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In.° Perkins.

Many Years Cook in the Families of

Earl Gower and Lord Melbourne.

London. Published as the Act directs. Aug.t 30.th 1790. by I. Ridgway. York S.t Piccadilly.

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Fourth Edition, with Additions.

LONDON:

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PREFACE.

THE intention of the following Work is to preſent the *Female Sex* with a COMPLETE BODY OF INFORMATION, reſpecting the conduct and arrangement of their domeſtic concerns; and to inſtruct them in whatever is neceſſary to be known by the *Miſtreſs of a Family*—to exhibit ſuch a ſyſtem of knowledge as will not only conduce to their own comfort and happineſs, but diffuſe content, ſatisfaction, and utility throughout their families, and the circle of their connections and dependents.

The Editors have no deſign to apologize for introducing a *New Work*, even on ſubjects many of which may have been thought to be exhauſted; the PLAN of this being entirely different from

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any previous publication; ſo very *extenſive*, and embracing a variety of ſuch highly *uſeful* and *intereſting* objects, renders apology unneceſſary; they intend, therefore, in this place, to give a more comprehenſive view of the undertaking in general, and to point out the meaſures which they purſued in the ſelection of thoſe articles which compoſe the LADIES' LIBRARY.

One of the three eſſential parts of our plan, as relative to domeſtic knowledge, was to give a PRACTICAL SYSTEM OF COOKERY; and, for this purpoſe, every article and every recipe, that had either utility or claim to notice, was carefully ſelected from almoſt *Thirty* different authors: in this purſuit frugality and elegance were our conſtant conductors; very complicated diſhes are ſeldom, if ever, very excellent, yet they are always expenſive, and never conducive to health. The collection thus made underwent the examination of a lady, whoſe judgement and long experience well qualified her for the taſk, and from whoſe hand it received much alteration, and more improvement. With great application and trouble, this diviſion of the work has been completed;

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and ſhould it prove uſeful to thoſe for whom it is peculiarly intended, we ſhall think our labour well beſtowed.

In the Confectionary department, and the lighter branches of Cookery, we acknowledge ourſelves very much indebted to the Gentleman who favoured us with the *Manuſcript Recipes* of the late Mr. PERKINS, of which we have made very ample uſe.

Pickling, preſerving, diſtilling, the preparation of made wines, brewing, &c. are very fully treated off; but we muſt not omit noticing (what in works of cookery is ſeldom attended to) that we have given the *culinary* and *medical* properties of all fruits, vegetables, &c. in common uſe, with an accurate account of whatever may come under the denomination of *Culinary Poiſons*, or articles injurious to health and ſafety. Extenſive liſts of every thing in ſeaſon; copious bills of fare; truſſing of poultry, &c. the arrangement of diſhes on the table, illuſtrated by copper-plates and explanations, and a variety of genteel light ſuppers, are alſo included; ſo that a ſervant, by giving due attention to our remarks, cannot fail of ſending a dinner

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a dinner to table in a handſome manner, with the greateſt eaſe.

Young Ladies, as well as their ſervants, are often much at a loſs how to chooſe meat, poultry, fiſh, and other articles of proviſion, and conſequently are liable to be impoſed upon; we have, therefore, laid down a good deal of neceſſary information on Marketing, and have given ſome uſeful hints that may prove beneficial even to families ſettled in life.

CARVING, or the Art of Diſſecting Poultry, or Joints of Meat, with eaſe and dexterity, is eſſentially neceſſary, eſpecially to maſters and miſtreſſes of families, and frequently to upper-ſervants: plain directions, illuſtrated by copper-plates, for the performance of this daily duty, will be given under its proper head.

The FOUR FIRST RULES OF ARITHMETIC, *viz.* Addition, Subtraction, Multiplication, and Diviſion, are given in ſo very plain and conciſe a manner, that any young woman who can read and write may eaſily become miſtreſs of them, without further aſſiſtance. To ſervants in *general* this appeared to us a very neceſſary branch of knowledge:

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ledge: to thoſe of the higher claſs, as cooks, houſe-keepers, and ladies' maids, it is poſitively not to be diſpenſed with. This little treatiſe, joined to the tables for marketing, buying and ſelling, &c. which are very full and correct, and the plans for keeping a houſe-keeper's book, we hope will will be of much ſervice towards the frugal management of family expences.

In a word, every claſs of *Female Servants* will find inſtruction from this work: the houſe-keeper, the cook, the houſe-maid, the chamber-maid, the laundry-maid, the dairy-maid, and the nurſery-maid, will receive information for the diſcharge of their reſpective duties; and young married people will of courſe know what to expect from their dependents.

The next department of which we muſt more minutely explain the ſubject, is entitled, The NURSERY; and here we have been eſpecially attentive to the management and treatment of INFANTS, from their birth to the age of adults; but we muſt obſerve, though it treats of their diſorders and complaints very fully, that it is not ſolely confined to the rearing of children, but forms

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forms a very extenſive BODY OF DOMESTIC MEDICINE, including the cauſes, ſymptoms, prevention and cure of diſeaſes, free from all the abſtruſe and profeſſional terms of phyſic, and entirely accommodated to the underſtanding and practice of ſuch perſons and families to whoſe uſe theſe volumes are more particularly dedicated.

Not only in many remote parts of the kingdom, but even in the environs of the metropolis, medical aſſiſtance is frequently obtained with difficulty, and always with conſiderable expence; but the patient's caſe is ſometimes even rendered deſperate, before relief can be obtained, or unfortunately, perhaps, circumſtances may preclude the poſſibility of obtaining it at all. The LADIES, in particular, are often prevented from receiving the benefit of medical advice by an unwillingneſs, the offspring of delicacy, to apply for it. This, however, is here fully obviated; every indiſpoſition, to which *they* are more peculiarly ſubject, is fully treated of; all that they can poſſibly wiſh, or need to know, is laid down in a plain intelligible manner, but with every

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every attention to decent propriety; and they will happily find the means of reſtoring themſelves to health, without injuring their delicacy by a communication of their feelings to any perſon, or revealing the nature or cauſe of their indiſpoſition.

Nor have we been deficient in treating of thoſe common diſorders, and uſual caſualties, to which people are daily ſubject; and for the relief of which our directions will be found generally very ſufficient. The prudent and ſenſible miſtreſs of a family will be always able to manage ſuch ſlight indiſpoſitions; and we muſt obſerve, that it is by no means our intention to ſuperſede the uſe of a phyſician, but only to ſupply his place in ſituations where medical aſſiſtance cannot eaſily be obtained.

CASES OF SURGERY, indeed, require not only a degree of judgement, but of experience alſo, which we think none but profeſſional men hardly ever attain: the judgement of the anatomiſt, and the hand of the ſkilful operator, are uſually indiſpenſable; yet, there are ſome ſlight caſes where even theſe may be diſpenſed with, and many things may be done to ſave the lives of our fellow-creatures, by thoſe who are no adepts in anatomy.

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Bleeding, for inſtance, is often practiſed by midwives, gardeners, and blackſmiths; and the country barber generally takes the ſuperintendance of the teeth, and often with as much ſucceſs as the profeſſional dentiſt. Burns, ſcalds, whitloes, bruiſes, ſtrains, and ulcers, may be as ſucceſsfully managed by a well-informed nurſe, as by a country apothecary.

Many of the *patent medicines* have been held in deſerved eſteem; and we have taken all pains to procure the original recipes, which are given in the work: many preſcriptions of this claſs—for inſtance, *Swainſon's Velno's Syrup*, *James's Fever Powders*, *&c.*—have been adminiſtered with aſtoniſhing ſucceſs; of theſe, the beſt accounts that we can procure will be related: ſuch medicines being the property of men of probity and reputation, thence derive a ſtrong claim to our attention.

To prevent the poſſibility of error or miſtake, the *quantities* of every thing directed to be uſed, throughout the whole work, are expreſſed in words at length; and, to guard againſt every miſapplication or inadvertence, the editors have carefully attended to the correction of the preſs.

The

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The TOILET completes the circle of our FEMALE ENCYCLOPEDIA; the deſign of which branch is to exhibit a rational method of preventing, or correcting, the natural or accidental deformities and blemiſhes of the human body, and of improving and heightening natural beauty. Such a plan, executed upon juſt principles, will certainly prove of general utility.

Phyſicians ſeem to have conſidered whatever relates to COSMETICS, or the preſervation of beauty, as a ſubject beneath the dignity of their pens: hence it has been confined chiefly to miſcellaneous collections of *recipes*, frequently dangerous, generally abſurd in their compoſition, and always uſeleſs from the neglect of diſcriminating their application, as our readers will find clearly illuſtrated under the head *Complexion.*

The ingredients of the numerous uſeful recipes peculiar to this part of the book, will be found to be perfectly innocent and ſimple, and may be prepared at much leſs expence than what is paid for a far leſs quantity of thoſe ready-made compoſitions, the effects whereof are at beſt uncertain, and often deſtructive, while ours are uniformly

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rendered ſubſervient to the preſervation and improvement of *health*, as well as *beauty*.

We have, indeed, been particularly ſolicitous to give ſuch preparations as are at leaſt *totally devoid of every pernicious quality*, and of directing the moſt effectual means for improving and preſerving FEMALE CHARMS, without having recourſe to any baneful methods of diſguiſing them; for with reſpect to PAINTS and ROUGES, we can juſtly ſay, that after having analyſed all the compoſitions which have been impoſed upon the world under that denomination, there is not ONE to be found which is not abſolutely incapable, either from the texture or the quality of its ingredients, to anſwer ſafely or effectually the purpoſe for which it is propoſed.

If the ſubſtance be a powder, and dry, it may exhibit a higher complexion, but can never reflect that poliſhed clearneſs attendant on Nature, and a delicate ſkin; on the other hand, if the compoſition be an adheſive moiſture, it will afford a more ſhining varniſh, but will totally ſtop the perſpiration; and both, if ſpread over a conſiderable ſurface, will, in time, produce ſuch diſorders

as

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as it may be impoſſible to extirpate;—the indiſpenſable exhalations of the vital fluid are detained; let the ladies, therefore, beware, leſt in the triumph of ſuperlative beauty, they fall a ſacrifice to the ambition of futile allurements; and let not *falſe refinement* induce them to deſtroy that ineſtimable bleſſing, HEALTH, which alone can give fragrance to the lip, bloom to the countenance, and luſtre to the eye.

But could this treacherous art even be practiſed with impunity, what pleaſure can it poſſibly yield?—Short muſt be the triumph of impoſture, and when detected, adieu to love and happineſs. If any thing we can ſay on this ſubject ſhall have a happy tendency to reſcue beauty from the hands of empiriciſm, and mark the nice diſtinction by which its charms may be improved, our labour will be well rewarded: but let us entreat the ladies never to attempt to increaſe the gifts of Nature by methods ſo inadequate, and deſtructive of all gratification.

There will be little need to urge the cultivation of perſonal charms, upon the principle of a *duty*. It is certainly not only excuſable, but highly

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ly commendable, to pay attention to perſonal accompliſhments, while ſuch attention is confined within certain bounds, the extent of which reaſon will dictate, though cuſtom may greatly influence. There are ſome little arts which may be uſed to improve beauty, that neither deſerve cenſure, or are attended with danger. To preſerve a good head of hair by nutritive pomatums and powders; to take away a ſuperfluous quantity on the forehead, by harmleſs depilatories; to remove freckles, or an offenſive pimple from the face; to prevent the lips or hands from chapping, by an innocent ſalve, or an emollient waſh-ball; and to preſerve the teeth white and ſound, are all juſtifiable practices. We are born for each other, and therefore it is a duty we owe to ſociety, as well as ourſelves, to endeavour to be mutually agreeable, and to correct every thing diſguſtful. Perſonal negligence not only implies an inſufferable indolence, but an indifference whether we pleaſe or not. It often, alſo, betrays an inſolence and affectation, ariſing from a preſumption of being ſure to pleaſe, without having recourſe to the means which others are obliged to uſe.

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It would not only be exceedingly tedious, but would ſwell this preface far beyond any reaſonable bounds, were we to enumerate all the uſeful ſubjects contained in the MISCELLANEOUS ARTICLES of theſe volumes:—they will be found to conſtitute an immenſe *Fund of Uſeful Domeſtic Information.* No pains, attention, nor expence, have been omitted, on the parts of the Editors and Publiſher, to render it complete; and they flatter themſelves with being juſtly entitled to approbation and encouragement.

London,
January 1ſt, 1790.

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A.*

AIR.

PEOPLE in general pay very much attention to what they eat and drink, but certainly too little to what goes into the lungs; though the conſequences of breathing a vitiated and corrupt air prove often more ſuddenly and laſtingly fatal than the former. Wherever great numbers of people are crowded into one place, if the air has not a free current, it ſoon becomes unwholeſome. Hence it is, that delicate perſons are ſo apt to turn ſick or faint in crowded churches, aſſemblies, or any place where the air is injured by breathing, fires, candles, or the like. In great cities, ſo many things tend to pollute the air, that it is no wonder it proves fatal to the inhabitants:

> . . . . . It is not AIR,
> That from a thouſand lungs reeks back to thine,
> Sated with exhalations rank and fell,
> The ſpoil of dunghills, and the putrid thaw
> Of nature, when from ſhape and texture ſhe
> Relapſes into fighting elements;
> It is not AIR, but floats a nauſeous maſs
> Of all obſcene, corrupt, offenſive things.

* For the articles ABSCESS, ſee *Inflammation*—ACHE, ſee *Head-Ache*, *Tooth-Ache*, &c.—AGUE, ſee *Fever*.

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Air that is too hot, diſſipates the watery part of the blood, and occaſions bilious and inflammatory fevers: very cold air obſtructs perſpiration; occaſions rheumatiſms, coughs, and many diſeaſes of the breaſt and throat; while air that is too moiſt diſpoſes the body to dropſies, agues, and intermittent fevers. Wherever air ſtagnates long, it becomes unwholeſome; and the various methods which luxury has invented to make houſes cloſe and warm, has not contributed a little to render them unhealthy; for no houſe can be wholeſome unleſs the air has a free paſſage through it. Particular care therefore ſhould be taken to open every window of a houſe as early as poſſible in a morning, to admit the light and a current of free air; and beds ſhould not be made up as ſoon as people riſe from them, but ought to be turned down, and expoſed to the freſh air from the open windows through the day. Small bed-chambers are a very imprudent choice; they ought eſpecially to be well aired, as being only occupied when all the doors and windows are ſhut; and fires are a very dangerous companion in a ſmall apartment. If freſh air be neceſſary for thoſe in health, it is yet more ſo for the ſick, into whoſe chambers it ought always to be admitted, gradually indeed, and, if poſſible, by opening the windows of ſome other apartment.

The temperature of the air has alſo a remarkable influence on the COMPLECTION; ſo much ſo, that a characteriſtic colour marks the bulk of the people of every ſoil. To preſerve complectional beauty, it is therefore neceſſary to avoid the extremes of too cold, or too hot an air, the impreſſions of which are very forcible, and very deſtructive. The effluvia from marſhy lands, ſtagnant

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nant waters, and noiſome exhalations, affect a delicate complection almoſt as much as they do delicate lungs; the bleak coldneſs of north-eaſt winds, evening dews, fogs, and miſts, are all deſtructive of nature's lilies and roſes. Too dry and parching a wind wrinkles and chops the ſkin, makes it rough, contracts the pores, and checks that kindly tranſpiration ſo eſſential both to health and beauty.---See alſo the article *Complection*.

ALE.

For the making of ALE we muſt refer to the article *Brewing*: but MEDICATED ALES are frequently preſcribed as diet-drinks; and in caſes which require a continuance of medicine, in order to gain upon and alter the conſtitution, much help may be expected from them; they are beſides readily and eaſily prepared, and being a ſort of *kitchen phyſic*, are of courſe neceſſary in a family diſpenſatory.

1. *Bitter* ALE. Take of gentian root, lemon peel freſh, each a quarter of a pound; long pepper, one ounce; ale, one gallon: let them ſteep together. This is a cheap and uſeful ſtomachic bitter.

2. *Dr. Butler's* ALE. Take of betony, ſage, agrimony, garden ſcurvy graſs, and Roman wormwood, each three handfuls; elecampane roots, horſe-radiſh roots, each a quarter of a pound; new ale, four gallons. The herbs and roots to be put in a bag, and hung in the ale while working. This is uſeful in the ſpring for purifying the blood, and preventing ſcorbutic diſorders. Half a pint may be taken two or three times a day.

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3. *Diuretic* ALE. Take of muſtard ſeed, whole, and juniper berries, each eight ounces; wild carrot ſeed, three ounces; common wormwood, two ounces; new ſmall ale, ten gallons.

Or, Take of broom-tops and muſtard-ſeed, each ſixteen ounces; flower-de-luce roots, ſharp pointed dock roots, each twelve ounces; winter's bark, elder bark, wild carrot ſeeds, juniper berries, each two pounds; new ale, twelve gallons. In dropſical and corpulent ſcorbutic habits, theſe are very uſeful diet drinks, half a pint of which may be taken two or three times a day.

4. *Scorbutic* ALE. Take horſe-radiſh root, freſh, one pound; great water-dock roots, half a pound; canella alba, two ounces; buck bean leaves, freſh, eight ounces; or dried, three ounces; new ſmall ale, ten gallons. In ſcorbutic diſorders, and impurities of the blood and juices, this liquor uſed as a common drink uſually does much ſervice.

In all the above preparations, the vegetables are to be put into the ale while in ſtate of fermentation, and boiled with it.

ALMONDS.

There are two ſorts, the ſweet and bitter; but between theſe, or the trees which produce them, the eye can ſcarcely, if at all, diſtinguiſh. *Sweet* almonds are uſed in food, but are reckoned to afford little nouriſhment, and when eaten in ſubſtance are not eaſy of digeſtion. *Bitter* almonds have been found poiſonous to ſome animals; and a water diſtilled from them, when made of a certain degree of ſtrength, has had a like effect. The oils

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oils obtained from each ſort are preciſely ſimilar in their effects, being ſerviceable internally in pains, inflammations, hoarſeneſs, tickling coughs, &c. In the purpoſes of cookery, they are employed as follows:

To preſerve ALMONDS *dry.* Take a pound of Jordan almonds (one half blanched, the other unblanched) beat the white of an egg very well, pour it on the almonds, and wet them well with it; then boil half a pound of double-refined ſugar, dip the almonds in it, ſtir them all together, that the ſugar may hang well on them, lay them on plates, put them in a moderate oven (after bread is drawn, if convenient) and let them remain all night, by which means they will keep well for a twelvemonth.

A Baked ALMOND PUDDING. Grate the ſkins of two lemons very fine; beat half a pound of almonds in roſe water, and a pound of ſugar alſo very fine, then melt half a pound of butter, and let it ſtand till it is quite cold; beat the yolks of eight eggs and the whites of four; mix them, and beat all together, with a little orange-flower water; bake it three quarters of an hour, and ſerve it up for a ſecond courſe, garniſhed with ſlices of orange. If agreeable, the diſh in which it is baked may be lined with light paſte.

A Boiled ALMOND PUDDING. Strain two eggs well beaten into a quart of cream, a penny loaf grated, one nutmeg, ſix ſpoonfuls of flour, half a pound of almonds blanched and beat fine, and half a dozen bitter almonds; ſweeten with fine ſugar, and add a little brandy; boil it half an hour; pour round it melted butter and wine, and ſtick it with almonds blanched and ſlit.

Another

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Another way. Beat a pound of ſweet almonds as ſmall as poſſible, with three ſpoonfuls of roſe water, and a gill of white wine; mix in half a pound of freſh butter melted, with five yolks of eggs, and two whites; a quart of cream, a quarter of a pound of ſugar, half a nutmeg grated, one ſpoonful of flour, and three ſpoonfuls of crumbs of white bread: mix all together, and boil it half an hour.

ALMOND HOO'S PUDDING. Take a pound of beef-marrow chopped fine; half a pound of ſweet almonds blanched, and beat fine with a little orange-flower or roſe water; half a pound of white bread, grated fine; half a pound of currants, clean waſhed and picked; a quarter of a pound of fine ſugar, a quarter of an ounce together of mace, nutmeg, and cinnamon, (equal quantities of each) and half a pint of mountain wine; mix all together well with half a pint of good cream, and the yolks of four eggs. Fill the guts half full, tie them up, boil them a quarter of an hour, pricking them as they boil, to keep them from breaking. As a change you may leave out the currants, but you muſt then add a quarter of a pound more ſugar.

Another way. Take half a pint of cream, a quarter of a pound of currants, as much ſugar, the crumb of a halfpenny roll grated fine, ſix large pippins pared and chopped fine, a gill of wine or roſe water, ſix bitter almonds blanched and beat fine, the yolks of two eggs and one white beat fine; mix all together, fill the guts as above, and boil them.

