire cloth that there be no moats in it: then put to it one ounce of Collianders, and one ounce of Aniseeds, foure or five Orange pils dry and beaten to powder, let them lye three dayes: then draw your Bastard into a cleane pipe,

How to helpe  
Bastard being  
eager.

then

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

To make Br-  
stard white, and  
to rid away  
Laggess.

If your Bastard be fat and good, draw out forty gallons, then may you fill it vp with the laggess of any kind of White-wines or sackes; then take five gallons of new milke, and first take away the Creame, then straine it through a cleane cloth, and when your pipe is three quarters full, put in your milke: then beate it very well, and fill it so, that it may lacke fifteene gallons, then aparill it thus: take the Whites onely of ten egges, and beate them in a faire tray with Bay-salt and conduite water: then put it into the pipe and beate it well, and so fill it vp, and let it stand open all night: and if you will keepe it any while, you must on the morrow stop it close, and to make the same drinke like Offey, giue it this flauer: Take a pound of Aniseeds, two pence in Colianders, two pence in Ginger, two pence in Cloues, two pence in graines, two pence in long Pepper, and two pence in Licoras: bruisse all these together: then make two bagges of Linnen cloth, long and small, and put your spices into them, and put them into the pipe at the bung, making them fast there with a thread that it may sinke into the Wine, then stop it close, and in two dayes you may broch it.

A remedy for  
Bastard if it  
puzzles,

Take and draw him from his Lees if he haue 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 Worte of a fresh tap, and then fill him vp 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 layd egges, and beate them with a handfull  
of

of Salt till it be short as mosse, and then put a pint of running water therein, and so fill the pipe vp full, and lay a tile stone on the bung, and set it abroach within foure and twenty houres if you will.

If you haue a good Butt of Malmsey, and a butt or two of Sacke that will not be drunke: for the sake prepare some empty Butt or Pipe, and draw it more then halfe full of sacke, then fill it vp with Malmsey, and when your butt 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 taster and see that it bee deepe coloured: then fill it vp with sacke, and giue it a parell, and beate it well, the apearell is thus: Take the yelkes of tenne egges, and beate them in a cleane bason with a handfull of Bay-salt, and a quart of conduit water, and beate them together with a little peece of birch, and beate it till it be as short as mosse, then draw five or sixe gallons out of your butt, then beate it againe, and then fill it vp, and the next day it will be ready to be drawne. This apearell will serue both for Muskadine, Bastard, and for Sacke:

If you haue two principall butts of malmsey, you may make three good butts with your laggess of Claret and of Sacke, if you put two gallons of Red Wine in a butt; it will saue 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 butt of good malmsey, & a butt of sacke that hath lost his colour, will make two good butts of malmsey with the more Cute; and when you haue fild your butts within twelue gallons, then put in your Cute, and beate it halfe an houre and more:

To shift Malmsey, and to rid away ill Wines

then

then put in your parell and let it lye.

If Sacke want  
his colour.

First, parell him as you did the Bastard, and order him as shall be shewed you for the White wine of Gascoyne with milke, and so set him abroach.

For Sacke that  
is tawny.

If your Sacke haue a strong ley or taste, take a good sweete But faire washed, and draw your sacke into it, and make vnto it a parell as you doe to the Bastard, and beate it very well, and so stop vp your But: and if it be tawny, take three gallons of newe milke and straine it cleane, and put it into your lacke, then beate it very well, and stop it close.

For Sacke that  
doth rape and  
is browne.

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

To color sack,  
or any White  
wine.

If any of your sackes or White-wines haue lost their colour, take three gallans of new milke, and take away the Creame: then ouer-draw your wine fine or sixe gallons, then put in your milke and beate it; then lay it a foretarke all night, and in the morning lay it vp, and the next day if you will you may set it abroach.

If Alligant be  
growne hard.

Draw him out into fresh Lees, and take three or foure gallons of stone-hony clarified, and beeing coole, put it in and parell it with the yelkes of foure Egges, whites and all, and beate it well, and fill it vp, and stop it close, and it will be pleasant and quicke as long as it is in drawing.

For Alligant  
that is lower.

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

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

There are two sorts of Renish wines , that is to say, *Elstertune* and *Barabant* : the *Elstertune* are best , you How to order Renish wine. shall know it by the Fat, for it is double bard and double pinned ; the *Barabant* is nothing so good, and there is not so much good to be done with them as with the other. If the Wines be good and pleasant, a man may rid away a Hoghead or two of White wine, and this is the most vantage a man can haue by them : and if it be slender and hard , then take three or foure gallons of stone-honey and clarifie it cleane; then put into the honey foure or fiue gallons of the same wine , and then let it seeth a great while, & put into it two pence in Cloues 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 foure gallons of milke and order it as before, and then put all into your wine and all to beate it ; and ( if you can ) role it , for that is the best way ; then stop it close and let it lie, and that will make it pleasant.

The Wines that be made in *Burdeaux* are called *Gascoyne* Wines , and you shall know them by their hazell hoops, and the most be full gadge and sound Wines. Of what countries Wines are by their names.

The Wines of the hie countryes, and which is called Hie-country wine , are made some thirty or forty miles beyond *Burdeaux*, and they come not down so soone as the other ; for if they doe , they are all forfeited, and you shall know them euer by their hazell hoops, and the length gage-lackes.

Then haue you Wines that be called *Galloway* both in Pipes and Hogheads, and be long , and lackes

two Cisternes in gadge and at alte, and the Wines themselves are high coloured. Then there are other Wines which is called white Wine of *Angulle*, very good Wine, and lackes 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, sharpe in taste, and of a pallad complexions. Your best Sacke are of *Seres* in *Spaine*, your smaller of *Galicia* and *Portugall*: your strong Sackes are of the Islands of the *Canaries*, and of *Malligo*; and your Muscadine and Malmseys are of many parts of *Italy*, *Greece*, and some speciall Islands.

Notes of gad-  
gi g of Wines,  
Oyes and Ly-  
quors.

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

The depth of euery Hoghead is the fourth pricke aboue the knot.

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

The depth of euery Sack-but is the foure prickes next to the Puncheon.

The depth of the halfe Hoghead is at the lowest notch, and accounted one.

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

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

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



1. The full gage is marked thus.



The markes of Gaaging.

2. The halfe Sesterne lacketh, thus



3. The whole Sesterne lacketh, thus



4. The Sesterne and halfe lag.



5. The two Sesterne, thus.



6. The two and a halfe Sesterne, thus



The Contents  
of all manner  
of Gascoyne  
wine, 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.  
Euery Sesterne is three gallons.

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

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

Eight pence the gallon, is the tun eight pounds.

Sixe pence the gallon, is the tun sixe pounds.

Fiue pence the gallon, is the tun fiue pound.

Four pence the gallon, is the tun foure pound.

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

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

To chuse Gascoyne wines.

See that in your choice of Gascoine wines you obserue, that your Clarret wines be faire coloured, and bright as a Rubie, not deepe as an Ametist; for though it may shew strength, yet it wants neatnesse: also let it be sweete as a Rose or a Violet, and in any case let it be short; for if it be long, then in no wise meddle with it.

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

Lastly

Lastly for your Red wine, provide that they be deepe coloured and pleasant, long, and sweete, and if in them, or Clarret wines be any default of colour, there are remedies enow to amend and repaire them.

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

To remedy  
Clarret wine  
that hath lost  
his colour.

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

A remedy for  
Gascoyne wine  
that hath lost  
his colour.

And if your white wine be faint, and haue lost his colour, if the wine haue any strength in it; take to a hoghead so much as you intend to put in, out of the said milke, and a handfull of Rice beaten very well, and a little salt, and lay him a foretake all night, and on the morning lay him vp againe, and set it abrach in any wise the next wine you spend, for it will not last long.

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

Take three gallons of new milke, and take away the

For white wine  
that hath lost  
his colour.

Creame off it; then draw five or sixe gallons of wine, and put your milke into the hoghead, and beate it exceeding well, then fill it vp, but before you fill it vp, if you can, roule it, and if it be long and small, take halfe a pound of Roche Allum finely beaten into powder, and put into the vessell, and let it lie.

A remedy for  
Claret, or  
white wine  
that drinks  
toule.

Take and draw it into new lees of the one nature, and then take a dozen of new pippins, and pare them, & take away the chores, and then put them in, and if that will not serue, take a handfull of the Oake of Ierusalem, and stampe it, then put it into your wine, and beate it exceeding well, and it will not onely take away the foulnesse, but also make it haue a good sent at the nose.

For red wine  
that drinks  
faint.

If your Red wine drinke 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, & that will recouer it againe, & put to it three or foure gallons of Allegant, and turne it on his lees.

For red wine  
that want's co-  
lour.

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

To make Tyre.

Take a good But of Malmsey, and ouerdraw it a quarter or more, and fill him vp with fat Bastard, and with Cute a gallon and more, then parrell him as you did your Malmsey.

Offey com-  
pleate, or Ca-  
prock haue lost  
their colour.

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

## C H A P. 5.

*Of Wooll, Hempte, Flax and Cloth, and Dying of colours,  
of each severall substance, with all the know-  
ledges belonging thereto.*



Ur English Houf.wife after her know-  
ledge of preferuing, and feeding her fa-  
mily, must learne also how out of her  
owne endeauours, she ought to cloath  
them outwardly & inwardly for defence  
from the cold and comlineffe to the per-  
son; and inwardly, for cleanlinessse and heatnesse of the  
skin, whereby it may be kept from the filth of sweat, or  
vermine; the first consisting of woollen cloth, the latter  
of linnen.

To speake then first of the making of woollen cloth, it  
is the office of the Husbandman at the sheering of his  
sheepe, to bestow vpon the Houf.wife such a competent  
proportion of wooll, as shall be conuenient for the clo-  
thing of his family, which wooll as soone as she hath re-  
ceiued it, she shall open, and with a paire of sheeres ( the  
fleece lying as it were whole before her ) she shall cut  
away all the course locks, pitch, brands, tarr'd locks, and  
other feltrings, and lay them by themselues for course  
Coverlids, of the like: then the rest so censed she shall  
breake into peeces, and tose it euery locke by locke, that  
is, with her hands open, and so diuide the wooll, as not  
any part thereof may be feltred or close together, but  
all open and loose, then so much of the wooll as shee  
intends to spinne white, shee shall put by it selfe, and  
the rest which shee intends to put into colours shee shall  
waigh vp, and diuide into severall quantities, accor-

Of making  
woollen cloth.

Of tosing  
wooll.

The dying of  
Wooll.

ding to the proportion of the web which she intends to make, and put euery one of them into particular bagges made of netting, with talies or little peeces of wood fixed vnto them, with priuy markes thereon both for the waight, the colour, and the knowledge of the same wooll when the first colour is aited: this done, she shall if she please send them vnto the Dyers, to be died after her owne fancy; yet for as much as I wou'd not haue our *Engl sh House-wife* ignorant in any thing meete for her knowledge, I will shew her here before I proceede any further, how she shall dye her wooll her selfe into any colour meete for her vse.

To dye wooll  
blacke.

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

To dye wooll  
of haire color.

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

To dye wooll  
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 pecke of Wheate-branne, and let it boyle a little, then put it into a tub, and put twice as much cold water vnto it, and let it stand vntill it be a weeke old: hauing 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 houre : Then take it againe, and then set on more branne and water : Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken, put in the wooll and open it, and when it cometh to be very hot, then stirre it with a staffe, and then take it out and wash it with faire water; then set on the panne againe with faire water, and then take a pound of Saradine bucke, 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 halfe a pound of blew Neale, Byse or Indico, and beate it small in a mortar, and then put it into the Lye, and when it seethes put in your wooll. To dye wooll  
bl.w.

To dye Wooll of a puke colour, take Galles, and beate them very small in a mortar, put them into faire seething water, and boyle your Wooll or your Cloth therein, and boyle them the space of halfe an howre: then take them vp, and put in your Copheras into the same liquor: then put in your wooll againe, and doing thus 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 redde wooll into your puke liquor; and then it will failelesse be of a sinder colour. To dye a sin-  
der colour.

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

you

you put in white, will be yellow, and that wooll which you put in blew will be greene, and all this with one liquor: prouided that each be first boyled in Allom.

Hardling of  
wooll after dy-  
ing.

The mixing of  
colours.

When you haue thus died your wooll into those seuerall colours meete for your purpose, and haue also dried it well; then you shall take it foorth, and toast it ouer againe as you did before: for the first toasting was to make it receiue the colour or dye: this second is to receiue the oyle, and make it fit for spinning; which as soone as you haue done, you shall mixe your colours together, wherein you are to note that the best medly, is that which is compounded of two colours onely, as a light colour, and a darke: for to haue more is but confusion, and breeds no pleasure, but distraction to the sight: therefore for the proportion of your mixtures, you shall euer take two parts of the darker colour, and but a third part of the light. As for example, your Web containes two pound and the colours are red and greene: you shall then take eight pound of the greene wooll, and but foure pound of the red, and so of any other colours where there is difference in brightnesse.

Mixing of three  
colours.

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



thin layre or bed of your darker colour, all of one euen thicknesse: then vpon the same layre, lay another much thinner of the brighter quantity, being so neere as you guesse it, hardly halfe so much, as the darker: then couer it ouer with another layre of the sad colour or colours againe, then vpon it another of the bright againe: And thus lay layre vpon layre till all your wooll be spread: then beginning at one end, to role vp round and hard together the whole bed of wooll; and then causing one to kneele hard vpon the roule, that it may not stirre nor open, with your hands toase, and pull out all the wooll in small peeces: And then taking a paire of Stockecards sharpe and large, and bound fast to a forme, or such like thing, and on the the same Combe, and Card ouer all the wooll, till you see it perfectly and vndistinctly mixed together, and that indeed it is become one intire colour of diuerse without spots, or vndeuided lockes or knots; in which doing you shall be very carefull, and heedfull with your eye: and if you finde any hard knot, or other felter in the wooll, which will not open, though it be neuer so small, yet you shall picke it out and open it, or else being any other fault cast it away: for it is the greatest art in *House-wifery* to mixe these woolls aright, and to make the cloth without blemish.

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

Of the oyling  
of Wooll.

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

The quantity  
of oyle.

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

Of the tum-  
ming of wooll.

After your wooll is oyld and annointed thus, you shall then tumme it, which is, you shall pull it foorth as you did before, when you mixe it, and carde it ouer againe vpon your Stock-cardes: and then those cardings which you strike off, are called tummings, which you shall lay by, till it come to spinning. There be some *House-wives* which oyle it as they mixe it, and spricke euery layre as they lay it, and worke the oyle well into it: and then rouling vp as before sayd, pull it out, and tumme it; so that then it goeth but once ouer the Stock-cards, which is not amisse: yet the other is more certaine, though somewhat painefull.

Of spinning  
Wooll.

