

WAY TO GET
WEALTH

MARKHAM

1625







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I MARKHAM (Gervase)

Cheape and good husbandry.

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4072 S.T.C. 338. Part only. pp - 179

II MARKHAM (Gervase)

Countray contentments

242

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S.T.C. 7343

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III MARKHAM (Gervase)

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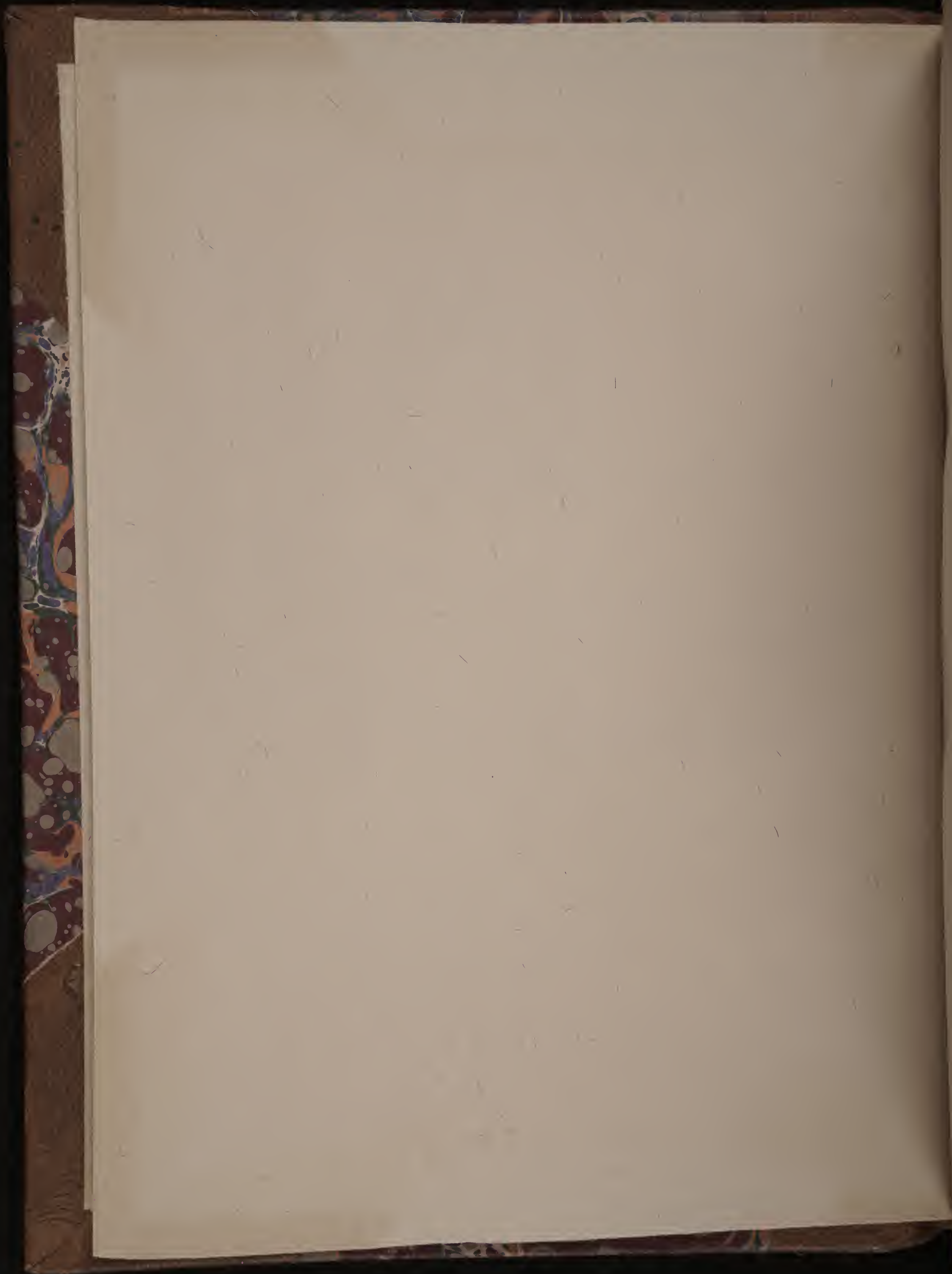
IV LAWSON (William)

A new orchard a garden.

London: J [awland] for R. Jackson. [1623]

S.T.C. 1530

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COVNTREY

Contentments,

OR

The English Husvife.

CONTAINING

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

*As her skill in Physicke, Surgerie, Extraction
of Oyles, Banqueting-stuffe, Ordering of great Feasts,
Preseruing of all sorts of Wines, Conceited Secrets,
Distillations, Perfumes, ordering of Wooll, Hempe, Flax,
making Cloth, Dying, the knowledge of Dayries,
office of Malting, Oats, their excellent vses
in a Family, Brewing, Baking, and all
other things belonging to
an Houshold.*

A Worke generally approued, and now much augmented, purged
and made most profitable and necessarie for all men, and De-
dicated to the Honour of the Noble House of Exceter,
and the generall good of this Kingdome.

By G. M.

Printed at London by I. B. for R. Jackson, and are to be sold at his shop
neere Fleet-strecte Conduitt. 1623.

THE HISTORY OF

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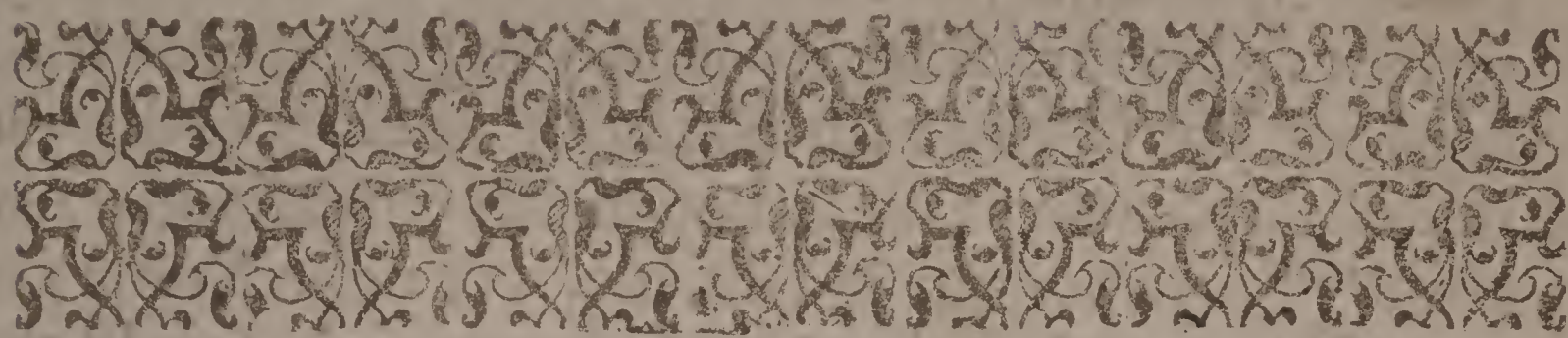
OF

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TO THE RIGHT
HONOVRABLE AND
MOST EXCELLENT
of all Ladies, FRANCES,
Countesse Dowager of
Exceter.



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 and serue you; and though it can adde nothing to your owne rare and vnparalleld 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 charitie. 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 Lady) that much of it was a Manuscript which many yeeres agon belonged to an Honourable Contesse, one of the greatest Glories of our Kingdome, and were the opinions of the greatest Physitions which then liued; which being now ap-

The Epistle Dedicatory.

proued by one not inferiour to any of that Profession, I was the rather imboldned to send it to your blessed hand, knowing you to be a Mistresse so full of Honourable pietie and goodnesse, that although this imperfit offer may come vnto you weake and disable, yet your Noble vertue 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, whilest my selfe 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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Country Contentments,

OR

The approued Booke called the
English Houf-wife.

Containing all the vertuous knowledges and ac-
tions both of minde and body, which ought to
bee in any compleat Houf-wife, of
what degree or calling
foeuer.

CHAP. I.

*Of the inward vertues of the minde which ought to be in euery
Houf-wife. And first of her generall knowledges both in Phi-
sicke and Surgerie, with plaine approued medicynes for
health of the House-hold, also the extraction of excellent
Oyles fit for those purposes.*

Having already in a summary briefenesse pas-
sed through those outward parts of husban-
dric which belong vnto the perfit Husband-
man, who is the father and master of the fa-
mily, and whose office and imployments are
euer for the most part abroad, or remoued from the house,
as in the field or yarde: It is now meete that we descend
in as orderly a method as wee can, to the office of our eng-
lish

liſh Houſ-wife, who is the mother and Miſtris of the family, and hath her moſt generall imployments within the houſe; where from the generall example of her vertues, and the moſt approued ſkill of her knowledges, thoſe of her family may both learne to ſerue God, and ſuſtaine man in that godly & profitable ſort which is required of euery true Chriſtian.

A Houſ-wife muſt be religious

Fiſt then to ſpeake of the inward vertues of her minde; ſhee ought, aboue 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 all her family to purſue 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 do not meane that herein ſhe ſhould vtter forth that violence of ſpirit which many of our (vainely accounted pure) women do, drawing a contempt vpon the ordinary Miniſtery, and thinking nothing lawful but the fantazies of their own inuentions, vſurping to themſelues a power of preaching and interpreting the holy word, to which only they ought to be but hearers and beleeuers, or at the moſt but moſt perſwaders, this is not the office either of good Houſ-wife or good woman. But let our english Houſ-wife be a godly, conſtant, and religious woman, learning from the worthy Preacher & her husband, thoſe good examples which ſhee ſhall with all carefull diligence ſee exerciſed amongſt her ſeruants.

In which praetiſe of hers, what particular rules are to be obſerued, I leaue her to learne of them who are profefſed Diuines, and haue purpoſely written of this argument; onely thus much will I ſay, which each ones experience will teach him to be true, that the more carefull the maſter and miſtris are to bring vp their ſeruants in the dayly exerciſes

cises of Religion toward God, the more faithfull they shall find them in all their busineses towards men, and procure Gods fauour the more plentifully on all the household: & 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 & holinesse of life, it is meete 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 bee directed, appearing euer vnto him pleasant, amiable and delightfull; and though occasion, mishaps, or the misgouernement of his will may induce her to contrarie thoughts, yet vertuously to suppress them, and with a milde 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 minde 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 dyet, both which she shall proportion according to the competency of her husbands estate & calling, making her circle raither straight 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 forts against the aduersaries of fortune, prouided that such preservation be honest and conscionable: for as lauish prodigality is brutish, so miserable couetousnesse is hellish. Let therefore the Hus-wifes garments be comely and strong, made as well to preferue the health, as adorne the person, altogether without toyish garnishes, or the glosse of light colours,

*Shee must
bee temperate.*

Of her garments.

Of her diet.

colours, and as farre from the vanity of new and fantaſtigne fashions, as neere to the comely imitations of modeſt Matrons; let her dyet be wholeſome and cleanly, prepared at due howers, and Cookt with care and diligence, let it be rather to ſatiſfie nature then our affections, and apter to kill hunger then reuiue new appetites, let it proceed more from the prouiſion of her owne yarde, then the furniture of the markets; and let it be rather eſteemed for the familiar acquaintance ſhe hath with it, then for the ſtrangeſſe and raritie it bringeth from other Countries.

Her generall vertues.

To conclude, our English Huſ-wife muſt bee of chaſt thought, ſtout courage, patient, vntyred, watchfull, 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 ſkilfull in the worthy knowledges which doe belong to her vocation, of all, or moſt part whereof I now intend to ſpeake more largely.

OF Her vertues in phisicke.

To begin then with one of the moſt principall vertues which doth belong to our English houſ-wife; you ſhall 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 ſhee haue a phisicall kinde of knowledge, how to adminiſter many wholeſome receits or medicines for the good of their healthes, as well to preuent the firſt occaſion of ſickneſſe, as to take away the effects and euill of the ſame when it hath made ſeazure on the body. Indeede we muſt confeſſe that the depth and ſecrets of this moſt excellent art of phisicke, is farre beyond the capacity of the moſt ſkilfull woman, as lodging onely in the breaſt of the larned Profeſſors, yet that our houſ-wife may from them receiue ſome ordinary rules, and medi-

cines

cines which may auaille for the benefit of her family, is (in our common experience) no derogation at all to that worthy Science: Neither do I intend heere to lead her minde with all the Symptomes, accidents, and effects which goe before or after euery sicknesse, as though I would haue her to assume the name of a Practitioner, but onely relate vnto her some approued medicines, and old doctrines which haue been gathered together, and deliuered by common 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-wife shall know those kinds thereof, which are most familiar & ordinary, as the *quotidian* or dayly ague, the *Tertian* or euery other day ague, the *quartan* or euery third dayes ague, the Pestilent, which keepeth no order in his fits, but is more dangerous and mortall: And lastly the accidentall feuer which proceedeth from the receit 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 surpass our Hus-wiues capacity.

*Of feuers
in generall.*

First then for the *quotidian* feuer, (whose fits alwaies last about twelue howers) 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 *Aquauiua*, and stirre it and the yoke very well together, & then as soone as you feele your cold fit begin to come vpon you, suppe vp the egge, and either labour till you sweate, or elle laying great store of cloathes vpon you, put your selfe in a sweat in your bed; and thus doe whilst your fits continue, and for your drinke let it be onely coole posset ale.

*Of the quo-
tidian.*

For a single *Tertian* feuer, or each other dayes ague; take a quart of posset ale, the curde being well drained from the

*Of the
single Ter-
tian.*

ſame, and put thereinto a good handfull of *Dandelion*, and then ſetting it vpon the fire, boyle it till a fourth part bee conſumed, then as ſoone as your cold fit beginneth, drinke a good draught thereof, & then either labour till you ſweat, or elſe force your ſelfe to ſweate in your bed, but labour is much the better, prouided that you take not cold after it, and thus doe whilſt your fits continue, and in all your ſickneſſe let your drinke bee poſſet ale thus boyled with the ſame herbe.

Of the accidental
Feuer.

For the accidental 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, & the party recouereth when the wound is well tended and comforted with ſuch ſouereigne balmes & hot oyles as are moſt fit to bee applyed to the member ſo grieued or iniured: therefore in this feuer you muſt reſpect the wound from whence the accident doth proceed, and it recouereth, ſo you ſhall ſee the feuer waſt and diminiſh.

Of the Feuer
hettick

For the *Hettrique* feuer, which is alſo a very dangerous ſickneſſe, you ſhall take the oyle of *Violets*, & mixe it with a good quantity of the powder of white *Poppy ſeed* finely ſearſt, and therewith annoynt the ſmall & raines of the parties backe, euening and morning, and it will not onely giue eaſe to the feuer, but alſo purge and cleaſe away the dry ſcalings which is ingendred either by this or any other feuer whatſoeuer.

For any
Feuer.

For any Feuer whatſoeuer, whoſe fit beginneth with a cold. Take a ſpoonefull and a halfe of *Dragon water*, a ſpoonefull of *Rosewater*, a ſpoonefull of running water, a ſpoonefull of *Aquavite*, and a ſpoonefull of *Vinegar*, halfe a ſpoonefull of *Mezridate* or leſſe, and beate all theſe well together, & let the partie drinke it before his fit beginne.

It is to bee vnderstood that al feuers of what kind soeuer *Of thirst* they bee, and these infectious diseases, as the Pestilence, *in Feuers,* plague and such like, are thought the inflammation of the blood, insuely much subiect to drought; so that, should the party drinke as 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: Wherefore, when any man is so ouerpressed with desire of drinke, you shall giue him at conuenient times, either posset ale made with cold hearbs; as sorrell purslen, violet leaues, lettice, spinage, and such like, or else a Iulip made as before said in the pestilent feuer, or some almond milke: and betwixt those times, because the vse of these drinckes will grow wearisome and lothsome to the patient, you shall suffer him to gargill 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; & then to take more, and thus to doe as oft as he pleaseth, till his mouth be cooled: prouided that by no meanes he suffer any of the drinke to goe downe, and this will much better asswage the heate of his thirst then if he drinke; and when appetite desireth drinke to goe downe, then let him take either his Iulip, or his almond milke.

To make a pultis to cure any sore, take elder leaues and *For any ague sore.* sceth them in milke, till they bee soft, then take them vp and straine them; and then boyle it againe til it be thicke, & so vse it to the sore as occasion shall serue.

For the *Quartaine* Feuer of third day ague, which is of all *For the quartaine Feuer.* feuers the lougest lasting, & many times dangerous, because many times consumptions, blacke iaundys, 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 bee couered with the Methridate; then

then bind it to the pulse of the sicke mans wrist of his arme about an houre before his fit doth beginne, & then let him goe to his bed made warme, and with hot cloathes laid to the soales of his feete, and store of cloathes laid vpon him, let him trie if he can force himselfe to sweate which if he do, then halfe an houre after he hath sweate, hee shall take hot posset ale brewed with a little Methridate, and drinke a good draught thereof, and rest till his fit bee passed ouer: but if he be hard to sweate, then with the said posset ale also you shall mix a few bruised any-seeds, and that will bring sweate vpon him: and thus you shall doe euery fit till they begin to cease, or that sweate come naturally of it owne accord, which is a true signe that the sicknesse decreaseth.

*To make
one sweat.*

*Of the
pestilent
Feuer.*

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 endife or succorie water, the sirrop of Violets, conserue of Barberries, and the iuice of Lymons, well mixed & simboliz'd together: Also you shall giue him to drinke Almond milke made with the dewition coole hearbs, as violet leaues, strawberrie leaues, french mallowes, pursline, and such like; and if the parties mouth shall through the heate of his stomacke, or liuer inflame or grow sore, you shall wash it with the syrop 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 costiuē, you shall giue him a suppositary made of honie, boild 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 honie is boild sufficiently; then put salt to it, and so powder it in water, and worke it into a roule in the manner of a suppositary, & so administer it, and it most assuredly bring-
eth

eth 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 drinckes, or hot spices, and then there is no doubt of his recouery.

To preferne your body from the infection of the plague, you shall take a quart of old ale, and after it hath risen vpon the fire and hath been scummed, you shall put thereinto of *Aristolochia longa*, of *Angelica* and of *Cellandine* of each halfe an handfull, and boyle them well therein; then straine the drinke through a cleane cloath, and dissolue therein a dram of the best *Methridate*, as much *Iuory* finely powdered and scarst, and sixe spoonefull of *Dragon water*, then put it vp in a close glasse; and euery morning fasting take fiue spoonefull thereof, and after bite and chaw in your mouth the dried root of *Angelica*, or smell on a nose-gay to the tasseld end of a ship rope, and they will surely preferue you from infection.

A preferua-
tine against
the plague.

But if you be infected with the plague, and feele the assured signes thereof, as paine in the head, drought, burning, weakenesse of stomack and such like: Then you shall take a dramme of the best *Methridate*, and dissolue it in three or foure spoonefull of *Dragon water*, and immediately drinke it off, and then with hot cloathes or bricke made extreame hot, and laid to the soales of your feet, after you haue been wrapt in woollen cloathes, cōpell the sicke person to sweat, which if he do, keepe him moderately therein till the sore begin to rise; then to the same apply a little Pigeon cut in two parts, or else a plaister made of the yolke of an egge, hony, herbe 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* vnto it vntill it be whole.

For infecti-
on of the
plague.

Take *Fetherfew*, *Maleselon*, *Scabyous*, and *Mugwort*, of each
alike

For the
Postilence

alike, bruise them and mixe them with old ale, and let the sicke drinke thereof sixe spoonfull at once, and it will expell the corruption.

Another.

Take *Yarrow*, *Tansy*, *Fetherſue*, of each a handfull, and bruise them well 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*, of *Rue*, *Bryer leaues*, of *Elder leaues*, of each an handfull, stampe them & straine them with a quart of white wine, and put thereto a little *Ginger*, and a good spoonfull of the best *Treakle*, & drinke thereof morning and euening.

To draw a plague botch to any place you will.

Take *Smalledge*, *Mallowes*, *Wormewood*, and *Rue*, stampe them well together, and fry them in *Oyle Olyue* till they bee thicke, plaisterwise them, apply it to the place where you would haue it rise, and let it lie till it breake, then to heale it vpp, take the iuyce of *Smalage*, *Wheate flower*, and *Milke*, and boyle them to a pultis, and apply it morning and euening till it be whole.

A cordyall for any infection at the heart.

Take of *Burrage*, *Langdebeefe*, and *Callamint*, of each a good handfull, of *Harts tonge*, *Red mynt*, *Violetts*, and *Marygolds*, of each halfe a handfull, boyle them in white wine, or faire running water, then add a penyworth of the best *Saffrone*, and as much *Sugar*, & boyle them ouer againe well, then straine it into an earthen pott, and drinke thereof morning and euening, to the quantitie of seauen spoonfulls.

Against too violent sweating.

Take *Lynt seed*, and *Lettuce*, and bruise it well then apply it to the stomacke and remoue it once in foure howers.

For the head-ach.

For the *Head-ach*, you shall take of *Rosewater*, of the iuyce of *Camomil*, of *worme milke*, of *strong wine vinegar* of each two spoonfull, mixe them together well vpon a chafing-dish of coales: then take a peece of drie rose cake and steepe it therein, and as soone as it hath drunke vp the liquor and is thoroughly hot, take a couple of sound *Nutmegs* grated to powder,

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 will in a short space be taken from him.

For *Frenzie* or inflammation of the calles of the braine, you shall cause the iuice of *Beets* to be with a surridge 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* leaue and *Lettice* hath been boyled, & it will suddainly bring him to a very temperate mildnesse, and make the passion of *Frenzie* forsake him.

For the
Frenzie.

For the *Lethargie* or extreame drowsinesse, you shall by all violent meanes either by noyse or other disturbances, force perforce keepe the party from sleeping; and whensoever he calleth for drinke, you shall giue him white wine and *Isop* water of each a little quantitie mixt together, and not suffer him to sleepe aboue foure houres in foure and twenty, till he come to his owne former wakefulnesse, which as soone as hee hath recouered, you shall then forthwith purge his head with the iuice of *Beetes* squirted vp into his nostrils as is before shewed.

For the let
thargy.

But if any of the family bee troubled with too much watchfulnesse, so that they cannot by any meanes take rest, then to prouoke the party to sleepe, you shall take of *Saffron* a dramme dried, and beaten to powder, and as much *Lettice* seed also dried, and beaten to powder, and twice as much white *Poppy* seed beaten also to powder, and mixe these with womans milke til it be a thicke salue, and then binde it to the temples of the head, & it will soone cause the party to sleepe; and let it lie on not aboue foure howers.

To prouoke
sleepe.

For the swimming or dizzing in the head, you shall take of *Agnus castus*, of *Broome* wort, and of *Camomile* dried, of each two drammes mixt with the iuice of *Iuic*, oyle of *Roses*, and

For the
swimming of
the head.

white wine, of each like quantitie, 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 grieſe.

For the pal-
ſie.

For the *Apoplexie* or palſie, the ſtrong ſcent or ſmell of a Foxe is exceeding ſoueraigne, or to drinke euery morning halfe a pint of the dewition of lauendar, and to rub the head euery morning & euening exccding 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 ſeete ſafe from cold or wet, and alſo the nape of your necke, for from thoſe parts it firſt getteth the ſtrength of euill and vnauoydable paines.

For a new
cough.

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

For an old
cough.

But if the cough bee more old and inueterate, and more inwardly fixt to the lungs, take of the powder of *Bettonie*, of the powder of *Carraway ſeeds*, of the powder of *Sherwit* dried, of the powder of *Houſds tongue*, and of *Pepper*, finely beaten, of each two drames, & mingling the well with clarifi'd hony, make an electuary therof & drink it morning & euening for nine dayes together: Then take of *Sugar candie* courſly beaten, an ounce of *Licoras* finely pared and trimmed, and cut into very little ſmall ſlices, 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 ſome of this dredge, as much as you can hold betweene your thumbe & fingers and eate it, and it will giue eaſe to your grieſe: And in the
night

night whē the cough or rhume offendeth you, take as much of the iuice of *Licoras* as two good barley cornes, and let it melt in your mouth, and it will giue you ease.

Although the falling-sicknes bee seldome or neuer to bee cured, yet if the party which is troubled with the same, will but morning and euening, during the wane of the moone, or when shee is in the signe *Virgo*, cate the berries of the hearbe *Asterion*, or beare the hearbs about him next to his bare skinne, it is likely hee shall find much ease and fall very seldome, though this medicine be somewhat doubtful.

For the falling sicknes.

For the falling euill take, if it bee a man, a femall *Mole*, if a woman a male *Mole*, and take them in *March*, or else *Aprill*, when they goe to the bucke: Then drie it in an ouen, and make powder of it whole as you take it out of the earth: then giue the sicke person of this powder to drinke euening and morning for nine or ten dayes together.

For the falling euills.

To take away deafenes, take a gray Eele with a white belly and put her into a sweete earthen pot quicke, and stop the pot very close with an earthen couer, or some such hard substance: Then dig a deepe hole in a horse dung hill, and set it therein, and couer it with the dunge, 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.

OF
An oyle to helpe hearing.

To stay the flux of the *Rhume*, take *Sage* and drie it before the fire, and rub it to powder: Then take bay salt and drie 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 the rhume.

For a stinking breath, take oake buds when they are new budded out, and distill them; then let the party grieved nine mornings and nine eueninge drinke of it, then forbear a

For a stinking breath.

A vomit for
an ill breath

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 iuice of *Mints* and *Sage*, then giue him a gentle purgation, and let him vse the iuice of *Mint* & *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*, course *Marierom*, & *Wormewood*, and choppe them small and boyle them in *Malmesie* till it be thicke, and make a plaister of it, and lay it to the stomacke.

For the
tooth-ach.

For the *Tooth-ach*, take a handfull of *dasie roots*, and wash them very cleane and drye them with a cloath, & then stamp them: and when you haue stamped them a good while, take the quantitie of halfe a nutshell full of bay salt, & strew it amongst the roos, & then when they are very well beaten, straighe them through a cleane eloth: then grate some *Catham Aromaticus*, and mixe it good and stiffe with the iuice of the roots, and when you haue done so, put it into a quill & snuffe it vp into your nose, and you shall find ease.

Another.

Another for the *Tooth-ach*, take small *Sage*, *Rue*, *Smallage*, *Fether-fewe*, *Wormewood*, and *Mints*, of each of them halfe a handfull, then stampe them well all together putting thereto fower drammes of *Vinegar*, & one dramme of *Bay-salt*, with a pennyworth of good *Aquavite*: stirre them well together, then put it betweene two linnen clouts of the bignesse of your cheeke, temples, & iawe, & quilt it in maner of a course imbroiderie; 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 downe vpon that side, and as it cooles warme it againe, or else haue another ready warme to lay on.

To

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

A drinke for a perle in the eye.

For paine in the eyes, take *Milke* when it comes new from the *Cowe*, and hauing still'd 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 eyes, and it will ease them.

For paine in the 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 dimme eyes.

For sore eyes, or blood-shotten eyes: take the white of an egge beaten to oyle, as much *Rose-water*, and as much of the iuice of *House-leeke*, mixe them well together, then dippe flat pleageants of flaxe therein, & 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 sore eyes.

For watery eyes, take the iuice of *Affodill*, *Mirrhe*, and *Saffron*, of each a little, & 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 waterie eyes.

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

For a canker.

For any swelling in the mouth: Take the iuice of *Wormewood*, *Camomill*, and *Shirwit*, and mixe them with hony, and bath the swelling therewith, and it will cure it.

A swelled mouth.

For the *Quinsie*, or *Quinarie*, giue the party to drinke the hearbe

For the Quinsie.

hearbe *Moufeare* steept in ale or beere, & looke where you see a Swine rubbe himselfe, and there vpon the same place rubbe a slate stone, and then with it slate all the swelling, and it will cure it.

Against
drunkennes.

If you would not be drunke, take the pouder of *Betany* & *Colewortes* mixt together; and eate it euery morning fasting as much as will lie vpon a sixpence, and it will preserue a man from drunkennes.

To quicken
the wit.

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.

For the
Kings euill.

If a man be troubled with the *Kings euill*, let him take the red *docke* & 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 lame: especially if he doe continue the vse thereof.

Additions to
the particu-
lar sicknesses
& first of the
head and the
parts hereof
& the lungs

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

Another.

The oyle of *Lyllyes* if the head bee annoynted therewith, is good for any payne therein.

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

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

To draw out
bones broken
in the head.

Take the white of an egge and beate it to oyle, then put to it *Rosewater*, and the pouder 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 fals
ding of the
mould of the
head.

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

Take the leaues of *Agrymonie*, & boyle the in hony, till it be
thicke

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 foure times in a night and the swelling wafts. *For the Squynancie.*

Take two or three docke roots, and as many dayfie 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 Olyue, then strayne them through a cleane cloath, and anoynt the payned tooth therewith, and keepe your mouth close, and it will not onely take away the payne, but also ease any me-grem or grieffe in in the head. *For the toothake.*

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

Take summe of the eldertree, or the aples of oake trees, and with either of these rub the teeth & gummes and it will loosen them so as you may take them out. *To draw teeth without yron.*

Take Sage and salt, of each alike, and stampe them well together, then take it till it be hard, and make a fine pouder thereof, then therewith rub the teeth euening and morning and it will take away all yellownes. *For teeth that are yel-low.*

First let them blood, then take *Harts horne* or *Iuorie* and red *Pympernell*, and bruisse them well together, then put it in to a linnen cloath and lay it to the teeth, & it wil fasten them. *For teeth that are loose.*

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

Take two ounces of comine & beate it in a mortar to fine powder

For a ſinking breath which cometh from the ſtomacke powder, then boyle it in wine from a pottell to a quart, then drinke thereof morning and euening as hot as you cau ſuffer it, or otherwiſe take an ounce of wild time, and being cleane waſhed cut it ſmall and then powder it, then put to it halfe an ounce of peper in fine powder, and as much comyne, myxe them all well together, and boyle them in a pottell of white wine, till halfe be conſumed, and after meate (but not before) uſe to drinke thereof hot, alſo once in the afternoone and at your going to bed, and it will purge the breath.

For ſtinking noſtrills.

Take red nettles and burne them to powder, then add as much of the powder of pepper, and myxe them well together, and ſnuffe thereof vp into the noſe, and thus do diuers times a day.

For a canker in the noſe.

Take old ale, and hauing boyled it on the fire, and clenſd it ad thereto a pretie quantitie of lyfe hony and as much allom, then with a ſerryndge of ſuch like waſh the ſores therewith very warme.

*A red wa-
ter for any
canker.*

Take a gallond of running water, and boyle it to a pottell, then put to it a handfull of red ſage, a handfull of Cellodyne, a handfull of honyſuckles, a handfull of woodbine leaues and flowers, then take a peniworth of graynes made into fine powder, and boyle all very well together, then put to a quart of the beſt life hony of a yeare old, and a pound of roch allom, let all boyle together till it come to a pottell, then ſtraine it and put it into a cloſe veſſell, and therewith dreſſe and anoynt the ſores as occaſion ſerues, it will heale any canker or vlcer, and cleaſe any wound; It is beſt to be made at Midsomer.

*To cleare
the eyes.*

Take the flowers and roots of primroſe cleane waſht in running water, then boyle them in faire running water the ſpace of an houre, then put thereto a pretty quantitie of white copperas, and then ſtraine all through a linnen cloath & ſo let it ſtand a while, & there will an Oyle appeare vpon the
water

water, with that oyle anoynt the lids & the browes of your eyes, and the temples of your head, and with the water wash your eyes, and it is most soueraigne.

Take Fifteene seedes of *Gyneper*, & as many *Gronell* seeds, five brauches of *Fenell*, beate them all together, then boyle them in a pint of old ale til three parts be waisted; 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 dayes with your owne water, and it will cleare any decayed sight whatsoeuer.

Another for the sight.

Take red *Snayles*, and seeth them in faire water, and then gather the oyle that aryseth thereof, & therewith anoynt your eyes morning and euening.

For sore eyes

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

For sicke eyes.

Take *Cellondine*, *Rue*, *Chervyle*, *Plantine*, and *anyse*, of each alike, and as much *fenell*, as of all the rest, stampe them al well together, then let it stand two dayes & two nights, then straine it and annoynt your eyes morning and euening therewith.

For bleared eyes.

Take an *egge*, and rost it extreame hard, then take the whit being very hot lapp in it as much white *copper* as a pease & 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 webb in the eye.

Take two drams of prepard *Tulia*, of *Sandracon* one dram, of *sugar* a dram, bray them all very well together till they be exceeding small, then take of the powder and blow a littell thereof into the eye, and it is soueraigne.

A powder for the pin and webb in the eye.

Take of *Red rose leaues*, of *Smallage*, of *Mayden hayre*, *Eusaace*, *endyue*, *succory*, *red fenell*, *hill-wort*, and *cellendyne*, of each halfe a quarter of a pound, wash them cleane & lay the in sleepe in white wine a whole day, then still them in an or-

A pretious water for the eyes.

dinary still, & the first water will be like gold, the second like siluer, & the third like balme, any of these is most pretious for sore eyes, and hath recouered sight lost for the space of Ten yeares, hauing been vsed but foure dayes.

To make
hayre to
grow.

Take the leaues of *wyllome* & boyle them well in oyle & therewith annoynt the place where you would haue any hayre to grow, whether vpon head or beard.

An other

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

For a pyn-
pled or red-
sancy face.

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

For the
rhume.

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

For hoarces-
nesse in the
throate.

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

For a dan-
gerous
cough.

Take *Aquauia* 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 quantitie, 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 ad thereto a quarterne of fine *Lycoras* powder, and two penyworth of *gumme arabicke*, then boyle it ouer againe and straine it, and keepe it in a sweete vessell, and drinke thereof morning and euening.

For the tise-
like.

Take the best wort and let it stand till it bee yellow, then boyle

boyle it & after let it coole, then put to it a quantitie of *barme*, *saffron*, and so drinke of it morning and evening while it lasteth, otherwise take *hore-bowd*, *violet leaves*, and *Isop*, of each a handfull, seeth them in water, and put thereto a littell *Saffron*, *Lycheras*, and *Sugar-candy*, after they haue boyled a good while, then straine it into an earthen vessel, & let the sick drink thereof Sixe spoonefull at a time morning and evening; or lastly, take the lungs of a Foxe, and lay it in rosewater, or boyle it in rosewater, 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 evening.

To ease paine in the stomacke, take *Endiue*, *Mints*, of each a like quantitie, and steepe them in white *Wine* a dayes space, then strayingning it & adding thereto a little *Cinamon* and *Pepper*, giue it the sicke person to drinke, and if you add thereto a litle of the powder of *Horse-mint* and *Calamint*, it will comfort the stomacke exceedingly, and occasion swift and good digestion.

For griefes
in the stomacke.

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

For spitting
of blood.

To stay the fluxe of vomiting take *Worme-wood*, and sower bread toasted of each like quantitie, & beate them well in a mortar, then adde to them as much of the iuice of *mints*, and the iuice of *Plantane* as will bring it to a thicke saluc: 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,

For vomit-
ing.

wrapt it in a fine cloath and let the ſicke party ſmell thereto, and it will ſtay the exceſſe of vomiting, and both comfort & ſtrengthen the ſtomacke.

To force one
to vomit.

If you would compell one to vomit, take halfe a ſpoonefull of *Stonecrop*, and mixe it with three ſpoonefull of white wine and giue it to the party to drinke, and it will make him vomite preſently, but doe this ſeldome and to ſtrong bodies, for otherwiſe it is dangerous.

For the *Ili-*
ca paſſio.

For the *Iliaca paſſio*, take of *Polipody* an ounce, & ſtampe it, then boyle it with prunes and violets in *fennell* water or *Aniſeed* water, take thereof a good quantatitie, then ſtrainc it and let the party euery morning and euening drinke a good draught thereof.

Additi-
ons,

to the diſ-
eaſes of the
ſtomacke.

For the ſto-
macke.

If the ſtomacke bee troubled with wind or other paine, take *Comyne* and beate it to powder, and mixe with it red wine, and drinke it at night when you goe to bed, dyuers nights together.

For the *Ili-*
ca paſſio.

Take *Brokelymer* roots and leaues and waſh them cleane & drye them in the ſunne, ſo dry till you may make powder thereof, then take of the powder a good quantatitie, and the like of *Treakle*, and put them in a cup with a pretty quantatie of ſtrong old ale & ſtirre them well together, & drinke thereof firſt and laſt morning and euening for the ſpace of three or foure dayes, and if need doe require, uſe the ſame in thy brothes you do eate, for it is very ſoueraine.

For paine in
the breaſt.

Take *Harts-horne* or *Iuorye* beaten to fine powder, and as much *Cynamon* in powder, mixe them with vinegar, & drinke thereof to the quantitie of ſeauen or eight ſpoonetulls.

For the
Mother.

Take the water of *Mouſeare*, and drinke thereof the quantitie of an ounce and a halfe or two ounces, twice or thrice a day, or otherwiſe take a little *Nutmegge*, a little *Cynamond*, a little *Cloves*, a little *Mace*, & a very little *Ginger*, & the flowers of *Lauendar*, beate all to a fine powder, and when the paſſion

of the mother cometh, take a chaffingdish of good quicke 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.

Against obstructions in the liuer, take *Aniseeds, Amees, Burnet, Camomile,* and the greater *Centuarie*, and boyle them in white wine with a little hony, and drinke it euere morning & it will cure the obstructions, and cleanse the liuer from all imperfection.

Obstru-
tions of the
liuer.

Against the heate and inflammation of the liuer, take *Endiue* dried to powder, and the meale of *Lupin seeds*, and mixe it with hony and the iuice of *Wormewood*, make a cake thereof and eate it, and it will asswage the great heate & inflammation of the liuer, and take away the pimples and rednesse of the face which proceedeth from the same.

Against the
heate 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 waight of your body, & so to swing your body vp & downe a good space: but hauing caught a plurisie and feeling the gripes, stiches, and pangs thereof, you shall presently cause the party to be let bloud, & then take the herb *Althea* or *Hollyhocke*, and boyle it with vinegar and *linseed* till it be thicke plaisterwise, and then spread it vpon a peece of *Allom* leather, and lay it to the side that is grieued, and it will helpe it.