ALMOND SOUP. Chop a neck of veal and the ſcrag end of a neck of mutton into ſmall pieces, put them into a large toſſing pan; ſlice in a turnip, with a blade

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of two of mace, and five quarts of water; boil it gently till reduced to two quarts, ſtrain it through a hair ſieve into a clean pot, then put in half a pound of blanched almonds, beat fine, half a pint of thick cream, and ſeaſon it to your taſte. Have ready three French rolls, not larger than a ſmall tea-cup each; blanch a few Jordan almonds, cut them length ways, ſtick them round the edge of the rolls flank ways, and alſo over the top of the rolls, and place them in the tureen, pouring the ſoup over them. Theſe rolls look ſomewhat like hedge-hogs, from whence this has obtained the name of *Hedge-hog Soup*.

Another way. Blanch a quart of almonds, and beat them in a marble mortar, with the yolks of ſix hard eggs, till they are in a fine paſte; mix them by degrees with two quarts of new milk, a quart of cream, and a quarter of a pound of double refined ſugar, beat fine; ſtir all together, and when well mixed, put it over a ſlow fire, and keep ſtirring it quickly all the time, till you find it is thick enough, then pour it into your diſh, and ſend it to table. But obſerve, that if you are not very careful, it will curdle.

ALMOND CUSTARDS. Put a pint of cream into a toſſing pan, with a ſtick of cinnamon, and a blade or two of mace, boil it, and ſet it to cool; blanch two ounces of almonds, beat them fine in a marble mortar with roſe water; if you like a ratafia taſte, put in a few apricot kernels, or bitter almonds; mix them with the cream, ſweeten to your palate, ſet it on a ſlow fire, and keep ſtirring till it is pretty thick; but it muſt not boil, or it will curdle.

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The above are the chief articles of food in which the almond is uſed; in medicine they form a part of many EMULSIONS, *(ſee this article)* and for beautifying the ſkin, we have ſeveral compoſitions; but muſt firſt obſerve, that a little of the powder of bitter almonds formed into a paſte with water in the hand, will anſwer the purpoſe of many more coſtly preparations.

ALMOND PASTES. 1. Blanch in warm water any quantity of bitter almonds, let them dry, and then beat them in a marble mortar with a little milk, to form them into a paſte. To prevent its turning oily, afterwards add the crumb of a light white loaf ſoaked in milk; beat it with the almonds, till they are formed into an uniform maſs; then put the whole into a kettle with ſome freſh milk, and let them ſimmer over a gentle fire, ſtirring the compoſition till it is boiled into a ſoft paſte.

2. Beat a quantity of each ſort of almonds in a marble mortar, pouring on them a little vinegar to prevent their turning oily; then add two drams of ſtorax in fine powder, two ounces of white honey, and two yolks of eggs boiled hard; mixing the whole into a paſte.

3. Blanched almonds, one pound; pine nuts, four ounces; beat them into a paſte, with the addition of loaf ſugar, two ounces; an ounce of the fineſt honey, an ounce of bean flour, and half a gill of brandy. This paſte may be ſcented with any of the perfumed eſſences.

AMBERGRIS.

This is one of the moſt agreeable of the *perfumes*, and ſcarcely ever accompanied with the inconveniencies of that

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that kind of ſubſtances. We cannot reſiſt here giving the following elegant, efficacious, and eaſily-prepared medical compoſition, from the Pariſian Diſpenſatory.

Take ambergris, one dram; tartarized ſpirit of wine, and ſpirit of roſes, each one ounce and a half; digeſt together in the heat of a water bath juſt ſufficient to make the ſpirit ſimmer. Eight or ten drops may be taken on ſugar; or the ſugar, after imbibing the drops, may be diſſolved in a glaſs of white wine. This is a high cordial, of great ſervice in diſorders of the head, and in nervous complaints.

AMULET.

This word (which is more properly *Amlet*, or Omelet) means a kind of pancake, or fricaſſee of eggs, with other ingredients, very uſual in Spain and France.

AMLETS *for Ornament*. Take three ſmall deep plates; break into one of them three eggs, which beat, and ſtrain through a ſieve, adding a little cochineal to make them red; then break ſix more eggs, putting the whites into one plate, and the yolks into another; beat them, and colour the whites with ſpinage juice, to make them green; let the yolks be of their own colour for yellow; have ready a ſtew-pan with ſome boiling water, fix the plate that it may juſt touch the water, put a cover cloſe over it, and ſome fire on the cover, and in this manner let the pan boil gently; when the firſt eggs are hard, take them out, and do the others in the ſame manner; afterwards cut them into ſhapes or flowers for ornaments, as required.

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AMLET *of* EGGS. Beat and ſtrain ſix eggs through a hair ſieve, and put them into a frying-pan, in which is prepared a quarter of a pound of hot butter; throw in a little boiled ham, ſcraped fine, ſome ſhred parſley, and ſeaſon them as you pleaſe; fry it brown on the under ſide, and lay it on the diſh, but without turning; ſalamander them for half a minute, to take off the raw look of the egg. Some put in clary and chives, others uſe onions; ſerve it up with curled parſley ſtuck in it.

AMLET *of* ASPARAGUS. Boil ſome fine aſparagus, and when done, cut the green ends very ſmall, and mix them with ſix eggs which have been beat up with cream, adding pepper and ſalt; let your frying-pan be hot, put in a ſlice of butter, then fry your amlets, and ſend them up hot on buttered toaſts.

A cook of the leaſt ingenuity may improve on theſe recipes, and make amlets of various ſorts.

ANCHOVY.

A ſmall fiſh, taken in the Mediterranean, and ſo nearly reſembling the common ſprat, that the latter is often pickled and ſold for anchovies. See *Sprats*.

ANCHOVY SAUCE. Put an anchovy into a pint of gravy, with a quarter of a pound of butter rolled in flour, and ſtir all together till it boils. You may add a little lemon juice, catchup, red wine, or walnut, if agreeable.

ANDERSON's PILLS.

This very popular, and indeed uſeful family medicine, is prepared in the following manner: take ſuccotrine aloes,

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aloes, one dram; aromatic ſpecies, half a dram; ſcammony, one ſcruple; ſoft extract of liquorice, as much as is ſufficient to reduce them into a maſs of a due conſiſtence for being formed into pills. The above quantity may be made into thirty pills, of which five or ſix are to be taken for a doſe.

It is a warm and ſafe purgative, much recommended for removing crudities after a ſurfeit or debauch, and for preventing gouty and other complaints. Many of the common venders, eſpecially thoſe who travel the country, compound this medicine with inferior articles; and by ſome it is made entirely of aloes, moiſtened with ſimple ſyrup. This medicine is particularly ſerviceable in habitual coſtiveneſs to perſons of phlegmatic temperament and ſedentary life, and where the ſtomach is oppreſſed and weakened.

The AROMATIC SPECIES is thus prepared: take cinnamon, two ounces; leſſer cardamom ſeeds (huſked) ginger, and long pepper, each one ounce; beat them into a powder, of which fifteen or twenty grains is a doſe, taken in any agreeable liquid, for warming the ſtomach and promoting digeſtion.

ANGELICA.

This is a very elegant aromatic, though not much regarded in medicine; the roots have a pleaſant, bitteriſh, warm taſte, glowing on the lips a long time after they have been chewed. The roots are candied or preſerved by the chemiſts; and by the confectioners the branches are preſerved as follows:

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Take a quantity of the branches in April, and boil them in water till tender, then drain them very well; ſcrape the outſides, and dry them in a clean cloth; lay them in ſyrup, and let them remain three or four days covered cloſe: the ſyrup muſt be ſtrong of ſugar, and keep it hot a good while, but without boiling; afterwards lay them upon a pie-plate to dry, keeping them near the fire, leſt they diſſolve.

ANISEEDS.

Theſe are aromatic and carminative, much uſed in cold windy diſorders, and in the gripes, to which young children are ſubject; and many phyſicians recommend them in weakneſs of the ſtomach. There is an elegant cordial water prepared from them, well deſerving a place in every lady's cloſet, under the title of

Compound ANISEED WATER. Take aniſeeds and angelica ſeeds, each half a pound; proof-ſpirit, one gallon; and as much water as is ſufficient to prevent burning. Draw off nearly one gallon. The angelica in this water greatly improves the taſte of the aniſe.

ST. ANTHONY's FIRE. See ERYSIPELAS.

APHTHÆ.

The aphthæ, or *thruſh*, are little ulcerous ſwellings in the inſide of the mouth, ſtomach, and bowels, generally white, chiefly attacking children. The ſymptoms are

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lowneſs and depreſſion of ſpirits; as the ſpots riſe, the extreme ſoreneſs of the infant's mouth prevents its ſucking; and blood, and ſometimes convulſion fits, follow the attempt.

As the diſorder proceeds from acid humours, ſix grains of rhubarb and thirty grains of magneſia may be rubbed together and divided into ſix doſes, one of which may be given every four or five hours till they operate; give them either in the child's food, or a little of the ſyrup of pale roſes, and repeated as often as found neceſſary to keep the body open. The ſyrup of mulberries paſſed into the mouth by very ſmall quantities at a time (or in the ſame manner a little port wine or claret, diluted with warm barley water) by which means it will ſpread more effectually over the affected parts, and be conveyed into the ſtomach and inteſtines; and this is a much better method than ſcouring the child's mouth with a rag on a ſpoon or ſtick. Five grains of white vitriol diſſolved in a quarter of a pint of bran tea, may be uſed in the ſame manner; and the mother or nurſe's nipple may alſo be gently touched with gum arabic diſſolved in warm water to the conſiſtence of a jelly. A little borax finely powdered, and mixed with honey, is much and juſtly recommended. When the thruſh appears at the fundament, the danger is over.

APOPLEXY.

An apoplectic fit is known from any other by the pulſe being full, the eyes cloſed as if dead, though the heart and tongue ſtill continue to move; ſnorting, inſenſibility,

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ſibility, and a deprivation of all voluntary motion. This diſeaſe generally attacks ſedentary perſons of a groſs habit, who eat and drink too freely. People in the decline of life are very ſubject to it; and it prevails moſt in winter, eſpecially in rainy ſeaſons.

The cauſes are many; but thoſe moſt eaſily prevented are, intenſe application to any ſubject; viewing objects a long time obliquely; wearing any thing too tight about the neck; too high living; ſuffering the body to cool ſuddenly after having been greatly heated; bruiſes on the head; the ſudden ſtriking in of any eruption; or long expoſure to exceſſive cold.

The general forerunners of an apoplexy are giddineſs, pain and ſwimming in the head, loſs of memory, drowſineſs, noiſe in the ears, and laborious reſpiration. When perſons of an apoplectic make obſerve theſe ſymptoms, they have reaſon to fear the approach of a fit, and ſhould endeavour to prevent it by bleeding, a ſlender diet, and opening medicines.

If the apoplectic fit is ſuppoſed to ariſe from an exceſs of blood, every method muſt be taken to leſſen the force of circulation towards the head. The patient ſhould be kept perfectly eaſy and cool; his head ſhould be raiſed pretty high, and his feet ſuffered to hang down; his cloaths ought to be looſened, eſpecially about the neck, and freſh air admitted into his chamber. His garters ſhould be tied pretty tight, to retard the motion of the blood from the lower extremities. When the patient is placed in a proper poſture, he ſhould be bled freely in the neck or arm, and if neceſſary, the operation ſhould be repeated in three or four hours afterwards. A laxative clyſter, (See *Clyſter*, No. 2.) with plenty of ſweet oil

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or freſh butter, ſhould be adminiſtered every two hours; and bliſtering plaſters applied betwixt the ſhoulders, (See *Plaſter*, No. 4.) and to the calves of the legs.

When the ſymptoms are a little abated, and the patient able to ſwallow, he ought to drink freely of cream of tartar whey, common whey with cream of tartar diſſolved in it, or a decoction of tamarinds and liquorice; or he may take a cooling purge. Strong liquors ought to be avoided; and volatile ſalts held to the noſe do miſchief.

An apoplexy occaſioned by a collection of watery humours compreſſing the brain, is attended with ſimilar, but not ſo violent ſymptoms; and bleeding is not held to be ſo ſafe. When the ſymptoms are ſuppoſed to proceed from opium, vomits are abſolutely neceſſary. Perpetual iſſues have a happy effect, and they ſhould not be ſuffered to dry up without opening others in their place. Apoplectic perſons ought never to go to reſt with a full ſtomach, to lie with their heads low, or wear any thing tight about their necks.

An attention to the foregoing remarks will be always attended with temporary benefit, and afford an opportunity of calling in proper medical aſſiſtance. (See alſo *Powders*, No. 8.

APPETITE.

A depraved appetite, and indigeſtion, may proceed from a foul ſtomach, the want of free air and exerciſe, grief, fear, anxiety, or any of the depreſſing paſſions; meats that pall the appetite, or are hard of digeſtion; or the immoderate uſe of ſtrong liquors and tea.

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In general, a gentle puke ſhould precede the uſe of other remedies; and for this purpoſe a ſcruple of *ipecacuhana* in powder may be taken in a cup of warm tea, and worked off with weak chamomile tea; after this a purge or two of *rhubarb*, or any of the bitter ſalts, may be taken. The patient ought next to uſe ſome of the ſtomachic bitters infuſed in wine. But though gentle evacuations be indiſpenſably neceſſary, yet ſtrong purges and vomits are to be avoided. (See *Draughts*, No. 5.---*Infuſions*, 1, 2, and 3.---*Pills*, 9.

If the cauſe proceed from errors in diet, or any other part of the regimen, it ought to be changed; a change of air, with daily exerciſe therein, either walking or riding, and early riſing, will prove of much ſervice. Twenty or thirty drops of *elixir of vitriol* may be taken twice or thrice a day in a glaſs of wine or water. Or it may be mixed with the *tincture* of BARK, one dram of the former to an ounce of the latter, and two tea-ſpoonfuls of it taken as above. The ſpas of Harrowgate and Scarborough may be uſed with advantage.

The depraved appetite, and other conſequences of too free an indulgence in ſpirituous liquors, are in many caſes, from their own nature, incurable; or at all events require modes of treatment too various to be entered upon in a work of this nature.

APPLES.

A well known fruit, of which there is a great variety of ſorts in uſe for culinary purpoſes; eaten raw, they have the common quality of cooling or abating thirſt; the

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the ſourer kinds looſen the belly; the more auſtere have a contrary effect. Unleſs thoroughly ripe, they are very hurtful to weak ſtomachs: for the table, they are dreſſed in the following different ways:

APPLE-PIE. Lay ſome good puff-paſte cruſt round the ſides of a diſh, pare and quarter the apples, take out the cores, lay a row of apples thick in the diſh; put in half the ſugar you intend, with a little lemon-peel cut or grated fine, and a very few cloves; then the reſt of your apples and ſugar; ſome put in a little quince or marmalade. Boil the apple-peelings and cores in ſome fair water with a blade of mace, till it is very good; then ſtrain and boil it again with a little ſugar, pour it into the pie, put on the upper cruſt, and bake it. You may butter it when baked: or beat up the yolks of two eggs with half a pint of cream and a little nutmeg and ſugar; ſtir them over a ſlow fire, till they juſt boil, and pour them into the pie. Cut the cruſt in little three-cornered pieces, ſtick about the pie, and ſend to table cold.

A baked APPLE PUDDING. Pare twelve large apples, and take out the cores; boil them in a ſauce-pan with five ſpoonfuls of water, till they are ſoft and thick: then beat them well, ſtir in a pound of loaf ſugar, the juice of three lemons, and the peel of two, cut thin and beat fine in a mortar, and the yolks of eight eggs beaten. Mix all together, and bake in a ſlow oven. When nearly done, throw over it ſome fine ſugar. Or you may bake it with puff-paſte at the bottom of the diſh and round the edges.

Another. Scald ten or a dozen large apples or codlings; pulp them when peeled through a ſieve; ſtir in a quarter of a pound of butter, half a pound or more of ſugar

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beaten and ſifted; the rind of an orange or lemon grated, and the juice; the yolks of five eggs, and a little cream. Bake it with a puff paſte.

Boiled APPLE PUDDING. Having made a puff-paſte, roll it about half an inch thick; pare and core the apples, fill the cruſt, grate a little lemon-peel, (and in winter a little lemon juice, as it quickens the apples) put in ſome ſugar, cloſe the cruſt, and tie it in a cloth; boiling it two, three, or four hours, according to its ſize.

APPLE DUMPLINGS. Pare, and take out the core of your apples, fill the hole with quinces, or orange marmalade, or ſugar, as beſt ſuits; then take a piece of cold paſte and make a hole in it, as if you were going to make a pie, lay in your apple, and put another piece of paſte in the ſame form, and cloſe it up round the ſide of the apple, which is much preferable to the method of gathering it in a lump at one end. Tie it in a cloth, and boil it three quarters of an hour; pour melted butter over them, and ſerve them up. Five is ſufficient for a diſh.

A Green CODLING PIE. Put twelve green codlings into a clean ſauce-pan, with as much hard water as will cover them, placing vine leaves under and over, and add a bit of alum; cover them cloſe down, that no ſteam may get out, and place them over a ſlow fire; when ſoft, peel off the ſkin, and replace them in the ſame water with the vine leaves; hang them over a ſlow fire, at a foot diſtance, till they become green; then take them from the water, and put them into a deep diſh, with as much loaf ſugar as will ſweeten, cover them with puff-paſte, and bake them. When baked, cut the lid in pieces like ſippets, and ſtick them round the

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the inſide of the pie, with the points downwards, pouring over the codlings a cuſtard, made as follows:

Boil a point of cream with a ſtick of cinnamon, and let it ſtand till cold; add the yolks of four eggs well beaten, and as much ſugar as will ſweeten it; ſet it on the fire, and ſtir it till it grows thick, taking care to prevent curdling; pour it over your pie, and when cold ſerve it up for a ſecond courſe.

APPLE-TART. Scald eight or ten large codlings, and when cold, ſkin them; beat the pulp very fine with a ſilver ſpoon, then mix the yolks of ſix eggs, and the whites of four: beat them all together as fine as poſſible, and put in grated nutmeg and ſugar to your taſte: then melt ſome fine freſh butter, and beat it up to a thick cream; make a fine puff-paſte, line a tin patty pan with it, and pour in the ingredients, but do not cover it with the paſte; bake it a quarter of an hour, then ſlip it out of the patty pan into a diſh, and ſtrew over it ſome ſugar finely beat and ſifted.

APPLE FRAZE. Cut your apples in thin ſlices, and fry them of a light brown; lay them to drain, keep them as whole as you can, and either pare them or not, as you think proper; then make a batter as follows: take five eggs, leaving out two whites, beat them up with cream and flour, and a little ſack, making it the thickneſs of pancake batter; pour in a little melted butter, nutmeg, and a little ſugar. Let your batter be hot, drop in your fritters, and on every one lay a ſlice of apple, and then more batter upon them; fry them of a light brown colour, and when ready, ſtrew them over with double-refined ſugar.

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APPLE FRITTERS. Pare, core, and ſlice ſome apples; make a batter with three eggs, a little grated ginger, and about a pint of good milk; a little ſalt, and flour enough to thicken them; put in the apples, and fry them hard.

APPLE MARMALADE. Scald ſome apples in water, and when tender, ſtrain them through a ſieve; to every pound of apples add three quarters of a pound of ſugar; put them in a preſerving pan, and let them ſimmer over a gentle fire, ſkimming them all the time. When they are of a proper thickneſs, put them into pots or glaſſes. Codlins are the beſt apples to uſe for this purpoſe. In this manner is made a marmalade of apricots, peaches, nectarines, &c.

APRICOTS

Are a fruit better adapted for confectionary purpoſes, than to be eaten raw, eſpecially after other food, and ſhould always be followed by a glaſs of generous wine.

To preſerve Green APRICOTS. For this purpoſe the apricots muſt be gathered before the ſtones become hard; rub them in a coarſe cloth with a handfull of ſalt, to take off the down, then lay them in a pan of hard water covered cloſe with vine leaves over and under them, placing them over a very ſlow fire, till they become of a fine light green; if any are broken, or of a bad colour, throw ſuch out; weigh the beſt; and for every pound of apricots, take a pound of double-refined ſugar, and make

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it into ſyrup with a pint of water; into this put the apricots, boiling them gently two or three times, but let them be quite cold each time. When they are plump and clear, add the juice of a lemon, and boil them gently; put them into pots or glaſſes, and cover them with paper dipped in brandy, and bladder tied over it. The broken or diſcoloured ones will make tarts for preſent uſe.

To preſerve APRICOTS *in Jelly.* Pare two pounds of apricots, and ſcald them in boiling water, taking care not to break them; then put them into a preſerving pan, with a ſyrup made of one pound of ſugar and one pint of water; let them ſimmer ſlowly for five minutes, turning them gently, and ſet them off for half an hour; repeat this three or four times, letting them be thoroughly cool each time; then lay them on a ſieve to drain, and make a ſyrup as follows: put together a pound and quarter of double-refined ſugar, and nearly a pint of water; place it on the fire for fifteen minutes, ſkim it clean, and add to it half a pint of ſtrong apple jelly or marmalade, boil it ten minutes, wipe the apricots with a clean cloth, put them into the ſyrup, let them ſimmer to make them look clear, then put them carefully into pots, cover them well with ſyrup, and tie paper, &c. as above directed.