After your Wooll is thus mixed, oyled and tummed, you shall then spinne it vpon great wooll-wheeles, according to the order of good *House wifery*: 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 goodnes of your wooll, not according to your particular desire: for if you draw a fine thread from a wooll which is of a course staple, it will want substance when it comes to the Walke Mill, and either there beate in peeces, or not being able to bed, and couer the threads well, be a cloth of a very short lasting. So likewise if you draw a course thread from a wooll of a fine staple, it will then so much ouer thicke, that you must either take away a great part of the substance of your wooll in flockes; or els let the cloth weare course, and high, to the disgrace of the good House-wifery, and losse of much cloth, which els might haue beene saued.

Now for the diuersities of spinning, although our ordinary *English House-wives* make none at all, but spin euery thread alike, yet the better experient make two manner of spinnings, and two sorts of thread; the one they call warpe, the other west, or else wooffe; the warpe is spunne close, round and hard twisted, being strong and well smoothed, because it runs thorough the fleies, and also indureth the fretting and beating of the beame, the west is spunne open, loose, hollow, and but halfe twisted; neither smoothed with the hand, nor made of an great strength, because it but only crosseth the waiepe, without any violent straining, and by reason of the softnesse thereof beddeth closer, and couereth the warpe 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 deceiued, and that this open west keepes the Cloth longer from fretting and wearing.

The diuersities  
in spinning.

After the spinning of your wooll, some House-wives

vse

Winding of  
Wooden yarne.

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

Of warping  
Cloth.

Now as touching the warping of cloth, which is both the skill and action of the Weauer, yet must not our *English House-wife* be ignorant therein, but though the doing of the thing be not proper vnto her, yet what is done must not be beyond her knowledge, both to bridle the falshood of vnconscionable workemen, and for her owne satisfaction, when shee is rid of the doubt of anothers cull 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 wooll be of a resonable good staple, and well spanne, it will run yard and pound, but if it be course, it will not runne so much.

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

Now after your cloth is thus warped, and deliuered

vp into the hands of the Weauer; the Houſe-wife hath finiſht her labour: for in the weauing, walking, and dressing thereof ſhee can challenge no property more, Of weauing cloth, walking, and dressing it then to entreate them ſeuerally to diſcharge their duties with a good conſcience; that is ſay, that the Weauer weaue cloſe, ſtrong, and true, that the Walker or Fuller, mill it carefully, and looke well to his ſcowering-earth, for feare of beating holes into the cloth; and that the Clothworker, or Sheereman burle, and dresse it ſufficiently, neither cutting the wooll too vnreasonable high, whereby the cloth may weare rough, nor too low, leaſt it appeare thread-bare ere it come out of the hands of the Taylor. Theſe thinges forward and performed, the cloth is then to be vſed at your pleaſure.

The next tyng to this, which our *Engliſh Houſe-wife* Of linnen cloth. muſt be ſkilfull is in the making of all ſorts of linnen-cloth, whether it be of hempe or flaxe, for from thoſe two onely this is the moſt principall cloth deriued, and made both in this, and in other nations

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

places kept in the winter time for the laire of sheepe or cattle: when your ground is either scarce, or formerly not imployed to that purpose: but if it be where the ground is plenty, and onely vsed thereunto, as in *Holland*, in *Lincolne-shire*, the Isle of *Axbane*, and such like places, then the custome of the Country will make you except enough therein: there be some that will preferue the endes of their corne lands, which but vpon grasse for to sow hempe or flaxe thereon, and for that purpose will manure it well with  $\parallel$  eepe: 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 tillege of  
the ground.

Now for the tillage or ordering of the ground where you sow Hempe or flaxe, it would in all poynts be like vnto that where you sow Barley, or at the least as often broke vp, as you do when you sow fallow wheat, which is thrice at least, except it be some very mellow, and ripe mould, as stack-yards, and vsuall hempe-lands be, and then twice breaking vp is sufficient: that is to say, about the latter end of *February*, and the latter end of

Offowing of  
hempe or flax.

*April*, at which time you shall sow it: and herein is to noted, that you must sow it reasonable thicke with good sound and pfect seed, of which the smoothest, roundest, and brightest with least dust in is best: you must not lay it too deepe in the earth, but you must couer it close, light, and with so fine a mould as you can possible breake with your Harrowes, clotting-beetles, or sleighing: then till you see it appeare aboue the earth, you must haue it exceedingly carefully tended, especially an  
houre

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

Now for the weeding of hempe, you may saue the labour, because it is naturally of it selfe swift of growth, rough, and venemous to any thing that growes vnder it, and will sooner of its owne accord destroy those vnwholesome weeds then by your labour: But for your Flaxe or line which is a great deale more tender, and of harder encrease, you shall as occasion serueth weede it, and trimme it, especially if the weeds ouergrow it, but not otherwise: for if it once get aboute the weeds, then it will saue it selfe.

Of weeding  
of Hempe and  
flax.

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

The pulling of  
hempe or flax.

Now for the ripening, and sealoring of Hempe or

N

Flaxe

The ripening  
of hempe and  
flaxe.

Flaxe, you shall so soone as you haue pulled it, lay it all along flat, and thinne vpon the ground, for a night and a day at the most, and no more; and then as *House-wives* call it, tye it vp in baies, and reare them vpright till you can conueniently carry it to the water, which would be done as speedily as may be. Now there be some which ripen their Hempe and Flaxe vpon the ground where it grew, by letting it lye thereon to receiue dewes and raine, and the moystnesse of the earth, till it be ripe: but this is a vile and naughty way of ripening, it making the hempe or flaxe blacke, rough, and often rotten: therefore I would wish none to vse 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 Hempe or Flaxe, the best water is the running streame, and the worst the standing pit; yet because Hempe is a poysonous thing, and infecteth the water, and destroyeth all kind of fish, it is more fit to employ such pits and ditches as are least subiect to annoyance, except you liue neere some great broad and swift streame, and then in the shallow parts thereof, you may water without danger: touching the manner of the watering thereof, you shall according to the quantity, knocke foure or fixe strong stakes into the bottome of the water, and set them square-wise, then lay your round baies or bundles of Hempe downe vnder the water, the thicke end of one bundle one way, and the thicke ends of another bundle another way; and so lay baite vpon baite, till you haue laid in all, and that the water couereth them all ouer; then you shall take ouer-lyers of wood, and binding them ouerthwart to the stakes, keepe the Hempe  
downe



downe close, and especially at the foure corners; then take great stones, grauell, and other heavy rubbish, and lay it betweene, and ouer the ouer-lyers, and so couer the Hempe close, that it may by no meanes stirre, and so let it continue in the water foure daies and nights, The time it shall lie in the water, if it be in a running water, but if it be in a standing water, then longer, and then take out one of the vppermost baies and wash it; and if in the washing you see the leafe come off, then you may be assured the Hempe is watered enough: as for Flaxe, lesse time will serue it, and it will shead the leafe in three nights.

When your Hempe or Flaxe is thus watered enough, you shall take off the grauell, stones, ouer-lyers of wood, and vnloosing it from the stakes, take and wash out euery baite or bundle seuerall by it selte, and rub it exceeding cleane, leauing not a leafe vpon it, nor any filth within it; then set it vpon the dry earth vpright, that the water may drop from it, which done, load it vp, and carry it home, and in some open Close or piece of ground reare it vpright either against hedges, pales, walls, back-sides of houses, or such like, where it may haue the full strength, or reflection of the Sunne, and being thoroughly dried, then houle it; yet there be some *House w.ues* which assoone as their Hempe comes from the water, will not reare it vpright, but lay it vpon the ground flat and thinne for the space of a fortnight, turning it at the end of euery two daies; first on the one side, then on the other, and then after reare it vpright, dry it, and so houle it, and this *House w.ue* is good and orderly.

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

Speciall ordering of Flaxe.

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

The braking  
for hempe flax.

After your hempe or Flaxe hath bene watered, dried, and housed; you may then at your pleasure breake it, which is in a brake of wood (whole proportion is so ordinary, that euery one almost knowes them) breake and beate out the dry bunne, or kexe of the Hempe or Flaxe from the rinde which couers it, and when you brake either, you shall doe it, as neere as you can, on a faire dry Sun shine day, obseruing to set forth your hempe and flaxe, and spread it thinne before the Sunne, that it may be as dry as tinder before it come to the brake; for if either in the lying close together it shall giue againe or sweate, or through the moystnesse of the ayre, or place where it lies receiues any dampishnesse, you must necessarily see it dried

The drying of  
Hempe or  
Flaxe.

sufficiently againe, or else it will neuer brake well, nor the bunne breake and part from the rinde in order as it should: therefore if the weather bee not seasonable, and your need much to vse your hempe or flaxe, you shall then spread it vpon your kilne, and making a soft fire vnder it, dry it vpon the same, and then brake it: yet for as much as this is oft times dangerous, and much hurt hath beene receiued thereby through casualty of fire, I would wish you to sticke foure stakes

in.

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

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

After your Hempe and Flaxe is brak't, you shall then Of swingle  
 hempe and  
 flaxe.  
 swingle it, which is vpon a swingle tree blocke made  
 of an halfe inch boord about foure foote above ground,  
 and set vpon a strong foote or stocke, that will not easi-  
 ly moue and stirre, as you may see in any *House-wines*

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

Vle of swingle-  
ree fl. st hurds.

Now after you haue swingled your Hempe and Flax ouer once, you shall take and shake vp the refuse stufte, which you beate from the same seuerally, and not onely it, but the tops and knots, and halfe brack't buns which fall from the brake also, and drying them againe cause them to be very well threshed with flayles, and then mixing them with the refuse which fell from the swingle tree, dresse them all well with threshing and shaking, till the bunnas be cleane driuen out of them; and then lay them in some safe drye place till occasion of vle: these are called swingle tree hurds, and that which comes from the hempe will make window cloth, and such like course stufte, and that which comes from the flaxe, being a little towed againe in a paire of wooll-cards, will make a course harding.

The second  
swingling.

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

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

After the second swingling of your Hempe, and that the hurds thereof haue bene layd by, you shall take the <sup>Of beating</sup> strikes, and diuiding them into dozens, or halfe dozens, make them vp into great thicke roles, and then as it were broaching them, or spitting them vpon long stickes, set them in the corner of some chemney, where they may receiue the heate of the fire, and there let them abide, till they be dried exceedingly, then take them, and laying them in a round trough made for the purpose, so many as may conueniently lye therein, and there with beetles beate them exceedingly, till they handle both without and within as soft and plyant as may be, without any hardnesse or roughnesse to be felt or perceiued; then take them from the trough, and open the roler, and diuide the strikes seuerally as at the first, and if any be insufficiently beaten, role them vp, and beate them ouer as before.

When your Hempe hath bene twice swingled, dried, <sup>Of heckling</sup> and beaten, you shall then bring it to the heckle, which <sup>hempe.</sup> instrument needeth no demonstration, because it is hardly vnknowne to any woman whatsoeuer: and the first heckle shall be course, open and wide toothed, because it is the first breaker or diuider of the same, and the layer of the strikes euen 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 hempe, and be sure to breake it very well and sufficiently thereupon, and saue both the hurds by themselves, and the strikes by themselves in severall places.

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

Dressing of  
Hempe more  
fine.

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

Of heckling  
flaxe.

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

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

To dresse Flaxe for the finest vse that may be, as to make faire Holland cloth of great price, or thread for the most curious purpose, a secret hitherto almost concealed from the best *House-wives* with vs; you shall take your Flaxe after it hath bene handled, as is before shewed, and laying three strikes together, plat them in a plat of three so hard and close together as it is possible, ioyning one to the end of another, till you haue platted so much as you thinke conuenient, and then begin another plat, and thus platte as many seuerall plats as you thinke will make a roule, like vnto one of your Hempe roules before spoke of, and then wreathing them hard together, make vp 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 beate them soundly; rather more then lesse then the hempe: and then open and vnplat it and diuide euery strike from other very carefully; then heckle it through a fine heckle then any formerly vsed: for of heckles there be euer three sorts, and this must be the finest: and in this heckling you must be exceeding carefull to doe it gently, lightly, and with good deliberation, least what you heckle from it should runne to knots, or other hardnes, as it is apt to doe: but being done artificially as it ought, you shall see it looke, and feele it handle like fine soft cotton, or Ierrie wooll; and this which thus looketh and feeleth, and falleth from the heckle, will notwithstanding make a pure linnen, and run at least two yards and a halfe in the pound; but the teare it selfe will make a perfect strong, and most fine holland, running at least fi. e yards in the pound.

The dressing  
of flaxe to the  
finest vse.

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

vpon

Of the spinning  
of hempe.

vpon wheele or rock, but the wheele is the swifter way, and the rocke maketh the finer thread; you shall draw your thread according to the nature of the teare, and as long as it is euen, it cannot be too small, but if it be vn-euen it will neuer make a durable cloth. Now for as much as euery Houf. wife is not able to spinne her owne teare in her owne house, you shall make choyce of the best Spinners you can heareof, and to them put forth your teare to spinne, waighing it before it goe, and waighing it after it is spun and dry, allowing waight for waight, os an ounce and a halfe for wast at the most: as for the prises for spinning, they are according to the natures of the countrie, the finenesse of the teare, and the dearenesse of prouisions: some spinning by the pound, some by the lay, and some by day, as the bargain shall be made.

Of reeling of  
yarne.

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



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

After thus your yarne is spunne and reeld, being in the slipping you shall scowre it: <sup>Of the scowring of yarne.</sup> Therefore first to fetch out the spots, you shall lay it in luke warme water, and let it lie so three or foure dayes, each day shifting it once, and wringing it out, and laying it in another water of the same nature; then carry it to a well or brooke, and there rinse it, till you see that nothing commeth from it, but pure cleane water; for whilst there is any filth within it, there will neuer be white cloth; which done take a bucking tub, and couer the bottome thereof with very fine Ashen-ashes: then opening your slippings, and spreading them, lay them on those ashes; <sup>Bucking yarne.</sup> then couer those slippings with ashes againe, then lay in more slippings, and couer them with ashes as before, and thus lay one vpon another, till all your yarne be laid in; then couer the vppermost yarne with a bucking cloth, and lay therein a pecke or two (according to the bignesse of the tub) of ashes more: then poure into all through the vppermost cloth so much warme water, till the tub can receiue no more; and so let it stand all night: the next morning, you shall set a kettle of cleane water on the fire; and when it is warme, you shall pull out the spigget of the bucking tubbe, and let the water therein runne into another cleane vessell, and as the bucking tubbe wasteth, so you shall fill it vp againe with the warme water on the fire, and as the water on the fire wasteth, so you shall fill it vp againe with the lie which commeth from the bucking tubbe, euer obseruinge to make the lie hotter and hotter till it seeth; and then when it so seeth, you shall as before apply it with boyling lie, at least foure houres together; which is called

Whitening of  
yarne.

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

Of winding  
yarne.

