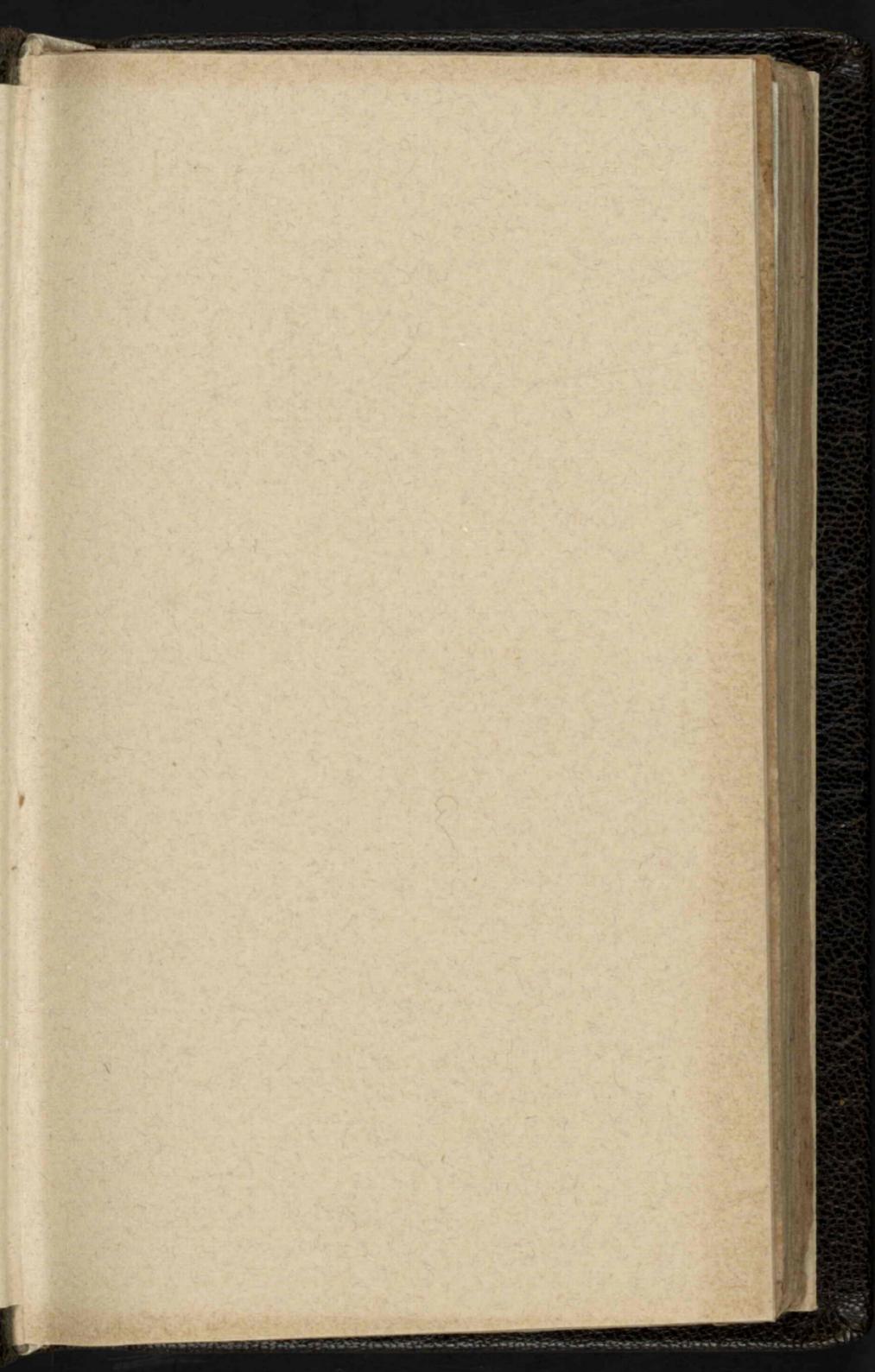
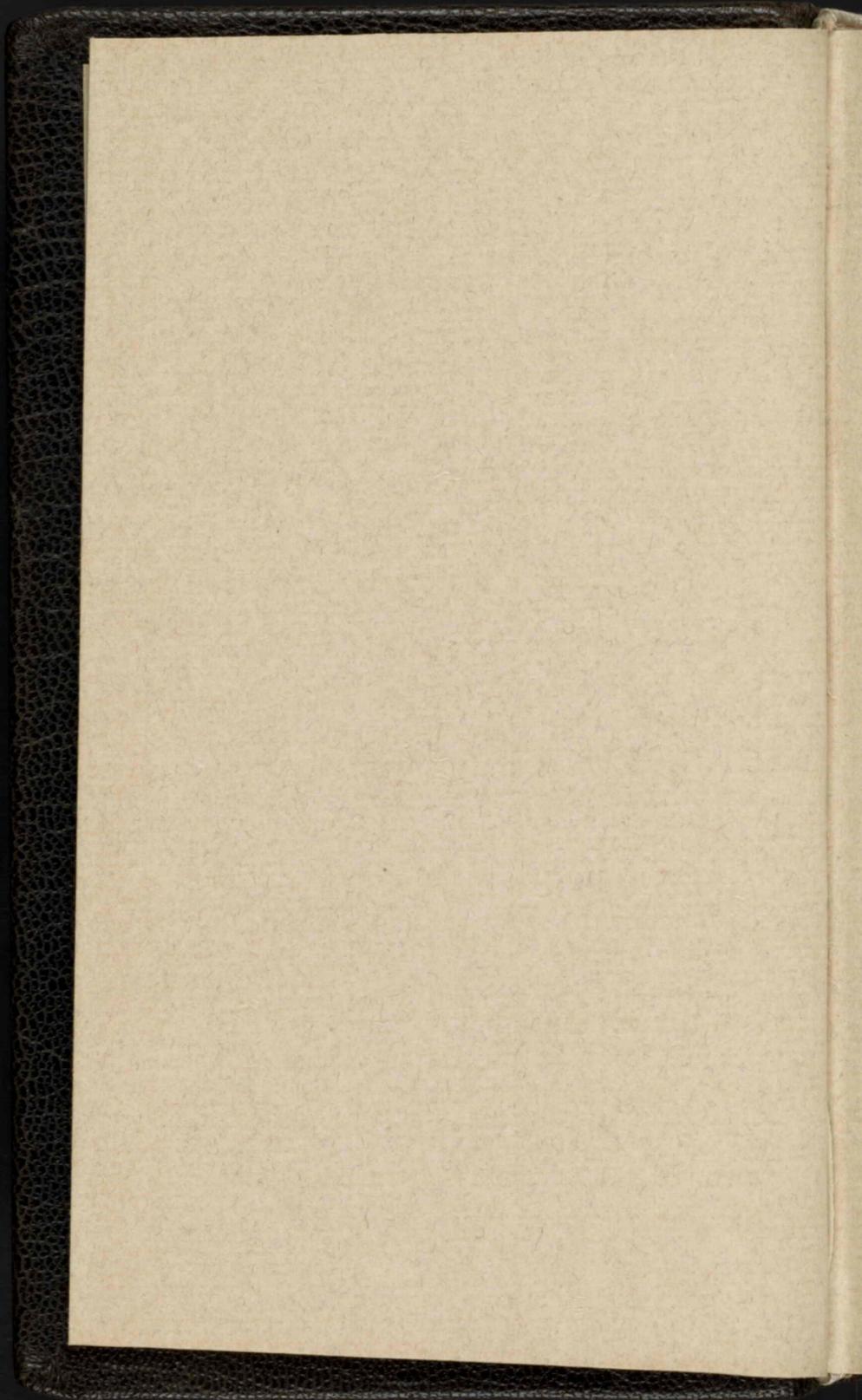
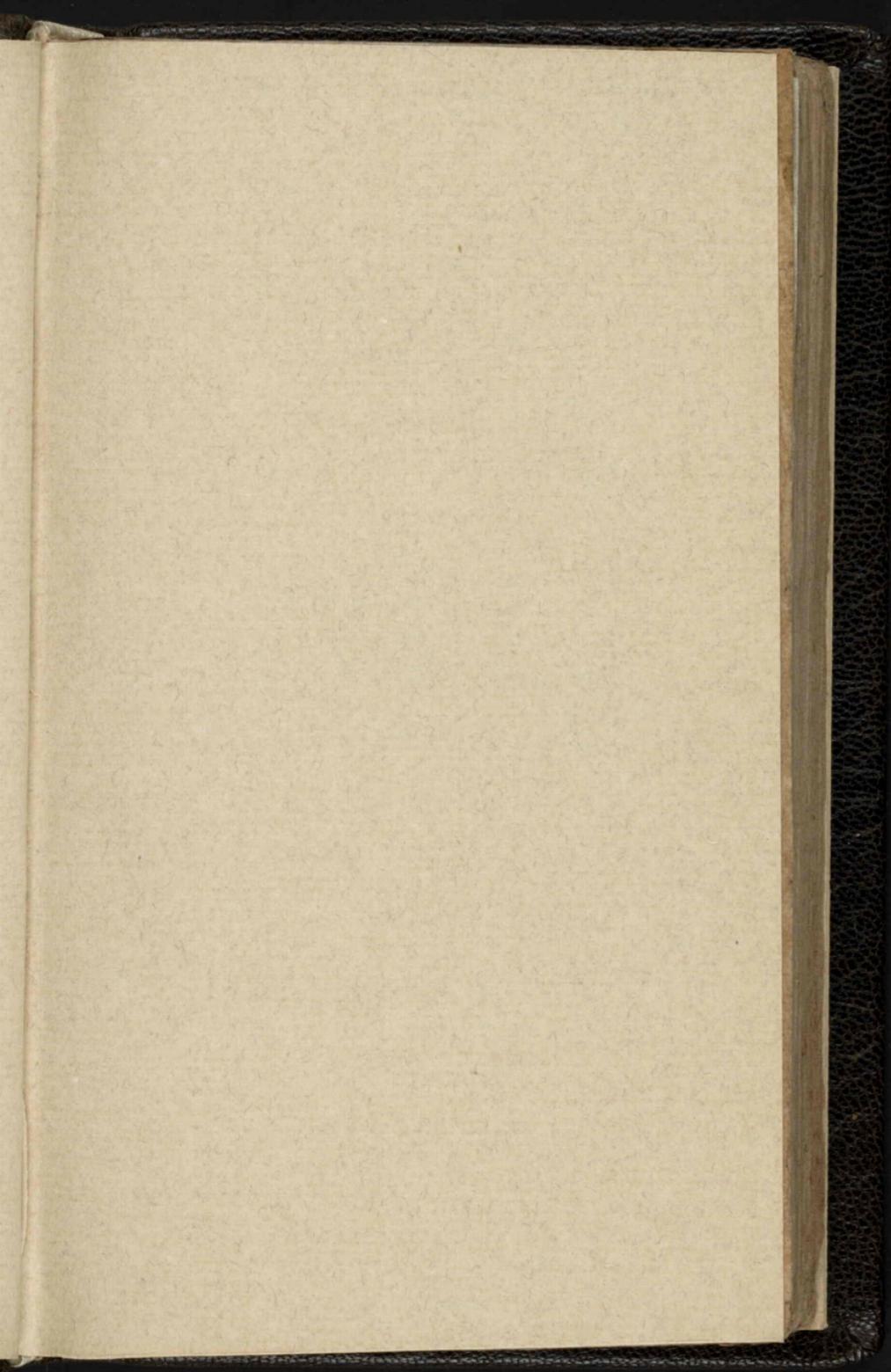


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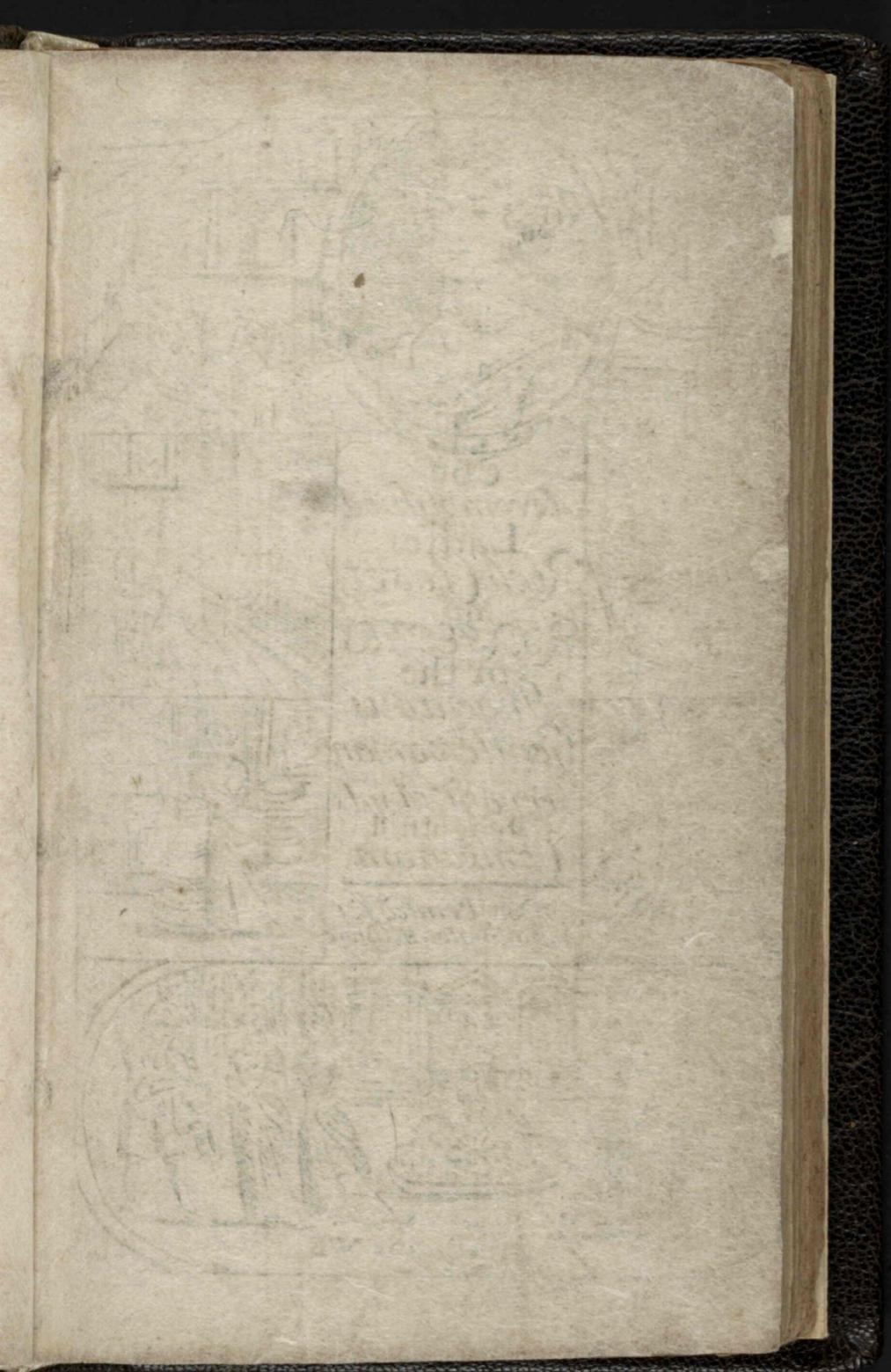
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The
 Accomplished
 Ladies
 Rich Closet
 of
 PARAGETTES
 or the
 Ingenious
 Gentlemen
 & Servant Maids
 Deightfull
 Companion

London Printed for
 V. Bodington & J. Blare



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The Accomplish'd

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Ingenious Gentlewoman and Se.
Maids Delightful Companion.

Containing many Excellent Things for the
ACCOMPLISHMENT of the FEMALE SEX, after
the exactest Manner and Method, *Viz.*

1. The Art of Distilling.
2. Making Artificial Wines.
3. Making Syrups.
4. Conserving, Preserving, &c.
5. Candying and Drying Fruits, &c.
6. Confectioning.
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8. To make Beautifying waters, Oils, Pomatums, Musk-Balls, Perfumes, &c.
9. Physical and Chirurgical Receipts.
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To which is added a Second Part, Containing
Directions for the Guidance of a young Gentle-
woman as to her Behaviour and seemly Deportment, &c
Together with a New Accession of many Curious Things
and Matters, profitable to the Female Sex, not
published in the former Editions.

The fifth Edition, with Large Additions,
Corrected and Amended.

LONDON, Printed by *W. Wildes* for *N. Wodington* in
Duck Lane; and *J. Blare* on London-Bridg.

**Licensed and En-
tred according
to Order.**

The PREFACE.

IN consideration that Variety is most taking, especially of such things as are highly necessary; I have thought it convenient, not only for Delight, but for the Accomplishment of the Female Sex, to set forth what must undoubtedly turn to their Advantage, and consequently more than a Preface can express, or a sudden Conception bring forth, if seriously and deliberately considered, to a degree of Practice; for indeed without Industry, the smallest Matter cannot be brought to perfection. Things Natural and Artificial owe their Original to Labour and Industry; the first to the invisible and insensible Workings of Nature; the second to that of the Creature: nor without these could the World subsist. But to the Subject-matter.

In the following Treatise you will find not only approved Rules, Instructions and Directions for particular Persons, whose ability and Leisure may contribute in an extraordinary manner to the highest Acquirement, but such as are suitable to all degrees and capacities; such as must contribute to the Advancement of each Individual Female, to a Station that may render her acceptable in the Eyes of great ones, or at least create her a good Repute, and pronounce her happy, though moving in a lower Sphere. All that we can term Accomplish'd in Female Conduct, is briefly to be found in the following

The Preface.

Pages; digested into so easie and plain a Method, that it will, no doubt, insensibly attract the desire of the Reader to make an Essay; and that Essay being found both profitable and delightful, will carry her further in the progress of Pleasure and Advantage, till she confesses the time and cost as well bestowed, and becomes an Admonisher of others to make the like Improvement; nothing of this Nature being more exact in directing the Female Sex in what is seemly and profitable from Infancy to extremity of Age, and is a fit Companion upon all commendable occasions, in whatsoever state or condition, even from the Lady to the inferiour Servant Maid; being a Directory, in which nothing necessary for the Accomplishment and Qualification of the Sex is omitted, in Relation to Education, Breeding, good Manners, courtly Deportment, prudent Conduct, and Management of Affairs, being the Quintessence of whatsoever has been practised or published, and more perhaps than can probably be expected in so small a Book. But thinking no Labour too much to advantage the fair Sex, I have travelled through the World of Curiosities, to furnish out this Cabinet of Rarities, in hopes it will find a kind Acceptance, and to turn to the Advantage of those who rightly consider it. In expectation of which, I remain,

Ladies, &c. Yours to serve you,
John Shirley.

The Accomplished Ladies Rich Closet
of Rarities, &c.

C H A P. I.

Rules and Directions for a Gentlewoman in the Art and Way of Alembicking, Distilling and making sundry sorts and kinds of Waters Physical, Chirurgical, useful on divers Occasions.

A Lembicking and Distilling are held by many to be learned, or taken by the Ancients from the Operation of the Sun in its effectually Exhaling the Sublunar Moisture, and Rarifying the gross and indigested Vapours in a more subtil Region; and indeed Distillations participate of a Solar Vertue, as being by their penetrating Qualities, and insensible Operations, more quick, subtil and enlivening.

A distilled Water, good to prevent the Danger of Infectious Air, Plague, Pestilence, &c.

Take the Buds or green Husks of Walnuts, or the Leaves of that Tree a handful; of Rhue the like quantity, and as much Balm: bruise them, and add of Mugwort, Celandine, Angelica, Agrimony, Pimpernel and wild Dragons or Snap-dragons, each half a handful; bruise them as the former, and being put into an earthen Pot or Glass, pour on them a Gallon and a half of White

8 *Physical and Cordial Waters.*

or Rhenish wine, and let them stand four days, afterwards putting the Wine and the Herbs in an Alembick, draw off the Quintessence: or it may be done, for want of Conveniency, in a cold Still.

The famous Water, called Dr. Stevens's Water.

Take a Gallon of French Wine, of Cloves, Mace, Carraways, Coriander and Fennel-seeds, Galinga, Ginger, Cinamon, Grains, Nutmeg, Anniseed, of each a dram: to these add Camomil, Sage, Mint, Rue, red Roses, Pelitory of the Wall, wild Marjoram, wild Thyme, Lavender, Penny-royal, the Roots of Fennel, Parsley and Setwall, of each four ounces, and having bruised them, put them into two quarts of Canary, and the like quantity of Ale; and then having stood sixteen hours, with often stirring, draw off the Quintessence, by Alembick over a soft fire.

This Water is a wonderful fortifier of Nature in all cold Diseases, preserving Youth, comforting the Stomach, and is given with success to such as are afflicted with the Stone or Gravel.

Cinnamon-water is properly made thus,

Take half a Pound of Cinnamon, bruise it and steep it in a quart of White-wine, a quart of Rose water, and a pint of Muscadel, twelve hours, with often stirring; and
from

from this Alembick three pints, which will not be only pleasant but fortifie Nature, and restore lost vigour.

To make Rosemary-water.

Take the Flowers and Leaves of Rosemary in their prime, half a pound, and four ounces of Elecampane-roots, a handful of red Sage, three Ounces of Cloves, the same quantity of Mace, and twelve ounces of Anniseeds: beat the Herbs together, and the Spices separately, putting to them four Gallons of White-wine; and after a Weeks standing, distill them over a gentle fire.

Spirit of Wine, how to make it.

To distill, or rather alembick Spirit of Wine, is to draw off any Wine you think fit, over a gentle fire to what heighth you please, by often rectifying it; and is very good, moderately taken, in cold Distempers or to mix with Cordial Waters of a cooler Nature.

To make Treacle-water, good in Surfeits, &c.

Take the Husks of green Walnuts, four handfuls, of the Juyce of Rue, Cardus, Marigolds and Balm, of each a pint; green Perasitis roots one pound, Angelica and Masterwort, of each half a pound; the Leayes of Scordium four handfuls; old Venice-Treacle and Mithridate, of each eight ounces; six quarts of Canary; of Vinegar

three quarts, and of Lime-juyce one quart : which being two days digested in a Bath in a close Vessel, distill them in Sand, &c.

A Cordial Mint-water is made thus.

Take two handfuls of Mint green, two handfuls of Carduus, one of Wormwood, and soak them in new Milk ; being bruised, and after three or four hours Infusion, draw off the water by way of Distillation, and keep it close stopped for your Use, it being excellent good in case of pains in the Belly or Stomach.

An excellent Water for Sore Eyes, or to restore the Sight.

Take Smallage, Rue, Fennel, Vervein, Agrimony, Scabious, Avens, Hounds-tongue, Euftrace, Pimpernel and Sage, of each a handful ; Roach-Alom half an ounce, Honey a spoonful, dissolved in Rose water : Distill them in a cold Still ; and when you use it, put in Alom and Honey, and Suffer it to dissolve, washing your Mouth with it Evening and Morning.

An excellent Water for the Canker.

Take of the Bark of an Elder tree, Sorrel and Sage, each two handfuls : Stamp them well, and strain out the liquid part ; mingling it with double the Quantity of White wine : and often with a Feather dipt in it, wash the Sore, &c.

Physical and Cordial Waters.

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A Water very good for a Fistula.

Take a pint of White-wine, an ounce of the juice of Sage, Borace in Powder, three penny weight, Camphire Powder the weight of a Groat: boil them two hours over a gentle fire, strain them through a woollen-cloth, and being cold, wash therewith the place grieved.

An excellent Water to cleanse any filthy Ulcer.

Take of the Water of Plantane, and that of red Roses, each a pint; the juices of Houfleeke, Nightshade and Plantane, of each a quarter of a Pint: red Roses half a handful, Myrtle, Cypress-nuts, of each half an ounce; of the Rind of Pomegranate three drams, St. *John's* Wort half a handful, Flowers of Moileyn half as much, Myrrh, Frankincense, each a scruple, Honey of Roses a pound and four ounces: distil them together, and of the Water take a pint, and dissolve it in six ounces of Conserve of Roses, and one ounce of Syrup of dry Roses, with twelve drops of the Oyl of Brimstone, and wash the place grieved.

An excellent Water for the Heats and Inflammation of the Eyes.

Take of Aloes Epatick, fine Sugar, Tutty-stone powdered, each an ounce; of red and white Rose-water each a pint: put them in a double Glass, and set them in *Balneo Marie.*

Marie five or six days often shaking them, and with a feather dipped in it, wash your Eyes as often as you see occasion, as likewise your Forehead and Temples.

An excellent Water for a sore Leg, or for a Canker in any part or place.

Take of Woodbind leaves, Ribwort, Plantaine, Abinte, of each a handful clarified; English Honey three Spoonfuls, Roach-Allum an ounce: put them into three quarts of Running water, and let them seethe till a third part be consumed; then strain out the liquid part, and keep it in a new glaz'd Earthen pot for your use, washing the afflicted place with it twice a day.

A Water to turn back the Rheum that afflicts the Eyes.

Take of red Rose-water six ounces, White-wine and Eye-bright-water, of each the like quantity, *Lapis Tuttiæ* three scruples, Aloes Epatick the like quantity, fine Sugar two ounces: put them into a Glass with a narrow neck, and set them in the Sun for the space of thirty days, shaking them twice a day, and then with the liquid part wash the Eye-lids, Temple, Forehead, and the Nape of the Neck.

*An excellent Water to cool the Liver and Heart ;
as also in case of a Fever, Surfeit, or ill Di-
gestion.*

Take two handfuls of Wood-sorrel, the like of Barberry leaves, half a dozen Plantane-roots, washed and sliced, two ounces of Mellon-seed, of Comfry and Borage-flowers, each an ounce, steep them in a Gallon of fair water well sweetned with Sugar-candy, and distil them, giving the party grieved two ounces of the water, with an ounce of the Syrup of Citron or Lemon.

An excellent Water for any internal Bruise.

Take two handful of Scabious flowers, of Penny-royal, Camomil, Smallage, and Bay-leaves, each a handful; Myrrh pulverized, half an ounce, Harts-horn two ounces, and two quarts of Malaga-wine: bruise the Herbs, &c. in the Wine, and then distil them all together, and let the Party drink two ounces of the water Morning and Evening.

*An excellent Water for the Stone, to provcke
Urine, and prevent Stoppage, &c.*

Take two quarts of new Milk, Saxifrage, Parsley, Pellitory of the Wall, Mother of Time, green Sage, Radish roots sliced, of each a handful: steep the Herbs and Roots over Night in the Milk, and distil them the next Morning; which done, mingle six spoonfuls of the water, with as much White-wine;
into

into which grating a third part of a roasted Nutmeg, drink it off; and so continue to do divers times, and you will find extraordinary benefit thereby.

Poppy-water, how to make it.

Take two pound of red Poppy-leaves, half an ounce of bruised Cloves, and the like quantity of sliced Nutmeg: steep these in a quart of Canary, and after two hours standing, put them into your Still, and draw off the water over a gentle fire.

Cordial Angelica-water is made thus.

Take of *Carduus Benedictus* a handful well dried, of Angelica-roots three ounces, of Nutmeg, Cinnamon, and Ginger, each an ounce, of Myrrh half an ounce, and one dram and a half of Saffron, of Cardamums, Cubebs, Galingal, and Pepper, of each a quarter of an ounce; bruise them and steep them in two quarts of Canary, and draw them off in a common Still.

Aqua mirabilis is made thus.

Take three pints of White-wine, of the Juice of Celendine and *Aqua vitæ*, each a pint; Cardamer, and the Flowers of Melilot, a dram of each; of Cubebs, Galingal, Cloves, Mace and Ginger, of each a dram: bruise them and put them to the Liquor, where soaking all night, the next morning

Artificial Wines and other Liquors. 15

set them on a Still in a glass Alembick, and draw off the Quintessence.

The Water prevents the Putrefaction of the Blood; is good in case of the swelling of the Lungs; removes the Heart-burn and purgeth Flegm and Melancholy, &c.

C H A P. II.

Instructions for a Gentlewoman how to make artificial Wines, and other pleasant Liquors.

AS there are many pleasant Liquors made rather Artificial than Natural, so it will not be amiss to say something of them, which for variety may not prove pleasant only, but profitable, and are very commendable to be kept in the House for the Entertainment of Friends and Strangers; who being perhaps rarely used to such, will set a value on them above any other. But to the purpose:

To make Cherry-Wine.

Stone your Cherries before they are too ripe, press them in a Press, or through a clean cloath, and let the Juice settle, then draw it off and bottle it up with half an ounce of Loaf-Sugar and a piece of Cinnamon in each Bottle, and tying the Cork down, let it stand six weeks; and then being opened, it will drink pleasant and brisk.

Hypo-

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Hypocras is made thus.

Take a Gallon of White and Rhenish wine, and put to it two pound of Loaf-Sugar, Cinnamon, Mace, Pepper, Grains, Galingal and Cloves, of each a quarter of an ounce; bruising the Spices, and putting them into the Wine, in which they having been close covered for the space of ten days, draw off the Wine, and renew it with other Wine, and an addition of Sugar: and so you may do three or four times, but the first is the best; nor is there a pleasanter Liquor imaginable.

To make Wormwood-wine.

Take a Gallon, or what quantity you think fit, of the smallest White-wine, put into it the peel of two Lemons, half an ounce of Mace, and a quarter of an ounce of Cinnamon, adding a pound of white Sugar to each Gallon. and stop them up close in a Vessel, and after they have stood six days you may draw off the Wine, and put it up in Bottles.

Raspberry, Strawberry, or Curran-wine, may be made as that of Cherries, but the Liquor being boiled up with the Sugar before the Spices are put in, will keep the longest. An excellent Liquor may be likewise drawn from Plumbs, of pleasant taste, dissolving in some of the Liquor hot two or three spoonfuls of New-Ale Yest to make it

work

Artificial Wines and other Liquors. 17

work, and afterwards keep it in a cool place, that it may rarifie the better.