Another way. After paring the apricots, thruſt out the ſtones with a ſkewer, crack them, and replace the kernels after pealing the ſkins off. In other reſpects proceed as above.

APRICOT PUDDING. Coddle, ſtone, and bruiſe, ten or twelve apricots; put a pint of boiling cream to the crumb

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crumb of a penny loaf grated; when cold, add the yolks of four eggs, ſugar to the taſte, and alſo a glaſs of Madeira wine, or a little brandy. Lay a puff-paſte over your diſh, and pour in the ingredients. Bake it half an hour, but the oven ſhould not be too hot.

To dry APRICOTS. Pare and ſtone a pound of apricots, and put them in your toſſing pan, then beat and ſift a pound of double-refined ſugar, ſtrew a little among your apricots, and lay the reſt over them. Let them ſtand twenty-four hours; turn them three or four times in the ſyrup, and boil them pretty quick, till they ſeem clear. When cold, lay them upon glaſſes, turn them every half hour the firſt day, the next day every hour, and afterwards, as may appear neceſſary.

CONSERVE *of* APRICOTS. Peel ripe apricots, ſlice them and boil to a marmalade, with a drop of water; reduce it pretty thick on the fire, mix a quarter of a pound of this marmalade to a pound of ſugar properly prepared, and work it well together when it begins to cool.

APRICOT WINE. A wine is prepared from this fruit, and held by many in much eſtimation; the apricots muſt be managed as for preſerving; then boil together ſix pounds of ſugar and ſix quarts of water, ſkimming it well, into which put twelve pounds of apricots; after a gentle boil, let it cool, and bottle it for uſe.

APRIL.

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APRIL.

The products and provisions of this month stand as follows:

MEAT.	FISH.	Scate,	Young onions,
Beef,	Salmon,	Chubs.	Beet,
Mutton,	Turbot,	——	Chervil,
Grass lamb,	Carp,	VEGETABLES.	Radishes,
Veal,	Tench,	Small salading,	Sorrel,
——	Trouts,	Asparagus,	Tarragon,
POULTRY.	Lobsters,	Lettuce,	Pot herbs of all sorts,
Chickens,	Crabs,	Celery,	Parsley.
Ducklings,	Cray-fish,	Endive,	——
Fowls,	Herring,	Spinage,	FRUIT.
Leverets,	Mullets,	Brocoli,	Apples,
Rabbits,	Soles,	Sprouts,	Pears,
Pullets,	Smelts,	Colewort,	Oranges.
Pigeons.	Prawns,	Young carrots,	

From the above list of things in season, a variety of bills of fare may be arranged, of which the following may serve as examples.

DINNER OF TWO COURSES.

First Course.

Vermicelli soup,
Removed with stewed carp.

Petty patties of lamb. Brocoli. Three small chickens boiled.

Plain butter. Ham boiled, Parsley-sauce.
Neck of veal boiled. Spinage. Rice pudding.

Saddle of mutton roasted.

Second Course.

Ducklings roasted with Green sauce.
Preserved apricots.

Buttered cakes. Custards.

Jellies.

Apples. Pistachio nuts.

Preserved orange.

Cream pancakes. Fried smelts.

Pigeons roasted with Parsley-sauce.

DINNER

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DINNER OF THREE COURSES.

Firſt Courſe.

Crimp cod and ſmelts.
Marrow pudding.
Breaſt of veal in olio. Beef tremblant.
Spring ſoup.
Chickens. Cutlets à la Maintenon.
Pigeon pie.
Lamb's tails à la baſhemel. Tongue.
Whitings boiled and broiled.

Second Courſe.

Ducklings.
Tartlets.
Aſparagus. Black caps.
Jellies and ſyllabubs.
Roaſt ſweetbreads. Oyſter loaves.
Tanſey.
Stewed pears. Muſhrooms.
Ribs of lamb.

Third Courſe.

Petit Pigeons.
French plums.
Muſhrooms. Piſtachio nuts.
Sweetmeats.
Marinated ſmelts. Cream pancakes.
Raiſins.
Blanched almonds. Artichoke bottoms.
Calves' ears à la braiſe.

ARITHMETIC.

This is a ſcience which explains the properties of numbers, and ſhews the art or method of computing by them. As the knowledge of this art is indiſpenſably neceſſary to young women, who take upon them the ſtation of houſekeeper to a family, or to young married ladies, who wiſh to conduct their families with prudence and œconomy; and, indeed, to *cooks* (as we

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have obſerved under that head) we have here endeavoured to give a clear and conciſe treatiſe on the firſt four rules, which is, perhaps, all that is neceſſary to ninety-nine people out of a hundred, and which, we hope, may be perfectly underſtood by a little attention, without help of a maſter, particularly with the aſſiſtance of the TABLES we ſhall give in the courſe of the work.

NUMERATION

Teaches us to read or write any ſum in figures, according to the following table:

1	Unit.
12	Tens.
123	Hundreds.
1,234	Thouſands.
12,345	Tens of thouſands.
123,456	Hundreds of thouſands.
1,234,567	Millions.
12,345,678	Tens of millions.
123,456,789	Hundreds of millions.

The above Table, read from top to bottom, beginning with the ſingle figure, will be in words, as follows:

1	One.
12	Twelve.
123	One hundred and twenty-three.
1,234	One thouſand two hundred and thirty-four.
12,345	Twelve thouſand three hundred and forty-five.
123,456	One hundred and twenty-three thouſand four hundred and fifty-ſix.
1,234,567	One million, two hundred and thirty-four thouſand, five hundred and ſixty-ſeven.
12,345,678	Twelve million, three hundred and forty-five thouſand, ſix hundred and ſeventy-eight.
123,456,789	One hundred and twenty-three million, four hundred and fifty-ſix thouſand, ſeven hundred and eighty-nine.

ADDITION.

The firſt rule in arithmetic is Addition, by which we add one or more ſums together.

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Care must be taken here in setting down, or placing the figures. Units must be put under units, tens under tens, and so on, as in the following sums:

£.	
87	To add these figures together, begin with the
5	units in the lower line, and add them to the units
131	above, proceeding on so to the top. Thus 2 and
42	1 is 3; 3 and 5 is 8; 8 and 7 is 15; then set
	down the 5 under the units, and carry the 10 to
	the tens; thus 1 ten and 4 is 5; 5 and 3 is 8;
Total 265£.	8 and 8 is 16, that is 16 tens; put down the 6
	under the tens, and carry the ten or ten tens,

that is, the one 100 to the hundreds; thus 1 and 1 is 2; then put down the 2, and the sum total will be 265.

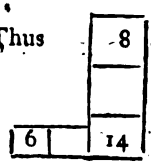
To prove whether this be done right, add the figures over again, but begin at the top, and reckon downwards; for example, 9 and 5 is 12; 12 and 1 is 13; 13 and 2 is 15; and so on; and if the sum total is the same as the first, the work is supposed to be right done.

ADDITION AND SUBTRACTION TABLE.

1	2	3	4	5	6	7	8	9
2	4	5	6	7	8	9	10	11
3	5	6	7	8	9	10	11	12
4	6	7	8	9	10	11	12	13
5	7	8	9	10	11	12	13	14
6	8	9	10	11	12	13	14	15
7	9	10	11	12	13	14	15	16
8	10	11	12	13	14	15	16	17
9	11	12	13	14	15	16	17	18

The use of this table in addition.

To find what any two figures make, suppose 6 and 8; look for 6 in the first, or left-hand column, and 8 in the top line, and the sum in the angle made by the two lines will be 14, the answer required.



The

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The uſe of this table in ſubtraction.

To find what ſum any one figure, ſubtracted or taken from the other, will leave; ſuppoſe 4 from 11; look for 4 in the firſt or left-hand column, and 11 in the ſame line with 4; then carry your eye to the top, and the figure in the top line over the 11 will be 7, the thing required.

Thus

	7
4	11

Sums in addition, where they conſiſt only of one denomination, whether pounds, hundreds, months, days, &c:

	£.	Cwt.	Months.	Days.
	145	275		
	23	321	1321	27014
	4	48	1570	35760
	32	9	7650	42199
	1235	43	8329	89765
Total	1439 £.	696 Cwt.	18870 Mon.	194738 Days.

ADDITION OF MONEY, WEIGHTS, AND MEASURES.

Of Money.

PENCE TABLE.

d.		s.	d.
20	is	1	8
30	—	2	6
40	—	3	4
50	—	4	2
60	—	5	0
70	—	5	10
80	—	6	8
90	—	7	6
100	—	8	4
110	—	9	2
120	—	10	0

d.		s.
12	is	1
24	—	2
36	—	3
48	—	4
60	—	5
72	—	6
84	—	7
96	—	8
108	—	9
120	—	10
132	—	11
144	—	12

SHILLING TABLE.

s.		£.	s.
20	is	1	0
30	——	1	10
40	——	2	0
50	——	2	10
60	——	3	0
70	——	3	10
80	——	4	0
90	——	4	10
100	——	5	0
110	——	5	10
120	——	6	0

Theſe tables ſhould be got by heart.

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If the money be English, consisting of pounds, shillings, pence, and farthings, the sums must be so placed, that the pounds shall be under pounds, shillings under shillings, and so on. Thus,

£.	s.	d.	
25	10	8¾	
15	0	7¾	
4	12	0½	
40	5	7	
Total £85	8	11½	

To cast up these sums begin at bottom with the farthings; thus 2 and 1 is 3; 3 and 3 is 6; now 6 farthings is one penny, and 2 farthings over; set down then the 2 farthings, and carry the penny to the pence: thus 1 penny and 7 is 8; 8 and 7 is 15; 15 and 8 is 23; now, by the pence table, you will find that 23d. is 1s. 11d. put down the 11d. under the pence, and carry the 1s. to the shillings: thus 1 and 5 is 6; 6 and 12 is 18; 18 and 10 is 28; now 28s. by the shilling table, appears to be 1l. 8s. set down then 8s. under the shillings, and carry the 1l. to the pounds; thus 1 and 4 is 5; 5 and 5 is 10; 10 and 5 is 15; put down then the unit 5 under the units of the pounds, and carry the 1 ten to the tens; thus 1 and 4 is 5; 5 and 1 is 6; 6 and 2 is 8; then put down the 8, and the sum is done: viz. £85 8 11½.

In casting up weights or measures, whether the weights be troy or avoirdupois, or whether the measures be cloth, wine, or land, it is done in the same manner as pounds, shillings, and pence, knowing only how many drams, or penny-weights, make an ounce; how many inches a foot, &c. which may be known from the following very useful tables:

ALE AND BEER MEASURE.

2 Pints make 1 quart,
4 Quarts 1 gallon,
8 Gallons 1 firkin of ale,
9 Gallons 1 firkin of beer,
2 Firkins 1 kilderkin,
2 Kilderkins 1 barrel,
3 Kilderkins 1 hogshead,
3 Barrels 1 butt.

WINE MEASURE.

4 Gills make 1 pint,
2 Pints 1 quart,
4 Quarts 1 gallon,
42 Gallons 1 tierce,
63 Gallons 1 hogshead,
84 Gallons 1 puncheon,
1½ Tierce 1 hogshead,
2 Hogsheads 1 pipe or butt,
2 Pipes 1 tun.

By this measure all brandies, spirits, mead, cyder, perry, and oil, are measured.

DRY MEASURE.

2 Pints make 1 quart,
2 Quarts 1 pottle,
2 Pottles 1 gallon,
2 Gallons 1 peck,
4 Pecks 1 bushel,
8 Bushels 1 quarter,
5 Quarters 1 wey or load.

5 Pecks

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5 Pecks 1 buſhel of water meaſure,
4 Buſhels 1 coomb,
10 Coombs 1 wey,
2 Weys 1 laſt of corn.

By this meaſure, ſalt, leadore, oyſters, corn, and other dry goods are meaſured.

CLOTH MEASURE.

2¼ Inches make 1 nail,
4 Nails 1 quarter of a yard,
4 Quarters 1 yard,
5 Quarters 1 ell Engliſh,
3 Quarters 1 ell Flemiſh,
6 Quarters 1 ell French.

LONG MEASURE.

3 Barley-corns make 1 inch,
12 Inches 1 foot,
3 Feet 1 yard,
5½ Yards 1 pole,
40 Poles 1 furlong,
8 Furlongs 1 mile,
3 Miles 1 league,
20 Leagues 1 degree,
69½ Miles 1 degree.

This treats of length only.

SQUARE MEASURE.

144 Square inches 1 ſquare foot,
9 Square feet 1 ſquare yard,
30¼ Square yards 1 ſqr. pole,
40 Square poles 1 ſqr. rood,
4 Square roods 1 ſqr. acre,
640 Square acres 1 ſqr. mile,

This includes length and breadth.

CUBIC MEASURE.

1728 Cubic inches 1 foot,
27 Cubic feet 1 cubic yard.

This comprehends length, breadth, and thickneſs.

CORN MEASURE.

2 Quarts make 1 pottle,
2 Pottles 1 gallon,
2 Gallons 1 peck,
4 Pecks, or 8 gallons, 1 buſhel,
8 Buſhels 1 quarter or vat,
5 Quarters of wheat, beans, or peas, 1 load,
10 Quarters of oats 1 load.

COAL MEASURE.

4 Pecks make 1 buſhel,
9 Buſhels 1 vat or ſtrike,
36 Buſhels 1 chaldron,
21 Chaldron 1 ſcore.

Note. In 5 chaldrons of coals the ſeller always gives 9 buſhels over.

AVOIRDUPOIZE WEIGHT.

16 Drams make 1 ounce, marked —— *oz.*
16 Ounces 1 pound, *lb.*
28 Pounds 1 quarter of a hundred, —— *qr.*
4 Quarters 1 hundred, or 112 lb. — *cwt.*
20 Hundred 1 ton, — *T.*

Butter, cheeſe, fleſh, grocery wares, and all goods that have waſte, are weighed by this.

TROY WEIGHT.

4 Grains make 1 carrat,
24 Grains 1 penny-weight, marked — *dwt.*
20 Pennyweights 1 ounce, *oz.*
12 Ounces 1 pound, *lb.*

By this weight jewels, gold, ſilver, amber, &c. are weighed. 14 ounces, 11 pennyweights, and 15½ grains troy, are equal to a pound avoirdupoize.

APOTHECARIES

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APOTHECARIES WEIGHT.

20 Grains	make 1 ſcruple, marked,	℈
3 Scruples	1 drachm,	ʒ
8 Drachms	1 ounce,	℥
12 Ounces	1 pound, or pint of water,	lb

Apothecaries compound their medicines by this weight, but buy and ſell by avoirdupoize.

TIME.

60 Seconds make 1 minute,
60 Minutes 1 hour,
24 Hours 1 day,
7 Days 1 week,
4 Weeks 1 month,
13 Months, 1 day, 6 hours; or 365 days and 6 hours, 1 year.

EXAMPLES FOR EXERCISE.

Troy Weight.

Oz.	*dwt.*	*gr.*
6	18	21
7	15	6
2	13	12
8	14	23

Avoirdupoize Weight.

Ton.	*Cwt.*	*qrs.*	*lb.*	*oz.*	*dr.*
3	17	2	14	13	12
5	13	3	27	15	10
6	5	1	16	12	5
4	18	2	12	9	7

Cloth Meaſure.

Yds.	*qrs.*	*nails.*
35	2	2
76	2	1
38	3	3
42	1	1

Land Meaſure.

Acres.	*rds.*	*per.*
26	1	35
29	3	19
37	3	14
79	2	27

Wine Meaſure.

Hds.	*gal.*	*qts.*
44	55	3
93	19	2
63	23	1
47	41	2

SUBTRACTION.

By ſubtraction we take a leſs number from a greater, and ſhew the difference or remainder.

	£.
From	284
Take	196
Remainder	88
Proof	284

To do this, begin with the units in the leſs or bottom number, and where you cannot take the lower figure out of the upper, you muſt borrow 10, and add to the upper figure, taking care to repay to the tens, when you come to them, the 1 ten you borrowed. Thus in the ſum in the margin, 6 from 4 you cannot, but borrow 10, and add it to the 4, which makes 14; now take 6 from 14, and there remains 8; ſet down 8 then under the units, and carry the 1, which is the 10 you borrowed, to the tens; thus, 1 and 9, which makes 10; now 10 from 8 you cannot, but borrow 10 as before, and take the 10 from the 18, and there remains 8; ſet down this 8 then under the tens, and carry the 1, or the 1 ten you borrowed, to the

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next figure, which added to the 1 makes 2; now 2 taken from 2 leaves nothing, of courſe you might ſet down an 0; but an 0 ſtanding the firſt figure on the left hand reckons nothing, therefore you may omit ſetting down that 0, and the anſwer, or remainder, will be 88, as in the margin.

To prove whether this be done right, add the remainder and the leſs number together; and if the ſum total be the ſame as the upper or greater number, it is right done.

SUBTRACTION OF MONEY, WEIGHTS AND MEASURES.

	£.	s.	d.
From	317	16	9¼
Take	298	18	1¼
Rem.	18	17	9½
Proof	317	16	9¼

Begin with the farthings: 3 from 1 cannot, borrow therefore (not 1 ten as in the pounds, but) 1d. being one of the next ſuperior number; thus 1d. or four farthings added to 1 farthing, makes 5; now take 3 from 5, and there remains 2; ſet down then 2 farthings under the farthings, and carry the 1d. which you borrowed to the pence; thus 1 and 11 is 12; now 12 from 9 you cannot, but borrow 1s. or 12d. being one of the next ſuperior number; add this 12 to the 9, and it makes 21; now 12 from 21 and there remains 9; ſet down then 9 under the pence, and carry the 1s. you borrowed to the ſhillings; thus ſay, 1 that I borrowed, and 18 is 19; 19 from 16 I cannot, but borrow £.1 from the next ſuperior number, and add this £.1 or 20s. to the 16; thus 20 and 16 is 36; take 19 from 36, and there remains 17; now ſet down 17 under the ſhillings, and carry the £.1 you borrowed, to the pounds; then ſay, 1 that I borrowed and 8 is 9; 9 from 7 I cannot, but 9 from 17 (borrowing 10) and there remains 8; put down 8 under the pounds, and carry the 1 ten borrowed to the next figure; thus 1 that I borrowed and 9 is 10; 10 from 1 I cannot, but 10 from 11 (borrowing 1 again) and there remains 1; put down that 1, and go on, 1 that I borrowed and 2 is 3; 3 from 3 and there remains nothing.

To prove this, add, as before directed, the remainder and the leſſer ſum together, and if the amount be the ſame as the greater ſum, it is right done.

In Troy Weight, conſiſting of ounces, pennyweights, and grains, when ſubtracting the grains (if neceſſary) borrow a pennyweight; in ſubtracting the pennyweights, borrow (if neceſſary) an ounce, and ſo on. Whatever you are ſubtracting, always borrow from the next ſuperior number, till you come to the greateſt number; I mean greateſt in denomination, not in quantity, and then you muſt borrow ten.

	£.	s.	d.
Borrowed	813	16	7½
Paid	709	13	9¾
Remains to pay	104	2	9¾
Proof	813	16	7½

	£.	s.	d.
Lent	718	16	3½
Received	697	12	8¾
Remains due	21	3	6¾
Proof	718	16	3½

QUES-

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QUESTIONS.

I. The preſent year is 1790, and I was born in 1756; How old am I?—*Anſ.* 34.

II. A tradeſman has four cuſtomers, A. B. C. and D. who all together owe him 327l. of this A. B. and C. owe him 225l.—How much does D. owe him?

III. A gentleman died worth 3680l. he left two daughters; to the eldeſt he left his houſe, worth 900 guineas; the furniture, valued at 320l. watches, jewels, and paintings, valued at 680 guineas, How much remained to the youngeſt?

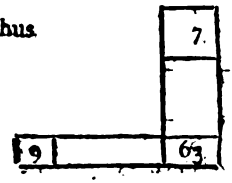
MULTIPLICATION.

The Table.

1	2	3	4	5	6	7	8	9	10	11	12
2	4	6	8	10	12	14	16	18	20	22	24
3	6	9	12	15	18	21	24	27	30	33	36
4	8	12	16	20	24	28	32	36	40	44	48
5	10	15	20	25	30	35	40	45	50	55	60
6	12	18	24	30	36	42	48	54	60	66	72
7	14	21	28	35	42	49	56	63	70	77	84
8	16	24	32	40	48	56	64	72	80	88	96
9	18	27	36	45	54	63	72	81	90	99	108
10	20	30	40	50	60	70	80	90	100	110	120
11	22	33	44	55	66	77	88	99	110	121	132
12	24	36	48	60	72	84	96	108	120	132	144

To uſe this table; ſuppoſe you wanted to know how many is 9 times 7? Look for the figure 9 in the firſt column on the left hand, and the figure 7 in the top line, and the number ſought for will be found in the angle between them.