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

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

After your yarne is wound and waighed, you shall carry it to the Weauers, and warpe it as was before shewed for woollen cloth, knowing this, that if your Weauer be honest and skilfull he will make you good and perfect cloth of euen and euen, that is iust the same waight in weft that then was in warp; as for the action of weauing it selfe, it is the worke-mans occupation, and therefore to him I referre it.

Of warping  
and weauing.

After your cloth is wouen, and the web or webs come home, you shall first lay it to steepe in all points as you did your yarne, to fetch out the soyling and other filth which is gathered from the Weauer; then rinse it also as you did your yarne, then bucke it also in lie and ashes as before said, and rinse it, and then hauing loops fixt to the seluedge of the cloth spread it vpon the grasse, and stake it downe at the vtermost length and breadth, and as fast as it dries water it againe, but take heed you wet it not too much, for feare you mildew or rot it, neither cast water vpon it till you see it in manner drie, and be sure weekly to turne it first on one side, and then on the other, and at the end of the first weeke you shall bucke it as before in Lie and Ashes: againe then rinse it, spread it, and water it as before; then if you see it whtespace, you need not to giue it any more bucks with the ashes and the cloth mixt together: but then a couple of cleane buckes as was before shewed in the yarne) the next fortnight following; and then being whitened enough, dry vp the cloth, and vse it as occasion shall require; the best season for the same whitening being in *Aprill* and *May*. Now the courle and woist houl-wifes scoure and white their cloath with water  
and.

The scowring  
and whitening  
of Cloth.

and branne, and bucke it with lie and greene hemlocks: but as before I said, it is not good, neither would I haue it put in practise. And thus much for Wooll, Hempe, Flaxe, and Cloth of each severall substance.

CHAP. 6.

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

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

Of Kine

Bignesse of  
Kine.

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

Shape of Kine.

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

As

As touching the right breed of Kine through our nation, it generally affordeth very good ones, yet some countries doe farre exceed other countries; as *Cheffshire*, *Lancashire*, *Yorke-shire*, and *Darbie shire* for blacke Kine; *Glocester-shire*, *Somerset-shire*, and some part of *Wilt-shire* for red Kine, and *Lincolne-shire* pide Kine: and from the breeds of these Countries generally doe proceede the breeds of all other, howsoever dispersed ouer the whole Kingdome. Now for our *House-wifes* direction, shee shall choose her Dairy from any of the best breeds before named, according as her opinion and delight shall gouerne her, onely obseruing not to mixe her breeds of diuers kinds, but to haue all of one intire choice without variation, because it is vnprofitable; neither must you by any meanes haue your Bull a forrener from your Kine, but absolutely either of one country, or of one shape & colour: againe in the choice of your kine, you must looke diligently to the goodnes & fertility of the soile wherein you liue, & by all meanes buy no Kine from a place that is more fruitfull then your owne, but rather harder, for the latter will prosper & come on, the other wil decay & fal into disease; as the pissing of blood and such like, for which disease & all other you may find assured cures in the former booke, called *cheape & good*.

For the depth of milke in Kine ( which is the giuing of most milke ) being the maine of a *House-wifes* profit, shee shall be very carefull to haue that quallity in her beasts. Now those Kine are said to be deepest of milke, which are new bare; that is which haue but lately calued, and haue their milke deepe springing in their vdders, for at that time she giueth the most milke; and if the quantity then be not conuenient, doubtlesse the Cow cannot be said to be of deepe milch. and for the quantity

The breed of  
Kine.

Depth of milke  
in Kine.

Quantity of  
Milke.

quantity of milke, for a Cow to giue two gallons at a meale, is rare, and extraordinary; to giue a gallon and a halfe is much, and conuenient, and to giue but a gallon certaine is not to be found fault with: againe those Kine are said to be deepe of milke, which though they giue not so exceeding much milke as others, yet they giue a reasonable quantity, and giue it long as all the yeere through, whereas other Kine that giue more in quantity, will goe dry, being with calfe some three moneths, some two, and some one, but these will giue their vsual measure, euen the night before they calue, and therefore are said to bee Kine deepe of milke. Now for the retained opinion, that the Cow which goeth not dry at all, or very little, bringeth not foorth so good a Calfe as the other, because it wanteth much of the nourishment it should enioye, it is vaine and frivulous; for should the substance from whence the milke proceedeth conuert to the other intended nourishment, it would be so superabundant, that it would conuert either to disease or putrification: but letting these secret reasons passe, there be some kine which are so exceedingly full of milke, that they must be milkt at least thrice a day, at morning, noone, and euening, or else they will shed their milke, but it is a fault rather then a vertue, and proceedeth more from a laxatiuenesse or loosenesse of milke, then from any abundance; for I neuer saw those three meales yet equal the two meales of a good Cow, and therefore they are not truly called deepe of milke.

Of the gentl-  
-ness of Kine.

Touching the gentlenesse of kine, it is a vertue as fit to be expected as any other, for if she be not affable to the maide, gentle and willing to come to the paille, and patient to haue her duggs drawne without skittishnesse, striking or wildnesse, shee is vtterly unfit for the dayry.

As

As a Cow must be gentle to her milker, so shee must be kind in her owne nature; that is, apt to conceiue, and bring foorth, fruitfull to nourish, and louing to that which springs from her; for so she bringeth foorth a double profit; the one for the time present which is in the dairy; the other for the time to come; which is in the maintenance of the stocke, and vpholding of breed.

Of kindlinesse  
in Kine.

The best time for a Cow to calue in for the dairy, is in the latter end of *March*, and all *April*; for then grasse beginning to spring to its perfect goodnesse, will occasion the greatest increase of milke that may be: and one good early Cow will counteruaile two latter, yet the calues thus calued are not to be reared, but suffered to feed vpon their Dammes best milke, and then to be sold to the Butchers, and surely the profit will equall the charge; but those Calues which fall in *October*, *November*, or any time of the depth of winter may well be reared vp for breed, because the maine profit of the Dairy is then spent, and such breed will hold vp any calues which are calued in the prime daies, for they generally are subiect to the diseale of the Sturdy, which is dangerous and mortall.

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

The *House-wife* which onely hath respect to her Dairy, and for whose knowledge this discourse is written (for we haue shewed the *Grasier* his office in the *English Husband-man*) must reare her Calues vpon the finger with floten milke, and not suffer them to run with the dammes, the generall manner whereof, and the cure of all the diseases incident to them and all other cattell is fully declared in the booke called *Cheape and good*.

Roaring of  
Calues.

To proceed then to the geneall vse of Dairies, it consisteth first in the cattell (of which we haue spoken sufficiently) then in the houres of milking, the ordering

The generall  
vse of dairies.

The howers of  
milking.

Manner of  
Milking.

The ordering  
of milke.

of the milke, and the profits arising from the same.

The best and most commended howers for milking, are indeed but two in the day, that in the spring and summer time which is the best season for the dairy, is betwixt five and sixe in the morning, and sixe and seven a clocke in the evening: and although nice and curious *House-wives* wil haue a third houre betwixt them, as betweene twelue and one in the after-noon. yet the better experiens<sup>t</sup> doe not allow it, and say as I belecue, that two good meales of milke are better euer then three bad ones; also in the milking of a Cow, the woman must sit on the neere side of the Cow, she must gently at the first handle and stretch her dugges, and moysten them with milke that they may yeeld out the milke the better and with lesse paine: she shall not settle her selfe to milke, nor fixe her paille firme to the ground till she see the cowe stand sure and firme, but be ready vpon any motion of the Cow to saue her paille from ouerturning; when she seeth all things answerable to her desire, she shall then milke the cow boldly, & not leaue stretching and straining of her teats till not one drop of milke more will come from them; for the worst poyn<sup>t</sup> of *House-wifery* that can be, is to leaue a Cowe halfe milkt; for besides the losse of the milke, it is the onely way to make a cowe dry and vtterly vnprofitable for the Dairy: the milke-mayd whilst she is in milking, shall doe nothing rashly or suddenly about the cowe, which may affright or amase her, but as she came gently, so with all gentlenesse she shall depart.

Touching the well ordering of milke after it is come home to the Dairy, the maine point belongeth thereunto is the *House-wifes* cleanliness in the sweet and neate-keeping of the Dairy-houle; where not the least moate

of



of any filth may by any meanes appeare, but all things either to the eie or nose so void of sowernesse or stuttishnesse, that a Princes bed-chamber must not exceed it: to this must be added the sweete and delicate keeping of her milke vessels, whether they be of wood, earth or lead, the best of which is yet disputable with the best *House-wives*; onely this opinion is generally receiued, 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 Creame: but howsoeuer, any and all these must bee carefully scalded once a day, and set in the open ayre to sweeten, lest getting any taint of sowernesse into them, they corrupt the milke that shall be put therein.

Ordering of  
milke vessels

But to proceede to my purpose, after your milke is come home, you shall as it were straine it from all vn-cleane things, through a neate and sweete kept Syle-dish, the forme whereof euery *House-wife* knowes, and the bottome of this Syle, through which the milke must passe, shall bee covered with a very cleane washit fine linnen cloth, such an one as will not suffer the least mote or haire to go through it; you shall into euery vessell sy'e a pretty quantity of milke, according to the proportion of the vessell, the broader it is, and the shallower it is, the better it is, and yeeldeth euer the most creame, and keepeth the milke longest from sowing.

Sy'ling of  
Milke.

Now for the profit arising from milke, they are three of especiall account, as Butter, Cheese, and Milke, to be eaten either simple or compounded: as for Curds, sowre Milke, or Wigge, they come from secondary meanes, and therefore may not bee numbred with these.

Profits arising  
from milke.

For your Butter which onely proceedeth from the  
Of Butter,  
Creame,

Creame, which is the very heart and strength of Milke, it must be gathered very carefully, diligently, and painefully: And though cleanlinesse be such an ornament to a House-wife, that if shee want any part thereof, shee loseth both that and all good names else: yet in this action it must be more seriously imploied then in any other.

Of fleeting  
Creame:

To beginne then with the fleeting or gathering of your Creame from the Milke, you shall doe it in this manner: the Milke which you doe milke in the morning you shall with a fine thinne shallow dith made for the purpose, take of the Creame about five of the clocke in the euening; and the Milke which you did milke in the eurning, you shall fleete and take of the Creame aboute five of the clocke the next morning; and the creame so taken of, you shall put into a cleane sweete and well leaded earthen pot close covered, and set in a coole place: And this creame so gathered you shall not keepe aboue two daies in the Summer, and not aboue foure in the Winter, if you will haue the sweetest and best butter; and that your Dairy containe five Kine or more; but how many or few soeuer you keepe, you shal not by ny meanes preferue your Creame aboue three daies in Summer, and not aboue fixe in the Winter.

Of keeping  
Creame.

Of churning  
Butter and the  
daies.

Your Creame being neatly and sweet kept, you shall churme or churme it on those vsuall daies which are fittest either for your vse in the house, or the markets adioyning neere vnto you, according to the purpose for which you keepe your Dairy. Now the daies most accustomed held amongst ordinary *House wines*, are Tuesday and Friday: Tuesday in the afternoone, to serue Wednesday morning market, and Friday morning to serue Saturday-market; for Wednesday and Saturday are the most generall market daies of this Kingdome,

dome, and Wednesday, Friday, and Saturday, the vsual fasting dayes of the weeke; and so meetest for the vse of butter. Now for churning, take your creame and through a strong and cleane cloth straine it into the churme; and then couering the churme close, and setting it in a place fit for the action in which you are im- ploid (as in the Summer) in the coolest place of your dairy, and exceeding early in the morning, or very late in the euening, and in the Winter, in the warmest place of your dairy, and in the most temperate houres, as a- bout noone, or a little before or after, and so churme it, with swift strokes, marking the noise of the same which will be solid, heauy and intyre, vntill you heare it alter, and the sound is light, sharpe, and more spirity: and then you shall say that your butter breakes, which perceiued both by this sound, the lightnesse of the churme-staffe, and the sparkes and drops, which will appeare yellow a- bout the lippe of the churme, and clense with your hand both the lidde and inward sides of the churme, and ha- uing put all together, you shall couer the churme againe, and then with easie strokes round, and not to the bot- tome, gather the butter together into one intire lumpe and body, leauing no pieces thereof seuerall or vniou- ned.

Now for as much as there be many mischiefes and inconueniences which may happen to butter in the churning, because it is a body of much tenderesse, and neither will endure much heate, nor much cold: for if it be ouer-heated, it will looke white, crumble, and be bitter in taste; and if it be ouer-cold, it will not come at all, but make you wasté much labour in vaine, which faults to helpe, if you churme your buttet in the heate of Summer, it shall not be amisse, if during the time of your churning

The handling  
of butter.

Clenſing of  
butter.

Seasoning  
of butter.

churning you place your churne in a paille of cold water as deepe as your Creame riſeth in the churne; and in the churning thereof let your ſtroakes goe ſlow, and be ſure that your churne be cold when you put in your Creame: but if you churne in the coldeſt time of winter, you ſhall then put in your creame before the churne be cold, after it hath bene ſcalded; and you ſhall place it within the aire of the fire, and churne it with aſwift ſtroakes, and aſ faſt as may be, for the much labouring thereof will keepe it in a continual warmth, and thus you ſhall have your butter good; ſweete, and according to your wiſh. After your butter is churnd, or churnd and gathered well together in your churne, you ſhall then open your churne, and with both your hands gather it well together, and take it from the butter-milke, and put it into a very cleane boule of wood, or panſhion of earth ſweetned for the purpoſe, and if you intend to ſpend the butter ſweete and freſh, you ſhall have your boule or panſhion filled with very cleane water, and therein with your hand you ſhall worke the butter, turning and toſſing it to and fro, till you have by that labour beaten & waſht out all the butter-milke, & brought the butter to a firme ſubſtance of it ſelte, without any other moiſture: which done, you ſhall rake the butter from the water, and with the point of a knife ſcoch and ſlaſh the butter ouer and ouer euery way ſo thicke as is poſſible, leauing no part through which your knife muſt not paſſe; for this will clenſe and fetch out the ſmalleſt haire or mote, or ragge of a ſtrainer, and any other thing which by caſuall meanes may happen to fall into it.

After this you ſhall ſpread the butter in a boule thin, and take ſo much ſalt as you ſhall thinke conuenient, which muſt by no meanes be much for ſweete butter,

and

and sprinkle it thereupon; then with your hands worke the butter and the salt exceedingly well together, and then make it vp either into dishes, pounds, or halfe pounds at your pleasure.

If during the moneth of *May* before you salt your butter you saue a lumpe thereof, and put it into a vessell, and so set it into the Sun the space of that moneth, you shall finde it exceeding soueraigne and medicinable for wounds, straines, aches, and such like grieuances.

Of May  
butter.