Goosberry wine is made the same way, only adding some blades of Mace, and slices of Ginger: As for the Wine of English Grapes, only rarifie it with fine white Sugar-candy beaten into powder. And since there are other pleasant Liquors besides these, I think it not improper to say something of those that are most in request.

To make the best sort of Mead.

Take a quart of Spring-water, and three quarts of small Beer, as clear as may be; add to them a pound and a half of clarified Honey, two ounces of the distilled Water of sweet Marjoram, three or four sprigs of Rosemary and Bays: boil them together on a gentle fire, ever scumming off what rises to the top, and then put it into a Vessel to purge, six days after which bottle it up for your use.

Cock Ale is thus made.

Take a young Cock, and having ston'd four pound of Raisins of the Sun, boil them and him in fair water, and then slice four Nutmegs, adding to them an ounce of Mace, and half a pound of Dates: beat them well, and put them into two quarts of Canary; and having added to them the boiled Liquor, in which the Cock must be boiled in a manner

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ner to pieces: strain the Liquor, and press what is solid; and after your Ale has done working, pour it in, and stop it down close; two quarts is sufficient for a Barrel; then bottle it up, and in a Month it will be fit to drink.

To make Rack, an Indian Liquor.

Take a quart of water, a pint of Brandy, a pint of Canary; add half an ounce of beaten Ginger, and the like quantity of Cinnamon, the Juice of four Lemons, and two ounces of Rose-water, with half a pound of fine Loaf Sugar; put into it a hot Toast, it being well stirred, it is the Prince of Liquors.

Chocolate is made with *Chocolate*, Milk, Eggs, White-wine, Rose-water, and Mace or Cinnamon, which the Party fancies, they being all boiled together over a gentle fire. two ounces of *Chocolate*, eight Eggs, half a pound of Sugar, a pint of White-wine, an ounce of Mace or Cinamon, and half a pound of Sugar answering in this case a Gallon of Milk.

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C H A P. III.

Instructions for a Gentlewomen in preparing and making Physical and Cordial Syrups, pleasant and profitable on sundry occasions, &c.

To make Syrup of Clove-Gilliflowers.

TAKE the red part of the Flowers, separated from the white, to the quantity of half a peck; let them soak a night in Spring-water, then boil them, and add to them a Gallon of Water wherein they were boiled, and into which, after boiling, they have been strongly pressed, twelve pound of white Sugar, and half a pint of Rose-water, then boil up the Liquor with the Sugar into the thickness of a Syrup, and keep it for your use. Some there are that make it without fire, but in my opinion this way must be the best for keeping.

To make Syrup of Violets.

TAKE the Flowers of the blue Violets clipping off the whites, and to a pound of them add a quart of boiling-water, and four pound of white Sugar; stirring them together, and stopping them close in an earthen Vessel four days; then strain them, pressing out the liquid part, which being moderately heated on a gentle fire, will thicken into a Syrup.

To

To make Syrup of Wormwood.

Take Roman Wormwood (the Leaves only) half a pound; Leaves of red Roses, the Flowers two ounces, Indian-spike three drams, of the best White wine a quart, and the like quantity of the Juyce of Quinces; or for want of it, Syder; bruise and infuse them for the Space of twenty six hours; then boiling them till the liquid part is half consumed, strain out the remainder, and adding two pounds of Sugar; boil it up into a Syrup.

To make Syrup of Lemons

Take a Gallon of the Juyce of sound Lemons. strain it and let it clarify, and boil it up with six or seven pounds of fine Sugar, till it be of the thickness of a Syrup, and sweet enough for your purpose.

An excellent Syrup to preserve the Lungs, and for the Asthma.

Take of Nettle-water and Coltsfoot water each a pint, Anniseed, and Liquorish powder, of each two handfuls, Raisins of the Sun one handful, sliced Figs, number four: boil them together till a fourth part be consumed, strain the liquid part, and make it up into a Syrup, with a pound of white Sugar-candy bruised into Powder, and take two spoonfuls of it each morning fasting.

Cordial and Physical Syrups. 21

An excellent Syrup to open Obstructions, and help the shortness of Breath.

Take Hyfop of the first Years Growth, and Penny-royal of each a handful; stamp them, and strain out the Juice, and add of English Honey the like proportion: heat them in a Pewter-dish over a Chafing-dish of Coals till the Juice and Honey be well incorporated, and making it continually fresh, let the party afflicted take early each morning and late each night two Spoonfuls.

To make Syrup of Roses by Infusion.

Take of the Water of Infusion of white Roses five pounds, clarified Sugar four pounds, and boil them with a gentle fire to the thickness of a Syrup, then soak two pounds of fresh white Roses in six pound of warm Water, suffering them to stand for the space of twelve hours close covered, then wring them out and put in other fresh Roses, and so continue to do till the Water has the perfect scent of the Roses, and then the Water is fitting for the Sugar to be dissolved in, and used as aforesaid.

This Syrup draweth from the Entrails thin choleric, and waterish humours, and is therefore fitting to be taken moderately by Children, aged Persons, and such as are afflicted with the superabundance of either Choler or Flegm.

How

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To make Syrup of Cowslips.

Take a gallon of the distilled simple Water of Cowslips, and put into it half a peck of the flowers clean picked, the yellow part only; boil them up with the Water, and add to the liquid part, after it is strained from them, six pound of Sugar, heating it over the fire till it become a Syrup.

To make Syrup of Maiden-hair.

Take the Herb so called to the quantity of six ounces, shred it a little, and add of Licorice powder two ounces and an half, steep them twenty four hours in three quarts and a pint of hot water: add five pounds of fine Sugar to the Liquor, after it is boiled and consumed a third part, and set it again on the fire till it become a Syrup.

To make Syrup of Licorice.

Take of the Root Licorice newly drawn from the ground, two ounces, scrape it into Powder of Coltsfoot, four ounces, of Maiden-hair and Hyssop, each half an ounce: infuse them twenty four hours in three quarts of Water, then boil them till a half part be consumed: which done, strain out the remainder, and with a pound of clarified Honey, and the like quantity of Loaf-sugar, boil it up into a Syrup.

To make Syrup of Citron-Peels.

Take of the Peel of yellow Citron a pound

Berries or Juice of the Berries of
dram; steep them a night in
water to the quantity of two quarts,
then till a half part be consumed,
off the scum, strain it, then boil
in Syrup, with two pound and a half

*Syrup of Harts-horn, or rather
Harts tongue.*

Take the Herb called *Harts-tongue* the
Roots of Bugloss, Polypodium
, Bark of Caper-roots, Tamaris,
den-hair, Baum, of each two
quarts: boil them in five quarts of Spring-
water till a fifth part be consumed; to which
add four pound of fine Sugar, and boil it
up.

make the Syrup of Quinces

Take three quarts of the Juice of Quin-
ce well settled and clarified, boil
on gentle fire till half be consumed,
then add three pints of Red-wine, with four
pound of white Sugar, and a dram and a
half of Cloves, and of Cloves and Ginger
two scruples, and boil them up to a Syrup.

make Syrup of Hysop

Take a poundful of the Herb so called, Figs,
Raisins, of each an ounce: boil
in three pints of water till a third part
be consumed, strain and clarify the remain

To make Syrup of Cowslips.

Take a gallon of the distilled simple
of Cowslips, and put into it half
the flowers clean picked, the yellow
ly; boil them up with the Water,
to the liquid part, after it is strain
them, six pound of Sugar, heating
the fire till it become a Syrup.

To make Syrup of Maiden-hair.

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To make Syrup of Licorice.

Take of the Root Licorice new
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Maiden-hair and Hylop, each half
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of Water, then boil them till a half
consumed: which done, strain
mainder, and with a pound of c
ney, and the like quantity of Lo
it up into a Syrup.

To make Syrup of Citron-Peel.

Take of the Peel of yellow Citre

of the Berries or Juice of the Berries of Chermis a dram; steep them a night in Spring-water to the quantity of two quarts, then boil them till a half part be consumed, and taking off the scum, strain it, then boil it up to a Syrup, with two pound and a half of Sugar.

*To make Syrup of Harts-horn, or rather
Harts tongue.*

Take of the Herb called *Harts-tongue* the Roots of both sorts, of Euglots, Polypodium of the Oak, Bark of Caper-roots, Tamaris, Hops, Maiden hair, Baum, of each two ounces: boil them in five quarts of Spring-water till a fifth part be consumed; to which add four Pounds of fine Sugar, and boil it up to a Syrup.

To make the Syrup of Quinces

Take three quarts of the Juice of Quinces, let it be well settled and clarified, boil it over a gentle fire till half be consumed, then add three pints of Red-wine, with four pounds of white Sugar, and a dram and a half of Cinamon, and of Cloves and Ginger two scruples, and boil them up to a Syrup.

To make Syrup of Hy/cp.

Take a handful of the Herb so called, Figs, Dates, and Raisins, of each an ounce: boil them in three pints of water till a third part be consumed, strain and clarify the remain

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der with the Whites of two Eggs, adding two pound of fine Sugar, and so make it up into a Syrup, and it will continue good a twelve-month.

To make an excellent Syrup for a Cough or Cold, or to restore decaying Lungs.

Take two quarts of Spring-water, put into it an ounce of Sydrack, half an ounce of Maiden-hair, two ounces of Elicampane-roots sliced: boil them in an earthen Vessel till half be consumed, add more to the liquid part, strained off two pound of Sugar, and boil it up into a Syrup; two spoonfuls of which, take Morning and Evening, being a wonderful Restorative.

To make Syrup of Elder, now greatly in use.

Take the Elder-berries fresh, when they are full ripe, strain out the Juice, boil it till a third part be consumed; scum it clean, and add to a gallon an ounce of Mace and five pound of Sugar, boiling it up to a Syrup.

To make Syrup of Roses.

Take a gallon of fair water, and a quart of White-wine, put into them when they boil a peck of red Roses pickt, and let them boil till they appear white: then press them, and put them into the liquid part, and boil it off ten, adding the Whites of two Eggs well beaten, and a pound of Sugar to each pint of Liquor; and when you find it sufficient thick

thick, preserve it in Glasses or Earthen Vessels close stopped for your use.

To make Syrup of Vinegar.

Take of the roots of Smallage, Fennel, Endive, of either three ounces; of the leaves of Anniseed, Smallage, Fennel, Endive, half an ounce of each: boil them gently in three quarts of Spring-water till half be consumed, then strain and clarify it with three pound of Sugar, and add a quart of White-wine Vinegar, and boil it up to a Syrup.

To make Syrup of Saffron.

Take a pint of Endive-water, two ounces of Saffron finely beaten, steeping it in the Water for the space of two days; at the end of which strain out the Saffron, and with a pound of Sugar boil it up to a Syrup.

To make Syrup of Mint.

Take the Juice of ripe Quinces, and of Pomegranates of each a pint and a half: dried Mint half a pound, and of the Leaves of red Roses two ounces; let them steep a day and a night in the Liquor: boil it then till half is consumed, and add four pound of Sugar to make it into a Syrup.

C H A P. IV.

Instructions for a Gentlewoman in Preserving and Conseruing Fruits, Flowers, Roots, and what else is useful on sundry occasions for setting out Banquets, &c.

To Preserve Mulberries.

STrain two quarts of the Juice of Mulberries, and add to it a pound and a half of Sugar; boil them together over a gentle fire, till they become in a manner a Syrup, then put it into three quarts of Mulberries not over ripe; and after they have had one boil, take them off, and put them together, with the Liquor into an Earthen Vessel, stop them close, and keep them for your use.

To Preserve Goosberries.

Take them before they be over ripe, cut off their stalks and tops; and if you have leisure, stone them; then laying in an earthen Vessel a Layer of Sugar, lay upon it a Layer of Goosberries; and so do between every Lay, till your Vessel be almost full: then add about a pint of Water to six pound of Goosberries; and the Goosberries having before been scalded, set them in this manner over a gentle fire, and let the Sugar melt: when being boiled up you may stop them up, and reserve them for your use.

To Preserve Cherries.

Take your Cherries when they are in their prime, and scattering some Sugar and Rose-water at the bottom of your Preserving-pan, put them in by degrees, still casting in your Sugar, remembering you put an equal weight of either; and being set on a quick fire, you may add a pint of White-wine, if you would have them plump: and when you find the Syrup boild up sufficiently, take them off, and put them into your Gally-pots for use.

To Preserve Apricocks.

Observe when they are moderately ripe to pare and stone them, laying them a night in your Preserving-pan amongst Sugar, it being laid in Lays, and in the Morning put a small quantity of fair Water or White-wine, and set them on Embers, and by increasing a gentle fire, melt the Sugar; when being a little scalded, take them off, and letting them cool; set them on again, and boil them up softly till they are tender and well coloured, at what time take them off, and when they are cool put them up in Glasses or Pots for your Use.

To preserve green Walnuts.

Observe to gather them on a dry day, before they have any hard shell, and boil them in fair water till they lose their Bitterness;

then put them into cold water, and peel off their Kind, and lay them in your Preserving-pan, with layings of Sugar to the weight of the Nuts, and as much water as will wet it, so boil them up over a gentle fire; and again being cool, do it a second time, and put them up for your Use. This way Nutmegs, with their green Husks are Preserved.

To preserve green Pippins.

Observe to take them e'er they are too ripe, chusing the greenest, pare them and boil in water till they are exceeding soft, then take out the Cores, and mingle the pulp with the water, ten Pippins and two pound of Sugar, being sufficient to boil up a Pottle of water; and when it is boiled to a thickness, put in the Pippins you intend to Preserve, and let them boil till they contract a greener Colour than Natural. And in this manner you may preserve Plumbs, Peaches, Quinces, or any thing of that kind that you are desirous to have green and pleasant.

To preserve Barberries.

Observe that you chuse the fairest Bunches, gathered in a dry day, and boil several Bunches in a Pottle of Claret till they are soft: strain them, then add six pound of Sugar and a quart of water; boil them up to a Syrup, and put your Barberries scalded into the Liquor, and they will keep the Year round.

To preserve Pears.

Observe that you gather those that are found, not over ripe, and laying at the bottom of an earthen Pot or Pan, a laying of Vine-leaves, lay another laying of Pears upon them, and so do till the Pot is full: then to a pound of Pears add half a pound of Sugar, and as much fair Water as will dissolve it over a gentle fire; where suffer them to boil till they are somewhat soft, and then set them by for your use.

To preserve Black Cherries.

Pluck off the stalks of about a pound, and boil them in Sugar and fair Water, till they become a pulp, then put in your other Cherries with stalks, remembering to put half a pound of Sugar to every pound of Cherries; when finding the Sugar to be boiled up to that thickness that it will rope, take them off and set them by, using them as you see convenient.

To preserve Eringo-roots.

Take of the Roots that are fair and knotty two pound, wash and cleanse them, then boil them over a gentle fire very tender, after that peel off their out-most Rind, but beware of breaking them: after they have lain a while in cold Water; put them into your Sugar boiled up to a Syrup, allowing to each pound of Sugar three quarters of a pound of Roots;

which boiling a short time over a gentle fire you may set them to cool, and then put them up for your use.

To Conserue or keep any sort of Flowers, as Roses, Violets, Cowslips, Gilliflowers, &c.

Take your Flowers well blown and clean picked, bruise them very small in a Mortar, with three times the weight of Sugar; after which take them out. and put them into a Pipkin; and having thorowly heated them over the fire, put the Conserue up in Gally-pots for your use.

To conserue Strawberries.

Strain them, being first boiled in fair water and boil the pulp in White-wine and Sugar as much as is convenient to make them thiff, &c. And thus you may conserue any sort of Fruit, the difference not being great between this and making Fruit Paste; of which I shall speak hereafter.

C H A P.

C H A P. V.

Instructions for a Gentlewoman in Candying^r Fruits, Flowers, Roots, &c. As also in drying Fruits, and other things necessary to be observed, after the exactest and newest Mod^e and Method, &c.

To candy Ginger.

TAKE the fairest pieces, pare off the Rind, and lay them in Water twenty four hours; and having boiled double refined Sugar to the height of Sugar again; when it begins to be cold, put in ^{les} your Ginger and stir it till it is hard to the Pan; when taking out piece by piece, lay it by the Fire, and afterwards put it into a warm Pot, and tye it up close, and the Candy will be firm.

To candy Orange-peel.

Take Peels of the best Sevil-Oranges, the Meat being taken out, and put them into Water and Sugar boiling-hot; where being well softned, boil Rose water and Sugar up to a height, till it becomes Sugar again; then draw your Peels through it, and dry them in an Oven or Stove, or before the Fire.

To candy Cherries.

Take them before they are full ripe, stone them, and having boiled your fine Sugar to a height, pour it on them gently, moving
B 5 them,

34 *Candying and Drying Fruits, &c.*

them, and so let them stand till almost cold, and then taken out and dried by the Fire, &c.

To candy Elicampane-root.

Take them from the Syrup in which they have been Preserved, and dry them with a cloth; and for every pound of Roots take a pound and three quarters of Sugar: boil it to a height, and dip your Roots into it when hot, and they will take it well.

To candy Barberries.

You must take them out of the Preserve, and wash off the Syrup in warm water, then sift fine Sugar over them, and put them into an Oven or Stove to dry, stirring or moving them the mean while, and casting more Sugar upon them till they are dry.

To candy Grapes.

You must take them after they are Preserved, and use them as the former.

To candy Eringo-roots.

Take the Roots pared and boiled to a convenient softness, and to each pound add two pound of fine Sugar, clarify it with the whites of Eggs that it may be transparent, and being boiled to a height, dip in your Roots two or three at once, and afterwards dry them in an Oven or Stove for your use. And in this fashion you may candy any thing as to Fruit or Roots, to which candying is proper. And as for Flowers, which thus

way

way are pleasant and ornamental, you candy them after the following manner with their stalks and leaves, &c.

Take your various sorts of Flowers, cut the stalks, if they are extraordinary long, somewhat shorter: and having added about eight spoonfuls of Rose-water to a pound of white Sugar, boil it to a clearness; and as it begins to grow stiff and cool, dip your Flowers into it; and taking them out presently, lay them one by one in a Sieve, and hold it over a Chafing-dish of Coals and they will dry and harden.

To dry Plumbs, Pears, Apples, Grapes, or the like.

You must first Preserve them, then wash or wipe them; after which set them upon Tin Plates in a Stove, or for want of it an Oven, not too hot, and turn them as you see occasion; observing ever to let them have their Stalks on.

C H A P. VI.

Instructions for a Gentlewoman in making of Marmalade, Paste of Fruit, Artificial Fruit, Jellies of Fruit, Quiddanies, Fruit-cakes, Honey, conserve for Tarts, Maccaroons, Comfits and Confections, after sundry forms and manners.

To make Marmalade of Oranges.

PARE your Oranges as thin as may be, and let 'em boil till they are soft in two or three Waters, then take double the number of good Pippins; divide them and take away the Core; boil them to Pap without losing their colour: strain the Pulp, and put a pound of Sugar to every pint; then take out the Pulp of the Oranges, and cut the peel, and boil it till it is very soft: bruise it in the Juice of three Lemons, and boil it up to a thicknes with your Apple pap, and half a pint of Rose-water.

To make Paste of Cherries.

Boil the Cherries till they come to be very soft, and strain the pulp through a fine Sieve, and add a pound of Sugar to a pint: stiffen it with Apple-pap, and boil it up to a height, then spread it upon Plates and dry it.

To make Marmalade of Grapes.

Take the ripest Grapes, gathered in a dry day,

day, spread them upon a Table where the Air and the Sun may come at them; after which, take from them the stalks and seeds, boiling the Husk and Pulp, or Juice in a Pan, with often scumming, whilst it is reduced to a third part, and then let the heat be gentle; and when you find it thickned, strain it through a Sieve; and boiling it once more, add a small quantity of fine Sugar, or the Powder of white Sugar-candy, and so put it up in Pots covered with Paper for your use.

To make Honey of Mulberries.

Take the Juice of the black Mulberries, and add to a pound and an half of their Juice two pound of clarified Honey, and boil them up with often scumming till a third part be consumed.

To make Jelly of Quinces, Currants or Gooseberries.

Take the Fruit, and press out the Juice, clarify it, and add to each quart a pound of Sugar clarified and boiled up to a Candy height, then boil them together till a third part be consumed; then add a pint of White-wine wherein an ounce of Cherry-tree or Plumb-tree Gum has been dissolved, and it will make it a perfect Jelly.

To make Lemon Cakes, or Cakes of Lemons.

Take fine Sugar half a pound, to two ounces of the Juice of Lemons, and the like quantity

quantity of Rose water ; boil them up till they become Sugar again, then grate into it the Rind of hard Lemons ; and having well incorporated them, put them up for your use into Coffins, &c. being cold, and cover 'em with Paper.

To make Artificial Oranges and Lemons.

Take Moulds of Alabaster, made in three pieces, bind two of them together, and let them lie in the water an hour or two ; boiling to a height in the mean time as much Sugar as will fill them : the which being poured into the Mould, and the lid put quickly on, it by suddenly turning will be hollow. And so in this case to the colour of the Fruit you cast, you must colour your Sugar in boiling.

To make Red Quince-cakes.

Take the Syrup of Quinces and Barberries, of each a quart ; cut into it about a dozen Quinces free from rind and cores : boil them till they are very soft, then strain the Pulp or Liquid part, and boil it up with five pound of Sugar till it be Candy-proof ; then take it out and lay it upon Plates, as thin as you think convenient, to cool.

Clear or transparent Quince-cakes are made thus

Take a pint of the Syrup of Quinces, and a quart of that of Barberries : boil and clarify them over a gentle Fire, keeping them fre

free from Scum: then add a pound and a quarter of Sugar to the Juice, Candying as much more, and putting it in hot, and so keeping it stirring till it be near cold, at what time spread and cut it into Cakes as the former.

To make Marmalade after the Italian fashion.

Take about thirty Quinces, pare them, take out their cores, and put to them a quart of water and two pound of Sugar; boil them till they are soft, then strain the Juice and the Pulp, and boil them up with four pound of Sugar till they become sufficiently thick.

To make white Quince-cakes.

Clarifie your Sugar with the whites of Eggs, putting to two pound a quarter of a pint of water; which being boiled up, add dry Sugar and heighten it to a Candy: then the Quinces being pared, cored and scalded, beat to Pulp, and put them into the boiling Sugar, not suffering them to boil long before you take them off, and lay them on Plates.

To make Maccaroons.

Blanch a convenient quantity of Almonds, by putting them into hot water: beat them fine in a Mortar, strewing on them as you beat fine searced Sugar, and when they are well mixed, add the whites of Eggs and Rose-water: and when they are of a convenient thickness, drop the Butter on VVafers laid on Tin Plates, and bake them in a gentle Oven.

To

*The Art of Confectioning.**To make a Leach of Almonds.*

Take half a pound of Almonds blanched; beat them in a Mortar, and add a pint of new Milk, and strain them; add more, two spoonfuls of Rose-water, and a grain of Musk, with half an ounce of the whitest Ising-glass, and strain them a second time for your use.

To make Sugar smell like Spice.

Lay lumps of Sugar under your Spice, or sprinkle them with some of the distilled water.

To make a Quiddany of Plumbs, Apples, Quinces, or any other Fruit that is proper.

Take a quart of the Liquor of the Preferred Fruit, and add a pound of the Fruit raw, separated from the Stone, Rind, or Core: boil it up with a pound of Sugar till it stands upon a Knife-point like a Jelly.

To make a Conserve for Tarts of any Fruit that will keep all the Year.

Take the Fruit you intend, peel off the Rind, and remove the Core or Stone, then put them into a Pot, and bake them with a small quantity of Water and Sugar: being bak'd, strain 'em through a strong Cloth: adding Cinamon, Sugar, and Mace, very finely searced; boil them on a gentle fire till they become as thick as a Jelly, and then put them up in Pots or Glasses stopp'd close, and they will have their proper taste at any time.

To preserve Medlers.

Take the Fruit and scald them in fair water till the Skin may be easily taken off, then stone them at the Head, and add to each pound, a pound of Sugar, and let them boil till the Liquor become ropy, at what time take them off, and set them by for your use.

To make Sweet-meats of any Apples.

Make your Jelly with those that are most soft and pleasant, then cutting other Apples round-ways, put them into a Glass or Pot, and let them stand six days, then boil them with the addition of a quarter of a pound of Sugar, to a pound of Liquor, not breaking them, but seasoning them further with the Juice of Lemons, Oranges, Cloves, Mace, and perfuming them with a grain of Ambergrease.

To make each sort of Confits, vulgarly called Covering-seeds, &c. with Sugar.

You must provide a Pan of Brass or Tin, to a good depth, made with Ears to hang over a Chafing dish of Coals, with a Ladle and slice of the same Metal; then cleanse your Seeds from dross, and take the finest Sugar well beaten: put to each quarter of a pound of Seeds, two pounds of Sugar; the Seeds being first well dried, and your Sugar melted in this order, put into the Pan three pounds of Sugar, adding a pint of Spring-water, stirring it till it be moistened, and
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suffer it to melt well over a clear fire till the ropes, after that, set it upon hot Embers, not suffering it to boil, and so from your Ladle let it drop upon the Seeds, and keep the Basket wherein they are continually moving, and betwixt every Coat rub and dry them as well as may be; and when they have taken up the Sugar, and by the Motion are rolled into order; dry them in an Oven, or before a fire, and they will be hard and white.

C H A P. VII.

Instructions for a Gentlewoman in her Behaviour at the Table, Abroad, and at Home; with the Terms and Manner of Carving Fowls, Elephants of Beasts and Fish, with Directions to know the choicest pieces in either, and such as are most acceptable.

BEING at the Table in your due place, observe to keep your Body strait, and lean not by any means with your Elbows, nor by a ravenous Gesture discover a voracious Appetite: Know no Bones, but cut your Meat decently with the help of your Fork; make no noise in calling for any thing you want, but speak softly to those that are next, or wait to give it: nor be so disingenuous as to shew your dislike of any thing that is before you, if Strangers be at the Table; especially at another's Table, eat not your Spoon-meat.

It is not hot that it makes your Eyes water, nor be
seen to blow it. Complain not of a queazy
stomach: wipe your Spoon every time you
dip it in the dish: if you eat Spoon-meat
with others, eat not too fast, nor unseemly:
neither be nice or curious at the Table by
minceing or mimping, as if you liked not the
Meat or the Company: where you see va-
riety, yet reach not after them, but stay till
you have an opportunity, and then shew an
indifferency as to your choice; and if it
chance to happen you have a Plate with
some Piece you fancy not presented, wait
your opportunity till it be taken away and
changed: nor be inquisitive (for 'tis uncome-
ly) to know what such a Fowl or such a
Joynt cost, nor discourse of Bills of Fare:
take not in your Wine or other Liquor too
greedily, nor drink till you are out of breath,
but do things with decency and order. If you
are abroad at Dinner, let not your Hand be
first in any Dish, nor take your place un-
seemly: neither be induced to Carve, tho'
the Mistress of the House out of a Comple-
ment intreat it, unless you see a necessity
for it; and where-ever you Carve keep your
Fingers from your Mouth: throw not any
thing over your Shoulder, neither take or
give any thing on that side where a Person of
Quality, or one much above you is seated,
nor

nor reach your Arms over other Dishes to reach at what you like better. And so leaving what else is requisite in this kind to be observed, I proceed to give you, First, the Terms of *Carvers*: Secondly, the Manner of *Carving* and Thirdly, Directions to know the pieces, &c. And of these in their order.

First, That you may the better be enabled to direct those you appoint to Carve, if you Carve not your self, the most expert in Dexterity give the following Terms, by way of Distinguishment, and properly in the cutting up all manner of small Birds: the Directions for it is Thighing them, as Larks, Woodcocks, Pigeons, &c. Directions for cutting up a Plover is to Mince it: a Quail and Partridge, to Wing them: a Bittern, to Unjoint it: a Peacock, to Disfigure it: a Crane to Display it: a Hern, to Dismember it: a Mallard, to Unbrace it: a Chicken to Unfrust it: a Swan, to Lift it: a Goose to Rear it: And so in Flesh of Beasts, a Creek that Deer, Unlace that Coney, Leace that Brawn. So in case of Fish, as Chine the Salmon, String the Lampry, Splat the Pike, Sauce the Place and Tench, Splay the Bream, Side the Haddock, Culpon the Trout, Tus the Barbel, Transon the Eel, Tame the Crab, Barb the Lobster, Tranch the Sturgeon. The second thing to be considered, is the Manner of cutting up.

If you take it upon you to Carve a Swan, called in the proper term Lifting, slit him downright in the middle of the Breast, and thorough the Back, from the Neck to the Rump, laying the slit Sides downward in the Dish, without tearing the Flesh, and serve the Sawce up in Sawcers.

The Term of Carving a Goose is to rear or break her in this Manner: Take off the Legs very fair, then cut off the Belly-piece round, close to the lower end of the Breast, and with your Knife lace her down on each side a Thumbs breadth from the Breast-bone, taking off the Wings with the Flesh you first laced, raising it clever from the Bone, then cut up the Merry-thought, and another piece of flesh, which you formerly laced; turn the Carcass, and divide it at the Back-bone above the Loin; then lay the Rump-end of the Back-bone at the Fore end of the Merry-thought with the fleshy side upward, and the Wings on each side contrary, that so the bony end of the Legs may stand up in the middle of the Dish, and the Wings on the out-side, putting under the Wing-Pinions the two long Pieces of Flesh, &c. and let the ends meet under the Leg-bone.

In Carving and Dismembring a Hern, lace her down the Breast, and take off both the Legs, then raising up the Flesh, take it clean
off

off with the Pinions; then sticking the Head in the Breast, set the Pinions on the contrary side of the Carcass, and the Legs on the other side, so that the ends of the bones may meet cross over it.