For the plu-
risie.

To helpe a stich in the side or else where, take *Doues dung*, red rose leaues and put them into a bagge, & quilt it: then thoroughly heate it vpon a chaffingdish of coales with vinegar in a platter: Then lay it to the pained place as hot as may bee suffered, & when it cooleth heate it againe.

A plaister
for a stich.

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

Heate in the
liuer.

For the con-
ſumption.

If you will make a cordiall for a Conſumption or any other weakenesse: 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 *Sorrell*, *Violet leaues*, *Spynage*, *Endiue*, *Succory*, *Sage*, *Iſop*, of each a good quantitie; then take *Prunes* & *Rayſons*, and put them all to the broth, and seeth them from a quart to a pinte, then straine the yolke of an egge and a little *Saffron* thereinto, 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 ſtanch
blood.

To ſtanch blood, take the hearbe *Shepherds-purſe* (if it may be gotten) distilled at the Apoticaries, and drinke an ounce thereof at a time Morning and Euening, and it will ſtay any fluxe of blood naturall or vnnaturall, but if you cannot get the distilled water, then boyle a handfull of the hearbe with *Cinamon*, and a little *Sugar*, in *Claret* wine, and boyle it from a quart to a pint, & drinke it as oft as you please: also if you but rubbe the hearbe betweene your hands, you shall see it will soone make the blood returne.

For the yel-
low Iau-
diſſe.

For the yellow Iau-diſſe, take two peniwoth of the best English *Saffron*, drie it and grind it to an exceeding fine pouder, then mixe it with the pap of a roasted apple, and giue it the diseased party to swallow downe 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 beene often times proued.

For the yel-
low Iau-
diſſe.

For the yellow Iau-diſſe take *pimpernell*, and *chickweeds*, ſtampe them and straine them into posset ale, and let the party drinke thereof morning and euening.

For a despe-
rate yellow
Iau-diſſe.

For the yellow Iau-diſſe which is desperat and almost past cure: Take sheepes dung new made & put it into a cup of Beare or Ale, and close the cuppe fast and let it stand so all night, and in the morning take a draught of the clearest of the
drinke

drinke, and giue it to the sicke party.

For the blacke laundisse take the hearbe called *Pemyry* all, & either boyle it in white wine, or drinke the iuice thereof simply by it selfe to the quantitie of three or foure spoonefull at a time, and it will cure the blacke laundisse.

For the blacke iauundisse.

Additi-

Take of *Isop*, *Parseley*, & *Harts tongue*, of each alike quantitie, and seeth them in worte till they be soft, then let it stand till it be cold, and then drinke thereof first and last, morning and euening.

ons, to the diseases of the liuer. For wasting of the Liuer.

A restorative for the liuer.

Take *Fenell roots*, and *Parseley roots*, of each alike, wash them cleane, and pcele off the ouer barke and cast away the pyth within, then mynce them small, then put them to three pynts of water, and set them ouer the fire, then take *figges*, and shred them small, *Lycoras* and breake it small, and put them to the hearbs, and let all boyle vere well, then take *sorrell* & stampe it and put it to the rest, and let it boyle till some part be wasted, then take a good quantitie of hony and put to it and boyle a while, then take it from the fire and clarifie it through a strayner into a glasse vessell and stop it very close, then giue the sicke to drinke thereof morning and euening.

Take the stalke of of *Saint Mary Garbycke*, and burne it or lay it vpon a hot tyle stone vntill it bee very drye, and then beate it into pouder, and rub the sore therewith till it bee whole.

To heale a ringworme commiog of heate from the liuer.

Take wooll in the walkmyll that commeth from the cloth and flyeth about like downe and beate it into pouder, then take thereof, the white of an egge and wheate flower, and stampe them together, then lay it on a linen cloath or lynn & apply it to the bleeding place, and it will stanch it.

To stanch blood.

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

For great danger in bleeding.

arme, with a good lyſt, two or three, and the blood will preſently ſtanch.

For a ſtitch.

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

A bath for
the dropſie.

Take a gallond of running water, and put to it as much ſalt as will make the water ſalt as the ſea water, then boyle it a good while, and bath the legges therein as hot as may bee ſuffered.

For the
dropſie.

For the dropſie, take *Agnus caſtus*, *Fenell*, *Affodill*, *darko wallwoort*, *Lupins*, and *wormewood*, of each a handfull, and boyle them in a gallon of white wine till a fourth part bee conſumed: then ſtraine it and drinke it morning and evening halfe a pinte thereof, and it will cure the dropſie; but you muſt be carefull that you take not *Daffodill*, for *Affodill*.

Paine in the
ſpleene.

For paine in the ſpleene, take *Agnus Caſtus*, *Agrymony*, *Anyſeeds*, *Centuary* the great, and *Wormewood*, of each a handfull, and boyle 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 vſuall meales let him neither 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, & he ſhall ſurely finde remedie.

For paine in
the ſide.

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

For fatneſſe
and ſhort
breath.

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

Additi-
ons,

to the diſ-
eaſes of the
ſpleene, For
the ſpleene.

Take a lumpe of yron or ſteele, and heate it red hot, and quench it in Wine, then giue the Wine to the ſicke party to drinke.

Take

Take *Fenell seeds* and the roots, boyle them in water, and after it is cleansed put to it hony & giue it the party to drinke, then seeth the hearbe in oyle and wine together, and plaiter wise apply it to the side. *For the stopping of the spleene.*

Make a plaister of *worme-wood* boyled in oyle, or make an oyntment of the Iuice of *Worme-word*, of *Vinegar*, *armonyake*, *waxe*, and *oyle*, myxt and melted together, and annoynt the side therewith, either in the sun, or before the fire. *For the hardnesse of the spleene. Diseases of the heart.*

Take the powder of *Galingall*, and mixe it with the iuice of *Borage*, and let the offended party drinke therein sweete wine. *For the passion of the Heart.*

Take *Rosemary* and *Sage*, of each an handfull, and seeth them in white wine or strong ale, and then let the patient drinke it luke warme. *For heart sicknesse.*

Take the iuice of *Fenell* myxt with hony, and seeth them both together till it be hard, and then eate it Euening and Morning, and it will consume away the fatnesse. *For fatnesse about the heart.*

For the wind *Collicke*, which is a disease both generall and cruell, there be a world of remedies, yet none more approved then this which I will repeate: you shall take *Nutmegs* sound and large, and diuide them 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 *Nutmegge* drie without any composition and fast euer an howre at least after it, and you shall find a most vnspeakeable profit which will arise from the same. *For the wind collicke*

For the wind *Collicke*, take a handfull of cleane wheate meale as it cometh from the mill, and two egges, and a little wine-vinegar, and a little *Aquavite*, and mingle them all together. *The wind collicke.*

together colde and make a cake of it and bake it on a grid-iron with a ſoft fire, and turne it often and tend it with baſting of aquaviva with a feather; then lay it ſomewhat higher then the paine is, rather then lower.

For the laſk.

For the *Laſk* or extreame ſcowering of the belly, take the ſeeds of the wood-roſe, or bryar-roſe, beate it to powder and mixe a dramme thereof with an ounce of the conſerue of ſloes and eate it, and it will in ſhort ſpace bind and make the belly hard.

For the bloody fluxe.

For the bloody-flux, take a quart of Red wine and boyle therein a handfull of *Shepherds-purſe* till the hearb bee very ſoft: then ſtraine it, and ad thereto a quarter of an ounce of *Cynamon*, and as much of dried *Tanners barke* taken from the ouze, and both beaten to fine powder, then giue the party halfe a pint thereof to drinke morning and euening, it being made very warme, and it will cure him.

To ſtay a ſore laſke.

To ſtay a ſore laſke, take *Plantane* water and *cinamon* finely beaten, and the flowers of *Pomgranats*, and boyle them well together, then take *Sugar*, and the yolke of an egge, & make a caudle of it, and giue it the grieued party.

For the fluxe.

For the fluxe take a *Stags pizzell* dried and grated, and giue it in any drinke, either in beere, ale, or wine, and it is moſt ſoueraigne for any fluxe whatſoeuer.

For the worſt fluxe.

To rule the worſt bloody Flix that may be, take a quart of red-wine, and a ſpoonefull of *Commin-ſeede*, boyle them together vntill halfe bee conſumed, then take *knot-graſſe* and *Shepherds purſe*, and *plantane*, and ſtampe them ſeuerall, and then ſtraine them & take of the iuice of each of them a good ſpooneful, and put theſe to the wine, and ſo ſeeth theſe againe a little: Then drinke it luke-warme, halfe ouer-night, and halfe the next morning, and if it fall out to be in winter, ſo that you cannot get the hearbes: then take the water of theſe diſtilled, of each three ſpoonefuls, and uſe it as before.

For

For extreame costiueneſſe, or binding in the body, ſo as a man cannot auoid his excrements, take *Anniſeeds*, *Fennicrete*, *Linſeed*, and the powder of *Pyonie*: of each halfe an ounce, and boyle them in a quart of white wine, and drinke a good draught thereof, and it will make a man goe to the ſtoole orderly and at great eaſe.

For coſtineſſe.

For wormes in the belly, either of child or man, take *Aloes cickatrine*, as much as halfe a hazell Nut, and wrappe it in the pappe of a roasted apple, and ſo let the offended party ſwallow it in manner of a pill faſting in the morning, or elſe mixe it with three or foure ſpoonefull of *Muskadine*, and ſo let the party drinke, 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 ſhall diſſolue your *Aloes* in the oyle of *Sauine*, making it ſalue-like thicke, then plaſter-wiſe ſpread it vpon ſheepes leather, and lay it vpon the nauill or mouth of the ſtomacke of the grieued party, and it will giue him eaſe, ſo will alſo vnſet leekes chopt ſmall and fryde with ſweete butter, & then in a linnen bagge apply hot to the nauill of the grieued party.

For wormes

Take a quart of red wine & put to it three yolkes of egges, and a penyworth of long pepper and graynes, and boyle it well and drinke it as hot as can bee ſuffered, or otherwiſe take an ounce of the inner bark of an oake, and a penyworth of long pepper, and boyle them in a pint and better of new milke, and drinke it hot firſt and laſt morning and euening.

Additi-

ons,

to the diſeaſes of the belly & guts

For the greateſt laxe

Take an egge and make a little hole in the top, and put out the white, then fill it vp againe with *Aquavitæ*, ſtiring the egge and *Aquavitæ* till it be hard, then let the party eate the egge and it will cure him, or otherwiſe take pint of red wine & nine yolkes of egges, and Twentie pepper cornes ſmall beaten, let them ſeeth til they be thicke, then take it off & giue the ſicke to eate nine ſpoonefull morning & euening.

For the bloody fluxe.

For an eaſie
laſke.

Take of *Rue* and *Beets* a like quantitie, bruile them & take the iuice, mixe it with clarified hony, and boyle it in redde wine, and drinke it warme firſt and laſt morning and euening.

To haue two
ſtooles a day
and no more.

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

For hardnes
of the belly
or wombe.

Take two ſpoonefull of the Iuyce of Iuyce leaues, and drinke it three times a day, and it will diſſolue the hardnes.

Against
coſtiueſſe.

Take the barkes of the roots of the elder tree and ſtampe it, and mixe it with old ale, and drinke thereof a good harty draught.

For the ſtop-
ping of the
wombe.

Take the crummes of white bread, and ſteepe it in allom milke and ad ſugar vnto it and eat it, and it will open the belly.

For the
wind collick.

Take the kynelles of three Peatch ſtones, & bruile them, ſeauen cornes of caſe pepper, and of ſlyced ginger a greater quantitie then of the pepper, pound all together groſſy & put it into a ſpoonefull 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 & downe if you can, if otheſwile, keepe your ſelfe warme, and be ware of melancholly. It may be taken at all times.

For the
Rupture.

Take of *Dasies*, *comfrey*, *Polpodi*, of the oake and auence of each halfe a handfull, two roots of *Osmurd*, boyle them in ſtrong Ale & hony, and drinke thereof morning, noone & night, & it wil breake any reaſonable rupture. Or otherwiſe take of *Smallage*, *Comfrey ſetwell*, *polypody* that growes on the grownd like *fearne*, *dasies*, and *mores*, of each alike, ſtampe them very ſmall, and boyle them well in *Barme*, vntill it bee thicke like a pultis, and ſo keepe it in a cloſſe veſſell and 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 trulle,

trulle

trusse him vp close, and let him be carefull for straying of himselfe, and in a few dayes it will knyt, during which cuer giue him to drinke a draught of red wine, and put therein a good quantitie of the flower of *fetches* finely boulted styring 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 handfull 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 griefe take the stone of an Oxe gall, & drie it in an ouen, then beate it to powder, and take of it the quantitie of a hassil nut with a draught of good old ale or white wine.

For the stone.

Another.

For the Collicke and stone, take hawthorne berries, the berries of sweet briars, and ashen keyes, and dry them euery one seuerally vntill 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 *aniseeds*, 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, & drinke it fasting. Otherwise you may take *Smillage seede*, *Parsley*, *Louage*, *Saxifrage*, & *broome-seede*, of each one of them a little quantitie, 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 else in the broth of a chicken, and so fast two or three howers after.

The collicke and stone.

Another.

To make a powder for the collicke and stone, take *fenell*, *parsley seede*, *aniseed*, and *carraway seed*, of each the waight of sixe pence, of *gromel seede*, *saxifrage seede*, the roots of *Filipendula*, and *licoras*, of each the waight of twelue pence, of *gallingall*, *spikenard*, and *Cinamon*, of each the waight of eight pence, of *Seena* the waight of xviij. shillings, good waight, beate them all to powder and searce it, which will waigh in

A powder for the collicke and stone.

all

all 25. ſhillings and 6. pence: This powder is to bee giuen in white wine and ſugar in the morning faſting, and ſo to continue faſting two howers after; and to take of it at one time the waite of ten pence or twelue pence. Other Phyſicians for the ſtone take a quart of reniſh or white wine, and two lymons, and pare the vpper rinde thinne, & 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.

Another.

For the
ſtone in the
reynes.

For the ſtone in the reynes, take *Ameos*, *Camomill*, *Maiden-haire*, *Sparrow-toung*, and *Filapendula*, of each a like quantity, drie it in an ouen, and then beate it to powder, and euery Morning drinke halfe a ſponefull thereof with a good draught of white wine, and it will helpe.

For the
ſtone in the
bladder.

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 exceeding cloſe; then let it ſtand all one night, and the next morning drinke it off faſting, & thus do diuers mornings together and it will helpe.

A powder
for the ſtone
in the blad-
der.

For the ſtone in the bladder take the kernels of ſloes & drie them on a tile ſtone, then beate them to powder, then take the roots of *Alexanders*, *parſly*, *pellitorie*, & *holihocke*, of e- uery of their roots a like quantitie, & ſeeth them all in white wine, or elſe in the broth of a yong chicken: then ſtrainethem into a cleane veſſell, & when you drinke of it, put into it halfe a ſpoonefull of the powder of ſlow kernels. Allo if you take the oyle of Scorpion, it is very good to annoynt the members, & the tender part of the belly againſt the bladder.

A bath for
the ſtone.

To make a bath for the ſtone, take *mallowe*, *holihocke*, and *lilly roots*, & *linſeed*, *pellitory of the wall*, and ſeeth them in the broth of a ſheepes head, and bath the reines of the backe therewith oftentimes, for it will open the ſtraitnes of
the

the water conduits, that the stone may haue issue, and as-
swage 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.

To make a water for the stone, take a gallon 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*
and a handfull of *parfly*, and two or three radish roots sliced
and a quantitie of *Philipendula* roots, let them lie in the milke
a night, and in the morning put the milke with the hearbs
into a still, & distill them with a moderate fire of charr cole or
such like: then when you are to vse the water, take a draught
of renish wine or whit wine, and put into it five spoonfull of
the distilled water, and a little *sugar* and *nutmeg* sliced, & then
drinke of it, the next day meddle not with it, but the third
day do as you did the first day, and so euery other day for a
weeke space.

*A water for
the stone.*

For the difficulty of vrine, or hardnesse to make water, take
Smallage, *Dill*, *Any seedes* and *Burnet*, of each a like quantitie,
and drie them and beate them to fine powder, and drink halfe
a spoonfull thereof with a good draught of white wine.

*Difficultie
of Vrine.*

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

*For hot
vrine.*

For the strangullion, take *Saxifrage*, *Polipody*, of the Oake,
the roots of beanes, and a quantitie of *Raysins*, of euery one
three handfull or more, and then two gallonds of good wine,
or else wine lees, and put it into a slerpentary and make ther-
of a good quantitie, and giue the sicke therof to drinke mor-
ning and euening a spoonfull at once.

*For the
strangullion.*

For them that cannot hold their water in the night time,

F

take

For piſſing
in bed. take *Kiddes* hoofe and drie it and beete it into powder, and
giue it to the patient to drinke, either in beare or ale foure or

Hand powder
five times.

For the rup-
ture.

For the rupture or burſneſſe in men, take *Comphrie* and
Ferneosmund, and beate them together with yellow waxe
and Deares ſuet till it come to a ſalue, & then apply it to the
broken place and it will knit it; alſo it ſhall be good for the
party to take *Comphry* roots, and roſt them in hot imbers at
you roſt wardens, and let the diſeaſed party eate them, for
they are very ſoueraigne for the rupture, eſpecially being
eaten faſting, and by all meanes let him weare a ſtrong truſſe
till he be whole.

Additi-
ons,

to the diſ-
eaſes of the
Reynes and
Bladder.

For he that
cannot hold
his water.

For the Go-
norea or
ſhedding of
ſeede.

For weake-
nes in the
backe.

For heate in
the reines.

For comfort
ting and
ſtrengthening
of the backe.

Take *Goates* clawes & burne them in a new earthen pot
to powder, then put of the powder into broth or pottage &
eate therein, or otherwiſe take *Rew*, *Gromell*, and *Parſly*, and
ſtampe them together & mixe it with wine and drinke it.

Take *Agnus caſtus*, and *Casterium* and ſeeth them together
in wine and drinke thereof, alſo ſeeth them in Vineger and
hot lappe it about the priuie parts and it will helpe.

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

Fiſt waſh the reynes of the backe with warme white
wine, then annoynt all the backe with the oyntment called

Perſtuano.

Take a legge of beefe, a handfull of *Fenell* roots, a hand-
full of *parſly* roots, two roots of *comfrey*, one pound of *rayſens*
of the ſun, a pound of *damaske prumes*, and a quarter of a
pound of *dates*, put all theſe together and boyle them very
ſoft with ſixe leaues of *nip*, ſixe leaues of *clary*, twelue leaues
of *bittany* of the wood, and a little *baris-tongue*, when they
are ſod very ſoft, take them and ſtampe them very ſmall and
and ſtraine them into the ſame broth againe with a quart of
ſacke,

sacke and a penyworth of large mace, and of this drink at your pleasure.

For the Hemeroides, which is a troublesome and a sore grieve, take of *Dill*, *Dogge-fennell*, and *Pellitory of Spaine*, of each haue a handfull, and beate it in a mortar with sheepes suet and blacke sope til it come to a salve, & then lay it plasterwise to the sore, and it will giue the grieve ease.

For the Hemeroides.

For the piles or Hemerods, take halfe a pint of ale, and a good quantity of pepper, and as much allom as a walenut: boyle all this together till it be as thicke as birdlime or thicker, this done take the iuice of white violets, & the iuice of houslecke, 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 grieve take lead and grate it small, & lay it vpon the sores: or else take muskles dried and beate to powder, and lay it on the sores.

For the piles or hemeroids.

If a mans fundament fall downe through som cold taken or other cause, let it be forthwith put vp againe: then take the powder 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 powder of *Cummin* and *calafine* mixt together, and ease will come thereby.

For the falling of the fundament.

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

Additions,

to the diseases of the priuate parts. For the hemroids

To helpe the greene sicknesse, take a pottle of white wine & a handfull of *Rosemary*, a handfull of *worme-wood*, an ounce of *cardus benedictus* seed, and a dramme of *Cloue*: all these must be put into the white wine in a iugge, and couered very close, and in steepe a day & a night before the party drinke of it, then let her drinke of it euery morning and two houres before supper: & so take for a fortnight, and let her stirre as much as she can, the more the better, & as earely as she can:

For the greene sicknesse.

Otherwiſe for this tickneſſe take *Iſop*, *Fennell*, and *Peny-roy-
all*, 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, & put therto two ounces
of fine ſugar, and two ſpoonetuls of white wine vinegar, and
let the party drinke euery morning foure ſpoonetuls there-
of and walke vpon it.

To increaſe
a womans
milke.

To increaſe a womans milke, you ſhall boyle in ſtrong poſ-
ſet ale good ſtore of *Colworts*, & cauſe her to drinke euery
meale of the ſame, alſo if ſhee uſe to eate boyled *Colworts*
with her meate, it will wonderfully increaſe her milke alſo.

To drie vp
milke.

To drie vp womans milke, take red ſage, & hauing ſtampt
it and ſtrayned the iuice 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, ſteepe therein a
ſheete of browne paper, then making a hole in the miſt ther-
of for the nipple of the breaſt to goe through, couer all the
breaſt ouer with the paper, and remoue it as occaſion ſhall
ſerue, but be very carefull it be laid very hot to. Some are of o-
pinion, that for a woman to milke her breaſts vpon the earth
will cauſe the milke to dry, but I referre it to triall.

A pultis for
ſore breaſts
in women.

To helpe womens ſore breaſts, when they are ſwelled or
eſe 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.

For eaſe in
child beas-
ring.

If a woman haue a ſtrong and hard labour: Take foure
ſpoonetull of another womans milke, & giue it the woman
to drinke in her labour, and ſhee ſhall be deliuered preſently.

Childe dead
in the womb.

If a woman by miſchance haue her child dead within her
ſhee ſhall take *Vitander*, *Felwort*, and *Penyroyall*, and ſtampe
them, and take of each a ſpoonetull of the iuice, and mixe it
with old wine and giue it her to drinke, and ſhee ſhall ſoone
be

be deliuered without danger.

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

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

Against the flowers with-holden in women, make a pessary of the iuyce 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 *plantane* and drinke it in red wine.

Take a *Fomentation* made of the water wherein the leaues and flowers of *Tutson* is sodden, drinke the superfluities of the *matryx*, it clenseth the entrance, but this hearb would be gathered in harvest; if a woman haue paine in the *matrix*, set on the fire water that *Amomum* hath been sodden in and the dewition make a pessarye and it will giue ease.

Take two or three egges and they must bee neither rost nor raw, but betweene both, and then take butter that salt neuer came in, and put it into the egges and supp them off, & eate a peece of browne bread to them & drinke a draught of small ale.

Take the root of *Aristolobhia rotunda* and boyle it in wine and oyle, and make a fomentation thereof and it helpe.

Take the budds and tender crops of *Bryonye*, and boyle them in broth or pottage, and let the woman eate thereof, it is soueraine.

Take *Mugwort*, *motherwort*, and *mynts*, the quantitie of a handfull in all, seeth them together in a pint of *Malmsey* and giue her to drinke thereof two or three spoonefull at a time, and it will appease her swounding.

Take *henbane* stamped and mixt with vinegar and apply it plaister wise ouer all the forehead, and it will cause sleepe.

Take *Sage*, *Smallage*, *Mallowes* and *plantane*, of each an hand-

*Aptnesse to
conceiue.*

*Additi-
ons,*

*to womens
infirmities.*

*To cesse
womens
flowers.*

*Against the
flowers.*

*For the *mar-
trix*.*

*A generall
purge for a
woman in
childe bed.*

*To deliuer
the dead
birth.*

*To increase
milke.*

*For a wo-
man that is
new brought
in bed, and
soudeth
much.*

*To prouoke
sleepe.*

For ſore
breſts.

handfull beate them all well in a mortar, then put to them oatemeale and milke, and ſpread it on a fine linnen cloth an inch thicke, and lay it to the breſt or breſts, or otherwiſe take white bread leauen and ſtraine it with creame, & put thereto two or three yolkes of egges, ſalt, oyle, or oyle of *Roses*, and put it vpon a ſoft fire till it bee luke warme, and ſo apply it to the breſt.

For more
phew of both
kinds.

For morphew, whether it be white or blacke, take of the *Lethargie* of gold a dram, of vnwrought brimſton two drams beate them into fine powder, then take of the oyle of *Roses*, and *ſwines* greaſe, of each a like quantitie, and grind them all together with halfe a dramme of *camphyre* and a little vinegar, and annoynt the ſame therewith morning and euening.

To breede
haire.

To breede hayre, take Southerne wood and burne it to aſhes, and mixe it well with common oyle, then annoynt the balde place therewith morning and euening, & it will breede hayre exceedingly.

For the gout

For the gout, take *Aristolochia rotunda*, *Althea*, *Bettonie*, and the roots of wild *Neepe*, and the roots of the wild *Docke* cut in peeces after the vpper rind is taken away, of each a like quantitie, boyle then all in running water till they be ſoft and thicke; then ſtampe them in a mortar as ſmall as may be, and put thereto a little quantitie of chymney ſoot, and a pint or better of new milke of a Cow which is all of one entire colour, & as much of the vrine of a man that is faſting, and hauing ſtirred them all well 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 will giue him eaſe.

For the Sy
atica.

For the *Syatica*, take of muſtard ſeede a good handfull, and as much in waight of hony, and as much in waight of figges, and crummes of white bread halfe ſo much, then with ſtrong vinegar beate in a mortar till it come to a ſalue, then apply it to the grieued place and it will giue the grieued party

party ease, so will also a plaister of *Oxicrotium*, if it be continually warme vpon the same.

To helpe all manner of swellings or aches, in what part of the body soeuer it be, or the stinging of any venomous beast, as *Adder*, *Snake*, or such like, take *horehound*, *smallage*, *porrets*, *small mallowes*, and *wild ranssey*, of each a like quantitie, and bruisse them or cut them small: Then seeth them altogether in a pan with milke, *oatemeale*, and as much Sheepes suet, or *Deares suet* as an hens egge, and let it boyle till it bee a thicke plaister, then lay it vpon a blew woollen cloath, and lay it to the grieffe as hot as one can suffer it.

*For any pain
or swelling,
or the stinging
of veno-
mous beasts.*

For any swelling in the legges or feete, take a good handfull of water cresses and shread them small, and put them in an earthen pot, and put thereto thicke wine lees, and wheate branne, and sheepes suet, of each of them a like quantitie, and let them boyle together vntill they bee thicke, then take a linnen cloath bind it all about the sore and swelling as hot as the party grieued can indure it, & let it remaine 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, & it will take away bothe the paine & the swelling. Other Surgions for this grieffe take hony and beere and heate them together, & therewith bath the swelling both morning and euening.

*For swellings
in the legges
or feete.*

To wash any sore or vlcer, take running water & *Bole Armoniack* and *camphire*, and boyle them together, and dip in a cloth, and lay it to the sore as hot as it may be indured, also *plantane* water is good to kill the heate of any sore; or if you take *woodbine* leaues and bruisse them small, it will heale a sore; or if you wash a sore with *veriuice*, that hath beene burnt or scalded, it is a present remedy.

*A water to
wash a sore
with.*

Others for this grieffe, take the greene of goose dunge & boyle it in fresh butter, then straine it and vse it. Also *sallet oyle* and *snow water* beaten together, will cure any scald or burning.

*A pultis for
a sore.*

burning.

For any old
ſore.

To cure any old ſore how grieuous ſoeuer it bee, take of new milke three quarts, a good handful of *plantane*, and let it boyle till a pint be conſumed: Then ad three ounces of *allom* made in powder, and one ounce and a halfe of white *Sugar candy* powdered. Alſo then let it boyle a little till it haue a hard curd, then ſtraine it with this warme the vlcer, and all the member about it; then drie it, and lay vpon the vlcer, *unguentum Baſilicon* ſpread on lint, and your *diminium* plaſter *diminio* ouer it: for this ſtrengtheneth 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 ſpooneful, whē the milke doth ſeeth, put in the *allom* & vinegar: then take off the curd, and vſe the reſt as was before ſaid, and it will cure it.

For ſcabs or
itch.

For ſcabs or itch take *unguentum populien*, and therewith annoynt the party and it will helpe, but if it be more ſtrong & ranke, take an ounce of *Neruoile* and three penyworth of quickſiluer, and beate and worke them together, till you ſee that aſſuredly the quickſiluer is kild, then let the party annoynt therewith the palmes of his hands, the boughs at his elbowes, his arme pits, & hammes, and it will cure all his body.

For the Lep-
roſie.

To cure the *Leproſie*, take the iuice of *colworts*, and mixe it with *Allom* and ſtrong Ale, and annoynt the leaper therewith morning and euening, and it will cleanſe him wonderfully, eſpecially if he bee 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 other part of the body, take *Virgin waxe*, and *Spermaceti*, of each a like quantitie, and boyle them together, and dip in a fine linnen cloth, and as it cooles dippe it well of both ſides, then lay it vpon another faire cloth vpon a Table, & then fold vp a cloth in your hands, and all to ſlight it with the cloth, then
take

take as much as wil couer the grieued place.

If any man haue his priuy parts burnt, take the ashes of a fine linnen cloth in good quantity, and put it into the former oyle of egges, and annoynt the fore member therewith, and it will cure it.

*Prinie parts
burnt.*

For any burning, take sixe new laid egges and roast them very hard, and take out the yolkes thereof, and put them into an earthen pot, and set it ouer the fire on hot imbers, and then whilst the egges looke blacke, stirre them with a slice till they come to an oyle, which oyle take and clarifie & put into a glasse by it selfe, and therewith annoynt any burning, and it will cure it.

*For any
burning.*

For any scalding with hot water, oyle or otherwise; take thicke creame, & set it on the fire, and put into it the greene which growes on a stone wall, take also yarrow, 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 an oyle salue, then straine it and annoynt the sore with it.

*salutary oyle
figs
For any
scalding.*

To drie vp any sore, take *Smallage*, *Groundsill*, *wilde Malloves*, and *violet leaues*: chop them small and boyle them in milke with bruiled *Oatemeale* and sheepes suet, and so apply it to the sore.

*A pultise to
drie a sore.*

To eate away dead flesh, take *Stubble wort*, and folde it vp in a red docke leafe, or red wort leafe, and so roast it in the hot imbers and lay it hot to any sore, and it will fret away all the dead flesh; or otherwise, if you strew vpon the sore a litle precipitate it will eate away the dead flesh.

*To eate as
way dead
flesh.*

To make a water to heale all manner of wounds, you shall take *Iuph-wort* flowers, leaues and roots, & 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 bo-

To heale any
wound.

dy: Firſt if it bee ſit to bee ſtitcht, itch it vp, and then take *Verguentum aurum*, and lay it vpon a pleagant of lint as bigge as the wound, and then ouer it lay a *diminio* plaifter made of Sallet oyle and white leade, and ſo dreſſe it at leaſt once in fowre and twenty houres, but if it be a hollow wound, as ſomethruſt in the body or other members, then you ſhall take *Bals. mum cephalicum*, and warming it on a Chafing diſh and coales, dip the tent therein, and ſo put it into the wound, then lay your plaifter *diminio* ouer it, & do thus at leaſt once a day till it be whole.

For ſinewes
cut or
ſhrunke.

If a mans ſinewes be cut or ſhrunke, hee ſhall goe to the root of the wild *neepe* which is like woodbine, and make a hole in the miſt of the root, then couer it well againe that no ayre goe out nor in, nor rain nor other moyſture: Thus let it abide a day and a night, then goe and open it, and you ſhall find therein a certaine liquor: then take out the liquor and put it into a cleane glaſſe, and doe thus euery day whill you find any moyſture in the hole; And this muſt onely bee done in the moneths of *Aprill* and *May*: Then annoynt the ſore therewith againſt the fire, then wet a linnen cloth in the ſame liquor, and lap it about the ſore, and the vertue will ſoone be perceiued.

To breake
any impoſ-
tume.

Additi-
ons,

to generall
infirmities
of Surgery
and firſt of
burnings &
ſcaldings.

For burning

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

Take *Plantane* water, or *Sallet oyle* and running water beaten together, and therewith annoynt the ſore with a feather till the fire be taken out, then take the white of eggs and beate them to oyle, which done take a hare ſkynne and & clyppe the hayre into the oyle & make it as thicke as you may ſpread it vpon a fine linnen cloth, and ſo lay it vpon the ſore and remoue it no, vntill it be whole, and if any riſe vp of it ſelfe, clippe it away with your ſheares, and if it be not perfectly

fectly whole, then take a little of the oyntment and lay it to the same place againe, or therwise take halfe a bushell of glo-
uers threads of all sorts, & so much of running water as shall
bethought conuenient to seeth them, and put thereto a
quarter of a pound of Barrowes grease, and then take halfe a
bushell of the downe of cats tayles and boyle them all to-
gether, continually stirring them, till they bee sodden that
they may be strayned into an earthen pot or glasse, and with
it annoynt the sore. Or else take of *Caprefollij*, *Mousecare*
ground, *Iuye* and *hens dung* of the reddest or of the yellowest,
and fry them with may butter al together vntill it be browne,
then strayne it through a cleane cloth, and annoynt the sore
therewith.

*or scalding
with either
liquor or
gunpowder.*

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

*For bur-
nings or scald-
dings on the
face.*

Take *Plantane* leaues, *Dasie* leaues, the greene barke of
elders, and greene *Germaunders* dyrte, stampe them all to-
gether with fresh butter or with oyle, then strayne it
through a linnen cloth, and with a feather annoynt the sore
till it be whole.

*Anoyntment
for burning.*

Take of *Oyle olyue* a pint, *Terpentyne* a pound, vnwrought
waxe halfe a pound, *Rosen* a quarter of a pound, sheeps *suet*
two pound, then take of *orpens*, *Smallage*, *Ragwort*, *Plantane*,
and *sickell-wort*, of each a good handfull, chop all the hearbs
very small, and boyle them in a pan altogether vpon a loake-
ing fire, and stirry them exceeding much till they bee well
incorporate together, then take it from the fire and strayne
al through a strong canuasse cloth into cleane potts or glasses
and vse it as occasion shall serue, eyther to annoynt, tent, or
plaister. Otherwise take *popler* budds, and *elder* budds,

*Ulcers and
Sores.
A salue for
any old sore.*

ſtampe and ſtraine them, then put thereto a litle venyce turpentine, waxe and roſin, and ſo boyle them together and therewith dreſſe the ſore, or elſe take two handfull of *plantane* leaues, bray them ſmall, and ſtrayne out the iuyce, then put to it as much womans milke, a ſpoonefull of hony, a yolke of an egge, and as much wheate flower as you thinke will bring it to a ſalue, then make a plaifter 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 pott being firſt well wrought together in a bladder, and if the fleſh be weake, put to it a litle 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 ſleacke water, two handfulls of ſage, a pint of hony, a quart of ale, two ounces of Allom, and a littell white *copperas*, ſeeth them all together till halfe be conſumed, then ſtrayne it, and put it into a cleane veſſell, and therewith waſh the ſore. Or otherwiſe take cleane running water and put therein roch *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*, & *ſinquefoyle*, of each a good handfull, boyle them in a gallond of running water till they be tender, then ſtrayne the liquor from the hearbs, and put to it a quarter of a pound of roch *allom*, and let it ſeeth againe a litle till the *allom* be melted, then take it from the fire and uſe it, thus, dip lint in it warme and lay it to the ſore, and if it be hollow apply more lynt, then make a litle 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
plaifter to
heale old
ſores and
kill inflam-
mation.

Take a pint of ſallet oyle and put into it ſixe ounces of red lead, and a litle ceruſe or white lead, then ſet it ouer a gentle

the fire, and let it boyle a long season stirring it well till it bee stiffe, which you shall trie in this order; let it drop from your sticke or slice vpon the bottome of a saucer, and so stand vntill it be cold, and then if it be well boyled, it will be stiffe & very blacke, then take it off and let it stand a little, and after straine it through a cloth into a bason, but first annoynt the bason with sallet oyle, and also your fingars, and so make it vp into roules plaisterwise, and spread it and apply it as occasion shall serue.

Take *Mallows* and *Beets*, and seeth them in water, then dric away the water from them, and beate the hearbs well with old Boares grease, and so apply it to the appostume hott.

Take a handfull of *Rue* and stampe it with rustie Bacon till it come to a perfect salue, and therewith dresse the sore till it be whole.

If the party be outwardly venomed, take *Sage* and bruisse it well & apply it to the sore, renewing it at least twice a day, but if it be inwardly, then let the party drink the iuice of *Sage* either in wine or ale morning and euening.

Take *Sellodyne* early in the morning, and bruisse it well, & then apply it to the sore, and renewing it twice or thrice a day.

Take of *Campeare* one dramme, of *quicksiluer*, four peny-worth killed well with vinegar, then mixe it with two peny-worth of oylede bay, and therewith annoynt the body. Or otherwise take red *Onyons* and seeth them in running water a good while, then bruisse the *Onyons* small, and with the water they were sodden in, strayne them in, then wash the infected place with the same.

Take a greate quantitie of the hearbe *Bennet*, and as much of red *nettes*, pound them well & strayne them, and with the iuyce wash the patient naked before the fire, and so let it

An oynment to rispen sores.

For the stinging of any adder or venomous thing.

For any venoming.

For a ring-worme.

For the itch.

For the dryed Scabbe.

drinke in and wash him againe, and doe so diuers dayes till he be whole.

To kill the
Itch or tet-
ter serpego.

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

To take a-
way the arrs
of the small
Poxe.

Take *Barrowes* grease a prettie quantitie, and take an apple and 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 quantitie of rose water and stirr 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*, *Arabiike*, *Turpentime*, *Oyle olyue*, and *Populion*, & mixe them together to one entyre oyntment, and annoynt the sores therewith, and keepe the party exceeding warme. Or otherwise, take of *Allom* burned, of *Rossin*, *Frankensence*, *Populion*, *Oyle of Roses*, *Oyle de bay*, *Oyle olyue*, greene *Copperas*, *Verdigrease*, *White lead*, *Mercury sublymde*: of each a prettie quantitie but of *Allom* most, then beate to powder the symples that are hard, and melt your oyles, and cast in your powders and stirre all well together, then straine them through a cloth, and apply it warme to the sores; or else take of *Capons* grease that hath toucht no water, the iuyce of *Rue* and the fine powder of *Pepper*, and mixe them together to an oyntment, and apply it round about the sores, but let it not come into the sores, and it will drie them vp.