Touching the poudring vp or potting of butter, you shall by no meanes as in fresh butter wash the butter milke out with water, but onely worke it cleere out with your hands: for water will make the butter rusty, or reesse; 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 deceiued in the weight: which done, you shall open the butter, and salt it very well and throughly, beating it in with your hand till it be generally disperst through the whole butter; then take cleane 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 couer the top thereof with salt so as no butter be seene: then closing vp 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 vp the pot, you shall then when you haue potted vp so much as you haue, couer it all ouer with salt and pot the next quantity vpon it till the pot be full.

Of powdering  
vp or potting  
of butter.

Now there be *Houswines* whose Dairies being great, can by no meanes conueniently haue their butter con-

Of great da-  
ries and their  
customs.

tained in pots; as in *Holland, Suffolke, Norfolke*, and such like, and therefore are first to take barrells very close and well made, and after they haue salted it well, they fill their barrells therewith; then they take a small sticke, cleane and sweete, and therewith make diuers holes downe thorough the butter, euen 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 skimn'd and cool'd; then powre it vpon the top of the butter till it swimme aboue the same, and so let it settle. Some vse 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 vp butter, obseruing to doe it in the coolest time of the morning: yet the most principall season of all is in the moneth of *May* onely: for then the aire is most temperate, and the butter will take salt the best, and the least subiect to reeing.

Vse of Butter-  
milke.

The best vse of buttermilke for the able *House wife*, is charitably to bestow it on the poore neighbours, whose wants doe dayly cry out for sustenance: and no doubt but she shall finde the profit thereof in a diuine place, as well as in her earthly businesse: But if her owne wants command her to vse it for her owne good, then she shall of her butter milke make curds, in this manner: she shall take her butter-milke and put it into a cleane earthen vessell, which is much larger then to receiue the butter-milke onely; and looking vnto the quantity thereof, she shall take as it were a third part so much new milke, and set it on the fire, and when it is ready to rise, take it off and let it coole a little: then powre it into the buttermilk in the same manner as you would:

Of Butter-  
milke Curds.

would make a posset, and hauing stirred it about, let it stand: then with a fine skummer, when you will vse the curds (for the longer it stands the better the curds will eate) take them vp into a cullander and let the whey drop well from it: and then eate them either with Creame, Ale, Wine, or Beere: as for the whey, you may keepe it also in a sweete stone vessell: for it is that which is called Whigge, and is an excellent coole drinke and <sup>Of Whigge:</sup> a wholesome; and may very well be drunke a summer through in sted of any other drinke, and without doubt will slake the thirst of any labouring man as well, if not better.

The next maine profit which ariseth from the Dairy <sup>Of Cheese.</sup> is cheese, of which there be diuerse kinds, as new milke, or morrow milke cheese, nettle cheese, floaten milke cheese, and eddish, or after-math-cheese, all which haue their seuerall orderings and compositions, as you shall perceiue by the discourse following: yet before I do begin to speake 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 giueth the perfect tast vnto the same.

The *Cheeselep-bag* or *Runnet*, which is the stomacke <sup>Of the Cheeselep-bagge or Runnet.</sup> bagge of a yong suckling calfe, which neuer tasted other food then milke, where the curd lieth vndigested. Of these bagges you shall in the beginning of the yeare prouide your selfe good store, and first open the bag and powre out into a cleane vessell the curd and thicke substance thereof; but the rest which is not curdled you shall put away: then open the curd and picke out of it all manner of 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 cleane from all

forts of moates as is possible; then lay it on a cleane cloth that the water may draine from it, which done, ley it in another dry vessell, then take a handfull or two of salt and rubbe the curd therewith exceedingly: then take your bagge and wash it also in diuerse cold waters till it be very cleane, and then put the curd and the salt vp into the bag, the bagge being also well rub'd within with salt: and so put it vp, and salt the outside also all ouer: and then close vp the pot close, and so keepe them a full yeare before you vse them. For touching the hanging of them vp in chimney corners (as course *House-wines* do) is fluttish, naught, and vnwholesome, and the spending of your runnet whilst it is new, makes your cheefe heaue and proue hollow.

Seasoning of  
the runnet.

When your runnet or earring is fit to be vsed, you shall season it after this manner; you shall take the bag you intend to vse, and opening it, put the curd into a stone mortar or a bowle, and with a wooden pestle or a roling pinne beate it exceedingly; then put to it the yelkes of two or three egges, and halfe a pint of the thickest and sweetest creame you can fleete from your milke, with a peny-worth of saffron finely dried and beaten to powder, together with a little Cloues and Mace, and stirre them all passing well together till they appeare but as one substance, and then put it vp in the bagge againe: then you shall make a very strong brine of water and salt, and in the same you shall boile a handfull or two of Saxifrage, and then when it is cold cleare it into a cleane earthen vessell; then take out of the bag halfe a dosen spoonfull of the former curd and mixe it with the brine, then closing the bagge vp againe close hang it within the brine, and in any case also steepe in your brine a few Wall-nut-tree leaues, and so keepe  
your



your runnet a fortnight after before you vse it; and in this manner dresse all your bagges so, as you may euer haue one ready after another, and the youngest a fortnight olde euer at the least, for that will make the earning quicke and sharpe, so that foure spoonefuls thereof will suffice for the gathering and seasoning of at least twe'ue gallons of milke, and this is the choylest and best earning which can possible be made by any *Housewife*.

To make a new milke or morning milke Cheefe, which is the best cheefe made ordinarily in our Kingdome; you shall take your milke early in the morning as it comes from the Cow, and syle it into a cleane tubbe, then take all the creame also from the milke you milke the euening before, and straine it into your new milke: then take a pretty quantity of cleane water, and hauing made it scalding hot, poure it into the milke also to scald the creame and it together, then let it stand, and coole it with a dish til it be no more then lukewarme; then go to the pot where your earning bags hangs, and draw from thence so much of the earning without stirring of the bag, as will serue for your proportion of milke, & straine it therein very carefully; for if the least mote of the curd of the earning fal into the cheefe, it will make the cheefe rot and mould, when your earnings is put in you shall couer the milke, and so let it stand halfe an howre or thereabouts; 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 curde together, passing and turning it about diuersly: which done, with the flat palmes of your hands very gently presse the curde downe into the bottome of the tubbe, then with

To make a new  
Milke cheefe  
compound.

a thinne dish take the whey from it as cleane as you can, and so hauing prepared your Cheese-fat answerable to the proportion of your curd with both your hands ioyned together, put your curd therein and breake it and presse it down hard into the fat till you haue fild it; then lay vpon the top of the curd your flat Cheese-boord, and a little small weight thereupon, that the whey may drop from it into the vnder vessell; when it hath done dropping, take a large Cheese-cloth, and hauing wet it in the cold water, lay it on the Cheese-boord, and then turne the Cheese vpon it; then lay the cloth into the Cheese-fat: and so put the Cheese therein againe, and with a thin slice thrust the same downe close on euery side: then laying the cloth also ouer the top to lay on the Cheese-boord, and so carry it to your great presse, and there presse it vnder a sufficient waight: after it hath bene there prest halfe an houre, you shall take it and turne it into a dry cloth, and put it into the presse againe, and thus you shall turne it into dry cloaths at least fiue or sixe times in the first day, and euer put it vnder the presse againe, not taking it there from, till the next day in the euening at soonest, & the last time it is turned, you shall turne it into the dry fat without any cloth at all.

When it is prest sufficiently and taken from the fat, you shall then lay it in a kinnell, and rub it first on the one side, and then on the other with salt, and so let it lie all that night, then the next morning, you shall doe the like againe, and so turne it vpon the brine, which comes from the salt two or three dayes or more, according to the bignesse of the Cheese, and then lay it vpon a faire table or shelve to drie, forgetting not euery day once to rubbe it all ouer with a cleane cloth, and then to turne it, till such time that it be thoroughly drie, and fit to goe  
into

into the Cheese hecke: ad in this manner of drying you must obserue to lay it first where it may dry hastily, and after where it may dry at more leysure: thus may you make the best and most principall cheese.

Now if you will make Cheese of two meales, as your mornings new milke, and the euenings Creame, mi ke and all you shall doe but the same formerly rehearsed.

A Cheese of two meales.

And if you will make a simple morrow milke Cheese, which is all of newe milke and nothing else; you shall then doe as is before declared, onely you shall put in your earning so soone as the milke is fild (it it haue any warmth int) and not scald it: but if the warmth be lost you shall put it into a kettle and giue it the ayre of the fire.

Cheese of one meale.

If you will haue a very dainty nettle Cheese, which is the finest summer cheese which can bee eaten; you shall doe in all things as was formerly taught in the new milke cheese compound; Onely you shall put the curde into a very thinne cheese-fat, not aboue halfe an inch or a litle better deepe at the most, and then when you come to dry them assoone as it is drained from the brine, you shall lay it vpon fresh nettles and couer it all ouer with the same; and so lying where they may feele the ayre, let them ripen therein, obseruing to renew your nettles once in two danes, and euery time you renewe them, to turne the cheese or cheeses, and to gather your Nettles as much without stalkes as may be, and to make the bed both vnder and aloft as smooth as may be, for the more euen and fewer wrinkles that your cheese hath, the more dainty is your *House-wife* accounted.

Of Nettle Cheese.

If you will make floaten milke cheese, which is the courtest of all cheeses, you shall take some of the milke and

Of floaten-milke Cheese.

and heate it vpon the fire to warme all the rest : but if it be so sowre that you dare not aduenture the warming of it for feare of breaking , then you shall heate water, and with it warme it ; then put in your earning as before shewed , and gather it, presse it, salt it, and dry it as you did all other Cheeses.

Of eddish  
Cheese.

Touching your eddish Cheese or winter Cheese, there is not any difference betwixt it and your summer Cheese touching the making thereof onely, because the season of the yeere denieth a kindly drying or hardning thereof, it differeth much in taste, and will be soft alwaies; and of these eddish Cheeses you may make as many kinds as of summer Cheeses, as of one meale, two meales, or of milke that is floaten.

Of Whey and  
the profits.

When you haue made your Cheese, you shall then haue care of the Whey, whose generall vse differeth not from that of butter-milke, for either you shall preferue it to bestow on the poore, because it is a good drinke for the labouring man, or keepe it to make curds out of it, or lastly to nourish and bring vp your swine.

Of Whey  
curds.

If you will make curds of your best Whey, you shall set it vpon the fire, and being ready to boyle, you shall put into it a pretty quantity of butter-milke, and then as you see the Curds arising vp to the top of the Whey, with a skummer skim them off, and put them into a Cullender, and then put in more butter-milke, and thus doe whilst you can see any Curds arise; then the Whey being drained cleane from them; put them into a cleane vessell, and so serue them forth as occasion shall serue.

## CHAP. 7.

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



**T**is most requisite and fit that our *Houswife* be experienced and well practised in the well making of Malt, both for the necessary and continuall vse thereof, as also for the generall profit which accrueth and ariseth to the *Husband, Houswife*, and the whole family: for as from it is made the drinke, by which the household is nourished and sustained, so to the fruitfull husbandman ( who is the master of rich ground, and much tillage ) it is an excellent merchandize, & a commodite of so great trade, that not alone especiall Townes and Countie are maintained thereby, but also the whole Kingdom, and diuers others of our neighboring Nations. This office or place of knowledge belongeth particularly to the *Houswife*; and though we haue many excellent Men-malsters, yet it is properly the worke and care of the woman, for it is a house-worke, and done altogether within doores, where generally lieth her charge; the Man only ought to bring in, and to provide the graine, and excuse her from portage or too heauy burthens, but for the Art of making the Malt, & the severall labours appertaining to the same, euen from the Fat to the Kilne, it is onely the worke of the *Houswife* and the Maid-seruants to her appertaining.

To begin then with the first knowledge of our Malster, it consisteth in the election and choise of graine fit to make Malt on, of which there are indeed truely but two kinds, that is to say, Barley, which is of all other

Election of  
of Corne  
for Malt.

other the most excellent for this purpose; and Oates, which when Barly is scant or wanting, maketh also a good and sufficient Malt: and though the drinke which is drawne from it be neither so much in the quantity, so strong in the substance, nor yet so pleasant in the taste, yet is the drinke very good and tolerable, and nourishing enough for any reasonable creature. Now I doe not deny, but there may be made Malt of Wheate, Pease, Lupins, Fetches & such like, yet it is with vs of no retained custome, nor is the drinke simply drawne or extracted from those graines, either wholesome or pleasant, but strong and fulsome; therefore I thinke it not fit to spend any time in treating of the same. To speake then of the election of Barly, you shall vnderstand that there be diuers kinds thereof, according to the alteration of soyles, some being big, some little, some full, some empty, some white, some browne, and some yellow: but I will reduce all these into three kinds, that is, into the Clay-Barly, the Sand-Barly, and the Barly which groweth on the mixt soyle. Now the best Barly to make Malt on, both for yeelding the greatest quantity of matter, and making the strongest, best and most wholesome drinke, is the Clay-Barly well drest, being cleane Corne of it selfe, without weede or Oates, white of colour, full in substance, and sweete in taste: that which groweth on the mixt grounds is the next; for though it be subiect to some Oates and some Weedes: yet being painefully and carefully drest, it is a faire and a bould corne, great and full; and though somewhat browner then the former, yet it is of a faire and cleane complexion. The last and worst graine for this purpose is the Sand-Barly, for although it be seldome or neuer mixt with Oates, yet if the tillage be not painefully and cunningly handled,  
it

it is much subiect to weedes of diuerse kinds, as tares, fetches, and such like, which drinke vp the liquor in the brewing, and make the yeeld or quantity thereof very little and vnprofitable: besides, the graine naturally of it selfe hath a yellow, withered, empty huske, thicke and vnfurnished of meale, so that the drinke drawne from it can neither be so much, so strong, so good, nor so pleasant; so that to conclude, the cleane Clay-barley is best for profit in the sale drinke for strength and long lasting.

The Barley in the mixt grounds will serue well for households and families: and the sandy barley for the poore, and in such places where better is not to be gotten. And these are to be knowne of euery *Husband* or *House-wife*: the first by his whitnesse, greatnesse and fu'nesse: the second by his brownnesse, and the third by his yellownesse, with a darke browne nether ende, and the emprinesse and thicknesse of the huske (and in this election of Barley) you shall note, that if you finde in it any wild oates; it is a signe of a rich clay-ground, but ill husbanded, yet the malt made thereof is not much amisse, for both the wilde oate and the perfit oate giue a pleasant sharpe relish to the drinke, if the quantity be not too much, which is euermore to be respected. And to conclude this matter of election, great care must be had of both *Husband* and *House-wife*, that the barley cholen for malt, be exceeding sweete, both in smell and taste, and very cleane drest: for any corruption maketh the malt loathsome, and the foule dressing affordeth much losse.