In cutting up a Bustard or Turkey, the Leg being raised up very fair, open the Joynt with the sharp Point of your Knife, and lace down the Breast on both sides, without taking off the Leg or the Pinion; then raise up the Merry-thought, and between the top of the Breast-bone and the Merry-thought, lace down the Flesh on both sides, and raise up the flesh called the Brawn; turn it outward on both sides, but neither cut it off nor break it, then cut off the Wing-Pinion at the Body-joynt, and stick on each side the Pinion, in the Place where you turned out the Brawn, cutting off the sharp End, and taking the middle Piece, that will fit the Place. And in this manner a Capon or Pheasant may be cut up, but cut not off the Pinions of the former, the divided Gizzard serving to supply the Place where the Turkeys Wings were put.

In unbracing a Mallard, Observe that you raise up the Pinion and Leg, not taking them off; raise likewise the Merry-thought from the Breast, and lace it down slopingly on each side the Breast, and loosening the Joynts, leave it undivided.

In Displaying a Crane, Unfold the Legs, and cut off the Wings by the Body-joynts, then sawce both the Wings and Legs with Powder of Ginger, Mustard, Salt and Vinegar: and so a Bittern may be unjoynted, or any other Fowl of that Nature.

Your Partridge or Plover minced, &c. White wine, Powder of Ginger and Salt is a proper Sawce.

In unlacing a Coney turn the Belly upwards, cutting the Belly-pieces from the Kidney, then with the Point of your Knife loosen the Kidneys and Flesh between, to either side of the Bone, when turning up the back-side of the Rabbit, cut it cross between the Wings, and lace it down close by the Bone on either side; then open the Flesh from the Bone against the Kidney, and open the Legs, slit them from the Kidney to the Rump, and lay them close in order.

A Pig being Chined, is generally divided into four Quarters, the Head divided and the Ears taken off, and the rest left to the discretion of the Carver.

A Salmon is chined down the Back, or laced on each side the Back-bone, and divided into *Mediums* and *Extremities*, greater or lesser at discretion.

Thirdly, If you have a Friend at the Table you would oblige more than another, and

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if Chickens boiled be the first Dish, the Breast is to be preferred and next the Leg for in all boiled Fowl the Leg is accounted better than the VVing, though in roasted ones, if they be wild Fowl, the VVing chief: and the reason that is given is, because it is exceeding tender by means of its continual motion, and add, as a Curiosity on the other hand, that the Legs of tame Fowl not using the VVing, but often scratching, are to be preferred: though it is generally held in wild and tame Fowl, as Pullets, Turkeys, Capons, Geese, Duck, Mallard, Pheasant, Dotril, and the like, that the Merry-thought and the Wing are best, however they are most acceptable, and the next part, that which is laced on the Breast-bone.

As for Butchers Meat, In roast Beef, the which is within side the Surloin is most prized: and in other Pieces that which is curiously strip'd with Fat and Lean; and so in boil'd Beef.

In a Loin of Veal, the Nut-piece or Kidney-piece.

In a Leg of Mutton, there is a little round Bone on the inside; above the Handle, the which is fit with the Meat upon it to be presented and is in great esteem among the Curious. As it appeared by a Gentleman, who after long Coursing, being extream hungry, and finding

finding that Bone untouch'd in a cut Leg of Mutton, refus'd to eat, by reason he fancied Boorish People had had the first handling of it, or otherwise their discretion would have directed them to have taken that piece.

A Shoulder of Mutton being cut between the Handle and the Flap, in a Leg, the fat Nut there found is the choicest Piece.

And in a roasted Pig, the Women especially, prefer the under Jaw and the Ear, though on the other hand the Neck and Middle-piece is preferable.

In a Hare, Coney, or Leveret, the Back-piece, just in the Middle, is held of great Esteem, though some nicely covet the Piece by the side of the Tail, called the Huntsman's Piece.

In all Fish without Shells, the Jole, or that part next to the Head, is to be esteemed: and in a Lobster or Crab, the Claw.

If Fish or sliced Flesh be in PASTE, 'tis proper to touch it with your Knife, Fork or Spoon, and raising it conveniently lay it upon a Trencher or Plate in the best order, not by any means delivering it to the Hand of the Party with your Knife, Fork or Spoon, but on a Plate.

All sorts of Tarts, Custards, wet Sweetmeats and Cakes, being cut in the Dish wherein they were served up, must be laid
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likewise with the Point of a Knife, handsomely on a Plate and presented.

C H A P. VIII.

The Closet of Beauty, or modest Instructions for a Gentlewoman in making Beautifying Waters, Beautifying Oyls, Pomatums, Reparations, Musk-balls, Perfumes, and other Curiosities: Highly necessary and advantageous in the Practice, &c.

If Hair, that comely Ornament of your Sex, be wanting, occasioned by Sickness or Defect of moisture, &c. To recover it,

TAKE the Ashes of Hysop-roots, the juyce of Marshmallows, and the Powder of Elicampane-roots, of each an ounce: boil them in half a Pint of White-wine, with a dram of the Oyl of Tartar, till half be consumed, and with the remainder anoint the bald Place, and the Hair will be restored.

To preserve the Hair from falling off.

Burn Pigeons Dung to Ashes, of which take the quantity of an ounce, put them into a Pint of Water where Wood-ashes have soaked: then add two ounces of the Juyce of Sengreen or Housleek, and one of fine Sugar-candy, and half an ounce of Rosemary Flowers: boil them together, strain them well, and wash the Place 6 or 7 times, and the Hair will not only remain firm, but what is fallen off will renew.

*If Hair grow too thick or unseemly in any part
of the Body.*

Take Gum Arabick, and boil it to the thickness of a Salve in the Juyce of Hemlock, and lay it on the Place plaisterwise; and when it is taken off, which must not be under two days, it will bring off the Hair by the Roots, not permitting any more to grow in that Place.

To make the Hair fair and beautiful.

Cleanse it from dust by washing it in Rose-Vinegar, then boil an ounce of Turmerick, the like quantity of Rhubarb, with the leaves of Bay-tree cut small, to the quantity of a handful, boiled in a quart of Water, wherein half a pound of Alum has been dissolved; and by often washing your Head with the Decoction, it will make your Hair fair and lovely, unless it be a deep red, or exceeding black.

*To cleanse the Skin of the Face and make it
Beautiful.*

Take and distil the Blossoms of Pease and Beans, with the like quantity of the flowers of Fumitory and Scabious, and wash the Face with it Morning and Evening, anointing it afterwards with a small quantity of Oyl of Myrrh; and by often using it you will have cause to admire the Effects! Rose-mary flowers boiled in White wine, have likewise their wonderful quality in this kind.

To take away Freckles

Take the Galls of two Cocks, a handful of Rye-flower or Meal, a Pint of Verjuice, two ounces of Plantane-water, and one of the Oyl of bitter Almonds: boil them, and strain out the liquid Part, when a third Part is consumed, then boil it again till it becomes a kind of an Ointment; and often anointing the Face therewith, will remove 'em.

To make a clear, white and smooth Skin.

Take an ounce of Barrows-grease, the Whites of two Eggs, half an ounce of the Ashes of Bay-tree roots or leaves, a quarter of an ounce of Honey of Roses, and a quarter of a pint of Plantane-water: boil them till they become an Ointment, and use it to the end abovemention'd.

To take away Sun-burn.

A handful of Spanish Salt dissolved in the juyce of two Limons is a speedy Remedy, the Face and Hands being often rubbed with it and it as often suffered to dry upon them.

To take away Wrinkles, and make the Face look Youthful.

Take of Brandy, Spirit of Wine, a quart of a pint, of Bean flower and red Rose-water each four ounces; Water of Lilies four ounces, the juyce of Briony-roots two ounces and of the Decoction of Figs two ounces: Incorporate them over a gentle fire, and use as a Wash.

*To take away the Red Spots occasioned by the
Small-Pox.*

Wash your Face with Juyce of Limon, in which Beaten-Alum and Bay-Salt has been dissolved: and to wear out the Pits, or prevent them gnawing deeper, as you grow in years, Take half a pint of the Spirit of Vinegar, an ounce of Mustard seed, a quarter of a pint of the Juyce of Marshmallows, and a handful of Bran: boil them together, and put the liquid part in a Viol, with which wash your Face Morning and Evening, and you will find the Effect will answer the Trouble.

To take away Pimples and Redness in the Face.

Dissolve half an ounce of Alum in the White of an Egg and a Spoonful of Vinegar: beat it together till it is well mixed, and when you go to bed, lay it Plaister-wise upon the place and your desire will be effected.

To take away the hot swelling in the Face.

Boil Rosemary blossoms, or leaves of Groundsil and Canomil in White-wine, and not only wash your Face in the Juyce, but lay the herbs stamp'd with a small quantity of Oyl of Roses, poultis-wise to the place afflicted.

To restore a Ruby Face to its former Complexion.

Take the yolks of two Eggs, an ounce of fresh Butter, four drams of Camphire, half a pint of Rose-water, an ounce of the Oyl of Bays: mingle them well by heating them

over a fire, and anoint the Face with the Ointment, for they will produce, if well beaten and kept stirring, and strain'd through a Woollen Cloth, an Oyl, &c.

To make the Hands soft and white.

Take of Bean and Lupin flower, of each a handful. of Starch, Corn, Rue and Orice, and sweet Almonds two ounces: beat or grind them together, and with the Powder wash your Hands often.

To make an excellent Wash-ball for the Hands and Face.

Take two ounces of *Calamus aromaticus*, of Rose flowers, and the flowers of Lavender, each a handful: three ounces of Orice, and an ounce of Cyprus: beat them well, scrape into the Powder of them, being sifted, as much Castle-Soap as will make it into Balls, when mollified with Rose-water.

To prevent marks of the Small-Pox in the Face.

Boil Cream and Honey of Roses to an Ointment, and therewith anoint the places, during the Patients Sicknes, where you fear the Deformity.

To make Teeth white and continue so.

Take of the Powder of Roach-Alum a quarter of an ounce, the like quantity of the Powder of fine Pumice stone, half as much Bay salt, and half a quarter of a pint of the Juice of red Sage: boil them over a gentle

fire

fire till they appear thick, and with the residue rub your Teeth every Morning, washing your Mouth with Water and Honey.

To cause a sweet Breath.

Take four ounces of Cumin-seed, as much of Aniseed, with half as much of the tops of Lavender: bruise them and boil them in Wine, sweetned with white Sugar-candy, drink when you rise and go to Bed, an ounce of the liquid part, and in ten or twelve days your Breath will be as sweet as ever, unless the Lungs are putrefied

If your Eyes are Bloodshot, to remove that unseemly grievance.

Take two ounces of the Roots of red Fennel, stamp them and press out the Juice, and mingle it with half an ounce of clarified Honey: beat them gently over the fire till they become an Ointment, anoint therewith the Eye-lids, and drop a drop with a Feather into each Eye: and in so doing, and washing them with White-Wine or Eye-bright-water, the redness will vanish.

If by the Wind, or sharpness of the Air, Clefts happen in your Lips.

Take Deer Suet an ounce, the like quantity of *Sperma Ceti*; add thereto an ounce of the Juice of Housleek or Sengreen, and make them into an Ointment, and anoint your Lips, or any part of your Face so afflicted;

it will likewise serve for your Hands, &c. doing it when you go to Bed, and drawing on a pair of soft Gloves.

To restore a singular Complexion in the Face.

Take green Hyssop, when the Flowers are on it, stamp it, and strain out the Juice: sweeten it with white Sugar-Candy, and boil it up with a third part of the Juice of Pomegranates, and when it is clarified, use your self to drink six spoonfuls of it in warm Ale Morning and Evening, and you will find the Advantage.

To remove any ill Scent from out of the Nostrils.

Snuff up, or inject with a Syringe, White-Wine, wherein Ginger, Cloves and Calamint have been boild, and provoke your self to sneeze with the Powder of *Piritum*, steep'd in the Juice of Sengreen, and afterward dried to its original driness in the Sun.

To make sweet Water.

Take a pint of the Water of Mugwort, half a pint of the distill'd Water of Peach-Blossoms, drop into them, when warm, eight or nine drops of the Oyl or Spirit of Cloves, and as much of Nutmegs: stop it close, and shake it when you use it.

To take away Warts.

Take the Juice of Sengreen and Purslain, adding to it an ounce of both together, ten or twelve drops of Oyl of Tartar, and wash
the

the Warts with it when hot, and they will fall away.

To kill Black-headed Worms in the Hands and Face.

Take half a pint of Wormwood-water, an ounce of the Ashes of Southernwood, and half an ounce of black Soap: boil them till the moisture be so far consum'd; that they come to a thicknes: then add an ounce of Oyl, and make them into an Ointment, and anoint the place where they be, which you may perceive by their black heads, and they will, by often doing it, die and waste away.

To take away Freckles, Morphew, or Scars in the Face.

Take half a pint of the Spirit of Wine, Rosemary-flowers two ounces, the Juice of Elder-leaves two ounces, the Marrow of Sheeps feet or Hogs feet two ounces: boil them till a third part be consum'd, and anoint your Face therewith. Or for want of it, take of the Oyl or Ointment of Citron four ounces, and two of Pomatum: anoint your Face with them when well incorporated, and six hours after wipe it off, and wash your Face with Bean-flower, or Rosemary-flower Water.

In case of a Ring-worm in the Face.

Take half a quarter of a Pint of the Vinegar of Squills, a quarter of an ounce of the Juice of Celandine, three drams of the Oyl of Tartar, and as much of the Powder of

Aloes: heat them over the fire till they become thick, and lay some of it Plaister-wise to the place grieved.

To cleanse the Body, and make it comely.

Take red Roses two handfuls, of red Sage and Lavender-flowers the like quantity; a handful of Featherfew, and as many Bay-leaves: boil them in Spring-water, adding a handful or two of Salt, and wash your self as warm as with conveniency you may.

To curl the Hair.

Take three ounces of Pine-nut Kernels, dry them, and beat them into Powder, then add to them half a pint of the Water of Wall-flowers, and two ounces of the Oyl of Myrtle: boil them into a thicknes, and straining out the liquid part, anoint the Hair, and roll it up; and so you will find it will in twice or thrice doing keep the Curl.

To make the Hair black.

Take two ounces of the Juice of green Walnuts, as much of that of red Poppeys, an ounce of the Oyl of Myrtle, and of that of Costmary the like quantity: boil 'em to an Ointment, and anoint the Hair therewith often, and it will effect your Desire.

If, Gentlewomen, your Breasts be over large, and by that means troublesome, to reduce them.

Make an Ointment of Roach-Alum and Oyl of Roses, with a small quantity of Scabiou

bious water, and they will contract themselves by being often anointed.

To make a sweet Bath.

Take the Flowers or Peels of Citrons, the Flowers of Oranges and Gessamine, Lavender, Hyfop, Bay-leaves, the Flowers of Rosemary, Comtry, and the Seeds of Coriander, Endive, and sweet Marjoram; the Berries of Myrtle and Juniper: boil them in Spring-water, after they are bruised till a third part of the liquid matter is consumed, and enter it in a Bathing-Tub, or wash your self with it warm, as you see occasion, and it will indifferently serve for Beauty and Health.

To make Musk-bags to lay among your Cloaths.

Take the Flowers of Lavender-cotton six ounces, Storax half an ounce, red Rose-leaves two ounces, Rhodium an ounce: dry them and beat them to Powder, and lay them in a Bag wherein Musk has been, and they'll cast an excellent Scent, and preserve your Cloaths from Moths or Worms.

To make Musk-Balls.

Take of the Flower of Almonds six ounces, Castle-soap six ounces; wet them in Rose-water, and infusing two grains of Musk, make the Paste up into Balls without heating.

To make burning Perfume.

Take an ounce of Storax, the like quantity of Mace, Cinnamon and Nutmeg; bruise them.

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them together, and add the Powder of Cassia, and two ounces of the Oyl of Myrrh, or more if that suffice not, to make it into rolls: or instead of it, you may use Virgin-Wax; and being set on fire, it will cast a precious Scent.

To make a Scent of Rosemary.

Take your Perfumer, and heat it over a Chaffing-dish of Coals; put into it, being pretty hot, two spoonfuls of Rose-water, half a handful of Rosemary-tops, and six drams of Sugar, and all the House will be scented.

Another excellent Perfume; how to make it.

Take a quarter of a pint of Rose-water, two grains of Ambergrease, two Penny weight of Sugar, and a grain of Civit; beat them together, and put them into your Perfuming Pot over the fire, and it will send forth a delicate Odour.

Perfume good against Infectious Air.

Observe to take half a quartern of Spike-water, as much of Rose-water, a quarter of an ounce of Cloves, with seven or eight Bay-leaves thread, and six grains of Sugar, and boil them in your Perfumer.

To make Musk Cakes.

Take half a pound of red Roses, bruise them well, and add to them the Water of Basil, the Powder of Frankincense, making it up with these a pound, add four grains of Musk, mix them well to a thickness, make them into Cakes and dry them in the Sun. CHAP.

C H A P. IX.

Instructions for a Gentlewoman in many excellent Receipts, Physiſal and Chirurgical, tending to the reſtoration, and preſervation of Health in old and young, according to the beſt approved Rules and Methods, ſafe and eaſie in the Application, and ſucceſſful in the Operation.

For the Griping in the Guts.

TAKE Juniper-berries, Fennel, Aniſeeds, Bay-berries, Tormentile, Biſſort, Balaustiſins and Pomgranate-ſeeds, of each an ounce: bruise them, adding of Roſe-leaves a handful; boil them in Milk, prefs out the liquid part, and add more the Volk of an Egg, and ſix grains of *Laudanum*; prepare it warm, and give it Clyſter wiſe.

For pains in the Head.

Take a Roſe Cake, ſteep it in Betony-water, and apply it to the Forehead and Temples cold, often wetting it, and the pain will abate.

In caſe of an Ague.

Take Rye Real, temper it well with the Volk of an Egg, then ſpread it Plaſter wiſe: and ſtrow upon it the Powder of Juniper-berries, and lay it to the Party's Wrists, giving him to drink a draught of hot Ale wherein blue Lilly-roots have been ſteeped a night,

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a night, and a white Flint-stone red hot quenched, and let him or her thereupon go into a hot Bed; by several times using it, the Advantage will appear: Or take Rue boiled Boil strong in White-wine.

For the Yellow Jaundice.

Take a large Onion, make it as hollow as you can; put into the cavity a quarter of an ounce of Venice-Treacle, and as much Honey with a dram of Saffron: set the Onion on a gentle fire, and when by often turning it is sufficiently roasted, press it together with what was in it, and let the Party grieved take a spoonful of it for three days together in White-wine.

For the Black Jaundice.

Take Sage, Parsley, Groundsil and Smal-lage, and boil them in Pottage with Swines-flesh; and in often eating it, the grievance will be removed.

For a dry Cough.

Take Aniseeds an ounce, the like quantity of Ash-keys, as many Violet-flowers and the Powder of Licorice: beat them together, when dried, till they be a Powder; then put them into a pint of White-wine, sweetning it with two ounces of white Sugar-candy, boil them into an Electuary, and let the party take the quantity of a Walnut every morning fasting, drinking after it a glass of warm Ale or Milk.

To make a green Ointment.

Take a pound of Barrows-grease; add to it an ounce of Verdigrease, of Sal gem half a scruple; make them up into an Ointment over a soft fire, and it is used with success in case of old Sores or Bruises.

To break an Impostume or Swelling.

Take an ounce of the Roots of white Lillies, half a large Onion, and half an ounce of Barrow's grease; stamp them together, and being fryed, lay it hot to the place.

The Green-sickness in Virgins and young Widows.

Take a quart of Claret, a pound of blue Currants, a handful of young Rosemary-tops, with half an ounce of Mace; bruise them, and boil the liquid part to a pint, and let the Party afflicted drink half a pint hot, morning and evening for a week together.

Sir Philip Parry's Emplaster.

Take of Olive-oyl two pounds, red Lead one pound, white Lead one pound; beat and scarce them; of Castle soap twelve ounces: incorporate them in an Earthen pot well glazed, then set them on a gentle fire for an hour and an half, stirring them continually till the matter become the colour of Oyl, and somewhat dark. Try it on a Plate, if it cleave not thereto it is enough; then spread it on your Linen, or dip the Linen into it, and smooth it with a Sleek-stone, and it will not lose its Virtue in many years.

This

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This Plaster, applied to the Stomach, provoketh Appetite, taketh away the grief or pain. Applied to the Reins, it stoppeth the Bloody flux, the Running of the Reins, the Heat in the Kidneys, and the Weakness of the Back, and is good for Swellings, Bruises, Aches, &c.

A most approved Plaister for the Rupture.

Take of Aloes and Citron one ounce, Dragons-blood an ounce, Myrrh an ounce, Mastick, Bole-armonick, Gum dragant, of each three ounces; make them into a Powder and with the Juyce of red Houfleeke work them into a Plaster.

A Salve excellent to draw and heal, &c.

Take a penny-worth of Turpentine, as much Virgin wax as a Walnut, the like quantity of fresh Butter, a Spoonful of Honey, melt them into a pan, and strain the substance into fair Water, and made it into a Roll for your use.

An excellent Emplaster for a new or old Sore.

Take of Rosin four ounces, melt it, then of Turpentine take an ounce, and two ounces of wax, the like of Sheeps-Suet cleared from the skin, and a Spoonful of Olive-oyle: boil them over a gentle fire, and then strain them into water, and apply them as a Salve.

Dr. Morfus's Emplaster, commonly called Oxecrotium.

Take Ship-pitch, Saffron, Colophony,

Bees

Bees wax of each three ounces; Turpen'ine, Galbanum, Amoniacum, Myrrh, fine Frankincense, Mastick; of each an ounce and three Scruples: lay your Galbanum, a night in Vinegar, Then boil and strain it; melt your Gums, and mingle them by stirring: put in last your Turpentine, and being well incorporated, make it into rolls and use it in case of Pains, Aches, Bruises, Strains, Dislocations & to strengthen the Nerves, &c.

Oyl of Rosemary flowers; how to make it, with its Virtual Operation.

Take a good quantity of Rosemary flowers, stamp them, and put them into a Glais with strong Wine, stop the Glais close, and set it in the Sun six days, then distill the flowers and Wine with a soft fire; and the effect will produce both Water and Oyl; separate them, and keep the Oyl close in a Glais.

This Oyl is good against the inveterate Head-ach, it comforteth the Memory, and preserveth the Sight, by being drank in a Glais of Wine, or dropped into the Eyes; being dropped into the Ears, helpeth Deafness, and is good in case of Dropsie, yellow Jaundies, rising of the Mother, &c.

An excellent Powder to provoke Urine, and send forth the Gravel or Stone.

Take a flint-stone and beat it in a Mortar to a fine and subtil Powder, searce it and keep

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keep it in a Bladder till you have occasion to use it, then take half a dram fasting, in a Glass of White-wine or Ale, and keep your self warm.

A Powder to ease the Pains of the Gout.

Take of fine Ginger two drams, four drams of dried Elecampane root, Licorice half an ounce, Sugarcandy three ounces: beat them to fine Powder, and searce them, drinking of the Powder, a dram at a time fasting, in a Glass of Ale.

A Water for easing the pains in the Teeth.

Take of red Rose-leaves half a handful, Pomegranat-flowers the like quantity, two Galls thin sliced; boil them in three quarters of a pint of red Wine, and half a pint of fair Water, until a third part be consumed; strain them, and hold a spoonful at a time in your Mouth, and lay a hot cloth to your Cheek dipped in the liquid part, &c.

A Water for the Ulceration of the Yard.

Take Water wherein Iron has been often quenched, a quart of Rose-water, four ounces of Pomegranate-piles and flowers, of each three drams; of Plantane and Housleek, each an ounce and a half; of Honey of Roses, Turpentine, each half a pound; Alum six ounces, white Coperas three drams; boil them till half be consumed, then add Verdigrease three ounces; strain them, and gently boil them

to them again, then letting them settle, take the thin and rarify'd part, and inject it with a Syring, anointing the place griev'd with the other part.

An Oyntment to cleanse Sores either old or new.

Take two ounces of Turpentine, wash it well in Barly-water, put it to the yolks of six new-laid Eggs, Honey of Roses. or common Honey four ounces: mingle them well over a gentle fire till they become an Ointment, and then dip the Tents or Pledgets in it, and apply them.

Flos Unguentorum; How to make it.

Take Rosin, Perrosin, of each half a Pound; Virgin wax, Frankincense, of each four ounces; Mastick half an ounce; Stags-Suet, four ounces; Camphire two drams: pound, and melt them over a gentle fire, then strain them into a pottle of White-wine, and when it is luke-warm, put thereto three ounces of Turpentine, stirring it till it be cold, and then put it up for your use.

It is exceeding good for old Wounds, in order to the ingendring good flesh, and cleansing them; wasting likewise the bad flesh, and is good for all manner of Imposthumes in the Head, and in the Body; also for strains in the Sinews:

It draweth out Thorns or Splinters of Bones; it bealeth Botches and Scabs, and is good for the Noli me Tangere; and is an excellent Cerecloth

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cloth for the Gout, Sciatica, or Aches in any part of the Body.

For a Scald, or any Burn, an excellent Ointment.

Take of Cream a quart, Fern-roots a handful: slice and wash the Roots, and then boil them in the Cream in an Earthen pot till they Jelly; and at what time there is an occasion to use it, ferment it with a *Spatula*, and apply it on a Linnen cloth, often renewing it.

An Oynment to asswage Pain, and Heat.

Take of white Carrot four ounces, Oyl of Roses ten ounces, red and white Saunders, red Roses, Myrrh, Olibanum and Mastick of each two drams; Camphire half a dram Turpentine two ounces and a half, and make them into an Unguent.

A Tobacco-Salve for any fresh Wound.

Take of the Juyce of green English Tobacco a quart, of Olive-oyl a pint, of Wax and Turpentine, each an ounce and half; and an ounce of Verdigrease: boil them over a gentle fire for an hour's space, and make them up in Rolls for your use.

Note, That the best Cloth for Plaister is new Lockram, and the worst Calaco or such Cloth as has been starched.

For the shrinking of the Nerves or Sinews, a Plaister.

Take of Water-creffes and Camomil each a handful, stamp them and fry them

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with a handful of Weaten-meal, and two ounces of Honey: then spread them on a cloth, and apply them to the place as hot as may be well endured.

A Dredge Powder, that purgeth Choler, Flegm, and Melancholy.

Take of Turbith one ounce, Ginger, Cinnamon, Mastick, Galengal, grains of Paradise, Cloves, Aniseeds, the Herb called *Mercury's Finger* and *Diagridium*, of each half an ounce: the leaves of Senna two ounces, Loaf-Sugar four ounces: dry them that they may be pulverized, and mingling them well, take a dram in a Morning fasting, either in a Glas of White-wine or warm Ale.

A Powder to purge the Head by Sneezing.

Take of the Roots of Sneezing-wort or Bartram an ounce, *Castoreum* half an ounce, of white Hellebore and black Hellebore, each an ounce, Marjoram a handful: dry them and make them into a Powder, using the Powder moderately as you see occasion.

An excellent Powder for the Falling-Sickness.

Take a Man's Skull that has not been above a year Buried: Bury it in hot Embers till it become white, and easie to be broken: then take off the uppermost part of the head to the top of the Crown and beat it into powder; then grate a Nutmeg, and put it to it, with two ounces of the Blood of a Dog dried and powdered;

powdered; mingle it together, and give the
grieved Party a dram Morning and Evening
in White-wine or new Milk.

An excellent Powder for hollow Ulcers.

Take Frankincense, Mastick, Myrrh, Sa-
cocol, Bole-armonick, Dragons blood and
Barly-meal, of each an ounce: make them
into a powder, and sprinkle a little of it in
the Ulcer, &c. and bind it up; which often
doing, will fill it with flesh.

A Powder to Incarnate any Wound.

Take of Hog-Fennel half an ounce, Flow-
er de lys five drams, Myrrh, three grains, the
greater and the lesser Centaury, of each two
drams: Round *Aristolochia*, *Tuttia*, *Opoponax*.
Meal of *Orobis*, each two drams and a half:
beat them into a fine powder, and strew up-
on the wound as you see occasion.

A Powder to stay the bleeding of Wounds.

Take Quick-Lime, Dragons blood, Aloes,
Frankincense, Coperas, of each four drams:
incorporate them, and being finely powder-
ed with Cobwebs, and the white of an Egg:
apply the Powder by sprinkling it in the
wound.

*An excellent Poultris for any Ach, Sprain, or
Dislocation.*

Take of Smallage, or Marshmallows, Ca-
momile and Groundsil, each a handful well
picked: stamp them and fry them in six oun-
ces

ces of Barrows-grease, with the Yolks of two Eggs, and apply them as hot as may be well endured to the place grieved.

An excellent Powder in case of the Small-Pox, or any infectious Distemper.

Take half an ounce of English Saffron, dry it till it may be pulverized, add to it six grains of Bezoar Stone, a dram of Myrrh, and an ounce of white Sugar-Candy: incorporate them, and let the Party take a dram at a time in White-wine, not exceeding a spoonful.

A Preservative against the Plague, or any Pestilence.

Take green Walnuts, number six: Baum and Rue, of each a handful; Plantane and Bettony the like quantity: bruise them with fine Sugar and Spirit of Wine, then dry the whole matter in an Oven or Stove till it becomes as solid as Conserve of Roses. and let the Party take fasting as much as a Hazel-nut.

For the Consumption, An excellent Receipt.

Take the Hearts of three Sheep new kill'd, cleansed from the blood and strings: soak them a Night and a Day in White-wine, dry them again, and put them into a new glazed Pipkin, covering them above and below with Rosemary branches: then add Cloves, Sugar, Harts-horn, of each three ounces, and four ounces of white Sugar-Candy, and as much
Asses

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Asses Milk as will cover them; then stre
them close with Paste, and let them stand
an Oven the baking of Household Bread; a
ter that press out the liquid part, and take
Spoonful Morning and Evening.

*An excellent Drink for the Windiness in the
Stomach or Spleen.*

Take a handful of Broom-buds, the li
quantity of Aniseeds; of the Roots of Sc
bious an ounce: boil them in a quart of ne
Ale, sweeten the liquid part with brown Su
gar, and drink half a quartern hot at a tim
Morning and Evening, or when you find
your self oppressed; and in so continuing
for a week, you will find great relief.