Thus



By

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By multiplication, we ſave the trouble of a great many additions of the ſame number. Thus, inſtead of adding 3 ten times together to make 30, we multiply 3 by 10, to produce the ſame amount.

In this rule there are three terms to be remembered, *viz.*

1. The multiplicand, or number to be multiplied.
2. The multiplier, or number by which we multiply.
3. The product, or number produced by multiplying.

Multiply 325 by 7.

Set your figures down thus:

Multiplicand	325
Multiplier	7
Product	2275

This done, multiply firſt the units of the multiplicand by the multiplier. Thus ſay, as above, 7 times 5 is 35; then ſet down 5 under the units, and carry the 3 in your mind; then multiply the 2d figure in the multiplicand by the multiplier, and ſay, 7 times 2 is 14, and the 3 that I brought from the units is 17; ſet down the 7, and carry on the 1, as before; then multiply the next figure, and ſay 7 times 3 is 21, and the 1 I carried is 22. This 3 being the laſt figure to multiply, ſet down the 22, and the product or anſwer will be 2275.

MULTIPLICATION OF MONEY, &c.

	l.	*s.*	*d.*
Multiplicand	25	13	2½
Multiplier			3
Product	76	19	7½

To do this multiply firſt the farthings; ſay 3 times 2 farthings is 6, that is 1d. and 2 farthings over; ſet down the 2 farthings, and carry the 1d. to the pence; then ſay 3 times 2d. is 6d. and the penny I brought from the farthings is 7d. ſet down then the 7d. under the pence, and proceed to the ſhillings. Next multiply the ſhillings, and ſay, 3 times 13 is 39; that is, 1l. 19s. put down the 19s. and carry the 1l. to the pounds, ſaying 3 times 5 is 15, and the 1l. brought from the ſhillings is 16; put down the 6 under the units of the pounds, and carry the 1, or one ten, to the next figure; thus 3 times 2 is 6 and 1 is 7, put down the 7, and the ſum is done.—76l. 19s. 7½d.

Multiplication of any meaſure or weight may be done in the ſame way, remembering only to divide the product by as many of tha as make one of the next ſuperior quantity, ſetting down the remainder and adding the quotient or product of ſuch diviſion to the next ſuperior quantity, after it is multiplied, as was done in pounds, ſhillings,

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ſhillings, and pence, carrying the pence to the ſhillings, and the ſhillings to the pounds.

To bring pounds or ſhillings into pence, multiply the pounds by 20 (there being 20s. in a £.) and add the ſhillings to them; that product will be ſhillings; then multiply the ſaid product by 12, adding the pence, to bring them into pence, there being 12d. in 1s.

In 760l. 14s. 10d. how many pence?—Proceeding by the above direction, you will find this ſum to contain 182578 pence.

DIVISION.

This rule teaches us to find how often one number is contained in another, and how to divide any number into as many parts as we pleaſe.

1. The number to be divided is called—The Dividend.

2. The number by which we divide is called—The Diviſor.

3. The number that ſhews how often the diviſor is contained in the dividend, is called—The Quotient.

If there be any remaining number, after the work is done, it is of the ſame name or denomination as the dividend.

When the diviſor, or number you divide by, does not exceed 12, your diviſion may be ſhort and eaſily done.

Thus, divide 78510 by 4.

Dividend.

Diviſor 4) 78510 (2 Remainder.

19627 the Quotient.

Place the figures as above, then ſay, How many times 4 in 7? that is, How many times is the diviſor contained in the firſt figure of the dividend? 1 and 3 over; put down 1 then under the 7, and carry the 3, as 3 tens to the next figure 8, which makes 38; then ſay, how many fours in 38? 9 times 4 is 36; there are nine fours therefore and 2 over; put down 9 under the 8, and carry the 2 to the next figure 5; then ſay, how many fours in 25? 6 times 4 is 24, and 1 over; put down the 6 under the 5, and carry the 1 to the next figure 1, which makes that 1 11: how many fours in 11? 2 times 4 is 8, and 3 over; put down 2 under the 1, and carry the 3 to the 0, which makes it 30; then ſay, how many times 4 is 30? 7 times 4 is 28, and 2 over; put down then the 7 under the 0, and place this laſt remaining 2 as you ſee it placed in the ſum above. This remainder is of the ſame name or denomination with the dividend; if that be pounds, this remainder is pounds; if that be yards, this remainder is yards, and ſo on.

When the diviſor conſiſts of more than one figure, you muſt proceed in the following manner. To divide 53468 by 25, place the diviſor and dividend as in the foregoing example—then

Say how many times 25 in 53? 2. Put down then 2 in the quotient, and multiply the diviſor 25 by 2. Twice 25 is 50; put down 50 under the firſt two figures of the dividend, and ſubtract it from them, the remainder will be 3; to this 3 bring down the next figure of the dividend, 4, which, annexed to the 3, will make 34, for a new dividend; then ſay, how many times 25 in 34? 1. Put down the

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the 1 in the quotient; by this 1 multiply the diviſor 25, ſet down the product under the 34, and ſubtract the 25 from 34, which leaves 9; to this 9 bring down the next figure 6 of the dividend, as before, and continue doing the ſame till the whole is finiſhed, and you will find there is 2138 times 25 in 53468, and 18 over.

When there are any cyphers at the end of the diviſor, to ſhorten the work, they may be cut off; but then you muſt alſo cut off as many figures from the end or right hand of the dividend as you cut off from the diviſor, taking care at the laſt to annex thoſe figures cut from the dividend to the remainder. Thus,

Dividend.
Diviſor 2,00) 7896,54 (54 is remainder.
Quot. 3948

To bring pence into pounds divide by 12, to bring them into ſhillings, and that quotient by 20, to bring the ſhillings into pounds; but when you have brought the pence into ſhillings, inſtead of dividing by 20, you may cut off the laſt figure on the right hand, and take half the reſt, that is, divide by 2: this half will be pounds; if there be 1 remaining that 1 will be 10s. to which add the laſt figure cut off, which is ſhillings alſo.

In 7699d. how many pounds?—*Anſ.* 32l. 1s. 7d.
In 365717 ſhillings how many pounds?—*Anſ.* 18285l. 17s.

ARTICHOKES.

This vegetable is employed for many culinary purpoſes, the moſt uſeful of which we ſhall enumerate; it is ſaid to be very nutritive, at the ſame time it is acknowledged to create wind.

To dreſs ARTICHOKES. Twiſt the ſtalks off, put the heads in cold water and waſh them well; when the water boils, put them in with the top downwards, that all the duſt and ſand may boil out: let them boil till the leaves come off eaſily; they may then be ſerved up in little cups with melted butter.

To dry ARTICHOKE BOTTOMS. Pare off the leaves of a quantity of artichokes, boil them till you can take out

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the chokes, then ſtring them with a packthread and needle, hang them in a warm kitchen, or put them in a ſlow oven to dry; when you would uſe them, ſoke them all night in warm water, boil them, and ſerve them up with gravy and butter, and a little lemon juice.

To pickle ARTICHOKES. Cut the leaves off four dozen of artichokes; boil them till you can take out the chokes, putting them into a pan with ſome water as you do them; when you have finiſhed, ſet your ſtewpan on the fire, with a large handful of ſalt, a little vinegar, the juice of a lemon, and ſome beef ſuet; let it boil ten minutes, and let your brine be pretty ſalt; put them into a jar that will juſt hold them, then pour in the liquor, with ſome rinded mutton ſuet over it; tie them cloſe down with a bladder and leather, and keep them in a dry, cool place:---when uſed, ſoke them in warm water for twenty-four hours.

To fricaſſee ARTICHOKES. Take artichoke bottoms, either dried or pickled; if dried, you muſt lay them in warm water for three or four hours, ſhifting the water two or three times; then have ready a little cream and a piece of freſh butter, into which put the artichokes when it is melted; and when they are hot, diſh them up.

To fry ARTICHOKES. Cut your artichokes into ſix or eight pieces each, (taking out the chokes and inſide leaves) waſh them very clean; make a batter with a little flour, one egg, a ſpoonful of vinegar, and a little milk; let it be very ſmooth, but not too thin; dip in the artichokes, and fry them with freſh butter. They may be diſhed up with gravy and butter; or you may put a little

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tle red wine into the butter, and ſeaſon with nutmeg, pepper, and ſalt. Serve them up hot in a ſecond courſe.

ARTICHOKE BOTTOMS *with* EGGS. If freſh, boil the artichoke bottoms in hard water, if dry, in ſoft; put a good lump of butter in the water, which will make them boil in half the time, and render them white and plump; when you take them up, put the yolk of an hard egg in the middle of every bottom; pour good melted butter upon them, and ſerve them up. You may lay aſparagus or brocoli between every bottom.

ARTICHOKES, *Italian faſhion.* Cut a little off the tops of the leaves of ſix or eight artichokes, boil them very tender, and take out the choke, but let all the outſide leaves remain; put them into a ſtew-pan with a little good gravy, parſley, pepper, ſalt, ſweet herbs, and a little butter rolled in flour; let them ſtew gently for a ſhort time, take them out carefully, and having poured the ſauce over them, adding a ſqueeze of lemon; ſerve them up in a ſecond courſe.

Ragoo of ARTICHOKE BOTTOMS. If the bottoms have been dried, let them lay in water for two or three hours, changing the water; put to them ſome good gravy, muſhroom catchup or powder, kyan, and ſalt; thicken with a little flour, and boil together.

Beſides its uſe at table, the bitter juice of the *artichoke leaf*, mixed with an equal quantity of Madeira wine, is recommended in an ounce doſe, night and morning, as a powerful diuretic in the DROPSY. An *infuſion* of the leaf may likewiſe be uſed.

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ASPARAGUS.

This plant is cultivated entirely for the uſe of the table; it is ſaid to promote appetite, but afford little nouriſhment; it gives a ſtrong ill ſmell to the urine ſoon after eating.

To boil ASPARAGUS. Scrape the aſparagus, waſh it clean, and tie it up in ſmall bundles, cut even; put them into a ſauce-pan with hard water and a little ſalt, and when they are a little tender, which will be in about ten or twelve minutes, take them up, for boiling them too much will make them loſe their colour and flavour; lay them on a toaſt that has been dipped in the water the aſparagus was boiled in, and ſerve them up hot, either with melted butter in a baſon, or poured over them.

To pickle ASPARAGUS. Take the largeſt aſparagus you can get, cut off the white ends, and waſh the green ends in ſpring water, and put them in another clean water for two or three hours; then put them in a broad ſtew-pan full of ſpring water, with a handful of ſalt; ſet it on the fire, and when it boils put in the graſs, not tied up, and not too many at a time, for fear you break the heads. Juſt ſcald them and no more, and lay them on a cloth to cool. For your pickle; to a gallon of vinegar add one quart of ſpring water, and a handful of bay ſalt; let them boil and put your aſparagus in your jars; to a gallon of pickle, two nutmegs, a quarter of an ounce of mace, the ſame of whole white pepper, and pour the pickle hot over them. Cover them with a linen cloth four times double, let them ſtand a week, and boil the pickle. Let them ſtand a week longer, boil the pickle

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again, and pour it on hot as before. When they are cold, cover them up close.

To ragoo ASPARAGUS. Cut some heads of asparagus in small lengths as far as they are tender; blanch them in boiling water and drain them; put them into a stew-pan with some gravy and a slice of ham; season them with pepper, salt, and nutmeg, stewing them gently till tender; take out the ham, and thicken up the rest with butter and flour, adding a tea spoonful of vinegar: it is sometimes poured over a buttered toast, and sometimes garnished with fried bread, for a second course.

Another way. Scrape and cut your asparagus as above; then take two heads of endive and a young lettuce, clean picked, and a large onion peeled; cut them all very small; melt a quarter of a pound of butter in a stew-pan, and throw in the above ingredients; toss them about and fry them ten minutes, season them with pepper and salt, shake in a little flour, toss them about, and pour in half a pint of gravy. Stew them till the sauce is very thick and good, pour all into your dish, and garnish it with a few of the little tops of the grass.

ASPARAGUS PEASE. Pick the asparagus as far as tender, and cut them in small round slices to imitate pease; boil them in hard water, and drain them when tender; then put them into a stew-pan with a little cream, butter, and flour, the yolk of an egg mixed with cream, a little pepper, salt, and a bit of sugar, the size of a small nutmeg; stir them over the fire with a wooden spoon till thick, then put it in a dish, and serve it up hot in a second course.

ASPARAGUS SOUP. Cut four or five pounds of beef into pieces; set it over the fire at a little distance to draw, with

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with an onion or two, a few cloves, ſome whole black pepper, a head or two of celery, and a little bit of butter. Put in a quart of warm beer, three quarts of warm beef broth, or water, and let them ſtew till enough. Strain it, taking off the fat very clean; put in ſome aſparagus heads cut ſmall, and a toaſted French roll, taking out the crumb.

The above is a very good and ſerviceable ſoup in families, without the addition of the aſparagus.

ASSES MILK. See MILK.

ASTHMA.

This is a diſeaſe of the lungs which ſometimes admits of palliation, but ſeldom of cure, and is generally one of the attendants of declining years. There are two kinds; the moiſt, which is accompanied with much ſpitting; and the dry, in which the patient ſeldom ſpits but by the mere force of coughing. An aſthma is known by a difficult and laborious breathing, performed with a ſort of wheezing noiſe, ſometimes compelling the patient to ſit upright to prevent ſuffocation; the ſymptoms growing worſe towards night. A fit generally happens after being expoſed to cold eaſterly winds, or from being abroad in thick foggy weather.

All that can be done by *Medicine* in this diſorder, is to relieve the patient when ſeized with a violent fit. As the body in ſuch caſe is generally bound, a purging clyſter,

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ter, (See *Clyſter*, No. 2.) with a ſolution of aſafœtida, ſhould be immediately adminiſtered, and repeated if neceſſary. The patient's feet and legs ought to be immerſed in warm water, and be well rubbed with a dry cloth. Bleeding is very proper, unleſs forbid by extreme weakneſs; and warm fomentations may be applied to the ſtomach and breaſt. Sometimes a vomit has very happy effects; but it is beſt after the other evacuations have been tried. The patient muſt drink freely of diluting liquors; and in the moiſt aſthma, ſuch things as promote expectoration ought to be uſed. In the dry or nervous aſthma, ſtrengtheners are the moſt proper medicines; a tea-ſpoonful of the paregoric elixir (See *Tinctures*, No. 14.) may be taken twice a day. The Peruvian bark is alſo of uſe, and may be taken in ſubſtance, or infuſed in wine. Cow's milk, drank warm in the morning, is ſaid to have a good effect. But in every ſpecies of this diſorder, ſetons and iſſues ſhould be made in the back or ſide, and never be allowed to dry up: if they do not cure the diſeaſe, they will often prolong the patient's life.

Aſthmatic people ought daily to take as much exerciſe as they can poſſibly bear, either on foot, horſeback or in a carriage. Their food ought to be light, and of eaſy digeſtion; boiled meat is preferable; and every thing windy ought to be avoided. Strong, and eſpecially malt liquors, muſt be avoided; light ſuppers, or rather none at all; the cloathing warm; thick ſhoes, and attention to whatever may promote perſpiration.

But nothing is of ſo great importance in the aſthma as pure and moderately warm air. Aſthmatic people can ſeldom bear either the cloſe, heavy air of a large town;

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or the ſharp, keen atmoſphere of a bleak hilly country; a medium is therefore to be choſen: though the air near a large town is often better than at a diſtance, provided the patient be removed ſo far as not to be affected by the ſmoke where much coal is burnt.

An attention to the foregoing advice, with the uſe of the medicines hereunto ſubjoined, will always prove greatly contributive to the relief of aſthmatic patients.

1. Take two middle-ſized onions, ſlice, bruiſe, and boil them in a pint and half of water to a pint, ſqueeze out the liquid, put an ounce of ſugar to it, and drink a tea-cupful three times a-day.

2. Take a tea-ſpoonful of the juice of garlick three times a-day in a glaſs of Liſbon wine.

3. Take maiden-hair, colt's-foot, and ſaſſafras ſhavings, each equal parts, cut them ſmall, and make them into tea.

4. Take of the gum pill, one dram and a half: gum ammoniac, half a dram; make this into twenty-four pills with balſam of Peru; take this three times a-day.

5. To five ounces of emulſion of gum ammoniac add two ounces of ſimple cinnamon water, the ſame quantity of balſamic ſyrup, and half an ounce of the paregoric elixir. Of this take two table-ſpoonfuls every three hours. (See article *Emulſion*.)

6. Take an ounce and half of Peruvian bark, half an ounce of the extract of liquorice, or Spaniſh liquorice; make an electuary with ſyrup of orange peel, taking thrice a-day the ſize of a nutmeg.

7. Take flowers of ſulphur, three quarters of an ounce; elecampane root and liquorice root, each half an ounce; ani-

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aniſeeds, a quarter of an ounce: make an electuary with honey; take the ſize of a walnut thrice a-day.

AUGUST.

This month affords a plentiful ſupply of fruits and vegetables for preſerving and pickling. The following are the chief productions;

MEAT.	FISH.	All ſorts of herbs,	Eſchalot,
Beef,	Carp,	Artichokes,	Salſafy,
Buck veniſon,	Cod,	Spinage,	Scorzonera.
Lamb,	Cray fiſh,	Sprouts,	
Mutton,	Pike,	Turnips,	FRUIT.
Veal.	Plaice,	Cucumbers,	Gooſeberries,
	Mackarel,	Cauliflowers,	Currants,
POULTRY.	Herring,	Carrots,	Apples,
Turkey poults,	Haddocks,	Cabbage,	Pears,
Green geeſe,	Lobſters,	Celery,	Plums,
Ducklings,	Eels,	Endive,	Peaches,
Wild ducks,	Prawns,	Beans,	Nectarines,
Chickens,	Oyſters,	Kidney beans,	Mulberries,
Fowls,	Flounders,	Onions,	Grapes,
Pigeons,	Mullet,	Potatoes,	Melons,
Pullets,	Scate,	Radiſhes,	Cherries,
Pheaſants,	Thornback.	Parſley,	Pine apples,
Wheat ears,		Muſhrooms,	Figs,
Plovers,	VEGETABLES.	Garlick,	Filberts.
Leverets,	All ſorts of ſallad,		
Rabbits.			

For the table, the following arrangement will be found a very proper guide.

DINNERS OF TWO COURSES.

Firſt Courſe.

Soup ſanté, removed with

Tenderon of veal, with parſley. — Haddocks. French beans. — Rabbit collops.

Fiſh ſauce. — Pickled mangoes.

Ducks and green peas.

Chicken pie. — Mutton cutlets, à la Maintenon.

Pickles. — Sallad. — Plain butter.

Lamb ſweetbreads, crumbed and fried. — Fricando of veal.

Roaſt beef.

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Second Courſe.

Leveret roaſted.

Lemon pudding. Fricaſſee of muſhrooms.

Collared eel.

Grapes. Pine apples.

Salver with jellies.

Three pigeons roaſted. Fried ſmelts.

Plums. Cherries.

Potted lobſter.

Apple fritters. Currant tart.

Two moor game roaſted.

DINNER OF THREE COURSES.

Firſt Courſe.

Stewed Soals.

Fillets of pigeons. Turkey à la daube.

Hams.

French patty. Petty patties.

Cray-fiſh ſoup.

Chickens. Roſard of beef palates.

Fillet of veal.

Whitings.

Second Courſe.

Roaſt ducks.

Tartlet.

Macaroni. Fillet of ſoals.

Jellies.

Cheeſecakes. Apple pie.

Orange puffs.

Matelot of eels. Fricaſſee of ſweetbreads.

Leveret.

Third Courſe.

Partridge à la pair.

Stewed pears. Cray-fiſh.

Potted wheatears.

Apricot tart. Cut paſtry.

Fruit.

Scraped beef.

Prawns. Blanched celery.

Ruffs and rees.

B. BA-

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B.

BACON.

When the hog is killed, it may be either ſcalded or ſinged, but ſinging is beſt; cut off the hams and head, and take out a chine, if it be a large one, but leave in the ſpare-ribs, as they preſerve the bacon from ruſting, and keep in the gravy; take off the inſide fat of the flitches, lay them on a long board or dreſſer, that the blood may run away, rub them with good ſalt on both ſides, let them lie thus one day; then beat very fine a pint of bay ſalt and a quarter of a pound of ſalt-petre,---mix them with two pounds of coarſe ſugar, and a quarter of a peck of common ſalt; lay your pork into the pickling tub, and rub it well with theſe ingredients; place the ſkinny ſide downwards, and baſte it well every day with the pickle for a fortnight; then hang it in a wood ſmoke, and afterwards in a dry place, but not hot: indeed, bacon and hams ſhould always hang clear of every thing, and not againſt a wall. Obſerve to wipe off all the old ſalt before you put the pork into the above pickle; alſo rub on a little dry ſalt before you hang it up; and never keep bacon nor hams in a hot kitchen, or in a room where the ſun comes, for it will certainly make them ruſty. After being taken out of the pickling-tub, it is frequently hung up to dry without being ſmoaked.