After the stillfull election of graine for malt, the *House wife* is to looke to the situation, goodnesse and apt accommodation of the Malt-house; for in that con-

Of the Malt-  
house, and the  
situation.

fiſteth both much of the ſkill, and much of the profit: for the generall ſituation of the houſe, it wou'd (as neere as can be) ſtand vpon firme dry ground, hauing proſpect euery way, with open windowes and lights to let in the Wind, Sunne, and Ayre, which way the Maſter pleaſeth, both to coole and comfort the graine at pleaſure, and alſo cloſe-ſhuts or draw-windowes to neepe out the Froſts and Stormes, which are the onely lets and hinderances for making the malt good and perfect, for the modell or forme of theſe houſes, ſome are made round, with a court in the middle, ſome long, and ſome ſquare, but the round is the beſt, and the leaſt laborious; for the Ceſternes or Fats being placed (as it were) at the head, or beginning of the circle, and the pompe or well (but the pompe is beſt) being cloſe adioyning, or at leaſt by conueyance of troughes made as vſefull as if it were neere adioyning, the Corne being ſteeped, may with one perſons labour and a ſhouell, be caſt from the fat, or ceſterne to the flowre and there coucht; then when the couch is broken it may in the turning either with the hand or the ſhouell, be carried in ſuch a circular houſe round about from one flowre to another, till it come to the kilne, which wou'd alſo be placed next ouer againſt the pompe and ceſternes, and all contained vnder one rooffe; and thus you may empty ſleeping after ſleeping, and carrie them with one perſons labour from flowre to flowre, till all the flowres be ſild: in which circular motion you ſhall finde, that euer that which was firſt ſteeped, ſhall firſt come to the Kilne, and ſo conſequently one after another in ſuch ſort as they were ſteeped; and your worke may eue more be conſtant, and your flowres at no time empty but

at.



at your owne pleasure, and all the labour done onely with the hand and shouell, without carrying or recarrying, or lifting heauie burthens, is both troublesome and offerſiue, and not without much losse, because in such cases euer some graine scattereth.

Now ouer against the Kilne-hole or Furnace ( which is euermore intended to bee on the ground ) should a conuenient place be made to pile the fuell for the Kilne, whether it bee Strawe, Bracken, Furres, Wood, Coale, or other fewell; but sweete Straw is of all other the best and neatest. Now it is intended that this mault-houte may be made two Stories in height, but no higher: ouer your Cesternes shall be made the Garners wherein to keepe your Barley before it be steeped: in the bottomes of these Garners, standing directly ouer the Cesternes, shall bee conuenient holes made to open and shut at pleasure, through which shall runne downe the Barley into the Cesterne. Over the bed of the Kilne can bee nothing but the place for the Haire-cloth, and a spacious roofe open euery way, that the smoake may haue free passage, and with the least ayre bee carried from the Kilne, which maketh the malte sweete and pleasant. Ouer that place where the fewell is piled, and is next of all to the bed of the Kilne, would likewise bee other spacious Garners made, some to receiue the Malte assoone as it is dried with the Come and Kilne-dust, in which it may lye to mellow and ripen, and others to receiue the Malt after it is skreened and drest vp; for to let it bee too long in the Come, as about three moneths at longest, will make it both corrupt, and breede Weeuels and other Wormes, which are the greatest destroyers of malt that may be. And these garners should be so conueniently

niently plac't before the front of the Kilne-bed, that either with the shouell or a small scuttle you may cast, or carrie the malt once dryed into the Garners. For the other part of the flowers, they may be imployed as the ground-flowers are for the receiuing of the malt when it comes from the cesterne: and in this manner, and with these accommodations you may fashion any malt-house either round, long, square, or of what proportion soeuer, as either your estate, or the conuenience of the ground you haue to build on shall administer.

Of Malt-flowers.

Next to the cite or proportion of the ground, you shall haue a principall care for the making of your malt-flowers, in which (all the custome, and the nature of the soile binds many times a man to sundry inconueniences, and that a man must necessarily build according to the matter he hath to build withal, from whence ariseth the many diuersities of malt-flowers) yet you shall vnderstand, that the generall best malt-flowre, both for Summer and Winter, and all seasons, is the caue or vaulted arch which is hewed out of a drye and mayne greetie rocke, for it is both warme in Winter, coole in Summer, and generally comfortable in all seasons of the yeare whatsoeuer. For it is to be noted, that all be *House-wiues* do giue ouer the making of malt in the extreame heate of Summer, it is not because the malt is worse that is made in Summer then that which is made in winter, but because the flowres are more vnseasonable, and that the Sunne getting a power into such open places, maketh the graine which is steeped to sproute and come so swifly, that it cannot indure to take time on the flowre, and get the right seasoning which belongeth to the same: whereas these kind of vaults being dry, and as it were coucht vnder

vnder the ground, not onely keepeth out the Sunne in Summer, which maketh the Malt come much too fast, but also defendeth it from frosts and colde bitter blastes in sharpe Winters, which will not suffer it to come, or sproute at all; or if parte doe come and sproute, as that which lyeth in the heart of the bed; yet the vpper partes and outside by meanes of extreame colde cannot sproute: but being againe dryed, hath his first hardnesse, and is one and the same with rawe Barley; for euery *House-wife* must knowe, that if malt do not come as it were altogether, and at an instant, and not one come more then another, the malt must needes be very much imperfect: The next flower to the Caue, or drye sandy Rocke, is the flower which is made of earth, or a stiffe strong binding Claye well watered, and mixt with Horse-dung, and Soape-ashes, beaten and wrought together, till it come to one solide firmenesse; this Flower is a very warme comfortable Flower in the Winter season, and will helpe the graine to come and sproute exceedingly, and with the helpe of windowes to let in the colde ayre, and to shut out the violent reflection of the Sunne, will serue very conueniently for the making of malt, for nine monethes in the yeare, that is to say, from *September* till the ende of *May*; but for *June*, *Iuly*, and *August*, to imploye it to that purpose, will breede 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 layde, and well leuelled; the imperfection of the plaster flower is onely the extreame coldnesse thereof, which in frosty and cold seasons, so bindeth in the heart of the graine,

that it cannot sproute, for which cause it behooueth euery Maltster that is compelled to these Flowers, to looke well into the seasons of the yeere, and when hee findeth either the Frostes, Northerne blasts, or other nipping stormes to rage too violently, then to make his first couches or beds, when the graine commeth newly out of the Cesterne, much thicker and rounder then otherwise hee would doe; and as the colde abateth, or the corne increaseth in sprouting, so to make couches or beds thinner and thinner, for the thicker and closer the graine is coucht and layde together, the warmer it lyeth; and so catching heate, the sooner it sprouteth, and the thinner it lyeth the cooler it is, and so much the slower in sprouting. This flowre, if the windowes be close, and guard of the Sunne sufficiently, will (if necessity compell) serue for the making of Malt ten moneths in the yeare, onely in *Iuly* and *August* which containe the Dogge-dayes, it would not be employed, not in the time of any Frost, without great care and circumspection.

Againe, there is in this flowre another fault, which is a naturall casting out of dust, which much sullieth the graine, and being dried, makes it looke dun and foule, which is much disparagement to the Maltster; therefore she must haue great care that when the malt is taken away, to sweepe and keepe her flowers as cleane and neate as may be. The last and worst is the boarded flower, of what kind soeuer it be, by reason of the too much heate thereof, and yet of boarded flowers the Oken boarded is the coolest and longest lasting; the Elme or Beech is next; then the Ashe, and the worst (though it bee the fairest to the eye) is the Firre, for it hath in it selfe (by reason of the Frankensence and

Turpen-

Turpentine which it holdeth ) a naturall heate, which mixed with the violence of the Sunne in the Summer-time, forceth the graine not onely to sproute, but to grow in the couch, which is much losse, and a foule im-  
**P**ERATION. Now these boarded flowers can hardly be in use for aboue five moneths at the most, that is to say, *October, Nouember, December, Ianuary* and *February*: for the rest, the Sunne hath too much strength, and these boarded flowers too much warmth; and therefore in the coolest times it is good to obserue to make the couches thinne, whereby the ayre may passe thorough the corne, and so coole it, that it may sproute at leasure.

Now for any other flower besides these <sup>Imperfect</sup> ~~alreadie~~ <sup>Flowers.</sup> named, there is not any good to malt vpon; for the common flowre which is of naturall earth, whether it be Claye, Sand or Grauell, if it haue no mixture at all with it more then it owne nature, by oft treading vpon it, groweth to gather the nature of saltnesse or Salt-peter into it, which not onely giueth an ill taste to the graine that is layde vpon the same, but also his moysture and moldinesse, which in the moyst times of the yeare arise from the ground, it often corrupteth and putrifieeth the corne. The rough paped flowre by reason of the vneuenesse, is vsfit to malt on, because the graine getting into the crannies, doth there lye, and are not remoued or turned vp and downe as they should be with the hand, but many times is so fixed to the ground, it sprouteth and groweth vp into a greene blade, affording much losse and hinderance to the owner.

The smooth paped flowre, or any flowre of stone whatsoeuer, is full as ill; for euery one of them naturally against much wet or change of weather, will

sweate and distill forth such abundant moisture, that the Malt lying vpon the same, can neither dry kindly and expell the former moisture receined in the cesterne, but also by that ouer much moisture many times rotte h, and comes to altogether vselesse. Lastly, for the flower made of Lime and Haire, it is as ill as any formerly spoken of, both in respect of the nature of the Lime, whose heate and sharpnes is a maine enemy to Malt, or any moist corne, as also in respect of the weaknes and britlenes of the substance thereof, being apt to molder and fall in pieces with the lightest treating on the same, and that lime and dust once mixing with the corne, it doth so poison and suffocate it, that it can neither sprout, nor turne seruiceable for any vse.

Of the Kilne  
and the building thereof.

Next vnto the Malt-flowers, our Malster shall haue a great care in the framing and fashioning of the Kilne, of which there are sundry sorts of moddles, as the ancient forme which was in times past vsed of our fore-fathers, being onely made in a square proportion at the top with small splints or rafters, ioyned within foure inches one of another going from a maine beame crossing the mid part of that great square: then is this great square from the top, with good and sufficient studds to be drawne sloopewise narrower and narrower, till it come to the ground, so that the harth or lowest part thereof may be not about a sixth part to the great square aboue, 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 Kilns doe not hold any certaine quantity in the vpper square, but may euer be according to the frame of the house, some being thirty foot each way, some twenty, and some eighteene. There be other Kilnes which are made after  
this

this manner open and slope, but they are round of proportion, but both these kind of Kilnes haue one fault, which is danger of fire; for lying euery 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 euery part about the harth any thing that may take fire, or foreseeing that no strawes which doe belong to the bedding of the Kilne do hang downe, or are loose, whereby the fire may take hold of them, it is very possible that the Kilne may be set on fire, to the great losse and often vndoing of the owner.

Which to preuent, and that the Malster may haue The perfect Kilne. better assurance and comfort in her labour, there is a Kilne now of generall vse in this Kingdome, which is called a French Kilne, being framed of a Bricke, Ashler, or other fire-stone, according to the nature of the soyle in which *Husbands* and *Hous w. ues* liue: and this French Kilne is euer safe and secure from fire, and whether the Malster wake or sleepe, 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 discolour it, as many times it doth in open Kilnes, where the Malt is as it were, couered all ouer, and euen 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 modell whereof, I will not here stand to entreat, because they are now so generally frequent amongst vs, that not a Mason or Carpenter in the whole Kingdome but can build the same; so that to vse more words thereof were tediousnesse to little purpose. Now there is another kind of  
Kilne

Kilne which I haue seene ( and but in the West-country onely) which for the profitable quaintnesse thereof, I tooke some especiall note of, and that was a Kilne made at the end of a Kitchin Raunge or Chimney, being in shape round, and made of Bricke, with a little hollownesse narrowed by degrees, into which came from the bottome and midst of the Kitchin-chimney a hollow tunnell or vault, like the tunnell of a Chimny, and ran directly on the backe-side, the hood or backe of the Kitchin-chimney; then in the midst of the Chimney, where the greatch strength of the fire was made, was a square hole made of about a foote and a halfe euery way, with an Iron thicke plate to draw to and fro, opening and closing the hole at pleasure; and this hole doth open onely into that tunnell which went to the Kilne, so that the Malt being once laid, and spread vpon the Kilne, draw away the Iron plate, and the ordinary fire with which you dresse your meate, and performe other necessary businesse, is suckt vp into this tunnell, and so conuaieth the heate to the Kilne, where it drieth the Malt with as great perfection, as any Kilne I saw in my life, and needeth neither attendance or other ceremony more, then once in five or fixe houres to turne the Malt, and take it away when it is dried sufficiently: for it is here to be noted, that how great or violent focuer the fire be which is in the Chimney, yet by reason of the passage, and the quantity thereof, it carrieth no more but a moderate heate to the Kilne; and for the smoke, it is so carried away in other loope-holes which runne from the hollownesse betweene the tunnell and the Malt-bed, that no Malt in the world can possibly be sweeter, or more delicately coloured: onely the fault of these Kilns are, that they  
are



are but little in compasse, and so cannot dry much at a time, as not aboue a quarter or ten strike at the most in one drying, and therefore are no more but for a mans owne particular vse, and for the furnishing of one settled family; but so applied, they exceede all the Kilnes that I haue seene whatsoeuer.

When our Malster hath thus perfited the Malt-house and Kilne, then next looke to the well bedding of the Kilne, which is diuersly done according to mens diuers opinions; for some vse one thing, and some another, as the necessity of the place, or mens particular profits draw them.

*Bedding of  
the Kilne.*

But first to shewe you what the bedding of a Kilne is, you shall vnderstand, that it is a thinne couering laid vpon the open rafters, which are next vnto the heate of the fire; being made either so thinne or so open, that the smallest heate may passe thorow it, and come to the corne: this bed must be laid so euen and leuell as may be, and not thicker in one place then another, least the Malt die too fast where it is thinnest, and too slowly where it is thicke, and so in the taste seeme to bee of two seuerall dryings: it must also be made of such stufte, as hauing receiued heate, it will long continue the same, and be an assistant to the fire in drying the corne: it should also haue in it no moyst or dankish propertie, least at the first receiuing of the fire, it send out a stinking smoke, and so taint the malt: nor should it be of any rough or sharpe substance, because vpon 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 vpon the cloth, should the bed be of any such roughnesse, it would soone weare out the haire-cloth, which would be both  
losse

losse and ill *House-wifery*, which is carefully to be chewed.