The Lord Denys's Medicine for the Gout.

Take four handfuls of Burdock-leave
with the stalks on, shread them and bru
them: strain out the Juice and clarifie it, a
ding half the quantity of Olive Oyl, and kee
it close stopped in a Glass; and as you use
apply it with a hot Cloath to the place grie
ed.

To make Gascoign Powder.

Take of white Amber-Seed, Pearls, Hart
Horn, Eyes of Crabs and white Coral
each half an ounce; of the black Thighs
Crabs, calcined before they are boyl'd, tw
ounces; adding to every ounce before-men
tioned, an ounce of Oriental Bezoar: bru

and searce them to a fine Powder, and it is excellent, two scruples of it drunk in a Spoonful of Wine, to expel evil Vapours from the Brain, to comfort and corroborate the Heart, and restore a decaying Constitution; and for the better keeping, you may make it into Lozenges with the Jelly of Harts-horn and Saffron.

For the Dropsie.

Take Serwell, *Calamus aromaticus* and Galengal, of each an ounce; of Spikenard half an ounce: bruise them, and hanging it in a Bag, let them be covered with two gallons of Ale, the which at four days end let the Party drink Morning and Evening.

An excellent Water for Diseases in the Eyes.

Take half a pint of white-wine, and as much of white Rose-water; of the Water of Celandine, Rue, Eye-bright and Fennel, each two ounces; of prepared *Tuttia* six ounces: of Cloves as many; of Sugar-Rosate a dram: mix them over a soft fire, and being clarified, wash your Eyes therewith as you see occasion.

To break the Wind.

Take the Juice of red Fennel and Anni-seeds in warm Ale.

To prevent spitting Blood.

Take Rue, Smallage, Mint and Bettony; boil them in new Milk; and drink the liquid part as hot as you can.

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To stay bleeding at the Nose.

Take the Juice of Bettony, with a small quantity of Salt in it, and snuff it up your Nose, and stop it in with the Herb; the Juice of young Nettles, and Sugar is also good upon the like occasion.

To kill a Fellon.

Take the hard roasted Yolk of an Egg, and beating it with a roasted Onion, lay it to the place grieved.

To make a Salve for a Scald, Burn, Cut or Old Sore.

Take a pint of Olive Oyl, half a pound of Bees-Wax, red Lead three ounces, red Wine two ounces, and Deers Suet three ounces; boil them together in a glaz'd earthen Vessel till they are of a darkish colour, and then make it up into a Salve for your use.

To remove the pain of the Tooth-ach.

Take Henbane seed, Hyfop-seed, and the Powder of the Root of black Hellebore: bruise them together, and make them up into small Pellets with a little Tar or Turpentine: If the Tooth be hollow, stop it in with Lint: if not, let it lie between your Cheek and Gum.

For the Fever.

Take two handfuls of Wood-Sorrel, the like of the Leaves of Berberies, boil them in Spring-water, sweeten it with Sugar, and give the Party two scruples of Bezoar-Powder in

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a quarter of a pint of it, and it wonderfully prevails against the Distemper.

C H A P. X.

The Wet Nurse her Duty and Office; and how she ought to be qualified that undertakes so great a Charge, with directions how she ought to use her self as to her Diet; and by what means to keep her Milk in good temper, &c.

THE Charge and Office of a Wet Nurse, whose care it is to bring up Children till a conveniency offer to wean them, is a thing of great concern, therefore I shall describe first what manner of Person a good Nurse ought to be.

In this Case, a good Nurse ought to be of a midle Stature, plump of Body, though not over Corpulent; of a Sanguine Complexion, pleasant and cheerful, clear Skin'd and well proportion'd.

For her Conditions they must be suitable; Anger must be a stranger to her, and her delight naturally in Children; not drowsie nor self-conceited; her Age must be a *Medium*, between five and twenty and forty, being one that has been well educated; and see she want for nothing; for if she be necessitated, the Child must pine; or if Sickness happen through accident or disorder, her Milk is in-

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jured thereby : Yet Temperance must be her greatest Care, for fear by excess of Meat or Drink the Milk be corrupted or inflamed ; and in all things her care of her Charge must let her Prudence appear. Take a Woman whose Child was a Boy, to Nurse one of that kind, and on the other side the contrary, considering she ought not to be with Child during the discharge of this great Office, lest she spoil both her Nursery, and that she goes with.

A Nurse in this case ought in her Diet to avoid Salt Meats, Onions, Garlick, Leeks, Mustard, too much Salt, Vinegar or Pepper, and such like things as create bad Nutriment, or inflame and heat the Blood, strong Drink immoderately must be shunn'd, for that will occasion a super-abounding of Choler in the Child, as Cheese and Fish will Melancholy and Flegm : Nor ought she to sleep suddenly after Meals, but be active and in motion, to create a natural digestion ; a good Air ought to be chosen for the more kindly respiration ; for a gross Air is frequently the occasion of dull wit and much corpulency, and a pure thin Air of the contrary, the Air on many occasions being advantageous or disadvantageous to the faculties of Life, or Passions of the Mind in their several Operations, it being a kind of a Food to the Intellectuals

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As for the Milk, divers things are to be considered, but the chief is wholesome and moderate Diet; and to correct defects, let her observe if her Milk be too hot, which often appears by the Childs frowardness; if so, let the Nurse take in her Posset drink Salad or Pottage, Endive, Succory, Lettice, Sorrel, Plantane, or such like cooling Herbs: if she find it too cold, which will appear by the Childs over-drowsiness; let her do the like with Cinnamon, Vervine, Bugloss, Mother of Thyme or Burrage.

To cause Milk where it is wanting, Take part of the Hoof of the fore-foot of a Cow calcined to Powder; a dram of which let the Nurse drink Morning and Evening in warm Cows Milk or Ale.

For want of the former, take Lady-thistle, stamp it, and squeeze out the Juice; which boiled in Milk, an ounce to a pint you may conveniently take, drinking it off warm. And thus being careful in seasonably ordering the Child in dressing, and undressing, and what in the like nature is convenient, no doubt it will thrive and come to perfection.

The best colour of a Child when newborn is red, which soon turns to a Rosy; for those that are white, if they live, will be subject to Diseases. A little crying, if not too often, eases the Brain of watry matter, and

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enlarges the Lungs; but too much crying occasions Catarrhs and Ruptures. The first Month it must only suck, often changing the Breast, but not over-charging its Stomach; after which a Pap of white-bread and Milk seasonably given between whiles, will strengthen it; and let there be an hour between sucking and feeding, using it in that manner till the Teeth come.

The Teeth coming forth by degrees, give it more solid Food, not denying it Meats that is small cut, and may be easily chewed; keep it well swathed, and beware it stand not too soon for fear of distorting the Legs. In such places as bathing of Children is Convenient, omit it not; from the seventh Month, twice a Week, till it is weaned.

At a Twelvemonth old; if it be healthy, wean it, not giving it suddenly strong Food, but by degrees; and the first seven years Diet ought to be such, as by its nourishment causeth growth.

CHAPTER

C H A P. XI.

Of Distempers in Infants; and how to remedy them; together with Directions to the Nursery-Maid in the discharging her Duty and Office, &c.

For the Epilepsies or Convulsions.

TAKE Magistery of Cole a scruple, of Male-Peony-roots a scruple, as much Leaf-Gold; work them into a Powder, and give it the Child in a Spoonful of Breast Milk.

For the chafing of the Hips.

Change the Clouts often, sprinkling on them Litharge of Silver, Seed and Leaves of Roses, Frankincense and burnt Alum made into a Powder, or anoint them with white Ointment and Diapompholigos.

To remove the stoppage of Urine.

TAKE Saxifrage-roots, six drams, Calcine them with an ounce of the Blood of an Hare: bruise them into a Powder, and give the Child from a scruple to half a dram in a Spoonful of White-wine.

For the strutting of the Navel.

Use a Plaister or Poultris of Cummin, Lupins, and Bay-berries beaten into Powder, and wet with White-wine.

For the Inflammation of the Navel.

TAKE a quarter of a handful of Mallows, stamp them with half an ounce of Barley-meal,

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meal, and with Fenugreek and Lupins, two ounces of each: make them into a Cataplasm with Oyl of Roses, and apply them to the place grieved.

To destroy Worms.

Take of Worm-seed two drams, and of Coralline and Harts-horn prepared, each a dram; Roots of Peony, Dittany, Magistery of Coral, each a scruple: make them into a Powder, and give a scruple at a time in a Spoonful of Peach-flower-water.

For Vomiting.

Take a quarter of an ounce of Honey of Roses and the like quantity of Syrup of Mint, and give it the Child at four times.

For the Rickets.

Take Mastick an ounce, Dill and Frankincense, of each two drams; Cummin seed a dram: make them small and apply them with the Juice of Mint upon a Plaister or Tod of Flax.

For hard breeding of Teeth.

Rub the Gums with your Finger dipped in Honey, or give the Child a Candle made of Virgin Wax to nabble on, and foment the Cheeks with the Decoction of *Althæa*, Camomil-flowers, and the seed of Dill.

For the Bladder in the Gums.

Take Lentils husk'd, beat them into Powder, and lay them upon the Gums, or take
half

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half an ounce of the Flower of Mellium; make it into a Lineament and apply it.

To prevent Squint-Eyes.

Hang a Picture and set a Candle on the contrary side; or use to cocker the Infant on that side, till the Eye strings contract.

For a Scald Head.

Take the Scab off gently with a Cleanser, moistning the Skin with Hogs grease upon Colewort-leaves; or rather take the Juice of Fumitory, Dock, Coleworts and Elecampane, of each half an ounce, with Litharge, Oyl of Rue, Hogs-grease and Wax, make a molifying Ointment: then take Starch two ounces, Rosin half an ounce; boil them in water, and lay them upon the Scald places Poultris wise, suffering them to lie there several Days: then suddenly pull them off, and use molifying things to correct the Distemper, &c.

In case of a Fever.

Give the Infant a quarter of an ounce of Syrup of Violets, and as much of that of Wood-sorrel. For the Measles or Small-Pox; give them Saffron, and a small quantity of Manna in Milk, or a spoonful of White-wine. And thus much for the principal Distempers in Children.

As for the Nursery-Maids business, to whose care Children are frequently committed,

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ted, when capable of running about, it is to love and cherish them, to see they have what is fitting in due season, to keep them within compass and Government, to see they carry their Legs and Bodies strait and even, and that they disorder themselves by no untoward tricks and actions, but that they be cleanly and neat; and if she discovers any alteration in Complexion, Constitution, or Habit of Body, tending to Sicknes or other discommodity, either to apply fit Remedies her self, or inform those of it who delivered them to her Charge without delay, least a Remedy come too late. She is to keep them within bounds, but not be churlish nor dogged to them, but rather to be merry and pleasant; contriving such Pastimes as may best suit with their Age and Constitutions; keeping their Apparel in good Order, and not shewing too much love to one, nor disregard to the other: and by this means a Maid will gain Love and Applause from all Parties.

C H A P

C H A P. XII.

*The Compleat Chamber-Maids profitable Instructi-
on as to her Behaviour in Managing of Affairs,
making choice Spoon-meats, Pickling, Sawces,
Washing and Starching Tiffany, Lawn, Sarf-
nets, Silks, Points, &c. Scouring Gold and
Silver Lace, taking Spots out of Silk, Woollen,
Linen, Stuffs, Perfuming, &c.*

A Chamber-Maid that would be prefer-
ed, gain or continue a good Opinion,
must, in the first place, be grave and re-
spectful to those whom she serves, neat in
her Habit, loving to her Fellow-Servant, and
affable to all, declining wanton Gestures that
may render her suspected of Levity; that
she keep all things in her Chamber in good
Order, and have them in readiness on all oc-
casions to take off the care of the Mistress:
Skilled likewise she must, or ought to be, in
buying fine Knacks, and be just in returning
her Accounts: If there be no Butler, she
must see all things decently managed for the
Accommodation of the Guests in the Parlour
and Dining-Room; and above all, have a
regard to the Linnen, Plate, and other Fur-
niture under her Command: and besides her
Skill in Dressing and Attiring her Mistress,
be Skilful in making Spoon-meats, Pickling
things

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things useful for Sawces, or Garnishing, Washing and Starching Tiffanies, Lawns, black and white Sarfnet, Points, and other curious Lace: As likewise she ought to be skilful at making such scowring Materials as will cleanse Silver or Gold Lace, Silver or Gold Plate, take Spots out of Linen, Silks, Stuffs, or Cloth. And because these are in a manner Secrets, I shall lay down Instructions for as many as are materially useful: And first of Spoon-meats.

To make a French-Barley-Posset, the newest Fashion.

Boyl half a pound of French-Barley in two quarts of new Milk; and when the Milk is near boiled away, add three pints of sweet Cream, then boil it a quarter of an hour and sweeten it with fine Sugar: put in three or four blades of Mace, and a piece of Cinamon: this done, take a pint of White-wine and pour the liquid Cream into it, froathing it up.

To make an excellent Broth.

Cut off the Wings and Legs of two Cockes wash and parboil them till the scum appears take them out, and wash them in cold water then with a pint of Rhenish-wine, and two quarts of strong broth, put them into a Pipkin; add two ounces of China Root, an ounce and a half of Harts horn, with a small quantity of Cloves, Nutmegs, Ginger, whole Pepp

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Pepper and Salt: stop the Pipkin close, and setting it in a Pot of boiling water, so that the water get not into it, for the space of six hours; then pour out the Broth and squeeze the Juice of Lemons into it, and serve it up.

To make Pottage of French-Barley.

Take a pound of Barley very clean, put it into three quarts of Milk whilst boiling; then add a quart of Cream, an ounce of Salt, six blades of Mace and a piece of Cinnamon; let them boil a little, and become thick, serve it up with white Sugar scrap'd thereon.

To make Panado, after the best Fashion.

Take a quart of Spring-water, which being hot on the fire, put into it slices of fine Bread, as thin as may be; then add half a pound of Currans, a quarter of an ounce of Mace, boil them well, and then season them with Rose-water and fine Sugar, and serve them up.

To make an excellent White-Pot.

Take two quarts of Cream, boil in it, in a short time, half an ounce of Mace, a piece of Cinnamon, and half a Nutmeg; then cut a white Penny Loaf exceeding thin, then lay the slices at the bottom of a Dish, and cover them with Marrow: add likewise a dozen Yolks of Eggs to the Cream, well beaten in Rose-water, and sweeten it with a sufficient quantity of Sugar: then take out
the

the Spices, beat up the Cream well, and fill a broad Bason in which the Bread, Raisins and Marrow was laid, and bake it; when it is enough, scrape white Sugar on it, and serve it up.

All strengthening Jellies are made by boiling such Flesh as are of a tender and glutinous substance, till it is in a manner dissolved in the Broth; and adding Wine, Sugar, Spice, Salt, or as you will have it seasoned, and serving it up with Sippits, or alone. More I might mention of this kind; but intending largely to treat of *Cookery*, I shall wave them, and proceed to the next, which is *Pickling Fruits and Flowers, &c.*

To Pickle Cucumbers of a lasting green.

Take your Cucumbers, of a moderate size, wash them in Water and salt, there letting them steep six hours; then boiling Wine-Vinegar, Dill and Fennel-tops, Coriander-seeds, Cloves and Mace, with a little Bay-salt, and a pint of the Juice of Mint, put them into it when warm, and stop them up for a Month.

To make French-Beans a lasting green.

Boil them in Water, and a small quantity of salt, till they are a little soft; then having sharp Vinegar, Pepper and Bay-leaves ready boiled, with some blades of Cinnamon, put them into it, and stop them up as the former.

Thus

Thus Broom-buds, Ash-keys, green Grapes, green Plumbs, Goose-berries, Currans, and the like, may be Pickled, though the latter must be only scalded.

To Pickle Berberries.

Take the fairest Bunches, dip them into warm water, and then make a Pickle with a pint of sharp Vinegar to a gallon of Water that has been well boil'd and scumm'd; and to each gallon add a quart of Bay or Spanish salt; and putting in the Berberries, keep them down with a stone. So Quinces, Apples, green Wallnuts and Olives are Pickled.

To Pickle Mushrooms.

Take a quart of Water, and a pint of Vinegar; - put your Mushrooms, the smallest, boiling hot into it: and when they have contracted a kind of softness, take them out, and put them to the sharpest Vinegar, with whole Pepper, long Ginger, Mace and Bay-leaves. And thus you may pickle Clove-Gillflowers, Primroses, Roses, Cowslips, green Peaches, or the like.

As for Samphire, it is boiled in salt and Water to a little tenderness, and then put up with a Pickle made of half Vinegar, and half Water and salt, boiled up to a height. And thus much for Pickles.

To

To Wash Tiffanies.

Take the finest Crown-Soap; Soap them on their Hems or Laces, and with a gentle hand pass them through three Lathers, forbearing to wring or rince them, but keeping them from the Air; dry them over the Flame of Brimstone; then to a pound of Starch, add a quarter of an ounce of Smalt, if you think convenient, but on necessity as much Alum as a Hazle-nut; boil it to a fineness, and charge it lightly on your Tiffanies, and dry them, being wet therewith, by a Fire, still clapping them in your hands; and when they are very clear, shape them by the pattern you took before they were washed, and iron them with a smooth, though quick Iron, till they shine, and you will find little difference as to the Gloss between them and new. Some there are, that instead of Starch, use Gum-water.

To Wash Sarfnet.

If white, spread it upon a smooth clean board, long-ways; Soap it well, but let the Soap lie thin; then with a small hard Brush raise a gentle Lather, by brushing it the right way of the Silk; and turning it in order, do the other side in the same manner; then cleanse it with fair Water, and make a new Lather hot, and renew it three times with turning; then cast the piece into hot Water,

where

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where Gum has been dissolved, and a small quantity of Smalt infused; let it lie there covered a convenient time; then folding it smooth, dry it as well as you can, by clapping it between your hands, then dry it over Brimstone; and spreading it on the Table, iron it with a hot Iron on the right side.

Black Sarfnets, in washing, are managed the same way, only they are rinsed generally in small Beer, without any Gum, and ironed on a Woollen Cloth.

The Modish Way to Wash and Starch Point-Laces.

Put your Points into a Tent, and make a strong Lather with Castle, or Cake-Soap, then with a small soft Brush dipped therein, rub your Point well, continuing to wash it on both sides till it has passed four Lathers: rinse it then in fair Water, and afterward pass it gently through the blue Water; then starch it over on the wrong side lightly with very thin Starch, and follow it with your Brush; after that suffer it to dry, and with a round Bodkin open the holes or parts that in washing were closed; as also the Gimp or Over-laying, and not suffering it to be too blue, gently iron it on the wrong side, and set it out to advantage.

Coloured Silks may be washed as white sarfnet, avoiding the blue Water, or drying over Brimstone.

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To take a Spot or Stain out of Silks, Worsted, or Woollen.

Take two ounces of Castle-Soap, half an ounce of Bone calcined, half an ounce of Camphire; make them up into little Balls with the Water of Betony, and lather the place with a small quantity of warm Vinegar, and it will effect your desire. Cake-Soap, Lemon-juice, and Roach-Alum, will do the like.

To take Pitch, Rosin, or Tar, or soft Wax, out of Stuffs or Woollen.

Take Oyl of Turpentine, and suffer it to soak in a while; then rub the Cloath or Stuff together, and it will crumble out.

To take the Stain of Fruit, Ink, or the like, out of Linen.

Take Castle-Soap, boil it to a Jelly in Milk; lay it upon the Spot a Night, then pour upon it the juice of a Lemon; and in doing so, after a washing or two, the Spot will disappear.

To cleanse Silver or Gold Lace.

Take it off, and dipping a Brush continually in burnt-Alum, rub it gently over, and the Colour will be restored.

An excellent way to perfume Gloves.

Take of Storax and Calamint, each an ounce; of Benjamin two ounces, the first and the last being to be beaten by themselves

add to them an ounce of the weaker Cinnamon-Water, and four ounces of the Oyl of Sweet-Almonds; mingle them with a Muller on a Stone; and having first wetted your Gloves with Hyfop-water, gently anoint them with the Perfume, and it will smell beyond expectation.

To cleanse all sorts of Plates.

Lay it in Soap-Lees a Night, then with Salt and Vinegar rub out the Spots, after daub it over with Chalk and Vinegar; dry it by the Fire, and with a warm woollen Cloath rub it off, and it will look as bright as new. Thus have I unravell'd, or at least expos'd to some, such Secrets as are not common: From whence I shall proceed to give the Vertuous Cook-Maid Instructions.

C H A P. XIII.

The Experienced Cook-Maid and Cook, or Directions for the newest and most excellent way of Dressing Flesh, Fish, and Fowl of all sorts, and in divers manners: As also making Pyes, Tarts or Custards; likewise what relates to the under Cook-Maid and Scullery-Maid; with other variety.

Since the Cook-Maid's Charge and Care is no less than the former, and her Labour more, I shall give her what encouragement

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I can in rendering matters plain and easie: As for her skill, it must chiefly consist in dressing all sorts of Meat, as Flesh, Fish and Fowl, in preparing of Baked Meats and Pastry, and to be expert in making Sawces, and Garnishing proper to the several Varieties that must consequently offer. And therefore, these things I shall consider: She in the first place, considering to have all her Kitchen-Materials in good order.

A Capon or Chickens, and white-Broth.

Boil the Capon, &c. in Water and Salt, then take three pints of the strongest Broth, adding to it a quart of White-wine, and a quarter of a pound of Dates; stew it in a Pipkin, and add half a pound of white Sugar, and a small quantity of Mace; the Marrow of three Marrow-Bones, and of white Endive a handful; stew them leisurely, and strain the yolks of ten Eggs with part of the Broth before the Capons or Chickens are Dished up, observing that the Eggs curdle not; the Fowls being Dished up, garnish the Dish with Dates, Mace, Endive, and Preserved Barberries.

Red or Fallow Dear, how to Roast.

Take a Side, or half the Haunch, and parboil it; so doing, stuff it with all manner of sweet Herbs, mingled with minc'd Beef-Suet; lay the Caul over, and roast it in that manner;

manner; when it is enough, serve it up with Vinegar, Bread, Claret-wine, Ginger and Cloves, boiled up with a few sprigs of Rosemary.

Neats-Tongues Roasted.

Take a large Tongue boiled tender, blanched and cold; make a hole at the large end, and take out a great part of the Meat; mince it, and put it in again with sweet Herbs, hard yolks of Eggs, Pippins, Ginger, Beef-Suet, all minced small, and stop up the hole with a Caul of Veal: Lard it, and being roasted, serve it up with Butter, Gravy, and Juice of Oranges; garnishing the Dish with Berberries, and slices of Lemon.

Neats-Tongue and Udder, how to Boil.

Let both of these be fair and young, indifferently seasoned; boil them in Water, a little seasoned with Salt and Pepper; and when you find they are sufficiently done, blanch the Tongue, slice it in half, lay it on each side the Udder, serve them up with carved Sippits; run over with Butter and Vinegar; garnish your Dish with Parsley, Berberries, and Marigold Leaves.

How to boil Land or Sea-Fowl.

Take the larger sort, half roast them, put them after that into a Pipkin with Claret-wine, the Gravy, and as much strong Broth as will cover them; and Pepper, Cloves, Mace,

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Mace, Ginger, a slice or two of Onion, and a little Salt; all being well stewed together, serve them up with Sippits and green Garnish, as Violet or Marigold-leaves, &c.

The smaller sort of Wild-Fowl, as Black-birds, Plovers, Quails, Rails, Thrushes, Snites, Larks, cut off the Heads and Legs, truss and boil them; scum your Boyler, and add White-wine, Currans, Dates, Marrow, Pepper and Salt; being all well boyled or stewed, dish them on carved Sippits; Sawce them with Rose-water, Sugar, and beaten Almonds; garnish the dish with Almonds beaten small, Rose-water and Sugar.

To Roast a Hare.

Observe when she is cased, not to cut off her hinder Legs nor Ears, but thrust one Leg through the Ham of the other; and making a slit, do the like by the Ears, and so Roast her as you do a Rabbit. The proper Sawce is Marjoram, Thyme, Winter-savory, Beef-Suet, hard yolks of Eggs, Sweet-Butter, Sugar, Nutmeg, Water and Vinegar; minced and boiled up to a Sawce, serving your Hare up whole.

To Roast a Shoulder of Mutton the best way.

Take Oysters parboiled, mince Winter-savory, the yolks of hard Eggs, grated Bread; mingle them together, all but the Oysters, being small; and then making holes in convenient,

venient places, stuff them in as you see convenient, about five or six and twenty Oysters being sufficient, and the other Oysters, with the like ingredients, put into half a pint of Claret; add three or four slices of Onion, and a couple of Anchoves; to them put the Gravy, with the yolks of two beaten Eggs, and a sufficient quantity of Nutmeg and sweet Butter; garnish your Dish with Lemon-peel and Berberries.

To boil Pigeons with Rice.

Observe to stuff their Bellies with sweet Herbs, then put them into your Boiler with Mutton-Broth; boil a small quantity of Rice in Cream, with a blade or two of Mace: which being seasoned with Sugar, lay them in the Dish with their Breasts upward, and lay it thick upon them; squeeze in the juice of two Lemons; garnish the Dish with Marigold flowers, and serve it up.

To Roast an Udder.

First let the Udder be boiled, and stuck full of Cloves; Spit it when cold, and baste with sweet Butter, being sufficiently browned, draw it back; make Sawce of grated Bread, Butter, Vinegar, and Cinnamon, lay it in the Dish with Sugar as a Garnishment, and serve it up.

To Stew a Carp.

Take the largest well-trimmed Carp, gut it,

it, wash it, and lay it in a Pewter-dish; take half a pint of White-wine, with a piece of Butter, Mace, Parsley, Thyme, and Winter-favory minced small; put them into the Fishes Belly, and let it stew a quarter of an hour; mince then the hard yolks of two Eggs; lay it with the Herbs about it, and sprinkling on Sugar, serve it up.

To Bake Steaks in the French Fashion.

With Pepper, Nutmeg and Salt, season your Steaks lightly; take the lean part of a Leg of Mutton, mince it small, with some Beef-Suet and Sweet-herbs, as Thyme, Penny royal and Marjoram; take grated Bread, yolks of Eggs, Raisins of the Sun, of each a like quantity; work them into Rolls and put them on the Steaks in a deep round Pye, sprinkle them with Verjuice, and close them up, liquoring it with the juice of two or three Oranges.

To boil a Fore-Loin of Pork the best way.

Season it indifferently, and boil it well, then have in readiness, Sorrel stripped, a considerable quantity, beat it, and put to it some crumbs of Bread and hard yolks of Eggs, with Mustard and Salt, and so serve it up, the Dish being garnished with green Leaves.

To dress a Leg of Mutton to the best advantage.

In Salt and Water boil it for the space of an hour, then cut it into thin slices, set it in a

dish

dish over the fire, adding a little Salt, grated Nutmeg, Shalot, Thyme, and Winter-savory, placing another dish upon it, and stewing it; adding a piece of Butter, serve it up, the dish garnished with pickled Oysters and Barberries.

To boil a Brisket, Surloin, Chine, Rump, Flank, Fillet or Buttock of Beef, to the best advantage.

After a week or ten days Powdering, it is left to your discretion, whether or not you will stuff them; which if you do, it must be done with such sweet Herbs as are suitable, mingling minced Suet and Nutmeg with it, and thrust them in at convenient places; and being well boiled, serve them in on Brewess, with Roots boiled in Milk.

To Stew a Leg of Lamb the best way.

Take the Meat, slice it, and put it into your Stewing-pan, season it well with Salt and Nutmeg, and Butter, Raisins of the Sun, Currans and Goose-berries, it being well stewed, take the yolks of four Eggs, a quarter of a pint of Wine vinegar, two ounces of Sugar, beat them well together over a gentle fire, place it in the Sawce, strew Sugar over it, and serve it up.

A Rump of Beef to Stew the best way.

Let your Beef be seasoned with Salt, Pepper and Nutmeg, lay the fat side downward in an Earthen-pan, then put in an equal
E
portion

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portion of Water and Elder-vinegar, to the quantity of three quarts; add two Onions, and half a handful of the tops of Rosemary, and stewing it three hours over a soft fire, take it up, and dish it with Sippits, garnishing with Lemon-peel, and Sawcing with the Gravy, the fat being scummed off.

To Bake a Hare the best way.

Take a large Hare minced, and well seasoned with beaten Mace, Salt and Pepper, making a proportion of the Head and Shoulders, and lay in a layer of flesh, and Lard and Butter above and beneath, and serve it up with Gallantine Sawce, in Sawcers.

To Roast a Rabbit with Oysters, the best way.

Take a large fat Rabbit, wash it and dry it, then half a pint of Oysters after the same manner; put them into the Belly of the Rabbit, with a couple of shred Onions, large Mace, whole Pepper, and sprigs of Thyme; sew 'em up; and when the Rabbit is Roasted, mince them with Butter, and the yolks of hard Eggs, and dish the Rabbit up; garnishing the dish with red Beet roots and Orange-peel.

To Carbonado Hens or Pulletts, the best way.

Take half a dozen of hard yolks of Eggs, half a pint of White wine, and the Gravy; mince the Eggs, and boil them up with Onion, or some Shalots; add grated Nutmeg,
with

with a Ladle or two full of drawn Butter; dish your Fowls, pour the Sawce on them; garnishing your dish with Lemon-peel and Violet-leaves.

To set off a dish of Marrow, &c.

Take a pound of fine Paste, rowl it very thin, and the Marrow taken whole out of four bones, cleave it in quarters, season it with Pepper, Salt, and Dates, all minced, laying one piece in your Paste, framing it Peascod-wise, and so use the rest; then fry them in Butter and Sugar, and serve them up, garnished with Borage-flowers.

To Stew a Pheasant, the best fashion or way.