To put out
the French
or Spanish
Poxe.

Take of *Treakle* halfe a pennyworth, of long *Pepper* as much, and of *graynes* as much, a littell *ginger*, and a little quantitie of *Licoras*, warme them with strong ale, and let the

the

the party drinke it off, and lie downe in his bed and take a good sweat: and then when the fores arise, vse some of the oyntment before rehearsed.

Take the iuice of red *Fennell*, and the iuyce of *Sen greene* and stone hony, and mixe them very well together till it bee thicke, and with it annoynt the party, but before you doe annoynt him you shall make this water. Take *Sage* and seeth it in very faire water from a gallond to a pottell, & put therein a quantitie of hony and some allom, and let them boyle a little together; when you haue strayned the hearbs from the water, then put in your hony and your allom, and therewith wash the poxe first, and let it drie in well, and then lay on the aforesaid oyntment.

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

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

Additi-
ons,
to greene
wounds.

A deffensis
tiue for a
greene
wound.

Take *Apponaxe* and *Galbanum*, of each an ounce, *Am- monianum*, and *Bedlynd* of each two ounces, of *Lethargie* of gold one pound and a halfe, new waxe halfe a pound, *Lapis Calamniaris* one ounce, *Turpentine* foure ounces, *Myrhe* two ounces, *Oyle de bay* one ounce, *Thusse* one ounce, *Arystolochia* roots two ounces, oyle of *Roses* two ounces, *saller oyle* two pound, all the hard symples must bee beaten to fine powder and searsted, take also three pynts of right wine vinegar, & 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 boyle very softly till your vinegar be as good as boyled away, then take an earthen pot with a wide mouth and put your oyle in and your waxe, but your waxe must be scraped before you put it in, then by a littell at once put in your *Lethargie* and stirre it exceedingly, then put in all your
gummes

A salue for
a greene
wound.

gummes and all the reſt, but let your *Turpentine* be laſt, and ſo let it boyle till you ſee it grow to be thicke, then poure it into a baſon of water and worke it with oyle of *Roses* for ſtick- ing to your hands, and make it vp in roules plaſterwiſe, and here is to be noted, that your oyle of *Roses* muſt not be boy- led with the reſt, but after it is taken from the fire a littell be- fore the *Turpentine*.

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

Take three good handfull of *Sage*, and as much of *Hony- ſuckell* leaues and the flowers cleane picked, then take one pound of roch *Allom*, & a quarter of a pound of right english hony clarified cleane, halfe a penyworth of graynes, and two gallonds of running water, then put all the ſaid things into the water, and let them ſeeth till halfe be conſumed, then take it from the fire till it be almoſt cold & ſtrayne it through a cleane cloth, & put it vp in a glaſſe, and then either on tent or pleagant vſe as you haue occaſion.

To ſtanch
blood and
draw ſinewes
together.

Take a quart of rye flower and temper it with running water, and make dough thereof, then according to the big- neſſe of the wound lay it in with the *deffensyriue* plaſter be- fore rehearſed ouer it, and euery dressing make it leſſe and leſſe till the wound be cloſed.

A mayden
oyle for
ſhrinking of
ſinewes.

Take a quart of neates foot oyle, a quart of oxe galles, a quart of *Aquavite*, and a quart of roſe water, a handfull of roſemary ſtrypt, and boyle all theſe together till halfe be con- ſumed, then preſſe and ſtrayne it, and vſe it according as you find occaſion.

For a wound
in the gutts.

Take hony, pitch and butter, and ſeeth them together, & annoynt the hurt againſt the fire, and tent the ſore with the

For pricking
with a
thorne.

fame.

To gather
fleſh in
wounds.

Take groundſell and ſtampe it, and ſeeth it with ſweete mylke till it be thicke, then temper it with blacke ſoape and lay it to the ſore.

Take Roſin a quarter of a pound, of waxe three ounces,
of

of oyle of Roses one ounce and a halfe, seeth all them together in a pint of white wine till it come to skymming, then take it from the fire & put thereto two ounces of venice Turpentine, and apply it to the wound or sore.

Take mustard made with strong vinegar, the crūmes of browne bread, with a quantitie of hony and sixe figgs minxt, temper all together well and lay it vpon a cloath plaisterwise, put a thinne cloath betweene the plaister and the flesh & lay it to the place greued as oft as need requires.

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 of Camomile two ounces, of oyle of Roses two ounces, of Waxe half a pound, of Turpentine a quarter of a pound, melt them and stirre them well together and then diplinnen clothes therein, and apply the searecloth as you shall haue occasion, and note the more oyle you vse, the more supler the searecloth is, and the lesse oyle the stiffer it will be.

Take a little blackesope, sault and hony, and beate them well together, and spread it on a browne paper and apply it to the bruise.

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

Take in the moneth of May, herbane and bruise it well and put it into an earthen pot and put thereto a pint of sallet oyle and set it in the sunne till it be all one substance, then annoynt the ach therewith.

Take halfe a pound of vnwrought wax, as much Rozin, one ounce of galbanum, a quarter of a pound of Lethargie of gold, 3. quarters of white Leade, beate to pouded and ceast, then take a pint of neates foote oyle and set it on the fire in a small vessel which may containe the rest, and when it is all mou-

Additions,
for ach or
swellings.
For the
Cyatyca.

A yellow
searcloth for
any payne or
swelling.

For bruises
swelled.

For swelled
legges.

For any
ache

A plaister
for any paine
or ache in
the ioynts.

Additi-
ons,

to grieſe in
the Bones.
For bones
out of Ioynt
or ſinnewes
ſprung or
ſtrained.

A bath for
broken bones

ten, then put in the pouders and ſtirre it faſt with a ſlice, and trie it vpon the bottome of a ſaucer, when it beginneth to be ſomewhat hard, then take it from the fire, & annoynt a fayre boord with neates foot oyle, & as you may handle it for heate, worke it vp in roubles, and it will keepe ſiue or ſixe yeares, being wraped vp cloſe in papers, & when you will uſe it, ſpread of it thin vpon new lockram or leather ſomewhat bigger then the grieſe, and ſo if the grieſe remoue follow it, renewing it morning and euening, and let it bee ſomewhat warme when it is layd on, and beware of taking cold, & drinking hot wines.

Take foure or ſiue yolkes of egges, hard ſodden or roſted, & take the branches of great *Morrell*, and the berryes in *Somer*, and in winter the roots, and bray all well together in a mortar with ſheeps milke, and then fry it till it be very thicke and ſo make a plaſter thereof, and lay it about the ſore and it will take away both paine and ſwelling.

Take a gallond of ſtanding lye, put to it of *Plantane* and *knot-graſſe*, of each two handfull, of *worme-wood* & *Comfry*, of each a handfull, & boyle all theſe together in the lye a good while, and when it is luke warme bath the broken member therewith, & take the budds of elder gathered in *March*, and ſtryped downward and a little boyle them in water, then eate them in oyle and very little vinegar, a good quantitie at a time in the morning euer before meate or an houre before the patient goe to dinner, and it much auayles to the knyitting of bones.

A generall
bath for
clearing the
ſkin and
camforting
the body.

Take *Rosemary*, *Featherfewe*, *Organye*, *Pelitory* of the wall, *Fennill*, *Mallowes*, *Violet* leaues, and *Nettells*, boyle all theſe together, and when it is well 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 goe to bed and ſweate, beware taking of cold.

Make

Make a plaister of wheate flower and the whits of egges, & spread it on a double linnen cloth, then lay the plaister on an euen board, and lay the broken lymbe thereon, and set it euen according to nature, and lap the plaister about it and splynt it, and giue him to drinke *Knytt-wort* the iuice thereof twice and no more, for the third time it will vnknit, but giue him to drinke nine dayes each day twice the iuyce of *Comfery*, *Day-sies* and *Osmund* in stale ale and it shall knit it, and let the fore-said plaister lye to ten dayes at the least, and when you take it away doe thus, take *hore-hound*, *Red fenell*, *Houns*, *tongue*, *wall-wort*, and *Pelitory*, and seeth them, then vnroule the member and take away the splynts, and then bath the linnen & the plaister about the member in this bath till it haue soakt so long that it come gently away of it selfe, then take the afore-said plaister and lay thereto fve or sixe dayes very hot, and let each plaister lie a day and a night & alwaies splynt it well, and after cherish it with the oyntments before rehearsed for broken bones, and keepe the party from vnhollsome meates and drinckes till hee bee whole, and if the hurt be on his arme let him beare a ball of greene hearbs in his hand to preuent the shrinking of the hand and sinewes.

*A foucraine
helpe for
broken bones*

Take *Sage*, *Rag-wort*, *Yarrow*, vnset leekes of each a like quantitie, stampe them with bay salt and apply them to the wrists of the hands.

*For any
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 extremitie of heate, see you drinke thereof.

*To expell
heate in a
Feuer.*

Take three spoonefull of Ale and a little *Saffron*, and bruise and straine it thereto, then adde a quarter of a spoonefull of fine *Treakle* and mixt together, and drinke it when the fitt comes.

*The royall
medicine for
Fouers.*

Take two roots of crowe foot that growes in a marsh grownd, which haue no little roots about them, to the num-

Another.

ber of twentieth or more, and a little of the earth that is about them, and doe not wash them, and adde a little quantitie of salt, and mixe all well together and lay in one linnen clothes and bind it about your thumbes betwixt the first and the neather ioynt, and let it lye nine dayes vntremoued, and it will expell the feuer.

*An approved medicine for the greatest
Laske or Flixe.*

Take a right *Pomwater* the greatest you can get, or els two little ones, roast them very tender to pap, then take away the skinne and the core and vse onely the pap, and the like quantitie of *Chalke* finely scraped, mixe them both together vpon a trencher before the fire, and worke them well to a plaister, then spread it vpon a linnen cloth warmed very hot as may be suffred, and so bind it to the nauill for 24. houres, vse this medicine twice or thrice or more till the laske be stayed.

O F
*Oyle of
Swallowes.*

To make the oyle of Swallowes, take *Lauendar cotton, Spike, Knot-grasse, Ribwort, Balme, Valerian, Rosemarie tops, Woodbine tops, Vine strings, French Mallowes, the tops of Alecost, Strawberry strings, Tutſan, Plantane, Wale-nut tree leaues, the tops of young Baies, Isop, Violet leaues, Sage of vertue, fine roman Worme-wood,* of each of them a handfull, *Camomile and Redroses,* of each two handfull, twentieth quicke *Swallowes,* & beate them al together in a great mortar, & put to the a quart of Neats-foote oyle, or may butter, and grind them all well together with two ounces of cloues well beaten, then put them all together in an earthen pot, and stop it very close that no ayer come into it, and set it nine dayes in a seler or cold place, then open your pot and put into it halfe a pound of white or yellow waxe cut very small, and a pint of oyle or butter, then set your pot close stopped into a panne of water, & let it boyle
sixe

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 griete either in the bones or sinnewes.

To make oyle of *Camomile*, take a quart of Sallet oyle and put it into a glasse, then take a handfull of *Camomile* and bruiſe it, and put it into the oyle, and let them stand in the same 12. dayes, onely you must shift it euery three dayes, that is to strayne it from the old *Camomile*, and put in as much of new, and that oyle is very fouereine for any griete proceeding from cold causes.

To make oyle of camomile.

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 oyle of Lauender.

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, and set it in the sunne fve or sixe dayes, then strayne it, and with the same annoynt your hands euerie night when you goe to bed, and otherwise as you haue conuenient leasure.

To make smooth hāds

To make that soueraine water which was first inuented by Doctor *Steuens*, in the same forme as he deliuered the Receite to the Arch-bishop of *Canturbury*, a little before the death of the said Doctor. Take a gallon of good *Gascoyne* wine, then take *Ginger*, *Galingale*, *Synamon*, *Nutmegges*, *Graines*, *Cloues* brused, *Fennell seeds*, *Carrawaie seeds*, *Origanum*; of euery of them a like quantitie, that is to say a dramme: Then take *Sage*, *wild Margerom*, *Peny-royall*, *Mints*, *Red-roses*, *Time*, *Pellitory*, *Rosemary*, *wild-time*, *Cammomill*, *Lauender*, of each of them a handfull, then bray the spices small, and bruiſe the hearbs and put al into the wiue, & 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

To make Doctor Steuens water.

water for that is good, and for the last neglect it not, is
 very wholesome though the worst of the three. Now for the
 vertue of this water it is this, it comforteth the spirits and
 parts, and helpeth all inward diseases that commeth
 it is good against the shaking of the palsie, & cureth the con-
 traction of sinnewes, and helpeth the conception of women
 that be barraine, it killeth the wormes in the body, it cureth
 the cold cough, it helpeth the tooth-ache, it comforteth the
 stomacke, and cureth the old dropsie, it helpeth the stone in
 bladder and in the reines, it helpeth a stinking breath: And
 whosoever vseth this water moderately and not too often,
 preserveth him in good liking, & will make him seeme young
 in old age. With this water Docter *Steuens* preserved his
 owne life vntill such extreame age, that he could neither goe
 nor ride, and he continued his life being bed-rid fivē yeares,
 when other Physicions did iudge he could not live one yeare,
 which 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 goodnesse in it that hee lived till he was not a-
 ble to drinke of a cup, but sucked his drinke throug a hol-
 low pipe of siluer. This water will be much the better if it be
 set in the Sunne all Summer.

*Restora-
 tive of Ros-
 asolis.*

To make a cordiall *Rosafolis*, take *Rosafolis*, and in any wise
 touch not the leaves thereof in the gathering, nor wash it;
 take thereof foure good handfuls, then take two good pints
 of *Aquaviva*, 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 cleane cloth into another glasse or pew-
 ter pot, and put thereto halfe a pound of *Sugar* beaten small,
 fowre ounces of fine *Licoras* beaten into powdery halfe a
 pound

pound of sonud Dates the stones being taken out, & cut them and make them cleane, and then mince them small, and mixe all these together and stop the glasse or pot close and iust, and drinke of it at night to bedward halfe a spoonefull with Ale or Beere, 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 and lustie, and to haue a maruailous hungrie stomacke, prouided alwaies that this *Rosa solis* be gathered (as neare as you possibly can) at the full of the moone when the sunne shineth before noone, and let the roots of them be cut away.

Take the flowers of roses or violets & breake them small and put them into sallet oyle, and let them stand in the same ten or twelue dayes, 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, & then put it into a double glasse and set it in the sun all the summertime, and it is soueraine for any scalding or burning with water or oyle. Or else take red roses new plucked a pound or two, and cut the white ends of the leaues away, then take may Butter and melt it over the fire with 2. pound of oyle *olyue*, & when it is clarified put in your roses and put it all in a vessell of glasse or of earthen, 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 bottles, this is good for al manner of vnkind heates.

Take two or three pound of *Nutmegges* & cut them small and bruse them well, then put them into a pan and beate them and straine them about, which done, put them into a canuasse

Additi-
ons,
to the Oyles.
To make
oyle of Roses
or Violets.

To make
oyle of Nut-
meggs.

or

or strong linnen bagge, and close them in a presse and presse them, & get out all the liquor of them which will be like manna, then scrape it from the canuasse bagge as much as you can with a knife, then put it into some vessell of glasse and stoppe it well, but set it not in the sun for it will waxe cleane of it selfe within 10. or 15. dayes, and it is worth thrice so much as the Nutmeggs themselves, and the oyle hath very great vertue in comforting the stomacke and inward parts, and asswaging the paine of the Mother and Cyatica.

To make
perfect oyle of
Spyke.

Take the flowers of *Spyke*, and wash them only in *Oyle olyue* and then stampe them well, then put them in a canuasse bagge & presse them in a presse as hard as you can, & take that which commeth out carefully, and put it into a strong vessell of glasse, and set it not in the sun for it will cleare of it selfe & waxe fayre and bright, and will haue a very sharpe odor of the *Spike*; and thus you may make oyle of other hearbs of like nature, as *La-uender*, *Camomile*, and such like.

To make
oyle of
Masticke.

Take an ounce of *Masticke*, and an ounce of *Olibanum* pounded as small as is possible, & boyle them in oyle *Olyue* (a quart) to a third part, then presse it and put it into a glasse, & after 10. or 12. dayes it will be perfect: it is exceeding good for any cold grieffe.

Thus hauing in a summary manner passed ouer all the most Phisicall & chirurgicall notes which burtheneth the mind of our *English House-wife*, beeing as much as needfull for the preservation of the health of her Family: and hauing in this chapter shewed all the inward vertues wherewith shee should bee adorned, I will now returne to her more outward and actiue knowledges, wherein albeit the mind bee as much occupied as before; yet is the body a great deale more in vse: neither can the worke be well effected by rule or direction.

CHAP. II.

Of the outward and actiue knowledge of the Houſ-wife; and of her skill in Cookerie; As Sallets of all ſorts, with Fleſh, Fiſh, Sauces, Paſtrie, Banqueting-ſtuſſe, and ordering of great feaſts: Alſo Diſtillations, Perfumes, conceited Secrets, and preſeruing Wine of all ſorts.



O ſpeake then of the outward and actiue knowledges which belong to our English Houſ-wife, I hold the firſt and moſt principall to be a perfect ſkill and knowledge in Cookery, together with all the ſecrets belonging to the ſame, becauſe it is a dutie rarely belonging to the woman; and ſhe that is vtterly ignorant therein, may not by the lawes of ſtrict Iuſtice challenge the freedome of Marriage, becauſe indeed ſhe can then but performe halfe her vow; for ſhe may loue and obey, but ſhee cannot ſerue and keepe him with that true dutie which is cuer expected.

To proceede then to this knowledge of Cookery, you ſhall vnderſtand, that the firſt ſteppe thereunto is, to haue knowledge of all ſorts of hearbs belonging to 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 Hearbs ſhe muſt get by her owne labour and experience, and not by my relation, which would be much too tedious, and for the vſe of them, ſhe ſhall ſee it in the compoſition of diſhes and meates here-after following. She ſhall alſo know the time of the yeere, Month and Moone, in which all Hearbs are to bee ſowne; and when they are in their beſt flouriſhing, that gathering all Hearbs in their height of goodneſſe, ſhe may haue the prime vſe of the ſame. And becauſe I will inable, and not burthen her

She muſt know all Hearbs.

memorie, I will here giue her a ſhort Epitomie of all that knowledge.

*Her ſkill in
the Garden.*

First then, let our English Houſ-wife know, that ſhe may at all times of the Moneth and Moone, generally ſow *Asparagus, Colworts, Spinage, Lettice, Parſnips, Radish, and Chyues.*

In February, in the new of the Moone, ſhe may ſow *Spyke, Garlick, Borage, Bugloſe, Cheruyle, Coriander, Gourds, Cresses, Marioram, Palma Chriſti, Flower gentle, white Poppie, Purſlan, Radish, Rocket, Roſemarie, Sorrell, Double Marigolds and Time.* The Moone full ſhe may ſow *Aniſſeedes muſked, Violets, Bleets, Skyrrets, white Succory, Fennell, and Parſlie.* The Moone old, ſow *Holy Thyeſtall, Cole Cabadge, white Cole, greene Cole, Cucumbers, Harts-Horne, Diers Graine, Cabadge, Lettice, Mellons, Onions, Parſnips, Larkes Heele, Burnet and Leekes.*

In March the Moone new, ſow *Garlick, Borrage, Bugloſſe, Cheruyle, Coriander, Gourds, Marioram, white Poppie, Purſlan, Radish, Sorrell, Double Marigolds, Time, Violets.* At the full Moone; *Aniſeedes, Bleets, Skirrets, Succorie, Fennell, Apples of Lowe, and Marueilous Apples.* At the wane; *Artichokes, Baſſill, Bleſſed Thyeſtall, Cole Cabadge, white Cole, Greene Cole, Citrons, Cucumbers, Harts-Horne, Samphire, Spinage, Gilliſlowers, Iſſop, Cabadge, Lettice, Mellons, Mugrets, Onions, Flower Gentil, Burnet, Leekes and Sauorie.* In May, the Moone old, ſow *Bleſſed Thyeſtall.* In Iune, the Moone new, ſow *Gourds and Radishes.* The Moone old, ſow *Cucumbers, Mellons, Parſnips.* In Iuly, the Moone at full, ſow *White Succorie*: and the Moone old, ſow *Cabadge, Lettice.* Laſtly, in Auguſt, the Moone at the full, ſow *White Succorie.*

*Transplan-
ting of
Herbs.*

Alſo ſhe muſt know, that Herbs growing of Seeds, may be tranſplanted at all times, except *Cheruyle, Arage, Spynage,* and *Pſelye,* which are not good being once tranſplanted, obſeruing euer to tranſplant in moiſt and rainie weather.

Alſo

Also she must know, that the choice of seedes are two- *Choice of*
 fold, of which some grow best, being new, as *Cucumbers seedes.*
 and *Leekes*, and some being old as *Coriander, Parsly, Saurie,*
Beets, Origan, Cresses, Spinage and *Poppy*, you must keepe cold
Lettice, Artichokes, Basil, Holy Thistle, Cabadge, Cole, Diers
Graine, and *Mellons*, fifteene dayes after they put forth of
 the earth.

Also seedes prosper better being sowne in temperate *Prosperity*
 weather, then in hot, cold, or drie daies. In the Moneth of *of seedes:*
 Aprill, the Moone being new, sow *Marioram, Flower-gentle,*
Time, Violets: in the full of the Moone, *Aples of lowe,* and *mar-*
neilous Apples: and in the wane, *Artichokes, Thistles, Cabadge,*
Cole, Cierons, Harts-horne, Samphire, Gilliflowers, and *Parse-*
nips.

Seedes must be gathered in faire weather; at the wane *Gathering*
 of the Moone, and kept some in boxes of wood, some in *of seeds.*
 bagges of leather, and some in vessels of earth, and after to
 be well cleansed and dried in the Sunne or shadow; other-
 some, as *Onions, Chibols* and *Leekes*, must be kept in their
 husks. Lastly, she must know, that it is best to plant in the
 last of the Moone; to gather grafts in the last but one, and
 to graft two daies after the change, and thus much for her
 knowledge briefly of Hearbs, and how she shal haue them
 continually for her vse in the Kitchin.

It resteth now that I proceede vnto Cookerie it selfe, **O F**
 which is the dressing and ordering of meate, in good and *Cookery and*
 wholsome manner; to which, when our *House wife* shall *the parts*
 adresse her selfe, she shall well vnderstand, that these qua- *thereof.*
 lities must euer accompanie it: First, she must be cleanly
 both in body and garments, she must haue a quicke eye, a cu-
 rious nose, a perfect taste, and a ready eare (she must not be
 butter-fingred, sweete-rooted, nor 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 Fricafes; the ſecond, boyled Meates and Broaths; the third, Roaſt meates, and Carbonados; the fourth, Bak't meates and Pies; and the fifth, Banqueting and made diſhes, with other conceits and ſecrets.

Of Sallats.

Simple Sallats.

Firſt then to ſpeake of Sallats, there be ſome ſimple, and ſome compounded; ſome only to furniſh out the table, and ſome both for uſe 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, Cabage lettice, Porflan, and diuers other herbs which may be ſerued ſimply without any thing, but a little Vinegar, Sallet-Oyle, and Sugar: Onions boyled, and ſtrippt from their rind, and ſerued vp with Vinegar, oyle and 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 Sallats.

Your compound Sallats, are firſt the young Buds and Knots of all manner of whoſome hearbes 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 Sallat.

To compound an excellent Sallat, and which indeed is vſuall at great feaſts, and vpon Princes tables: Take a good quantitie 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,

Oliues, 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 Suger ouer all: then take Orenge and Lemons, and paring away the outward pills, cut them into thinne slices, then with those slices couer the Sallet al ouer; which done, take the 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 well 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 mo slices of Lemons and Orenge, and so serue it vp.

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, and 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 it into a Pipkin with a good lump of sweete butter, and boile it ouer againe; then take a good handfull of Currants cleane washt, and put to it, and stirre them well together; then put to as much Vinegar as will make it reasonable tart, and then with Suger season it according to the taste of the Master of the house, and so serue it vpon sippets.

An excellent boild Sallet.

Your preferued Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purflan, Broome, and such like, or preferued with Vinegar; as Violets, Prim-rose, Cowflops, Gillyflowers of all kinds, Broome-flowers, and for the most part any wholesome flower whatsoeuer.

Of preferuing of Sallets.

Now for the picking of Sallats, they are onely boyled, 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-ſaid after they haue been pickt cleane from their ſtalke, and the white ends (of them which haue any) cleane cut away, and waſht and dried, and taking a glaſſe-pot like a Gally-pot, or for want thereof a Gally-pot it ſelfe; and firſt ſtrew a little Sugar in the bottom, then lay a layer of the Flowers, then couer that layer ouer with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus doe one aboue another till the pot be filled, euer and anon preſſing them hard downe with your hand: this done, you ſhal take of the beſt and ſharpeſt Vinegar you can get (and if the vinegar be diſtilled vinegar, the Flowers wil 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, and ſet them in adrie temperate place, & vſe them at pleaſure, for they wil laſt all the yeere.

*The making
of ſtrange
Sallats*

Now for compounding of Sallats of theſe pickled and preſerued things, though they may be ſerued vp ſimply of themſelues, and are both good and daintie; yet for better curioſitie, 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 ſuing the colours answerable to the Flower you ſhall proportion forth, 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 ſtalke, make the ſtalke of the Flower, and the diuiſions

of

of the leaues and branches; then with the thin slices of Cucumbers make their leaues in true proportions, jagged or otherwise: and thus you may set forth some full blowne, some halfe blowne, and some in the bud, which will bee pretty and curious. And if you will set forth yellow flowers, take the pots of Primroses and Cowslips, if blew flowers, then the pots of Violets, or Buglosse Flowers; and these Sallats are both for shew and vse; for they are more excellent for taste then to looke on.

Now for Sallats for shew onely, and the adorning and setting out of a table with numbers of dishes, they be those which are made of Carret rootes of fundrie 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; & these for the most part are seasoned with Vinegar, Oyle, and a little Pepper. A world of other Sallats there are, which time and experience may bring to our *Hous-wifes* eye, but the composition of them, and the seruing of them differeth nothing from these already rehearsed.

Now to proceed to your Fricases, or *Quelque choses*, which are dishes of many compositions, and ingredients; as Flesh, Fish, Egges, Hearbs, 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, Beeffe, or young Porke, the frying whereof is so ordinarie, that it needeth not any relation, or the frying of any Flesh or Fish simple of it selfe with Butter or sweete Oyle.

To haue the best Collops and Egges, you shall take the whitest and youngest Bacon; and cutting away the sward,

CUT

Sallats for shew onely.

Of Fricases and Quelque choses.

Of simple Fricases.

Best Collops and Egges.

cut the Collops into thin ſlices, lay them in a diſh, and put hot water vnto them, and ſo let them ſtand an hower 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, as they may toast ſufficiently thorow and thorow: which done, take your Egges and breake them into a diſh, and put a ſpoonefull of Vinegar vnto them: then ſet on a cleane Skillet with faire water on the fire, and as ſoone as the water boileth put in the Egges, and let them take a boile or two, then with a ſpoone trie if they be hard enough, and then take them vp, and trim them, and drie 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 whoſome.

*Of the com-
pound frie-
caſes.*

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

*To make the
beſt Tanſey.*

Fiſt then for making the beſt Tanſey, you ſhall 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 euerie third Egge; then with a ſpoone you ſhall cleaſe away the little white Chickin-knots which ſticke to the yelkes; then with a little Creame beate them exceedingly together: then take of greene Wheat blades, Violet leaues, Straw-bery leaues, Spinage and Succorie, of each a like quantitie, and a few Wall-nut buds; chop and beate all theſe very well, and then ſtraine out the iuyce, and mixing it with a little more Creame, put it to the Egges, and ſtirre all well together; then put in a few crummes of bread,

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, and breake them, and beat 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 thick 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 fried, with a dissh turne your slices of bread vppward, and then powre on them the other halfe of your Egges, and so turne them till both sides bee browne; then dish it vp, and serue it with Sugar strowed vpon it.

To make the best panperdie.

To make a Quelquechose, which is a mixture of many things together; take the Egges and breake them, and do away the one halfe of the Whites, and after they are beaten put to them a good quantitie of sweete Creame, Currants, Cinamon, Cloues, Mace, Salt, and 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 eggs, and with your hand stirre them exceeding well together; then put sweet butter in your frying pan, and being melted, put in all the rest, and frie it browne without burning, euer and anon turning it till it be fried enough; then dish it vp vpon a flat Plate, and couer it with Sugar, and so serue it forth. Only 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 in this manner as you make this Quelquechose, so you may make any other, whether it be of flesh, smal birds, sweet roots, oysters, muskles, cockles, giblets, lemons, oranges, or any fruit, pulse; or other sallet herbe whatsoeuer; of

which to ſpeake ſeuerally were a labour infinite, becauſe they vary with mens opinions. Only the compoſition and worke is no other then this before preſcribed; and who can doe theſe, neede no inſtruction for the reſt. And thus much for Sallets and Frycales.

Addi-
tions

*to the houſ-
wifes Cooke-
rie.*

*To make
Fritters.*

To make Fritters another way, take Flower, Milke, Barne, grated Bread, ſmall Rayſings, Cinamon, Suger, Cloues, Mace, Pepper, Saffron and Salt; ſtirre all theſe together very well with a ſtrong ſpoone, or ſmall ladle; then let it ſtand more then a quarter of an hower that it may riſe, then beate it in againe, and thus let it riſe and be beat in twice or thrice at leaſt; then take it and bake them in ſweete and ſtrong Seame, as hath been before ſhewed; and when they are ſerued vp to the Table, ſee you ſtrow vpon them good ſtore of Sugar, Cynomon and Ginger.

*To make
the beſt
white Pud-
dings.*

Take a pint of the beſt, thickeſt and ſweeteſt Creame, and boile it, then whileſt it is hot, put thereunto a good quantitie of faire great Oat-meale Grotes cleane pickt, and formerly ſteept in Milke twelue houres at leaſt, and let it ſoake in this Creame another night; then put there- to at leaſt eight yelks of Egges, a little Pepper, Cloues, Mace, Saffron, Currants, Dates, Sugar, 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 to the order of good houſwiferie, & then boyle them on a ſoft and gentle fire, and as they ſwell, prick them with a great pin, or ſmall awle, to keepe them that they burſt not: and when you ſerue them to the Table (which muſt be not till they be a day old,) firſt, boyle them a little, then take them out and toaſt them browne before the fire, and ſo ſerue them, trimming the edge of the diſh either with Salt or Sugar.

*Puddings of
a Hogs Li-
uer.*

Take the Liuer of a fat Hog, and parboyle it, then ſhred it ſmall, and after beate it in a Morter very fine; then mixe

it

it with the thickest and sweetest Creame, and straine it very well through an ordinary strainer; then put thereto six yelkes of Egges, and two whites, and the grated crums of neere-hand a penny white loafe, with good store of Currants, Dates, Cloues, Mace, Sugar, Saffron, Salt, and the best Swine suet, or Beeffe suet, but Beeffe suet is the more wholesome, and lesse loosening; then after it hath stood a while, fill it into the farmes, and boyle them, as before shewed: and when you serue them to the Table, first, boyle them a little, then lay them on a Gridyron ouer the coales, and broyle them gently, but scorch them not, nor in any wise breake their skinnes, which is to bee prevented by oft turning and tossing them on the Grid-yron, and keeping a slow fire.

Take the Yelkes and Whites of ten or twelue Eggs, and hauing beate them well, put to them the fine powder of Cloues, Mace, Nutmegs, Sugar, Cynamon, Saffron and Salt; then take the quantity of two loaues of grated bread, Dates (small shred) and great store of Currants, with good store either of Sheepes, Hoggs, or Beeffe-suet beaten and cut small; then when all is mixt well together, and hath stood a while to settle, then fill it into the farmes as hath been before shewed, and in like manner boile them, cooke them, and serue them to the Table.

*To make
bread Pud-
dings.*

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 hower or two, & after put in the Yelkes 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 Beeffe Suet well beaten, and small shred, and so put it into the farmes, and

*Rice Pud-
dings.*

boyle them as before shewed, and serue them after a day old.

*Another of
Liuor.*

Take the best Hoggs 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 great 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 peny loaues of) white bread, and boyle al in the thickest and sweetest Creame you haue till it be very thick; then let it coole, and put to it the yelks of halfe a dozzen Egges, a little Pepper, Cloues, Mace, Corants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beeffe and Swines suet great plenty, then fill it into the Farmes, and boyle them as before shewed,

*Padding of
a Calues
Mugget.*

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 Endyue, Spynage, Succorie, and Sollell, of each a pretty quantitie, and chop them as small as is possible, and then mixe them with the Mugget; then take the Yelkes of halfe a dozzen Egges, and three Whites, and beate them into it also, & if you find it is too stiffe, then make it thinner with a little Creame warmed on the fier; 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, Sheeps bagge, or Hogs bagge, and then boyle it well, and so serue it vp.

*A Blood
Pudding.*

Take the Blood of an Hogge whilest it is warme, and steepe in it a quarte, or more, of great Oate-meale grottes, and at the end of three dayes with your hands take the Grots out of the blood, and draine them cleane; then put put to those Grottes more then a quarte of the best creame warmed

warmd on the fire; then take Mother-of-Time, Parsely, Spinnage, Succory, Endiue, Sorrel and Strawberry leaues, of each a few chopt exceeding small, and mixe them with the Grots, and also a little Fenell 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 Farmes, and boyle them, as hath been before described.

Take the largest of your Chines of Porke, and that which is called a Liste, and first with your knife cut the the leane thereof into thin slices, and then shred small those slices, and then spread it ouer the bottom of a dish or wooden platter; then take the fat of the Chine and the Liste, and cut it in the same manner, and spread it vpon the leane, and then cut more leane, and spread it on the fat, and thus doe one leane vpon another till all the Porke bee shred, obseruing to begin and end with the leane; then with your knife scortch it 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 meat slip, and then fill them: which done, with threads deuide them into seuerall 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 driethere at least foure dayes before any be eaten; and when they are serued vp, let them be either fried or boyld on the Gridyron, or else roasted about a Capon.

It resteth now that we speak of boild meats and broths, which forasmuch as our Houf-wife is intended to be general, one that can as well feed the poore as the rich, we will first

OF

Boild meates:
ordinarie.

first begin with those ordinarie wholesome boyld-meates, which are of vse in euery good mans house : therefore to make the best ordinarie 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 Beeffe will likewise make good Pottage: and hauing washt your meate well, put it into a cleane pot with faire water, and set it on the fire; then take *Violet* leaues, *Succory*, *Strawbery* leaues, *Spinage*, *Langdebeefe*, *Marigold* flowers, *Scallions*, & a little *Parsly*, & chop the 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 wel, and then put in your hearbs, and so let it boyle with a quick fire, stirring the meate oft in the pot, till the meate bee boyld enough, and that the hearbs and water are mixt together without any separation, which will bee 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.

Pottage without sight of hearbs.

Some desire to haue their Pottage greene, yet no herbs to be seene in this case: you must take your hearbs 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 straine it as hard as may be, and so put it in and boyle it.

Pottage without hearbs.

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

Pottage with whole hearbs.

If you wil make pottage of the best & daintiest kind, you shal take Mutton, Vcale, or Kid, & hauing broke the bones, but

but not cut the flesh in peeces, and wash it, put it into a pot with faire water, after it is ready to boile, and is thoroughly skumd, you shal put in a good handful or two of smale oat-meale: & then take whole lettice of the best & most inward leaues, whole spinage, endiue, succory, and whole leaues of colass orry, or the inward parts of white cabage, with two or three slic't onions; and put all into the pot and boile them well together till the meat be enough, and the herbes so soft as may be, and stirre them oft well together; and then season it with salt and as much veriuice as will onely turne the tast of the pottage; and so serue them vp, couering the meat with the whole hearbes, and adorning the dish with sippets.

To make ordinary stewd broth, you shall take a necke of veale, or a leg, or marybones of beefe, or a pullet, or mutton, and after the meat is washt, put it into a pot with faire water, and being ready to boile, 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, half a pound of Raisins, and a quarter of a pound of Currants clean pickt & washt, with a litle whole Mace and two or three brused Cloues, and put them into the pot, and stirre all well together, and so let them boile till the meate be enough; then if you will alter the colour of the broth, put in a litle Turnesole, or red Saunders, and so serue it vpon Sippets, and the fruit vppermost.

To make ordinary stewd broth.

To make an excellent boiled meate: take fowre 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 veriuice and put into it; then slice a

A fine boild meate.

handfull of Onions and put them in also, and so let it boile a good while, then take a peece of sweet 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 boile a
Mallard.*

To boile a Mallard curiously, take the Mallard when it is faire dressed, washed and trust, and put it on a spit and rost it till you can get the gray out of it; then take it from the spit and boile it, then take the best of the broth in a pipkin, and the gray which you saued, with a peece of sweete butter and Currants, Vineger, Sugar, Pepper and grate d bread: Thus boile all these together, and when the Mallard is boiled sufficiently, lay it on a dish with sippets, and the broth vpon it, and so serue it foorth.