But now for the matter or substance whereof this bidding should be made, the best, neatest, and sweetest, is cleane long Rye straw, with the eares onely cut off, and the ends layd euen together, not one longer then another, and so spread vpon the rafter of the Kilne as euen and thinne as may be, and layd as it were straw by straw in a iust proportion, where skill and industry may make it thin or thicke at pleasure, as but the thickenesse of one straw, or of two, three, foure or five, as shall seeme to your iudgement most conuenient, and then this, there can be nothing more euen, more drye, sweete, or open to let in the heate at your pleasure: and although in the olde open Kilnes it be subiect to danger of fire, by reason of the quickenesse to receiue the flame, yet in the *French* Kilnes (before mentioned) it is a most safe bedding, for not any fire can come neere vnto it. There bee others which bed the Kilne with Mat; and it is not much to bee misliked, if the Mat be made of Rye-straw sowed, and wouen together according to the manner of the Indian Mats, or those vluall thinne Bent Mats, which you shall commonly see in the Summer time, standing in Husbandmens Chimneyes, where one bent or straw is layde by another, and so wouen together with a good strong packe-thread: but these Mats according to the olde Prouerbe (More cost more Worshippe) for they are chargeable to bee bought, and very troublesome in the making, and in the wearing will not outlast one of the former loose beddings; for if one thread or stitch breake, immediately most in that rowe will followe: onely it is most certaine, that during the  
time

time it lasteth it is both good, necessary and handsome. But if the matt be made either of Bulrushes, Flaggs, or any other thicke substance (as for the most part they are) then it is not so good a bedding, both because the thicknesse keepeth out the heate, and is long before it can be warmed; as also in that it euer being cold, naturally of it selfe draweth into it a certaine moysture, which with the first heate being expelled in smoke, doth much offend and breed ill taste in the malt. There be others that bed the Kilne with a kinde of matt made of broad thinne splints of wood wrought checker-wise one into another, and it hath the same faults which the thicke matt hath; for it is long in catching the heate, and will euer smoke at the first warming, and that smoke will the malt smell on euer after; for the smoke of wood is euer more sharpe and piercing then any other smoke whatsoever. Besides this wooden matt, after it hath once bedded the Kilne, it can hardly afterward bee taken vp or remoued; for by continuall heate, being brought to such an extreame drienesse, it vpon any occasion either to mend the Kilne, or cleanse the Kilne, or doe other necessary labour vnderneath the bedding, you shall take vp the wooden matt, it would presently cracke and fall to pieces; and be no more seruiceable. There be others which bed the Kilne with a bedding made all of wickers, of small wands foulded one into another like a hurdle, or such like wand worke; but it is made very open, euery 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, onely the smoke is offensive, and the roughnesse without great care vsed,  
will

will soone weare out your haire-cloth: yet in such places where straw is not to be got or spared, and that you are compelled onely to vse wood for your fuell in drying your Malt, I allow this bedding before any other, for it is very good, strong and long-lasting: besides, it may be taken vp & set by at pleasure, so that you may sweepe and cleanse your Kilne as oft as occasion shall serue; and in the neate and fine keeping of the Kilne, doth consist much of the *House-wives Art*; for to be choakt either with dust, durt, soote or ashes, as it shewes sluttishnesse and sloth, the onely great imputations hanging ouer a *House-wife*, so they likewise hinder the labour, and make the malt dry a great deale worse, and more vnkindly.

Of fuell for the  
drying of  
Malt.

Next the bedding of the Kilne, our Malster by all meanes must haue an especiall care with what fuell shee dryeth the Malt; for commonly according to that it euer receiueth and keepeth the taste, if by some especiall Art in the Kilne that anouance be not taken away. To speake then of Fewels in generall, they are of diuers kinds according to the natures of loyles, and the accommodation of places in which men liue; yet the best and most principall fewell for the Kilnes (both for sweetnesse, gentle heate, and perfect drying) is either good Wheate-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 giueth more blaze then heate, it is last of these white straws to be chosen; & where any of these faile, or are scarce, you may take the stubble or after-crop

of them, when the vpper part is shorne away; which being well dried and housed, is as good as any of the rest already spoken of, and lesse chargeable, because it is not fit for any better purpose as to make fodder, meature, or such like, of more then ordinary thatching, and so fittest for this purpose. Next to these white strawes, your long Fenne-rushes, being very exceedingly well withered and dried, and all the sappie moysture gotten out of them, and so either safely housed or stacked, are the best fuell: for they make a very substantiall fire, and much lasting, neither are apt to much blazing, nor the smoke so sharpe or violent but may very well be endured: where all these are wanting, you may take the straw of Pease, Fetches, Lupins, or Tares, any of which will serue, yet the smoke is apt to taint, and the fire without p[re]uention drieth too suddenly and swiftly. Next to these is cleane Beane-straw, or straw mixt of Beanes and Pease together; but this must be handled with great discretion, for the substance containeth so much heate, that it will rather burne then drie, if it be not moderated, and the smoke is also much offensiue. Next to this beane-straw is your Furrs, Gorse, Whinnes, or small Bush-wood, which differeth not much from Beane-straw, onely the smoke is much sharper, and tainteth the Malt with a much stronger sauour. To these I may adde Braken or Braks, Ling, Heath, or Biome, all which may serue in time of necessity, but each one of them haue this fault, that they adde to the Malt an ill taste or sauour. After these I place Wood of all sorts, for each is alike noysome, and if the smoke which cometh from it touch the Malt, the intell[ig]ence cannot be recovered; from whence amongst the best *Husbands* haue sprung this opinion,  
that

that when at any time drinke is ill tasted, they say straight, it was made of Wood-dried Malt. And thus you see the generality of fuels, their vertues, fau'ts, and how they are, to be imployed. Now for Coale of all kinds, Turfe or Peate, they are not by any meanes to be vsed vnder Kilnes, except where the furnaces are so subtilly made, that the smoke is conuaid a quite contrary way, and neuer commeth neere the Malt; in that case it skuleth not what fuell you vse, so it be durable and cheape. it is fit for the purpose, onely great regard must be had to the gentlenesse of the fire; for as the old Prouerb is (Soft fire makes sweet Malt) so too rash and hasty a fire scorcheth and burneth it, which is called amongst Malsters Firefangd; and such Malt is good for little or no purpose: therefore to keepe a temperate and true fire, is the onely Art of a most skilfull Maltster.

When the Kilne is thus made and furnished of all necessaries duely belonging to the same, our malsters next care shall bee to the fashioning and making of the Garnets, Hutches, or Holds in which both the malt after it is dried, and the Barley before it be steeped, is to be kept and preserued; and these Garners or Safes for Corne are made of diuers fashions, and diuers 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 haue their seuerall faults; for Wood of all kinds breedeth Weeuell and Wormes which destroy the Graine, and is indeed much too hot: for although malt would euer be kept passing drie, yet neuer so little ouer-plus of heate withers it, and takes away the vertue; for as moysture rots and corrupts it, so heate takes away and decayeth

decayeth the substance. Bricke, because it is layde with Lime, is altogether vnwholesome, for the Lime being apt at change of weather to sweate, moysteneth the graine, and so tainteth it, and in the driest seasons with the sharpe hot taste, doth fully as much offend it: those which are made of Stone are much more noy-some, both in respect of the reasons before rehearsed, as also in that all Stone of it selfe will sweate, and so more and more corrupteth the graine which is harboured in it. Lime and haire being of the same nature, carrieth the same offences, and is in the like sort to be eschewed. Now for mud, clay, or loame, in as much as they must necessarily be mixed with wood, because otherwise of themselves they cannot knit or binde together, and besides, that the clay or loame must be mixt either with chopt hey, chopt straw, or chopt Litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences against mice, but easie to be wrought through, and so very vnprofitable for any *Husband* or *House-wife* to vse. Besides, they are much too hot, and beeing either in a close house neere the kilne, or the backe or face of any other Chimney, they drye the corne too sore, and make it dwindle and wither, so that it neither filleth the bushell, nor enricheth the liquor, but turnes to losse euery way. The best Garner then that can bee made both for safety and profite, is to be made either of broken tile-shread, or broken bricke, cunningly and euen layd, & bound together with Plaster of Paris, or our ordinary *English* Plaster, or burnt *Alabaster*, and then couered all ouer both within and without, in the bottome and on euery side, at least three fingers thicke with the same Plaster, so as no bricke or tyle-shread may by

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any meanes bee seene, or come neere to touch the Corne; and these Garners you may make as bigge, or as little as you please, according to the frame of your house, or places of most conuenience for the purpose, which indeed would euer be as neere the Kilne as may be, that the ayre of the fire in the dayes of drying may come vnto the same, or else neere the backes or sides of Chemneyes, where the ayre thereof may correct the extreame 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 sweate, or take moysture but by some violent extremity, neither will any worme or vermine come neere it, because the great coldnesse thereof is a mortall enemy to their natures, and so the safest and longest these Garners of plaster keepe all kinde of Graine and Pulse in the best perfection.

The making  
of cesterne.

After these Garners, Hutches, or large Keeperes for Corne are perfited and made, and fitly adioyned to the Kilne, the next thing that our Maulster hath to looke vnto, is the framing of the Fatts or Cesterne, in which the Corne is to be steeped, and they are of two sorts, that is, either of Coopers worke, being great Fatts of wood, or else of Masons worke, being Cesterne made of stone; but the Cesterne of stone is much the better, for besides that these great Fatts of Wood are very chargeable and costly (as a Fatte to containe foure quarters of graine, which is but two and thirty bushels, cannot be affoorded vnder twenty shillings) so likewise they are very casuall and apt to mischaunce and spilling; for and besides their ordinary wearing, if in the heate of Summer they be neuer

so



so little neglected without water, and suffered to be ouer-drye, it is tenne to one but in the Winter they will bee ready to fall in peeces; and if they bee kept moyst, yet if the water bee not oft shifted and preserved sweete, the Fatte will soone taynt, and being once growne faultie, it is not onely irrecoverable, but also whatsoever commeth to be steeped in it after, will be sure to haue the same saour, besides the wearing and breaking of Garthes and Plugges, the binding, cleansing, sweetning, and a whole world of other troubles and charges doe so dayly attend them, that the benefite is a great deale short of the incumbrance; whereas the Stone Cesterne is euer ready and vlesfull, without any vexation at all, and being once well and sufficiently made, will not neede trouble or reparation (more then ordinary washing) scarce in a hundred yeares.

Now the best way of making these Mault-cesternes, is to make the bottomes and sides of good tyle-shreads, fixed together with the best Lime and Sand; and the bottome shall bee raised at least a foote and a halfe higher then the ground, and at one corner in the bottome a fine artificiaill round hole must be made, which being outwardly stopt, the malster may through it drayne the Cesterne drye when shee pleaseth, and the bottome must bee so artificiaillly leueld and contriued, that the water may haue a true descent to that hole, and not any remaine behind when it is opened.

Now when the modell is thus made of tile-shread, which you may do great or little at your pleasure, then with Lime, Haire, and Beasts blood mixed together, you shall cover the bottome at least two inches thicke, laying it leuell and plaine, as is before shewed: which

done, you shall also couer all the sides and toppe, both within and without with the same matter, at least a good fingers thicknesse, and the maine Wall of the whole cesterne shall bee a full foote in thicknesse, as well for strength and dureablesse, as other priuate reasons for the holding the graine and water, whose poysse and weight might otherwise indanger a weaker substance. And thus much concerning the Malt-house, and those seuerall accommodations which doe belong vnto 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 haue referred to the conclusion of this Chapter, because whosoever is ignorant in any of the things before spoken of, cannot by any meanes euer attaine to the perfection of most true and most thrifty malt making: To beginne then with this Art of making, or (as some tearme it) melting of malt, you shall first (hauing proportioned the quantity you meane to steepe, which should euer be answerable to the continent of your Cesterne, and your Cesterne to your slowies) let it either runne downe from your vpper Garner into the Cesterne, or otherwise be carried into your Cesterne, as you shall please, or your occasions desire, and this Barley would by all meanes be very cleane, and neatly drest; then when your Cesterne is filled, you shall from your Pumpe or Well conuey the water into the cesterne, till all the corne be drencht, and that the water floate aboue it: if there be any corne that will not flake, you shall with your hand stirre it about, and wet it, and so let it rest and couer the cesterne, and thus for the space of three nights you shall let the Corne sleepe in the water. After the third night is expired,

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the next morning you shall come to the Cesterne, and plucke out the plug or bung-sticke which stoppeth the hole in the bottome of the Cesterne, and so draine the water cleane from the Corne, and this water you shall by all meanes saue, for much light Corne and others will come forth with this draine-water, which is very good Swines meate, and may not bee lost by any good *House-wife*. Then hauing drained it, you shall let the cesterne drop all that day, and in the euening with your shouell you shall empty the corne from the cesterne vnto the malt-flowre, and when all is out, and the cesterne cleansed, you shall lay all the wet corne on a great heape round or long, and flat on the toppe; and the thickeesse of this heape shall be answerable to the season of the yeare; for if the weather be extreame cold, then the heape shall be made very thicke, as three or foure foote, or more, according to the quantity of the graine: but if the weather be temperate and warme, then shall the heape be made thinner, as two foote, a foote and a halfe, or one foote, according to the quantity of the graine. And this heape is called of Malsters a Couch or Bed of raw Malt.

In this couch you shall let the corne lye three nights more without stirring, and after the expiration of the three nights, you shall looke vpon it, and if you find that it beginneth but to sproute (which is called coming of malt) though it be neuer so little, as but the very white ende of the sproute peeping out (so it bee in the outward part of the heape or couch) you shall then breake open the couch, and in the midst (where the Corne laye neerest) you shall finde the sproute or Come of a greater largenesse; then with your shouell you shall turne all the outward part of the couch in-

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ward,

w r l, and the inward outward, and make it at least three  
 o- foure times as bigge as it was at the first, and so let it  
 lye all that day and night, and the next day you shall  
 with your shouell turne the whole heape ouer againe,  
 increasing the largeness, and making it of one indiffe-  
 rent thickenesse ouer all the flowre; that is to say, not a-  
 boue a handfull thicke at the most, not failing after for  
 the space of foureteene dayes, which doth make vp  
 full in all three weekes, to turne it all ouer twice or  
 thrice a day according to the season of the weather, for  
 if it be warme, the malt must be turned oftner; if coole,  
 then it may lye looser- thicker and longer together; and  
 when the three weekes is fully accomplisht, then you  
 shall ( hauing bedded your Kilne, and spread a cleane  
 hayre-cloth thereon ) lay the malte as thinne as may be  
 ( as about three fingers thickenesse ) vpon the haire-  
 cloth, and so drye it with a gentle and soft fire, euer  
 and anon turning the mault ( as it drieth on the Kilne )  
 ouer and ouer with your hand, till you finde it suffi-  
 ciently well dryed, which you shall know both by the  
 taste when you bite it in your mouth, and also by the  
 falling off of the Come or sprout, when it is through-  
 ly dryed. Now assoone as you see the come beginne  
 to shed, you shall in the turning of the mault rubbe it  
 well betweene your hands, and scower it, to make  
 the come fall away, then finding it all sufficiently dri-  
 ed, first put out your fire, then let the malt coole vpon  
 the Kilne for foure or fise howres, and after raising vp  
 the foure corners of the haire-cloth, and gathering  
 the mault together on a heape, empty it with the  
 come and all into your garners, and there let it lye ( if  
 you haue not present occasion to v e it ) for a moneth  
 or two or three to ripen, but no longer, for as the

The drying of  
 Mault.

come

come or dust of the Kilne, for such a space melloweth and ripeneth the malt, making it better both for sale or expence, so to lye too long in it doth ingender Weeuell, Wormes, and vermine which doe destroye the graine.