Take a large Pheasant, roast him till enough, then boil him gently in Mutton-broth, adding whole Pepper, Mace, a slice or two of an Onion, Prunes, Currans and Vinegar, sufficient to make it sharp; then colour the Broth with bruised Prunes, and serve up the Pheasant in it.

To Carbonado Mutton, the best way.

Broil a Breast or Shoulder of Mutton, scotching it with your knife, strow on them minced Thyme, grated Nutmeg, and a little Salt, with Claret-wine, Capers, Gravy, and a shred Shalot, garnishing with a Lemon-peel.

To Roast a Pig.

Take a fat one, cleanse his Belly, put into it minced Sage, Currans, Mace, and gra-

ted Nutmeg; roast him indifferently by a soaking fire, then make up a brisk fire to crackle him, and serve him up with Currans, Bread, Sage, Butter and Nutmeg, made into a thin Sawce, with Rose-water.

To Stew Venison, the best way.

Take fat Venison, either raw or potted, slice it and put it into your Stewing-pan, with Claret-wine, Rosemary-tops, Cloves, Sugar, Vinegar, and grated Bread; being well stewed, add grated Nutmeg, and serve it up, garnished with Luke-Olives.

To make a Fricasie of Chickens, the best way.

Take four or five Chickens about two Months old, scald, and flea them, put them in Water and White-wine, then take a large Onion, ten or twelve blades of Mace, and the quantity of a Nutmeg grated; tie them up in a Cloath, with a bundle of sweet Herbs and Salt; put them into an Earthen-pan, and let them simmer a while, then take three or four Anchoves, five or six Eggs, half a pound of the best Butter dissolved in a pint of Mutton-broth; shread the Spices small, with a quarter of a pound of Capers; mix them with the other Sawce, and laying the Chickens upon it, serve them up with Sippits, garnished with sliced Lemon. Thus you may dress or dish up Partridges or Pigeons, with only the abatement of the Eggs.

The newest way to boil a Wild Duck.

The Duck being half roasted, take her off the spit, put her into a Pan with a pint of Claret, and as much Mutton Broth: three Onions cut, and a bundle of sweet Herbs, three or four slices of Bacon, and some whole Pepper: cover the Pan with another; and when it is stew'd or boil'd sufficiently, serve it up with the Broth.

To bake a Pig the best way.

Take a Pig and dress him well as for roasting; mould him up in a Coffin of Clay, buttered a little within: put him into an Oven eight hours so that the Clay being dryed; the Pig will be very crisp, then serve him up with sauce as for roasting.

To boil a Pullet, Capon, or Chicken, the best way.

Truss them, and put them into Mutton-broth, with Mace, Spinnage and Endive, Marigold-flowers, Bugloss, Borage, Sorrel and Parsley: and when they are enough, garnish the Dish with Borage and Marigold-flowers, and serve them up in Sippits.

To boil a Capon, or a Chicken with Sugar Pease.

Take the Pease when young, and dry'em in the Cods, taking them from thence to the quantity of two or three handfuls, put them into an Earthen Vessel, with about half a pound of fresh Butter, and near half a pint of fair water, add whole Pepper, Mace and

Olive Oyl, of each a small quantity: and your Capon and Chicken being well boil'd, strain the Pease and other Ingredients, and serve them up as sawce with the Yolks of two or three Eggs, and half a quartern of *Sack*.

To bash a Capon, or Pullet, the best way.

Take either of them cold, after having been roasted: take out the Brains, and mince them small with the Flesh of the Wings, then take off the Legs and Rump entire, then add strong broth and gravy, slic'd Nutmeg, Onion and salt, and stew the divided parts in a large Pipkin, and when they are well stew'd, add some Oysters, Juice of Orange, and a Yolk of an Egg, and serve them up on Sippets, garnished with Oranges sliced, and flowers. And thus any Fowl of this or the like kind may be halhd.

To boil a Pullet or Capon with Asparagus.

Boil the Fowl in fair water; put bruised Mace, chopped Parsley and sweet Butter into its Belly, tying up the vent: being boiled, take out the Parsley and Mace, garnishing the Dish with it, in which have Asparagus ready boiled, place it in order.

To Fry a Rabbit with sweet Sawce.

Cut it in pieces orderly, and wash it well, then dry it in a Cloth, and fry it with sweet Butter: being half fryed, slice some of it very small, put it into a quarter of a pint of Cream,

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the Yolks of two Eggs, some grated Nutmeg and salt; when the Rabbit is thoroughly fryed, pour them upon it, and keep them stirring, adding Verjuice, fresh Butter and Sugar a like quantity, and serve them up with Sippits, garnishing the Dish with any green thing.

To Stew a Mallard.

First let it be half roasted, then cut it into small pieces, putting it into a Dish with Gravy, fresh Butter and a handful of minced Parsley, with two or three Onions and a hard Lettuce: let them stand an hour, then add pepper, salt, and Lemon-juice, and serve it up with Sippits, and a garnish of Lemon peel.

To Fry a Neats-Tongue the best way.

The Tongue being boiled and blanched, cut it, season it with Cinnamon, grated Nutmeg and Sugar; then add Yolks of Eggs and Lemons cut in small pieces, frying them in spoonfuls with sweet Butter; then heat it hot, pour on your Tongue the sawce and sugar, and serve it up.

To boil a Haunch of Venison in the best manner.

Stuff it with sweet herbs, Parsley and Beef suet minced small, as likewise with the Yolks of hard Eggs: the stuffing Materials being seasoned with salt, Nutmeg, and Ginger, and the Venison being powdered, boil it in strong Broth, and in another Pot two or

three Cawly-flowers, adding to them a quart of new Milk; and they being taken up, boil in the same Liquor a handful or two of Sorrel or Spinnage, then part of the Broth being taken away, put in Vinegar, sweet Butter, grated Bread and Nutmeg, then lay the Spinnage on Sippits round the Dish, laying the Venison in the middle, and Cawly flowers in order: garnishing the Dish with Parsley, Spinnage, and Marigold-flowers.

To roast a Goose in the newest Fashion.

Draw your Goose, and put her on a spit, laying her to a gentle fire, which you must increase by degrees; then take nine or ten soft Apples, or Pippins for want of them; boil them in a pint of White-wine, sweeten them with sugar, and then add a small quantity of Mustard when they are come to a pulp, and a spoonful of Rose-water: stir them well and put them in sawcers apart; though for green Geese the sawce is generally the Juice of sorrel, scalded Goosberries, Butter and sugar.

To boil a Pike the best way.

Wash and gut it, bring the Head and Tail together in a Circle, scotching the Back to make it pliable, boil it in Water, salt and Vinegar, putting it in when the Water boils: it being enough, take it out, and serve it up with Ginger, grated Bread, Butter, White-wine, Oysters,

Oysters, Dates, and the Juice of Lemons, garnished with green leaves or flowers.

To stew a Pike the best way.

Wash out the blood, flat it, and lay it in a Dish, cover it with white-wine; add, when it boils, whole Cinnamon, Mace, Salt, and sweet Butter, and dish it up on sippits.

To boil a Salmon the best way..

Cover it with water, add Rosemary and Thyme-tops, Winter-savory and salt: then add more a pint of Vinegar, and serve it up with Butter, the Juice of Lemons and Anchovies made into sawce.

To roast an Eel the best way.

Take one pretty large Eel, take out the Intrails after it is skinned, then fill the Belly with sweet herbs and Butter, beaten together in a Mortar; after that draw the skin over again, and fasten the Eel with strings to the Spit, and moderately roast it; then with the Herbs, Anchove-sawce and Butter, together with the Gravy, serve it up.

To roast a Lobster the best way.

Take a large one, whilst alive, bind up the Claws, and fasten it the Spit before a gentle fire; basting it first with water and salt, then with Butter and Claret-wine; and when it is enough, break the shell, take out the Meat, and serve it up with Ancove-sawce and stew'd Oysters.

To roast a pound of Butter.

Lay your Butter in water till it be very stiff, then fix it upon a small Spit; lay it down before a gentle fire; and as soon as it begins to drop, dredge Bread on it, and so continue to do, adding a little beaten Cinnamon and Sugar till the Bread has soaked up all the Butter: which done, make the outside brown, and serve it up in the nature of a Quaking-pudding, with Verjuice, Butter, Rose-water, and sugar.

To make Sausages the best way.

Take a Leg of Pork, divide the fat from the lean, and chop the latter small, with Marjoram, Penny-royal, Thyme, and Winter-savory, adding salt, Pepper, and a little Ginger together, with half the quantity of Meat in Beef-suet; and being very small, fill it in Sheeps-guts with a Whalebone-fescue, and dry them in a Chimney for your use.

To dress a dish of Anchoves the best way.

Take the best Leghorn Fish, about a year old, not being rusty, wash them, and smooth off the white and scales; divide them equally in four quarters at length, lay one laying waving in and out, and between another strait, in the figure of a Star, making of the bones the figure of a Crown, and placing it in the center of the dish: garnish it with Lucois, Olives, Samphire, Pickled Berberries, Pickled

ed Broom-buds, Mushrooms, Capers, and slices of Pickled Cucumbers, in what form you please; adding a sufficient quantity of Oyl and Vinegar.

How to dress a dish of Carveer the best way.

Take that which is not rusty nor over dried, steep it in the best Florence Oyl for the space of an hour; then take it out, and work it with a little Vinegar and Pepper into a form or figure as best fancies you, and then garnish it with Olives and Berberries, serving it up with Oyl.

The best way to dress a dish of Pickled Herrings.

Take new Herrings, or the best you can get, take off the skins, and take out the bones, slice the Herrings, and mince them very small; then shred Pickled Cucumbers, Shalots or Onions, Lemon-peel, Codlings, Pippins, or Pome waters: mix the whole matten with Capers, Berberries and Broom-buds; garnish the Dish with Olives, French-beans and Mushrooms: make it into a figure, add Oyl, Vinegar and Pepper, and serve it up: or if you please, you may garnish it with Pickled Oysters.

To set out a dish of Pickles.

Place in the midst, your Cucumber, then your large Olives, then French-beans at length, and small Olives between them, then Mushrooms and Capers, and on the edges of
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the dish Pickled Grapes, Pickled Gilli-flowers and Broom-buds, and so serve them up.

How to Pot Fowl in order to their keeping.

Roast Ducks, Mallards, Teals, Widgeons, Pidgeons or Chickens: drain them from the Gravy, and put into the bellies of them a little Pepper and salt; with a little bruised Mace and some Cloves; then take the fat that came from them, press them a little flattish, and mixing the fat with sweet herbs; when you have laid your Fowl in order in a glazed Earthen Pot, pour the melted butter, &c. hot on them till they are covered; on that strew some Pepper and slices of Nutmeg; then cover it with bay-leaves, and close it up with Leather: and being fast tied down, rub a little butter on a Leather to keep it moist, and the Fowl will keep a twelvemonth.

To dress Kid with the colour and taste of Venison.

Take a Haunch well fleshed, and indifferent fat, pluck away the skin and superfluous fat; open it from the bone, and thrust in some Peter-salt, then lay it two hours in water that has been newly heated; after that dry it, and put it on your spit, or bake it in a Pastry, and it will have the colour and flavour of Venison.

An excellent way of Hashing any sort of Meat.

Take your Meat; slice it thin, sprinkle it with a little salt, Pepper, and shredded sweet herbs

herbs, put it into your Pan with a piece of fresh Butter and the Juice of a Lemmon; add a few bruised Cloves, Oysters, and an Anchove: garnish your dish with Parsley and slices of Lemon, and serve it up.

How to roast a Salmon the best way.

Take a Jole or Rand, and divide it into four pieces; season it with salt and grated Nutmeg; stick on it a few Cloves, and fasten it on a small spit, putting between it a few Bay-leaves; stick on the outside little Sprigs of Rosemary: baste it with Butter; save the dripping; sawce it with Butter, Verjuyce, and Juice of Oranges; garnishing it with some slices.

To fry Salmon the best way.

Take a Chine, Jole or Rand, fry it in the best Butter; and finding it crisp, let your sawce be made of Claret-wine, sweet Butter, grated Nutmeg, Orange-juice, and the Liquor of Pickled Oysters: heat them together, and pour them on the Fish: and for a garnish, lay Parsley and Sage-leaves fried in Butter.

How to recover tainted Venison, and make

Mutton, Beef or Lamb, pass for Venison.

As for the first, wrap it up in a clean Cloth a little dampish, dig a hole in the Earth, put it in, and let it lie twenty four hours, and the scent will be gone, the Earth drawing it away.

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As for the latter, take your Mutton, &c. and dip it in Pigs blood, or any wholesome warm blood; then parboil it in small Beer and Vinegar, and let it stand all night; then put to it some Turnsole, and bake it, and it will look and eat like Venison.

To roast a Carp the best way.

Draw and wash him alive, taking out his Intrails, and with Lemon-juice, Carraways, grated-bread and Nutmeg, Currans, Cream, Almon paste and salt, make a Pudding, and put it into its belly, insomuch that it may fill it full, the Pudding being put through the Gills and fasten them: and when it is roasted, make sawce with what drops from it; adding the Juice of Oranges, Cinamon, sugar and butter, and dish it up.

To Stew a Carp the French way.

Take him alive, and bleed him; then take out all his Intrails, and scrape the Scales from off the back; then take a quart of Claret, Mace, Ginger, Cloves, Nutmeg, sweet Herbs, a large Onion and salt; let them boil in the Stew-pan, then put in the Carp, with half a pound of sweet butter; it being enough, lay it in a dish, and make a sawce of grated bread, Lemon-juice, beaten butter, and what remains of the liquid part in the Stew-pan, and garnish it with green Spinnage and stewed Oysters.

The Experienced Cook-Maid, &c. III

To Stew Oysters after the best manner.

Take the largest, parboil them in the Water that comes from them, and afterward wash them in warm Water; put them into a Pipkin, adding Onion, Mace, Pepper, Nutmeg, and a pint of Wine, with as much Vinegar, if you have two quarts of Oysters; add likewise a pound of sweet butter, and a spoonful of salt; then dish them up with Sippits, having stewed them, and garnish with Berberries and Lemon-peel.

To Stew Flounders.

Take the largest, draw and wash them, giving them a scotch or two on the belly; put to them, being in your Stew-pan, small Oysters, Pepper, Ginger, an Onion, sweet Herbs, salt, suffering them to stew as soon as may be, then dish them up with Sippits: And for sawce, take beaten Yolks of Eggs, Lemon-juyce, butter, and a little Ginger; garnishing with Lemon-peel.

To roast an Eel the Dutch way.

Strip her, put into her belly grated bread, sweet Herbs and butter; then draw the skin over her again, and fasten her to the spit; basting her with salt and water; being enough, take off the skin by ripping it up, and serve her up with Herbs made into a sawce, with butter and Juycce of Lemons, and a little Claret-wine.

To

To Stew Breams.

Draw, dry them, and let them be well salted; lay them on a Grid-iron over a Charcoal fire; suffer them to be brown on both sides; then put half a pint of Claret into a Pewter dish, set it over the fire to boil, add three Anchoves, two sliced Onions, a pint of Oysters, and a little Thyme; when it has boiled, put to it a little melted butter and Nutmeg; then dish up the Fish, and pour the sawce on it, with Yolks of hard Eggs minced.

To boil a Mullet the best way.

Save the Liver and Row, and scald him; then put the water on boiling hot, adding half a pint of Claret, and a bunch of sweet Herbs, salt, Vinegar, and two Onions, with a sliced Lemon; take a Nutmeg, quarter it, with Mace and butter, drawn with Claret, dissolving in it two or three Ancoves: season the sawce with salt; dish up your Fish; and serve it up with a garnish of stewed Oysters and bay-leaves.

At one and the same charge, as to the sawces, you may dress a dozen of either of the last mentioned Fish.

How to dress a Cods Head the best way.

The Head being cut fair, boil it in Water and salt, adding a pint of Vinegar, that the Head may be a little more than covered;

putting

putting into the Mouth of it a quart of Oysters, a bundle of sweet Herbs and an Onion, binding the Jaws with a Thread; when it is well boiled, set it a drying over a Chaffing-dish; then take Oyster-liquor, a sliced Onion, and two or three Anchoves; adding a quarter of a pint of White-wine, and a pound of sweet butter; pour them on the Head, and stick the Oysters where they will enter; scatter over it grated bread and Nutmeg; garnish the dish with sliced Lemon, or any green thing.

C H A P. XIV.

The Cook-Maids Directions in making Pyes, and managing Pastry to the best and modish manner and advantage.

1. **O**bserve your Flower be fine, and free from bran, or any defect; and having laid it on a smooth Table, or in a Kneading-Trough,

2. Heat your Liquor, suffering it to simmer, scumming off what arises; and if it be for Tarts, Custards, or the like, let it be fair Water, with a small Ingredient of Rose-water and Malaga-wine, so that it taste of either: but for larger Pyes made with Meat or the like, add butter a pound to two quarts of Liquor, and to either of them
in

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in moulding Eggs or new Ale Yeast, according as you would have your Past light or solid; which I leave to your discretion.

3. As for those that are to be raised very thin, work them up cold; but those of largeness, that will admit a good substance, for the more ease and pliableness, let the PASTE be warm, working them into a form with your hands, Roller, Nippers, Spur-Iron, Knife and Plate: mark the garnishing, or flourish on the lid or sides, I leave likewise to your discretion. But that you may the better understand the form of the most curious things of this nature, I have caused them to be inserted in the following Pages, and so proceed to the filling them.

To make an Oyster Pye.

Let the Oysters be parboiled in their own Liquor; wash and dry them, season them with Nutmeg, Pepper, salt, and the hard Yolks of Eggs; and the Pye being made oval, put into it Currans and sliced Dates, and on them lay the Oysters, add large Mace, Berberies, sliced Lemon and Butter, and when it is baked, put into it White-wine, Sugar and Butter.

To make a Veal Pye the best way.

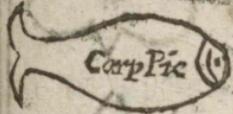
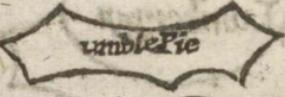
Raise your PASTE well, cut a Leg of Veal in slices, season it with Salt, Pepper and Nutmeg, adding some large Mace, laying the



Double

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Custard

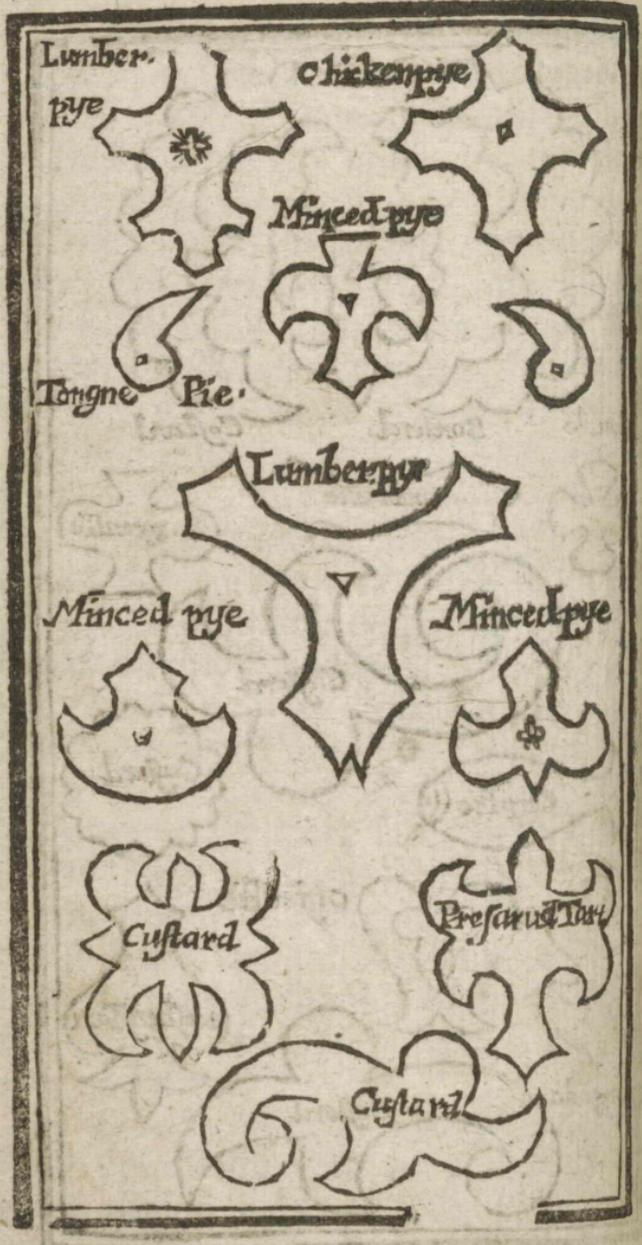


OysterPie



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Lumber
pye

Chicken pye

Minced pye

Tongne Pie

Lumber pye

Minced pye

Minced pye

Custard

Preserved Tart

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the Meat with Raisins of the Sun and Currans in the Pye, and fill it with Butter; and when baked, serve it up hot.

The best way to make a Carp Pye.

Draw, scald and wash a large Carp or two, season him or them with Salt, Pepper and Nutmeg, then fill the Pye with them, good store of Butter, Raisins of the Sun, slices of Orange, and Juyce of Lemon: close it up and bake it.

The best way to make a Chicken Pye,

Truss your Chickens, and flat the Breast bones; and having raised your Paste, lay them in order, filling their bodies with butter, laying above and beneath Raisins, Currans, Prunes, Cinnamon, Sugar, Mace and Salt, with a convenient quantity of butter; and when it is baked, pour in Rose-water, White-wine, beaten Cinnamon, Sugar and Verjuyce; with the which serve it up, &c.

To make a Warden Pye the best way.

First, bake your Wardens gently in a little Water and Claret, adding a pound of Sugar, covering your Pot or Pan with a lid of Dough; and when they are cold, lay them into your Pye with Cloves, Cinnamon, Sugar, and part of the Liquor, and bake it gently.

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To make a Pye with Sweet-Breads and Lamb-Stones.

Slit your Lamb-stones, skin and wash them, take the Liver of a Lamb, shred it small, and slice an Udder, part of a Leg of Veal; which being seasoned with Mace, Cloves, Salt, and Nutmeg made small, as also Pepper, shred into it three or four Pippins, and the like quantity of the peels of candied Lemons and Oranges, five or six Dates cut in the middle and stoned, with Currans, Carraway-seeds, white Sugar, and half a pint of Rose-water and Verjuice; add more a couple of Eggs; make it into Balls, and with the Juice of Sorrel green it, laying a Sweet-bread and a Lamb-stone till it is near full, covering them with Citron-peel, Dates, and slices of Lemon; and being baked enough, pour in Butter, White-wine, Sugar, and the beaten yolks of Eggs, scraping Sugar on the Lid to set it off.

To bake a Turkey the best way.

When your Turkey is parboiled, lard him, season him with Pepper, Salt, Cloves and Mace; flat the Breast, and put him into your Coffin or Pye, and fill it with Butter, when it is baked and cold, and so serve it up.

To make an Artichoak-Pye the best way.

Take the bottoms of half a dozen Artichoaks, boil them tender, season them with
Ginger,

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Ginger, Mace, Salt and Sugar, lay Marrow at the bottom of your Pye, and them upon it; cover them with Marrow, sliced Dates, Raisins of the Sun; and being half baked, put in a quarter of a pint of Canary, wherein Orange peel has been boiled, then bake it well.

To make a Marrow Pudding the best way.

Blanch a pound of Almonds, beat them small with Rose-water, take a pound of fine Sugar, grate a penny white Loaf and a Nutmeg; add a pint of Cream, the Marrow of two or three bones, and a grain or two of Ambergreace; mingle them with a little Salt; fill the Skin you intend it shall be in, and boil it moderately.

The best way to make a Custard.

Take and boil a quart of Cream with whole Spice; beat the yolks of ten Eggs, and five Whites, with a little Cream; put them into the Cream when cold, then put it into Paste; strew Comfits on it, and bake it.

To make an Umble-Pye the best way.

Take Beef-Suet, mince it, and lay it in your Coffin, or, if you please, slices of Larded Bacon, then take your Umbles, and cut them into small pieces as big as Hazle-nuts, and your Bacon about the same bigness; then take grated Nutmeg, Pepper and Salt; strew them on the top, then lay a laying of Bacon,

Bacon, and on that another of Butter, and so close it up; and being baked, liquor it with striped Thyme, Claret and Butter well beaten together.

A Venison Pastry, the best way to make.

Having well powder'd your Haunch or Side, and cleared it from Sinews, Bones and Skin; season it with Pepper and Salt, and beat it with your Roller, making it proportionable for a Pastry; then make your Pastry with fine Flour, allowing to a Peck three pound of Butter and twelve Eggs; work it with cold Water to a convenient stiffness, suffering it to be as thick as your Thumb; then take it upon your Roller, and open it again upon a couple of Sheets, or so much as will serve of Cap-Paper; and having your White minced, and beaten with Water, lay it proportionably upon the Pastry to the breadth and length of the Venison; then in the White lay the Venison, and walk it round with a Feather; put on the border, season the top of the Venison, and turn over the other leaf, and so close your Pastry; then drive out another border for garnishing the Pastry from the sides to the top; the device of which is left to your discretion; then vent it at the top, set it into a well-heated Oven, and suffer it to soak as it ought, *viz.* four or five hours; then draw it, and pour Butter well melted in at the top.

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To make an Excellent Minced-Pye.

Take Neats-Tongues, parboil them till they may be peel'd; then mince 'em with a like quantity of Beef-Suet, stoned Raisins and picked Currans; make them in a manner like Pap, then mingle a little fine Sugar, with a glass or two of old Malaga; then add slices of candied Citron-peel, and put the whole, being well mingled, into a coffin, the form of which is left to your discretion, and strew on it a few Carraway-comfits, and so bake it moderately.

To make an Eel Pye the best way.

Take the best silver Eels, indifferent large, strip, gut and wash them; cut them to pieces at about a finger's length; shread a handful of sweet Herbs, with some Parsly, and an Onion; season them with Pepper, Salt, beaten Cloves, Mace, and grated Nutmeg; when the coffin or crust being reared and fashioned to your mind, put them in, and strew over them some Currans, and a few slices of Lemon over that; put a laying of Butter, and close your coffin with the lid; and when the Pye is baked, put in Butter melted with a little Vinegar, and beaten up with the White of an Egg.

The best way to make a Gooseberry-Tart.

Take your Gooseberries before they are ripe, being well picked, scald them till they

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will

will break in a spoon; then strain out the pulp, and beat it up with half a dozen eggs, and stir 'em well together on a Chafing-dish of Coals, adding Rose-water, and sweetening 'em with Sugar, and when it is cold, you may put it into your coffin, and moderately bake it, or serve it up in Plates without baking.

To make a Pippin or Codlin-Tart.

Take your Pippins, gather'd before they are over ripe, pare 'em, and take the core clear off, strew some Sugar and Rose-water on 'em; and each Pippin being cut in four quarters, lay them in order: between every laying; place thin slices of Quince, then add Syrup of Quinces, or of the same Fruit; after that strow over the Sugar, mixed with a little Cinamon; and closing all up in the coffin, bake them gently, that they may be well soaked.

To make a Paste of Marrow, &c.

Take the Marrow of six Bones, shred them with a considerable quantity of Apples well pared and cored; then add a sufficient quantity of Sugar, and put them into a Puff-paste; and having fry'd them in a pan with sweet Butter, serve them up with Sugar and Cinamon.

To make a Pye of Calves-Fee't the best way.

Having boiled your Calves-Fee't well, take out

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out the bones and gristles, as many as are convenient; shread them as small as you can, and season them with Cloves and Mace; add to them a good quantity of Currans, Raisins and Dates, the latter well stoned, then with a sufficient quantity of sweet Butter, put them into your coffin, breaking on them some whole Cinamon and sliced Nutmeg; then scatter over them some salt, and close them up, leaving a vent to pour in when the Pye is baked, a quantity of Verjuyce, beaten Cinamon and fresh Butter well beaten together.

To make the best Cakes.

Take a sufficient quantity of fine Flower, a quarter the weight of it in picked and washed Currans, a pound of Carraway-Comfits, half a pound of Marmalade of Oranges, the yolks of a dozen Eggs, half a pint of Malmsey or Malaga, a quarter of a pint Rose Water: Mould them together with a little New-Ale-yest, and as much Milk as will make them up into Cakes; then ice them over with Sugar, or wash them over with Canary, well beat, with the yolk of an Egg, and bake them in a gentle Oven.

To make the best Cheese-Cakes.

Take new Milk, and put as much Runnet to it as will well bring it to a Curd; then strain out the Whey in a cloth, between two Fatts; which done, beat up the Curd

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with the yolk of Eggs, White-wine, Rose-Water and Sugar; after that, add as many Currans as you see convenient: then having made your Puff-paste of fine Flower, Eggs, Milk, and New-Ale-yeft, put it into a fashion: and being well knit at the Corners, and rowled with a Pastry-Spur, put in the Curd, and wash it over with the yolk of an Egg, using a Feather for that purpose.

CHAP. XV.

How to make several Sawces for Roast or Boiled, on all occasions.

THE general Sawce for green Geese is Gooseberries scalded, and coloured again with the Juyce of Sorrel strewed over with Butter and Sugar, and served up on Sippits, and for most Landfowl, the pulp of stewed Prunes, the Gravy, Cinnamon, Ginger and Sugar boiled up to a thicknes, and served up in Sawcers.

For roasted Mutton, the general Sawces are Capers and Samphire, the Gravy, a sliced Shalot, and a little Pepper stewed together: or Claret-Wine, Ginger, the Gravy and an Onion.

For boiled Mutton, take Verjuyce, Butter, Currans, Sugar, and a little Cinnamon; mix them

them well over a fire, and serve them up with Sippets or White-broath, made of grated Bread, Currans, Rose-water and Sugar, with the yolks of two Eggs

The general Sawce for Roast Veal is Juyce of Orange, Butter, Verjuyce, grated Nutmeg, and Claret wine, or sweet Herbs chopped small, with the yolks of two or three Eggs boiled hard in Vinegar, Butter, and grated Bread, Currans, beaten Cinnamon and whole Cloves: for boild Veal, green Sawce.