*To make an
excellent
Olepotrige.*

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 boile, skumme your pot; when the Beefe is halfe boiled, you shall put in Potato roots, Turneps, and Skirrets: also like gobbets 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 Lamb; a little space after these, the foreparts of a fat Pigge, and a crambd Pullet; then put in Spinage, Endiue, Succory, Marigold leaues & flowers, Lettice, Violet leaues, Strawberry leaues, Buglosse and Scallions, all whole and vnchoot; then when they haue boiled a while, put in a Partridge and a Chicken chopt in peeces, with Quailes, Rails, Blackbirds, Larkes, Sparrowes and other small birds, all being well and tenderly boiled, season vp the broth with good store of Sugar, Cloues, Mace, Cinamon, Ginger
and

and Nutmegge mixt together in a good quantity of Veri-
juice and salt, and so stirre vp the pot well from the bot-
tome, 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
blaunch't Almonds, boiled in a thing by themselves; then
couer the fruite and the whole boiled hearbes, and the
hearbes with slices of Orenge and Lemmons, and lay the
roots round about the sides of the dish, and strew good
store of Sugar ouer all, and so serue it foorth.

To make the best white broth, whether it be with *To make the
best white
broath.*
Veale, Capon, Chickens, or any other Fowle or Fish: First
boile the flesh or fish by it selfe, then take the valew of a
quart of strong mutton broth, or fat Kidde broth, and
put it into a pipkin by it selfe, and put into it a bunch of
Time, Marierome, Spinage and Endiue bound together;
then when it seethes put in a pretty quantity of Beefe-
marrow, and the marrowe of Mutton, with some whole
Mace and a few bruised Cloues; then put in a pinte of
White-wine with a few whole slices of Ginger; after
these haue boiled a wile together, take blanch't Al-
monds, 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 Cinamon in veriuike and sugar, with a few
sliced Dates; and boile them til the veriuike be most part
consumed, or at least come to a syrrop; then draine the
fruit from the syrrop, and if you see it be high coloured;
make it white with sweete creame warmed, and so mixe
it with your wine broth; then take out the Capon or the
other Flesh or fish, and dish it vp dry in a clean dish; then
powre the broth vpon it, and lay the fruite on the top of
the

the meate, and adorne the ſide of the diſh with ſippets; firſt *Orengeſ*, *Lemmons* and *Sugar*, and ſo ſerue it forth.

To boile any
wild Fowle.

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-herbes, and a lump of ſweete butter; after it hath boiled well, ſeaſon it with veriuce, 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 ſticke a few *Cloues* about it; then put it into the broth with *Onions*, and there let it take a walme or two, & ſo ſerue it and the broth forth vppon *Sippets*, ſome vſe to thicken it with roaſts of bread ſteep and ſtrained, but that is as pleaſe the Cooke.

To boile a
legge of
Mutton.

To boile a legge of *Mutton*, or any other ioint 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 beginnes 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 *Veriuce* together, boile the *Mutton* therein till it be 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 & ginger, with ſome *lemmon* ſlices, and a little of an *Oringe* pill, with a few fine whitebread crums: then taking vp the *Mutton*, put the remainder of the broth in which it lay to the grauy, and then ſerue it vp with ſippets

pets, laying the *Lemmon* slices vppermost, and trimming the dish about with *Sugar*.

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 *Parfly* as they can hold; then boile them with salt and water onely till they be enough: then take a dish and put into it veriuice, and *butter*, and *salt*, and when the *butter* is melted, take the *Parfly* 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.

An excellent way to boile Chickens.

If you will make broth of any fresh fish whatsoever, whether it be *Pike*, *Bream*, *Carpe*, *Eele*, *Barbell* or such like: you shall boile water, veriuice & *salt* together with a handfull of sliced *Onions*; then you shall thicken it with two or three spoonefull of *Ale-barme*; 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 fruit and *Onions* vppermost. Some to this broth will put *Prunes* and *Dates* slic'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 tast by the alteration of the compounds as shee shall see occasion: And when a broth is to sweet, to sharpen it with veriuice, when to tart, to sweet it with *sugar*; when flat & wallowish, to quicken it with *Oringes* & *Lemmons*; & when to bitter, to make it pleasant with

A broth for any fresh Fish.

Additi-
ons*To boyle
meates.**A Mallard
smoared, or a
Hare, or old
Conie.*

hearbes & ſpices: and thus much for broths & boild meates.

Take a Mallard when it is cleane dressed, washed and trust, and parboyle it in water till it be skumd and purified, then take it vp, and put it into a Pipkin with the neck downward, and the taylor vpward, standing as it were vpright, then fill the Pipkin halfe full with that water, in which the Mallard parboyled, and fill vp the other halfe with White Wine; then pill and slice thin a good quantitie of Onyons, and put them in with whole fine Hearbs, according to the time of the yeare, as Lettice, Strawberry leaues, Violet leaues, Vines leaues, Spinage, Endiue, Succorie, and such like, which haue no bitter or hard taste, and a pretty quantitie 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 enough; then take out the Mallard, and carue it as it were to goe to the Table; then to the Broath put a good lumpe of Butter, Sugar, Cinamon; and if it be in some, 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 Egges 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 old Conie, being trust vp close together.

*To stew a
Pike.*

After your Pike is drest and opened in the back, and laid flat, as if it were to frie, then lay it in a large dish for the purpose, able to receiue it; then put as much White Wine to it as will couer it all ouer; then set it on a Chaffing-dish and Coales to boyle very gently, and if any skum arise, take it away; then put to it Currants, Sugar, Cynamon, Barber-berries, and as many Prunes as wil serue to garnish the dish; then couer it close with another dish, and let it stew till the
fruit

fruit be soft, and the Pike enough; then put in a good lumpe of sweet Butter; then with a fine skimmer take vp the fish and lay it in a cleane dish with Sippets; then take a cople of Yelkes 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 stir it exceedingly to keepe it from curding; then power the broth vpon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barberies, Slices of Orenge or Lemmons, and so serue it vp. And thus may you also stew Rochets, Gurnets, or almost any sea-fish, or fresh-fish.

Take a Lambs-head and Purtenance cleane washt & pickt and put it into a Pipkin with faire water, and let it boile, and skum 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 vp the Lambes head and purtenance, and put it into a cleane dish with Sippets; then put in a good lumpe of Butter, and beate the Yelkes of two Egges with a little Creame, and put it to the Broth with Sugar, Synamon, and a spoonefull or two of Verduyce, and whole Mace, and as many Prunes as will garnish the dish, which should bee put in when it is but halfe boyld, and so power it vpon the Lambs-head and Purtnance, and adorne the sides of the dish with Sugar, Prunes, Barberies, Orenge and Lemons, and in no case forget neuer to season well with Salt, and so serue it vp.

*To stew a
Lambs head
and Purte-
nance.*

Take a very good brest of Mutton chopt into sundry large pieces, and when it is cleane washt, 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 washt and scrapt; then good store of the best onions, and all manner of swcete

*A Brest of
Mutton
stewed.*

sweet pleasant Pot-herbs and *lettice*, all grossely chopt, and good store of *pepper* & *salt*, and then couer it, & let it stew till the Mutton be enough; then take vp the Mutton, and lay it in a cleane dish with Sippets, and to the broath put a little Wine-vinegar, and so power it on the Mutton with the Parseneps whole, and adorne the sides of the dish with Sugar, and so serue it vp: and as you doe with the Brest, so you may doe with any other Ioynt of Mutton.

To stew a

Neats foote.

Take a Neates foot that is very well boyld (for the tenderer it is, the better it is) and cleaue it in two, and with a cleane cloth drie it well from the Souse-drinke; then lay it in a deepe earthen platter, and couer it ouer with Verduyce; 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 couer it, and let it boyle 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 softnes of the fruit; then put in a good lumpe of Butter, great store of Sugar and Sinamon, and let boyle 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.

Of

Roast-meats.

Observations in roast meates.

Spitting of roast meates.

To proceed then to roast meats, it is to bee vnderstood, that in the generall knowledge thereof are to be obserued these few rules. First, the cleanely keeping and scowring of the spits and cobirons; next, the neat picking and washing of meate before it bee spitted, then the spitting and broaching of meate which must bee done so strongly and firmly, that the meat may by no meanes either shrink from the spit, or else turne about the spit: and yet euer to obserue, that the spit doe not goe through any principall part of the meate, but such as is of least account and estimation: and if it be birds or fowle which you spit, then to

let

let the spit goe through the hollow of the body of the Fowle, and to fasten it with pricks or skewers vnder the wings about the thighes of the Fowle, and at the feete or rump, according to your manner of trussing and dressing them. Then to know the temperatures of fiers for euery meate, and which must haue a slow fire, yet a good one, taking leasure in roasting, as Chines of Beefe, Swannes, Turkies, Peacockes, Bustards, and generally any great large Fowle, or any other ioints of Mutton, Veale, Porke, Kid, Lambe, or such like: whether it be Venison red, or Fallow, which indeed would lie long at the fire, and soke well in the roasting, and which would haue a quicke and sharpe fire without schorching; as Pigges, Pullets, Feasants, Partridge, Quaille, and all sorts of middle sized or lesser fowle, and all small birds, or compound roste-meates, as *Olines* of Veale, Haslets; a pound of butter roasted; or puddings simple of themselves; and many other such like, which indeed would be suddenly & quickly dispatcht, because it is intended in Cookery, that on of these dishes must be made ready whilst the other is in eating. Then to know the complexions of meates, as which must be pale and white roasted, (yet thorowly 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, Geese, Pigges, Crane, Bustards, and any large fowle, or other thing whose flesh is blacke.

Temperature of fire.

The complexions of meate.

Then to know the best bastings for meat, which is sweet butter, sweet oyle, barrld butter, or fine rendred vp seame with *sinamon*, *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 bastings of meates.

Then the best dredging, which is either fine white-bread crummes,

The best dredging.

crummes well grated, or els a little very fine white meale, and the crummes very well mixt together.

To know
when meat
is enough.

Lastly to know when meate is roasted enough; for as too much rarenes is vnholosome, so too much drinesse is not nourishing. Therefore to know when it is in the perfitt height, and is neither too moist nor too dry, you shall obserue these signes first in your large ioints of meate, when the stemme or stroke of the meate offendeth, either vp-right or els goeth from the fire, when it beginneth a little to shrinke from the spit, or when the grauy which dropeth from it is cleare without bloodinesse. If it be a Pigge when the eies are fallen out, and the body leaueth piping; for the first is when it is halfe roasted, and would bee singed to make the coat rise and be crackle, and the latter when it is fully enough and would be drawne: or if it be any kind of fowle you rost, when the thighs are tender, or the hinder parts of the pinions at the setting on of the wings, are without blood; then be sure that your meat is fully enough roasted: yet for a better and more certain assurednesse, you may thrust your knife into the thickest parts of the meate, and draw it out againe, and if it bring out white grauy without any bloodishnesse, then assuredly it is enough, and may be drawne with all speed conuenient, after it hath beene 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 dist in a faire dish with salt sprinckled ouer it, and so seru'd forth. Thus you see the generall forme of roasting all kind of meat: therefore now I will returne to some particular dishes, together with their seuerall sawces.

Roasting
mutton with
oysters.

If you will roast mutton with oysters; take a shoulder a lone, or a legge, and after it is washt parboile it a little; then

then take the greatest oysters, and hauing opened them into a dish, draine the grauy cleane from them twice or thrice, then parboile them a little: Also then take spinage endiue, succory, strawberry leaues, violet leaues, and a little parsley, with some scallions; chop these very small together: Then take your oysters very dry, draind, and mixe them with an halfe part of these herbes: Then take your meate and with these oysters and hearbes farce or stop it, leauing no place empty, then spit it and roast it, and whilst it is in roasting take good store of veriuiice and butter, and a little salt, and set in a dish on a chaffing-dish and coales: and when it begins to boile, put in the remainder of your herbes without oysters, and a good quantity of currants, with *Cinamon*, and the yelke of a couple of egges: And after they are well boyled and stir'd together, season it vp according to tast with sugar: then put in a few lemmon, slices, and the meate, being enough, draw it and lay it vpon this sawce remooued into a clean dish, the egges, thereof being trimmed about with sugar, and so serue it foorth.

To toast a legge of Mutton after an out-landish fashion, you shall take it after it is washt, and cut out all the flesh from the bone, leauing onely the outmost skinne entirely whole and fast to the bone; then take thicke creame and the yelke of egges and beate them exceedingly well together; then put to *Cinamon*, *Mace*, and a little Nutmegge, with *Salt*, then take bread crumms finely grated and searst with good store of Currants, and as you mixe them with the creame, put in sugar, and so make it into a good stiffnesse: Now if you would haue it looke greene, put in the iuice of sweet hearbes, as *Spinage*, *Violet* leaues, *Endiue* &c. If you would haue it yellow, then put in a little *Saffron* strained, and with this fill vp the skin of your legge of Mutton in the same shape and forme that it was before,

To roast a
legge of
mutton o-
therwise.

and sticke the out-side of the skinne thick 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 indeed it is no other: you may stop any other joint of meate, as breast or loine, or the belly of any Fowle boiled or roast, or rabbit, or any meat else which hath skinne or emptinesse. If into this pudding also you beate the inward pith of an Oxes backe, it is booth good in tast, and excellent soueraigne for any diseale, ache or fluxe in the: aynes whatsoeuer.

*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 boiles you shall put in sweete herbes finely chopt, with the yelke of a couple of egges, and so let them boile together; then the meat being halfe roastest you shall pare of some part of the leanest and brownest, then shed it very small and put it into the Pipkin also; then season it vp with sugar, cinamon, ginger, and salt, and so put it into a cleane dish: Then draw the Gigget of Mutton and lay it on the sauce, and throw salt on the top, and so 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 sweet 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 boile veriuce, butter, sugar, cynamon, currants and sweet herbes together, and being seasoned with a little salt, serue the Oliues vp vpon that sauce with salt, cast ouer them.

To roast a Pigge curiously, you shall not scald it, but *To roast a*
draw it with the haire on, then hauing washt it, spit it and *Pigge.*
lay it to the fire so as it may not scorch, then being a quar-
ter roasted, and the skinne blistered from the flesh, with
your hand pull away the haire and skinne, and leaue all the
fat and flesh perfectly bare: then with your knife scotch
all the flesh downe to the bones, then bast it exceedingly
with sweet butter and creame, being no more but warme;
then dredge it with fine bread crummes, currants, sugar
and salt mixt together, and thus apply dredging, vpon bas-
ting, and basting vpon dredging, till you haue couered all
the flesh a full inch deepe: Then the meat being fully ros-
ted, draw it and serue it vp whole,

To roast a pound of Butter curiously and well, you shall *To roast a*
take a pound of sweet Butter and beate it stiffe with sugar, *pound of*
and the yolkes of egges; then clap it round-wise about a *butter well.*
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 wil 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 pudding on a spit, you shall mixe the pud- *To roast a*
ding before spoken of in the leg of Mutton, neither omit- *pudding on*
ting hearbes, nor saffron, and put to a little sweet but- *a spit.*
ter and mix 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 bast it as you did the Pigge
and lay more of the mixture on, and so continue till all bee

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

spent : And then roast it browne, and so serue it vp.
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 perboile if more then halfe
through : Then first take your *Capon* being 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 loine of *Mutton*, and place the *Larke* so as it
may be couered ouer with the *Beefe*, and the fat part of
the loine of *Mutton*, without any part disclosed : Then bast
your *Capon*, and your loine 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 haf-
ten by schorching and opening of it : then with a cleane
cloth you shall wipe the *Mutton* and *Capon* all ouer, and
then bast it with sweet butter till all bee 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 dredge all together ; draw them and serue
them vp.

To roast Ve-
nison.

If you wil roast any *Venison* after you haue washt it,
& clenfed al blood from it, you shal 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 good soking fire, then
take *Vinegar*, bread crummes, and some of the gray, which
comes from the *Venison*, and boile them well in a
dish : then season it with *sugar*, *cinamon*, *ginger*, and *salt*,
And serue the *Venison* foorth vpon the sauce when it is
roasted enough,

To roast fresh
Sturgeon.

If you will roast a peece of fresh *Sturgeon* which is a
dainty dishe, you shall first stop it all ouer with cloues,
then

then spit it, and let it roast at great leasure, plying it continually with basting, which will take away the hardnesse: then when it is enough, you shall draw it, and serue it vpon Venison sauce with salt onely throwne ouer it.

The roasting of all sorts of meates differeth nothing but in the fires, speed and leasure as is before said, except these compound dishes, of which I haue giuen you sufficient presidents, and by them you may performe any worke whatsoever: 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 Rabbets you shall cut off the frete before you spit them, and the heads when you serue them to table, and the Pigge you shall chine, and diuide into two parts; Capons, Pheasants, Chickens and Turkeys you shall roast with the Pinions foulded vp, and the leggs extended; Hens, Stock-doues, and Houf-doues, you shall roast with the pinions foulded vp, and the legges cut off by the knees, and thrust into the bodies: Quails, Partridge, and all sorts of small birds shall haue their pinions cut away, and the legges extended: all sorts of Waterfowle shall haue their pinions cut away, and their legges turned backward: Wood-cocks, Snipes and Stints shall be roasted with their heads and necks on, and their legges thrust into their bodies, and Shouelers and Bitterns shall haue no necks but their heads onely.

Take a Cowes Vdder, and first boile it wel: then sticke it thick all ouer with *Cloues*: then when it is cold, spit it, and lay it to the fier, and apply it very well with basting of sweete *butter*, and when it is sufficiently roasted, and browne, then dredge it, and draw it from the fire, take *vinegar* and *Butter*, and put it on a Chaffing-dish and coales

Ordering of
meates to be
roasted.

To roast a
Calues Vd-
der.

and

and boile it with white-bread crums, till it be thick : then put to it good store of *suger* and *cinamon*, and putting it in a cleane dish, lay the *Cowes Vdder* therein, and trim the sides of the dish with *suger*, and so serue it vp.

To roast a
Fillet of
Veale.

Take an excellent good legge of *Veale*, and cut the thick part thereof a handfull and more from the *Knuckle* : then take the thick part (which is the *fillet*) and fierce it in euery part all ouer with *strawberry-leaues*, *vplet-leaues*, *sorrell*, *spinage*, *endine* 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 hearbs much finer chopt then they were for fiercing, and put them into a *Pipkin* with *vinegar*, and cleane washt *currants*, and boyle them wel together : then when the hearbs are sufficiently boild and soft, take the yelkes of foure very hard boild *egges*, and shred them very small, and put them into the *Pipkin* also with *suger* and *cinamon*, and some of the graue which drops from the *Veale*, and boyle it ouer againe, and then put it into a cleane dish, & the *fillet* being dredgd and drawne, lay vpon it, and trim the side of the dish with *suger*, & so serue it vp.

OF
Sauces, and
first for a
roast Capon
or Turkie.

To make an excellent sauce for a roast *Capon*, you shall take *onions*, and hauing sliced and pilled them, boile them in faire water with *pepper*, *salt*, and a few bread-crummes : then put vnto it a spoonefull 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.

Sauce for a
Hen or Pul-
let.

To make sauce for an old *Hen* or *Pullet*, take a good quantitie of *beere* and *salt*, and mixe them well together with a few fine bread-crummes, and boile them on a chafing-dish and coales, then take the yelks of three or fowre hard

hard Eggs, and being shred small, put it to the Beere, and boile it also: then the Hen being almost enough, take three or fowre spoonefull of the graue which comes from her and put it to also, and boile altogether to an indifferent thicknesse: which done, suffer it to boile no more, but on-ly keepe it warme on the fire, and put into it the iuyce of two or three *Orenge*s, & the slices of *Lemmon* pills shred small, and the slices of *Orenge*s 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 fauce also; and stirring all well together, put it hot into a cleane warme dish, and lay the Henne (broke vp) in the same.

The fauce for Chickins is diuers, according to mens taste: for some will onely haue *Butter*, *Veriuyce*, and a lit-*tle Parsely* rolled in their bellies mixt together: others will haue *Butter*, *Veriuyce* and *Sugar* boyld together with roasts of bread: and others will haue thicke *Sypets* with the iuyce of *Sorrell* and *Sugar* mixt together.

Sauce for
Chickins.

The best fauce for a Pheasant, is *Water*, *Onions* slic't, *Pep-*per** and a little *Salt* mixt together, and but stewed vpon the *Coales*, and then powred vpon the Pheasant or *Pa-*tridge** being broken vp, and some will put thereto the iuyce or slices of an *Orenge* or *Lemmon*, or both: but it is according to taste, and indeed more proper for a Pheasant then *Partridge*.

Sauce for a
Pheasant or
Partridge.

Sauce for a *Quaile*, *Raile*, or any fat big bird, is *Claret* Wine and *Salt* mixt together with the graue of the Bird, and a few fine bread-crumnes well boild together, and ei-*ther* a *Sage*-leafe, or *Bay*-leafe crusht among it according to mens taste.

Sauce for a
Quaile,
Raile, or
big bird.

The best fauce for *Pigeons*, *Stockdoves*, or such like, is *Vinegar* and *Butter* melted together, and *Parsely* rosted in
N their

Sauce for
Pigeons.

A generall
ſauce for
wild Fowle.

their bellies, or *vine-leaves* roſted and mixed well together. The moſt generall ſauce for ordinarie wild fowle roſted, as *Duckes*, *Mallard*, *Widgen*, *Tele*, *Snipe*, *Sheldrake*, *Plouers*, *Pulvers*, *Guls*, and ſuch like, is onely *muſtard* and *vinegar*, or *muſtard* and *veriuice* mixt together, or elſe an *onion*, *water* and *Pepper*, and ſome (eſpecially in the Court) uſe onely *butter* melted, and not any thing elſe.

Sauce for
greene geefe.

The beſt ſauce for greene *Geefe* is the iuyce of *ſorrel* and *ſuger*, mixt together with a few ſcalded *feberries*, and ſerued vpon ſippets; or els the belly of greene *Goofe* filld with *Feberries*, and ſo roſted, and then the ſame mixt with *veriuice*, *butter*, *ſuger* and *cinamon*, and ſo ſerued vpon ſippets.

Sauce for a
ſtubble goofe.

The ſame for a ſtubble *Goofe* is diuers, according to mens minds, for ſome will take the pap of roſted *apples*, and mixing it with *vinegar*, boyle them together on the fire with ſome of the graue of the *Goofe*, and a few *barberries* and bread-crummes, and when it is boyled to a good thickneſſe, ſeaſon it with *ſuger* and a little *cinamon*, 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 *Goofe* full of *onions* ſhred, and *oate-meale* *Groats*, and being roſted enough, mixe it with the graue of the *Goofe*, and ſweete hearbs well boild together, and ſeaſoned with a little *veriuice*.

Sauce for a
Swan, Bit-
ter, Sho-
weler, or
large Fowle.

To make a ſauce for a *Swan*, *Bitter*, *Showeler*, *Herne*, *Crane*, or any large foule, take the blood of the ſame foule, & being ſtird wel, boile it on the fire, then when it comes to be thick, put vnto it *vinegar* a good quantitie, with a few fine bread-crummes, and ſo boile it ouer againe: then
being

being come to good thicknesse, season it with *Sugar* and *Cinamon*, so as it may taste prettie and sharpe vpon the *Cinamon*, and then serue it vp in Saucers as you doe *Mustard*: for this is called a *Chauder* or *Gallantine*, and is a sauce almost for any Fowle whatsoeuer.

To make sauce for a Pigge, some take *Sage* and roast it in the belly of the Pig, then boyling *Veriuyce*, *Butter* and *Currants* together, take and 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 sweet Pot-herbs, 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 *Cinamon*, and a *Cloue* or two crusht, 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 vnto them *White Wine* and *Rose-water*, the powder of *Mace*, *Ginger* and *Sugar*, and set the same vpon a *Chaffing-dish* and coales, and when it is halfe boyled, put to it a good lumpe of *Butter*, and then lay good store of sippets of fine white bread therein, and so serue your *Chickens* vpon them, and trim the sides of the dish with *Sugar*.

Additi-
ons

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 gray 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; 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 bee thicke as a *Gallantine*, and in the boyling

Sauce for a
Turkie.

put in good ſtore of *Sugar* and *Cinamon*, and then with a little *Furneſole* make it of a high Murrey colour, and ſo ſerue it in Saucers with the Turkey in manner of a *Gallantine*.

The beſt
Gallantine.

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 it boyle, euer ſtirring it till it come to be thicke, and ſeaſon it very well with *Sugar* and *Cinamon*, 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.

What is to
be carbona-
doed.

Carbonados, or *Carbonados*, which is meate broiled vpon the Coales (and the inuention thereof firſt brought out of *France*, as appears 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 Maſter thereof be diſpoſed; yet the generall diſhes for the moſt part which are vſed to be Carbonadoed, are a Breſt of Mutton halfe boyled, a Shoulder of Mutton halfe roasted, the Leggs, Wings, and Carkafes of Capon, Turkie, Goole, or any other Fowle whatſoeuer, eſpecially Land-Fowle. And laſtly, the vppermoſt thicke ſkinne which couereth the ribbes of Beefe, and is called (being broyled) the ſkin of Court Goole, 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 Carbonadoe, and scorch it both aboue and below, then sprinkle good store of *Salt* vpon it, and baste it all ouer with sweet *Butter* melted, which done, take your broiling-yrone, I doe not meane a Grid-yrone (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 be very browne, dredge it, and serue it vp with *Vinegar* and *Butter*.

*The maner
of carbona-
doing.*

Touching the toasting of Mutton, Venison, or any other Ioynt of meate, which is the most excellentest of all Carbonadoes, you shal 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 quick fire, yet so farre off, that it may by no meanes 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 browne at great leasure, and as oft as you baste it, so oft sprinkle *Salt* vpon it, and as you see it toast so scorch it deeper and deeper, especially in the thickest and most fleshy 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 shal you serue it vp either with Venion sauce, or with *Vinegar*, *Pepper* and *Su-*

*Of the toa-
sting of
Mutton.*

gar, Cinamon, and the iuyce of an Orange mixt together, and warmed with some of the graue.

Additi-
ons

unto Carbonados.

A rasher of Mutton or Lambe.

Take Mutton or Lambe that hath been either roasted, or but parboild, and with your knife scotch it many waies; 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 lump of sweet Butter, and stew it so till it be very tender: then take it forth, and browne it on the Grid-iron, and then laying Sippets in the former broth serue it vp.

To carbonado Tongues.

Take any tongue, whether of Beefe, Mutton, Calues, red Deare, or Fallow, and being well boyld, pill them, cleaue them, and scotch them many waies; then take three or foure Eggs broken, some Sugar, Cinamon and Nutmeg, and hauing beaten it well together, put to it a Lemon cut in thin slices, and another cleane pild, and cut into little foure-square bits, and then take the tongue and lay in it; and then hauing melted good store of Butter in a Frying-pan, put the Tongue and the rest therein, and so frie it browne, and then dish it, and scrape Sugar vpon it, and serue it vp.

Additi-
ons

for dressing of Fish.

To souce any fresh fish.

Take any fresh-fish whatsoever (as Pike, Breame, Carp, Barbel, Cheain, and such like, and draw it, but scale it not; then take the Liuer and the refuse, and hauing opened it, wash it; then take a pottle of faire water, a pretty quantitie of white wine, good store of Salt, and some Vinegar, with a little bunch of sweet Hearbs, and set it on the fier, and as soone as it begins to boyle, put in your fish, and hauing boild a little, take it vp into a faire vessell, then put into the liquor some grosse Pepper, & slit Ginger; and when it is boyled well together with more Salt, set it by to coole, and then put your fish into it, and when you serue it vp, lay Fenell there vpon.

To boyle small Fish, as Roches, Daces, Gudgeon or Flounders, boyle White-wine and water together with a bunch of choise Hearbs, and a little whole *Mace*: when all is boyled wel together, put in your fish, and skam it well: then put in the soale of a Manchet, a good quantitie of sweet Butter, and season it with *Pepper* and *Veriuyce*, and so serue it in vpon Sippets, and adorne the sides of the dish with Sugar.

To boyle
small fish.

First, draw your fish, and either split it open in the back, or ioynt it in the back, 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 *Veriuyce*, *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 *Suger*, and so serue it vp.

To boyle a
Gurnet or
Rochet.

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 sweet *Butter*, and then cast on *Raysins* of the Sunne, the iuyce of *Lemons*, and some slices of *Orenge* pills; and then sprinkling on a little *Vinegar*, close it vp and bake it.

To bake a
Carpe.

First, let your Tench bleed in the tayle, then scower it, wash it and scald it: then hauing dried it, take the fine crummes of bread, sweete *Creame*, the yelkes of Egges, *Currants* cleane washt, a few sweete Hearbs chopt 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 pie and bake it: then when it is enough, draw it, and open it, and put into it a good piece of a preferued

To bake a
Tench.

Orenge

Orengemint: then take *Vinegar*, *Nutmeg*, *Butter*, *Suger*, and the yelke of a new-laid Egge, and boyle it on a Chafing-dish and coales, alwaies ſtirring it to keepe it from curding; then powre it into the pie, ſhake it well, and ſo ſerue it vp.

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 ſweet Wine, with a lumpe of Butter, a little whole *Mace*, *Parſely*, *Sauorie* and *Time*, mince them all ſmall, and put them into the Trouts belly, & ſo let it ſtew a quarter of an houre; then mince the yelke of an hard Egge, and ſtrow it on the Trout, and laying the Hearbs about it, and ſcraping on *Suger*, ſerue it vp.

To bake Eeles.

After you haue drawne your Eeles, chop them into ſmall pieces of three or foure inches, and ſeaſon them with *Pepper*, *Salt* and *Ginger*, and ſo put them into a coffin with a good lumpe of Butter, great *Raſins*, *Onions* ſmall chopt, and ſo cloſe it, bake it, and ſerue it vp.

Of The paſterie and baked meates.

Next to theſe already rehearſed, our *English Houſ-wife* muſt be ſkilfull in Paſterie, and know how and in what manner to bake all ſorts of meate, and what Paſte is fit for euerie meate, and how to handle and compound ſuch Paſtes: As for example, red Deere Veniſon, wilde Boare, Gammons of Bacon, Swannes, Elkes, Porpas, and ſuch like ſtanding diſhes, which muſt bee kept long, would be bak't in a moiſt, thicke, tough, courſe, and long laſting cruſt, and therefore of all other your *Rie* paſte is beſt for that purpoſe: your Turkie, Capon, Pheafant, 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, ſome-what thick; therefore your *Wheate* is fit for them: your Chickens, Calues-feet, Oliues, Potatoes, Quinces, Fallow Deere

deere and such like, which are most commonly eaten hot, would be in the finest, shortest & thinnest crust; therefore your fine wheat flower which is a litte baked in the ouen before it be kneaded is the best for that purpose.

To speake then of the mixture and kneading of pastes, you shall vnderstand that your Rie paste would be kneaded only with hot water and a little *butter*, or sweet seame and Rie flower very finely sifted, and it would bee made tough and stiffe that it may stand well in the raising, for the coffin thereof must euer be very deepe: 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 bee deepe also; your fine wheat crust must be kneaded with as much *butter* as water, and the paste made reasonable lythe and gentle, into which you must put three or fowre eggs or more according to the quantity you blend together, for they will giue it a sufficient stiffening.

Of the mixture of pasts

Now for the making of puffed-past of the best kind, you shall take the finest wheat flowre after it hath been a little bak't in a pot in the ouen, and blend it well with egges whites and yelkes al^ogether, then after the past is well kneaded, roule out a part thereof as thin as you please, and then spread cold sweet butter ouer the same, then vpon the same butter role another leafe of the paste as before; and spread it with burter also; and thus role leafe vpon leafe with butter betweene till it be as thick 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 past vse sugar, but it is certaine it will hinder the rising thereof; and therefore when your puffed past is bak't, you shall dissolve sugar into Rose-water, and drop it into the paste as

Of puffed past

much as it will by any meanes receiue, and then set it a little while in the ouen after and it will be sweet enough.

*Of baking
Red. deere,
or Fallow,
or any thing
to keepe sold.*

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 fowre 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 whatsoeuer else you please to keepe colde, the meare sauce only being left out which is only 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
beefe, or
mutton for
Venison.*

*To bake a
Custard
or Dowset.*

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

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 nether 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 confecti- on before blended, and so drawing them, adorne all the toppes with Carraway Cumfets, and the slices of Dates prickt right vp, and so serue them vp to the table.

To make an excellent Oliue pie; take sweet hearbs as Violet leaues, Strawberry leaues, Spinage, Succorie, Endiue, Time and Sorrell, and chop them as small as may be, and if there be a Scallion or two amongst them it will giue the better taste; then take the yelks of hard eggs with Currans, Cinamon, Cloues and Mace, and chop them amongst the hearbes 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, strowe in the bottome the remainder of the hearbes, with a few great Raysins hauing the stones pickt out; then put in the Oliues and couer them with great Raysins and a few Pruens; 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 spoonfull 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

*To bake an
Olinepye.*

againe a little ſpace, and ſo ſerue it forth.

To make a
Marrow-
bone Pie.

To bake the beſt Marrow-bone pie, 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 Beeſe mixt with currants; then vpon it a lay of the ſoales of Arti-chokes, after they haue been boyled, and are diuided from the thistle; then couer them ouer with marrow, currants, and great rayſons, the ſtones pickt out; then lay a courſe of Potatoes cut in thick ſlices, after they haue been boyled ſoft, and are cleane pild; then couer them with marrow, currants, great rayſons, ſuger 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 rayſins, ſuger, cinamon and dates, with a few dam-maſke prunes, and ſo bake it: and after it is bakt powre into it as long as it will receiue it white-wine, roſewater, ſuger, cinamon, and vinegar, mixt together, and candie all the couer with roſewater and ſuger only; and ſo ſet it into the ouen a little, and after ſerue it forth.

To bake a
Chicken pie.

To bake a chicken pie, after you haue truſt your chickens, broken their legges and breſt bones, and rayſed 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 rayſins, pruens, cinamon, ſager, 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 the yelkes of two or three egges beaten amongſt it, and ſo ſerue it forth.

Additi-
ons
to the Pa-
ſterie.

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

wood or stone, and with a wooden pestle let a strong person beate it exceedingly, and euer as it is beating, let one sprinckle in *vinegar* and some *salt*; then when it is sufficiently beaten, take it out of the mortar, and put it into boyling water and parboyle it: when it is parboyld, take it and lay it on a table in a round lumpe, and lay a board ouer it, and 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 Deare*, which is formerly declared.

Venison of Hares.

Take a *Hare* and picke of all the flesh from the bones, and onely reserue the head, then parboyle it well: which done, take it out and let it coole, as soone as it is cold; take at least a pound and a halfe of *raysins* of the Sunne, and take out the stones: then mixe them with a good quantitie of Mutton suet, and with a sharpe shredding knife shred it as small as you would doe for a *Chewet*: then put to it *currants* and whole *raysins*, *cloues* and *mace*, *cinnamon* and *salt*: then hauing rayfed the coffin long-wise to the proportion of a *Hare*, first, lay in the head, and then the aforefaid meate, and lay the meate in the true portion of a *Hare*, with necke, shoulders and leggs, and then couer the coffin and bake it as other bak't meates of that nature.

To bake a Hare pie.

Take a *Gammon* of *Bacon* and onely wash it cleane, and then boyle it on a soft gentle fire, till it be boyled as tender as is possible, euer and anon fleeting it cleane, that by all meanes it may boyle white: then take off the sward, and serse it very well with all manner of sweet and pleasant serffing hearbs: then strow store of *pepper* ouer it, and pricke it thick with *cloues*: then lay it into a coffin made of the same proportion, and lay good store of *butter*

A Gammon of Bacon pie.

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 *Piggs* head in paſte vpon it, and then bake it as you bake *Red Deere*, or things of the like nature, onely the Paſte would bee of Wheate meale.

*A Herring
pie.*

Take white pickled *Herrings* of one nights watering, and boyle them a little: then pill of the ſkin, and take onely the backs of them, and picke the fiſh cleane from the bones, then take good ſtore off *rayſins* 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 chore, and put it likewise to the fiſh: then with a very ſharpe ſhredding knife ſhred all as ſmall and fine as may be: then put to it good ſtore of *currants*, *suger*, *cinamon*, *flic't dates*, and ſo put it into the coffin with good ſtore of very ſweete *butter*, and ſo couer it, and leaue only a round vent-hole on the top of the lid, and ſo bake it like pies of that nature: When it is ſufficiently bak't, draw it out, and take *Clarret-wine* and a little *veriuyce*, *suger*, *cinamon*, and ſweete *butter*, and boyle 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 *suger*, and the ſides of the diſh trimmed with *Suger*.

A Ling pie.

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 the ſkin, & pare it cleane vnderneath, and picke out the bones cleane from the fiſh: then cut it into groſſe bits and let it lie: then take the yelks of a dozen *eggs* boyld 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

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 sweet *butter*, so as it may swim therein, and then couer it, and leaue a vent-hole open in the top (when it is bak't, draw it, and take *veriuyce*, *suger*, *cinamon* and *butter*, and boyle them together, and first with a feather annoynt all the lid ouer with that liquor, and then scrape good store of *suger* vpon it; then powre the rest of the liquor in at the vent-hole, and 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 rehearsed, are especiali Lenten dishes.

Take a pint of the sweetest and thickest *Creame* that can be gotten, and set it on the fire in a very cleane scowred skillet, and put into it *suger*, *cinamon*, and a *nutmeg* cut into foure quarters, and so boyle 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 *nutmeg* 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 couer 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 *caraway* *Comfets*, and prick vp some *cinamon* *Comfets*, and some slic't *dates*; or for want thereof, scrape all ouer it some *suger*, and trim the sides of the dish with *suger*; and so serue it vp.

A Foole.

Take a pint of the best and thickest *creame*, and set it on the fire in a cleane skillet, and put into it *suger*, *cinamon*, and a *nutmeg* cut into foure quarters, and so boyle it well:

then

A Trifle.

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 earring, and stirre it well about, and so let it stand till it be cold, and then strow *suger* vpon it, and so serue it vp, and this you may serue either in dish, glasse, or other plate.

*A Calues
foote pie.*

Take *Calues* feete well boyled, and picke all the meate from the bones : then being cold shred it as small as you can, then season it with *cloues* and *mace*, and put in good store of *currants*, *raysins* and *prunes* : then put it into the coffin with good store of sweete *butter*, then breake in whole sticks of *cinamon*, and a *nutmeg* slic't into foure quarters, and season it before with *salt* : 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.

Oyster pie.