In chuſing *bacon* let the fat be clear, almoſt of a cherry colour, and not apt to break or crumble; and if the fleſh ſticks well to the bones, and bears a fine clear colour, it is good; but if the contrary, and the lean has ſome little ſtreaks of yellow, it is ruſty, or will ſoon be ſo.

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ſo. Or you may run a ſkewer or ſmall knife into the ſhoulder or back, which, if the bacon be good, will come out clean, and have a good ſmell; but if ſmeared, the bacon is certainly ruſty. If it is not of the colour above deſcribed, it will boil greaſy.

To cure HAMS. Mix together one ounce of ſalt-petre, one ounce of coarſe ſugar, and one pound of ſalt, for each ham; dry it well before a fire, and rub your ham well with it; the more you rub them the better they will take the ſalt; lay them into a tub or large tray, and put the ſalt over them that is left from rubbing; let them lie ten days, turn them once in that time, rub on them half a pound of ſalt, and let them lie ten days more; take them out of the pickle; ſcrape and dry them with a cloth; ſprinkle on them a little more ſalt, and hang them up to dry.

In chuſing *hams*, put a ſmall knife under the bone that ſticks out in the ham, and if it comes out clean, with a good flavour, the ham is ſweet; but if ſmeared, and of an unpleaſing ſmell, it is tainted.

BAKING

Is the art of preparing bread, or reducing meals or flours of any kind into bread; as alſo the management of the oven for dreſſing this and ſeveral other articles of food.

The various forms of baking may be reduced into two, the one for *unleavened*, the other for *leavened* bread. For the firſt, the chief is manchet-baking, the proceſs is as follows: the flour is put into a trough, and to every buſhel

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buſhel are poured in about three pints of warm water, with barm and ſalt to ſeaſon it; this is kneaded well together, and moulded into manchets or cakes, pricked on the top to let them riſe, and baked in the oven by a gentle fire.

In the ſecond preparation, ſome leaven (ſaved from a former batch) filled with ſalt, laid up to ſour, and at length diſſolved in water, is ſtrained through a cloth into a hole made in the middle of the heap of flour in the trough; it is then worked with ſome of the flour into a moderate conſiſtence; covered up with flour, where it lies all night, and in the morning the whole heap is ſtirred up, and mixed with a little warm water, barm, and ſalt, by which it is ſeaſoned, ſoftened, and brought to an even leaven: it is then kneaded, moulded, and baked as before.

Bread is chiefly divided into white, wheaten, and houſhold bread, differing only in degrees of purity. In different parts of England, various mixtures of grain are made uſe of; but the management or art of making bread well depends on an acquaintance with ſuch varying circumſtances, as nothing but actual experience can teach.

BALDNESS. See HAIR.

BALM, OR BAUM.

This plant is among the milder claſs of ſtrengtheners; ſtrong infuſions of this herb, drunk as tea, and continued for ſome time, have done ſervice in a weak, lax ſtate of

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the ſtomach and bowels; and with the addition of a little lemon juice, which turns it of a fine reddiſh colour, it proves a uſeful and grateful drink in dry, parching fevers. The ſimple diſtilled water is not in the leaſt more efficacious than a ſtrong infuſion of the plant. The compound water, or *Eau de Carmes*, will be found under the head *Waters*.

BALSAM.

This term is applied, in medicine, to ſuch compoſitions as are of a ſoftening, reſtoring, and healing nature; but here it is not intended to conſider the natural balſams, but certain compoſitions which, from their balſamic quality, go by that name, and which well-diſpoſed perſons in town or country may eaſily prepare for the uſe of their families, or to aſſiſt their afflicted neighbours.

1. ANODYNE BALSAM. Take of white Spaniſh ſoap, one ounce; opium unprepared, two drams; rectified ſpirits of wine, nine ounces: digeſt them together in a gentle heat for three days; then ſtrain off the liquor, and add to it three drams of camphor.

This balſam is of ſervice in violent ſtrains and rheumatic complaints, when not attended with inflammation. It muſt be rubbed on the part afflicted with a warm hand, or a linen rag moiſtened with it may be applied to the part, and renewed every three or four hours till the pain abates.

By leaving out the opium, the *ſaponaceous balſam* is formed.

II. Lo-

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2. LOCATELLI'S BALSAM. Take olive oil, one pint; Straſburg turpentine and yellow wax, each half a pound; red ſaunders, ſix drams: melt the wax with ſome part of the olive oil, over a gentle fire; then add the remainder of the oil and the turpentine; afterwards mix in the ſaunders, previouſly reduced to a powder, and keep them ſtirring together till the balſam is cold.

This balſam is recommended in ſoreneſs of the inteſtines, in the dyſentery or bloody flux, internal bruiſes, and ſome complaints of the breaſt. Outwardly, it is uſed for healing and cleanſing wounds and ulcers. The doſe, when taken internally, is about a quarter of an ounce.

3. VULNERARY BALSAM. Take gum-benjamin in powder, three ounces; balſam of Peru, two ounces; hepatic aloes in powder, half an ounce; rectified ſpirits of wine, two pints; digeſt them in a gentle heat for three days, and then ſtrain the balſam.

This balſam is applied externally to freſh wounds and bruiſes, and internally for coughs, aſthmas, and moſt complaints of the breaſt. It is alſo ſaid to eaſe the cholic, cleanſe the kidnies, and heal internal ulcers. The doſe is forty or fifty drops, on a little ſugar, or in a glaſs of white wine, &c.

This medicine is preciſely the ſame as that ſold under the different names of *Turlington*, *Wade*, and *Friar's* balſam; *Perſian Balſam*, *Jeſuit's Drops*, &c. applicable to the ſame diſorders, and of the ſame efficacy.

BARBECUE A PIG. See PIG.

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BARBERRIES.

Theſe berries are gratefully acid, and moderately reſtringent; have been given with good ſucceſs in bilious fluxes, and diſeaſes proceeding from heat, acrimony, or thinneſs of the juices. The inner bark of the branches, which has a bitter taſte, is ſaid to be ſerviceable in the jaundice. The berries may be macerated for a day and a night, in twelve times their quantity of water, with addition of a little fennel-ſeed, to prevent offence to the ſtomach; the liquor ſtrained off and ſweetened with ſugar; and of this the patient may drink liberally in bilious fevers, or looſeneſs.

Barberries are uſed in families either for making *tarts*, or a pickle for garniſhing.

To preſerve BARBERRIES *for* TARTS. Take any quantity of barberries, and add to them their weight of ſugar; put them in a jar, and ſet them in a kettle of boiling water, till the ſugar is melted, and the barberries become quite ſoft: next day put them into a preſerving pan, and boil them a quarter of an hour; then put them in jars, and keep them in a place that is dry and cool.

To pickle BARBERRIES. Gather the berries in dry weather; lay them in bunches into a glazed earthen pot; then make a ſufficient quantity of water ſtrong with ſalt; boil and ſkim it well; when cold pour it on the barberries, ſo as to cover them an inch, and cover them up cloſe. Some uſe half vinegar and half water.

Jelly of BARBERRIES. Take a pound of barberries picked clean from the ſtalks, and the ſame quantity of

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white ſugar: boil them, with a gentle heat, to a due conſiſtence; then paſs the jelly through a flannel cloth.

This is rather a medical, than a culinary preparation, and diſſolved in water forms an agreeable and uſeful drink, eſpecially in inflammatory diſtempers, bilious fluxes, and putrid ſcurvy.

BARK, *Peruvian.*

The tree which produces this bark is generally about fifteen feet high, and ſix inches thick; ſomewhat reſembles our cherry-tree, and grows naturally in foreſts, particularly the hilly parts of *Quito* in *Peru*. This bark has long been conſidered as one of the moſt uſeful articles in the whole catalogue of medicines, particularly in fevers, agues, and general weakneſs or relaxation. Its uſe, and various preparations, will be pointed out in conſidering the different diſorders in which it is preſcribed, as they ariſe in the courſe of this work. See, alſo, *Decoction*, *Infuſion*, *Tincture*, &c.

BARLEY.

The principal uſe of this grain is for making beer, being the ſweeteſt and pleaſanteſt for that purpoſe; but it is firſt made into malt. We have, alſo, for kitchen uſe, the *French barley*, or common barley, which is the grain freed from the ſhell; and *pearl barley*, prepared in Germany and Holland, by grinding the ſhelled barley into little round grains, which appear of a pearly whiteneſs.

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BARLEY WATER is an article very uſeful, and very readily made. Firſt waſh two ounces of pearl-barley from the mealy matter that clogs it, then put it into two quarts of boiling water; let it boil till reduced to one, and ſtrain it for uſe.

This liquor may be drank freely in colds, fevers, and other diſorders, taking care to keep warm; and however trifling it may appear, is of greater importance in the cure of acute diſeaſes, than many more laborious preparations.

BARLEY SOUP. To a gallon of water put half a pound of barley, a blade or two of mace, a large cruſt of bread, and a little lemon peel; let it boil till reduced to two quarts, then add half a pint of white wine, and ſweeten it to your taſte.

To a weak ſtomach, this will prove a light, refreſhing, and nutritive food, and much ſuperior, as a reſtorative, to tinctures prepared with ardent ſpirits and heating gums.

BARRENNESS.

This may very properly be reckoned among the diſeaſes of females, as few married women who have not children enjoy a good ſtate of health. It may proceed from various cauſes, as high living, grief, relaxation, or improprieties antecedent to marriage, though more frequently owing to obſtruction or irregularities in certain periodical evacuations.

It is very certain, that high living is one cauſe of barrenneſs, for ſuch a caſe is ſeldom found among the labouring poor. To remove this complaint, the moſt judicious

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judicious phyſicians have recommended, firſt, ſufficient exerciſe in the open air: ſecondly, a diet conſiſting chiefly of milk and vegetables: thirdly, the uſe of aſtringent medicines, particularly infuſions of the bark in port wine; and the liberal uſe of cold bathing, either *partially* or entirely.

Dr. *Cheyne* very ſtrongly recommends a milk and vegetable diet to both ſexes; and obſerves, that his friend, Dr. *Taylor*, whom he calls the milk-doctor of Croydon, had brought ſeveral opulent families in his neighbourhood, who had continued ſeveral years after marriage without progeny, to have many fine children, by keeping both parents, for a conſiderable time, to a milk and vegetable diet. We would, alſo, in this caſe, recommend a courſe of VELNO'S VEGETABLE SYRUP, as prepared by SWAINSON.

BATHS

Are convenient receptacles of water, for perſons to waſh or plunge in, either for health or pleaſure. The *cold* bath is certainly one of the moſt univerſal and innocent remedies yet diſcovered, in a variety of diſorders, though ſtill its uſe is not to be adopted without precaution. People are apt to imagine, that the ſimple element of water can do no hurt, and therefore, that they may plunge into it at any time without danger; and this has given riſe to the faſhionable cuſtom of unlimited ſea-bathing. In this, however, they are much miſtaken; apoplexies are often occaſioned by going into the cold bath; fevers excited by ſtaying too long in it, and other maladies much aggravated by its improper uſe. *Warm* baths,

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baths, too, have their inconveniencies; but being generally uſed under the direction of a phyſician, it is leſs needful here to conſider them.

Bathing, or immerſion in cold water, is certainly a cuſtom of great antiquity, and ſtands recommended for the purpoſe of cleanlineſs, health, and pleaſure. It is peculiarly beneficial to the inhabitants of populous cities, and thoſe who lead ſedentary lives; but in obſtinate obſtructions of the lungs, or any of the inteſtines, cold bathing ought ſtrictly to be prohibited. In too great a fulneſs of blood, and great corpulency, it is alſo highly dangerous to uſe the cold bath, without due preparation.

One claſs of patients who ſtand peculiarly in need of the bracing effects of cold water, is the *nervous*, which includes almoſt all the *female* inhabitants of great cities; yet even thoſe ought to be cautious in uſing the cold bath, for ſuch have generally weak bowels: for them, therefore, and indeed for all delicate people, the beſt plan would be to accuſtom themſelves to it, by the moſt pleaſing and gentle degrees, beginning with the temperate bath, and gradually uſing it cooler, till even the coldeſt becomes agreeable, for nature revolts againſt all ſudden tranſitions; but conſtant *partial* bathing, as of the face, arms, neck, and boſom, and of certain other parts of the body, may, in females of delicate conſtitution, be practiſed with ſafety, and the happieſt conſequences.

To young people, and particularly to children, cold bathing is of the laſt importance; it promotes their growth, increaſes their ſtrength, and prevents a variety of diſeaſes incident to childhood. The cold bath, when

continued

continued too long, chills the blood, cramps the muſcles, relaxes the nerves, and wholly defeats the intention of bathing. Every beneficial purpoſe might, perhaps, be anſwered by a dip or two; or by ſuch a partial application of cold water as we have mentioned above.

Artificial baths are ſometimes prepared for medical, and other purpoſes; the following preparations of that ſort are of much utility.

An AROMATIC BATH. Take a handfull of the following herbs, and boil them for about five minutes in a ſufficient quantity of ſoft water;---viz. thyme, roſemary, ſweet marjoram, lavender, ſage, penny-royal, balm, mint, and fennel, and throw in a handful of ſalt; ſtrain the liquor from the herbs, and add to it a little brandy, or camphorated ſpirit of wine. This is an excellent bath to ſtrengthen the limbs, to remove pains proceeding from cold, and to promote perſpiration. In this medicinal water the patient is to be bathed in a bathing-tub. It produces very happy effects in paralytic diſorders, imbecility, and weakneſs of the joints, and proves very ſerviceable to weak, cold conſtitutions, eſpecially in old patients, whoſe ſtrength is impaired, their nerves weakened, and muſcles relaxed.

A COSMETIC BATH. Take two pounds of barley, or bean meal, eight pounds of bran, and a few handfuls of borage leaves; boil theſe ingredients in a ſufficient quantity of ſpring water. Nothing can exceed this bath for cleanſing and ſoftening the ſkin.

An EMOLLIENT BATH, *for the Feet.* Boil in water a pound of bran, with a few marſh-mallow roots, and two or three handfuls of mallow leaves.

BAT-

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BATTER.

A preparation of flour, milk, water, eggs, &c. for pancakes, and other purpoſes.

A BATTER PUDDING. Take a pint of milk, four eggs, four ſpoonfuls of flour, half a grated nutmeg, and a little ſalt; mix them well, tie the cloth very cloſe, and boil it three quarters of an hour. Serve it up with melted butter.

Another. Take a quart of milk, beat up the yolk of ſix eggs, and the whites of three, and mix them with a quarter of a pint of milk; take ſix ſpoonfuls of flour, a tea-ſpoonful of ſalt, and one of beaten ginger; mix them all well together, boil them an hour and a quarter, and when taken up, pour melted butter over the pudding. You may add half a pound of prunes, or currants, and two or three more eggs. Or ſuch a pudding may be thus made, without eggs---Take a quart of milk, mix ſix ſpoonfuls of flour with a little of the milk firſt, a tea-ſpoonful of ſalt, two of beaten ginger, and two of the tincture of ſaffron; then mix all together, and boil it an hour.

BEANS.

A very uſeful vegetable, of which there are ſeveral ſorts, but generally diſtinguiſhed by the names of *Windſor*, and *French* beans.

To dreſs FRENCH BEANS. Firſt ſtring them, then cut them in two, and afterwards acroſs; but if you would do them nice, cut the bean in four, and then acroſs, which

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which is eight pieces: lay them into water and ſalt, and when your pan boils, put in ſome ſalt and the beans: when they are tender they are enough, they will be ſoon done. Take care they do not loſe their fine green. Then lay them in a plate, and have butter in a cup. All vegetables ſhould be made to boil as quick as poſſible, to preſerve their colour.

To dreſs WINDSOR BEANS. Boil them in plenty of water, with a good quantity of ſalt, till they are tender. Boil and chop ſome parſley, put it into good melted butter, and ſerve them up with boiled bacon, and the butter and parſley in a boat;---but never boil your beans with the bacon.

To blanch BEANS. Boil them ſo that the ſkins may come off; then fry ſome thin ſlices of bacon, and ſome parſley, to lay round the beans; toſs them up with melted butter, and ſerve them up hot.

To pickle FRENCH BEANS. Take a quantity of the ſmalleſt of this ſort of beans, and put them into ſalt and water for five days; then boil them up, and ſet them to green in a braſs pan, with equal quantities of the beſt white wine vinegar and hard water: when they are quite green put them into a jar, with as much white wine vinegar boiled as will cover them, adding cloves, black pepper, race ginger, and ſome ſalt; then ſtop them cloſe down.

BEEF

Is the fleſh of black cattle, prepared for food. In the opinion of the beſt phyſicians, beef, though of a

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more firm texture than mutton, is equally nutritious; and if in the ſouthern countries it is not eſteemed ſo, that is merely on account of its imperfection there.

To chooſe BEEF. Right ox-beef has an open grain, and if young, a tender and oily ſmoothneſs; when old, it is tough and ſpongy, except the neck, briſket, and ſuch parts as are very fibrous, which in young meat will be more rough than in other parts. A ſort of carnation-colour betokens good ſpending meat; the ſuet of a fine clear white; yellow is not ſo good.

Cow-beef is cloſer grained than the ox; the fat whiter, but the lean ſomewhat paler; if young, the dent you make with your finger will riſe again in a little time.

Bull-beef is of a much cloſer grain than either of the others; of a deep duſky red, tough in pinching; the fat ſkinny, hard, and has a rankiſh ſmell: for newneſs or ſtaleneſs, this ſort has but few ſigns; the more material is its clammineſs, and your ſmell will judge of the reſt. Parts that have been bruiſed will look more duſky or blackiſh than the reſt.

MADE DISHES OF BEEF.

As this is one of the moſt important articles in cookery, it may not be improper to give the young cook ſome general hints. It is an important point to take care that all the copper veſſels be well tinned, and kept perfectly clean from any foulneſs or grittineſs. Before you put eggs or cream into your white ſauce, have all your ingredients well boiled, and the whole of a proper thickneſs, for neither eggs nor cream will contribute much to thicken it. After you have put them

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them in, do not ſtir them with a ſpoon, nor ſet your pan on the fire, for fear it ſhould gather at the bottom, and be lumpy, but hold your pan at a proper height from the fire, and keep ſhaking it round one way, which will keep the ſauce from curdling; and be particularly cautious that you do not ſuffer it to boil. Remember to take out your collops, meat, or whatever you are dreſſing, with a fiſh ſlice, and ſtrain your ſauce upon it, which will prevent ſmall bits of meat mixing with your ſauce, and you will thereby have it clear and fine. In browning diſhes, be particularly cautious that no fat floats on the top of the gravy, which will be the caſe, if you do not properly ſkim it. It ſhould be of a fine brown, without any one particular taſte, which muſt depend on the judicious proportion in the mixture of your various articles of ingredients. If you make uſe of wine or anchovy, take off its rawneſs, by putting it in ſome time before your diſh is ready; for nothing injures the reputation of a made diſh ſo much as raw wine, or freſh anchovy. Be ſure to put your fried force-meat balls to drain on a ſieve, that the fat may run from them, and never let them boil in your ſauce, as that will ſoften them, and give them a greaſy appearance. To put them in after the meat is diſhed up, is indiſputably the beſt method. In almoſt every made diſh you may uſe force-meat balls, morels, truffles, artichoke-bottoms, and pickled muſhrooms; and in ſeveral made diſhes a roll of force-meat may ſupply the place of balls; and where it can be uſed with propriety, it is to be preferred.

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BROWNING FOR MADE DISHES.

Beat ſmall four ounces of treble-refined ſugar, put it in a clean iron frying-pan, with one ounce of butter; ſet it over a clear fire, mix it well together all the time: when it begins to get frothy, the ſugar is diſſolving, hold it higher over the fire; have ready a pint of red wine; when the ſugar and butter is of a deep brown, pour in a little of the wine, and ſtir it well together; then add more wine, and keep ſtirring it all the time; put in half an ounce of Jamaica pepper, ſix cloves, four ſhallots peeled, two or three blades of mace, three ſpoonfuls of muſhroom catchup, a little ſalt, the out-rind of one lemon; boil them ſlowly for ten minutes, then pour it into a baſon. When cold take off the ſcum very clean, and bottle it for uſe.

To ſalt BEEF *for boiling immediately.* Pieces of beef for this purpoſe ſhould not exceed eight pounds: ſalt them very well, and tie them cloſe up in a coarſe linen cloth, which muſt be very well covered with flour. Put your beef into boiling water, and boil it the uſual time according to its ſize. If to the common ſalt you add a ſmall quantity of ſalt-petre, fine powdered, it will ſtrike a fine redneſs into the beef.