For red Deer, sweet Herbs chopped small, the Gravy, with the Juyce of an Orange or Lemon, and grated Bread or Vinegar, Claret-wine, Ginger, Cinnamon and Sugar, boiled up with a sprig of Rose-mary, some whole Cloves and grated Bread: and if you stuff or farce your Venison, let it be with whole Cloves, sweet Herbs and Beef suet, the two latter cut very small.

For roast Pork, Apples quartered, boiled in fair water, and the pulp mixed with Butter, Sugar, and a little Verjuyce: or Sugar, Mustard, Pepper, and the Gravy: For boiled Pork, chopped Sage, boiled Onions, Pepper, Mustard, and grated Bread, or Mustard, Vinegar and Pepper.

For Rabbits, Sage, Parsley, Butter, Vinegar, and the Gravy: or beaten Butter, Vinegar, and Pepper: for a boiled Rabbit, Onions,

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ons, sweet Herbs, Pepper, grated Bread and Sugar, served on Sippets.

For Hens roasted, the Gravy, Claret-wine, Pepper and an Onion, boiled with the Head, Neck, or Gizzard: or beaten Butter, the Juice of a Lemon, Pepper, and the yolks of hard Eggs: For a Hen boiled, white Broth and Sippets, with Lemon-peel and the yolk of an Egg minced small.

For roast Chickens, Butter, Verjuice, the Gravy or Butter, Vinegar, boiled up with Sugar, and the substance of an Anchove, served up on thin slices of Bread: For boiled Chickens, strong Mutton-broth, grated Bread, chopped Parsly, and the Juice of a Lemon, with a good piece of Butter, well mixed, and served up on Sippets in order.

For roasted Pigeons, Verjuice, Butter, and boiled Parsly shred into it, and beaten thick. or Claret-wine, stewed Onion, Gravy and Pepper, seasoned a little with Salt: For boiled Pigeons, strong Mutton broth, the Juice of Sorrel the yolks of Eggs beaten in raw, and a sprig of Rosemary: or Sprouts and Bacon.

For a Peacock, Turkey, Partridge, Pheasant, or the like roasted, boiled Shalot, Pepper, Salt, grated Bread and Gravy: or Onion grated Nutmeg, Manchet, the yolk of Eggs, Salt, and the Juice of Oranges-boiled
up

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up to the thickness of Water-grewel; or bruise the Kernels of small Nuts, with grated Bread, Nutmeg, Saffron, Cloves, the Juice of Oranges and strong Broth: Boil them up to a thickness.

For a stubble Goose, slice Pome-waters, boil them soft; Mash them in White-wine, and add to the Pulp Butter, Sugar, Verjuice, and the Gravy.

For a Mallard or Duck roasted, Take Oyster-liquor, the Gravy of the Fowl, divided Onions, Nutmeg, and an Anchove; stew them together, and serve it up in the liquid part; or Vinegar, Cloves, and Sugar, a Blade of Mace and a Shalot.: If boiled, take slices of Carrot, shred Parsley, and Winter-savory, Mace, Verjuice, and grated Bread.

For any kind of Sea-fowl roasted, Take grated Bread, Cinnamon, Ginger and Sugar, Claret and Wine-Vinegar; boil them with Rosemary and Cloves to a convenient thickness; strain them and serve them up as a very good Sawce; or Gravy, Claret-wine, an Onion and Pepper, with a small piece of Butter.

For Roasted Salmon, Take Oyster-liquor, a slice of Nutmeg, the Gravy, and the Juice of Oranges and Butter; beat them up to a thickness; or beaten Cloves, the Gravy,

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grated Nutmeg and grated Bread, beat up with Butter, the yolk of an Egg and Vinegar; For boil'd Salmon, Butter, Vinegar, Nutmeg, and the Intrails of Salmon.

To make an Excellent Green-Sawce.

Take large Sorrel, white Bread grated, pared and cored Pippins, some sprigs of Mint, a quantity of Verjuice sufficient to moisten it; and being stamped very small, scrape Sugar on it, and mix it well together, and so serve it up, with Pork, Veal, Chickens, Kid, Lamb, Gosling, or the like; they being boiled.

For all sorts of small Birds roasted.

Take the Gravy, Pepper, Butter, and their Livers and Gizzards, minced with Parsley, or the Gravy of a Capon, Ginger, and the yolk of an Egg beaten together, with a little Butter and Vinegar. And thus much may suffice for Sawces, so necessary to be known by all that pretend to *Cookery*.

C H A P. XVI.

Directions to know what is in Season throughout the Twelve Months of the Year; and what ought to be served up as the first and second Courses, &c.

March.

1. **N**Eats-Tongues and Udder.
2. Boiled Chickens.
3. A dish of stewed Oysters.

fters, with Anchove fawce. 4. A dish of young Rabbits. 5. A grand Sallad.

Second Course.

1. A dish of Soles, or Smelts. 2. A dish of Marinate Flounders. 3. A Pye of Lamb-ftones. 4. Asparagus, if to be gotten. 5. A Warden-Pye

April.

1. Green Geefe, or Veal and Bacon. 2. A roasted Haunch of Venifon. 3. A Lumber-Pye. 4. Rabbits. 5. Tarts.

Second Course.

1. Cold Lamb. 2. A Cold Neats-Tongue-Pye. 3. Salmon, Lobfters and Prawns. 4. A dish of Asparagus.

May.

1. Boiled Chickens. 2. Roast Veal. 3. Roast Capons. 4. Roast Rabbits.

Second Course.

1. Artichoak-Pye just out of the Oven. 2. Westphalia-ham. 3. Tarts. 4. Sturgeon, Salmon, Lobfters. 5. A dish of Asparagus. 6. A Tanfey.

June.

1. Boiled Neats-Tongues, or a Leg of Mutton and Colliflowers. 2. Steak Pye. 3. A Shoulder of Mutton. 4. A Fore-quarter of Lamb.

Second Course.

1. A Sweet-bread-Pye. 2. A Capon roasted.

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sted. 3. A Goosberry-Tart. 4. Strawber-
ries and Cream, or Strawberries with Rose-
water, white-wine and Sugar.

July.

1. A Westphalia-ham and Pigeons. 2. A
Loin of Veal. 3. A Venison-Pasty. 4. A
Capon.

Second Course.

1. Green-pease, or French-beans. 2. A
Codlin-Tart. 3. Artichoaks, or an Arti-
choak-Pye. 4. Roasted Chickens, with Sum-
mer-Sawce.

August.

1. A Calves-head and Bacon. 2. An O-
lio, or grand-boil'd savory Meat. 3. A
Haunch of Venison. 4. A fat Pig well roa-
sted, with good Sawce.

Second Course.

1. Marinate-Smelts. 2. A Pigeon-Pye.
3. A dish of roasted Chickens. 4. A Pip-
pin-Tart. 5. Codlins and Cream.

September.

1. Boiled Hens and white Broth. 2.
Neats-Tongues and Udders roasted. 3. A
Powdered Goose. 4. A roasted Turkey.

Second Course.

1. Potato-Pye. 2. Roasted Partridges.
3. A dish of Larks. 4. A dish of Cream
and seasonable Fruit.

October.

October.

1. A Fillet of Veal. 2. Two roasted Brand-Geese. 3. A grand Sallad. 4. A roasted Capon.

Second Course.

1. Pheasants, Pigeons and Pouts. 2. A dish of Quails and small Birds. 3. A Warden-Pye. 4. Tarts and Custards.

November.

1. A Shoulder of Mutton stuffed with Oysters. 2. A Loin of Veal. 3. A roasted Goose. 4. A Venison-Pasty.

Second Course.

1. A Larded Hern, and another not Larded. 2. A sowfed Turbet. 3. Two Pheasants, the one Larded, and the other not. 4. A Collar of Beef. 5. A sowfed Mullet and Base. 6. Gellies, and Tarts of Fruits in season.

December.

1. Stewed Broth of Mutton and Marrow-bones. 2. Lambs-head and White-broth. 3. A roasted Chine of Beef. 4. Minced Pyes. 5. A Turkey stuck with Cloves, roasted. 6. Two roasted Capons, the one Larded, the other not.

Second Course.

1. A young Kid or Lamb roasted whole. 2. A dish of Partridges. 3. Polonian Sausages; and a dish of Anchoves, garnished with Mushrooms. 4. A dish of Caveer and pickled

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led Oysters. 5. A Quince-Pye. 6. A dish of Woodcocks.

January.

1. A Collar of Brawn and Mustard. 2. A Couple of Pullets boiled with White-broth. 3. A roasted Turkey. 4. A hashed Shoulder of Mutton. 5. Two Geese. 6. A Surloin of Beef. 7. Minced-Pyes. 8. A Loin of Veal. 9. A Venison Pasty. 10. A Marrow-Pye. 11. A Couple of Capons roasted. 12. A Lamb roasted. 13. Woodcocks, Partridges and small Birds dished up with Sawce.

Second Course.

1. A soufed Pig. 2. A Warden-Pye. 3. A cold Neats-Tongue. 4. A soufed Capon. 5. A dish of pickled Oysters and Mushrooms. 6. A Joll of Sturgeon. 7. A Goose or Turkey-Pye.

February.

1. A Bacon-chine. 2. A Loin of Veal, or Beef roasted. 3. Lamb-Pye, or Minced-Pye. 4. A Couple of Wild-Ducks roasted. 5. A dish of fryed Oysters. 6. A Couple of Rabbits roasted. 7. A Skirrit-Pye.

Second Course.

1. A roasted Lamb. 2. A dish of Pigeons. 3. A Pippin-Tart. 4. A Joll of Sturgeon. 5. A cold Turkey-Pye.

C H A P. XVII.

The Accomplished Dairy-Maid, or Directions to make all manner of Junkets and pleasant things, wherein Milk, Cream, &c. is an Ingredient, the Modish and Experienced way; plain, easie, and exceeding necessary.

THE Dairy-Maids Place and Office, though not so Universal, is little inferior to that of the Cook-Maid in making variety of Junkets; besides which, her chief business is to go neat and cleanly, and to keep all so under her Jurisdiction; observing the Kine are well fed, and that Butter and Cheese are made of proper Milks, and in their proper Season.

To make fresh Cheese of Cream.

Take a Pottle of new Milk warm from the Cow, Almonds blanch'd half a pound: beat them small; add a pint of Cream, a quarter of a pint of Rosewater, half a pound of Sugar, half an ounce of beaten Cinnamon and Ginger; then add Runnet; bread it up and whey it; press it in Mould, and serve it up in a dish of Cream.

Cream and Codlins, how to order.

Scald your Codlins, take off the skins, and cut the Core; mix the pulp with Sugar and Rose water; add a quarter of a pint of
Canary

Canary and a quart of Cream, and serve it up.

To make an excellent Junket.

• Take Goats or Ewes Milk, put them over a Fire, and when they are a little warm, then add Runnet, and let it cool; then strow on it Cinnamon and Sugar, over that cast Cream, and strew Sugar upon the Cream, with Rose-water.

To make a whipp'd Syllabub.

Take a pint of Cream, six spoonfuls of Sack, the Whites of two Eggs, two ounces of fine Sugar, and with Birch-twigs, beat it till it froth well; scum it and put it into your Syllabub-pot.

To make Cream of Codlins.

Scald them and peel off the skin, scrape the pulp from the Core, and strain the pulp, mixed with Sugar and Rose-water, through a course Linen Cloth: lay your Codlin pulp in the middle of a Dish, and raw Cream round it; adding more Sugar and Rose-water.

To make a Cream Tart.

Take Manchet, chip it and grate it: mix it with good Cream and sweet butter; take a dozen Yolks of Eggs, beat them well with Cream, adding four ounces of Sugar: boil them all together till they come to a thicknes; make two leaves of Paste as thick as can be raised, but very shallow; put the Materials before mentioned into it, and cover it
with

The Accomplish'd Dairy-Maid. 135

with the lid; then bake it, strew Sugar on it, and serve it up.

To make Curran-Cream.

Bruise red Currans in boiled Cream, strain them through a Sieve; add Sugar and Cinnamon, and so serve it up: And so you may by Rasberries or Strawberries.

To make Cream of Eggs.

Take a quart of Cream; and when it is hot, beat into it the whites of five Eggs, and let it boil, adding two spoonfuls of Rose-water; being enough, let it cool, and add a little Salt, and scrape on it fine Sugar.

To make Curd Cakes.

Take a pint of Curds, four Eggs, leaving two of the whites; add Sugar and grated Nutmeg, with a little Flower; mix them well, and drop them like Fritters in a Frying-pan, in which Butter is hot.

To make fresh Cheese.

Take a race of Cinnamon, scald it in new Milk or Cream; and taking it off, sweeten it with Sugar: then take a spoonful of Runnet to two quarts of Milk; cover it close, and let it stand till the Cheese comes: strew then upon it Sugar and Cinnamon, and serve it up with Sippits dipped in Canary or White-wine.

To make Goosberry Cream.

Let your Goosberries be boiled; or for
want

want of green ones, your preserved ones will do; and when your Cream is boiled up, put them in, adding small Cinnamon, Mace and Nutmeg: then boil them in the Cream, and strain all through a Cloth, and serve it up with Sugar and Rose-water.

To make a Cream Fool.

Heat two quarts of Cream; when it is boiled, add the Yolks of twelve Eggs, having first beat it in three or four spoonfuls of cold Cream, straining them into the pot: stir them to prevent burning; when having boiled a pretty while, take them off, and let them cool, adding two or three spoonfuls of Sack: fasten Sippets to the dish with Syrup of Raspberries; sweeten your Cream, pour it in, and serve it up.

To make clouted Cream.

Set new Milk on the fire twelve hours, without suffering it to boil: add Sugar and Cinnamon, with a third part of Cream, and serve it up.

To make a Goosberry Fool.

Pick your Goosberries not ripe, boil them in clean water to a pulp; take six Yolks of Eggs, a quart of new Milk, Rose-water and Sugar: put the latter in when the former is well boiled, and suffering them to boil a while, serve the whole up in a large dish when it is cold.

To make a Tansey.

Take six Eggs, but the whites only of three; beat them in Cream, then stamp green Wheat blades, Violets, Spinage, Succory and Strawberry-leaves, of each a handful, with a few Walnut-tree buds; adding Cream as you beat them: strain out the Juyce, and add it to the Eggs, and more Cream; as also Crumbs of Bread, Cinnamon, Nutmeg, salt and sweet Butter, the latter being put into the Frying-pan; adding lastly, the Juyce of Tansey and sugar; fry them like a Pan-cake, very thin, and serve it up with Rose-water and sugar.

To make Snow Cream.

Take the Glare of half a dozen Eggs and Rose-water, beat them with Feathers till they become like snow; lay it on heaps, and Cream that has boiled and cooled, with scraped Loaf sugar: heat it again, and serve it up as soon as it comes to be cold a second time, upon Rosemary or Bay-branches to thicken; that it may stick the better, add some grated Bread.

To make a pleasant Syllabub.

Take two quarts of Milk come newly from the Cow, half a pint of Verjuyce being added, take off the Curd, and put to it more a pint and a half of Cream; beat them together with sack and sugar, and put them into your syllabub-pot for your use.

To

To make a Cream called Quince Cream.

Roast four or five ripe Quinces, and pare them; cut them from the Core in thin slices; boil the slices in a pint of sweet Cream with a root of whole Ginger; when it is boiled to a pulp, strain it; and adding sugar, serve it up cold.

To make the best Fumbals.

Take a handful or two of Wheat-flower, and a pound of white sugar.; mix them well, adding the Whites of two Eggs, and a pound of blanched Almonds well beaten, with half a pound of sweet Butter, and a spoonful or two of Rose-water: to these add more, half a pint of Cream; mould it till it become a Paste; rowl it into what shape you please, and dry it a while, then gently bake it: Of this quantity you may make twenty or more.

How to make an Angellet.

Take a pint of Cream, and double the quantity of Milk, putting to them a small quantity of Runnet; and when it thickens, take it up with a spoon, and put it into a Fat, there let it continue till it is very stiff, then salt it; and when it is so, let it dry, and at the end of three Months eat it.

To make Sage Cream.

Take a quart of Cream, boil it well, then add a quarter of a pint of the Juice of red Sage, half as much Rose-water, and a quar-

ter

ter of a pound of Sugar, and it will be an excellent dish. And thus you may use it with any sweet Herbs, which will render it pleasant and healthful.

A Miscellany, or Mixture of rare and curious Receipts, Things and Matters; Added as an Appendix to this Impression.

Most Approved Physical Receipts.

An Excellent Balm for the Epilepsie, Vertigo, Palsie, Cramp, and pain in the Back; and all cold Affections of the Nerves and Joints.

TAKE of the red sort of old Tile-stone, in small pieces; calcine or burn them, and quench them in the purest Olive Oyl, after which beat them into fine Powder, and put that Powder, sprinkled with a little Muscadell, into a Cucurbite of Glass, Luting the Joints well together; and it being in that manner set over a gentle fire, the Ba'm will arise, which being taken away, and used by anointing the afflicted part, or snuffing up the Nostrils, will ease the pains premised.

A Receipt to make Orvietan, or the Famous Antidote against Poyson, Infection, &c.

Take the Powder of Bezoar-stone two Drams, the Powder of dried Foxes Lungs half

half an ounce, the Oyl of Cinnamon a dram, half an ounce of the Juyce of Herb a Grace, the Powder of red Coral a dram, and two scruples of beaten Peel; add to these half an ounce of Elecampane-roots; and two drams of Storax bruised into Powder: put them into half a pint of red Wine, and let them simmer over a gentle fire till they are well incorporated, and then make them into an Electuary, keeping it as close as may be from the Air, and take, as occasion requires it, about the quantity of a Hazel-nut, and after it some warm Broth or warm Posset drink; keeping your selves close for an hour or two after, and it will effect wonders.

An Excellent Wine, or Medicinal Drink against the Pox, Plague, Measles, Small Pox, Spotted Fever, or any infectious Disease.

Take of the best Old Malaga a quart, add to it a pint of Rhenish-wine: Then take of Baum, Sage, Rue, red Sage, Maidenhair, and the leaves of Germander, each an ounce: bruise them and boil them gently in the Wine, till a third part be consumed, then add Pepper, Ginger and Nutmeg, of each three drams well beaten: and of Venice-Treacle an ounce; Lastly, put in a quarter of a pint of Saffron and Angelica waters, and Morning and Evening take a spoonful to your great advantage: for thereby you will be eased of the

Oppression

Oppression that Nature labours under, and be enabled to conquer the 'Disease.

*Marmalade of Prunes, Raisins, Currans, &c.
how to make it of an Amber Colour.*

TAKE your Fruit and steep them in a proportionable quantity of Water, till by being over a gentle fire they become soft and pulpy: then stone the Prunes or Raisins, and put them into as much Canary as will wet them: after that press out the pulp, and boil it up with some slices of Quinces: then strain it again, and put to each pound half a pound of Sugar, and half a pound of clarified brown Sugar-candy in Powder: and so putting the pulp, well mixed with the addition, and sprinkled with Rose-water, into a glazed pot, dry it a little in an Oven or Stove, and keep it for your use.

A Perfume wherewith to Perfume any Confections, &c.

Take of Myrrh a Scruple, Musk the like quantity, Oyl of Nutmeg the like: infuse them in Rose-water, and with it sprinkle your Banqueting-preparatives, and the scent will be as pleasant as the taste.

To make a Dish seem a pleasant Garden, or pleasant Hill of Fruits and Flowers.

Take a Dish that is some what large, cover it with another of the like bigness, and place the

the uppermost over with Paste of Almonds, inlay'd with Red, White, Blue and Green Marmalade or Quiddany, in the figure of Flowers and Banks: then take the Branches of Candied Flowers, and fix them upright in order, and upon little Bushes erected and covered over with Paste, fix your Preserved or Candied Cherries, Plumbs, Pears, Apples, Goosberries, Currans, and the like, each in his proper place: and for Leaves, you may use coloured Paste, Wax, Parchment or Horn: and this, especially in Winter, will appear not only gloriously strange, but even strike, if it be well ordered, admiration in the Beholders.

The Approved way to keep Goosberries, Cherries, Currans, Cornelian-Berries, Plumbs, Apricocks, Grapes, and the like, all the Year, in their Substance, Colour, and proper Taste, in order to make Tarts, &c.

Take Stone Bottles, glazed within and without: boil them well in fair Water, then dry them in the Sun: after which having gathered your Fruit somewhat before they are ripe, take them free from leaves, and with but indifferent stalks, and put them whole without any bruising into the Bottles: then take fair Water, and boil it till no more scum will appear: after that, let it settle, and so draw it off, adding to each quart, a
quarter

quarter of a pound of white Sugar candy in Powder, and so boil it up again with a quarter of a pound of Loaf-Sugar, till no more Scum will appear: then the liquid part being cool, fill up the Bottles: after which stop them with sound Corks: and having pieces of thin and pliable Lead, clap, them over the Corks, and wyre it down under the bearing or rising of the Necks, and set them in a close Vault, and when you open them, the Fruit will be fresh and sound. Some there are that hold this may be done without any Liquor; but this I hold the best and surest way to preserve them either from shriveling up for want of moisture, or becoming musty.

To make a Frayse appear like Rashers of Bacon.

Take of fine Flower half a peck, mingle one half by its self with water and Butter, and to the other add Milk wherein Turnsole has been steeped, with a little of the Powder of Lake; and having cut them out into slices, fix a slice of the one to a slice of the other at your discretion; and when they are fryed gently, or rather baked, they will deceive the most curious as to the sight of them.

Curiosities,

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Curiosities, rare and new, for the Beautifying and adorning the *Female Sex*, with other Maters of Moment.

To make a young Face exceeding Beautiful, and an old Face very Tolerable.

TAKE of Benjamin two handfuls, Scabeous the like quantity, the Roots of Comfry a handful, Penny-royal and Rosemary, of each a handful: wash and pick them clean, then steep them a day and a night in White-wine, sprinkling them afterwards with Powder of Myrrh: and so put them into a cold Still, and the Water so drawn off will exceed any Wash in use, and not at all prejudice the party when she leaves it off, as those which are Chymically prepared do, by rendering those old and withered even in the prime of their youth who accustom themselves thereto.

A sweet Wash to cause the Body to cast a fragrant scent, when washed therewith.

Take Hysop a handful: Baum the like quantity, Garden-Musk, and the Bloom of a Peach tree, of each half a handful: infuse them, with the Powder, into Frankincense and a small quantity of the Oyl of Spikenard, in runing water, over a gentle fire, and so with the liquid part wash or bathe the Body, and it will over and above create a fresh and pleasant Colour.

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An Excellent Ointment to Beautifie the Hands and Face, and take away any Deformity: Never before Published.

Take of the Oyl of Myrrh half an ounce, two ounces of the Marrow of Hogs or Calves feet, an ounce of the Water of Tartar, and half an ounce of the Oyl of Spikenard: mix them well over a gentle fire, and allay their heat with two ounces of the Oyl of sweet Almonds: and being cool, anoint the Face or Hands therewith, and it will not only take away any Spots, Morpew, or the like, but create a lovely colour, and render a pleasing or tempting softness.

*Such Pow'r, you Beauties, I thought fit to give,
That killing others, you might let one live.*

To make a rough Skin smooth, and Wrinkles disappear.

Take of the Oyl of Swallows an ounce, the like quantity of that of the Mandrake; half an ounce of the Oyl of Pomgranat, and half a pint of Ewes Milk: incorporate them to a moderate thickness over a gentle fire, and then add a quarter of a pint of the Cream of Almonds, and with it supple and anoint the rough part: and in so often doing, you will find it restored; as also the Wrinkles and witheredness to be fill'd up and plump'd.

Rare Experiments relating to *Lawndring.*

To restore Linen that is scorcb'd by hanging, or being too near the Fire, &c.

TAKE half a pint of Vinegar, two ounces of Fulling-Earth, an ounce of Hens Dung, half an ounce of Cake-Soap, and the Juice of two Onions: boil them to a thickness, and spread the substance Plaister-wise upon the scorched place, and it will (if the scorching be not quite through, so that the threds are not dissolved) recover the scorch, and render it, after a washing or two, as before.

To make Cloaths that have been abused in washing, Yellow or Mildewed, by lying in damp places, white and fair.

Take of the Oyl of Orpine two ounces, the Water of Plantane the like quantity, and of the Juice of Burdock roots two ounces: scrape into them half a pound of Castle-soap, and a quarter of a pound of the best Fulling-Earth, with a like quantity of Chaik: infuse them in hot Water, and let the Cloaths soak in it over a gentle Fire: and so washing them out in other Water, five or six hours after you will find them exceeding white.

To recover Lawn, Tiffany, Musling or Lace,
when they are faded.

Take of the Water of Vervine a quart, half
a pint of the Water that distils from the Vine,
a handful of the Roots of Primroses, and as
many Rosemary-flowers: add to these a
quart of New Milk; boil them together,
with the further addition of two ounces of
Allum-Powder, and steep the things therein
a night and a day, by which means they will
in Washing not only prove much whiter, but
contract themselves, grow stiff, and continue a
gloss or lustre, for a time, as if they were new.

Rare Experiments in Cookery, also in Dairying.

To roast a Salmon whole the Italian way.

TAke a middle-siz'd Salmon, draw him,
and scrape off the Scales, drying him
without and within with a Cloth: Then take
fine grated Bread, grated Nutmeg, the Juice
of sweet Marjoram, Currans and Butter ma-
king them up with new Milk into a Pudding,
the which you must thrust in at his Gills, till
the Belly be pretty well stuffed: then with
white Filleting bind him to the Spit; and at
first baste him with a little Salt and Water,
then with Verjuyce and Sugar, and lastly,
with Butter and red Wine beaten up toge-
ther: when being enough, open his
Belly, slit him in two halves, and lay the
Pudding

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Pudding one half on one side, and the other on the other side, and serve him with a Garnish of whole Spice and Anchove-sawce.

To roast a Turkey, Swan, Heron or Bittern, the French way.

Draw your Fowl, put sweet Herbs, shread into a Linen Bag, with Butter and Spices: put that into its belly, then with hot Water baste it till it is in a manner parboiled on the Spit; after that dry it with a cloth, then baste it with Butter and Ginger till it is roasted and serve it up with Butter, Anchoves, and the sweet Herbs; garnishing the dish with Lemon-peel and green things, &c.

To make a spanish Syllabub the best way.

Take new Milk a gallon, the Flower of sweet Almonds half a pound, Rose-water two ounces, Lime Juice half a pint, the Juice of Strawberries or Raspices a pint, and a quart of Canary-wine, with two pounds of Sugar; beating them and stirring them together till they froth and become of a pleasing colour.

The Dutch way to make Orange Butter.

Take new Cream two Gallons. beat it up to a thicknes, then add half a pint of Orange-flower-water, and as much Red wine, and so being become the thicknes of Butter, it retains both the colour and scent of an Orange.

C H A P. XIX.

A Miscellany of many Curious Experiments, not only pleasant but profitable and advantageous to the Female Sex, being never before published in this Book.

To make Artificial Pearls.

TO do this, take the largest and fairest Seed-Pearls, bruise and dissolve them in Alum water; then make them into a Paste and wash it gently with distilled water of Scabious; then wet it again with Bean-flower water, put it in an Earthen Vessel close stopped and digest it in Horse-Dung fifteen days; then form the Paste of this Composition in a Silver Mould suitable to the largest Pearls in use, bore them with a strong Hogs Bristle when they are pretty moist, hang them then on strings in an Alimbeck close stop'd to dry; then wrap them severally over with a little Gold in Leaf, and put them into the belly of a Fish called a Baubel, put the Fish into an Oven in a Paste of Flower, and being so baked, they will come out bright and shining, appearing as well as the natural Pearls and currantly pass for them.

To make Artificial Sapphires.

Take white River Crabs, and calcine them till they look red in the Fire, quench them

with strong Wine-Vinegar, repeating it six or seven times, then reduce them to Powder in a Mortar of Iron, and so put the Powder into a Crucible, with the weight of the Crabs and Mofs of Tartar, which must be thus ordered; calcine the Tartar, in a Crucible, and put it in a moist place in *Hippocrates's* Sleeve, and in the bottom of the Sleeve, there will be gathered a Mofs which the Tartar makes in liquifying and turning into Water; then cover the Crucible, and set it to dissolve for the space of four hours, and when it is digested harden it, and having formed it into the likeness of the natural Stone, polish it.

To make Yellow Amber white.

Take a pound of yellow Amber and put it into a Crucible of Earth made very strong, add to it two pound of Sal Gem or Spanish Salt, and pour upon them as much Spring-water as will dissolve salt, put then more Water and let them stand over a Fire in an Alembick without a Neck four hours, and the colour of the Amber will be changed to a perfect white.

To make a Varnish as bright as Glass.

Take a quarter of an ounce of white Amber, Gum-Lack two drams, Oyl of Turpentine one dram, Litharge and Linseed-Oyl as much as will make it into a Varnish,

Varnish, and in this Case to well mix it take a Pot of Glass and put into it a quantity of Linseed Oyl, and let it boyl, till putting a Feather into it it shrivel it up, then melt the Amber over a fire in a clean earthen Pot and put it into the Linseed Oyl; melt the Gum-Lack in the Oyl of Turpentine, which pour into the same Pot, then being well mixed, strain them together through a Cloath, and with it Varnish Frames, Leather, or what else is convenient to be varnished.

Artificial Coral.

Take the Horn of a well grown Ox, rasp it small and put it into a strong Lee made of the Ashes of Ash-wood, digest the Horn therein five or six days, to take it out and add some Vermilion dissolv'd in water; put it over the fire to thicken, form your Figure as you please in Molds, then burnish it with a smooth piece of Ivory or a Dogs Tooth.