Take of the greatest *oysters* drawne from the shells, and parboyle them in *veriuyce* : then put them into a cullander, and let all the moysture run from them, till they bee as drie 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 *suger*, with whole *mace*, whole *cloues*, whole *cinamon*, and a *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*, *suger*, *cinamon*, and sweete *butter*, and melt it together ; then first trim the lid therewith, and candie it with *suger* ; 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 triind with *suger*. Now some vse to put to this pie *onions*
sliced

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 fier, and boyle it well, and skum it, and make of it a strong brine with *bay-salt*, or other *salt*: then take it off, and let it stand till it be cold, then put your Venison into it, and let it lie in it full twelue howers: then take it out from that mearsaue, and presse it well; then parboyle it, and season it with *pepper* and *salt*, and bake it, as hath been before shewed in this Chapter.

To recover
Venison that
is tainted.

Take the brawnes and wings of *Capons* and *Chickens* after they haue been roasted, and pull away the skin; then shred them with fine Mutton suet very small; then season it with *cloues*, *mace*, *cinamon*, *suger* and *salt*: then put to *raysins* of the Sunne and *currants*, and slic'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 *caraway* Comfets: then couer them, and bake them with a gentle heate, and these Chewets you may also make of roasted Veale, seasoned as before shewed, and of all parts the loyne is the best.

A Chewet
pie.

Take a Leg of Mutton, and cut the best of the best 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 spred it abroad, and season it with *pepper* and *salt*, *cloues* and *mace*: then put in good store of *currants*, great *raysons* and *prunes* cleane washt and pickt, a few *dates* slic't, and some *orange pills* slic'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 *suger* on the top of the meate, and vpon the lid. And in this sort you may

A minc't
pie.

also bake Beefe or Veale; onely the Beefe would not be parboyld, and the Veale will aske a double quantitie of suet.

*A Pippen
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 sticks of *cinamon*, and slices of *orange* pills and *dates*, and on the top of euery *pippen* a little piece of sweete *butter*: then fill the coffin, and couer the *Pippins* ouer with *suger*; then close vp the pie, and bake it, as you bake pies of the like nature, and when it is bak't, anoint the lid ouer with store of sweete *butter*, and then strow *suger* vpon it a good thicknesse, and set it into the ouen againe for a little space, as whilest the meate is in dishing vp, and then serue it.

*A Warden
pie, or quince
pie.*

Take of the fairest and best *Wardens*, and pare them, and take out the hard chores on the top, and cut the sharp ends at the bottome flat; then boyle them in *White-wine* and *suger*, vntill the sirrur grow thick: then take the *wardens* from the sirrur into a cleane dish, & let them coole; then set them into the coffin, and prick *cloues* in the tops, with whole sticks of *cinamon*, and great store of *suger*, 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 sirrur in which the *Wardens* were boyld, and taste it, and if it be not sweet enough, then put in more *suger* and some *rosewater*, & boile it againe a little, then powre it in at the vent-hole, and shake the pie wel; then take sweet *butter* and *rose-water* melted, and with it anoynt the pie-lid all ouer, and then strow vpon it store of *suger*, 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*.

Take

Take the best and sweetest worthe, and put to it good store of *suger*; then pare and chore the *Quinces* cleane, and put them therein, and boile them till they grow tender: then take out the *quinces* and let them coole, and let the pickle in which they were boyld, stand to coole also; then straine it through a raunger siue, then put the *quinces* into a sweete earthen pot, then powre the pickle or sirrurp vnto them, so as all the *quinces* may be quite couered all ouer; then stop vp the pot close, and set it in a dry place, and once in six or seuen weekes looke vnto it; and if you see it shrinke, or doe begin to hoare or mould, then poure out the pickle or sirrurp, and renewing it, boile 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.

To preserue
quinces to
bake all the
yeere.

Take *Pippins* of the fairest, and pare them, and then diuide them iust in the halfes, and take out the chores cleane: then hauing rold out the coffin flat, and rayfde vp a small verdge of an inch, or more high, lay in the *Pippins* with the hollow side downeward, as close one to another as may be: then lay here and there a *cloue*, and here and there a whole stick of *cinamon*, and a little bit of *butter*: then couer all cleane ouer with *suger*, 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 boyld *butter* and *rose-water* together, anoynt all the lid ouer therewith, and then scrape or strow on it good store of *suger*, and so set it in the oven againe, & after serue it vp.

A Pippin
Tart.

Take greene *Apples* from the tree, and coddle them in scalding water without breaking; then pill the thin skin from them, and so diuide them in halfes, 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 co-

A coddling
Tart.

uer it when the *suger* 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 deuide them in halfes, 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 *cinamon*; then couer them all ouer with *suger*, then lay another leare of *Codlins*, and doe as before-said, and so another, till the coffin be all filled; then couer all well with *Suger*, and here and there a *Cloue* and a *Cinamon-stick*, 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 *Suger*, and giue it one boyle 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 lid (as was before shewed in the like pies and tarts) set it into the ouen againe for halfe an hower, and so serue it forth.

*A Cheerrie
Tart.*

Take the fairest *Cherries* you can get, and picke them cleane from leaues and stalkes; then spread out your coffin as for your *Pippin-tart*, and couer the bottome with *Suger*; then couer the *Suger* all 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 *Suger*, *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*, *Strawberries*, *Rasberries*, *Bilberries*, or any other *Berrie* whatsoeuer.

*A Rice
Tart.*

Take *Rice* that is cleane picked, and boyle it in sweete

Creame

Creame, till it bee very soft; then let it stand and coole, and put into it good store of *Cinamon* and *suger*, and the yelkes of a couple of *egges*, *currants*, stirre 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 ouer the coffin; then breake many little bits of sweete *butter* vpon it all ouer, and scrape some *suger* ouer it also; then couer the tart, and bake it, and trim it in all points, as hath been before shewed, and so serue it vp.

Take the *Kineys* of *Veale* after it hath been well roasted, and is cold; then shred it as fine as is possible: then take all sorts of sweet *Pothearbs* or *fersing* 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*, *suger*, *cinamon*, the yelkes of foure *eggs*, a little sweete *creame* warmd, and the fine grated crummes of a halfe-penny loafe and *salt*, and mixe all exceeding well together; then take a deep pewter dish, and in it lay your paste very thin rowld out, which paste you must mingle thus: Take of the finest *Wheate-flower*, and a quarter so much *suger*, and a little *cinamon*; then breake into it a couple of *eggs*, then take sweete *creame* and *butter* melted on the fire, and with it knead the paste, and as was before-said, hauing spread *butter* all about the dishes sides, and rowld out the paste thin, lay it into the dish; then put in the *Veale*, and breake peeces of sweete *butter* vpon it, and scrape *suger* ouer it; then rowle out another paste reasonable thick, and with it couer the dish all ouer, closing the two pasts with the beaten *Whites* of *eggs* very fast together: then with your knife cut the lid into diuers prettie works according to your fancy: then set it in the *Ouen* and bake it with pies and tarts of like nature: when it is

*A Floren-
tine.*

bak't, draw it, & trim the lid with ſuger, as hath bin ſhew-
ed in tarts, and ſo ſerue it vp in your ſecond courſes.

*A Pruen
Tart.*

Take of the faireſt damaske pruens you can get, and
put them in a cleane pipkin with faire water, ſuger, vn-
bruised cinamon, and a branch or two of Roſemarie; 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 ſir-
rop, and ſtraine them into a cleane diſh; then boyle it
ouer againe with ſuger, ſinamon, and roſewater till it bee
as thicke as Marmalad; then ſet it to coole, then make a
reasonable tuſſe paſte with fine flower, water, and a little
butter, and rowle it out very thin; then hauing patterns of
paper cut in diuers proportions, as Beaſts, Birds, Armes,
Knots, Flowers, and ſuch like; lay the patterns on the
paſte, and ſo cut them accordingly; then with your fin-
gers pinch vp the edges of the paſte, and ſet the worke in
good proportion: then prick 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 draw it, and ſet it
by to coole: and thus you may doe by a whole Ouen
full at once, as your occaſion of expence is: then againſt
the time of ſeruiſe comes, take off the cōfection of pruens
before rehearſed, and with your knife, or a ſpoone fill the
coffin according to the thicknes 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 tarte, and at the ſecond courſe, and this
tart carrieth the colour blacke.

Apple Tart.

Take Apples and pare them, and ſlice them thin from
the chore into a pipkin with White-wine, good ſtore of
ſuger, cinamon, a few ſaunders and roſewater, and boile it
till

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 adorne 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.

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 suger, cinamon, and boyle it til it be as thick 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 Spinage
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 can be got, and fet it on the fire in a cleane skillet, and put into it suger, cinamon and rosewater, and then boyle it well: when it is boild, 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 yellow
Tart.*

Take the whites of eggs and beate thē with rose-water, and a little sweet creame: then set on the fier good thick sweete Creame, and put into it suger, cinamon, rosewater, and boyle it well, and as it boyles stir it exceedingly, and in the stirring put in the whites of eggs ; then boile it till it curdle, and after do 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 car-
raway

*A white
Tart.*

raway Comfets. Now you may (if you please) put all these severall colours, and severall stuffes into one tart, as thus; If the tart be in the proportion of a beast, the bodie may be of one colour, the eyes of another, the teeth of another, and the tallents of another; and so of birds, the bodie of one colour, the eyes another, the leggs of another, and every feather in the wings of a severall colour according to fancie; 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 devices about Armes, they may be set out with severall colours of Preserves, Conserues, Marmalads and Goodinyaks, as you shall find occasion or inuention, and so likewise of Knots, one traile of one colour, and another of another, and so of as many as you please.

An hearbe
Tart.

Take *sorrell*, *spinage*, *parsely*, and boile them in water till they be very soft as pop; then take them vp, and presse the water cleane from them, then take good store of yelks of eggs boild very hard, and chopping them with the hearbs exceeding small, then put in good store of *currants*, *suger* and *cynamon*, and stirre all well together; then put them into a deep tart-coffin with good store of sweet *butter*, & couer it, & bake it like a *pipin*-tart, & adorne the lid after the baking in that maner also, and so serue it vp.

To bake a
pudding pie.

Take a quart of the best *creame*, and set on the fier, and slice a loafe of the lightest white bread into thin slices, and put into it, and let it stand on the fier till the *milke* begin to rise: then take it off, and put it into a bason, and let it stand till it be cold: then put in the yelkes of foure eggs, and two whites, good store of *currants*, *suger*, *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 *suger* vpon it.

Take

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 there- intill it be cold; then put in the yelkes of fixe egges, and two whites, *Curran*s, *Sugar*, *Cinamon*, and *Rose-water*, and *Salt*, then put it into a pan, or pot, as thinne as if it were a custard; and so take it and serue it in the pot, it is baked in trimming the top with sugar or comfets.

A Whitepot.

There are a world of other Bak't meates and Pies, but for as much as whosoever 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 pro- ceede to the manner of making of Banqueting stufte and conceited dishes, with other pretty and curious secrets, necessary for the vnderstanding of our English Houfwife: for albeit they are not of general vse, yet their true times they are so needfull for adoration, that whosoever is ig- norant therein, is lame, and but the half part of a compleat Houf-wife.

Of
banqueting
stufte and
conceited
dishes.

To make past 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 & boile it together till it be thicke, then put in the cut quin- ces and so boile them together till it bee stiffe enough to mold, and when it is cold, then role it & print it; A pound of Quinces will take a pound of sugar, or neere therea- bouts.

To make
past of Quin-
ces.

To make thinne Quince cakes, take your Quince when it is boiled soft as before said, and drie it ypon a Pewter plate with a soft heate, and be euer stirring of it with a slice till it be hard; then take searsed sugar quantity for quan-

To make
thin quince
cakes.

Q tity

tity and ſtrow it into the quince, as you beate it in a wooden or ſtone mortar; And ſo roule them thinne & print them.

To preſerue
Quinces.

To preſerue Quinces; firſt pare your quinces and take out the cores and boile the cores and parings altogether 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 ſirrop till they be tender; Then take them vp and boile your ſirrop 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 make I-
pocras.

To make Ipocras, take a pottell of wine, two ounces of good *Cinamon*, halfe an ounce of ginger, nine cloues, and ſixe pepper cornes, and a nutmeg, and bruife 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; and when it is well ſetled, let it runne 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 iel-
lie.

To make the beſt Ielley, take calues feet and waſh them and ſcald of the haire as cleane as you can get it; then ſplit them and take out the fat and lay them in water, and ſhift them: Then boile them in faire water vntill it will ielley, which you ſhall know by now and then cooling a ſpoonefull of the broth; when it will ielley then ſtraine it, and when it is cold then put in a pint of ſacke and whole *cina-
mon* and *Ginger* ſlic't, and ſugar and a little roſe water, and boile all well together againe: 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 bot-
tome of your ielley bag, and let it runne through once or
twice

twice, and if you will haue it coloured, then put in a little Townefall. Also if you want calues feete you may make as good Ielly if you take the like quantity of Ifingglasse, & so vse no Calues feet at all.

To make the best Leache, take Ifingglasse and lay it two houres in water, and shift it and boile it in faire water and let it coole: Then take Almonds and lay them in cold water till they will blaunch: And then stampe them and put to new milke, and straine them and put in whole mace and ginger slic't, and boile them till it taste well of the spice; then put in your Ifingglasse and sugar, and a little rose-water: And then let them all runne through a strainer.

To make
Leache.

Take Clarret wine and colour it with Townefall, and put in sugar and set it to the fire; Then take wheat bread finely grated and sifted, and licoras, Aniseeds, Ginger and Cinamon beaten very small and searsed; and put your bread and your spice altogether, and put them into the wine and boile it and stirre it till it be thicke; then mould it and print it at your pleasure, and let it stand neither two moist nor two warme.

To make
ginger bread

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 keep them couered with a Pewter dish, so that the teane or aire may come a little out; the longer they are in boiling the better colour they will haue; and when they be soft take a knife and cut them crosse vpon the top, it will make the firrop goe through that they may be all of a like colour: then set a little of your firrop to coole, and when it beginneth to bee thicke then breake your quinces with a slice

Marmalad
of quinces
red.

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.

*Marmalad
white.*

To make white Marmelade you muſt in all points uſe your quinces as is before ſaid; onely 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
Iumbals.*

To make the beſt Iumbals, take the whites of three egges and beate them, well and take of the viell; then take a little milke and a pound of fine wheat flower and ſugar together finely ſifted, and a few Aniſeeds well rubd and dried; and then worke altogether as ſtiſſe as you can worke it, and ſo make them in what formes you pleaſe, & bake them in a ſoft ouen vpon white Papers.

*To make
Bisket
bread.*

To make Bisket bread, take a pound of fine flower, and a pound of ſugar finely beaten and ſearſed, and mix them together; Then take eight egges and put foure yelkes & 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 let them be dried and rubbed very cleane, and put them in; then rub your Bisket pans with cold ſweet butter as thinne 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 are almoſt bak't, turne them and thruſt them downe cloſe with your hand. Some to this Bisket bread will adde a little Creame and a few Coriander ſeedes cleane rubd, and it is not amiſſe, but excellent good alſo,

*To make ſi-
ner iumbals.*

To make Iumbals more fine and curious then the former, and neerer to the taſte of the *Macaroone*; take a pound

pound of sugar beate it fine; then take as much fine wheat flower and mixe them together: then take two whites and one yelke of an egge, halfe a quarter of a pound of blaunched Almonds: then beat them very fine altogether with halfe a dish of sweet butter, and a spoonefull of rosewater, and so worke it with a little Creame till it come to a very stiffe past, then roule them forth as you please: And hereto you shall also if you please adde a few dried Aniseedes finely rubbed and strewed into the past.

[Faint handwritten notes]

To make drie sugar Leache, blaunch 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 past: then roule it and print it as you did other things, onely be sure to strew sugar in the print for feare of cleauing too.

To make dry sugar leack.

To make Leache Lumbard; take halfe a pound of blaunched Almonds, two ounces of Cinomon beaten and searfed, halfe a pound of sugar, then beat your Almonds, and strew in your sugar and Cinamon till it come to a Paste, then roule it and print it as aforesaid.

To make Leach Lumbarde.

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 spoonefull of runnet or earning and put it vnto it, and let it stand two houres; then stirre it vp 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 rosewater, and bray them altogether with a very little salt, with Sugar and Nutmegs; and when all these are braied together and searft, mix it with the curd, and then put it into a Cheese-fatt with a very fine cloth.

To make a fresh Cheese.

To make course Ginger bread; take a quart of hony

[Faint handwritten notes]

[Faint handwritten notes]

To make
course gin-
ger bread.

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 penny 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 *Clarret wine* or old *Ale*: then take three penny *Manchers* finely grated and strow it amongst the rest, and stirre it till it come to a stiffe *Past*, and then make it into *Cakes* and drie them gently,

To make
quince Cakes
ordinary.

To make ordinary *Quince Cakes*, take a good peece of a preferued *Quince*, and beate it in a mortar, and worke it vp into a very stiffe past with fine searst *Sugar*: then print it and drie them gently.

To make
Cinamon
sticks.

To make most *Artificiall Cinamon* stickes, take an ounce of *Cinamon* & pound it, and half a pound of *suger*: then take some *gumme Dragon* and put it in steepe in *Rosewater*, then take thereof to the quantity of a *hasell nut*, and worke it out and print it, and roule it in forme of a *Cinamon* stick.

To make
Cinamon
water.

To make *Cinamon* water take a pottle of the best *Ale* and a pottle of *sacke 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*.

To make
wormewood
water.

To make *Wormewood* water take two gallons of good *Ale*, a pound of *Aniseeds*, halfea pound of *Licoras*, and beate them very fine; And then take two good handfuls of the crops of *worme wood*, 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
Sweetewa-
ter.

To make sweet water of the best kind, take a thousand *damaske roses*, two good handfuls of *Lauendar knops*, a three peny waight of *mace*, two ounces of *cloues* btuifed, a quart of *running water*: put a little water into the
bottome

bottom 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 yon 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 euery morning and euening put in your hand, and pull from the bottom of your pot the said Roses, working it for a time: and then distill it, and hang in the glasse of water a graine or two of Muske wrapped in a peece of Sarcenet or fine cloth.

Others to make sweet 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 Calamint one ounce, and of Muske twelue graines, and infusing all these in Rose-water distill it.

To make an excellent Date-Leach, take Dates, and take out the stones and the white rinde, and beate them with Suger, 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 a kind of Suger plate, take Gumme Dragon, and lay it in Rose-water two daies: then take the powder of faire Heapps and Suger, and the iuyce of an Orange; 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

*Another
way.*

*To make
date Leache*

*To make su-
gar Plate.*

*To make
spice Cakes.*

of sugar, and let it melt together: then straine Saffron into your milke a good quantity; then take seven or eight spoonefull of good Ale barme, and eight egges with two yelkes and mix 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 in, and worke it thoroughly: if it be not sweet enough, scrape in a little more suger, 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 oven.

*To make a
Banbury
Cake.*

To make a very good Banbury Cake, take 4. pounds of Currants, and wash and picke them very cleane, and dric them in a cloth: then take three egges and put one yelke, and beate them, and straine them with good barme, putting thereto Cloues, Mace, Cinamon and Nutmegges; then take a pinte of creame, and as much mornings milke and set it on the fire till the cold bee taken away; then take flower and put in good store of cold butter and suger, then put in your egges, barme and meale and worke them all together an houre or more; then saue a part of the Past, and the rest breake in peeces and worke in your Currants; which done, mould your Cake of what quantity you please; And then with that past which hath not any Currants couer it very thinne both vnderneath and a loft. And so bake it according to the bignesse.

*To make the
best March
Pane.*

To make the best March-pane, take the best Iordan almonds & blanch them in warm water, then put them into a stone mortar, and with a wooden pestell beate them to pappe, then take of the finest refined sugar well searst,
and

to pappe; then take of the finest refined suger well searst, and with it Damaske rosewater, beate it to a good stiffe paste, allowing almost to euery Iordan almond three spoonful of suger; then when it is brought thus to a paste, lay it vpon a faire table, & strowing searst suger vnder it, mould it like leauen, then with a roling-pin role it forth, and lay it vpon wafers washt with rosewater; then pinch it about the sides, and put it into what forme you please; then strow searst suger all ouer it; which done, wash it ouer with rosewater and suger mixt together, for that will make the Ice; then adorne it with Cumfets, guilding, or whatsoeuer 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*, you shall take *Quinces* after they haue been boiled soft, and beate them in a mortar with refined suger, cinamon and ginger finely searst, and Damaske rosewater 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, Barberies, or what other fruit you please.

To make
paste of *Genoa*, or any
other paste.

To make conserue of any fruit you please, you shall take the fruit you intend to make conserue of; and if it be stone fruit you shal take out the stones; if other fruit, take away the paring and core, and then boile them in faire running water to a reasonable height; then draine them from thence, and put them into a fresh vessell with Claret wine, or White wine, according to the colour of the fruit: and so boyle them to a thicke pap all to mashing, breaking, and stirring them together; then to euery pound of pappe put to a pound of Suger, and so stirre them all

To make any
Conserue.

well together, and being very hot straine them through faire strainers, and so pot it vp.

*To make
Conserue of
Flowers.*

To make conserue of Flowers, as Roses, Violets, Gillyflowers, 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 woodden brake, and there crush or beate them till they bee come to a soft substance; and then to euerie pound therof, take a pound of fine refined suger wel searst and beate it all together, till it come to one intire bodie, and then pot it vp, and vse it as occasion shall serue.

*To make
Wafers.*

To make the best Wafers, take the finest wheat-flower you can get, and mixe it with creame, the yelkes of eggs, rosewater, suger and cinamon til it be a little thicker then Pan-cake batter; and then warming your wafer-yrons 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
Marmalade
of Oranges.*

To make an excellent Marmalade of Oranges, take the Oranges, and with a knife pare off as thinne as is possible the vppermost rinde of the Orange; yet in such sort, as by no meanes you alter the colour of the Orange; then steepe them in faire water, changing the water twice a day, till you find no bitternesse of taste therein; then take them forth, and first boyle them in faire running water, and when they are soft, remoue them into rosewater, and boile them therein till they breake; then to euerie pound of the pulpe put a pound of reined sugar, and so hauing masht and stirred them all wel together, straine it through very faire strainers into boxes, and so vse it as you shal see occasion.

*Additi-
ons*

*to Banque-
ting stiffe.*

Take a pottle of fine flower, and a pound of butter, a pound of Suger, one ounce of Mace, and so much Rose-
water

water as will mingle the flower into a stiffe paste, and a good season of Salt, and so knead it, and role out the cake thin and bake them on papers.

*To make:
fine Cakes.*

Take a quarter of a pound of fine suger well beaten, and as much flower finely boulted, with a quantitie 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 stufte 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.

Fine bread.

Take sweete Apples and stampe them as you doe see Cider, then presse them through a bagge as you do veriuice; then put it into a ferkin wherein you will keep 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 yeare very faire, and take them not out 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.

*To preserve
Quinces for
kitchin ser-
uice.*

Take a gallon of Clarret or White-wine, and put therein foure ounces of Ginger, an ounce and a halfe of Nutmegs, of Cloues one quarter, of Suger 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.

*To make
Epocras.*

Take Quinces and wipe them very cleane, and then chore them, & as you chore them, put the chores straight

*To preserve
quinces.*

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 ſuger finely beaten : then take the water they were ſodden in, and ſtraine it through a faire cloth, and take as much of the ſame water as you thinke will make Sirrop enough for the Quinces, and put in ſome of your ſuger and let it boyle a while, and then put in your Quinces, and let them boyle a while, and turne them, and caſt on a good deale of ſuger vpon them; they muſt ſeeth apace, and euer as you turne them, couer them ſtill with ſuger, til you haue beſtowed all your ſuger; & when you thinke that your Quinces are tender enough, take them fourth, and if your ſirrop be not ſtiffe enough, you may ſeeth it againe after the Quinces are forth. To euerie pound of Quinces you muſt take more then a pound of ſuger : for the more ſuger you take, the fairer your Quinces will bee, and the better and longer they will keepe.

*Conſerue of
quinces.*

Take two gallons of faire water, and ſet it on the fier, and when it is luke-warme, beate the whites of ſiue or ſix eggs, and put them into the water, and ſtir 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 chores : then take as many pound of your Quinces as of your ſuger, and put them into your liquor, and let it boyle till your liquor bee as ill 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 go thorow eaſily, then if you will make it very pleaſant, take a little Muſke, and lay it in
Roſe-

Rosewater, and put it thereto; then take and seeth it, vntill it be of such substance, that when it is cold, it will cut with a knife; and then put it into a faire boxe, and if you please, lay leafe-gold thereon.

Take all the parings of your Quinces that you make your Conserue withall, and three or foure other Quinces, and cut them in peeces, and boyle the same parings, and the other peeces in two or three gallons of water, and so let them boyle till all the strength bee sodden out of the said Quinces and parings, and if any skumme arise whilest it boyles, take it away: then let the said water run thorow a strainer 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 chores as cleane as you can, and put them into the said liquor, and so let them boyle till they bee a little soft, and then take them from the fire, and let them stand till they bee cold: 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 brused nor rotten.

*To keepe
quinces all
the yeere.*

Take of the best suger, 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 al night, then powre the water from it, and put the same with a little White of an Egge well beaten into a brasse mortar, the Suger, Ginger, Cinamon and all together, and beate them together till you may worke it like paste; then take it and driue it forth into Cakes, and print them, and

*Fine Ginger
Cakes.*

lay them before the fire, or in a very warme Stoue to bake. Or otherwise, take Suger and Ginger (as is before said) Cinamon and Gum-dragon excepted, in stead whereof, take onely the Whites of Egges, and so doe as was before shewed you.

*To make
Sucket.*

Take Curds, the parings of Lemons, of Oranges or Pouncithrons, or indeed any halfe-ripe greene fruit, and boyle them till they bee tender in sweete Worte; then make a Sirrop in this sort: take three pound of Suger, and the Whites of foure Egges, and a gallon of water; then swinge and beate the water and the Eggs together, and then put in your Suger, and set it on the fier, and let it haue an easie fier, 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.

*Course Gin-
ger-bread.*

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

*Ordering of
Banquets.*

Thus hauing shewed you how to Preferue, Conferue, Candie, and make Pastes of all kinds, in which foure heads consists the whole Art of banqueting dishes; I will now proceede to the ordering or setting forth of a Banquet, wherein you shall obserue, that March-panes haue the first place, the middle place, and last place; your preferued fruits shall be disht vp first, your Pastes next, your wet Suckets after them, then your dried Suckets, then
your

your Marmelades and Goodiniakes, then your Cumfets of all kinds ; next, your Peares, Apples, Wardens bak't, raw or roasted, and your Oranges and Lemons sliced ; and lastly your Wafer-cakes. Thus you shall order them in the Closet ; but when they goe to the table, you shall first send forth a dish made for shew onely, as Beast, bird, Fish, or Fowle, according to inuention : then your Marchpane, then Preserued Fruite, then a Paste, then a wet Sucket, then a drie Sucket, Marmelade, Cumfets, Apples, Peares, Wardens, Oranges and Lemmons sliced ; and then Wafers, and another dish of preserued Fruites, 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 appétite with the much varietie thereof.

Now we haue drawne our *Hous-wife* into these seuerall knowledges of Cookerie, in as much as in her is contained all the inward offices of household, wee will proceede to declare the manner of seruing and setting forth of Meate for a great Feast, and from it deriue meaner, making a due proportion of all things : for what auailles it our good *Houswife* to be neuer so skilful in the parts of Cookerie, if she want skill to marshall the dishes, and set euery one in his due place, giuing precedency according to fashion and custome ; it is like a Fencer leading a band of men in rout, who knowes the vse of the weapon, but not how to put men into order. It is then to bee vnderstood, that it is the office of the Clerke of the Kitchin (whose place our *Hous-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-wayters to beare to the Table. Now because wee allow

*Ordering of
great Feasts
and proporti-
on of ex-
pence.*

allow no Officer but our *Houſwife*, to whom wee onely ſpeake in this booke, ſhe ſhall firſt marſhall her ſallets, deliuring the grand Sallet firſt, which is euer more compound; then greene Sallets, then boyld Sallets, then ſome ſmaller compound Sallets. Next vnto Sallets ſhe ſhall deliuer forth all her Fricafes, the ſimple firſt, as Collops, Raſhers, and ſuch like; then compound Fricafes; after them all her boyld-meates in their degrees, as ſimple-broths, ſtewd-broth, and the boylings of ſundrie Fowles. Next them all ſorts of Roſt-meates, of which the greateſt firſt, as Chine of beeffe or Surloine, the Gigget or Legges of Mutton, Gooffe, Swan, Veale, Pig, Capon, and ſuch like. Then bak't-meates, the hot firſt, as Fallow-deare in Paſtie, Chicken, or Calues-foote pie and Douſet. Then cold bak't-meates, Pheasant, Partridges, Turkey, Gooffe, Woodcock, and ſuch like. Then laſtly, Carbonados both ſimple and compound. And being thus marſhald from the Drefſer, the Sewer vpon the placing them on the table, ſhall not ſet them downe as hee receiued them, but ſetting the Sallets extrauagantly about the table, mixe the Fricafes about them; then the boild-meates amongſt the Fricafes, Roſt-meates amongſt the boyld, Bak't-meats amongſt the Roſt, and Carbonados amongſt the bak't; ſo that before euery trencher may ſtand a Sallet, a fricaſe, a Boyld-meate, a Roſt-meate, a Bak't-meate, and a Carbonado, which will both giue a moſt comely beautie 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, Wood-cock, and ſuch like: then the leſſer land-fowle; as Chicken, Pigeons, Partridge, Raile, Turkie, Chickens, young Pea-hens, and ſuch like.

Then

Then the greater wild-fowle ; as Bitter, Hearne, Shou-
ler, Crane, Bustard, and such like. Then the greater land-
fowles ; as Peacocks, Pheasant, Puets, 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 be marshald at
the Table, as the first course not one kind altogether, but
each seuerall sort mixt together, as a lesser wild-fowle
and a lesser land-fowle ; a great wild-fowle, and a great
land-fowle ; a hot bak't meate, and a cold : and for made
dishes and *Quelquechoses*, which relie on the inuention
of the Cooke, they are to bee thrust in into euery place
that is emptie, and so sprinckled ouer all the table : and
this is the best method for the extraordinarie great feasts
of Princes. But in case it bee for much more humble
meanes, then lesse care and fewer dishes may discharge it;
yee, before I proceed to that lower rate, you shall vnder-
stand, that in these great Feasts of Princes, though I haue
mentioned nothing but Flesh, yet is not fish to be exemp-
ted ; for it is a beautie 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 souse-fish that
liues 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, all fish bak't, 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 be royall, and the seruice worthie.

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 worthie friends, it must hold limitation with his prouision, and the season of the yeere; for summer affords what winter wants, and winter is master of that which summer can but with difficultie 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 sixteene is a good proportion for one course vnto one messe, as thus for example; first, a sheild of Brawne with Mustard; secondly, a boyled Capon; thirdlie, a boyled peece of Beefe; fourthlie, a Chine of Beefe roasted; fifthlie, a Neates Tongue roasted; sixthlie, a Pigge roasted; seuenthlie, Chewers bak't; eighthlie, a Goose roasted; ninthlie, a Swan roasted; tenthly, a Turkey roasted; the eleuenth, a Haunch of Venyson roasted; the twelfth, a Pastie of Venyson; the thirteenth, a Kid with a pudding in the belly; the fourteenth, an Oliue pie; the fifteenth, a couple of Capons; the sixteenth, a Custard of Dousets. Now to these full dishes may bee added in Sallets, Fricases, quelquechoses, and deuised paste, as many dishes more, which make the full seruice no lesse then two and thirtie 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 the other, which will be both frugall in the spender, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great Feasts and ordinarie entertainements.

When our *English House-wife* is exact in these rules before

fore rehearsed, and that she is able to adorne and beautifie her table, with all the vertuous illustrations meet for her knowledge; shee shall then sort her mind to the vnderstanding of other House-wifely secrets, right profitable and meet for her vse, such as the want thereof may trouble her when need, or the time requires them.

Therefore first I would haue her furnish her self of very good Stils, for the distillation of all kindes of Waters, which Stils would either bee of Tinne, or sweet Earth, & in them shee shall distill all sorts of waters meete for the health of her Houshold, as Sage water, which is good for all Rhumes and Collickes; Radish water, which is good for the stone, Angelcia water good for infection, Celadine water for sore eyes, Vine water for itchings, rose water, and Eye-bright water for dimme sights, Rosemary water for Fistuloes; Treacle water for mouth cankers, water of Cloues for paine in the stomacke, Saxifrage water for grauell and hard Vrine, Allum water for old Vicers, and a world of others, any of which will last a full yeere at the least: Then shee 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 Strawberies, from Vine leaues, from Goats milke, from Asses milke, from the whites of Eggs, from the Flowers of Lillies, from Dragons, from Calues feete, from branne, or from yelkes of egges, any of which will last a yeere or better.

OF
Distillations.

The nature
of waters.

Additi-
ons
to distilla-
tions.

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

To distill
water of the
collour of the
herbe or
flower you
desire.

Take of Rosemary flowers two handfuls, of maria-rome,

To make
aquanita.

rome, winter-fauory, roſemary, rewe, vnſet Time, Ger-
 mander, Rybworte, Harts tong, Mouleare, White worm-
 wood, Bugloſſe, Red ſage, Liuer-worte; Hoare-hound,
 fine Lauender, Iſſop-croppes, Penny-royall, Red-fenell,
 of each of theſe one handfull; of Elycompane roots,
 cleane pared and ſliced, two handfulls; Then take all
 theſe afore-ſaid and ſhred them, but not waſh them; then
 take foure gallons and more of ſtronge Ale, & one
 gallon of Sack-lees, and put all theſe aforeſaid hearbes
 ſhred into it, and then put into it one pound of Licoras
 bruiled, halfe a pound of anyſeedes cleane ſifted and brui-
 ſed, and of Mace & Nutmeggs bruiled 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 heateth, draw out your hot
 water and put in cold, keeping the head of your Limbeck
 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 pottell of the beſt water and cleereſt,
 and put to it a pottell of Roſa-ſolis, halfe a pound of Dates
 bruiled, and one ounce of graynes, 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 ſpoonefull or two at a time is ſufficient, and the ver-
 tues are infinite.

*Another ex-
 cellent aqua-
 uia.*

Fill a pot with red wine cleane and ſtrong, and put
 therein the pouders of camomyle, gyllyflowers, ginger,
 pellytory, Nutmegg, Gallengall, Spicknard, quenebits,
 graynes

graines of pure long pepper, blacke pepper, commin, fenell seede, smalledge, parsley, Sage, Rew, mint, calamin and horshow, of each of them a like quantity, and beware they differ not the waight of a dram vnder or aboue; then put all the pouders aboue said into the wine, and after put them into the distilling pot, and distill it with a soft fyre, & looke that it bee well luted about with rye paste, so that no fume or breath goe forth, and looke that the fire be temperate; also receiue the water out of the Lymbecke into a glasse viall. This water is called the water of life, & it may be likned to Balme, for it hath all the vertues and properties which Balme hath; this water is cleere and lighter then rosewater, for it will fleete aboue all liquors, for if oyle be put aboue this water, it sinketh to the bottome. This water keepeth flesh & fish both raw & sodden in his own kinde & 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, sauer, and vertues of all manner of spices, rootes and hearbes that are wet or layd therein, it giues sweetnes to all manner of water that is myxt with it; it is good for all manner of cold sicknesses, and namely for the palsy or trembling Ioynts, & stretching of the sinews; it is good against the cold gout; 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, fenell, nip, roots of elicompane, of ech an handfull, of marierum, and penyroyall of ech halfe a handfull; eight slippes of red mynt, halfe a pound of Licoras, halfe a pound of aniseeds and two gallands of the best Ale that can be brewed, wash all these hearbes cleane, & put into the Ale, licoras, aniseeds, and hearbes into a cleane brasse pot, and set your limbecke thereon,

To make aqua composta.

thereon, and paſte it round about that no ayre come out, then diſtill the water with a gentle fire, and keepe the lymbecke 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 fiſt 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 prin-
cipall aqua-
compoſita.*

Take of balme, of roſemary Flowers tops and all, of dried red roſe leaues, of penny-royall, of each of theſe a handfull, of Iſſop halfe a handfull, one roote of elycompane the whitest that can be got, three quarters of a pound of Licoras, two ounces of Cinamond, two drams of great mace, two drams of gallendgall, three drams of colliander ſeed, three drammes of carraway ſeeds, two or three Nutmegs cut in foure quarters, an ounce of anifeeds, a handfull of Borage; you muſt chule a faire ſunny day to gather the hearbes in; you muſt not waſh them, but cut them in ſunder, and not too ſmall; then lay all your hearbes in ſouſe all night and a day, with the ſpices groſſy beaten or bruised, & then diſtill it in order aforeſaid; this was made for a learned Phiſitians owne drinking.

*To make the
emperiall
water.*

Take a galland of Gaſcoine wine, ginger, gallengall, nutmegs; grains, Cloues, anifeeds, fenell ſeedes, carraway ſeeds, of ech one dram, the take ſage, mints, red-roſes, time pellitory, Roſe-mary; wild time, camomile, and Lauen-der, of ech a handfull, then bray the ſpices ſmall, and the hearbs alſo, & put al together into the wine, and let it ſtand ſo twelue houres, ſtirring it diuers times, then diſtill it with a limbecke, and keepe the fiſt water, for it is beſt: of a gallon of 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,

sey, the contraction of sinewes, also it killeth wormes, and comforts the stomacke, it cureth the cold droply, helps the stone, the stinking breath, and maketh one seem yong.

Take a pottell of the best Sacke, & halfe a pint of Rose-water, a quarter & half 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, & 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, & comforteth the vitall spirits.

*To make
Cinamon-
water.*

1 Take Fennell, Rew, Veruine, Endiue, Betony, Germanander, Redrose, Capillus veneris, of each an ounce; stampe them and steepe 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 cleernes, and purgeth all grosse humors.