Now for the dressing and cleensing of malt at such time as it is either to be spent in the house, or solde in the market, you shall first winnow it with a good wind either from the ayre, or from the fan; and before the winnowing you shall rubbe it exceeding well betweene your hands to get the come or sprourings cleane away: for the beauty and goodnesse of malt is when it is most Imug, cleane, bright, and likest to Barley in the viewe, for then there is least wast and greatest profit: for come and dust drinketh vp the liquor, and giues an ill taste to the drinke. After it is well rubd and winnowed, you shall then see it ouer in a fine siue, and if any of the malt be vnclensed, then rub it againe in the siue till it be pure, and the rubbings will arise on the top of the siue, which you may cast off at pleasure, and both those rubbings from the siue and the chaffe and dust which commeth from the winnowings should be safe kept, for they are very good Swines meate, and feede well mixt either with whay or swillings: and thus after the malt is reed, you shall either sacke it vp for especiall vse, or put it into a well clensed Garner, where it may lye till there be occasion for expence.

The dressing  
of Malt.

Now there bee certaine obseruations in the making of Malt, which I may by no meanes omit: for though diuerse opinions doe diuersly argue them, yet as neere as I can, I will reconcile them to that truth, which is most conlonant to reason, and the rule of honesty and equalitie.

Observations  
in the making  
of Malt.

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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 to the time of drying; for some will allow both Fat and Flowre hardly a fortnight, some a fortnight and two or three dayes, and doe giue this reason; first, they say it makes the Corne looke whiter and brighter, and doth not get so much the sulling and foulness of the flower, as that which lieth three weekes, which makes it a great deale more beautifull and so more sallable: next, it doth not come or shooe out so much sprout, as that which lieth a longer time, and so preferueth more heart in the graine, makes it bould and fuller, and so consequently more full of substance, and able to make more of a little, then the other much of more; and these reasons are good in shew, but not in substantiall truth: for (although I confesse that Corne which lieth least time of the flowre must be the whitest and brightest) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection, and lesse then three weekes cannot ripen barley: for looke what time it hath to swell and sprout, it must haue full that time to flourish, and as much time to decay: now in lesse then a weeke it cannot doe the first, and so in a weeke the second, and in another weeke the third; so that in lesse then three weekes a man cannot make perfect Malt. Againe, I confesse, that Malt which hath the least Come, must haue the greatest kernell, and so be most substantiall; yet the Malt which putteth not out his full sprout, but hath that moysture (with too much haste) driuen in which should be expelled, can neuer be Malt of any long lasting, or profitable for indurance, because it hath so much moist substance

as doth make it both apt to corrupt and breed wormes in most great abundance: it is most true, that this hastie made Malt is fairest to the eye, and will soonest be vented in the Market; and being spent as soone as it is bought, little or no losse is to be perceiued, yet if it be kept three or foure moneths, or longer (vlesse the place where it is kept be like a Hot-house) it will so danke and giue againe, that it will be little better then raw Malt, and so good for no seruice without a second drying: besides, Malt that is not suffred to sprout to the full kindly, but is stopt as soone as it begins to peepe, much of that Malt cannot come at all, for the moystest graines doe sprout first, and the hardest are longer in breaking the husk; now if you stop the graine on the first sprouts, and not giue all leasure to come one after another, you shall haue halfe Malt and halfe Barley, and that is good for nothing but Hens and Hogs trough. So that to conclude, lesse then three weekes you cannot haue to make good and perfect Malt.

Next there is a difference in the turning of the malt, for some (and those be the most men Malsters whatsoever) turne all their malt with the shoue'l, and say it is most easie, most speedy, and dispatcheth more in an houre, then any other way doth in three; and it is very true, yet it scattereth much, leaueth much behind vnturn'd, and commonly that which was vndermost, it leaueth vndermost still, and so by some comming too much, and others not comming at all, the malt is oft much imperfect, and the old saying made good, that too much haste, maketh waste. Now there are others (and they are for the most part woemen Malsters) which turne all with the hand, and that is the best, safest, and most certaine way; for there is not a graine which the  
hand

hand doth not remoue and turne ouer and ouer, and laies euery feuerall heape or row of such an euen and iust thicknesse, that the Malt both equally commeth, and equally seasoneth together without defect or alteration: and though he that hath much Malt to make, will be willing to hearken to the swiftest course in making, yet he that will make the best Malt, must take such conuenient leasure, and imploy that labour which commeth neerest to perfection.

Then there is another especiall care to be had in the coming or sprouting of Malt, which is, that as it must not come too little, so it must not by any means come too much, for that is the grossest abuse that may be: and that which we call comed or sprouted too much is, when either by negligence for want of looking to the couch, and not opening of it, or for want of turning when the malt is spread on the flowre it come or sprout at both ends, which *Husbands* call *Akerspyerd*; such corne by reason the whole heart or substance is driuen out of it, can be good for no purpose but the Swine-trough, and therefore you must haue an especiall care both to the well tending of the couch, and the turning the malt on the flowre, and be sure (as neere as you can by the ordering of the couch, and happing the hardest graine inward and warmest) to make it all Come very indifferently together. Now if it so fall out that you buy your Barley, and happen to light on mixt graine, some being old Corne, some new Corne, some of the heart of the stacke, and some of the stadle, which is an ordinary deceit with *Husbandmen* in the Market, then you may be well assured, that this graine can neuer Come or sprout equally together; for the new Corne will sprout before the old, and the staddle before that



in the heart of the stacke, by reason the one exceedeth the other in moystnesse: therefore in this case you shall marke well which cometh first, which will be still in the heart of the Couch, and with your hand gather it by it selfe into a seperate place, and then heape the other together againe; and thus as it cometh and sprouteth, so gather it from the heape with your hand, and spread it on the flowre, and keepe the other still in a thicke heape till all be sprouted. Now lastly obserue, that if your Malt be hard to sprout or Come, and that the fault consist more in the bitter coldnes of the season, then any defect of the corne, that then (besides the thicke and close making of the heape or couch) you faile not to couer it ouer with some thicke woollen clothes, as course Couerlids, or such like stufte, the warmth whereof will make it Come presently: which once perceiued, then forthwith vnclath 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, which is a thing of generall vse in many parts of this Kingdome where Barley is scarce, as in *Chesheire*, *Lancasheire*, much of *Darbisheire*, *Deuonsheire*, *Cornwall*, and the like, the Art and skill is all one with that of Barley, nor is there any variation or change of worke, but one and the same order still to be obserued, onely by reason that Oates are more swift in sprouting, and apter to clutter, ball and hang together by the length of the sprout then Barley is, therefore you must not faile but turne them oftner then Barley, and in the turning be carefull to turne all, and not leaue any vnmoued. Lastly, they will need lesse of the flowre then Barley will, for in a full fortnight, or a fortnight and two or three

Of Oates  
Malt.

three dayes you may make very good and perfect Oat-malt. But because I haue a great deale more to speake particularly of Oates in the next Chapter, I will here conclude this, and aduise euery skilfull *House-wife* to ioyne with mine obseruations her owne tryed experience, and no doubt but shee shall find both profit and satisfaction.

CHAP. 6.

*Of the excellency of Oates, and the many singular vertues and vses of them in a family.*

**O**ATS although they are of all manner of graine the cheapest, because of their generality being a graine of that goodnesse and hardnesse, that it will grow in any soyle whatsoeuer, be it neuer so rich, or neuer so poore, as if Nature had made it the onely louing companion and true friend to mankind; yet is it a graine of that singularity for the multiplicity of vertues, and necessary vses for the sustenance and support of the Family, that not any other graine is to be compared with it, for if any other haue equall vertue, yet it hath not equall value, and if equall value, then it wants many degrees of equall vertue; so that ioyning vertue and value together, no *Husband*, *House-wife*, or *House-keeper* whatsoeuer, hath so true and worthy a friend, as his Oats are.

Vertue of  
Oates to  
Cattel.

To speake then first of the vertues of Oates, as they accrew to Cattel and creatures without doore, and first to begin with the Horse, there is not any food whatsoeuer that is so good, wholesome, and agreeable with the nature of a Horse, as Oates are, being a *Prouendar* in which he taketh such delight, that with it he feedeth,

feedeth, traualleth, and doth any violent labour whatsoever with more courage and comfort, then with any other food that can be inuented, as all men know, that haue either vse of it, or Horses: neither doth the Horse euer take surfeit of Oates, (if they be sweet and dry) for albe he may well be glutted or stalled vpon them (with indiscreet feeding) and so refuse them for a little time, yet he neuer surfeiteth, or any present sicknesse follow after; whereas no other graine but glut a Horse therewith, and instantly sicknesse will follow, which shewes surfeit, and the danger is oft incurable: for wee read in *Italy*, at the siege of *Naples*, of many hundred Horses that died on the surfeit of wheat; at *Rome* also dyed many hundred Horses of the plague, which by due prooffe was found to proceed from a surfeit taken of peason and fetches; and so I could runne ouer all other graines, but it is needlesse, and farre from the purpose I haue to handle: suffice it, Oates for Horses are the best of all foods whatsoever, whether they be but onely cleane thresht from the straw, and so dried, or conuerted to Oarmeal, and so ground and made into Bread, Oates boiyl'd and giuen to a Horse whilst they are coole and swete, are an excellent foode for any Horse in the time of disease, pouerty, or sicknesse, for they scower 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 feade either Oxe, Bull, Cow, or any Neate, whatsoever to an extraordinary height of fatnesse, there is no foode doth it so soone as Oates doth, whether you giue them in the straw, or cleane thresht from the sheafe, and well winnowed; but the winnowed Oate

is

as the best, for by them I haue seen an Oxe fed to twenty pound, to twenty foure pound, and thirty pounds, which is a most vnreasanable reckoning for any beast, onely fame and the tallow hath bene precious.

Sheepe or Goates may likewise be fed with Oates, to as great price and profit as with Pease, and Swine are fed with Oates, either in raw Malt, or otherwise, to as great thicknesse as with any graine whatsoeuer; onely they must haue a few Pease after the Oates to harden the fat, or else it will waste, and consume in boyling. Now for holding Swine, which are onely to be preferred in good flesh, nothing is better then a thin mange made of ground Oates, whey, Butter-milke, or other ordinary washe, or swillings, which either the Dairy, or Kitchin affoordeth; nor is there any more soueraigne or excellent meate for Swine in the time of sicknesse, then a mange made of ground Oates and sweet Whey, warmed luke-warme 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 meate so excellent for the feeding, and wholesome keeping of a Kenell of hounds, as the Mangge made of ground Oats and scalding water, or of beefe-broth, or any other broth, in which flesh hath bene sodden; if it be for the feeding, strengthening and comforting of Grey-hounds, Spaniels, or any other sort of tenderer Doggs, there is no meate better then sheepes-heads, haire and all, or other intralls of sheepe chopt and well sodden, with good store of Oate-meale.

Now for all manner of Poultry, as Cocks, Capons, Hens, Chickens of great size, Turkeys, Geese, Ducks, Swannes and such like, there is no food feedeth them better then Oates, and if it be the young breede of any  
of

of those kinds, euen from the first hatching or disclo-  
sing, till they be able to shift for themselves, there is  
no food better whatsoever then Oate-meale greets, or  
fine Oate-meale, either simple of it selfe, or else mixt  
with milke, drinke, or else new made Vrine.

Thus much touching the vertues and quality of  
Oates or Oate-meale; as they are seruiceable for the vse  
of Cattle and Poultry. Now for the most necessary  
vse thereof for man, and the geneall support of the fa-  
mily, there is no graine in our knowledge answerable  
vnto it; first for the simple Oate it selfe (excepting  
some particular physicke helpes, as frying them with  
sweet butter, and putting them in a bag, and very hot  
applied to the belly or stomacke to auoyde collicke or  
windinesse, and such like experiments) the most espe-  
ciall vse which is made of them is for Malt to make  
Beere or Ale of, which it doth exceeding well, and  
maintaineth many Townes and Countries; but the Oat-  
meale which is drawne from them, being the heart and  
kernell of the Oate, is a thing of much rarer price and  
estimation; for to speake troth, it is like Salt of such a  
generall vse, that without it hardly can any Family be  
maintained: therefore I thinke it not much amisse to  
speake a word or two touching the making of Oate-  
meale, you shall vnderstand then, that to make good  
and perfect Oat-meale, you shall first dry your Oates  
exceeding well; and then put them on the Mill, which  
may either be Water-mill, Wind-mill, or Horse-mill  
(but the horse-mill is best) and no more but crush or hull  
them; that is, to carry the stones so large, that they may  
no more but crush the husk from the Kernell: then you  
shall winnow the hulls from the kernells either with the  
wind or a Fanne, and finding them of an indifferent  
cleannesse

Vertue of  
Oates for  
man.

Making of  
Oate-meale.

cleannesse (for it is impossible to hull them all cleane at the first) you shall then put them on againe, and making the Mill goe a little closer, runne them through the Mill againe, and then winnow them ouer againe, and such greeces or kinnels as are cleane huld and well cut you may lay by, and the rest you shall run through the mill againe the third time, and so winnow them againe, in which time all will bee perfit, and the greeces or full kinnels will separate from the smaller Oate-meale; for you shall vnderstand, that at this first making of Oate meale, you shall euer haue two sorts of Oate-meales; that is, the full whole greece or kinnell, and the small dust Oate-meale: as for the course hulles or chaffe that commeth from them, that also is worthy sauing, for it is an excellent good Horse-pro-uender for any plow or labouring Horses, beeing mixt with either Beanes, Pease, or any other Pulse whatsoever.

The vertues of  
Oate-meale.