To keep Roses all the Year,

Take the Buds of Roses when about to blow, cut them from the Bush with a knife not touching the Bud with your Hand, lay them all night so that the Dew may descend upon them, and in the morning place them, the Stalks downwards, in a Glass Vessel, cover them close and bury them in dry Sand, and they will keep all the Year fresh and fragrant.

To turn Brass to a Gold Colour.

Mingle Sal Armoniack with Spittle in a mortar till it become of a liquid quality, or like an ointment, rub over the Brass with it, then put it into a wood fire till it glows, so take it out and rub it hard with a dry Linen Cloath and it will appear like Gold, and continue the Colour a long time.

To varnish a Gold Colour.

Take Sandrack two ounces, Litharge of Gold one ounce, the finest Linseed Oyl four ounces; boil them in an Earthen glazed Pot till they rise up, and with it varnish any metal, and it will appear like Gold, as also Wood that is overlaid with Leaf-Silver or Tin.

To whiten Copper.

Put a piece of Copper into a Crucible with Sal Armoniack, Alum and Borax; quench it with the Juyce of Sorrel or Sorrel-water, and it will become white as Silver.

Writing that cannot be read but when dipt in water.

To do this take the juice of Spurge or Alum-water, dry it after it is written, and then it cannot be read till wetted in fair water.

To make a Fire that will burn under Water.

Take three Ounces of Powder, Salt peter one ounce, Sulphur vivum three Ounces; beat,

beat, sift and mix them well together and fill a Past-board or Paper Mould with the Composition, and it will burn under the Water till quite spent; and by this many a Wager may be won, for few will believe it before they have seen it experimented.

*How to represent the four Elements in a glass
ed. III Viol and Colours of the Rain-bow.*

First colour Aqua Vitæ with Turnsole to represent the Air; then take some of the Æthereal Oyl of Turpentine, which dye of a Fire-colour with Safron; then some Alkanet and Tartar, to which add a little Lapis Lazuli to give it a Sea or Water-colour; and to represent the Earth, a little bruised dark Enamel; and if you stir them a little there will be the proper representation; for these Liquors never mix, and if you would represent the Colours of the Rainbow, on any water, sprinkle a little Nut-oyle on it, and the Colours will appear very glorious.

To melt Metal in a Nutshel without burning it.

Take Salt-peter two ounces, Sulphur half an ounce, the Sawdust of Oak, Walnut, or any other dry wood very small, mix them well beaten together and sifted through a fine Sieve, fill a Nutshel with this to the edge, and then put in a piece of Gold, Silver or other metal upon it, so much as will

cover the Powder, then set fire to the Powder that is under it, and the Metal that is under the two Powders will melt and remain at the bottom of the Shell, that remaining whole to admiration.

To make the perpetual Motion.

Put very small Filings of Iron into Aquafortis, and let them remain there till the water has taken the quantity of the Iron that is requisite which will happen in seven or eight Hours; then take off the Water, and put it into a Viol an Inch wide with a large mouth and put in a Stone of Lapis Cataminaris and stop it close and this Stone will keep in perpetual Motion in it.

To make Writing vanish and appear again.

To make it vanish Take a Pound of Tartar, dissolve it in running water, filter it and when you would make use of it strike it over the writing and it will suddenly vanish. Then to restore it again, take an ounce of white Vitriol dissolve it in a Pint of Water and filter it, and in striking over the Paper or Parchment, in a little time the Letters will all appear as before. This is an excellent Secret for those that are intrusted with private affairs.

To wash old Paintings, and give them a good Gloss.

Take an ounce of Tartar, and as much white

white Glasswort, boil them in a pint of water till half be consumed, with which, finely strained, rub over the Painting with a soft Brush or Sponge when it is Luke-warm; then immediately wash it with warm and fair water, and wash it over, and it will look as if it were new drawn.

To varnish Paintings and set a Gloss on them.

Take an ounce of the best *Venice Turpentine*, an ounce and a half of the Spirit of Turpentine, three or four ounces of drying Varnish; mix these in a glass Viol and dissolve them in *Balneo Mariæ*, and when it is cold strike it over the Picture with a soft Pencil and it will restore its fading.

If you would cleanse Paintings, rub them over with a Sponge dipt in Lee made of Vine-ashes or mix equal parts of it with Urine.

To restore the faded Colour in Turkey Carpets, &c.

Having well dusted them, take out the Ink-spots, if there be any, with Limon-Juice, and let them soak well, then wash them in fair water and strike the back side till all the water be out, and being dry, take the Crumbs of white Bread hot and rub hard over it; then in a fair night or two hang it out to air, so that the Dew may fall upon it.

A curious way to make Plaister or Wax Figures, resembling Life.

Having

Having a Figure ready to mould, Oyl it and take off the hollow mould in Plaister, in the following manner.

When it is Oyled, lay it on Potters Earth, then make choice of such part of it as you conceive most convenient to take off, and there make an Edging or Bordering of the same Earth. Then cast your Plaister when it is well tempered, and when the part has well taken, lift it up in as few pieces as you can, make some litle notches with a knife, when you have anointed them with sallet Oyl, and so put them exactly together again: Then make an Edging or Border of the same Earth, in the place from whence you took that part of your Figure, then cast your Plaister as before, so lift up the pieces to repair it, and put it in it's place, continuing to do thus till the whole be finished, and when it is well dryed dress the outside of your Mould with a knife, or other piece of Iron; and when thoroughly hardened mark the pieces one after another: Let them leisurely dry; and then join or tye them together with a cord, and by this means you have a hollow Mould of Plaister, which, according as Figures are, more or less easy, may be made of three, four, six, eight, ten, or twelve pieces.

The Mould being thus prepared, oyl it till
it

it will receive no more, and dry it with cotton, then with fine packthread tye all your pieces together and at your Discretion find out the fittest mouth or hole for a casting place. Then melt your wax, that it proves not too hot nor too cold, run it into the Mould, and if your Figure be small fill it, then after a little time take out the stoppel of Earth, you stopped this mouth of the Mould withall, and all on a suddain turn the Figure upside down, that the remainder of the Wax may run out, and when you think it is cold, open it and you will find a hollow Figure of Wax proportionable to your Mould; if it be too thin, leave the overplus Wax longer in the Mould, if too thick take it out sooner.

To make a Casing, or Facing for any Figure of Wax.

Take Founders Earth and steep it in an earthen vessel in fair, then pour it by inclination into another, so that the gross part may remain in the bottom of the first, and when it is settled pour off the water, and add to it some Boan; mingle them together with a large pencil, and give a smoothing lay of this Earth upon your Wax Figure, and when that is dried, repeat it in the like manner to a sixth time, then being dry strengthen it with Potters-Clay beaten with Hair. Then
put

put your Mould over the fire on Iron rods in Form of a Grid-iron, and be careful that your Wax boil not within the Mould least it break; let it lean on one side that the Wax may run out at the casting place, so that none be left behind, then heat your Figure at a small fire so that it be throughly penetrated, and into this Mould set in sand pour any Metal or what is to be melted, and will run liquid, and then breaking off the Mould, you will have the perfect Figure of what ever you cast without fear or mark.

To cast the Mould of the Face to the life.

Take a little brush or pencil, lay warm paste on the Hairs, or Eyebrows, the Forehead all along the root of the Hair, and the Chin. The Person whose Physiognomy you are to take, laying on the Back, the Face compassed about with a rowled Napkin, to hinder the Plaister from falling into the Neck, or Hair, your Plaister not being too thick nor too thin; So that laying it on with quick dispatch, you may soon have done. Begin to lay it on at the Forehead, and lay it by degrees all along the Face, except at the Nostrils, which you must not stop: Charge your Mould with as much thickness as it will bear; and if the Plaister be good, it will presently set. So take it gently

gently off; and you have the Mould of the Face to the Life, if afterwards you open the Eyes, and frame the Nostrils with a repairing Tool.

To cast Hands to the Life.

Grease your Hands, and place them in what posture you think fit then proceed as before, putting little boards, greased, to divide the several pieces: And in this manner, the famous Wax-works, and Plaster-works, so much in esteem, are composed and finished; and by the same Rule, Birds, Beasts, Fowl, Fruit, Flowers, &c. are framed Artificially.

To cast a Medal, that shall seem Transparent.

Take a Medal, or piece of Carved work, mould it of in prepared Earth, this will be done well in a pair of Flasks, then raise the Edges of it, near a quarter of an Inch thick about the Figure, or as much as you see convenient, and for clear Amber, take Venice Turpentine, put it into a well leaded Pot, and boil it over a gentle fire, till letting a drop fall from your Knife, it become hard when cold, till it cannot be well broke with your Nail, then cast it into the Mould, and you will have a Transparent Medal of Amber colour.

The like is done for a Ruby, by mixing the powder of fine Lake, with your Turpentine, and casting it as the former.

For

For an Emerald, colour it with Verdigrease: For a Coral, with Vermilion, and if you would have it a Jett Colour, colour it with burnt Ivory, and Lamp-black: do this proportionable till you see the colour come fine.

To imitate Inlay of Marble on Wood.

Beat the yolk of an Egg in fair water, till it be thin enough to Write with, take a fine Pencil, and with it vein the Wood as your fancy leads you; or as you ought to imitate Natural Marble: This being dry, take slacked Lime, and Urin, mix them together to the thicknes of Mudd, lay it on the Wood with a fine Brush over the veins, when it is dry rub it over with a Brush, then with a clean Cloath: Burnish and Varnish it, and it will be a very curious piece of Work.

To make Wood of the Colour of Gold, Silver, Copper, or Brass.

Take Rock Cryстал, and beat it fine in mortar, then with fair water grind it on a Marble stone, put it into an Earthen Pot, with a little Grew, warm it and lay it on with a Pencil, and when dry, Polish it with a piece of smooth Ivory, rub it over with Gold, Silver, or Copper, and being Polished it will retain the same colour.

To discover Gold, under Black, or Indian work.

Lay on leaf Gold with fine Grew, let it dry

dry and burnish it, then grind Lamp black with Nut Oyl, adding as much Umber as Black to make it dry, and then as much Oyl of Spike, as Nut Oyl, which being well ground and mixed, lay with a light Pencil very thin over the Gold, and let it dry four or five days, or as you shall perceive the Gold to appear more or less, bright and shining, and then having tried it draw your designed Figures on the black, with curious stroaks of white, with a white lead Pencil, fine French Chalk, or white water colour, let it dry, and then with an Ivory point, a little blunted at the end, pass over those stroaks, till penetrating the black, you come at the Gold, so that without wrinkling or breaking you may make it appear in the finest stroaks, and so the black will appear, as if it were Inlaid with Gold, and thus you may do by any other colours, following the same measures, to make them look like curious Indian Japan work or Gildings.

How to draw Figures with shell Gold, on a black Ground.

If you would make a Grotesk work with Shell Gold, or Branched-works, or Figures on blacked Wood, Earth, or Metal blacked as before: always heightening the work and shadowing it, so that in this manner the Gold, or Silver may be burnished with a
Dogs

Dogs tooth; Especially if it be Grotesk, or other Branched works which are not usual to be shadowed: So that having the Freeze of a Picture frame covered with white, and then black, well burnished, then draw thereon Moresk-works, with Shell Gold or Silver, dissolved with a little Gum-water, your Gold being thick enough; and afterward burnish it with the tooth, and it will, if well done, appear very curious.

How to Grind Gold to lay on Figures.

Reduce a piece of Gold into small file dust, grind it on a Marble-stone, and when it is very well fined, wash it in a shell till the water be clear, then with fine Grew, or Gum, lay it on the Size where you intend it should be fastned; you may also melt Gold with Quick silver, and Evaporate the Mercury by encreasing the heat, and when it is cold beat it in a Mortar: and when cold lay it on the Size.

How to Bronze.

Having first thinly Plaistered your Figures with white, very smooth, grind Chrystal and Touch-stone with water, temper it with Grew, and so lay it on your work, and here instead of burnishing, rub the Figure with that Metal, of which you would have it the Colour, and it will take very curiously.

New and Rare Experiments, &c. 163

*To colour Leather black, as it is ordered in
Germany.*

Take two pound of the Bark of an Elder Tree, the filings of rust of Iron as much, steep them in two gallons of River-water, and put them in a Cask or Earthen Vessel close stopp'd, to stand for the space of two Months: then put to the liquid part well pressed out, a pound of Nutgalls beaten into Powder, and a quarter of a pound of Copperas beat them over a fire, and press out the liquid part, and brush the Leather over three or four times, and your Expectation will be answered.

To make white Leather blue, like Turkey Leather.

Take a quart of Elderberries, strain them and mingle with the liquid part a little Biss, boil them up with half an ounce of Alum: and as much Indico, then brush over the Leather as the former, and when dry polish it.

To colour Leather Red.

Rub it first over with Alum-water, then seeth stale Urine, and scum it till half be wasted; put then to it an ounce of fine Lake, with as much Powder of Brasil-wood, an ounce of Alum, and half an ounce of Sal-Armoniack: mix them well and keep them stirring over a gentle fire about two hours, then squeeze out the liquid part and use is as the other.

To

To gild Leather.

Take Glare beaten fine from whites of Egg, or, for want of it, Gum-water, and run over your Leather with a soft Brush very even and not too much; then lay on Leaf-Gold or Silver, and when it is dry burnish it with a piece of polished Ivory or a Dogs Tooth. *A speedy way to whiten Cloth.*

When it is well bucked spread it on the Grass, sprinkle it with Alum-water and let it continue for three or four days, then buck it again with Soap and Fullers-Earth, using it as before and it will be exceeding white and much thicker than it was.

To dye Feathers black for Tippetts or Caps.

Scour them well in a Lather of Soap and Pot-ashes, then put in two ounces of Coperas, six of Nut-Galls bruised, to a gallon of water, add a few Pot-ashes, and when consumed to three quarts, strain it, then put in your Feathers, and it will give them a curious glossy black.

To colour Gloves and perfume them.

Take suitable Colours to what you intend; if you design them dark or sad colour, take Spanish brown and black Earth; if light Yellow, Oaker and Whiting, and so of the rest: mix them with a moderate Size and daub them lightly over, so that it lie not thicker on one part than in another; then, being dry, beat

beat out the superfluities of the Colour, and smooth them over with a stretching or a sleeking stick, putting them into their proper shapes.

Perfume them by gently or lightly rubbing them with Ambergrise and Civit each a dram, Orange-flower Butter a quarter of an ounce, all well mixed and tempered; do it with Cotton-wool and so press the Perfume into them.

A Perfume to drive Vermin out of a House.

Take *Burgundy* Pitch an ounce, Brimstone half an ounce, Storax a like quantity, Powder of Mother-Amber half a dram; beat them and mix them well together, sprinkle them on a Chafing dish of Coals, and wherever the scent comes, the Mice, Rats, Weezles, &c. will avoid the House; also Fleas and Bugs will die, and Flies not frequent the place.

To make Copper Vessels, &c. of a Silver colour.

Take Bay-salt, Alum, and Wine-stone, grind them to Powder, and add in the grinding some Leaves of Silver, put them into an Earthen Pot loose; put your Copper into it and burnish it over with some of the Powder and it will look like Silver.

To cleanse dirty Gloves without wetting.

Lay them on a clean Board, mix dry Fullers-Earth and Powder of Alum, pass them
over

over lightly with an indifferent hard Brush and if they be not very greasy it cleans them without the danger of shrinking by wetting.

To work Flowers, &c. in Silk or Silver.

Take raw or fleasy Silk of fundry Colours, proportioned to what you intend; comb it out clean from Dross or Knots, then twist and mingle the Colours by placing them on Wires according to the natural form of the Flower intended: comb them then out and fashion them exactly with your Sciffers and Needle; dip them in Gum-water, just drawing them through it, and when they are wet, open them with your Fingers, and set them to dry in the Shade, and in that form they will remain very pleasant and delightful: and in this manner you may perform them single or on Branch with suitable Stalks; and so make all Fruits by a suitable mixture of Silk, Silver, &c. as their natures require.

To make the white London Powder Ink.

Take Gum-Sandrack two ounces, beat it well into Powder, sift it through a fine Sieve, with a like quantity of Chalcanto, so called by the Latins, and of which you may be furnished at the Druggists: mix the Powder, and less than half an ounce of this in a pint of Water, will make very curious Ink in a short time.

To

To make one that is hoarse speak with a clear Voice.

Take the Flowers of Elder, dry them in the Sun till they may be beaten to Powder, keep that Powder in a Glass, and when you would use it, take a dram in a Glass of White-wine in the morning fasting.

A new way to take the Impression of any Seal.

Melt a little Brimstone and cast into it Ceruss or white Lead, put this mixture on the Seal, strengthening it with a small piece of Paper bigger than the Impression is, and being cold, take it off, and you will find the print of the Seal thereon, which being pressed on Wax, not too hot, will give the like Impression to it.

To write a Letter secretly that cannot be easily discovered or suspected.

Write your Mind on one side of the Paper with common Ink, and on the other side with Milk against the other Letters which is that you would keep secret; and when you would have it to be legible, hold the Inkside to the fire, and the Milk thereupon will shew blewith plain enough to be read.

To soften Steel or Chrystal.

Take a pound of unslack'd Lime, as much Pot ashes, make a Lee of them and put the Steel or Chrystal into it twenty four hours, and they will easily be cut or ordered any ways to your Mind, and so most other Metals.

How

How to separate Gold and Silver from other Metals.

Take Mercury and put it into a refining Pot, set it on the Fire, and add some Varnish, Glasse beaten to Powder, and being finely mixed, lay it in the Powder upon the Metal gilded or overlaid with Gold or Silver, and by laying some Coals hot under it, it will take off the Gilding, and render the Metal as if it had never been gilt, and this Gold or Silver, if of any value, you may save, by putting Quicksilver to it, which will attract it unto a Body by it self.

To make Melons, Cucumbers, or the like, ripe by Art.

Boil Wheat-Bran in Water, and a little fine Mold, and Water the Roots of the Plants with it Morning and Evening, setting them in hot Beds, and covering them from Colds or Blasts, with Straw, Glasses, &c. and so they will grow and be ripe a great deal sooner than any other that are not thus ordered.

To take away Spots occasioned by the Small-pox.

Take half an ounce of Coperas, dissolve it in the Juice of Limons; anoint the place with it warm, and the Pits will fill up, and redness disappear.

To make a Watch-candle to out-last three others.

Take a Vessel of Water, and set on a convenient Stand, then fasten about the weight of a Farthing to the Bottom of the Candle, it being flatted, with a little Clay, and so putting it into the Water it will be upright, but the Bottom of the Candle must not touch the Bottom of the Vessel within an Inch; so as the Candle wastes, it will by reason of the loss of its weight, still rise up and keep its Light; and one burnt thus, if it be of proportionable Length, will burn a great while, by reason the Coldness of the Water hinders the Tallow in a great measure from wasting.

And thus have I performed my Promise in this kind; from whence I shall proceed to the Second Part.

THE
SECOND PART:

OR,

Appendix to the foregoing Work.

Containing Directions for Behaviour, as
to what relates to the Female Sex, on all
Occasions, &c.

The Author's Admonition to Parents, or
such as have the Tuition of Children, &c.

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found she had conceived; insomuch that she cryed, as in a Rapture, Thus hath the Lord dealt with me in the days wherein he looked on me, to take away my Reproach amongst men. And one of the chief Blessings the Kingly Prophet pronounceth to the just and upright Man, is, That his Children shall be like Olive-Branches round his Table. If the having Children creates such joy, how ought it to multiply in the Hearts of Parents, who are appointed by God to watch over them for their good, when through their encouragement and industry they see them arrive in some measure, to a perfection, in the knowledge and practice of Divine and Moral Virtues, whereby they are rendered not only capable of an Immortal state, but of gaining a good Repute and lasting Memory amongst Men: The consideration of which, doubtless, made Solomon deliver it as a Maxim, That, A wise Son made a glad Father. And in this case Children are more bound to their Parents for their Education, than for their Bearing them: Nor is it a Duty less incumbent on Parents in the discharge of their Duty towards God, to see to their utmost, those Children he has intrusted them with, as pledges of his kindness, brought up in his fear, by a timely seasoning them in the ways of Virtue, than it is on the Children's to make grateful returns and acknowledgments for the care and cost they have bestowed on them, in nurturing and bringing them up; imagining, that upon the receiving of every such Blessing, they hear the Almighty Donor speaking, as Pharaoh's Daughter did to the Mother of Moses, Take this Child and Nurse it for me, &c. These things rightly weighed and considered, may induce those Parents, who would be happy in their Posterity, to be more than ordinarily diligent in laying a good foundation for Virtue to build upon, their own good example being ever the Corner-stone of such a Structure; for nothing sooner makes an Impression in tender Years, than Precedents in Infancy, like Wax, taking and retaining the figure of that Seal which first impress'd it, unless

unless it be rudely defac'd by another, or purposely destroyed.

On this occasion much more may be said, but Parents naturally inclining to do what may turn to the advantage of their Children, I shall in this place press it no farther, but proceed to lay down Rules and Directions for the Carriage and Conduct of Young Gentlewomen, &c. that Climbing by degrees to the Summit of Internal Adornment, they may raise themselves a lasting Monument, seeing Virtue survives Time, and shakes Hands with Eternity.

Yours to serve you,

J. S.

CHAP. I.

Admonitions to young Gentlewomen, in the first place, to observe their Duty towards God.

TO be enflam'd with the Love of Sacred things is undoubtedly a Foundation for early Virtue to build on, and is frequently an Introduction to whatever we can justly and truly term Good or Great: Therefore as you first owe your Duty to God who made you, and on whom depends your Being and Well-being, not only here, but hereafter; you must above all things, consider his Glory, and endeavour as much as in you lies, to render him tribute of Praise and Thanksgiving, imploring the Assistance of his Divine Grace, to instruct and enable you to supply your Defects, and increase your knowledge, and in so Remembling your Creator in the days of your Youth, That God, who loves the early Sacrifice of the Heart, will not be wanting to over-shadow you with the Wings of his Providence, and keep you from falling into those Snares Satan lays to intrap you.

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To induce you to Holy Desires, and confirm you in the way of Truth, as you increase in strength. As soon as you are capable to read well, (which ought to be in the sixth Year of your Age at farthest, for otherwise you or your Parents will be subject to a censure of knowledge) you must apply your self to the reading of good Books; and strive, the more you read, the more to conceive a delight and pleasure therein; that growing up, you may say with Holy David, *From my Youth have I loved thy Law:* And in seriously considering what you read, it will be very profitable for you to retain in your Memory such comfortable Sentences, as being repeated, raise in you a holy joy, or more than ordinary Desire to meditate and enter upon a Contemplation of those things that are thereby expressed; and these must be chiefly taken from Holy Writ: But, above all things, be not remiss in the Duty of Morning and Evening Prayer; and that you may be the better prepared for such holy Exercise, get by heart, and retain in your Memory the *Pater-Noster*, or the *Lords-Prayer*, the *Belief*, or the *Apostles Creed*, and other good Prayers suitable to your capacity. Get by heart likewise the Churches *Catechism*, but especially the *Ten Commandments*, that you may the better understand the Will of that God that made you, and the World; and be cautious to offend him in breaking any of his Laws, by thought, word or deed, considering that from him, who is the *searcher of hearts*, nothing can be hid; for to him Darknes is as Light, and before him all the secrets of our Hearts are laid open. Lying, above all things, must be abhorred, and the Name of God never mentioned but upon pious and lawful occasions, (and then too with the profoundest Reverence.) The Company of naughty Children, whose Words and Manners may offend, or tend to corrupt Youth, though your near Relations

tions must not only be reproved by you, but, growing incorrigible or irreclaimable, shunn'd and avoided; and as often as stands with your conveniency, especially every day between the Morning and Evening Duties of Prayer, read little or more, some portion of Scripture, with Heed, Reverence, and a comely Gesture, as considering it is the Word of God *Written by Holy Men, inspired for our Learning.* And if it be in private you read, where none but your self is present, pause and meditate on those Sacred Truths as your Heart is most inclinable.

As for the Sabbath-day, a Day holy, set apart by God, as more peculiarly designed for his Worship, though it ought on no day to be omitted. Observe to keep it with the greatest strictness, keeping not only your Actions and Words, but, if possible, your very Thoughts within compass; and spend that Day, especially in Praise and Thanksgiving, both in private and publick Devotion, with a firm Faith, and full Reliance on God's Mercy and Goodness, for your Protection and Preservation in this Life, and for his Promises of a better Life in the World to come.

When you are at Church, let not your Eyes by any means wander, nor your Body move in an unseemly Gesture; but in all things so behave your self, that you may be an example to others. If at any time you are expos'd to Melancholy or Discontent, pray to God to remove it; if to Mirth, let it be harmless and innocent, avoiding lewd sights, or hearing Songs that may tend to Corruption and Debauchery; but rather follow on this, as well as the former occasion, *St. James's Direction or Advice, viz. If any be afflicted, let him pray; if merry, let him sing Psalms, chap. 5. ver. 13.* And in thus doing you will treasure up Blessings to your self; for if you carefully perform your Duty in serving God as you ought, he will not withhold from you any

thing that is necessary ; for to those that *seek first the Kingdom of Heaven and its Righteousness, all other things shall be added.*

C H A P. II.

Instructions for Young Gentlemen in Behaving themselves dutifully towards their Parents.

AS our Parents are those from whom, next God, we have our Being, and by whose tender Care and inseparable Love we are nourished and preserved from innumerable Dangers and Hazards ; therefore observe,

In the first place, your Reverence, Love, and Obedience, is strictly required, not only by the Tyes of Nature, but by God's Holy Word, as sundry places in Scripture manifest ; nor can their Infirmities in any wise absolve you, or dispense with your non-performance ; but in such a case you ought to double your observance, that thereby, as much as in you lies, you may hide their Weakness and Defects from the Eyes of others.

You must observe at all times to obey the Will of your Parents (if it be in your power, and not contrary to God's Command) without repining, or entering into dispute, performing what you do with cheerfulness, shewing by your willing mind your ready Obedience, and by your quick dispatch, demonstrating the Pleasure you take in the performance, shunning all occasions of giving them any disquiet, pacifying their Anger, if it at any time arise, with submission either in Words or by Behaviour, tempering your Actions with a moderate sweetness of Disposition and Silence, for too much Ostentation or Loquacity is displeasing : When your Parents grieve, be you sad ; when they rejoice, be you pleasant, as sympathizing with them in Heaviness and Joy ; yet
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be not over-inquisitive into the cause; but if you are desirous to know it, wait their leisure to reveal it, or learn it from some other Hand.

Forget not to pray for your Parents as often as you put up your Vows to Heaven, beseeching the Almighty to shower his Blessing upon them; which is one great advance by which a Child endeavours to make his Parents restitution for their Care and Tenderness; for nothing without calling God to your assistance can in that nature be effectual; the difference being otherwise so vast between what has been done for you, and what you can do to deserve it.

Let not the hopes of Riches, no, nor the severity of your Parents, imprint in your mind a desire of their Death, lest the Almighty be offended, and shorten your Days.

Shun those that speak ill of your Parents, and would make them seem contemptible in your Eyes: Nor let their Poverty, should you be advanced by any means to Riches or Honour, render your Duty and Obedience less, for they cannot be but the same in all conditions: If they be poor, you ought to relieve them; if they are weak of Understanding, you must assist them with your Counsel: If they be injured or oppressed, endeavour to succour and redress them; for no Years can exempt you from observing your Duty to your Parents; nor ought you to dispose of your self in Marriage, nor otherwise, without their allowance and consent, your Person being indispensibly theirs in a lawful way to dispose of. And so it was under the Law of Moses in relation to a Virgin's Vow; the which, though she had made, yet if her Father approved it not, it was void; as in *Numb. chap. 30. ver. 5.* But if her Father disallow her in the day that he heareth, not any of her Vows, nor her Bonds wherewith she hath bound her Soul shall stand; and the Lord shall forgive

her, because her Father disallowed her. By this we see the great Power that Parents had over their Children, even to a degree of cancelling, and rendring of none effect the obligation of a Vow, which Power was given by God himself.

Certain it is, that no poverty, fault, or unkindness of Parents, can dispense with that Duty and Obedience, which, by the Law of God and Nature, Children owe their Parents, for the tender care, labour, and cost, bestowed on them: Nay, though Parents should prove unnatural, and expose them, even in their Infancy, to a desperate Fortune of Hazard and Danger; yet still those Children are bound to perform their Duty, and look for their Reward from him who is the Author of all Blessings.

C H A P. III.

Instructions for a young Gentlewoman at the Age of Six, or upward, how to behave her self towards her Parents, Superiours, Equals, and Inferiours, and upon sundry other occasions; as Learning, &c.

IN all your Undertakings, let it be observed that you are an Enemy to Sloth, not only by your early rising, but by your activity; for having neatly dressed you, or caused some other to do it, having prostrated your self before your Maker, and refreshed you with what was appointed, fall upon your Knees before your Parents, and receiving their Blessing, then hasten to School; or else betake you to such business as your Parents or Governess shall appoint you at Home, doing it with chearfulness, and respect those that are over you, as well in their absence, as when present; and whether it be Reading, or any curious Work, observe that your Face and Hands are clean, and that you handle no dirty or greasie things; neither presume to eat before those

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who are your Instructors, whilst you are at your Work or Lesson, if there be more under the same Tutorage, behave your self kindly towards them; call no unseemly Names, nor make unseasonable Complaints: Defraud them not, nor take the least matter by force that is not your own; be courteous and mild, with a decent and winning Behaviour. If your Mistress or Governess be sharp and severe, strive by your diligence to prevent displeasure or correction; and as you approach or return from her, make your Reverence, and the like to your Parents; make your Obeisance in the most becoming and obliging manner, to your Superiours and Equals: nor forget to be courteous to your Inferiours: Be sure your Tongue run not too fast, but in Discourse be moderate; Speak with deliberation, and weigh your Words before you utter them; and where you are seated, observe you continue till you are called thence, or it is time to leave it. In reading upon any occasion, use not a Tone, but read distinctly, observing your Stops, that you may the better understand what you read. In Writing, beware that you blot not your Paper, but imitate your Copy in cutting your Letters fair and even; Let not your Work, of any sort, be soiled or dirty, and keep what things you use in good order, and render your Parents an Account of your improvement.