Or, having boiled a piece of freſh beef half the proper time, take it out; cover it all over thick with ſalt, and roll it in a linen cloth that is floured; the ſalt will thus penetrate very effectually, and when boiled till enough, it will eat as well as if ſalted ſix or ſeven days.

To roaſt BEEF. Be ſure to paper the top, and baſte it well all the time it is roaſting, and throw a handful of ſalt on it. When you ſee the ſmoke draw to the fire, it is

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is near enough; then take off your paper, baſte it well, and dredge it with a little flour, to make a fine froth. Never ſalt your roaſt meat before you lay it to the fire, for that draws out all the gravy. Take it up, and garniſh your diſh with nothing but horſe-radiſh.

To roaſt a piece of beef, of about ten pounds, will take an hour and a half, at a good fire. Twenty pounds weight will take three hours, if it be a thick piece; but if it be a thin piece, of twenty pounds weight, two hours and a half will do it; and ſo on, according to the weight of your meat, more or leſs. Obſerve, in froſty weather your beef will take half an hour longer.

To roaſt a BEEF TONGUE. Boil a tongue until it will peel, in broth or water, with ſalt and pepper, onions, carrots, parſnips, a noſegay, two cloves of garlic, laurel, and thyme; then lard it as a fricandeau, and finiſh it in roaſting; ſerve under it a reliſhing ſauce, or plain.

To pot BEEF. Take a piece of lean buttock of beef, rub it over with ſalt-petre; and let it lie all night; then ſalt it very well with white and bay-ſalt; put it into a pot juſt fit for it; cover it with water, and let it lie for four days longer; then take it out, wipe it well with a cloth, and rub it with pepper finely beaten; put it down cloſe into a pot, without any liquor; cover the pot with a paſte, and bake it with houſhold bread for ſix hours.

Then take it out, let it ſtand till cold, pick it clean from ſkins and ſtrings, and pound it very well in a ſtone mortar; ſeaſoning it with nutmegs, cloves, and mace, pounded very fine, pouring in melted butter, which work up with it like paſte; put it down cloſe and even in the pots, and pour clarified butter over it.

To pot a Leg of BEEF. Take off the ſkin as whole

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as you can, then cut off all the fleſh, and ſeaſon it with pepper, ſalt, and ſpice: having broken the bone, mix the marrow with the ſlices of beef; being put into a deep earthen pot, lay the ſkin over the meat, and the bones over the ſkin, and cover the pot with a paper, and tie it down cloſe; bake it with houſhold bread, and let it ſtand in the oven all night.

When it is baked, take out the bones and ſkin, and clear it as well as you can from the liquor; and having put the meat into a wooden bowl or mortar, pound it as fine as you can with a wooden peſtle, putting in every now and then a piece of butter, and ſome of the fat of the marrow, that will ſwim upon the gravy; but let none of the gravy be put into it.

Having pounded it enough while it is warm, butter the bottom and ſides of the pan in which you intend to keep it, and preſs the meat down in it as hard as poſſible, then cover it over with melted butter.

If you deſire your meat to look red, rub it with a little ſalt petre before you ſeaſon it. After the ſame manner you may pot veniſon, mutton, or what fleſh meat you pleaſe.

Taking notice, that you muſt uſe only the muſcular parts. Let theſe meats be ſet in a dry place, and they will keep good ſeveral months.

To collar BEEF. Cut a piece of flank beef ſquare; ſtrip off all the inner ſkin, and having made a brine of water and bay-ſalt, as ſtrong as will bear an egg to the breadth of ſixpence, lay the beef into it for a week, then rub it all over with ſalt-petre, and let it lie three days longer; then having groſly pounded one large nutmeg, the ſame weight of mace, and the weight of

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both of cloves, with a quantity of chopped parſley, and ſome ſweet herbs cut fine, ſtrew it upon the beef; then roll it up hard, and tie it with a tape, and ſew it up in a cloth: afterwards lay it in a long earthen pan, fill it up with half water and half claret; cover it with a coarſe cloth, and bake it for twelve hours in a very hot oven. Take off the tape, and roll the cloth very hard round it again; tie it up, and hang it to drain and cool.

Others boil the beef in a large copper of water; and if it is a large collar, it will take ſix hours boiling, but a ſmall one may be done in five. Take it out, and put it in a preſs till it is cold; but if you have no preſs put it between two boards, and a large weight upon it, till cold. Take it out of the cloth, cut it into ſlices, and garniſh with raw parſley.

To collar flat Ribs of BEEF. Bone your beef, lay it flat on a table, and beat it half an hour with a wooden mallet, till it is quite ſoft; rub it with ſix ounces of brown ſugar, a quarter of a pound of common ſalt, and one ounce of ſalt-petre, beat fine; then let it lie ten days, turning it once every day; put it in warm water for eight or ten hours; then lay it flat upon a table, with the outward ſkin down; cut it in rows, and acroſs, about the breadth of your finger, but be careful not to cut the outſide ſkin; then fill one nick with chopped parſley, the ſecond with fat pork, the third with crumbs of bread, mace, nutmeg, pepper, and ſalt; then parſley again, and ſo on, till you have filled all your nicks; then roll it up tight, and bind it round with coarſe broad tape; wrap it in a cloth, and boil it four or five hours; afterwards hang it up by one end of the ſtring, to keep it round;

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round; ſave the liquor it was boiled in; the next day ſkim it, and add to it half as much alegar as you have liquor; a little more mace, long pepper, and ſalt; then put in your beef, and keep it for uſe. When you ſend it to table, cut a little off at each end, and it will be in diamonds of different colours, and look very pretty; ſet it upon a diſh as you do brawn. If you make a freſh pickle every week, it will keep a long time.

To ſtew a Rump of BEEF. Take a ſmall rump of beef, lay it in a long pan, deep enough to allow the beef to be covered; then put in a quart of claret, a pint of ale, half a pint of verjuice, or the juice of two large lemons, and then add as much water as will make the liquor cover it; put in a cruſt of bread, an anchovy, ſome bits of lemon-peel, and a bunch of ſweet herbs; two large turnips, cut into dice, and two large onions, cut into halves. Seaſon with ſalt, pepper, ſome mace, a few cloves, and ſome nutmegs ſliced.

Cover this up very cloſe, and let it ſtew at leaſt five hours; then lay your beef in a diſh, and ſtrain the liquor through a ſieve, and fill the diſh with it. Garniſh it with turnips cut into dice, boiled tender, and fried in hog's-lard and ſliced lemon.

Or, if you pleaſe, you may bake the rump of beef, for it will be much the ſame.

After the ſame manner you may dreſs a leg of beef, or an ox-cheek; only let the bone of the leg of beef be broken, and take out all the bones of the ox-cheek.

To haſh BEEF. Cut ſome ſlices of tender beef, and put them into a ſtew-pan, well floured, with a ſlice of butter, over a quick fire, for three minutes, and then put to them ſome water, a bunch of ſweet herbs, or ſome

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ſome marjoram alone; an onion, ſome lemon-peel, with ſome pepper, ſalt, and ſome nutmeg grated; cover theſe cloſe, and let them ſtew till they are tender; then put into it a glaſs of claret, or beer that is not bitter, and ſtrain your ſauce: ſerve it hot, and garniſh with red beet-roots and lemon ſliced. This is a very good diſh.

BEEF ALAMODE. Take a fleſhy piece of beef, without fat, and beat it well with a rolling-pin; then lard with pretty large pieces of fat bacon, and, if you pleaſe, put it over the fire a little to fry, till the outſide is brown; put it to ſtew in a deep ſtew-pan, or glazed earthen veſſel, with ſalt, pepper, bay-leaves, or Jamaica pepper; ſome lemon-peel, half a dozen large muſhrooms, two cloves of garlick, or four or five cloves of ſhalot, a pint of water, and half a pint of wine; cover it cloſe, and let it ſtew gently till it is tender: when it is enough, fry ſome flour in hog's lard, and add to it ſome lemon-juice, or a little verjuice.

This is very good hot, but it is for the moſt part eaten cold, cut into ſlices about half an inch thick.

Another way. Take ſome of the round of beef, the veiny piece, or ſmall round (what is generally called the mouſe buttock) cut it five or ſix inches thick; cut ſome pieces of fat bacon into long bits; take an equal quantity of beaten mace, pepper, and nutmeg, with double the quantity of ſalt, if wanted; mix them together, dip the bacon into ſome vinegar (garlick vinegar, if agreeable) then into the ſpice; lard the beef with a larding-pin, very thick and even; put the meat into a pot juſt large enough to hold it, with a gill of vinegar, two large onions, a bunch of ſweet herbs, half a pint of red wine, and ſome lemon-peel. Cover it down very cloſe, and

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put a wet cloth round the edge of the pot, to prevent the ſteam evaporating; when it is half done, turn it, and cover it up again: do it over a ſtove or very ſlow fire. It will take five hours and an half before it is done. Truffles and morels may be added to it.

Another way. Take a ſmall buttock, or leg of mutton-piece of beef, or a clod, or a piece of buttock of beef; alſo two dozen of cloves, as much mace, and half an ounce of all-ſpice beat fine; chop a large handful of parſley, and all ſorts of ſweet herbs, fine; cut ſome fat bacon, as long as the beef is thick, and about a quarter of an inch ſquare, and put it into the ſpice, &c. (and into the beef the ſame) put it into a pot, and cover it with water; chop four large onions very fine, and ſix cloves of garlick, ſix bay-leaves, and a handful of champignons, or freſh muſhrooms; put all into the pot, with a pint of porter or ale, and half a pint of red wine; put in ſome pepper and ſalt, ſome kyan pepper, a ſpoonful of vinegar; ſtrew three handfuls of bread raſpings, ſifted fine, over all; cover the pot cloſe, and ſtew it for ſix hours; or according to the ſize of the piece; if a large piece, eight hours; then take the beef out, and put it in a deep diſh, and keep it hot over ſome boiling water; ſtrain the gravy through a ſieve, and pick out the champignons or muſhrooms; ſkim all the fat off clean, put the beef into your pot again, give it a boil up: if not ſeaſoned enough, ſeaſon it to your liking; then put the gravy over your beef, and ſend it to table hot; or you may cut it in ſlices if you like it beſt, or ſet it to get cold, and cut it in ſlices with the gravy over it; for when the gravy is cold, it will be in a ſtrong jelly.

BEEF *a-la-mode another way.* Having boned a rump of beef, lard the top with bacon, and make the following

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ing force-meat---Take four ounces of marrow, the crumbs of a penny-loaf, a few ſweet herbs chopped ſmall, two heads of garlick, and ſeaſon them to your taſte, with ſalt, pepper, and nutmeg; then beat up the yolks of four eggs. Mix all together, and ſtuff it into the beef at the parts from whence the bone was extracted, and alſo in ſeveral of the lean parts. Skewer it round, and faſten it properly with a ſtring. Put it into the pot, throw in a pint of red wine, and tie the pot down with a ſtrong paper. Put it into the oven for three or four hours, and when it comes out, if it is to be eaten hot, ſkim the fat from the gravy, and add a ſpoonful of pickled muſhrooms, and half an ounce of morels. Thicken it with flour and butter, diſh it up, and pour on your gravy. Garniſh it with force-meat balls.

Another way. Cut ſome of the round into pieces, lard and fry them, put to them ſome beef broth, a bunch of ſweet herbs, an onion, a few pepper-corns and cloves; ſtew this gently till tender, covered cloſe; then ſkim off the fat, and add a few muſhrooms. Water may be uſed inſtead of broth.

To fricaſſe cold roaſt BEEF. When you have cut your roaſt beef into very thin ſlices, take a handful of parſley, ſhred it very ſmall, cut an onion into four quarters, put them all together into a ſtew-pan, with a piece of butter, and a good quantity of ſtrong broth; ſeaſon with ſalt and pepper, and let it ſtew gently about a quarter of an hour; then take the yolks of four eggs, beat them in ſome claret and a ſpoonful of vinegar, and put it to your meat, ſtirring it till it becomes thick; rub your diſh with a ſhalot before you ſerve it up.

Cold roaſt BEEF, *family faſhion.* Slice three or four onions, and fry them in butter; when done add a little

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broth, three ſhalots chopped, pepper and ſalt; then put ſlices of cold beef to it; boil for a moment; when ready, add a liaſon, made of three yolks of eggs and a little vinegar. Cold beef is alſo very good with cold ſauce, made of chopped parſley, ſhalots, vinegar, oil, muſtard, minced anchovy, &c.

BEEF A-LA-DAUBE. Take a round, a rump, or a veiny piece of beef; lard it with bacon, half roaſt it, or fry it brown; put it into a ſtew-pan, or a pot that will juſt hold it, ſome gravy, an onion ſtuck with cloves, half a pint of white wine, a gill of vinegar, a bunch of ſweet herbs,. pepper, cloves, mace, and ſalt; cover it down very cloſe, let it but juſt ſimmer till it is tender; take two ox-palates, two ſweet-breads, truffles, morels, and artichoke bottoms, ſtew them all together in ſome gravy, and pour over the beef. Have ready ſome force-meat balls fried; make ſome long, others round; dip ſome ſippets into butter, fry and cut them three-corner ways, and ſtick them into the meat; lay the balls round the diſh.

BEEF-TREMBLANT---*Trembling-Beef.* A rump of beef is the beſt for this, but it muſt be neatly cut and trimmed; cut the edge of the edge-bone off quite cloſe to the meat, that it may lay flat in your diſh; and if it is large, cut it at the chump, and ſo as to make it ſquare; hang it up for three or four days, or more, without ſalt; prepare a marinade, and leave it all night in ſoak; fillet it two or three times acroſs, and put it into a pot, the fat uppermoſt; put in as much water as will a little more than cover it; take care to ſkim it well, and ſeaſon as you would for a good broth, adding about a pint of white wine; let it ſimmer for as long a time as it will hang together. There are many ſauces for this piece of

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of meat, particularly carrots, herbs, &c. minced. Your carrots ſhould be cut an inch long, and boiled a little in water, and afterwards ſtewed in ſome cullis proportionate to your meat. When they are done tender, diſh in a glaſs of white wine, a little minced ſhalot and parſley, and the juice of a lemon; take your beef out upon a cloth, clean it neatly from its fat and liquor; place it hot and whole in your diſh, and pour your ſauce over it. Strew ſome minced parſley over it, it looks prettier.

Another way. Take the fat end of a briſket of beef, and tie it up cloſe with packthread; put it in a pot of water, and boil it ſix hours very gently; ſeaſon the water with a little ſalt, a handful of all-ſpice, two onions, two turnips, and a carrot; in the mean while put a bit of butter in a ſtew-pan, and melt it; then put in two ſpoonfuls of flour, and ſtir it till it is ſmooth; put in a quart of gravy, a ſpoonful of catchup, the ſame of browning, a gill of white wine, carrots and turnips, and cut the ſame as for an harrico of mutton; ſtew them gently till the roots are tender, ſeaſon with pepper and ſalt, ſkim all the fat clean off, put the beef in the diſh, and pour the ſauce all over: garniſh with pickle of any ſort, or make a ſauce thus; chop a handful of parſley, one onion, four pickled cucumbers, one walnut, and a gill of capers; put them in a pint of good gravy, and thicken with a little butter rolled in flour, and ſeaſon it with pepper and ſalt; boil it up for ten minutes, and then put it over the beef; or you may put the beef in a diſh, and put greens and carrots round it.

BEEF A-LA-ROYAL---*Beef-Royal.* Bone a briſket of beef, and make holes in it with a knife, about an inch from one another; fill one hole with fat bacon,

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bacon, a ſecond with chopped parſley, and a third with chopped oyſters, ſeaſoned with nutmeg, pepper, and ſalt, till you have done the briſket over; then pour a pint of red wine, boiling hot, upon the beef; dredge it with flour, ſend it to the oven, and bake it three hours, or better. When it comes out of the oven take off the fat, and ſtrain the gravy over your beef: garniſh with pickles, and ſerve it up.

Another way. Bone a ſirloin or large rump of beef, beat it very well; then lard it with bacon, ſeaſon it all over with ſalt, pepper, mace, cloves, and nutmeg, all beat fine, ſome lemon-peel cut ſmall, and ſome ſweet herbs. In the mean time make a ſtrong broth of the bones; take a piece of butter with a little flour, brown it, and put it in the beef; keep it turning often till it is brown; then ſtrain the broth, put all together in a pot, put in a bay-leaf, a few truffles, and ſome ox-palates, cut ſmall; cover it cloſe, and let it ſtew till it is tender; take out the beef, ſkim off all the fat, pour in a pint of claret, ſome fried oyſters, an anchovy, and ſome gerkins ſhred ſmall; boil all together, put in the beef to warm, thicken your ſauce with a piece of butter rolled in flour, or muſhroom powder. Lay your meat in a diſh, pour your ſauce over it, and ſend it to table. This may be eat either hot or cold.

Beef Olives. Cut ſteaks from the rump, or inſide of the ſirloin, half an inch thick, about ſix inches long, and four or five broad; beat them a little, and rub them over with the yolk of an egg; ſtrew on bread crumbs, parſley chopped, lemon-peel ſhred, pepper and ſalt, chopped ſuet or marrow, and grated nutmeg; roll them up tight, ſkewer them, and fry or brown them in a Dutch oven; ſtew them in ſome beef broth or gravy, until

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until tender; thicken the gravy with a little flour; then add a little catchup, and a little lemon-juice. To enrich them, add pickled mushrooms, hard yolks of eggs, and force-meat balls.

To Ragoo a Piece of Beef. Take a large piece of the flank, which has fat at the top, cut square, or any piece that is all meat, and has fat at the top, but no bones; the rump does well: cut all nicely off the bone, which makes fine soup; then take a large stew-pan, and with a good piece of butter fry it a little brown all over, flouring your meat well before you put it into the pan; then pour in as much gravy as will cover it, made thus: take about a pound of coarse beef, a little piece of veal cut small, a bundle of sweet herbs, an onion, some whole black pepper, and white pepper, two or three large blades of mace, four or five cloves, a piece of carrot, a little piece of bacon steeped in vinegar a little while, and a crust of bread toasted brown; put to this a quart of white wine, and let it boil till half is melted. While this is making, pour a quart of boiling water into the stew-pan; cover it close, and let it be stewed softly: when the gravy is done strain it, pour it into the pan where the beef is; take an ounce of truffles and morels cut small, some fresh or dried mushrooms cut small, two spoonfuls of catchup, and cover it close. Let all this stew, till the sauce is rich and thick; then have ready some artichoke bottoms, cut into four, and a few pickled mushrooms; give them a boil or two, and when your meat is tender, and your sauce quite rich, lay the meat into a dish, and your sauce over it. You may add a sweet-bread cut in six pieces, a palate stewed tender, cut into little pieces, some cock's combs, and a few force-meat balls. These are a great addition, but it will be good without.

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Note. For variety, when the beef is ready, and the gravy put to it, add a large head of celery, cut ſmall and waſhed clean; two ſpoonfuls of catchup, and a glaſs of red wine. Omit all the other ingredients. When the meat is tender, and the ſauce rich and good, ſerve it up. It is alſo very good this way; take ſix large cucumbers, ſcoop out the ſeeds, pare them, cut them into ſlices, and do them juſt as you do the celery.

Rump au Ragout. Cut the meat from the bone, flour and fry it, pour over it a little boiling water, and about a pint of ſmall beer; add a carrot or two, an onion ſtuck with cloves, ſome whole pepper, ſalt, a piece of lemon-peel, and a bunch of ſweet herbs: let theſe ſtew an hour, then add ſome good gravy. When the meat is tender take it out, ſtrain the ſauce, thicken it with a little flour; add a little celery ready boiled, and a little catchup; put in the meat, and juſt ſimmer it up; or the celery may be omitted, and the ragoo enriched by adding muſhrooms freſh or pickled, artichoke bottoms boiled and quartered, and hard yolks of eggs.

A piece of flank, or any piece that can be cut free from bone will do, inſtead of the rump.

Rump of BEEF *ſmoaked.* Bone a rump of beef as well as poſſible without ſpoiling the ſhape; ſalt it with a pound of ſalt, and two ounces of ſalt-petre; put it into a ſalting-pan lengthways, with all ſorts of ſweet herbs, as parſley, ſhalots, thyme, laurel, baſil, winter ſavory, half a handful of juniper-berries, a little coriander, ſix cloves, and two cloves of garlick; leave it about a week or ten days in ſalt, then hang it in the chimney: when dried, keep it in a dry place. When you want to uſe it, boil it in water without ſalt, with a few onions, cloves, a faggot of ſweet herbs, and a little nutmeg; let it cool in

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in the liquor, and ſerve it cold upon a napkin. Garniſh with parſley. If you think it will be too ſalt, ſoak it ſome time before boiling.