*Six most
pretious wa-
ters, which
Hypocrates
made, and
sent to a
Queene
sometimes
living in
England.*

2 Take *Salgenma* a pound, and lay it in a green docke leafe, and lay it in the fier till it bee well roasted, and waxe white, and put it in a glasse against the aire a night, and on the morrow it shalbe turned to a white water like vnto Christall: keepe this water well in a glasse, and put a drop into the eie, and it shall clense 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 euils in the body.

3 Take the roots of Fenell, Parseley, Endiue, Betony,
of

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 refraineth teares, and comforteth the head, and auoideth the water that commeth through the payne in the head.

4 Take the ſeed of Parſeley, Achannes, Veruine, Carawaies, and centuary, of each ten drams; beat 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 fore eies, and very good for the health of man or womans bodie.

5 Take limmel of gold, ſiluer, lattin, copper, iron, ſteele, & leade; & take lethurgy of gold & ſiluer, take callamint & columbine, & ſteep al together, the firſt day in the vrine of a man-childe, that is between a day & a night, the ſecond day in white wine, the third day in the iuyce of fennel, the fourth day in the whites of egges, the fiſt 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 ſicknes from the eies, and weares away the pearle, pin and webbe; it draweth againe into his owne kinde the eie-lids that haue been bleared, it eaſeth the ache of the head, and if a man drinke it, maketh him looke young euen in old age, beſides a world of ohter moſt excellent vertues.

6 Take the Gold-Smiths ſtone, and put it into the fier, till it bee red-hot, and quenche it in a pint of white wine, and doe ſo nine times, and after grind it, and beat it
ſmall,

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 reuerfion 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 abyde, it is fine and good: then put it in the eie that runneth, or annoynt the head with it if it ake, and the temples, and belecue 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 fore mouth.

The water of Callamynth is good for the stomacke.

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

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

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 dropfy, and for the iaundyse, and the stomacke.

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

Water of both Sages is good for the palsey.

Water of Bettony, is good for the heary ago, and all inward sicknesses.

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 it prouoketh the tearmes in women.

Rosemary water (the face washed therein both morning and night) causeth a faire and cleere countenance:

T

also

*The vertues
of severall
waters.*

also the head washed therewith, and let dry of it selfe, preferueth the falling of the haire, and causeth more to growe; 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 womē to be fruitful: when one maketh a Bath of this decoction, it is called the Bathe of life; the same drunke comforteth the heart, the brayne, and the whole body, and clenseth 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 fīue 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 termes in women.

The water of Sorrell drunke is good for al burning & pestilent feuers, and all other hot sicknesses; being mixt with beere, ale or wine, it slaketh thirst; it is also good for the yellow Iaudise, being taken fixe or eight daies together; it also expelleth heate from the liuer if it be drunke, and a clothe wet in the same and a little wrung out, and so applied to the right side ouer against the liuer, and when it is drie then wet another, and 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 stomacke of grosse humors and superfluities, and it strengthneth and comforteth all the

vniuersall parts of the body: and lastly, it is a most foue-
raine medicine for the gout, by bathing the diseased mem-
ber much therein.

Now to conclude and knit vp this chapter, it is meete
that our huswife know that from the eight of the kallends
of the moneth of aprill vnto the eight of the Callends of
Iuly, all manner of hearbes & 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
Callends of Iuly vnto the eight of the Callends of Oct-
ober the stalks, stems and hard braunches of euery
hearbe and plant is most in strength to be vsed in medi-
cines; and from the eight of the callends of October, vnto
the eight of the Callends 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, Mariorum, Corne-flagge roots,
Isop, Sauory, Sage, Balme, Lauender and Rosemary, of
each one a handfull, of Cloues, Cinamon and Nutmegges
of each halfe an ounce, then three or foure Pome-citrons
cut into slices, infuse all these into Damaske-rose water
the space of three daies, & then distill it with a gentle fire
of Charcole, then when you haue put it into a very clean
glasse, take of fat Muske, Ciuet, 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 be-
ing either burnt vpon a hot pan, or else boiled in perfu-
ming pannes with Cloues, Bay-leaues and Lemmon-pils,
will make the most delicatest perfume that may be with-
out any offence, and will last the longest of all orher sweet
perfumes, as hath been found by experience.

*An excellent
water for
perfume.*

To perfume gloues excellently, take the oyle of sweet

T 2

Almonds,

*To perfume
Gloues.*

Almonds, oyle of Almonds, oyle of Nutmegs, oyle of Benjamin, of each a dramme, of Ambergreece one graine, fat Muske two graines: mixe them altogether 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 Jerkin.*

To perfume a Jerkin well, take the oyle of Benjamin a penny-worth, oyle of Spike, and oyle of Oliues half peny-worths of each, and take two ſponges and warme one of them againſt the fire and rubbe your Jerkin therewith, and when the oyle is dryed, take the other ſponge and dippe it in the oyle and rub your Jerkin therewith til it bee dry, then lay on the perfume before preſcribed for gloues.

*To make
Washing
Bals.*

To make very good waſhing balls take Storax of both kindes, Benjamin, Calamus Aromaticus, Labdanum of each a like; and bray them two powder with Cloues and Arras; then beate them all with a ſufficient quantity of Sope till it bee ſtiſſe, 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 ij^{d} , and beat to fine powder, of Maſticke the weight of two-pence halfe peny, of Storax the weight of ſix-pence; of Labdanum the weight ten-pence; of Ambergreece the weight of ſixe-pence; and of Muſke foure graines, diſſolue and worke all theſe in hard ſweet ſope till it come to a ſtiſſe paſte, and then make balls thereof.

*A perfume
to burne.*

To make a good perfume to burne, take Benjamin one ounce, Storax Calamint two ounces, of Maſticke, white Ambergreece, of each one ounce, Ireos, Calamus aromaticus, Cypreſſe wood, of each halfe an ounce,
of

of Camphire one scruple, Labdanum one ounce: beate all these to powder, then take of Sallow Charcole fixe ounces, of liquid Storax two ounces, beate them all with Aquauita, and then shall you role them into long round roubles.

To make Pomanders, take two peniworth of Labdanum two peniworth of Storax liquid, one peniworth of Calamus aromaticus, as much Balme, halfe a quarter of a pound of fine waxe, of Cloues & Mace two peny-worth, of liquid Aloes three peniworth, of Nutmegges eight peniworth, and of Muske foure graines; beat all these exceedingly together till they come to a perfect substance, then mould it in any fashion you please and drie 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 shal set it either in your garden or some other safe place abroad, where it may haue the whole summer daies sunne to shine vpon it, and there let it lie till it be extreame sowre, then into a Hogshead of this Vinegar put the leaues of foure or five hundred Damaske Roles, and after they haue layen for the space of a moneth therein, house the Vinegar and draw it as you neede it.

*To make
Vinegar.*

To make drie Vinegar which you may carry in your poeket, you shall take the blades of greene corne either Wheat or Rie, and beat 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
dry vinegar.*

To make Veriuce, you shall gather your Crabbs as
soone

To make
verinyce.

ſoone as the kernels turne blacke, and hauing laid them a while in a heape to ſweat together, take them and picke them from ſtalkes, blacks and rottenneſſe : 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, tun it vp into ſweet Hogſheads, and to euery Hogſhead put halfe a dozen handfulls 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 their proper places.

Additi-
ons

in conceited
ſecrets.

To make
ſweete pow-
der for
baggs.

To make
ſweete baggs.

Take of Arras fixe ounces, of Damaske roſe-leaues as much, of Margerom and ſweete Baſill, of each an ounce, of Cloues two ounces, yellow Saunders two ounces, of Citron pills ſeuen drams, of Lignum-aloes one ounce, of Beniamine one ounce, of Storaxe one ounce, of Muſke one dram : bruiſe all theſe, and put 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 dried Marierom one handfull, of ſpike one handfull, Cloues one ounce, of Beniamine & Storaxe 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 dram, of Ciuet halfe a dram, and of Ambergreece halfe a dram ; then put them into a Taffata bag and vſe it.

Take

Take of Bay leaues one handfull, of red Rosés two handfulls of Damaske Rosés three handfull, of Lauender foure handfulls, of Bassill one handfull, Mariorum two handfulls, of Camomile one handfull, the young tops of sweete Briar two handfulls, of Mandelion-tansy 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 graine or to of Muske.

*To make
sweet water.*

Take a quart of Malmsey lees, or a quart of Malmsey simply, one handfull of Margerome, of Bassill as much, of Lauender foure handfulls, Bay leaues one good handfull, Damask-Rose leaues foure handfulls, and as many of red, the pils of sixe Oranges, 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 Camphyr foure drams, of Cloues 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 stopped pot, with a good handfull of Rosemarie, and let them stand for the space of sixe dayes; then distill it with a soft fire; then set it in the Sunne sixteene dayes with foure graines of Muske bruised. This quantitie will make three quarts of water, *Probatum.*

*A very rare
and pleasant
Damaske
water.*

Take and brew very strong Ale, then take halfe a dozen gallons of the first running, & 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 Firkin, and distill it in the Sunne; then take foure or fise handfull of Beanes, and parch them in a pan till they burst; then put them in as hot

*To make the
best vinegar.*

hot as you can into the firkin, and ſtop it with a little clay about the bung-hole : then take a handfull of cleane Rie leauen and put in the firkin ; then take a quantitie of Barberries, and bruiſe and ſtaine them into the firkin, and a good handfull of ſalt, and let them lie and worke in the Sun from May till Auguſt: then hauing the full ſtrength, take Roſe-leaues and clip the white ends off, and let them drie in the Sunne ; then take Elder-flowers and picke them, and dry them in the Sunne, and when they are dry, put them in bags, and keepe them all the Winter : then take a pottle-pot, and draw forth a pottle out of the firkin 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 emptie, take out all the leaues, and fill againe as you did before.

*To perfume
Gloves.*

Take Angelica-water and Roſe-water, and put into them the powder of Cloues, Amber-greece, Muske and Lignum Aloes, Beniamine and Callamus Aramattecus; boyle theſe till halfe be conſumed ; then ſtaine it, and put your Gloves therein ; then hang them in the Sunne to drie, and turne them often ; and thus three times wet them, and drie them againe : or otherwiſe, take Roſewater and wet your Gloves therein, then hang them vp till they be almoſt drie ; then take halfe an ounce of Beniamine, and grind it with Oyle of Almons, and rub it on the Gloves till it be almoſt dried in : then take twentie graines of Amber-greece, and twentie graines of Muske, and grind them together with Oyle of Almons, and ſo rub it on the Gloves, and then hang them vp to drie, or elſe let them drie in your boſome, and ſo after uſe them at your pleaſure.

It is neceſſarie that our *English Houſ-wife* be ſkilfull in
the

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 bee carefull that her Malmseys bee full Wines, pleasant, well hewed and fine: that Bastard be fat, and if it be tawny it skills not, for the tawny Bastards be alwaies the sweetest. Muskadine must bee great, pleasant and strong, with a sweete sent, and with Amber colour. Sacke if it bee Seres (as it should be) you shall know it by the marke of a corke burned on one side of the bung, and they be euer full gadge, and so are no other Sacks, and the longer they lie, the better they be.

Take a pleasant Butt of Malmsey, and draw it out a quarter and more; then fill it vp with fat Bastard within eight gallants, or thereabouts, and parill it with six eggs, yelks and all, one handfull of Bay-salt, and a pint of cunduit water to euery parill, and if the wine be hie of colour, put in three gallants of new milke, but skim of 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 emptie Butt or pipe, and draw thirtie gallans of Malmsey, and as many of Bastard, and beate them together; and when you haue so done, take a quarter of a pound of Ginger and bruisse it, and put it into your vessell; then fill it vp with Malmsey and Bastard: or otherwise thus; if you haue a pleasant Butt of Malmsey, which is called Ralt-mow, you may draw out of it fortie gallans, and if your Bastard be very faint, then thirtie gallans of it will serue to make it pleasant; then take foure gallans of new milke and beate it, and put into it when it lacketh twelue gallans of full, and then make your Flauer.

OF
The ordring,
preseruing
and helping
of all sorts of
Wines, and
first of the
choise of
sweet Wines.

To make
Muskadine,
and giue it a
Flauer.

How to fla-
uer Muskadine.

Take one ounce of Collianders, of Bay salt, of Cloues, of each as much, one handfull of Sauorie; let all these be blended and bruised together, and sew them close in a bag, 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, give it a parill and fill it vp, and let it lie till it fine: or else thus; Take Colliander rootes a peniworth, one pound of Anyfeedes, one peniworth in Ginger; bruiſe them together and put it into a bag as before, and make your bagge long and small that it may goe in and out at the bung-hole, and when you doe put it in, fasten it with a thread at the Bung; then take a pint of the strongest Damaske water, and warme it luke-warme, then put it into the Butt, and then stop it close for two or three dayes at least, and then if you please you may set it abroach.

To aparill
Muskadine
when it
comes new in
to be fined in
24 houres.

Take seuen Whites of new laid egges, two handfulls of Bay-salt, and beate them well together, and put therein a pint of Sacke or more, and beate them till they bee as short as Snow; then ouer-draw the Butt seuen or eight gallans, and beate the Wine, and stirre his Lees; and then put in the parill and beate it, and so fill it vp, and stoppe it close, and draw it on the morrow.

To make
white Ba-
stard.

Draw out of a pipe of Bastard ten gallans, and put to it five gallans of new milke, and skim it as before, and also beate it with a parill of eight Whites of Eggs, 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 verie fine Bastard, take a White-wine hoghead, 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 fixe Egges, and fill it vp with White-wine and Sack, and it will be white and fine.

Take

Take two gallons of the best stoned honey, and two gallons of White-wine, and boyle them in a faire pan, skim it cleane, and straine it thorow a faire cloth that there be no moats in it : then put to it one ounce of Colianders, and one ounce of Aniseedes, foure or five Orange pils drie and beaten two powder, let them lie three dayes ; then draw your Bastard into a cleane pipe, then put in your Honey with the rest, and beate it well ; then let it lie a weeke and touch it not, after draw it at pleasure.

To helpe Bastard being eager.

If your Bastard be fat and good, draw out fortie gallons, then may you fill it vp with the laggs of any kind of White-wines or Sacks ; 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 eggs, and beate them in a faire Tray with Bay-salt and conduit 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 Ossey, giue it this flauer : Take a pound of Aniseedes, 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 : bruise all these together ; then make two baggs 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.

To make Bastard whic, and to rid away Laggs.

Take and draw him from his Lees if he haue any, and put the Wine into a Malmsey Butt to the Lees of Malm-

A remedie for Bastard if it pricke.

ſey; then put to the Baſtard that is in the Malmſey Butt, nigh three gallons of the beſt Worte of a freſh tap, and then fill him vp with Baſtard or Malmſey of Cute if you will: then aparell it thus; firſt, parell him, and beate him with a ſtaffe, and then take the Whites of foure new-laid Egges, and beate them with a handfull of Salt till it bee 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 twentie houres if you will.

*To make
Malmſey.*

If you haue a good Butt of Malmſey, and a Butt or two of Sacke that will not be drunke: for the Sacke prepare ſome emptie 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 wel, 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 aparell is thus; Take the Yelkes of ten 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 bee as ſhort as moſſe; then draw five or fixe gallons out of your Butte, then beate it againe, and then fill it vp, and the next day it will bee readie to bee drawne. This aparall will ſerue both for Muſkadine, Baſtard and for Sacke.

*To ſhift
Malmſey,
and to rid
away ill
Wines.*

If you haue two principall Butts of Malmſey, you may make three good Butts with your laggs 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 go further then five gallons of Candy Cute, but the Candy Cute is more naturall for the Malmſey:
alſo

also one Butt of good Malmsey, and 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; then put in your parell and let it lie.

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.

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

Take a faire emptie Butt 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.

If any of your Sacks or White-wines haue lost their colour, take three gallons of new Milke, and take away the Creame; then ouer-draw your wine five 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.

Draw him out into fresh lees, and take three or foure gallons of stone-hony clarified, and being 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 closse, and it will be pleasant and quick as long as it is in drawing.

*If Sack
want his
colour.*

*For Sack
that is
tawny.*

*For Sack
that doth
rape and is
brown.*

*To colour
Sacke, or
any White-
wine.*

*If Allegans
be growne
hard.*

For Allegant
that is sower.

Take three gallons of white Honey, and two gallons of Red-wine, boyle them together in a faire pan, and skim it cleane, and let it stand till it be fine and cold, then put it into your Pipe; yet nothing but the finest; 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 one Pipe will rid away diuers.

How to order
Renish wine.

There are two sorts of Renish-wines, that is to say, *Estertune* and *Brabant*: the *Estertune* are best, you shall know it by the Fatt, for it is double bard and double pinned; the *Brabant* 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 Hogshhead 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 five gallons of the same Wine, and then let it seeth a great while, and put into it two pence in Cloues bruised, let them seeth together, for it will take away the sent of Honie, 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 & let it lie, and that wil make it pleasant.

Of what
countries
Wines are
by their
names.

The Wines that be made in *Burdeaux* are called *Gascoine* Wines, and you shall know them by their Hazell hoopes, and the most be full gadge and sound Wines.

The Wines of the hie countries, and which is called Hie-country wine, are made some thirtie or fortie miles beyond *Burdeaux*, and they come not downe so soone as the other; for if they doe, they are all forfeited, and you shall know them euer by their hazell hoopes,

hoopes, and the leghth gage lackes.

Then haue you Wines that be called *Gallaway* both in Pipes and Hogsheads, and be long, and lacks two Cesternes in gadge and a halfe, and the Wines themselues are hie-coloured. Then there are other Wines which is called White-wine of *Angulle*, very good Wine, and lacks little of gadge, and that is also in Pipes for the most part, and is quarter bound. Then there are *Rochell* wines, which are also in Pipes long and slender; they are very small Hedge-wines, sharpe in taste, and of a pallad complexions. Your best Sacke are of *Seres* in *Spaine*, your smaller of *Galicia* and *Portugall*; your strong Sacks are of the Ilands of the *Canaries*, and of *Malligo*; and your Muskadines and Malmseys are of many parts of *Italy*, *Greece*, and some especiall Ilands.

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

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

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

The depth of euery Sack-Butt is the foure pricks next to the puncheon.

The depth of the Halfe Hogshead is at the lowest notch, and accounted one.

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

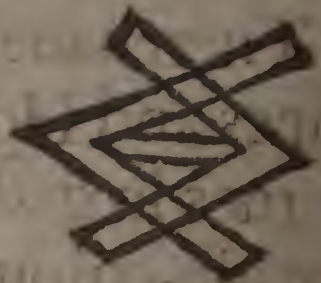
The depth of the halfe Hogshead and halfe pipe, is at the third notch, and accounted three.

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

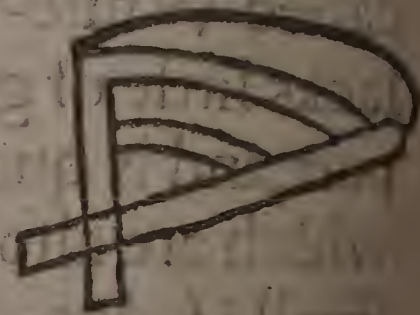
Notes of
gading of
Wines, Oyles
and Liquors.

The markes
of gading.

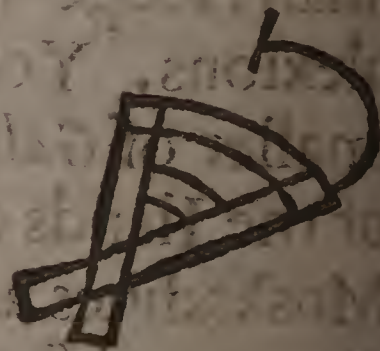
1. The full gage is marked thus.



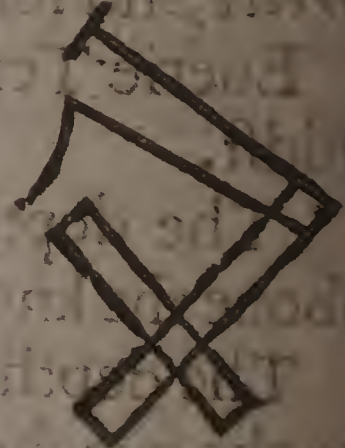
2. The halfe Sesterne lacking, thus.



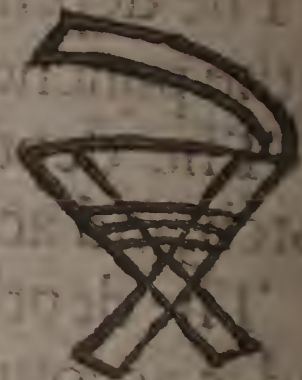
3. The whole Sesterne lacking, thus.



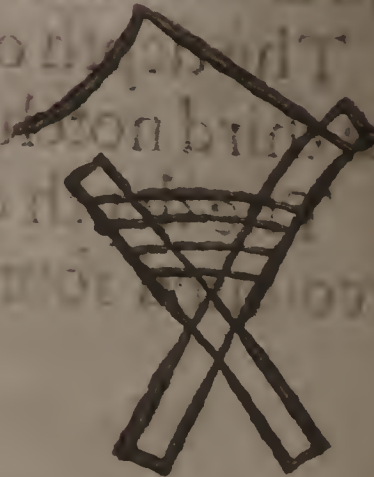
4. The Sesterne and halfe lag.



5. The two Sesterne thus.



6. The two and a halfe Sesterne, thus.



A Butt

A But of Malmsey if he be ful gadge, is one hundred & 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 Rhenish wine at tenne pence the gallon, is the tunne, ten pound.

Eight pence the gallon, is the tunne eight pounds.

Sixe pence the gallon, is the tunne six pounds.

Fiue pence the gallon, is the tunne fiue pound.

Poure pence the gallon, is the tunne poure pound.

Now for Gaswine wine there goeth foure hogsheds to a tun, & euery hoghead is sixty three gallons, the two hogsheds are one hundred twenty six gallons, and foure hogsheds 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 laketh of gadge two Sesterne and a halfe, or three at a pipe, and then you must abate six gallons of the price, and so in all other wines.

See that in your choyce 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 bee sweete as a Rose or a Violet, and in any case let it bee short; for if it bee long, then in no wise meddle with it.

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

Lastly for your Red wine, prouide that they bee deepe

*The Contēts
of all man-
ner of Gas-
coyne wine,
and others.*

*To chuse
Gascoyne
wines.*

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.

*To remedy
Clarret
wine that
hath lost the
Colour.*

If your Clarret wine be faint, and haue lost his colour; then take a fresh hogf-head with his fresh lees which was very good wine, and draw your wine into the same; then stop it close & 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 bee not perfit, draw it into a red wine hoghead, that is new drawne with the lees, & that will colour of himselfe, and make him strong; or take a pound of Tournsoll or two, & beat 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 clothes, then lay it a foretake all night, and rowle it on the morrow; then lay it vp, and it will haue a perfit colour.

*A remedy
for Gascoine
wine, that
hath lost his
colour.*

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

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

And if your white wine be faint, & 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 abroch in any wise the next wine you spend, for it will not last long.

*For white
wine that
hath lost his
colour.*

Take three gallons of new milke, and take away the Creame off it; then draw five or six gallons of wine, & put your milke into the hoghead, & beate it exceeding well; then

then fill it vp, but before you fill it vp, if you can, roule it, and if it bee long and small, take halfe a pound of Roche Allum finelie beaten into powder, and put into the vessell, and let it lie.

Take and draw it into new lees of the one nature, and then take a dozen of new pippins, and pare them, and take away the choares, 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.

A remedy for Clarret, or white wine that drinks foule.

If your Red wine drinke fainte, then take a hogshhead 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 wel coloured; or otherwise draw it close to fresh lees, and that will recouer it againe, and put to it three or foure gallons of Allegant, and turne it on his lees.

For red wine that drinke faint.

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.

For red wine that wants colour.

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.

To make Tyre.

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

If Ossey compleate, or Caprock, haue lost their colour.

CHAP III.

Of Wooll, Hempe, Flaxe and Cloth, and Dying of colours, of each severall substance, with all the knowledges belonging thereto.



Ur English Hous-wife after her knowledge of preferuing, and feeding her family, must learne also how out of her owne indeavours, shee ought to cloath them outwardly & inwardly; outwardly for defence from the cold and comelnesse to the person; and inwardly, for cleanlinessse and neatnesse of the skinne, whereby it may be kept from the filth of sweat, or vermine; the first consisting of woollen cloth, the latter of linnen.

*Of making
woollē cloth.*

*Of roasting
wooll.*

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 Hous-wife such a competent proportion of wooll, as shall bee conuenient for the clothing of his family; which wooll as soone as shee hath receiued it, shee shall open, and with a paire of sheeres (the fleece lying as it were whole before her) shee shall cut away all the course lockes, pitch, brands, tarr'd lockes, and other feltrings, and lay them by themselues for course Couerlids, or the like: then the rest so cleansed shee shall breake into peeces, and rose it euery locke by locke, that is, with her hands open, and so diuide the wooll so, 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 she intends to put into colours shee

she shall waigh vp, and diuide into feuerall quantities, according to the proportion of the webbe which shee 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 altered: this done, she shall if she please send them vnto the Dyers, to bee dyed after her own fancy; yet for as much as I would not haue our *English Homf-wife* ignorant in any thing meete for her knowledge, I will shew her heere before I proceede any further, how shee shall dye her wooll her selfe into any colour meete for her vse.

*The dying of
wooll.*

First then to dye wooll blacke, you shall take two pound of galles, and bruisethem, then take halfe so much of the best greene coperas, and boile them both together in two gallons of running water; then shall you put your wool therein and boile it, so done, take it foorth and drie it.

*To die wooll
blacke.*

If you will dye your wooll of a bright haire colour: first boile your wooll in Allum and water; then take it foorth, and when it is cold, take Chamber-lie and Chimnie foote, and mixing them together well, boile your wooll againe therein, and stirre it exceeding well about, then take it foorth, and lay it where it may conveniently drie.

*To die wooll
of haire co-
lour.*

If you would dye your wooll into a perfect redde colour, set on a panne full of water, when it is hot put in a pecke of wheate branne, and let it boile a little; then put it into a tubbe, and put twice as much cold water vnto it, and let it stand vntill it bee a weeke old: hauing done so; then shall you put to tenne pounds of wooll, a pound of Allum, then heate your liquor againe, and

*To die wooll
redde.*

put in your Allum, and ſo ſoone as it is melted, put in your wooll, and let it boile the ſpace of an houre: Then take it out againe, and then ſet on more bran and water: Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken, put in the Wooll and open it, and when it commeth 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 pan againe with faire water, and then take a pound of Saradine bucke, and put it therein, and let it boile the ſpace of an egge ſeething: then put in the wooll, and ſtirre it three or foure times about, and open it well.

*To die wooll
blew.*

To die wooll blew; take good ſtoore of old Chamber lie, and ſet it on the fire; then take halfe a pound of blew Neale, and beate it ſmall in a Morter; and then put it into the Lie; and when it ſeethes put in your wooll.

*To die a
Puke.*

To die wooll of a puke colour, take Galles, and beate them very ſmall in a Morter, put them into faire ſeething water, and boile your wooll or your cloth therein, and boile them the ſpace of halfe an houre: then take them vp, and put in your Copperas into the ſame liquor: then put in your wooll againe, and doing thus once or twice, it will be ſufficient.

*To die a
Sinder colour.*

If you will die your wooll of a ſinder colour, you ſhall put your red wooll into your puke liquour; and then it will faileleſſe be of a ſinder colour.

*To die green
or yellow.*

If you will die your wooll either green or yellow, then boile your Woodward in faire water, then put in your wooll or cloth, and that wooll which you put in white, will be yellow: and that wooll which you put in blew will be green, and all this with one liquor; provided that each be firſt boiled in Allom.

Handling of

When you haue thus dyed your worke into thoſe feuerall

seuerall colours meet for your purpose, and haue also
dried it well: then you shall take it forth, and toast it
ouer againe as you did before: for the first toasting was
to make it receiue the colour or die: this second is to re-
ceiue the oile, 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 medley, is that
which is compounded of two colours only; as a light co-
lour, 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 twelue 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 diffe-
rence of brightnes.

*wooll after
dying.*

*The mixing
of 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 wich is too 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 diui-
ded your proportions; then you shall spread vpon the
ground a sheete, and vpon the same first lay a thinne 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 can guesse it,
hardly half so much as the darker: then cover it ouer with
another

*Mixing of
three colours*

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 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 to ase, and pull out all the wooll in small pieces: And then taking a paire of stocke Cards sharpe and large, and bound fast to a forme, or such like thing, and on the same Combe, and Carde ouer all the wooll, till you see it perfectly, and vndistinctly mixed together, and that indeed it is become one intire colour of diuers without spots, or vndeuided locks or knots; in which doing you shall bee 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 right, and to make the Cloth without blemish.

*Of the oiling
of wooll.*

Your wooll being thus mixed perfectly together, you shall then oile 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 oile, or for want thereof either wel raynd red Goose grease, or Swines grease, & 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, till you haue oiled all the wooll ouer, and that there is not a locke which is not moistened with the same.

*The quanti-
ty of Oile.*

Now for as much as if you shall put too much oile vpon the wooll, you may thereby doe great hurt to the web, and make that the thread will not draw, but fal into
many

many pieces; you shall therefore be sure at the first to giue it little enough : and taking some thereof, proue it vpon the wheele: And if you see it drawes drie, and breaketh, then you may put more oile vnto it; but if it 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 oile, will sufficiently annoint or grease ten pounds of wooll: And so according to that proportion you may oile what quantity you will.

After your wooll is oild and annointed thus, you shall then tumme it; which is, you shall pull it foorth as you did before, when you mixe it, and card it ouer againe vpon your Stocke cards : and then those cardings which you strike off, are called tummings, which you shal lay by, till it come to spinning. There be some Houf-wiues which oile it as they mix it, and sprinkle euery layre as they lay it, and worke the oile well into it: and then rouling it vp as before said, pull it out, and tumme it; so that then it goeth but once ouer the stocke-Cards, which is not amisse: yet the other is more certaine, though somewhat more painefull.

After your wooll is thus mixed oiled and tumined, 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; onely this you shall be carefull, to draw your thread according to the nature, & 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 beat in pieces, or not being able to bed, and couer the threads well, be a cloth of a very short lasting. So likewise if you

*Of the tum-
ming of
wooll.*

*Of spinning
wooll.*

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 good House-wifery, and losse of much cloth, which els might haue been saued.

The diuersities in spinning.

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 els wooffe; the warpe is spunne close, round and hard twisted, being strong and well smoothed, because it runst thorough the fleies, and also endureth the fretting and beating of the beame, the west is spunne open, loose, hollow, and but halfe twisted; neither smoothed with the hand, nor made of any great strength, because it but only crosseth the warpe, without any violent straining, and by reason of the softnesse thereof beddeth closer, and 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 yarn, yet experience finds they are deceiued, and that this open west keepes the Cloth longer from fretting and wearing.

Winding of woollen yarne.

After the spinning of your wooll, some House-wives vse to wind it from the broche into round clewes for more ease in the warping, but it is a labour may very well be saued, and you may as well warpe it from the broche as from the clew, as long as you know the certaine waight, for by that onely you are to bee 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

glish 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 satisfacttion, when shee is rid of the doubt of anothers euill doings. It is necessary then that shee first cast by the waight of her wooll, to how many yards of cloth the web will arise: for if the wooll bee of a reasonable good staple, and well spunne, it will runne yard and pound, but if it be course, it will not runne so much.

Now in your warping also, you must looke how manie pounds you lay in your warpe, and so many you must necessarilie preferue for your weft; for Hus-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 portuffles, and know how many goes to a yard: to looke to the closenes, and fulling of the fleie, 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 Hus-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 Hus-wife hath finisht her labour: for in the weauing, walking, and dressing thereof shee can challenge no property more, then to intreate them seuerally to discharge their duties with a good conscience; that is to say, that the Weauer weaue it close, strong, and true, that the Walker or Fuller, mill it carefully, and looke well to his scowring-earth, for feare of beating holes into the cloth; and that the Clothworker, or Shereman burle, and dresse it sufficiently, neither cutting the wooll too vnreasonable high, whereby the

Of weauing cloth, walking & dressing it.

cloth may weare rough, nor too low, leſt it appeare thread bare ere it come out of the hands of the Tailor. Theſe things forewarnd and performed, the cloth is then to bee uſed at your pleaſure.

*Of linnen
cloath.*

The next thing to this, which our English Houſ-wife muſt be ſkilfull in the making of all ſorts of linnen cloth, whether it bee of hemp or flaxe, for from thoſe two only is the moſt principall cloth deriued, and made both in this, and in other nations.

*The ground
beſt to ſow
Hemp on.*

And firſt touching the ſoile fitteſt to ſow hемpe 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, & too heauy, bringeth forth al bun, & no rinde, the other is too barren, too hot, & too light, & bringeth forth ſuch ſlender withered increaſe, that it is nothing neere worth the labor: briefly then the beſt earth is the beſt mixt ground which Husband-men cal the red hazel ground, being wel ordered & manured: and of this earth a principall place to ſow hемpe on, is in old ſtackeyards, or other places kept in the winter time for the laire of ſheep or cattell, when your ground is either ſcarſe, or formerly not imploid to that purpoſe; but if it be where the ground is plenty, and only uſed thereunto, as in *Holland*, in *Lincolneſhire*, the Ile of *Apham*, and ſuch like places, then the cuſtome of the country will make you expert enough therein: there bee ſome that will preferue the ends of their corne lands, which but vpon graſſe for to ſow hемpe or flax thereon, and for that purpoſe will manure it well with ſheepe; for whereas corne which butteth on graſſe hads, where cattell are reathered is commonly deſtroied, and no profit iſſuing from a good part thereof; by this meanes, that wich is
ſowen

sowen will bee more lase and plentifull, and that which was destroyed, will beare a commodity of better valew.

Now for the tillage or ordering of the ground where you sow hempe or flaxe, it would in al points be like vnto that where you sow barlie, or at the least as often broke vp, as you doe when you sow fallow wheat, which is thrice at least, except it bee some very mellow, and ripe mould, as stackyards, and vsuall hempelands be, and then twice breaking vp is sufficient; that is to say, about the latter end of *February*, and the latter end of *Aprill*; at which time you shall sow it: and herein is to bee noted, that you must sow it reasonable thicke with good sound and perfect seed, of which the smoothest, roundest, and brightest with least dust in is the 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 sleighting: then till you see it appeare aboue the earth, you must haue it exceedingly carefully tended, especially an houre or two before Sun rise, and as much before it set, from birds and other vermine, which wil otherwise picke the seed out of the earth, and so deceiue you of your profit.

*The tillage
of the ground.*

*Of sowing of
hempe or
flaxe.*

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 own accord destroy those vnwholsome 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 weed it, and trimme it, especially if the weeds ouer grow it, but not otherwise: for if it once get aboue the weeds, then it will saue it selfe.

*Of weeding
hempe and
flaxe.*

Touching the pulling of Hempe or Flaxe, which is

*The pulling
of hempe or
the flaxe.*

the manner of gathering of the ſame: you ſhall vnderſtand that it muſt bee pulled vp by the rootes, and not cut as Corne is, either with ſithe or hooke: and the beſt time for the pulling of the ſame is, when you ſee the leaues fall downeward, or turne yellow at the tops, for then 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 hemp for cloth: but if you intend to ſaue any for ſeed, then you ſhall haue the principall bunnies, and let them ſtand till it be the latter end of *Auguſt*, or ſometimes till mid *September* following: and then ſeeing the ſeed turned browne and hard, you may gather it, for if it ſtand longer, it will ſhed ſuddenly: as for flax, 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 ripe-
ning of hemp
and flaxe.*

Now for the ripening, and ſeaſoning of Hempe or 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 Houſ-wifes call it, tie it vp in baites, and reare them vpright till you can conueniently carry it to the water, which would be done as ſpeedily as may bee. Now there be ſome which ripen their Hempe and Flaxe vpon the ground where it grew, by letting it lie thereon to receiue dewes and raine, and the moiſtneſſe of the earth, till it bee 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 therunto, and then to be carefull to the often turning thereof, for it is the ground onely which rots it.

*The wate-
ring of hemp
or flaxe.*

Now for the wating of the Hempe or Flaxe, the beſt water

water is the running streame, and the worst the standing pit; yet because Hempe is a poisonous thing, and infecteth the water; and destroyeth all kinde of Fish, it is more fit to employ such pits and ditches as are least subiect to annoiance, 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 fowre or six strong stakes into the bottome of the water, and set them square-wise, then lay your round baits or bundles of Hempe downe vnder the water, the thick end of one bundle one way, and the thick 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 close, and especially at the foure corners; then take great stones, grauell, and other heauy 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, 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 baits and wash it; and if in the washing you see the leafe come of, then you may be assured the hemp is watred enough: as for flax, les time will serue it, and it will shed the leafe in three nights.

When your Hemp or Flaxe is thus watred 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 selfe, and rub it exceeding cleane, leauing not a leafe vpon it, nor any filth within it; then set it vpon the drie earth vpright that the water may drop from it, which done, load it vp, & carry it home, and in some open Close or peece of ground reare it vpright
either

*The time it
shall lie in
the water.*

*Of washing
out of Hempe
or Flaxe.*

either againſt hedges, pales, walls, backſides of houſes, or ſuch like, where it may haue the full ſtrength, or reflection of the ſun, and being thoroughly dried, then houſe it; yet there be ſome Houſ-wiues which as ſoon as their Hempe comes from the water, will not reare it vpright, but lay it vpon the ground flat & thin for the ſpace of a fortnight, turning it at the end of euery two daies; firſt on the one ſide, then on the other, & then after reare it vpright, drie it, & ſo houſe it, and this houſ-wifery is good & orderly.

Speciall ordering of Flaxe.