When you are to be at Meat, be not out of the way, but attend the Grace, and then take the place that is appointed you: After having done your Reverence, see your Napkin be fastned about you to save your cloaths, and thankfully take what is given without craving; nor is it seemly for you to speak at the Table, unless you are asked a question, or there be some great occasion. Cut your Meat handsomely, and be not over desirous of Sawce, nor of another sort of Meat, before you have disposed of

what is on your Plate. Put not both your Hands to your Month at once, nor eat too greedily : Let not your Mouth or Fingers be greasie, no more than need must ; and when you are satisfied, take your Plate or Trencher with you, or give it to those that wait, and retire, but not out of the Room till Grace is said, and the Cloth taken away ; at what time making your Obeisance, you may depart, unless you are desired to stay : Nor must you sit before your Parents, Governess or Superiours, unrequired, unless at your Meat, Needle, Writing, or the like ; and observe you attempt not to drink in any company till you have emptied your Mouth ; and that you breath not, nor blubber in the Cup or Pot. As for your Recreation, when leisure hours permit, let it be innocent and moderate, never staying late abroad, above all, be wary in the choice of your Companions ; and as you grow up, shun the Conversation of those that have a report of Lightness, lest they draw you into a snare, or bring a scandal causelessly upon your good Name, but chuse those whose Reputations are candid ; Converse with those who are modest, yet affable ; Stay not at any time, where the least occasion of Lightness and Wantonness is administered ; nor lend your Ear to Discourse tending to Lewdness.

For your Carriage, in the general, let it be a *Modestum*, not expressing too much reservedness, which by some, is interpreted Pride ; nor too much Freedom or Familiarity, which, on the other hand, will be looked upon for Fondness. Be no Makebate between your Parents and their Servants ; nor at any time tell a Lye to excuse a Fault, to keep you from the hand of Correction. Go to Bed in due Season, without any Noise, and never be seen in unseemly Laughter ; nor in pointing, or nodding, especially in Company, or in places of Divine Worship : Ho-

nour Age, and pity those that are distressed; Speak not at any time scornfully, or in a taunting way, but be courteous to all; and in so doing you will gain a good Repute.

CHAP. IV.

Instructions for a Young Gentlewoman how to behave herself towards her Governess and Servants, &c.

AS for your Governess, if discreetly chosen, she must be a Woman of Gravity and Discretion, learned in curious Arts, such as you are desirous to improve; and although her Age render her reserved, yet must you not censure her as rigid, but comply with her lawful Commands; and by your Mildness and Industry move her to Gentleness, refraining to make Complaints, especially unjust ones; for in disapproving of her, whom your Parents set over you, you tax them with Imbecility in chusing, and by that Complaint will either incur their Displeasure, or, by removing your Governess, perhaps procure a worse; which causing undoubtedly, a second Complaint, will possess your Parents with a jealousy of your untractableness and ill-disposition.

Some there are that covet to be under a young Governess, with whom they may have the more familiar Conversation, though to their small Advantage; for it is somewhat improbable that a Person, who cannot perhaps Govern her own youthful Frailties, should discharge so great a Trust as she ought: However, consider with your self, that in being conformable to her, you obey your Parents, who thought fit to commit you to her Charge; and that if you do otherwise, you disobey God, in abusing or slighting their Care and Indulgence, who study your Advantage.

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To the Servants you must be courteous and affable, but not over-familiar, lest it beget Contempt. Tell no Tales of them to your Parents, but rather strive to hide their Failings, unless they be such as are prejudicial or unseemly; and do them what good you can. If at any time you find occasion to reprove them, let your Reproofs be rather Admonishment than Reproaches: Be not Peevish nor Froward in your Dressing, or in any other Office done you by the Maid, that more immediately attends you, but by gentle Words let her know her Error, that she may amend it; which Method will oblige and command a constant Diligence, which otherwise would be but Eye-Service. If your Parents be angry with their Servants, do you become their Mediator. Turn not your Face from the Poor; but if it be in your Power, without offending your Parents, relieve them; or as you see occasion, petition on their behalf; by which demeanour you will command Love and Reverence, and gain the Character of an humble Spirit: In which you may rest satisfied, that it is better to be Good than Great; and that Humility forcibly commands Love and Service, when Pride, on the contrary, begets Hatred and Contempt. If Heaven has endowed you with a large Fortune, and a noble Birth, let your Virtues shine with the greater Lustre; and above all things, give God the Praise, and use what you have to his Glory, and your own Comfort.

C H A P. V.

Instructions for Young Gentlewomen how to behave themselves in all Societies, upon sundry Occasions.

First, to qualifie your self to understand the modest and courtly Expressions, it is convenient that you learn the *Latin*, *French*, and *Italian* Tongues,
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not only by Rote, but by Rule and Grammar, the better to understand them, since the most refined *English* has borrowed from these Languages, and without this Knowledge you will be at a loss to understand those that utter high Phrases in the Court-air, as they term it; nor must you be ignorant in Singing, Dancing, and Playing upon Musick suitable to your Sex; though in Exercising your self herein, you must be very modest and moderate, your Words few, yet to the purpose; Discretion, Silence, and Modesty, being the Ornaments of the Sex. And as Society is that which all Creatures naturally covet; so, if it be well chosen and managed, it is recreatory to the Body and Mind; but as bad Society is worse than none, so is it to be avoided.

Wherefore be not easily won to enter into Discourse with those you know not, unless urgent Business require it, lest you be suspected of Levity and Indiscretion. Always observe to consort your self with your Betters, or Equals, knowing them to be virtuous; and avoid too much familiarity with Inferiours, unless you find them very discreet, lest you fall into contempt, if Female: or if Male, lest you give them encouragement to make their Addresses of Courtship, and by subtil ways to insinuate themselves into your good liking; for Love, that takes the Diadem from Queens, is blind: and Passion distinguishes not Servility from Greatness; by which means, though you are high in Birth and Fortune, you may be brought to a yielding, which may turn to the grief of your Parents, or perhaps to their and your own Disgrace. And in this case presume not too much upon your own Strength, by interchanging Gloves, Rings, Ribbons, or such things, which you may term Trifles, lest by this kind of familiarity, Love by insensible ways opens a Passage to your Heart.

Be not over-desirous of being seen often, in places of resort, lest you expose your self to the Assault of the Tempter, and purchase that Curiosity with the loss of your Honour, by giving Licentious Amorists Liberty to meet you in your Walks, and by powerful Persuasions to listen to their *Sirens* Charms, whilst you are no longer capable of mastering your Affections: Nor trust too much to Female Confidants, lest for their own Advantage, they persuade you to a yielding.

As for your Dress, let it be neat, but not gaudy, for Vertue is comely in any Dress; and be content to appear in your native Beauty: Let your Dressing-time be short, and your Recreation moderate: In your Speech or Behaviour shun all Affectation; and be not over-fond of new Fashions.

C H A P. VI.

Instructions for a Young Gentlewoman to Manage her Gate and Gesture; to Govern her Eyes and Tongue, &c. upon sundry necessary Occasions.

IN this case observe that you walk not carelessly or lightly, shouldering, as it were, your Companions, nor strutting or jutting in a proud manner; Keep (in your walk) your Head steady, your Countenance not too much elevated, nor dejected; keep your Arms likewise steady, and throw them not about as if you were flying: Let your Feet rather incline a little more inward than outward, lest you be censured Splay-footed; for by the motion of the Body, the thoughts of the Mind may be discovered: as whether the Party be of loose or proud Behaviour, or humble and complacent. Do not run or go extrem fast in places of Concourse, unless great occasion require it; for in such Violent motions it is not always in your power to keep your Body steady; nay, by

too much hast you may chance to fall and expose to view what you would conceal. And as the Gesture of the Body is seemly and commendable, so is the Management or Government of the Eye; in which many things are to be observed, and chiefly these.

Keep your Eyes within compass; that is let them not be too much fixed upon idle and vain objects, nor drawn away by unseemly sights; roll them not about in a careless and lascivious manner; nor stare Men in the Face as if you were looking Babies; Send not private Glances; or look, as they call it, with half a Face, turning your Head, as it were, aside: Look not at any time over your Shoulder, if you have opportunity to turn your self: Open not your Eyes too wide, thereby to distort your Countenance; nor keep them in a manner half shut. Wink not too often, nor cast your Eyes ascant, as if you squinted; neither keep them too reserv'd; nor scornfully turn them away when any Object offers. Look not too much downward; nor with a more than ordinary Elevation. Gaze not often against the Sun, nor on the Fire, both of them impair the Lustre of the Eyes. When you discourse with a woman, look her in the Face with as much compos'dness as you can: but if with a Man, to look a little downward; for modesty is commendable: But, above all things, as often as opportunity will permit, lift up your Eyes to your Redeemer, and, with holy *David*, implore him to *turn them away from Vanity*: For the Eyes being the Windows of the Soul, lets in Good or Evil, according as it fixes, or is intent upon good or bad Objects, therefore chuse the former, and refuse the latter.

Let all your Discourses be to the purpose, and suffer not your Compliments to be high flown, extravagant, blunt, or nonsensical; but, in all, suit them with modesty, to the capacity and quality of the Person to whom you utter them; and see they be
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done on fit occasion and in season; be sure not to Congratulate Persons, when you should Con-
dole them; use in your utterance no Hems nor
Stammerings; Sputter not as you speak, nor speak
many Sentences between breathings; use no Tauto-
logies or affected words or lisping; neither speak
with a Tone. Decline to speak much before Gravity,
and multitude of years, unless urgent occasion re-
quire it: and beware that you speak not, when you are
bidden to hold your Tongue; for indeed Womens
discourse should not be much, because Modesty and
Moderation is her Ornament, and are in themselves a
moving Rhetorick. And when you have opportunity
of discourse, let it not taste of Confidence, Affecta-
tion or Conceitedness, nor border upon Obscenity.

C H A P. VII.

*Directions for a Young Gentlewoman how she ought to be
seen in her Habit or Apparel; and what Garb is most
commendable, and otherwise, according to the Quality
of the Wearer.*

IT matters not, of what Stuffs or Silks your Clo-
things are made, so they be decent and civil;
neither by their ridiculousness discovering the Wearer
foolish and slovenly; nor by their gaudy and care-
less putting on, to render her suspected of loose or
light behaviour, or at leastwise subject her to the cen-
sure of the Ignorant. Apparel may be rich, and yet
decent, and indeed whether, it be rich or not, if
decent, the matter is not great; though, in this case,
I leave it to the discretion of young Gentlewomen or
those that provide them Apparel, to let it be suitable
to their Quality or Fortune, and will not be of the
Morose and Cynical temper of some, who either
believe, or spitefully give it as their opinion, that
gorgeous or glittering Apparel is the Attire of Sin,
and suits with the Pride of the Wearers heart; but

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I am persuaded that the Quality of the Person extenuates the Quality thereof, and renders that opinion vain and frivolous.

I must confess, there is a kind of Privilege in youth to go gay; which, should I too severely reprove I might justly merit your displeasure; yet that Gaity may as well be in Decency as otherwise, the use of Apparel being to dignifie the Wearer: Nor does a vertuous Demeanour more lively appear than in Look, Speech, Gesture and Habit, within the compass of Modesty, though Diamonds, Gold, and other precious things, were made for use; and without being employed, would be ineffectual: Therefore to wear them in my Opinion, is one of the chiefest Ends for which Nature produced them, or Art brought them to a fuller perfection. The Pride in this case being only centered in the Mind, and not in the External Ornaments; which is rather known by the Carriage and Deportment of the Wearer, than by the Garments. And though to affect Novelty, and run into every Fashion, be not commendable, yet Moderation is not amiss; for two Reasons: As first, should you always keep in a Fashion, though decent, it would be looked upon as a conceited singularity; or to continue in any strange Garb, after the Fashion is altered, would appear ridiculous, and cause Laughter, especially amongst the ruder sort; as much as a Woman of Fourscore to be habited in the Garb of a Gentlewoman of Sixteen; or to see a Dairy Maid in her Ladies attire: Therefore whatever you wear, let it be proportionable to your Body, and suitable to your degree.

C H A P VIII.

Instructions for Young Gentlewomen how to proceed in their Seasonable Recreations; and what is to be observed therein.

A Ball, amongst other Recreations, is much in esteem with young Gentlewomen, because there they are sure to meet there Compeers in merriment; yet lest at such a place a Young Gentlewoman by her folly and unadvisedness expose her self to Laughter or Contempt, observe, that if you understand the Rules of Dancing, yet be not too forward to engage your self therein, lest you intangle your self so far, that you are puzzled, and at a loss, perhaps for want of understanding the Rules and Formalities practised in that place. And as you ought not to be too forward, so be not too hard to be perswaded, or abruptly, in a huffing humour, force your hand from any that offers to accommodate you, but rather run the hazard of an error or mistake in your performance, than let the least pride or rudeness appear; or give those that are present, occasion to think you are subject to either.

In this case, be not by any means, affected; nor when you undertake to Dance, be not tedious, but perform what you undertake with Modesty and Moderation, that by a quick dispatch you may give way to others.

As Dancing is an External Accomplishment; so Vocal Musick is an Internal one; yet they may indifferently serve for either; though the last is preferred; therefore if you are expert in your Notes, &c. and can sing well, when you are in Company, upon the intreaty of a Friend, who knows you so qualified, be not obstinate in complying; yet be brief, and let your

your Song be such as may give no offence: and when you have done, look not as if you expected Applause, but keeping your Station with a composed Countenance give way to another to second you, if any present is desirous, or can be prevailed with to do it; observing never to cough nor strain when you enterprize it, nor to stop in the middle to crave attention: And the like observe in playing on Instrumental Musick, not in that Point being tedious in commencing your Harmony, when others do the like: give attention, not interrupting them with discourse. And in this case let both your Songs and Tunes be modest, ingenious and pleasant, avoiding what may tend to the corruption of Good Manners.

Next to these, Engraving may take place, a thing practised by many Vertuous Gentlewomen: but amongst solitary Recreations, if they may be so termed, Reading of History, or such Romances, wherein Vertue and Gallantry are lively pourtrayed; or such as contain Stories of chaste and vertuous Love, are to be preferred.

C H A P. IX.

Instructions for the Guidance of a Young Gentlewoman's Fancy in relation to Love; and how she ought to behave herself towards those that seek to gain her in Marriage, &c.

THAT Young Gentlewomen arriving to maturity are prone to Love and Liking, it would be insignificant for one to relate, seeing it is so well known, the Eye and the Ear being seldom wanting to convey to the Soul what is desirable; the one charming it with beautiful sights, and the other with Rhetorical and Melodious sounds; yet give not these official Members too much scope on this occasion, lest they insensibly ruin you, by betraying your Affections to what is sordid or inconsiderable; but keep, as it were, a Guard upon

upon your Hearts, to prevent the entrance either of a lawless or disadvantageous Passion. Consider well before you give way, even to Imagination, weigh deliberately each particular, and be seriously intent on what is to come, as well as what is present, not suffering you self, for the present satisfying your Appetite, to be carry'd away with the Torrent of a Passion, that will unavoidably carry you into the gulf of Misery. Man indeed is a noble Creature, and for his sake Woman was made, and therefore ought to be complaisant; but being left at liberty to chuse where she thinks fit, it is more than common Prudence to make such a choice to her Humour. The former of which may, but the latter cannot be quickly discovered: But, above all, let not a Young Gentlewoman for Interest, or by over-persuasion, give her self to one she cannot affect, lest she dearly repent at leisure what is past redressing, there being nothing more grievous than a loathed Bed; for that, most commonly, cancels all other Earthly Felicities; nay, many times shakes the very Foundation of Modesty.

As for your Behaviour in this case, it must be Grave and Modest, though not sour or too much reserved, lest it be interpreted for Pride, or want of Discretion. Blushes, upon sundry occasions, are very seemly; which, like moving Oratory, let your Lover know the little Flames of Love are playing about your Heart, and silently betray your Passion.

A kind of pleasing Love there is, which, though it have taken possession of the Heart, is either through Modesty, or fear of failing if it were proposed, desirous to be concealed; not but that if these Ostacles were removed, they would freely discover it. And this, Gentlewomen, is on your part, who love those that are ignorant in your Passion; yet did they know it, would be more transported than your selves. And this you strive to express by the silent Language of

the Eyes; nor is it always in their power to keep them from wandering. But in this, as in all the Mystery of Love, move with deliberation, and let Caution be the Scale of your Affection. Consider your Happiness, or its contrary, depends upon the Cast; and that there are many consequent Matters or Circumstances that a discreet Woman will not only discourse, but discuss, before she enter upon that honourable, but hazardous state of Matrimony: and these chiefly are to be taken notice of, *viz.* Disparity in Descent, Fortunes and Friends, frequently beget Distraction in the Mind: Disproportionable Years create dislike, and loathing: obscurity of Descent begets Contempt; and unequality of Fortune, Discontent. These are the Hazards to which unconsidering Lovers expose themselves; these are the Rocks on which they Shipwreck their Peace. And yet herein you ought to be contented, if once it is past redress.

As you ought to be slow in entertaining Lovers, so be constant in retaining one that is worthy, that you may thereby gain a greater Esteem. Boast not of the multitude of your Suitors; nor be proud that you are admired above others of your Rank and Quality. Give not those you cannot fancy ground to believe ye do or will love them; neither by rudeness, unseemly words or carriage, any Affront; but decline, as much as with Modesty and Civility you may their Company; giving them as little Opportunity as may be, to find you alone; nor receive any thing from them by way of Presentation, least, when they find they are rejected, they exclaim against you as mercenary, or one that gives way to Courtship for your advantage. Be not covetous of Strangers Acquaintance on this occasion; nor rely too much upon a Female-Confident, lest the one prove troublesome, and the other picklocks your Breast of those Secrets you are not desirous to publish. Whining and sneaking Pretenders are to be avoided;

avoided; also such as strive with Tears and Imprecations to possess you with an Opinion of their good meaning: But where Manly Beauty, Bravery of Spirit, Moderation in Speech, and a greater readiness in performance than in promising, are centered in one Person, who tempers his Actions with Discretion, Humility and Sobriety, you ought to be Complaisant; and if such a one fall to your share, imagine your Lot is cast in a fair Land; and till you find such an one, let not your Affections loose, if you can possibly restrain 'em; shun Temptations: Avoid, above all things, Ease, Idleness, the reading of Debauchery in Books, or too much Pampering your self with lascivious Fare; for these are Incitements to wanton Love.

*Ease makes you Love, as that o'ercomes your Wills;
Ease is the Food, and cause of all your Ills.*

C H A P. XI.

Instructions for a Young Gentlewoman, when Married, how to carry and behave her self towards her Husband, &c. as becomes a Vertuous Wife; or Family-Directions in order to a Happy Life, &c.

Above all things, repine not at your Lot, when it is fallen to your share, but weigh your Condition in the Scale of Content and Discretion, and it will be the better supported.

If your Husband be very Young, and given to Excursions incident to Youthful Frailty, let your riper Experience bring him to a better understanding, and your usage more easie, than to attempt by Extremities to wean him from what he affects; but rather let your good Example, modest Reprovements, and the course of Time work upon his head-strong Nature; and either through shame, or a Reform of Judgment, he will be brought to be himself; for doubtless Conjugal Duty,

Duty, tempered with softness and affability, is of force to conquer the Morosest Temper.

If your Husband is Exalted in the World by Riches or Honour, let not your Mind be puffed up. Though after Marriage you find your self not so happy in the things of this World, as you expected; but that, on the contrary, you are griped with the pinching hand of Poverty, let the poor condition of your Husband add to your Vertue, in furnishing you with Patience and Meekness; for there is not that dangerous want some imagine, where there wants no Content.

The more particular Duties of a Wife, are chiefly these, &c. To esteem him above all others, not to entertain any mean or low thoughts of him or his Actions, but in all things to give him a due respect; and in due observance of what is lawful, strive to encrease his Repute amongst Men, rather than in the least to diminish it, that in so doing you may own him the Superior Vertue, and not by your Indiscretion betray his weakness, or rather your own; for so have the wise and vertuous Women of all Ages done.

Be peaceable and pleasant towards your Husband, not being angry when he is at any time so, but pacifie him with winning and obliging words; and if you should carelessly, or otherwise raise him to a Passion, be not long e're you apply your self to appease it, by shewing a regret, or kind relenting, for what has occasion'd it, or by sound reason let him understand his Error; and prepare for him what is necessary in due order, with all imaginable neatness and advantage; shewing above all things, respect to his Friends and Relations, whether abroad or at home, which must of necessity create in him a greater portion of Love and Respect for your self.

As for your Children, bring them up in the Fear of God, and in Duty and Obedience to your selves, that it may be well for them and their Posterity; for
those

those are the indearing pledges of Connubial Love, that more nearly cement the Hearts of Man and Wife, and are the Sum of their Earthly Felicity.

C H A P. XII.

Instructions for a Gentlewoman Married, how she ought to carry her self towards her Servants, and in the ordering her Household Affairs, &c.

AS a Gentlewomans care, next to that of her Husband and Children, ought to be in the Well-government of her domestick Affairs, that cannot consequently be done without a due regard in her proper Person, the ill conveniency of too much confidence in second Management, being too frequently apparent: And this must be done, besides what you set your helping-hand to, by inspecting the Actions of your Servants, and by behaving your self towards them as you ought, that your good Example may be their Guide.

In this case, and any other, avoid Passion, and be not Rixarious, for either of these ill become a Gentlewoman; your main business with your Servants being to see they do what is fitting, and that they lavish not out, nor wast that wherewith you intrust them; for this being neglected, the fault will be charged upon your self.

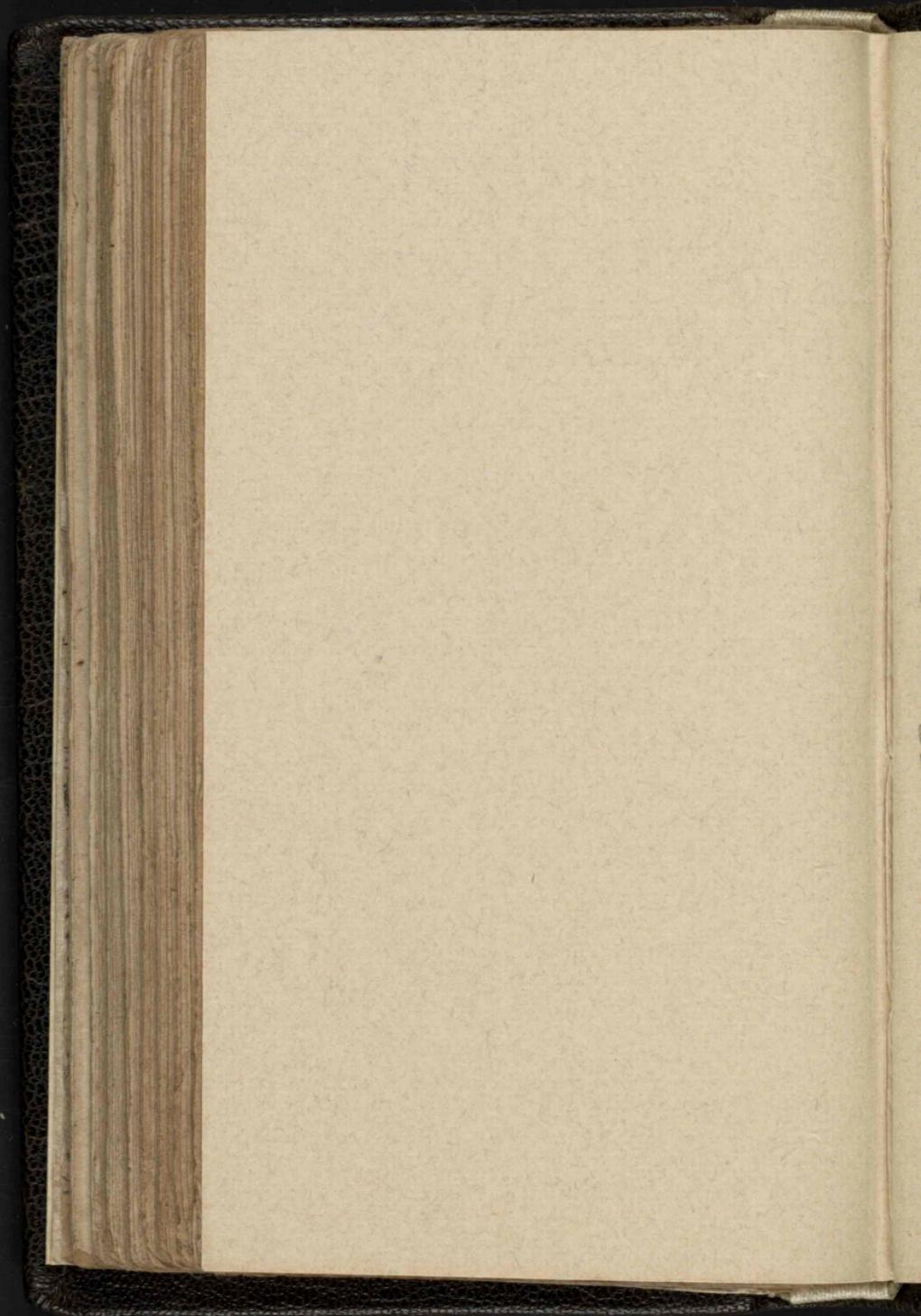
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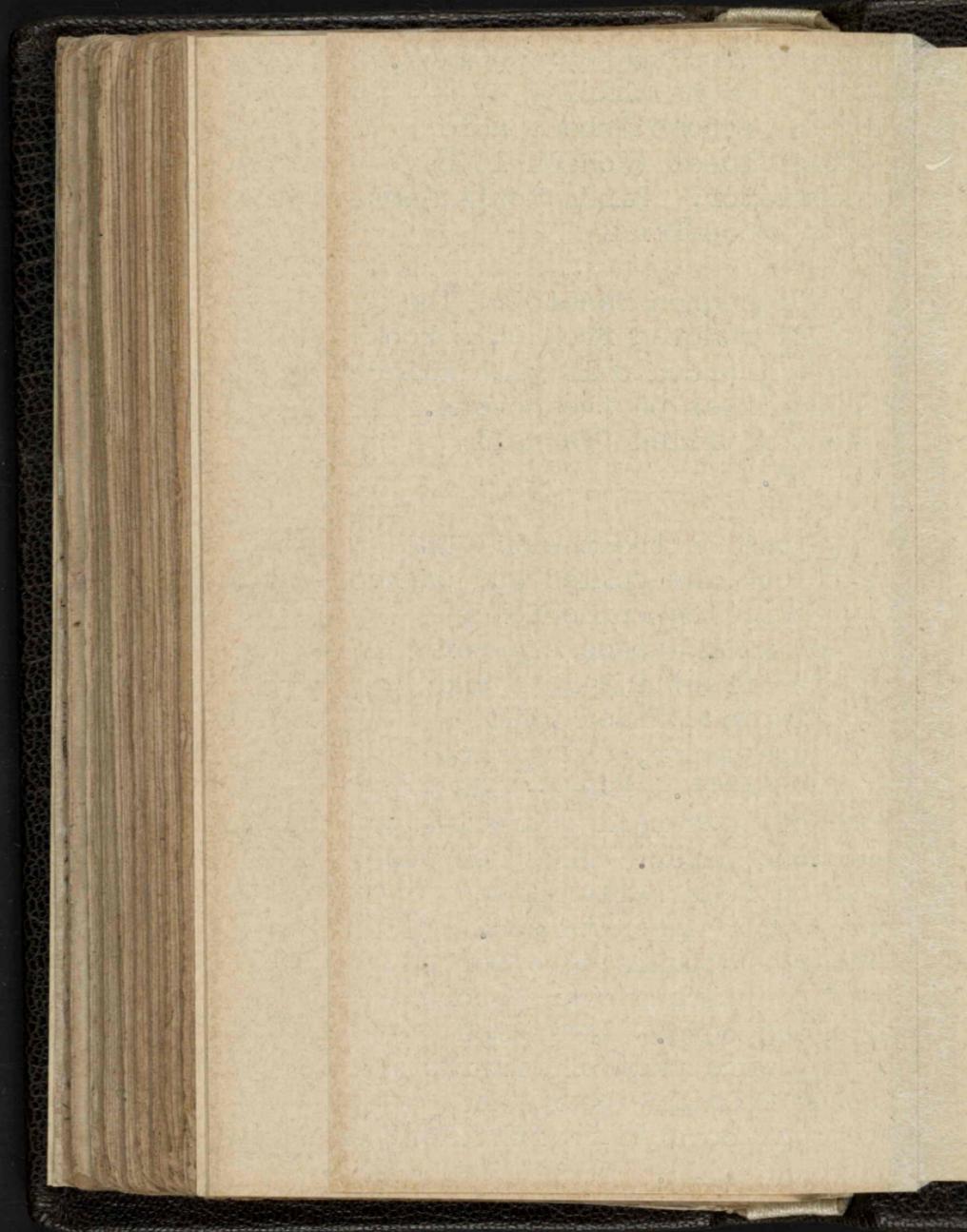
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Preservation number: 002207.2
Author: John Shirley
Title: Accomplished Ladies
Rich Closet (London 1696)
Conservator: Linda McWilliams
Date: November 1975

Condition upon receipt: The binding removed from this book was full brown calf with blind tooled lines on the covers. (See box titled "Pennell Covers".)

Conservation treatment: The textblock was pulled and washed in water, the spine-folds mended with Japanese paper and the front fly-leaf and frontispiece lined with Japanese paper, using rice starch paste. Flexi-ends were made of Cockerell Aquapel-sized handmade paper. The book was sewn on four raised linen cords with linen thread. Primary endbands were worked in linen thread over a core of linen cord. Laminated boards were made of all-rag museum mounting board and the book covered in full leather (Sirocco kid).



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