To force the Inſide of a SIRLOIN *of* BEEF. Spit your ſirloin, then cut off from the inſide, all the ſkin and fat together, and then take off all the fleſh to the bones; chop the meat very fine with a little beaten mace, two or three ſhalots, one anchovy, half a pint of red wine, a little pepper and ſalt, and put it on the bones again; lay your fat and ſkin on again, and ſkewer it cloſe, and paper it well. When roaſted, take off the fat, and diſh up the ſirloin; pour over it a ſauce made of a little red wine, a ſhalot, one anchovy, two or three ſlices of horſe-radiſh, and ſerve it up.

To bake a LEG *of* BEEF. Cut the meat off a leg of beef, and break the bones; put it into an earthen pan, with two onions and a bundle of ſweet herbs; ſeaſon it with a ſpoonful of whole pepper, and a few cloves and blades of mace. Cover it with water, and having tied the pot cloſe down with brown paper, put it into the oven to bake. As ſoon as it is enough, take it out, and ſtrain it through a ſieve, and pick out all the fat and ſinews, putting them into a ſaucepan with a little gravy, and a piece of butter rolled in flour. Set the ſaucepan on the fire, ſhake it often, and when it is thoroughly hot, pour it into the diſh, and ſend it to table.

OX-CHEEK may be done in the ſame manner; and if you ſhould think it too ſtrong, you may weaken it by pouring in a ſufficient quantity of hot water; but cold water will ſpoil it.

BOUILLIE BEEF. Take the thick end of a briſket of beef, put it into a kettle of water where it may be quite

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covered over; let it boil faſt for two hours, then keep ſtewing it by the fire for ſix hours more, and as the water waſtes, fill up the kettle; pour in with the beef ſome turnips cut into little balls, carrots, and ſome celery cut in pieces; an hour before it is done, take out as much broth as will fill your ſoup diſh, and boil in it for that hour turnips and carrots, cut out in balls, or in little ſquare pieces, with ſome celery, ſalt, and pepper to your taſte; ſerve it up in two diſhes, the beef by itſelf, and the ſoup by itſelf; you may put pieces of fried bread, if you like it, in your ſoup; boil in a few knots of greens, and if you think your ſoup will not be rich enough, you may add a pound or two of fried mutton chops to your broth, when you take it from the beef, and let it ſtew for that hour in the broth; but be ſure to take out the mutton when you ſend it to the table. The ſoup muſt be very clear.

BEEF *in* EPIGRAM. Roaſt a ſirloin of beef, take it off the ſpit, then raiſe the ſkin carefully off, and cut the lean parts of the beef out; but obſerve not to cut near the ends or ſides. Haſh the meat in the following manner: cut into pieces about as big as a crown piece, put half a pint of gravy into a toſs-pan, an onion chopped fine, two ſpoonfuls of catchup, ſome pepper and ſalt, ſix ſmall pickled cucumbers cut in thin ſlices, and the gravy that comes from the beef; a little butter rolled in flour. Put the meat in, and then put the ſkin over, and ſend it to table. Garniſh with horſer-adiſh. You may do the inſide inſtead of the outſide if you pleaſe.

To dreſs a FILLET *of* BEEF. It is the inſide of the ſirloin. You muſt carefully cut it all out from the bone, grate ſome nutmeg over it, a few crumbs of bread, a little

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little pepper and ſalt, a little lemon-peel, a little thyme, ſome parſley ſhred ſmall, and roll it up tight; tie it with a piece of packthread, roaſt it, put a quart of milk and a quarter of a pound of butter into the dripping-pan, and baſte it. When it is enough take it up, untie it, leave a little ſkewer in it to hold it together; have a little good gravy in the diſh, and ſome ſweet ſauce in a cup. You may baſte it with red wine and butter, or it will do very well with butter only.

Another way. Lard a fillet with large pieces of bacon; let it catch a little in a ſtew-pan with butter, a bottle of white wine, and broth, ſalt, and pepper; ſtew on a ſlow fire. When three parts done, ſkim off the fat, add to it a piece of butter rolled in flour, chopped parſley, ſhalots, muſhrooms, and a few tarragon leaves; put the fillet in it to finiſh, and reduce the ſauce to a proper conſiſtence.

Another way. Soak ſix anchovies in water about two hours; ſplit them, and lard the fillet with them, intermixed with bacon; ſtew it on a ſlow fire, with a little broth and white wine, a clove of garlick, two cloves, a faggot of parſley, green onions, and ſweet herbs. When done, ſift the ſauce; add a little butter rolled in flour, and a few whole capers; make a liaſon of eggs and cream; ſerve it up on the fillet.

A RIB *of* BEEF *Glaſſé, with Spinach.* Provide one of the prime ribs, trim it neatly, and lay it in a marinade for an hour or two; take a ſtew-pan exactly its bigneſs, put a ſlice or two of bacon at the bottom, lay in your beef, and cover it with the ſame. To ſeaſon, put in an onion or two, ſome bits of carrot, a little ſweet baſil, thyme, and parſley, a little pepper, ſalt, and a blade or

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two of mace; let it ſtew gently till it is very tender, take it out upon a plate, ſtrain your braze, clean it well from the fat, put it into a clean ſtew-pan, and boil it with a ladle of gravy very faſt, and you will find it come to a ſort of gluey conſiſtence; then put your beef in and keep it hot till your dinner time, and ſerve it up with ſpinach.

At another time you may ſerve it with ſavoys or red cabbage, ſtripped fine and ſtewed, after being blanched, only adding a bit of bacon, with a few cloves ſtuck in it in the ſtewing, but not to ſend to table.

Fillet of the ſirloin is done pretty much in the ſame way, marinaded and roaſted, with bacon over it, and the ſame ſort of ſauces.

HODGE PODGE *of* BEEF *with Savoys.* Provide a piece of the middlemoſt part of briſket beef, of about ſix pounds, cut it in ſquare pieces ſo as to make ten or twelve of it; do not put it into too large a pot, but ſuch a one as will be full with a gallon of water in it; take care to ſkim it well, and ſeaſon it well with onions, carrots, turnips, leeks, and celery, add a little bundle of parſley, and ſome pepper; when your meat is boiled very tender, ſtrain your broth from it, and put it into a ſoup pot or ſtew-pan; take another with one ounce or little more of butter, melt it, and put in a large ſpoonful of flour, ſtir it over the fire till it becomes brown, take the fat off your broth and put to it, boil it a few minutes, and ſtrain to your beef; your ſavoys ſhould be well blanched, and tied up ſeparate; put them into your meat, and ſtew very gently till your dinner is called; take it off, and clear all from the fat; place your meat in neat order in your diſh, lay your ſavoys between,

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pour your ſoup or ſauce over it, and ſerve it up with a little parſley ſprinkled gently over it. This diſh is frequently ſent to table with turnips or carrots, inſtead of ſavoys, cut in neat bits and boiled, before you put them to your ſoup.

Hodge Podge of veal or mutton is done after the ſame manner, with this difference only: inſtead of making your ſoup brown, ſtir your flour no longer than while it retains it whiteneſs, and pour your gravy in, and ſtrain to your meat.

Scarlet BEEF. Take a piece of briſket beef, rub it well with one ounce of ſalt-petre, half an ounce of bay ſalt, and a ſmall handful of common ſalt; let it lie for a week, turning it every day, and rubbing it with brine; when you dreſs it, waſh it, put it into a ſtew-pot with two quarts of water, ſome ſweet herbs, two onions, two carrots, and ſome whole pepper; let it ſtew till tender, take it up, and put it in a ſoup-diſh, ſtrain the liquor into a ſtew-pan, ſet it on a ſtove to boil, and ſkim off the fat; lay round your beef ſome ſavoy greens boiled tender, pour your liquor over it, and ſerve it up hot. If there be any left when it comes from the table, ſet it by to cool, and ſerve it up in ſlices (the ſame as ham) garniſhed with parſley, for either dinner or ſupper.

Another way. Bone a rump of beef, ſoak it three or four times in a marinade made of oil, ſeven or eight whole cloves of garlick, half a pound of ſalt, half an ounce of mixed ſpices, thyme, laurel, and baſil; boil the beef in the marinade, with a pint of white wine, and as much broth; when done, wipe the fat clean off, ſift part of the broth, and add a little cullis; reduce it to a pretty thick

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thick ſauce. The breaſt, or any part of the briſket may be done the ſame.

A FRICANDO *of* BEEF. Cut a few ſlices of beef five or ſix inches long, and half an inch thick; lard it with bacon, dredge it well with flour, and ſet it before a briſk fire to brown; then put it in a toſſing pan, with a quart of gravy, a few morels and truffles, half a lemon, and ſtew them half a hour; then add one ſpoonful of catch-up, the ſame of browning, and a little Ryan; thicken your ſauce, and pour it over your fricando. Lay round them force-meat balls, and the yolks of hard eggs.

To Fry BEEF STEAKS. Take rump ſteaks, or any other tender part of the beef, put ſome ſalt and pepper upon them, put them in a pan with a piece of butter and an onion, over a ſlow fire, cloſe covered, and as the gravy draws, pour it from the beef, ſtill adding more butter at times, till your beef is enough; then pour in your gravy, with a glaſs of ſtrong beer or claret; let it juſt boil up, and ſerve it hot, with juice of lemon or verjuice.

Another way. Take ſome ſteaks out of the middle of the rump, fry them in butter, and when they are done, put a little ſmall beer (if not bitter), into the pan the gravy that runs from the beef, a little nutmeg, a ſhalot, ſome walnut catchup, and a piece of butter rolled in flour, ſhake it round the pan till it boils, and pour it over the ſteaks. Some ſtewed oyſters may be added, or pickled muſhrooms.

To Broil BEEF STEAKS. Cut your ſteaks off a rump of beef about half an inch thick, let your fire be clear, rub your gridiron well with beef ſuet; when it is hot lay them on, let them broil till they begin to brown; turn them

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them, and when the other ſide is brown, lay them on a hot diſh with a ſlice of butter between each ſteak; ſprinkle a little ſalt and pepper over them, let them ſtand two or three minutes, then ſlice a ſhalot, as thin as poſſible, into a ſpoonful of water, lay on your ſteaks again, keep turning them till they are enough, put them on your diſh, pour the ſhalot and water amongſt them, and ſend them to table.

Another way. Firſt have a very clear briſk fire: let your gridiron be very clean; put it on the fire, and take a chafing-diſh with a few hot coals out of the fire; put the diſh on it which is to lay your ſteaks on, then take fine rump ſteaks, about half an inch thick; put a little pepper and ſalt on them, lay them on the gridiron, and (if you like it) take a ſhalot or two, or a fine onion, and cut it ſmall; put it into your diſh: keep turning your ſteaks quick till they are done, for that keeps the gravy in them. When the ſteaks are enough, take them carefully off into your diſh, that none of the gravy be loſt; then have ready a hot diſh and cover, and carry them hot to the table with the cover on. You may ſend ſhalots in a plate, chopped fine.

If you love pickles or horſe-radiſh with ſteaks, never garniſh your diſh, becauſe the garniſhing will be dry, and the ſteaks will be cold, but lay thoſe things on little plates, and carry to table. The great nicety is to have them hot and full of gravy.

BEEF STEAKS *with Oyſters.* Take ſome tender beef ſteaks, pepper them to your mind, but no ſalt, for that will make them hard; turn them often till they are enough, which you will know by their feeling firm, then ſalt them to your mind.

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For the ſauce, take ſome oyſters with their liquor, and waſh them in ſalt and water; let the oyſter liquor ſtand to ſettle, and then pour off the clear; ſtew them gently in this, with ſome nutmeg or mace, ſome whole pepper a clove or two, and take care you do not ſtew them too much, for that will make them hard; when they are almoſt enough, add ſome white wine and a piece of butter rolled in flour to thicken it.

Some chuſe to put an anchovy or muſhroom catchup into this ſauce.

BEEF STEAKS *A-la-mode*. Take three ſlices of a round of beef, hack them with the back of a knife, ſeaſon them with pepper, ſalt, and one onion ſhred fine; lay them into a ſtew-pan with ſome ſlices of bacon under and over them, and a piece of butter; ſet it on a ſlow fire to ſtew for a quarter of an hour; add to them one pint of brown gravy, a few pickled muſhrooms, cucumber, a few morels, and two ſpoonfuls of red wine: let them ſtew till your ſteaks are tender; take out your bacon, ſkim off the fat, thicken them with butter and flour; lay your ſteaks neatly in a diſh with ſome ſippets of bread round them; pour your ſauce over them, and ſerve them up hot for a firſt courſe.

BEEF STEAKS *with ſtewed Cucumbers*. Pare four large cucumbers, take out the ſeed, cut them in ſlices one inch long and half an inch broad; put them into a ſtew-pan, with four onions cut in dice and a piece of butter; fry them till brown; duſt in a little flour, add a pint of gravy, let them ſtew till tender, ſkim off the fat; then cut ſix ſteaks off a rump of beef, beat them a little, ſeaſon them with pepper and ſalt, fry them quick in butter;

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butter; when done, put them in a diſh, pour your ſauce over them, and ſerve them up for a ſide diſh.

If you put them in among the cucumbers to ſtew, it makes them hard.

BEEF STEAKS *rolled, with Morels ſtuffed.* Cut ſix beef ſteaks off the rump, pretty large, flat them with a cleaver, and make a force-meat for them as follows:

Take a quarter of a pound of pith marrow out of the back bone of veal or mutton, ſhred it fine, add to it ſome ſweet herbs, half an anchovy, a ſmall onion ſhred fine, and ſome bread crumbs; mix it all well together with the yolks of two eggs; ſeaſon your ſteaks with pepper, ſalt, and ſweet herbs pretty high, ſpread on your force-meat thin, roll them up tight, wrap them in thin lards of bacon, tie them round with a packthread, cut them even at each end, and put them in a ſtew-pan, with a thin ſlice of bacon under them; put to them ſome good gravy, add four morels, ſcalded and waſhed clean in hot water, and ſtuffed with force-meat, the ſame as you did your ſteaks with; ſtew them till they are tender, take them out, take off the packthread and bacon, and lay them in a diſh, with the morels between them; ſkim the fat off the gravy, add to it a piece of butter and flour, two ſpoonfuls of catchup, a little kyan, and two pickled gerkins cut ſmall; let it juſt boil, pour it over your ſteaks, and ſerve them up hot for a ſide or corner diſh.

BEEF STEAKS *rolled.* Take ſome beef ſteaks, and beat them with a cleaver to make them tender; make ſome force-meat with a pound of veal beat fine in a mortar, the fleſh of a fowl, half a pound of cold ham or

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gammon of bacon, fat and lean, the kidney fat of a loin of veal, and a ſweetbread, all cut very ſmall; ſome truffles and morels ſtewed and then cut ſmall, two ſhalots, ſome parſley, a little thyme, ſome lemon-peel, the yolks of four eggs, a nutmeg grated, and half a pint of cream: mix theſe all together, and ſtir them over a ſlow fire for ten minutes; put them upon the ſteaks, and roll them up, then ſkewer them tight; put them into the frying-pan and fry them of a nice brown; then take them from the fat and put them into a ſtew-pan, with a pint of good drawn gravy, a ſpoonful of red wine, two of catch-up, a few pickled muſhrooms, and let them ſtew for a quarter of an hour; take up the ſteaks, cut them in two, lay the cut ſide uppermoſt: garniſh with lemon. Before you put the force-meat into the beef, you are to ſtir it all together over a ſlow fire for eight or ten minutes.

To ſtew BEEF STEAKS. Lard the ſteaks here and there with large pieces of bacon; put them in a ſtew-pan with chopped parſley, ſhallot, thyme, ſalt, pepper, and a little wine; ſtew them ſlowly till done, and ſerve them up hot.

Another way. Lard thick ſteaks, half bacon and half anchovies; put them in a ſtew-pan upon ſlices of bacon, ſeaſon them with fine ſpices (but no ſalt, as the anchovies will anſwer) a faggot of parſley and ſweet herbs, a clove of garlick, two ſhalots, and a gill of white wine; ſtew them very ſlowly for about four hours, then ſift the ſauce through a lawn ſieve; add a little butter rolled in flour, according to the quantity of ſauce you want, with cullis and broth, and lemon-juice if you like it.

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Another way. Take rump-ſteaks, pepper and ſalt them, lay them in a ſtew-pan, pour in half a pint of water, a blade or two of mace, two or three cloves, a little bundle of ſweet herbs, an anchovy, a piece of butter rolled in flour, a glaſs of white wine, and an onion; cover them cloſe, and let them ſtew ſoftly till they are tender; then take out the ſteaks, flour them, fry them in freſh butter, and pour away all the fat; ſtrain the ſauce they were ſtewed in, and pour into the pan; toſs it all up together till the ſauce is quite hot and thick. If you add a quarter of a pint of oyſters, it will make it the better. Lay the ſteaks into the diſh, and pour the ſauce over them. Garniſh with any pickle you like.

Another way. Cut three pounds of ſteaks from the leg of mutton-piece of beef, beat them, put them into a ſtew-pan with a pint of water, the ſame of ſmall beer, if not bitter; if it is, put leſs beer and more water, ſix cloves, a large onion, a bunch of ſweet herbs, a carrot, a turnip, pepper and ſalt; ſtew this very gently (cloſe covered) four or five hours, but take care the meat does not go to rags by doing too faſt; take up the meat, ſtrain the ſauce over it, have turnips cut into balls, and carrots cut into any ſhape and boiled, which lay on the meat. It is a very good and cheap diſh.

BEET.

Different ſorts of this plant are cultivated in our gardens, but eſpecially the white and red; the former for its leaves, the latter for its root, which, when boiled, cold, and cut into thin ſlices, makes a grateful mixture with

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winter ſalad: the reddeſt and largeſt roots are the tenderest and moſt eſteemed. The juice both of the roots and leaves of the red and white beets, ſnuffed up the noſe, occaſion a copious diſcharge without provoking ſneezing.

To pickle BEET ROOTS. Boil them tender, peel them, and if agreeable, cut them into ſhapes; pour over them a hot pickle of white wine vinegar, a little pepper, ginger, and horſe-radiſh ſliced. They are a pretty garniſh for made-diſhes.

BILE and BILIOUS. See COLIC, FEVER, &c.

BIRCH.

This is a ſmall tree common in moiſt woods; on deeply wounding or boring the trunk of which in the ſpring, there iſſues by degrees a very large quantity of a ſweetiſh watery juice; that obtained from the upper part, or from the branches, is much the beſt: after the leaves have begun to appear, the juice loſes its ſweetneſs and becomes diſagreeable. This juice has been drank ſucceſsfully as an antiſcorbutic and deobſtruent; it ſenſibly promotes urine, and if freely taken looſens the belly. In keeping it turns ſour, unleſs defended from the air by covering its ſurface with a little oil. It may be converted into a vinous liquor by fermentation.

About the beginning of March, when the buds begin to ſwell and before they open the leaves, cut a ſlip in the tree with a chizzel and mallet, almoſt as deep as the pith; cut

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cut it oblique, and not long ways, putting in a ſmall ſtone or chip to keep the wound open a little. Let the wound be made in that part that looks to the ſouth-weſt, or between theſe quarters; becauſe little or no ſap ariſes from the northern ſide. Into this ſlit put a leaf of the tree fitted to the dimenſions of the ſlit, from which the ſap will diſtil in the manner of filtration; take away the leaf, and the bark will cloſe again, a little earth being preſſed into the ſlit. Where there is good ſtore of birch trees many gallons of juice in a day may be gathered from the boughs, by cutting them in ſuch a manner that their ends may be fitted to go into bottles.

To preſerve this juice in the beſt condition for brewing, till you have got a ſufficient quantity of it, ſet what runs firſt in the ſun, till the reſt is procured, to prevent its growing ſour. It ought immediately to be ſtopped up in the bottles in which it is diſtilled, and the corks well waxed and expoſed in the ſun till you have a ſufficient quantity. Then let ſome coarſe bread toaſted dry, but not burnt, be put into it to ſet it a working, and when it begins to ferment, take it out and bottle it immediately with a few cloves or all-ſpice in it, and it will keep a whole year. In extracts the taſte and tincture of the ſpice in a very little time.

Birch Wine. To every gallon of the juice of birch put a quart of honey, ſtir them well together, and boil them with a few cloves and a little lemon-peel for almoſt an hour, taking care to ſkim it well all the while it is boiling; when it is boiled and has ſtood till it is grown cold, put in three or four ſpoonfuls of new ale yeaſt to make it work, which it will do like new ale, and when the

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the yeaſt begins to ſettle, bottle it up. It will in a competent time become a moſt briſk, pleaſant, and ſpirituous drink.

This wine may be made as well with a pound of ſugar to a gallon of juice, or it may be ſweetened with raiſins, and made a raiſin wine.

The author of the Vinetum Britannicum directs the boiling of it but a quarter or half an hour, and then to ſet it by to cool; to add a very little yeaſt to purge it, and then to put it up in a barrel with about a quarter of an ounce of cinnamon, and the like quantity of mace, to ten gallons; to ſtop it up cloſe for a month before it is bottled. The bottles muſt be ſet in a cool place, to preſerve them from flying.