Now for the vse and vertues of these two severall kinds of Oate-meales in maintaining the Family, they are so many (according to the many customes of many Nations) that it is almost impossible to reckon all; yet (as neere as I can) I will impart my Knowledge, and what I haue tane from relation: First, for the small dust or meale Oate-meale, it is that with which all pottage is made and thickned, whether they be meate-pottage, milke-pottage, or any thicke or else thinne grewell whatsoever, of whose goodnesse and wholesomenesse it is needlesse to speake, in that it is frequent with euery experience: also with this small meale oate-meale is made in diuerse Countries six severall kinds of very good and wholesome bread, euery one finer then other, as your Anacks, Ianacks, and such like. Also there  
is

is made of it both thicke and thin Oaten-cakes, which are very pleasant in taste, and much esteemed: but if it be mixed with fine 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 haue them serued to his table; also this small oat-meale mixed with blood, and the Liuer of either Sheepe, Calfe or Swine, maketh that pudding which is called the Haggas or Haggus, of whose goodnesse it is in vaine to boatt, 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 clensing it; and then boiling it to a thicke and stiffe ielly, is made that excellēt dish of meate, which is so esteemed of in the west parts of this Kingdome, which they call *Wash brew*, and in *Chesheire* and *Lancasheire* they call it *Flamery* or *Flumery*, the whole comnesse and rare goodnesse, nay, the very Physicke helps thereof, being such and so many, that I my selfe haue heard a very reuerend and worthily renowned Physition speake more in the commendations of that meate, then of any other foode whatsoever: and certaine it is, that you shall not heare of any that euer did surfeite of this *Wash brew* or *Flammery*; and yet I haue seene them of very dainety and sickely stomackes which haue eaten great quantities thereof, beyond the proportion of ordinary meates. Now for the manner of eating this meate, it is of diuerse diuersly vled; for some eate 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 deriued from this *Wash brew* another courser meate,

R

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 meate, fit for servants and men of labour; of the commendations whereof, I will not much stand, in that it is a meate of harder digestion, and fit indeed but for strong able stomackes, and such whose toyle and much sweate both liberally spendeth cuill humors, and also preserveth men from the offence of fulnesse and surfeits.

Now for the bigger kind of Oate-meale, which is called *Greets*, or *Corne Oate-meale*, it is of no lesse vse then the former, nor are there fewer meates compounded thereof: for first, of these greets are made all sorts of puddings, or potts (as the West-countrie tearmes them) whether they be blacke, as those which are made of the blood of Beasts, Swine, Sheepe, Geese, Red or Fallow Deere, or the like, mixt with whole greetes, suet and wholesome hearbes: or else white, as when the greetes are mixt with good creame, egges, bread-crummes, suet, currants, and other wholesome spices. Also of these greets are made the good Friday pudding, which is mixt with egges, milke, suet, pennyroyall, and boyled first in a linnen bagge, and then stript and buttered with sweet butter. Againe, if you roast a goose, and stop her belly with whole greetes beaten together with egges, and after mixt with the grauy, there cannot be a better or more pleasanter sauce: nay, if a man be at sea in any long trauell, he cannot eat a more wholesome and pleasant meate then these whole greets boyled in water till they burst, and then mixt with butter, and so eaten with spoones; which although seamen call simply by the name of *Lobolly*, yet there is not any meate how significant (ofuer the name be, that



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

## CHAP. 8.

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



When our *English House-wife* knowes how to preserve health by wholesome Physicke, to nourish by good meate, and to cloath the body with warme garments, shee must not then by any meanes bee ignorant in the prouision of Bread and Drinke; shee must knowe both the proportions and compositions of the same. And for as much as drinke is in euery house more generally spent then bread, being indeede (but how well I know not) made the very substance of all entertainment; I will first beginne with it, and therefore you shall knowe that generally our Kingdome hath out two kindes of dringes, that is to say, Beere and

*Diuersities of  
Dringes.*

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

Strong  
Beere.

To speake then of Beere, although there be diuers kinds of tastes and strength thereof, according to the allowance of *Malt*, *Hoppes*, and age giuen vnto 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 deriued from them.

Of ordinary  
Beere.

Touching ordinary Beere, which is that where with either Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeere; it is meete first that our *English Housewife* respect the proportion or allowance of Malt due to the same, which amongst the best *Husbands* is thought most conuenient, and it is held, that to draw from one quarter of good Malt three Hogsheds of beere, is the best ordinary proportion that can be allowed, and hauing age and good caske to lie in, it will be strong enough for any good mans drinking.

Of brewing  
ordinary  
Beere.

Now for the brewing of ordinary Beere, your Malt being well ground and put in your Mash-fat, and your liquor in your leade ready to boyle, you shall then by little and little with scoopes or pailles put the boiling liquor to the Malt, and then stirre it euen to the bottome exceedingly well together (which is called the mashing of the Malt) then the liquor swimming in the top couer all ouer 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

in your lead for your second or small drinke; this done, plucke vp your mashing stroame, and let the first liquor runne gently from the malt, either in a cleane trough or other vessells prepared for the purpose, and then stopping the mash-fat againe, put the second liquor to the malt, and stirre it well together; then your leade being emptied put your first liquor or wort therein, and then to euery quarter of malt put a pound and a halfe of the best hopps you can get; and boyle them an houre together, till taking vp a dishfull thereof you see the hopps shrinke into the bottome of the dish; this done, put the wort through a straight siue which may draine the hopps from it into your cooler, which standing ouer the Guil-fat, you shall in the bottome thereof set a great bowle with your barme, and some of the first wort (before the hops come into it mixt together) that it may rise therein, and then let your wort drop or run gently into the dish with the barme which stands in the Guil-fat, & this you shall do the first day of your brewing, letting your cooler drop all the night following, and some part of the next morning, and as it droppeth if you finde that a blacke skumme or mother riseth vpon the barme, you shall with your hand take it off and cast it away, then nothing being left in the cooler, and the beere well risen, with your hand stirre it about & so let it stand an houre after, and then beating it and the barme exceeding well together, tunne it vp into the Hogsheads being cleane washt and scalded, and so let it purge: and herein you shall obserue not to tun your vessells too full, for feare thereby it purge too much of the barme away: when it hath purged a day and a night, you shall close vp the bung holes with clay, and oncly for a day or two after keepe a vent-hole in it, and after close it vp as close

as may be. Now for your second or small drinke which are left vpon the graine, you shall suffer it there to stay but an houre or a little better, and then draine it off also, which done put it into the lead with the former hops and boyle the other also, then cleere it from the hops and couer it very close till your first beere be tunna'd, and then as before put it also to barme and so tunne it vp also in smaller vessels, and of this second beere you shall not draw aboute one Hogshead to three of the better. Now there be diuers other waies and obseruations for the brewing of ordinary Beere, but none so good, so easie, so ready and quickly performed as this before shewed: neither will any beere last longer or ripen sooner, for it may be drunke at a fortnights age, and will last as long and liuely.

Of brewing  
the best March  
Beere.

Now for the brewing of the best March-Beere, you shall allow to a Hogshead thereof a quarter of the best malt, well ground: then you shall take a pecke of pease, halfe a pecke of Wheate, and halfe a pecke of Oates and grind them all very well together, and then mixe them with your malt: which done, you shall in all points brew this beere as you did the former ordinary beere: onely you shall allow a pound and a halfe of hops to this one Hogshead: and where as before you drew but two sorts of beere: so now you shall draw three: that is a Hogshead of the best, and a Hogshead of the second, and halfe a Hogshead of small beere without any augmentaion of hops or malt.

This March Beere would be brewd in the moneths of *March* or *Aprill*, and should (if it haue right) haue a whole yeere to ripen in: it will last two, three and foure yeeres if it lie coole and close, & endure the drawing to the last drop, though with neuer so much leasure.

Now

Now for the brewing of strong Ale, because it is drinke of no such long lasting as Beere is, therefore you shall brew lesse quantity at a time thereof, as two bushels of Northerne measure ( which is foure bushels or halfe a quarter in the South ) at a brewing, and not a-boue, which will make foureteene gallons of the best Ale. Now for the mashing and ordering of it in the mash-fat, it will not differ any thing from that of Beere; as for hops, although some vse not to put in any, yet the best Brewers thereof will allow to foureteene gallons of Ale a good espen full of hops, and no more, yet before you put in your hops, as soone as you take it from the graines, you shall put it into a vessell and change it, or blinke it in this manner: put into the Wort a handfull of Oke-bowes and a pewter-dish, and let them lye therein till the wort looke a little paler then it did at the first, and then presently take out the dish and the lease, and then boile it a full houre with the hops, as aforesayd, and then clense it, and set it in vessels to coole, when it is milke-warme, hauing set your Barme to rise with some sweete Wort: then put all into the guilfat, and as soone as it riseth, with a dish or bowle beate it in, and so keepe it with continuall beating a day and a night at least, and after tun it. From this Ale you may also draw halfe so much very good middle Ale, and a third part very good small ale.

Touching the brewing of Bottle-ale, it differeth nothing at all from the brewing of strong Ale, onely it must be drawne in a larger proportion, as at least twenty gallons of halfe a quarter; and when it comes to be changed, you shall blinke it ( as was before shewed ) more by much then was the strong Ale, for it must be pretty and sharpe, which giueth the life and quicknesse

Brewing of  
Strong Ale.Brewing of  
Bottle-Ale.

nesse to the Ale: and when you tunne it, you shall put it into round bottles with narrow mouthes, and then stopping them close with corke, set them in a cold sellar vp to the wast in sand, and be sure that the cokes be fast tied in with strong packe-thrid, for feare of rising out, or taking vent, which is the vtter spoyle of the Ale.

Now for the small drinke arising from this Bottle-ale, or any other beere or ale whatsoeuer, if you keepe it after it is blinckt and boyled in a close vessell, and then put it to barme euery morning as you haue occasion to vse it, the drinke will drinke a great deale the fresher, and be much more liuely in taste.

Of making  
perry or cider.

As for the making of Perry and Cider, which are drinks much vsed in the West parts, and other Countries well stored with fruit in this Kingdome; you shall know that your perry is made of peares onely, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to say, after your Peares and Apples are well pickt from the stalkes, rottenesse; and all manner of other filth; you shall put them in the presse-mill which is made with a mil-stone running round in a circle, vnder which you shall crush your peares or apples, and then straining them through a bagge of haire-cloth, tunne vp the same (after it hath bene a little setled) into Hog-heads, Barrels, and other close vessels.

Now after you haue prest all, you shall saue that which is within the haire-cloth bagge, and putting it into scuerall vessels; put a pretty quantity of water thereunto, and after it hath stood a day or two, and hath bene well stirred together, presse it ouer also againe, for this will make a small perry or cider, and must be  
spent

spent first. Now of your best sieder that which you make of your summer or sweete fruit, you shall call summer or sweete cider or perty, and that you shall spend first also; and that which you make of the winter and hard fruit, you shall call winter and sower cider, or perty; and that you may spend last, for it will indure the longest.

Thus after our *Engl. sh House-wife* is experienc't in Of Baking: the brewing of these severall drinckes, shee shall then looke into her Bake-house, and to the making of all sorts of bread, either for Maisters, seruants, or hinds, and to the ordering and compounding of the meale for each severall vse.

To speake then first of meales for bread, they are either simple or compound, simple, as Wheate and Rye, Ordering of Meale. or compound, as Rye and Wheate mixt together, or Rye, Wheate and Barley mixt together; and of these the oldest meale is ever the best, and yeeldeth most so it be sweet and vntainted, for the preservation whereof, it is meet that you cleanse your meale well from the bran, and then keepe it in sweet vessels.

Now for the baking of bread of your simple meales, Baking Men- chets. your best and principall bread is manchet, which you shall bake in this maner: First your meale being ground vpon the blacke 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 hollow in the midst, put into it of the best Ale-barme, the quantity of three pints to a bushell of meale, with some salt to season it with: then put in your liquor reasonable warme and kneade it very well together with both your hands and through the brake, or for want thereof, fold it in a cloth, and with  
your

your feete tread it a good space together, then letting it lie an houre or thereabouts to swell, take it forth and mold it into manchets, round, and flat, scotch them about the waste to giue it leaue to rise, and pricke it with your knife in the top, and so put it into the Ouen, and bake it with a gentle heate.

Baking cheate  
Bread.

To bake the best cheate bread, which is also simply of wheate onely, you shall after your meale is drest and boulded through a more course boulder then was vsed for your manchets, and put also into a cleane tub, trough, or kinnell, take a sowe leauen, that is, a piece of such like leauen saued from a former batch, and well filld with salt, and so laid vp to sower, and this sower leauen you shall breake into small pieces into warme water, and then straine it, which done, make a deepe hollow hole, as was before said in the midst of your flower, and therein powre your strained liquor; then with your hand mixe some part of the flower therewith, till the liquor be as thicke as pascake batter, then couer it all ouer with meale, and so let it lie all that night, the next morning stirre it, and all the rest of the meale we l together, and with a little more warme water, barme, and salt to season it with, bring it to a perfect leauen, stiffe, & firme; then knead it, breake it, and read it, as was before said in the manchets, and so mold it vp in reasonable bigge loaves, and then bake it with an indifferent good heate: and thus according to these two examples before shewed, you may breake leauend or vnleauend whatsoeuer, whether it be simple corne, as Wheate or Rie of it selfe, or compound graine as Wheate and Rie, or Wheate and Barley, or Rie and Barley, or any other mixt white corne; onely because Rie is a little stronger graine then Wheate, it shall be  
good



good for you to put your water a little hotter than you did to your wheate.

For your browne bread, or bread for your hinderuants, which is the coursest bread for mans vse, you shall take of barley two bushels, of pease two pecks, of Wheate or Rie a pecke, a pecke of malt; these you shall grind all together and dresse it through a meale sieue, then putting it into a sower trough set liquor on the fire, and when it boyles let one put on the water, and another with a mash rudder stirre some of the flower with it after it hath beene seasoned with salt, and so let it be till the next day, and then putting to the rest of the flower, worke it vp into stiffe leauen, then mould it and bake it into great loaves with a very strong heate: now if your trough be not sower enough to sower your leauen, then you shal either let it lie longer in the trough, or else take the helpe of a sower leauen with your boiling water: for you must vnderstand, that the hotter your liquor is, the lesse will the smell or ranknesse of the pease be receiued. And thus much for the baking of any kind of bread, which our *English House-wife* shall haue occasion to vse for the maintenance of her family.

Baking of  
b<sup>r</sup>owne  
bread

As for the generall obseruations to be respected in the Brew-house or Bake-house, they be these: first, that your Brew house be seated in so conuenient a part of the house, that the smoke may not annoy your other more priuate roomes; then that your furnace be made close and hollow for sauing fewell, and with a vent for the passage of smoake least it taint your liquor; then that you present a copper before a lead, next that your Mash-fat bee euer neere to your leade, your cooler neere to your Mash-fat, and your Gul-fat vnder

Generall ob-  
seruations in  
the brew-  
house and  
bake-house.

vnder your cooler, and adioyning to them all feuerall cleane tubs to receiue your worts and liquors: then in your Bake-house you shall haue a faire boulting house with large pipes to boulte meale in, faire troughes to lay leauen in, and sweet safes to receiue your bran: you shall haue boulders, searfes, raunges and meale siues of all sorts both fine and course; you shall haue faire tables to mould on, large ouens to brake in the soales thereof rather of one or two intire stones then of many bricke, and the mouth made narrow, square and easie to be close couered: as for your pceles, cole-rakes, maukins, and such like, though they be necessary yet they are of such generall vse they neede no further relation. And thus much for a full satisfaction to all the *Husbands* and *House-wives* of this Kingdome touching Brewing, Baking, and all whatsoeuer else appertaineth to either of their offices.

*The end of the English Housewife.*

**FINIS.**