Now although I haue hitherto ioyned Hempe and Flaxe together, yet you ſhal vnderſtãd that there are ſome particular differences betweene them; for whereas your Hempe may within a night or two after the pulling be carried to the water, your flaxe may not, but muſt be reared vp, and dried and withered a week or more to ripen the ſeed, which done, you muſt take ripple combs, and ripple your flaxe ouer, which is the beating, or breaking off from the ſtalks the round bels or bobs, which containe the ſeed which you muſt preferue in ſome drie veſſell or place, till the ſpring of the yeere, and then beate it, or thresh it for your uſe, and when your Flaxe or line is ripled, then you muſt ſend it to the water as aforeſaid.

The braking for Hempe Flaxe.

After your Hempe or Flaxe hath been watered, dried, & houſed, you may then at your pleaſure breake it, which is in a brake of wood (whoſe proportiõ is ſo ordinary, that euery one almoſt knowes them) breake and beate out the drie bun, or kexe of the Hempe and Flaxe from the rinde which couers it, and when you brake either, you ſhall do it, as neer as you can, on a faire drie ſun-ſhine day, obſeruing to ſet forth your hempe and Flaxe, and ſpread it thin before the ſun, that it may be as drie as tinder before it come to the brake; for if either in the lying cloſe together it ſhall giue againe or ſweat, or through the moiſtneſſe of
the

the ayre or place where it lies receiues any dampishnesse, you must necessarily see it dried sufficiently againe, or else it will neuer brake well, nor the bun breake and part from the rinde in order as it should: therefore if the weather be 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, drie it vpon the same, and then brake it: yet for as much as this is oft-times dangerous, & much hurt hath bin receiued thereby through casualty of fire, I would wish you to stick foure stakes in the earth at least fiue foote aboue ground, and laying ouer them small our-layers of wood, and open fleaks 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 shauing, or other light drie wood make a soft fire vnder the same, and so drie it, and brake it, and this is 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, falne 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 together and so house them, keeping in your memorie either 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 the better, you must haue for each seuerall sort two seuerall brakes, which is an open and wide toothed, or nickt-brake, and a close and straight toothed brake: the first being to crush the bun, and the latter to beate it forth. Now for Flax you must take first that which is the straightest for the Hempe, and then after one of purpose, much

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straighter

*The drying of
hēp or flaxe.*

*When it is
brak't e-
nough.*

*Diversity of
brakes.*

ſtraighter and ſharper for the bunne, of it being more ſmall, tough and thinne, muſt neceſſarily be broken into much leſſe peeces.

*Of ſwing-
ling hempe
and flaxe.*

After your Hempe and Flaxe is brak't, you ſhall then ſwingle it, which is vpon a ſwingle tree block made of an halfe inch boord about fowre foote aboue ground, and ſet vpon a ſtrong foot or ſtocke, that will not eaſily moue and ſtirre, as you may ſee in any Houſ-wiues houſe what-ſoeuer 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 old dagger with a reaſonable blunt edge; you ſhall beate out all the looſe buns and ſhiuers that hang in the Hempe or Flaxe, opening and turning it from one end to the other, till you haue left no bunne or ſhiuer to be perceiued therein, and then ſtrike a twiſt, and fould in the miſt, which is euer the thickeſt part of the ſtrike, lay them by till you haue ſwingled all; the generall profit whereof, 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 maker.

*Uſe of ſwin-
gle tree firſt
hurds.*

Now after you haue ſwingled your Hempe and Flaxe ouer once, you ſhall take and ſhake vp the reſuſe ſtuſſe, which you beate from the ſame ſeuerally, and not only it, but the tops and knots, and halfe brak't buns which fall from the brake alſo, and drying them againe cauſe them to bee very well threſht with flayles, and then mixing them with the reſuſe which fell from the ſwingle tree, dreſſe them all well with threſhing and ſhaking, till the buns be cleane driuen out of them; and then lay them in ſome ſafe drie place till occaſion of uſe: theſe are called ſwingle tree hurds, and that which comes from the hemp will make window-cloth, and ſuch like courſe ſtuſſe, and
that

that which comes from the flax being a little towed again in a paire of wooll cards will make a course hardingl

But to proceed forward in the making of cloth; after your hemp or flax hath bin swingled once ouer, which is sufficient for the market, or for ordinary sale, you shal then for cloth swingle it ouer the second time, and as the first did beat away the bun, and soften the rinde, so this shall break and diuide, and prepare it fit for the heckle; & hurds which are this second time beaten off, you shall also saue; for that of the hemp (being toased in wool cards) wil make a good hempen hurden) & that comming from the flaxe (vsed in that manner) a flax hurden better then the former.

*The second
swingling.*

After the second swingling of your Hempe, and that the hurds thereof haue been laid by, you shall take the strikes, and diuiding them into dozens, or halfe dozens, make them vp to great thicke roles, and then as it were broaching them, or spitting them vpon long stickes, set them in the corner of some chimney, where they may receiue the heate of the fire, and there let them abide, till they bee dried exceedingly, then take them, and laying them in a round trough made for the purpose, so many as may conueniently lie therein, and there with beetles beat them exceedingly, till they handle both without & within as soft and pliant 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 beat them ouer as before.

*Of beating
hempe.*

When your Hempe hath been twice swingled, dried, and beaten, you shal then bring it to the heckle, which instrument needeth no demonstration, because it is hardly vnknown to any woman whatsoever; and the first Heckle shall be course, open and wide toothed, because it is the

*Of heckling
hempe.*

first breaker or diuider of the ſame, and the layer of the ſtrikes euen & ſtraight: and the hurds which come of this heckling you ſhall mixe with thoſe of the latter ſwingling, & it will make the cloth much better; then you ſhall heckle it the ſecond time through a good ſtraight heckle made purpoſely for hemp, & be ſure to break it very well and ſufficiently therupon, & ſaue both the hurds by themſelues, and the ſtrikes by themſelues in ſeuerall places.

Now here bee ſome very principall good Houſ-wiues, which uſe only but to heckle their hemp 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 been 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 ſaid, and heckled once ouer, you ſhall then role it vp againe, drie it as before, and beat it againe as much as at the firſt; then heckle it through a fine flaxen heckle, and the towe which fallies from the heckle, will make a principall hemping, but the Teare it ſelfe a cloth as pure, as fine Houſ-wifes linnen, the indurance and laſting whereof, is rare & wonderfull; thus you ſee the vttermoſt art in dreſſing of hemp for each ſeueral purpoſe in cloth making till it come to the ſpinning.

*Of heckling
flaxe.*

Flax after it hath been twice ſwingeld needeth neither more drying nor beating as hempe doth, but may bee 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 ſtiſſe in your hand, breake it very well vpon that heckell: then the hurdes which come thereof, you ſhall ſaue to make fine hurden cloth of, and the ſtrike it ſelfe you ſhall paſſe through a fi-

ner

ner heckle; and the hurds which come from thence, you shall saue to make fine midlen cloth of, and the teare it selfe for the best linnen.

To dresse Flaxe for the finest vse that may mee, as to make faire Holland cloth of great price, or thread for the most curious purpose, a secret hitherto almost concealed from the best Hus-wifes; you shall take your flaxe after it hath been handled, as is before shewed, and laying three strikes together, plat them in a plat of three so hard and close together as it is possible, joining one to the end of another, till you haue platted so much as you thinke conuenient, and then begin another plat, and thus plat as many feveral plats as you thinke will make a role, like vnto one of your Hempe roubles before spoke off, and then wreathing them hard together, make vp the rouble; and so many roubles more or lesse, according to the purpose you dresse them for: This done, put the roubles into a hempe trough, and beat them soundly, rather more then lesse the hempe: and then open and vnplat it, and diuide euery strike from other very carefully; then heckle it through a finer 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 bee 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, & feele it handle like fine soft cotton, or Iersey wooll; and this which thus looketh and feeleth, and falleth from the heckle, will notwithstanding make a pure fine linnen, and runne 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 five yards in the pound.

*The dressing
of flaxe, to
the finest vse*

Of the spinning
of
herſe.

After your teare is thus dreſt, you ſhall ſpinne it either vpon wheele or rocke, but the wheele is the ſwifter way, & 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 can not be too ſmall, but if it be vneuen it will neuer make a durable cloth. Now for as much as euery Huſ-wife is not able to ſpinne her owne teare in her owne houſe, you ſhall make choice of the beſt Spinners you can heare of, and to them put forth your teare to ſpinne, waighing it before it goe, and waighing it after it is ſpun and drie, allowing waight for waight, or an ounce and a halfe for waſt at the moſt: as for the priſes for ſpinning, they are according to the natures of the country, the fineſſe of the teare, and the deareneſſe of prouiſions: ſome ſpinning by the pound, ſome by the lay, and ſome by day, as the bargaine ſhall be made.

Of reeling
yarnes

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 ſhal as you reele it, with a Ley band of a big 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 ſpinne by the Ley, as at a ob. a Ley or ſo, then the ancient cuſtome hath been to allow to a 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 abouts; and ſo by that you may proportion forth the price for any manner of ſpinning whatſoeuer: for if the beſt thus,

then

then the 2. so much bated; and so accordingly the worst.

After thus your yarne is spunne and reeld, being in the slipping you shall scowre it: Therefore first to fetch out the spottes, you shall lay it in luke warme water, and let it lie so three or foure daies, 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, & couer the bottome thereof with very fine Ashen ashes: then opening your slippings, and spreading them, lay them on those ashes; 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 bignes 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 al 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 obseruing to make the lie hotter and hotter till it seeth; and then when it so seetheth, you shall as before apply it with boiling lie, at least foure houres together; which is called, the driuing of a Buck of yarne: All which being done you shall take off the Bucking-cloth, and then putting the yarne with the lie ashes into

Of the scowring of yarne

Bucking of yarne.

large

Whitening
of yarne.

large tubbes or boales, with your hands as hot as you can suffer it to posse, and labor 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 aire all day, and at night take the slippings downe, and lay them in water all night, then the next daie hang them vp again, and if any part of them drie, then cast water vpon them, obseruing euer to turne that side outmost which whiteth slowest, and thus doe at least seuen daies together, then put all the yarne againe into a bucking tub 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 half a daie 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 drie it vp: other waies there are of scouring and whitening of yarne; as steeping it in branne and warme water, and then boiling it with *Ozier* 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 bals of a resonable bignesse, rather without bottomes then with any at all, because it may deceiue you in the waight, for according to the pounds will arise your yards and lengths of cloth.

Of warping
and weaning.

After your yarne is wound and waighed, you shall carry it to the Weauers, and warpe it as was before shewed for wollen cloth, knowing this, that if your Weauer bee honest

honest and skilfull hee will make you good and perfect cloth of euen and euen, that is iust the same waight in weft that then was in wrap, as for the action of weauing it selfe, it is the worke-mans occupation, and therefore to him I referre it.

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 vttermost length and breadth, and as fast as it dries water it againe, but take heed you wet it not too much, for feare you milde or rot it, neither cast water vpon it till you see it in manner drie, and be sure weekely to turne it first on one side, & then on the other, and at the end of the first weeke you shall buck it as before in Lie and Ashes: againe then rinse it, spread it, and water it as before; then if you see it whites apace, you need not to giue it any more bucks with the ashes and the cloth mixt together: but then a couple of cleane bucks (as was before shewed in the yarne) the next fortnight following; and then being whitened enough, drie vp the cloath, and vse it as occasion shall require; the best season for the same whitening being in *Aprill* and *May*. Now the course and worst huswifes scoure and white their cloath with water and branne, and buck 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 Wool, Hempe, Flax, and Cloth of each seuerall substance.

*The scouring
and whitening
of Cloth.*

CHAP. III.

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



Here followeth now in his place after theſe knowledges alreadie rehearſed, the ordering and gouernment 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 and breed that our Engliſh houſwife can poſſibly attain vnto, as of big bone, faire ſhape, right bred, and deep of milke, gentle, and kindly.

Of Kine.

Bigneſſe of Kine.

Touching the bigneſſe of bone, the larger that euery cow is, the better ſhe is: for when either age, or miſchance ſhall diſable her for the paile, being of large bone ſhe may be fed, and made fit for the ſhambles & 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 Dairie, ſhe muſt haue all the ſignes of plenty of milke, as a crumpled horne, a thinne necke, a hayrie dewlappe, and a very large vdder, with foure teats, long, thicke, and ſharpe at tke 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 bee well haird before and behinde, and ſmooth in the bottome, it is a good ſigne alſo.

The breed of Kine.

As touching the right breed of Kine through our nation generally affoordeth very good ones, yet ſome countries doe farre exceed other countries; as Cheſſhire, Lancaſhire,

ca. shire, Yorke-shire, and Darbie-shire for blacke Kine; Gloucester-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 proceed the breeds of all other, howsoever disperled ouer the whole Kingdome. Now for our huswifes direction, she shall choose her dairie from any of ther best breeds before named, according as her opinion and delight shall gouerne her, onely obseruing not to mix her breeds of diuers kindes, 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 Countrie, or of one shape and colour: Againe, in the choice of your Kine you must looke diligently to the goodnesse and fertility of the soile wherein you liue, and by all meanes buy no Kine from a place that is more fruitful then your owne, but rather harder; for the latter will prosper and come on, the other will decay and fall into disease, as the pissing of blood, & such like, for which disease and all other you may finde assured cures in a little booke I published, called *Cheape and good*.

For the depth of milke in Kine (which is the giuing of most milke) being the maine of a Hus-wifes profit, shee shall be very carefull to haue that quallity in her beasts. Now those Kine are said to be deepest of milk, 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, doubtles the cow cannot be said to be of deep milch: and for the quantity of milke, for a Cow to giue two gallons at a meale, is rare, and extraordinarie; to giue a gallon and a halfe is much, and conuenient, and to giue but a gllon certain is much, and not to be found

Depth of
milke in
Kine.

Quantity of
Milke.

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 yeer through, whereas other Kine that giue more in quantity, will goe drie, being with calf 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 be Kine deepe of milke. Now for the retained opinion, that the Cow which goeth not drie at all, or very little, bringeth not forth ſo good a Calfe as the other, becauſe it wanteth much of the nourishment it ſhould enioy, it is vaine and friuolous; 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 putrifaction: 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 evening, or elſe they will ſhed their milke, but it is a fault rather then a vertue, & proceedeth more from a laxatiuenesse or looſeneſſe of milke, then from any abundance; for I neuer ſaw thoſe three meales yet equall the two meales of a good Cow, and therefore they are not truly called deepe of milke.

*Of the going
ary of Kine.*

*Of the gen-
tlenes 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, & willing to come to the paille, and patient to haue her duggs drawne without skittiſhneſſe, ſtriking or wildneſſe, ſhee is vtterly vnfitte for the dayrie.

*Of kindlines
in Kine.*

As a Cow muſt be gentle to her milker, ſo ſhe muſt bee kind in her owne nature; that is, apt to conceiue, and bring forth, fruitfull to nourish, and louing to that which ſprings from her; for ſo ſhe bringeth forth a double profit;

fit; 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 breede.

The best time for a Cow to calue in for the Dairie, is in the later 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 later, 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 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 dayrie is then spent, and such breede will hold vp and continue the stocke, provided that you reare not vp any calues which are calued in the prime daies, for they generally are subiect to the disease of the sturdy, which is dangerous and mortall.

The Housewife which only 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*.

To proceed then to the generall vse of Dairies, it consisteth first in the cattell (of which we haue spoken sufficiently) then in the howers of milking, the ordering of the milke, and the profits arising from the same.

The best and most commended howers for milking are indeed but two in the the day, that in the spring and summer time which is the best season for the dairie, is be-

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

Rearing of Calues.

The generall vse of Dairies.

The howers of milking.

*Manner of
milking.*

twixt five and sixe in the morning, and sixe and seauen a clock in the euening : and although nice and curious Hus-wiues will haue a third houre betwixt them, as betweene twelue and one in the after-noone, yet the better experientist doe not allow it, and say as I beleue, 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 first handle and stretch her dugges, and moisten them with milke that they may yeeld out the milke the berter and with lesse paine : shee shall not settle her selfe to milke, nor fixe her paile firme to the ground till she see the Cow stand sure and firme, but be ready vpon any motion of the Cow to saue her paile from ouerturning; when she seeth all things answerable to her desire, shee shall then milke the Cow boldly, and not leaue stretching and straining of her teats till not one drop of milke more will come from them, for the worst point of Hus-wifery that can bee, is to leaue a Cow halfe milkt; for besides the losse of the milke, it is the only way to make a Cow drie and vtterly vnprofitable for the Dairy: the Milke-mayd whilst she is in milking, shal do nothing rashly or suddenly about the Cow, which may affraight or amase her, but as she came gently, so with all getlenes she shall depart.

*The ordering
of milk.*

*Ordering of
milk vessels.*

Touching the well ordering of milke after it is come home to the Dairy, the maine point belonging thereunto is the Hus-wiues cleanlinesse in the sweet and neate keeping of the Dairy-house; where not the least moat of any filth may by any meanes appeare, but all things either to the eye or nose so void of sowernesse or fluttishnesse, that a Princes bed-chamber must not exceed it: to this must be added the sweet and delicate keeping of her milke vessels, whether they be of wood, earth, or lead, the best of
which

which is yet disputable with the best Hus-wives; only 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 nowsoeuer, any and all these must be carefully scalded once a day, and set in the open aire to sweeten, lest getting any taint of sowerneesse into them, they corrupt the milk that shall be put therein.

But to proceed to my purpose, after your milk is come home, you shall as it were straine it from all vncleane things through a neate & sweet kept syle, the form whereof euery Hus wife knowes, and the bottome of this syle, through which the milke must passe, shal be couered with a very cleane washt fine linnen cloth, such an one as will not suffer the least mote or haire to goe through it: you shall into euery vessell sile a pretty quantity of milke, according to the proportion of the vessell, the broader it is, the shallower it is, the better it is, and yeelde h euer the best creame, and keepeth the milke longest from sowing.

Silling of milke.

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

Profits arising from milke.

For your Butter which onely proceedeth from the Creame, which is the very heart and strength of Milke, it must be gathered very carefully, diligently, and painefully: And though cleanness be such an ornament to a Hus-wife, that if she want any part thereof, shee looseth both that and all good names else: yet in this action it must be more seriously imploied then in any other.

Of butter.

To beginne then with the fleeting or gathering of your

Of fleeting Creame.

your Creame from the Milke, you shall doe it in this manner: the Milke which you did milke in the morning you shall with a fine thinne shallow dish made for the purpose, take of the Creame about five of the clocke in the evening; and the Milke which you did milke in the evening, you shall fleet and take of the Creame about five of the clocke the next morning; and the creame so taken off, you shall put into a cleane sweet and well leaded earthen pot close couered, & 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 Dairie containe five Kine or more; but how many or few soeuer you keep, you shall not by any meanes preferue your Creame aboue three daies in summer, and not aboue sixe in the Winter.

*Of keeping
Creame.*

*Of chur-
ming But-
ter and the
daies.*

*Manner of
churming.*

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 adioining neere vnto you, according to the purpose for which you keepe your Dayrie. Now the daies most accustomed held amongst ordinary Huswiues, are Tuesday and Friday: Tuesday in the after noon, to serue Wednesday morning market, and Fryday morning to serue Saturday market; for Wednesday and Saturday are the most general market daies of this Kingdome, and Wednesday, Friday, and Saturday, the vsual fasting daies of the weeke; & so meetest for the vse of butter. Now for churming, 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 imploid (as in the summer in the coolest place of your dairy; and exceeding early in the morning, or very late in the evening

euening, and in the winter in the warmest place of your dairie, and in the most temperate howres, as about 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, sharp, and more spirity: and then you shal 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 about the lippe of the churme, and clense with your hand both the lidde and inward sides of the churme, and hauing put all together you shall couer the churme againe, and then with easie stroakes round, and not to the bottome, gather the butter together into one intire lumpe and body, leauing no peeces thereof seuerall or vniointed.

Now for as much as there bee many mischiefes and inconueniencies which may happen to butter in the churning, because it is a body of much tendernesse, and neither will endure much heate, nor much cold: for if it bee ouer heated, it will looke white, crumble, and be bitter in taste; & if it be ouer cold it will not come at all, but make you wast much labour in vaine, which faults to help if you churme your butter in the heat of Sommer it shall not be amisse, if during the time of your churning you place your churn in a paille of cold water as deepe as your Creame riseth in the churme; and in the churning thereof let your stroakes goe slow, and be sure that your churn be cold when you put in your creame: but if you churme in the coldest time of winter, you shall then put in your creame before the churme be cold after it hath been scalded; and you shall place it within the aire of the fire and churme it with as swift stroakes, and as fast as may be, for the much labouring thereof will keepe it in a continu-

*Helps in
churning.*

The hand-
ling of butter

all warmth, and thus you ſhall haue your butter good, ſweet, 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 buttermilke, 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 ſweet and freſh, you ſhall haue 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 haue by that labour beaten and waſht out all the buttermilke, and brought the butter to a firme ſubſtance of it ſelfe, without any other moiſture: which done, you ſhall take the butter from the water, and with the point of a knife ſeoch and ſlaſh the butter ouer and ouer euery way ſo thicke as is poſſible, leauing no part through which your knif 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.

Clenſing of
butter.

Seasoning of
Butter.

After this you ſhall ſhread the butter in a boule thin, and take ſo much ſalt as you ſhall think conuenient, which muſt by no meanes be much for ſweet butter, 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.

Of May
butter.

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

Touching the poudring vp or potting of butter, you ſhall

shall by no meanes as in fresh butter wash the butter-mike out with water, but onely worke it cleere out with your hands: for water wil 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 deceiu'd in the weight: which done, you shall open the butter, and salt it very well and thoroughly, beating it in with your hand till it bee 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.

Of powdering vp or potting of Butter.

Now there be hus-wiues whose dairies being great, can by no meanes conueniently haue their butter contained in pots; as in *Holland, Suffolke, Norfolke*, and such like, and therefore are first to take barrells very close and wel made; and after they haue salted it well, they fill their barrells therewith; then they take a small stick, cleane, and sweete, and therewith make diuerse holes downe through the butter, euen to the bottome of the larrail: and then make a strong brine of water and salt which will beare an egge, and after it is boild, well skimm'd and cool'd; then poure it vpon the toppe of the butter till it swimme aboue the same; and so let it settle. Some vse to boile in this brine a branch or two of *Rosemary*, and it is not amisse, but pleasant and whollome.

Of great dairies and their customes.

Now although you may at any time betwixt

May and September
When to pot butter.

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 Month of *May* onlie; for then the aire is most temperate, and the butter will take salt the best, and the least subiect to reeing.

Use of Buttermilke.

Of Buttermilke Curds.

Of Whigge.

Of Cheese.

The best vse of buttermilke for the able Hus-wiue is charitably to bestow it on the poore Neighbors, whose wants doe daily crie 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 shee shall of her buttermilke make curds in this manner: she shall take her butermilke and put it into a cleane earthen vessell, which is much larger then to receiue the Butter-milke onely; and locking vnto the quantity thereof, shee 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 buttermilke in the same manner as you 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 sweet stone vessell: for it is that which is called *VWhigge*, and is an excellent coole drink and a wholesome; and may very well be drunke a summer through in sted of any other drinke, & without doubt will flake the thirst of any labouring man as well, if not better.

The next maine profit which ariseth from the Dairy is Cheese, of which there be diuers kinds, as new Milke, or morrow milke Cheese, nettle Cheese, floaten milk Cheese, and eddish, or after much Cheese, all which haue their

their severall orderings & compositions as you shall perceiue by the discourse following: yet before I doe begin to speake of the making of the Cheese, I will shew yow 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-bagge or runnet which is she stomacke bagge of a young suckling calfe, which neuer tasted other food then milke, where the curd lieth vndigested. Of these bags you shall in the begining of the yeere provide your selfe good store, and first open the bagge and poure out into a cleane vessell the curd and thicke substance thereof; but the rest which is not curdled nou 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 sorts of motes as is possible; then lay it on a cleane cloth that the water may draine from it, which done, lay it in another dry vessell, then take a handfull or two of salt and rub the curd therewith exceedingly: then take your bag and wash it also in diuers cold waters till it be very cleane, and then put the curd and the salt vp into the bag, the bag 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 yere before you vse them. For touching the hanging of them vp in chimney corners (as course Hus-wiues doe) is fluttish, naught, and vnholosome, and the spending of your runnet whilst it is new, makes your Cheese haue and proue hollow.

When your runnet or earning is fit to be vsed, you shall season it after this manner; you shall take the bagge you intend to vse, and opening it, put the curd into a

*Of the Chee-
lep-bag or
runnet.*

*Seasoning of
the runnet.*

stone

stone mortar or a bowle, and with a wooden pestell or a roling pinne beat 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 dryed 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 clare it into a cleane earthen vessell; then take out of the bagge halfe a dozen spoonfull of the former curd and mix 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 & so keepe 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 old euer at least, for that will make the caring quicke and sharp, so that foure spoonfulls thereof will suffice for the gathering and seasoning of at least twelue gallons of milke, and this is the choifest and best earning which can possible be made by any Hus-wife.

*To make a
new-milke
sheese com-
pound.*

To make a new milke or morning milk cheese, which is the best Cheese made ordinarily in our kingdome; you shall take your milk early in the morning as it comes from the Cow, and file it into a cleane tubbe, then take all the creame also from the milke you milk the euening before, and straine it into your new milke; then take a pretty quantity of cleane water, and hauing made it scalding hot, powre it into the milke also to scauld the creame and it together, then let it stand, and coole it with a dish till it be no more then luke warme; ther go to the pot where your
earning

earning bagges hangs, and draw from thence so much of the earning without stirring of the bagge, as will serue for your proportion of milke, and straine it therein very carefully; for if the least more of the curd of the earning fall into the cheefe, it will make the Cheefe rot and mould; when your earnings is put in you shall couer the mike, 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 mash the curd together, possing and turning it about diuersly: which done, with the flat palms of your hands very gently presse the curd downe into the bottome of the tub, then with a thinne dish take the whey from it as cleane as you can, and so hauing prepared your Cheefe-fat answerable to the proportion of your curd, with both your hands ioined together, put your curd therein and breake it and presse it downe hard into the fat till you haue fild it; then lay vpon the top of the curd your flat cheefe-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 cheefe-cloth, and hauing wet it in the cold water lay it on the cheefe-boord, and then turne the cheefe vpon it; then lay the cloth into the cheesefat; and so put the cheefe therein againe, and with a thin slice thrust the same down close on euery side; then laying the cloth also ouer the top to lay on the cheefe-boord, and so carry it to your great presse, and there presse it vnder a sufficient waight; after it hath been there prest halfe an howre, you shall take it and turne it into a drie cloth, and put it into the presse againe, and thus you shall turne it into drie cloathes at least fiue or sixe times in the first day, and euer put it vnder the presse againe, not taking it therefrom till the next day in
the

the evening at toonest, and the last time, it is turned you shall turne it into the dry fat without any cloth at all.

518. 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 again 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 the presse; and in this manner of drying you must obserue to lay it first where it may drie hastily, and after where it may drie at more leasure; thus may you make the best and most principall cheese.

*Cheese of
two meales.*

*Cheese of
one meale.*

*Of nettle
Cheese.*

Now if you will make Cheese of two meales, as your mornings new milke, and the euening's Creame milke, and all you shall doe but the same formerly rehearsed. And if you will make a simple morrow milke Cheese which is all of new milke and nothing els; you shall then doe as is before declared, onely you shall put in your earning so soone as the milke is filed (if it haue any warmth in it) and not scald it; but if the warmth be lost you shall put it into a kettell and giue it the aire of the fire.

If you will haue a very dainty nettle Cheese, which is the finest summer Cheese which can be eaten; you shall doe in all things as was formerly taught in the new milke Cheese compound; Onely you shall put the curd into a very thin cheese-fat, not aboue halfe an inch or a little better deepe at the most, and then when you come to dry them as soone as it is drained from the brine, you shall lay it vpon fresh nettles and couer it all ouer with the same;

and

and so lying where they may feele the aire, let them ripen therein, obseruing to renew your nettles once in two dayes, and euery time you renew them, to turne the Cheese or Cheeses, and to gather your Nettles as much without stalkes as may be, and to make the bed both vnder and aloft as smooth as may be, for the more euen and fewer wrinkles that your Cheese hath, the more daintie is your Houf-wife accounted.

If you will make floaten Milke-Cheese, which is the coursest of all Cheeses, you shall take some of the Milke and heate it vpon the fire to warme all the rest: but if it be so sower 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 drie it as you did all other Cheeses.

*Of floaten
milk-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 bee 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 eddish
cheese.*

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 drink for the labouring man, or keepe it to make curds out of it, or lastly to nourish and bring vp your swine.

*Of whey
and the pro-
fits.*

If you will make curds of your best Whey, you shall set it vpon the fire, and being ready to boile, you shall put into it a pretty quantitie of butter-milke, and then as you

*Of whey
curds.*

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 whileſt 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. V.

The Office of the Malſter, and the ſeueral ſecrets, and knowledges belonging to the making of Malte.

IT is moſt requiſite and fit that our *Houſ-wife* be experienced and well practiſed in the well making of Malt, both for the neceſſarie and continuall uſe thereof, as alſo for the generall profit which accrueth and ariſeth to the husband, houſwife, and the whole familie: for as from it is made the drinke, by which the houſhold is nourished and ſuſtained, ſo to the fruitfull husbandman (who is the maſter of rich ground, and much tillage) it is an excellent merchandize, and a commodity of ſo great trade, that not alone eſpeciall Townes and Counties are maintained thereby, but alſo the whole Kingdome, and diuers others of our neighboring Nations. This office or place of knowledge belongeth particularly to the Houſ-wife; and though we haue many excellent Men-malſters, yet it is properlie 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 prouide the graine, and excuſe her from portage or too heauie burthens; but for the Art of making the
Malt,

Malt, and the severall labours appertaining to the same, even from the Fat to the Kilne, it is onely the worke of the Houfwife and the Maid-feruants to her appertaining.

To begin then with the first knowledge of our Maltster, it consisteth in the election and choise of graine fit to make Malt on, of which there are indeed truly but two kinds, that is to say, Barley, which is of all other the most excellent for this purpose; and Oates, which when 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 quantitie, so strong in the substance, nor yet so pleasant in the taste, yet is the drink verie good and tolerable, and nourishing enough for any reasonable creature. Now I do not denie, but there may be made Malt of Wheate, Pease, Lupins, Fetches and such like, yet it is with vs of no retained custome, nor is the drink 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 emptie, 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 quantitie of matter, and making the strongest, best and most wholesome drink, is the Clay barly wel 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

*Election of
Corne for
Malt.*

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 bee ſeldome or neuer mixt with Oates, yet if the tillage bee not painefully and cunningly handled, it is much ſubiect to Weedes of diuers kinds, Tares, Fetches, and ſuch like, which drinke vp the liquor in the brewing, and make the yeeld or quantitie thereof very little and vnprofitable : beſides, the graine naturally of it ſelfe hath a yellow, withered, emptie 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 Barly on the mixt grounds will ſerue well for houſholds and Families : and the Sand-barly for the poore, and in ſuch places where better is not to be gotten. And theſe are to bee knowne of euery Husband or Huſwife ; the firſt by his whiteneſſe, greatneſſe and fulneſſe : the ſecond by his browneſſe, and the third by his yellowneſſe, with a darke browne nether end, and the emptines and thickneſſe of the huſke (and in this election of Barley you ſhall note, that if you find in it any wild Oats, 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 relliſh to the drinke, if the quantitie bee 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 Huſwife, that the Barley choſen for Malt, bee exceeding ſweete, both in ſmell and taſte, and verie cleane dreſt: for
any

any corruption maketh the Malt loathsome, and the foule dressing affoordeth much losse.

After the skilfull election of graine for Malt, the Huswife is to looke to the situation, goodnesse and apt accommodation of the Malt-house; for in that consisteth both much of the skill, and much of the profit: for the generall situation of the house, it would (as neere as can bee) stand vpon firme drie ground, hauing prospect eue-ry way, with open windowes and lights to let in the Wind, Sunne and Ayre, which way the Malster pleaseth, both to coole and comfort the graine at pleasure, and also close-shuts or draw-windowes to keepe out the Frosts and Stormes, which are the onely lets and hinderances for making the Malt good and perfit, 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 circkle, and the Pumpe or Well (but the Pumpe is best) beeing close adioyning, or at least by conueyance of troughes made as vsfull as if it were neere adioyning, the Corne beeing steepte, may with one persons labour and a shouell, bee cast from the Fatt, 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, bee carried in such a circular house round about from one flowre to another, till it come to the kilne, which would also bee placed next ouer against the Pumpe and Cesternes, and all contained vnder one rooffe; and thus you may emptie steeping after steeping, and carrie them with one persons labour from flowre to flowre, till all the flowres be fild: in which circular motion you shall find, that euer that which was first steept,

Of the Malt house, and the situation.

shall first come to the Kilne, and so consequently one after another in such sort as they were steeped, and your worke may euermore be constant, and your flowres at no time emptie but at your owne pleasure, and all the labour done onely with the hand and shouell, without carrying or recarrying, or lifting heauie burthens, which is both troublesome and offensiue, and not without much losse, because in such cases euer some graine scattereth. Now ouer against the Kiln-hole or furnace (which is euermore intended to be on the ground) should a conuenient place be made to pile in the fuell for the Kilne, whether it bee Straw, Bracken, Furses, Wood, Coale, or other fewell; but sweet Straw is of all other the best and neatest. Now it is intended that this Malt-house may be made two stories in height, but no higher: ouer your Cesternes shall be made the Garners wherein to keepe your Barley before it be steeped: in the bottoms of these Garners, standing directly ouer the Cesternes, shall be conuenient holes made to open and shut at pleasuer, through which shall run downe the Barley into the Cesterne. Ouer the bed of the Kilne can be nothing but the place for the Haire-cloth, and a spacious rooffe open euery way, that the smoke may haue free passage, and with the least ayre be carried from the Kilne, which maketh the Malt sweete and pleasant. Ouer that place where the fewell is piled, & is next of all to the bed of the Kilne, would likewise be other spacious Garners made, some to receiue the Malt as soone as it is dried with the Come and Kilne-dust, in which it may lie to mellow and ripen; and others to receiue the Malt after it is skreened and drest vp; for to let it be too long in the Come, as aboue threc moneths at longest, will make it both corrupt, and breed Weeuels and other Wormes, which are the greatest destroyers of
Malt

Malt that may be. And these Garners should be so conueniently 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 dried into the Garners. For the other part of the flowres, they may bee imployed as the ground-flowres are for the flourishing 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.

Next to the cite or proportion of the ground, you shall have a principall care for the making of your Malt-flowres, in which (all be Custome, and the Nature of the soyle binds many times a man to sundrie inconueniences, and that a man must necessarily build according to the matter he hath to build withall, from whence ariseth the many diversities of Malt-flowres, 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 drie and maine greetie rock, for it is both warme in Winter, coole in Summer, and generally comfortable in all seasons of the yeere whatsoeuer. For it is to be noted, that all bee houswiues doe giue ouer the making of Malt in the extreame heate of Summer, it is not because the Malt is worse that is made in Sommer 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 sprout and come so swiftly, 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 drie, and as it were coucht vnder

Of Malt-flowres.

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 cold bitter blaſts in ſharpe winters, which will not ſuffer it to come, or ſprout at all; or if parte doe come and ſprout, as that which lieth in the hart of the bed; yet the vpper parts and outſide by meanes of extreame cold cannot ſprute; but being againe dried, hath his firſt hardnes, and is one and the ſame with raw Barley; for euery Huſ-wife muſt know, that if Malt doe not come as it were altogether, and at an inſtant, and not one come more then another, the Malt muſt needs bee very much imperfit: The next flower to the Caue, or drieſandy rocke, is the Flower which is made of earth, or a ſtiſſe ſtrong binding Clay well watred, and mixt with horſe dung, and ſoape-aſhes, beaten and wrought together, till it come to one ſolled firmnes; this Flower is a very warme comfortable Flower in the winter ſeaſon, and will helpe the grayne to come and ſprout exceedingly, and with the helpe of windowes to let in the cold aire, and to ſhut out the violent reflection of the ſunne, will ſerue very conueniently for the making of Malt, for nine monthes in the yeere, that is to ſay, from September till the end of May; but for Iune, Iuly, and Auguſt, to imploy it to that purpoſe, will breed both loſſe, and incumbrance: The next flower to this of earth, is that which is made of plaſter, or plaſter of paris, being burnt in a ſeaſonable time, and kept from wet, till the time of ſhooting, and then ſmoothly laid, and well leuelled; the imperfection of this plaſter Flower is onely the extreame coldneſſe thereof, which in froſty and colde ſeaſons, ſo bindeth in the hart of the graine, that it cannot ſprout, 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 Frosts, 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 he would doe; and as the cold abateth, or the corne increafeth in sprouting, so to make the couches or beds thinner and thinner; for the thicker and closer the graine is coucht and laid together, the warmer it lieth, and so catching heate, sooner sprouteth, and the thinner it lieth 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 necessitie compel) serue for the making of Malt ten moneths in the yeere, onely in Iuly and August which containe the Dog-dayes, it would not be employed, nor in the time of any violent 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 Malster; therefore she must haue great care that when the Malt is taken away, to sweepe and keepe her flowres as cleane and neate as may be. The last and worst is the boarded flowre, of what kind soeuer it be, by reason of the too much heate thereof, and yet of boarded flowres the Oaken boarded is the coolest and longest lasting; the Elme or Beech is next; then the Ashe, and the worst (though it be the fairest to the eye) is the Firre, for it hath in it selfe (by reason of the Frankensence and Terpentine which it holdeth) a naturall heate, which mixed with the violence of the Sunne in the Summer-time, forceth the graine not onely to sprout, but to grow in the couch, which is much losse, and a foule imputation. Now

*Imperfect
Flowres.*

theſe boarded flowres can hardly be in uſe for aboute five moneths at the moſt, that is to ſay, October, Nouember, December, Ianuarie and Februarie; for the reſt, the Sun hath too much ſtrength, and theſe boarded flowres too much warmth; and therefore in the cooleſt times it is good to obſerue to make the couches thin, whereby the aire may paſſe thorow the corne, and ſo coole it, that it may ſprout at leaſure. Now for any other flowre beſides theſe already named, there is not any good to malt vpon; for the common flowre which is of naturall earth, whether it be Clay, 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 Saltpeter into it, which not onely giueth an ill taſte to the graine that is laid vpon the ſame, but alſo his moyſture and moldines, which in the moyſt times of the yere ariſe from the ground, it often corrupteth and putrifieth the corne. The rough paved flowre by reaſon of the vneuenes, is vnfit to malt on, becauſe the graine getting into the crannies doth there lie, 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 hindrance to the owner. The ſmooth paved flowre, or any flowre of ſtone whatſoever, 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 receiued in the ceſterne, but alſo by that ouer-much moyſture many times rotteth, and comes to be altogether vſeles. Laſtly, for the flowre 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
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maine enemy to Malt, or any moist corne, as also in respect of the weaknes and brittlenes of the substance thereof, being apt to molder and fall in peeces with the lightest treading 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.

Next vnto the Malt-flowres, our Malster shall haue a great care in the framing and fashioning of the Kilne, of which there are sundrie sorts of moddles, as the ancient forme which was in times past vsed of our fore-fathers, being only made in a square proportion at the top with small splints or rafters, ioyned within fower 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 slopewise narrower and narrower, till it come to the ground, so that the harth or lowest part thereof may bee not aboue a sixth part to the great square aboue, on which the Malt is laid to be dried, and this harth shall bee made hollow and descending, and not leuell nor assending: and these Kilnes do not hold any certaine quantitie in the vpper square, but may euer bee according to the frame of some being thirty foot each way, some twenty, and some eighteene. There be other Kilnes which are made after this maner 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 straws which do belong to the bedding of the kilne do hang downe, or are loose, wherby the fire may take hold of them, it is very possible that the Kilne

*Of the Kilne
and the building thereof.*

may be set on fire, to the great losse and often vndoing of the owner.

*The perfect
Kilne.*

Which to preuent, and that the Malster may haue 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 Bricke, Ashler, or other fire-stone, according to the nature of the soyle in which Husbands and Huswiues 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 whatsoeuer, 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 parboyld in smoke: so that of all sorts of Kilnes whatsoeuer, this which is called the French Kilne, is to bee preferred and onely embraced. Of the forme or modell whereof, I will not here stand to intreate, because they are now so generally frequent amongst vs, that not a Mason or Carpenter in the 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 which I haue seene (and but in the West-countrie 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 Brick, with a little hollownesse narrowed by degrees, into which came from the bottom and midst of the Kitchin-chimney a hollow tunnell or vault, like the tunnell of a Chimney, and ran directly on the back-side, the hood or backe of the Kitchin-chimney; then in the midst of the Chimney, where the greatest strength

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, & spread vpon the Kilne, draw away the Iron plate, and the ordinarie fire with which you dresse your meate, and performe other necessarie busineses, 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 that euer I saw in my life, and needeth neither attendance or other ceremony more, then once in fise or sixe houres to turne the Malt, and take it away when it is dried sufficiently: for it is here to bee noted, that how great or violent soeuer the fire be which is in the Chimney, yet by reason of the passage, and the quantitie 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 run 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 Kilnes are, that they are but little in compassse, and so cannot drie 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 setled familie; 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 necessitie of the place, or mens particular profits

*Bedding of
the Kilne.*

draw them. But first to shew you what the bedding of a Kilne is, you shall vnderstand, that it is a thin couering laid vpon the open rafters, which are next vnto the heate of the fier, being made either so thin 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, lest the Malt drie 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 stuffe, 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 bee 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 and ill housewifery, which is carefully to be eschewed. But now for the matter or substance whereof this bedding should bee made, the best, neatest, and sweetest, is cleane long Rie straw, with the eares onely cut off, and the ends laid euen together, not one longer then another, and so spread vpon the rafter of the Kilne as euen and thin as may be, and laid as it were straw by straw in a iust proportion, where skill and industrie may make it thin or thicke at pleasure, as but the thicknesse of one straw, or of two, three, foure or fise, as shall seeme to your iudgement most conuenient, and then this, there can be nothing more euen, more drie, sweete, or open to let in the heate at your pleasure: and although in the old open Kilnes it be sub-

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ieft to danger of fire, by reason of the quicknesse 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 bee made of Rye-straw sowed, and wouen together according to the manner of the Indian Mats, or those vsuall thin Bent-Mats, which you shall commonlie see in the Summer time, standing in Husbandmens Chimnies, where one bent or straw is laid by another, and so wouen together with a good strong pack-thread: but these Mats according to the old Prouerbe (More cost more Worship,) for they are chargeable to bee bought, and verie troublesome in the making, and in the wearing will not out-last one of the former loose beddings; for if one thread or stich breake, immediatelie most in that row will follow: onely it is most certaine, that during the time it lasteth it is both good, necessarie and handsome. But if the Mat bee 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 bee warmed; as also in that it euer being cooled, naturally of it selfe draweth into it a certaine moysture, which with the first heate beeing expelled in smoke, doth much offend and breed ill taste in the Malt. There bee others that bed the Kilne with a kind of Mat made of broad thinne splints of wood wrought checker-wise one into another, and it hath the same faults which the thicke Mat 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

euer after ; for the ſmoke of wood is euer more ſharpe
 and piercing then any other ſmoke whatſoeuer. Beſides,
 this wooden mat, 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 extreme drie-
 neſſe, if vpon any occaſion either to mend the Kilne, or
 clenſe the Kilne, or doe other neceſſarie labour vnder-
 neath the bedding, you ſhould take vp the wooden mat,
 it would preſently crack and fall to peeces, and bee no
 more ſeruiſeable. There be others which bed the Kilne
 with a bedding made all of wickers, or ſmall wands foul-
 ded 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 bed-
 ding is a very ſtrong kind of bedding, and will laſt long,
 & catcheth the heat at the firſt ſpringing, only the ſmoke
 is offenſiue, and the roughneſſe without great care vſed,
 will ſoone weare out your haire-cloth : yet in ſuch pla-
 ces where ſtraw is not to bee got or ſpared, and that you
 are compelled onely to vſe wood for your fuell in dry-
 ing your Malt, I allow this bedding before any other, for
 it is very good, ſtrong and long-laſting: beſides, it may be
 taken vp and ſet by at pleaſure, ſo that you may ſweepe
 and clenſe your Kilne as oft as occaſion ſhall ſerue, and
 in the neate and fine keeping of the Kilne, doth conſiſt
 much of the huſwiues 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 huſ-
 wife, ſo they likewise hinder the labour, and make the
 Malt drie a great deale worſe, and more vnkindly.

*Offuell 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
 drieth the Malt ; for commonly according to that it euer
 receiueth

receiueth and keepeth the taste, if by some especiall Art in the Kilne that anoyance be not taken away. To speake then of Fewels in generall, they are of diuers kinds according to the natures of soyles, and the accomodation of places in which men liue; yet the best and most principall fewell for the Kilnes (both for sweetnesse, gentle heate, and perfit drying) either good Wheate-straw, Rie-straw, Barley-straw, or Oaten-straw; and of these the Wheate-straw is the best, because it is most substantiall, longest lasting, makes the sharpest fire, and yeelds the least flame: the next is Rie-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 strawes to be chosen; and 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, manure, or such like, of more then ordinary thatching, & 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 smoake so sharpe or violent but may very well be indured: where all these are wanting, you may take the straw of Pease, Ferches, Lupins, or Tares, any of which will serue; yet the smoke is apt to taint, and the fire without preuention drieth too suddenly and swiftly. Next to cleane Beane-straw, or straw mixt of Beanes and Pease together; but this must be handled with great discretion, for the substance containeth so

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much

much heate, that it will rather burne then drie, if it be not moderated, and the smoke is also much offensiuē. Next to this Beane-straw is your Furrēs, Gorse, Whinnes, or small Brush-wood, which differeth not much from Beane-straw; onely the smoke is much shaper, and tainteth the Malt with a much stronger sauour. To these I may adde Braken or Braks, Ling, Heath, or Brome, all which may serue in time of necessitie, 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 commeth from it touch the Malt, the infection cannot bee recouered; from whence amongst the best husbands haue sprung this opinion, that when at any time drinke is ill tasted, they say straight, it was made of Wood-dried Malt. And thus you see the generalitie of fuels, their vertues, faults, 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 subtiltie made, that the smoke is conuained a quite contrarie way, and neuer commeth neere the Malt; in that case it skilleth not what fuell you vse, so it bee durable and cheape, it is fit for the purpose, onely great regard must be had to the gentlenesse of the fier; for as the old Prouerb is (Soft fier makes sweete Malt) so too rash and hastie a fire scorseth and burneth it, which is called amongst Maltsters Firefangd; and such Malt is good for little or no purpose: therefore to keepe a temperate and true fire, is the onelie Arte of a most skilfull Maltster.

*The making
of the Gar-
ners.*

When the Kilne is thus made and furnished, of all necessaries duely belonging to the same, our Maltsters next care shall bee to the fashioning and making of the

the Garners, Hutches, or Holds in which both the Malt after it is dried, and the Barley before it be steeped, is to be kept and preserved; and these Garners or Safes for Corne are made of diuers fashions, and diuers matters, as some of Boards, 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 bee 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 the substance. Bricke, because it is laid with Lime, is altogether vnholosome, for the Lime being apt at change of weather to sweat, moystneth 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 noysome, both in respect of the reasons before rehearsed, as also in that all Stone of it selfe will sweate, and so more and more corrupteth the 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 themselues they cannot knit or bind together, and besides, that the clay or loame must bee mixt either with chopt-hay, chopt-straw, or chopt-litter, they are as great breeders of wormes & vermin as wood is, nor are they defences against Mice, but easie to be wrought through, and so very vnprofitable for any husband or hufwife to vse. Besides, they are much too hot, and being either in a close house neere the kilne,

or the back or face of any other Chimney, they drie the Corne too fore, 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 be made both for ſafetie and profit, is to be made either of broken tile-ſhread, or broken bricks, cunningly and euen laid, and bound together with Plaster of Parris, or our ordinarie English Plaster, or burnt Alablaster, 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 tile-ſhread may by 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 bee 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 backs or ſides of Chimneis, 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 drie, and not apt to ſweate, or take moyſture but by ſome violent extremity, neither wil any worme or vermine come neere it, becauſe the great coldneſſe thereof is a mortall enemie to their natures, and ſo the ſafeſt and longeſt theſe Garners of Plaster keepe all kind of Graine and Pulſe in the beſt perfection.

*The making
of ceſternes.*

After theſe Garners, Hutches, or large Keeperes for Corne are perfitted and made, and fitly adioyned to the Kilne, the next thing that our Maulſter hath too looke vnto, is the framing of the Fats or Ceſterns, in which the Corne is to bee ſteeped, and they are of two ſorts, that is, either of Coopers worke, being great Fats of wood,
or

or else of Masons worke, being Cesternes made of stone; but the Cesterne of stone is much the better, for besides that these great Fats of wood are very chargeable and costly (as a Fat to containe foure quarters of graine, which is but two and thirtie bushels, cannot bee afforded vnder twenty shillings), so likewise they are very casuall and apt to mischance and spilling; for besides their ordinarie wearing, if in the heate of Summer they be neuer so little neglected without water, and suffered to ouer-drie, it is ten to one but in the Winter they will bee ready to fall in peeces; and if they be kept moyst, yet if the water be not oft shifted and preserued sweet, the Fat will soone taint, and being once growne faultie, it is not onely irre-couerable, but also whatsoever commeth to be steeped in it after, will be sure to haue the same sauour, besides the wearing and breaking of Garthes and Pluggs, the binding, clenfing, sweetning, and a whole world of other troubles and charges doe so daily attend them, that the benefit is a great deale short of the incumbrance; whereas the Cesterne is euer ready and vsfull, without any vexation at all, and being once wel and sufficiently made, will not neede trouble or reparation (more then ordinary washing) scarce in an hundred yeeres. Now the best way of making these Mault-cesterns, is to make the bottomes and sides of good tile-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 artificiall round hole must be made, which being outwardly stoppt, the Mault-ster may through it draine the Cesterne drie when shee pleaseth, and the bottome must bee so artificially leuelled and contriued, that the water may haue a true descent to that hole, & not any remaine behind when it is opened.

Now when the modell is thus made of tile-thread, which you may doe great or little at your pleasure, then with Lime, Haire and Beasts-blood mixed together, you shall couer the bottome at least two inches thick, laying leuell and plaine as is before shewed: which done, you shall also couer all the sides and top, both within and without with the same matter, at least a good fingers thicke, and the maine wall of the whole Cesterne shall bee a full foot in thicknes, as well for strength and durable, as other priuate reasons for the holding the graine and water, whose poyze 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 have referred to the conclusion of this Chapter, because who-soeuer is ignorant in any of the things before spoken of, cannot by any meanes euer attaine to the perfection of most true and most thriftie Malt-making: To begin then with this Art of making, or (as some terme it) melting of Malt, you shall first (having proportioned the quantitie you meane to steepe, which should euer be answerable to the content of your Cesterne, and your Cesterne to your flowres) let it either run 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 sinke, you shall with your hand stirre it about,
and

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 steepe in the water. After the third night is expired, 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 be lost by any good huswife. 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 clenfed, you shall lay all the wet corne on a great heape round or long, and flat on the top; and the thickeesse of this heape shall be answerable to the season of the yeere; for if the weather bee extreame cold, then the heape shall be made very thicke, as three or foure foote, or more, according to the quantitie 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 quantitie 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 lie 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 sprout (which is called coming of Malt) though it bee neuer so little, as but the verie white end of the sproute peeping out (so it be in the outward part of the heape or Couch) you shall then breake open the Couch, and in the midst (where the Corne lay neereft) you shall find the sprout or Come of a greater largenesse; then with your shouell

*The drying
of Mault.*

shouell you shall turne all the outward part of the couch inward, and the inward outward, and make it at least three or foure times as big as it was at the first, and so let it lie all that day and night, and the next day you shall with your shouell turne the whole heape ouer againe, increasing the largenes, and making it of one indifferent thicknesse ouer all the flowre; that is to say, not aboue a handfull thicke at the most, not failing after for the space of fourteene dayes, which doth make vp full in all three weeks, to turn it all ouer twice or thrice a day according to the season of the weather, for if it be warme, the malt must be turnd oftner; if coole, then it may lie closser, thicker and longer together; and when the three weeks is fully accomplished, then you shall (having bedded your kilne, and spread a cleane harie-cloth thereon) lay the malt as thinne as may be (as about three fingers thicknes) vpon the hariecloth, and so drie 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 find it sufficiently well dryed, which you shall know both by the tast when you bite it in your mouth, & also by the falling off of the come or sprout, when it is thoroughly dried. Now as soone as you see the come beginne to shed, you shall in the turning of the mault rub it well betweene your hands, and scower it, to make the come fall away; then finding it all sufficiently dried; first put out your fire, then let the malt coole vpon the kilne for foure or fise houres, 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 lie (if you haue not present occasion to vse it) for a moneth or two or three to ripen, but no longer, for as the Come or dust of the kilne, for such a space melloweth and ripeneth the

the Malt, making it better both for sale or expence, so to lie too long in it doth ingender Weeuell, Wormes and Vermine which doe destroy the Graine.

Now for the dressing and clensing of Malt at such time as it is either to be spent in the house, or sold in the Market, you shall first winnow it with a good wind either from the ayre, or from the Fan; and before the winnowing you shall rub it exceeding well betweene your hands to get the Come or sproutings cleane away: for the beautie and goodnesse of Malt is when it is most smug, cleane, bright, and likest to Barley in the view, for then there is least waste 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 all bee 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 red, you shall either stacke it vp for especiall vse, or put it into a well clensed Garner, where it may lie till there be occasion for expence.

*The dressing
of Malt.*

Now there be certaine obseruations in the making of Malt, which I may by no meanes omit: for though diuers opinions doe diuersly argue them, yet as neere as I can, I will reconcile them to that truth, which is most consonant to reason, and the rule of honestie and equalitie.

*Obseruati-
ons in the
making of
Malt.*

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

night, 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 ſully- ing and fouleneſſe of the flower, as that which lieth three weekes, which makes it a great deale more beautifull and ſo more fallable: next, it doth not come or ſhooote out ſo much ſprout, as that which lieth a longer time, and ſo pre- ſerueth 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 whitteſt 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 week it cannot do the firſt, & ſo in a week the ſecond, and in another weeke the third; ſo that in leſſe then 3. weekes a man cannot make perfit Malt. Again, I confeſſe, that Malt which hath the leaſt Come, muſt haue the greateſt kernell, and ſo bee 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 bee Malt of any long laſting, or profitable for indurance, becauſe it hath ſo much moyſt ſubſtance as doth make it both apt to corrupt & breed worms in moſt great abundance: it is moſt true, that this haſtie made Malt is faireſt to the eie, and will ſooneſt be vented in the Market; and being ſpent aſſone as it is bought, little or no loſſe is to be perceiued, yet if it be kept 3 or 4 months, or longer (vnleſſe 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 huske; now if you stop the graine on the first sprouts, and not giue all leisure 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 weeks 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 whatsoeuer) turne all their Malt with the shouell, 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, & so by some comming too much, & others not comming at all, the Malt is oft much imperfect, & the old saying made good, that too much haste, maketh waste. Now there are others (and they are for the most part weomen Malsters) which turne all with the hand, and that is the best, safest, & most certaine way; for there is not a graine which the hand doth not remoue & turne ouer & ouer, and layes euery seuerall heape or row of such an euen & iust thicknesse, that the Malt both equally cometh, & 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 leisure, and imploy that labour which commeth neere to perfection.

Then there is another especiall care to bee had in the

coming or ſprouting of Malt, which is, that as it muſt not come too little, ſo it muſt not by any meanes 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 bee 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 ſtarke, and ſome of the ſtadle, which is an ordinarie 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 ſtadle before that in the hart of the ſtarke, by reaſon the one exceedeth the other in moiſtneſſe: therefore in this caſe you ſhall marke well which commeth 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,

corne, that then (besides the thicke and close making of the heape or couch) you faile not to couer it ouer with some thicke wollen clothes, as course Couerlids, or such like stuffe, the warmth whereof will make it Come presently : which once perceiued, then forthwith vnclath it, and order it as aforefaid in all points. And thus much for the Art, order, skill & cunning belonging to Maltmaking.

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 Darbischeire, 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 bee carefull to turne all, and not leaue any vn moued. Lastly, they will need lesse of the flowre then Barley wil, for in a full fortnight, or a fortnight and two or three dayes you may make very good and perfit Oate-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 huswife to ioyne with mine obseruations her own tried experience, and no doubt but she shall find both profit and satisfaction.

*Of Oate-
meale.*

CHAP. VI.

Of the excellency of Oates, and the many singular vertues and vses of them in a family.

Oats although they are of all manner of graine the cheapest, because of their generalitie being a graine

of that goodneſſe and hardneſſe, that it will grow in any ſoyle whatſoever, be it neuer ſo rich, or neuer ſo poore, as if Nature had made it the onely louing companion & true friend to mankind; yet is it a graine of that ſingularity for the multiplicity of vertues, and neceſſary uſes 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, Houſwife, or Houſe-keeper whatſoever, hath ſo true and worthy a friend, as his Oates are.

Vertues of
Oates to
Cattell.

To ſpeake then firſt of the vertues of Oates, as they accrew to Cattell and creatures without doore, and firſt to begin with the Horſe; there is not any food whatſoever that is ſo good, whoſome, and agreeable with the nature of a Horſe, as Oates are, being a Prouendar in which hee taketh ſuch delight, that with it he feedeth, trauelleth, 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 uſe 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 reſuſe them for a little time, yet he neuer ſurfeiteth, or any preſent ſickneſſe followeth 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 we reade in *Italy*, at the ſiege of *Naples*, of many hundred Horſes that dyed on the ſurfeit of wheate; at *Rome* alſo dyed many hundred Horſes of the plague, which by due prooſe was found to proceed from a ſurfeit taken of peaſon & fetches; and ſo I could runne ouer all other graines, but it is need-

needleffe, and farre from the purpose I haue to handle : suffice it, Oates for Horses are the best of all foodes whatsoever, whether they be but onely cleane threshed from the straw, and so dried, or conuerted to Oatmeale, and so ground and made into Bread, Oates boyl'd and giuen to a Horse whilst they are coole and sweet, 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 Asse, Mule, Camell, or any other Beast of burthen.

If you will feede 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 threshed from the sheafe, and well winnowed; but the winnowed Oate is the best, for by them I haue seene an Oxe fed to 20 pound, to 24 pound, and 30 pounds, which is a most vnreasonable reckoning for any beast, onely fame & the tallow hath bin precious.

Sheepe or Goats may likewise be fed with Oates, to as great price and profit as with Peas, and Swine are fed with Oates, either in raw Malt, or otherwise, to as great thicknesse as with any graine whatsoever; onely they must haue a few Pease after the Oates to harden the fat, or else it will waste, and confume in boyling. Now for holding Swine, which are onely to be preserued 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 Dayry, or Kitchin affordeth; nor is there any more soueraigne or excellent meate for Swine in the time of sicknesse, then a mange made of ground Oates and sweete Whey, warmed luke-warme on the fier, and mixt with the powder of Raddle, or red Oaker.

Nay,

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 Maugge made of ground Oates and ſcalding water, or of beefe-broth, or any other broth, in which fleſh hath been ſodden; if it be for the feeding, ſtrengthning and comforting of Grey-hounds, Spaniels, or any other ſort of tenderer Dogges, there is no meat then ſheeps-heads, haire and all, or other intralls of ſheepe chopt and well ſodden, with good ſtore of Oate-meale.

Now for all manner of Poultrye, as Cocks, Capons, Hens, Chickens of great ſize, Turkeys, Geefſe, Ducks, Swannes and ſuch like, there is no food feedeth them better then Oates, and if it bee the young breede of any of thoſe kinds, euen from the firſt hatching or diſcloſing, till they be able to ſhift for themſelues, there is no food better whatſoever then Oate-meale greetes, or fine Oate-meale, either ſimple of it ſelfe, or elſe mixt with milke, drinke, or elſe new made Vrine.

*Vertue of
oates.*

Thus much touching the vertues and quality of Oates or Oate-meale, as they are ſeruiſeable for the uſe of Cattle and Poultrye. Now for the moſt neceſſarie uſe thereof for man, and the generall ſupport of the familie, 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 ſweete butter, and putting them in a bag, and very hot applied to the belly or ſtomack to auoyde collick or windineſſe, and ſuch like experiments) the moſt eſpecial uſe which is made of them is for Malt to make Beare or Ale of, which it doth exceeding wel, and maintaineth many Townes and Countries; but the Oate-meale which is drawne from them, being the heart and kernell of the Oate, is a thing of much rarer price

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 Oatmeale, you shall vnderstand then, that to make good and perfit Oate-meale, you shall first drie your Oates exceeding well, and then put them on the Mill, which may either be Water-mill, Wind-mill, or Horfe-mill (but the Horfe-mill is best) and no more but crush or hull them; that is, to carrie the stones so large, that they may no more but crush the huske from the Kirnell: then you shall winnow the hulls from the kirnels either with the wind or a Fan, and finding them of an indifferent cleanness (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, run them through the Mill againe, and then winnow them ouer againe, and such greets or kirnels 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 be perfit, and the greets or full kirnels will seperate 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 greete or kirnell, and the small dust Oate-meale: as for the course hulls or chaffe that commeth from them, that also is worthy sauing, for it is an excellent good Horfe-prouender for any plow or labouring Horses, being mixt with either Beanes, Pease, or any other Pulse whatsoever.

Now for the vse and vertues of these two seuerall 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

*Making of
oate-meale.*

*The vertues
of oate-
meale.*

as I can) I will impart my knowledge, and what I haue
tane from relation : firſt, for the ſmall duſt or meale Oat-
meale, it is that with which all pottage is made and thicke-
ned, whether they be meate-pottage, milke-pottage, or
any thicke or elſe thin grewell whatſoeuer, of whoſe
goodneſſe and whoſomneſſe it is needleſſe to ſpeake, in
that it is frequent with euery experience : alſo with this
ſmall Meale Oat-meale is made in diuers Countries ſixe
ſeuerall kinds of very good and whoſome bread, euerie
one finer then other, as your Anacks, Ianacks, and ſuch
like. Alſo there is made of it both thicke and thin Oaten-
Cakes, which are very pleaſant in taſte, and much eſtee-
med : but if it be mixed with fine Wheate-meale, then it
maketh a moſt delicate and daintie Oate-cake, either thicke
or thin, ſuch as no Prince in the world but may haue them
ſerued to his table; alſo this ſmall Oate-meale mixed with
blood, and the liuer of either Sheepe, Calfe or Swine,
maketh that pudden which is called the Haggas or Hagg-
gus, of whoſe goodneſſe it is in vaine to boaſt, becauſe
there is hardly to bee found a man that doth not affect
them. And laſtly, from this ſmall Oat-meale by oft ſtee-
ping it in water and clenſing it; and then boyling it to a
thicke and ſtiſſe Jelly, is made that excellent diſh of meat,
which is ſo eſteemed in the Weſt parts of this Kingdome,
which they call Waſh-brew, and in *Chesheire* and *Lanka-
ſheire* they call it Flamerie or Flumerie, the whoſomnes
and rare goodneſſe, nay, the very Phyſick 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 whatſoeuer : and certaine it is, that you ſhall not
heare of any that euer did ſurſcite of this Waſh-brew or
Flammerie; and yet I haue ſeene them of very daintie

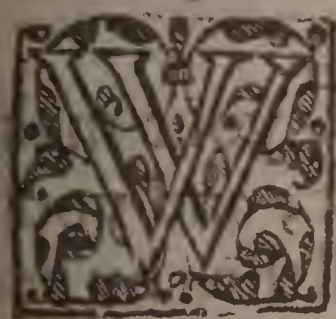
and

and sicklie stomacks which haue eaten great quantities thereof, beyond the proportion of ordinary meates. Now for the manner of eating this meate, it is of diuers diuerly vsed; for some eat it with Honie, which is reputed the best fauce; some with Wine, either Sacke, Clarret or White; some with strong Beare or strong Ale, and some with milke, as your abilitie, or the accommodations of the place will administer. Now there is deriued from this Wash-brew another courser meate, which is as it were the dregges, or grosser substance of the Wash-brew, which is called girt-brew, which is a well filling and sufficient meate, fit for seruants and men of labour; of the commendations whereof, I will not much stand, in that it is a meat of harder digestion, and fit indeed but for strong able stomacks, and such whose toyle and much sweate both liberally spendeth euill humors, and also preserueth men from the offence of fulnes and surfeits.

Now for the bigger kind of Oate-meale, which is called Gerts, or Corne Oate-meale, it is of no lesse vse then the former, nor are their fewer meates compounded thereof: for first, of these Gerts are made all sorts of Puddings, or Pots (as the West-countrie tearmes them) whether they be blacke, as those which are made of the blood of Beasts, Swine, Sheepe, Geesse, Red or Fallow Deere, or the like, mixt with whole Gerts, Suet and wholesome Hearbs: or else white, as when the Gerts are mixt with good Creame, Egges, Bread-crummes, Suet, Currans, and other wholesome Spices. Also of these Gerts are made the good Friday pudding, which is mixt with eggs, milt, suet, peniroyall, & boild first in a linnen bag, & then stript and butterd with sweet butter. Againe, if you rost a Goose, & stop her belly with whole gerts, beaten together with eggs, and after mixt with the graue, there cannot bee a
G g 2 better

CHAP. VII.

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



When our *English Housewife* knowes how to
 preferue health by wholesome Physick, to
 nourish by good meate, and to clothe the bo-
 die with warme garments, she must not then
 by anie meanes bee ignorant in the proui-
 sion of bread and drinke; shee must know both the pro-
 portions and compositions of the same. And for as much
 as drinke is in euery house more generally spent then
 bread, being indeed (but how well I know not) made the
 very substance of all entertainment; I will first beginne
 with it, and therefore you shall know that generally our
 kingdome hath out two kindes of drinkes, that is to
 say, Beere and Ale, but particularly fowre, as Beere, Ale,
 Perry and Cider; and to these we may adde two more, as
 Meede and Metheglin, two compound drinkes of honie
 and hearbes, which in the places where they are made, as
 in *wales* and the marches, are renoued for exceeding
 wholesome and cordiall.

*Diuersities
 of drinkes.*

To speake then of Beere, although there bee diuers
 kindes of tastes and strength thereof, according to the al-
 lowance of malt, hoppe, and age giuen vnto the same;
 yet indeed there can be truly sayd to be but two kindes
 thereof; namely, ordinary beere and March beere, all o-
 ther beeres being deriued from them.

Strong beere

Touching ordinary Beere, which is that wherewith
 either Nobleman, Gentleman, Yeoman, or Husbandman
 shall maintaine his family the whole yeere; it is meet first

*Of ordinary
 ry Beere.*

that our *English Hus-wife* 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 Hog-heads 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 boile, you shall then by little and little with scoopes or pailles put the boiling liquor to the mault, 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 howre and more in the mash-fat, during which space you may if you please heate more liquor in your lead for your second or small 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 vessels prepared for the purpose, and then stopping the mash-fat againe, put the second liquor to the mault 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 half of the best hops you can get; and boile them an hower together, till taking vp a dishfull thereof you see the hops shrink into the bottome of the dish; this done put the wort through a straight siue which may draine the hoppes from it into your cooler, which standing ouer the Guil-fat, you shall in the bottom thereof set a great bowle with your barne, 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

with the barme which stands in the Guil-fat, and 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 and so let it stand an hower after, and then beating it and the barme exceeding well together, tunne it vp in the Hogsheads being cleane washt and scalded, and so let it purge: and herein you shall obserue not to run your vessels too full, for feare thereby it purge too much of the barm away: when it hath purged a day and a night, you shall close vp the bung holes wiah clay, and only for a day or two after keepe a vent-hole in it, and after close it vp as close as may bee. Now for your second or small drinke which are left vpon the gtaine, you shall suffer it there to stay but an hower or a little better, and then drain it off also; which done, put it into the lead with the former hops and boile the other also, then cleere it from the hops and couer it verie close till your first beere be tunn'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 aboue one Hogshead to three of the better. Now there be diuers other waies & obseruations for the brewing of ordinarie Beere, but none so good so easie, so readie and quicklie performed as this before shewed: neither will anie beere last longer or ripen sooner, for it may bee drunke at a fortnights age, and will last as long and liuely.

Now for the brewing of the best March Beere you shall allow to a Hogl-head 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 Oares and grind them

*Of brewing
the best
March
beere.*

them all very well together, and then mix 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 & a halfe of hops to this one Hogſhead: and whereas before you drew but two ſorts of beere : ſo now you ſhall draw three : that is a Hogſ-head of the beſt, and a Hogſ-head of the ſecond , and halfe a Hogſ-head of ſmall beere without anie augmentation of hops or malt.

This march Beere would be brewd in the moneths of *March* or *Aprill*, and ſhould if it haue rightlie a whole yeere to ripen : it will laſt two, three and foure yeers if it lie coole and cloſe, and indure then dropping to the laſt drop, though with neuer ſo much leaſure.

*Brewing of
ſtrong ale.*

Now for the brewing of ſtrong Ale, becauſe it is drink of no ſuch long laſting as Beere is, therefore you ſhall brew leſſe quantitie at a time thereof, as two buſhels of northerne meaſure, (which is foure buſhels or half a quarter in the South) at a brewing, and not aboue, which will make fourteene 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 uſe not to put in any, yet the beſt Brewers thereof wil allow to fourteene 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 ſhal put it into a veſſell and change it, or blinke it in this manner: put into the Wort a handfull of Oake bowes and a Pewter diſh, and let them lie therein till the Wort looke a little paler then it did at the firſt, and then preſently take out the diſh and the leafe, and then boile it a full houre with the Hops as aforeſaid, and then clenſe it, and ſet it in veſſels to coole; when it is no more but milke warme, hauing ſet your Barme to riſe with ſome ſweet Wort: then put all into the
guilfat

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 twentie gallons of halfe a quarter; and when it comes to bee 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 quicknes to the Ale: and when you tun it, you shall put it into round bottles with narrow mouths, and then stopping them close with corke, set them in a cold sellar vp to the waist in sand, and be sure that the corkes be fast tied in with strong packethrid, for feare of rissing out, or taking vent, which is the vtter spoile of the ale. Now for the smal drinke arising from this bottle Ale, or any other beere or ale whatsoever, if you keep it after it is blinkt and boiled in a close vessel, and then put it to barm euery morning as you haue occasion to vse it, the drinke will drinke a great deale the fresher, and bee much more liuelie in taste.

As for the making Perry and Cider, which are drinks much vsed in the west parts, and other Countries wel stored with fruit in this kingdome; you shall know that your Perry is made of Peares only, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to say, after your Peares or Apples are well pickt from 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

Hh

them

*Brewing of
Bottle Ale,*

*Of making
Perry or Cider.*

them through a bagge of haire-cloth, tunne vp the ſame after it hath beene a littlr ſetled into Hogſ-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 ſeueral veſſels, put a pretty quantity of water thereunto, and after it hath ſtood a day or two, and hath beene well ſtirred together, preſſe it ouer alſo againe, for this will make a ſmall perry or cider, and muſt be ſpent firſt. Now of your beſt ſider that which you make of your ſummer or ſweet fruite, you ſhall call ſummer or ſweet cider or perrie, and that you ſhall ſpend firſt alſo; and that which you make of the winter and hard fruite, you ſhall call winter and ſowre cider, or perry; and that you may ſpend laſt, for it willen dure the longeſt.

Of Baking.

Thus after our English Huſwife is experienc't in the brewing of theſe ſeueral drinkeſ, ſhe ſhall then looke into her Bake-houſe, and to the baking of all ſorts of bread, either for Maſters, Seruants, or Hinds, and to be ordering and compounding of the meale for each ſeueral uſe.

Ordering of Meales.

To ſpeake then firſt of meales for bread, they are either ſimple or compound, ſimple, as Wheate and Rie, or compound, as Rie and Wheate mixt together, or Rie, Wheate and Barley mixt together; and of theſe the oldeſt meale is euer the beſt, and yeeldeth moſt ſo it be ſweet and vntainted, for the preſeruatiſn wherof, it is meet that you clenſe your meale well from the branne, and then keepe it in ſweet veſſels.

Baking manchet.

Now for the baking of bread of your ſimple meales, your beſt and principall bread is manchet, which you ſhal bake in this manner; firſt your meale being ground vpon the black ſtones if it be poſſible, which make the whiteſt flower, and boulted through the fineſt boultiſg cloth,

you

you shall put it into a clean 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 fecte tread it a good space together, then letting it lie an howre or thereabouts to swell take it forth and mold it into manchets, round, and flat, scotch about the wast to giue it leaue to rise, and prick it with your knife in the top, and so put it into the Ouen, and bake it with a gentle heate.

To bake the best cheate bread, which is also simply of wheate onely, you shall after your meale is drest and bouted through a more course boulder then was vsed for your manchets, and put also into a clean tub, trough, or kimmel, take a sower leauen, that is, a peece of such like leauen saued from a former batch, and well fild with salt, and so laid vp to sower, and this sower leauen you shall breake in small peeces 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 power your strained liquor; then with your hand mixe some part of the flower therewith, till the liquor be as thicke as pancake 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 wel together, and with a little more warme water, barme, and salt to season it with, bring it to a perfect leauen, stiffe, and firme; then knead it, breake it, and tread it, as was before said in the manchets, and so mould it vp in reasonable bigge loaves, and then bake it with an indifferent good heat: and thus according to these two examples before shewed, you may bake any bread leauend or

*Baking
cheate bread*

vnleauend whatſoeuer, whether it be ſimple corne, as Wheate or Rie of it ſelfe, or compound graine as wheat and rie, or wheat and barley, or rie and barley, or any other mixt white corne; only becauſe Rie is a little ſtronger graine then wheate, it ſhall be good for you to put your water a little hotter then you did to your wheate.

*Baking of
brown bread.*

For your browne bread, or bread for your hinde-ſeruant, which is the courſeſt bread for mans uſe, you ſhall take of barley two buſhels, of peafe two pecks, of wheat or Rie a pecke, a peck of malt; theſe you ſhall grind altogether and dreſſe it through a meale ſiue, then putting it into a ſower trough ſet liquor on the fire, and when it boils let one put on the water, and another with a maſh-rudder ſtir ſome of the flower with it after it hath been ſeaſoned with ſalt, and ſo let it be till the next day, and then putting to the reſt of the flower, worke it vp into ſtiſſe leauen, then mould it and bake it into great loaues with a very ſtrong heate: now if your trough be not ſower enough to ſower your leauen, then you ſhall 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 peafe be receiued. And thus much for the baking of any kinde of bread, which our *Engliſh Houſ-wife* ſhall haue occaſion to uſe for the maintenance of her family.

*Generall
obſervations
in the brew-
houſe and
Bake-houſe.*

As for the generall obſeruations to be reſpected in the Brew-houſe or Bake-houſe, they be theſe: firſt, that your Brewhouſe be ſeated in ſo conuenient a part of the houſe, that the ſmoke may not annoie your other more priuate roomes; then that your furnace bee made cloſe and hollow for ſauing fewell, and with a vent for the paſſage of ſmoake leaſt it taint your liquor; then that you preferre a copper before a lead, next that your Maſh-fat be euer

accreſſed

neerest to your leade, your cooler neerest your Mash-fat, and your Guilfat vnder your cooler, & adioining to them all seuerall cleane tubs to receiue your worts & liquors: then in your Bake house you shall haue a faire boulting house with large Pipes to bould meale in, faire troughes to laie leauen in, and sweet safes to receiue your branne: you shall haue boulders, searfes, raunges and meale siues of all sorts both fine & course; you shall haue faire tables to mould on, large ouens to bake in the soales thereof rather of one or two intire stones then of many bricks, and the mouth made narrow, square and easie to be close couered: as for your peeles, cole-rakes, maukins and such like, though they be necessary yer they are of such general vse they need no farther relation. And thus much for a full satisfaction to all the Husbands and Huswifes of this kingdome touching Brewing, Baking, and all what else appertaineth to either of their offices.

F I N I S.