This wine is rather for the preſent drinking than long keeping, unleſs the place where it is ſet be extraordinary cold.

Another way. For every gallon of freſh birch water allow two pounds of good clean ſugar, making the water boil before you put the ſugar in, and keep it boiling over a clear fire for an hour and a half, then take it off, and when it is almoſt cool, put ſome yeaſt to it, and let it work (in a veſſel with an open head) for three or four days; then to each gallon of liquor add a pound of Malaga raiſins, picked clean from the ſtalks, and ſhred; then put it up into a well-ſeaſoned caſk, ſtop it cloſe, and let it ſtand a month before it is bottled.

Another way. To a hogſhead of water, take four hundred of Malaga raiſins, pick them clean, and cut them ſmall; then boil the birch liquor for one hour at leaſt, ſkim it well, and let it ſtand till it is no warmer than milk. Then put in the raiſins, and let it ſtand cloſe covered, ſtirring

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ſtirring it well four or five times every day. Boil all the ſtalks in a gallon or two of birch-water, which, when added to the other when almoſt cold, will give it an agreeable roughneſs. Let it ſtand ten days, then put it in a cool cellar, and when it has done hiſſing in the veſſel, ſtop it up cloſe. It muſt ſtand nine months at leaſt, before it is bottled.

BISCUITS.

A kind of bread made of fine flour, eggs, and ſugar, with the addition of various ingredients.

In baking biſcuits, great care muſt be taken that your oven be not too hot; eſpecially for thoſe biſcuits in which there are any almonds; becauſe in ſuch a caſe the biſcuits would raiſe quickly, and after they have raiſed they fall and flatten themſelves, when on the contrary if your oven is of a moderate and mild heat, the biſcuit dries as it raiſes; therefore keep it ſo in every ſtage of its riſing, and you have time to give to it what degree of colour you pleaſe, either light or deep, as you fancy. It is not the ſame for the biſcuits where there is any flour; theſe require an oven a little hotter than the others, though you muſt be able to keep your hand in the oven for three or four minutes; the reaſon why this ſort requires a greater heat is, that they have a little more body and ſtrength: it is neceſſary the heat ſhould preſs them a little, to force them to riſe. So we ſee that all the experienced and profeſſed biſcuit makers always put firſt in the oven thoſe where there is flour, and a little while after thoſe where there is none, and which are compoſed with almonds only.

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Biscuit Cakes, *or* Common Biscuits. Whisk the yolks of ten eggs to a light froth; put in the yolks, and beat them a little, then add a pound of double-refined sugar, beaten and sifted; beat it well together for twenty minutes, then add three quarters of a pound of flour, the rind of one lemon, rasped and chopped, and a little rose-water; beat together for a quarter of an hour, form it into biscuits, and bake them in a quick oven.

Spunge Biscuits. Beat the yolks of eleven eggs with a pound and a half of fine sugar, for three quarters of an hour; then whisk up the whites to a fine light froth; put them together, and whisk them well with thirteen ounces of flour, and the rind of a lemon grated; then put them into long biscuit-pans, sift some sugar on the top of them, and bake them in a middling hot oven for fifteen minutes.

Drop Biscuits. Beat the yolks of ten eggs, and the whites of six, with one spoonful of rose-water, half an hour; then put in ten ounces of loaf sugar, beat and sifted; whisk them well for half an hour, then add one ounce of carraway seeds crushed a little, and six ounces of fine flour; whisk in your flour gently, drop the biscuits on wafer papers, and bake them in a moderate oven.

Naples Biscuit. Put three quarters of a pound of very fine flour to a pound of fine beaten sugar; sift it three times, then add six eggs well beat, and a spoonful of rose-water: when the oven is almost hot, make them; but take care that they are not made up too wet.

Italian Biscuit. Beat the whites of nine eggs to a froth, then put in the yolks and beat them; add a pound and a half of fine sugar, beaten and sifted, and a pound and

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and a half of fine flour, putting a little in at a time, till it is all in; beat it well for an hour, drop it on wafer paper, with a few carraway comfits on the top; ſhake a little ſugar over it, and bake it in a quick oven; for if it is ſlow, they will run.

FRENCH BISCUITS. Having a pair of clean ſcales ready, in one ſcale put three new-laid eggs, in the other ſcale as much dried flour, an equal weight with the eggs; mix the flour, with as much fine powdered ſugar; firſt beat the whites of the eggs up well with the whiſk, till they are of a fine froth; then whip in half an ounce of candied lemon-peel, cut very thin and fine, and beat well; then, by degrees, whip in the flour and ſugar; then ſlip in the yolks, and with a ſpoon temper it well together; then ſhape your biſcuits on fine white paper with your ſpoon, and throw powdered ſugar over them. Bake them in a moderate oven, not too hot, giving them a fine colour on the top. When they are baked, with a fine knife cut them off from the paper, and lay them in boxes for uſe.

PALAIS ROYAL BISCUITS. Break eight eggs, put the yolks in one pan, and the whites in another; then weigh half a pound of ſugar, which put in the pan where the yolks are; beat them and the ſugar together with a ſpoon, till it makes a white paſte; weigh ſix ounces of flour, put it on a clean ſheet of paper; when your yolks of eggs are well beaten, take a ſmall whiſk, beat well your whites of eggs, till they come up like a ſyllabub, and are ſo hard that your whiſk can ſtand upright in them; then take your yolks which are like a paſte, and mix them with the whites, turning them gently with your whiſk. When they are well mixed, take a ſieve, put

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your flour in it, ſift it gently over your mixture, and continue ſtirring till you ſee all is well mixed, and there is no lump of flour in your paſte; when your compoſition is finiſhed, have little paper moulds made long and ſquare, fill them with that paſte, and ſift on the top of each of them a little of fine pounded loaf ſugar, which is called the icing of them; then put them in the oven.

Savoy Biscuits. Break fifteen eggs, and ſeparate the yolks from the whites, which put in two different pans; weigh one pound and a quarter of fine ſifted loaf ſugar, put among your yolks, and work well till it comes of a fine white. Then weigh three quarters of a pound of flour, which put on a ſheet of paper; then take your whites of eggs, and whip them as before. Next prepare your paſte juſt the ſame as in the preceding article for *Palais Royal Biſcuits*; for the difference lies only in the weight of the eggs and that of the flour, which you are carefully to obſerve. When your paſte is quite ready, you take half a ſheet of paper, which you fill with paſte; dreſs your biſcuits of what length you pleaſe on your paper, and proceed for the reſt as before.

Queen Biscuits. Take half a pound of butter, half a pound of ſugar, half a pound of flour, quarter of a pound of currants, a glaſs of French brandy, eight eggs, and a little cinnamon in powder. When all is properly prepared, take your butter, put it in a pan, and work it with a ſpoon till it is quite white; then add half a pound of ſugar to it, and continue working it the ſame; when you have worked them both well, add your eight yolks of eggs and cinnamon, continue ſtill the working of the whole as before directed, and put them in your paſte, continuing working the whole together, but gent-

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ly; when your paſte is thus well diluted with the whites of eggs in froth, you take a ſieve with half a pound of flour, and ſift in ſoftly over your compoſition, mixing it well, by ſtirring it gently with the whiſk; when this is done, take your currants, which you ſhould have waſhed and dried by the fire; you will put them in your paſte together with a glaſs of brandy, and mix the whole by ſtirring it gently: then rub your tin moulds well on the inſide with butter; ſet them upon a double ſheet of paper, which muſt be laid upon a ſheet of copper or tin; fill with your paſte, and proceed as uſual.

Punch Biscuits. Take twelve eggs, their weight in ſugar, and half their weight in flour; prepare that paſte as mentioned in the article of *Palais Royal Biſcuits*; you may only add to it the raſping of lemon-peel, which if you do, you muſt add when you are working your ſugar along with the yolks of eggs. When your paſte is ready, you put it in your tin ſquare moulds, and proceed as before directed.

Blowed Biscuits. Put the white of an egg in a mortar with the raſping of a lemon-peel, and ſome powdered ſugar ſifted very fine; next mix your ſugar and white of egg well together with the pounder, adding, from time to time, a little flour, till your paſte is come to a certain thickneſs; then ſet it upon a tin plate, and finiſh by filling it with ſugar, till it ſticks no longer to your fingers; then take a rolling-pin, and ſpread your paſte on the tin plate, till you bring it to half a finger thickneſs. Have tin moulds of all ſorts of figures; cut your paſte, and put it upon paper which lies on a ſheet of tin, and place them in an oven, which ſhould not be

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too hot. The ſmaller your tin moulds, the prettier your biſcuits will look.

CHOCOLATE BISCUITS. Take half a pound of almonds, pour boiling water over them, to rub their ſkin off; then ſet them to dry in a ſtove; when you take them out of the ſtove, and they are quite dry, pound them in a mortar with half the white of an egg; when they are well pounded, put them on a plate, and take two ounces of chocolate, which you melt in a ſmall pan over a very gentle fire; when it is melted, put in your paſte of almonds, mixing the whole well with a ſpoon; when all is well mixed, add the white of an egg and ſugar, till you ſee your paſte is a little thick, and that it does not ſtick to the fingers; then proceed as before.

MILLE FRUITS BISCUITS. Take any quantity of almonds, prepare them and dry them as above; when dried, cut them lengthways in five bits; take a little clarified ſugar of the firſt degree, throw your almonds in, and let them boil one minute only, take them off from the fire and ſtir them well with a ſpoon till your ſugar is dried into a powder; then take half of your almonds, which are white, away: put a little cochineal to thoſe which remain in the pan, to redden them, in ſetting them a little over the fire to dry the colour, and continue ſtirring them all the while; mix the red and white almonds together, take candied angelica, lemon, and orange peel, cut them in ſmall bits, and mix them with almonds. Have the white of an egg, beat it with a fork, adding ſome powdered loaf ſugar to make a royal paſte; let it be very clear, put your fruits in it, and mix them well together; then dreſs them with your fingers upon paper, making

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making little rock-works with them, and put them in the oven.

ORANGE FLOWER BISCUITS. Take twelve whites of eggs and ſix yolks, obſerving to let them be new laid; to which add a little raſped or grated green lemon, and beat them well together; a quarter of a pound of fine flour: when all is properly mixed, bake in proper caſes, and gloſs them as directed for the reſt.

To make LONG BISCUITS. Break twenty-eight eggs, take the whites of fourteen, and beat them very well with two ſpoonfuls of roſe-water, to which add three pounds of ſifted ſugar, beating it all the while the oven is heating, and having dried two pounds and a quarter of fine flour, put it in cold, and put in two eggs; ſtir it well and drop it. It muſt have a very quick oven; bake it almoſt as faſt as you can fill the oven; laying the papers on tin plates, or elſe they will be apt to burn at the bottom.

This biſcuit was what was uſually eaten by Queen Mary, King William's Queen, and was her ſeed biſcuit, by the addition of half a pound of carraway ſeeds, and baked in large ſquare tin plates, the pans being buttered. It is beſt baked in a cool oven, after the baking of the aforeſaid drop biſcuit.

BITTERS.

The intention of theſe is well known; they are generally taken to ſtrengthen the ſtomach, create an appetite, or remove ſickneſs. We have ſubjoined a few of the

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the moſt approved and elegant forms from the *London Diſpenſatory.*

BITTER WINE. Take of gentian root, and yellow rind of lemon-peel, freſh, each one ounce; long pepper, two drams; mountain wine, two pints; macerate without heat, and ſtrain the wine for uſe.

Another. Gentian root, half an ounce; Peruvian bark, one ounce; Seville orange-peel, dried, two drams; Canella alba (*Winter's* bark), one dram; proof ſpirit, four ounces; Spaniſh white wine, two pints and a half. Firſt pour on the ſpirit, and after twenty-four hours, add the wine; then macerate three days, and ſtrain.

The virtues of this are the ſame as thoſe of the preceding preparation, but much more powerful in their nature. A wine-glaſs full of either of theſe may be taken for a doſe.

BITTER TINCTURE. Gentian root, two ounces; yellow rind of Seville orange-peel, dried, one ounce; leſſer cardamon ſeeds, freed from the huſks, half an ounce; good brandy, two pints. Digeſt without heat, and ſtrain off the tincture.

Two or three tea-ſpoonfuls may be taken in a glaſs of wine, or any other agreeable liquor.

A compoſition reſembling the above, but neither ſo elegant nor judicious, is ſold under the name of *Stoughton's Bitters.*

BLANC MANGE.

Pick three ounces of iſinglaſs, put it in a ſtew-pan, with a pint of boiling water; let it ſimmer on a ſlow fire till

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till it is quite diſſolved; add to it a quart of cream, a ſtick of cinnamon, a few coriander ſeeds, the rind of a lemon pared very thin, and two laurel leaves: boil for three minutes, and ſweeten to your taſte; take it off, ſtrain through a ſieve, and keep ſtirring it till almoſt cold; then do your moulds with a little ſweet oil, wipe them with a clean cloth, and put in the blanc mange; let it ſtand till cold and ſtiff, looſen it round the edges of the mould with a pin, lay it carefully in a diſh, and ſerve it up.

Another way. Put an ounce of picked iſinglaſs to a pint of water; put to it a bit of cinnamon, and boil it till the iſinglaſs is melted; add three quarters of a pint of cream, two ounces of ſweet almonds, ſix bitter almonds, blanched and beaten, and a bit of lemon-peel; ſweeten it, ſtir it over the fire, and let it boil; ſtrain it, ſtir it till it is cool, ſqueeze in the juice of a lemon, and put it into what moulds you pleaſe. Turn it out, garniſh with currant-jelly and jam, or marmalade quinces, &c.

If you chooſe to have your blanc mange of a green colour, put in as much juice of ſpinach as will be neceſſary for that purpoſe, and a ſpoonful of brandy; but it ſhould not then retain the name of blanc mange (white food), but verde mange (green food). If you would have it yellow, diſſolve a little ſaffron in it; you ſhould then call it jaune mange. Or you may make it red, by putting a piece of cochineal into a little brandy, let it ſtand half an hour, and ſtrain it through a bit of cloth: it is then intitled to the appellation of rouge mange.

Always wet the mould before you put in the blanc mange. It may be ornamented, when turned out, by ſticking

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ſticking about it blanched almonds ſliced, or citron, according to fancy.

Clear BLANC MANGE. Take a quart of ſtrong calf's-foot jelly, ſkim off the fat, and ſtrain it; beat the whites of four eggs, and put into a jelly bag, and run it through ſeveral times, till it is clear: beat one ounce of ſweet almonds, and one of bitter to a paſte, with a ſpoonful of roſe-water ſqueezed through a cloth; then mix it with the jelly, and three ſpoonfuls of very good cream; ſet it over the fire again, and keep ſtirring it till it is almoſt boiling; then pour it into a bowl, and ſtir it very often, till it is almoſt cold; then wet your moulds and fill them.

BLANC MANGE, *with a preſerved Orange.* Fill your orange with blanc mange, and when cold, ſtick in it long ſlips of citron, like leaves; pour blanc mange in the diſh; when cold, ſet the orange in the middle. Garniſh with preſerved or dried fruits.

Or, you may pour your blanc mange into a mould like a Turk's cap, lay round it jelly, a little broken; put a ſprig of myrtle, or ſmall preſerved orange on the top.

BLEEDING.

This is a ſurgical operation, the manner of which we ſhall not ſpend any time in deſcribing; ſeeing it performed once, in a ſkilful manner, would give a better idea than twenty pages of direction. When ſeaſonably and properly performed, it is of ſingular ſervice to thoſe in diſtreſs; and, as we obſerved in our preface, is by no means neceſſarily confined to medical gentlemen. We may

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may here further add, that where a timidity of diſpoſition prevents the uſe of the lancet, *leeches* may be had recourſe to, with as certain, though a ſlower effect.

Bleeding is proper, and indeed neceſſary in ſevere colds, and the beginning of moſt inflammatory diſorders: it is likewiſe proper in ſuch inflammations as thoſe of the inteſtines, ſtomach, eyes, throat, &c. as alſo in head-aches, rheumatiſms, and dyſentery or bloody flux; and after falls, blows, bruiſes, or any violent hurt, either internally or externally. But in all diſorders proceeding from relaxation, and an impoveriſhed ſtate of the blood, bleeding is improper.

The quantity of blood to be taken away muſt be always regulated by the ſtrength, age, conſtitution, manner of life, and other circumſtances relating to the patient.

Involuntary, or *Spontaneous Diſcharges of Blood* frequently happen from various parts of the body; but theſe are ſo far from being always dangerous, that they are often advantageous: nor is it proper at any time to ſtop them, unleſs they be ſo great as to endanger the perſon's life; for ſuch diſcharges, if they return at regular times, are the efforts of nature to relieve herſelf, and fatal diſeaſes have often been the conſequence of obſtructing them.

Bleeding *at the* Nose

Is commonly preceded by ſome degree of quickneſs of the pulſe, flushing in the face, pulſation of the temporal arteries, heavineſs in the head, dimneſs of the ſight, heat and itching of the noſtrils, &c.

To perſons who abound with blood, this diſcharge is very ſalutary. It often cures a vertigo, the head-ach, a phrenzy, and even an epilepſy. In fevers, where

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there is a great determination of blood towards the head, it is of the utmoſt ſervice. It is likewiſe beneficial in inflammations of the liver and ſpleen, and often in the gout and rheumatiſm. In all diſeaſes where bleeding is neceſſary, a ſpontaneous diſcharge of blood from the noſe is of much more ſervice than the ſame quantity let out with a lancet.

In a diſcharge of blood from the noſe, the great point is to determine, whether it ought to be ſtopped or not. It is a common practice to ſtop the bleeding, without conſidering whether it be a diſeaſe, or the cure of the diſeaſe. This conduct proceeds from fear, but it is often bad, and ſometimes of fatal conſequence.

When a diſcharge of blood from the noſe happens in an inflammatory diſeaſe, there is always reaſon to believe that it may prove ſalutary; and, therefore, it ſhould be ſuffered to go on, at leaſt as long as the patient is not weakened by it.

When it happens to perſons in perfect health, who are full of blood, it ought not to be ſuddenly ſtopped; eſpecially if the ſymptoms of plethora, mentioned above, have preceded it. In this caſe it cannot be ſtopped without riſking the patient's life.

In fine, whenever bleeding at the noſe relieves any bad ſymptoms, and does not proceed ſo far as to endanger the patient's life, it ought not to be ſtopped; but when it returns frequently, or continues till the pulſe becomes low, the extremities begin to grow cold, the lips pale, or the patient complains of being ſick, or faint, it muſt immediately be ſtopped.

For this purpoſe the patient ſhould be ſet nearly upright, with his head reclining a little, and his legs immerſed

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merſed in water, about the warmth of new milk; his hands ought likewiſe to be put in luke-warm water, and his garter may be tied a little tighter than uſual. Bindings may be applied to the arms, about the place where they are uſually made for bleeding, and with nearly the ſame degree of tightneſs. Theſe muſt be gradually ſlackened as the blood begins to ſtop, and removed entirely as ſoon as it gives over.

Sometimes dry lint put up the noſtrils will ſtop the bleeding; when this does not ſucceed, bits of lint dipped in ſtrong ſpirits of wine, may be put up the noſtrils, or if that cannot be had, they may be dipped in brandy. Blue vitriol diſſolved in water may likewiſe be uſed for this purpoſe; or a tent dipped into the white of an egg, well beat up, may be rolled in a powder, made of equal parts of white ſugar, burnt alum, and white vitriol, and put up the noſtril from whence the blood iſſues.

Internal medicines can hardly be of uſe here, as they have ſeldom time to operate. It may not, however, be amiſs to give the patient half an ounce of Glauber's ſalt, and the ſame quantity of manna, diſſolved in four or five ounces of barley-water. This may be taken at a draught, and repeated, if it does not operate in a few hours. Ten or twelve grains of nitre may be taken, in a glaſs of cold water and vinegar every hour, or oftener, if the ſtomach will bear it. When theſe things cannot be had, the patient may drink water with a little common ſalt in it, or equal parts of water and vinegar.

Sometimes, when the bleeding is ſtopped outwardly, it continues inwardly. This is very troubleſome, and requires particular attention, as the patient is apt to be ſuffocated with the blood; eſpecially if he falls aſleep,

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which he is very ready to do after loſing a great quantity of blood.

After the bleeding is ſtopped, the patient ought to be kept as eaſy and quiet as poſſible. He ſhould not pick his noſe, nor take away the tents or clotted blood, till they fall off by their own accord, and ſhould not lie with his head low.

Thoſe who are affected with frequent bleeding at the noſe, ought to bathe their feet often in warm water, and to keep them warm and dry. They ought to wear nothing tight about their necks, to keep their body as much in an erect poſture as poſſible, and never to view any object obliquely. If they have too much blood, a vegetable diet, with now and then a cooling purge, is the ſafeſt way to leſſen it.

But when the diſeaſe proceeds from a thin diſſolved ſtate of the blood, the diet ſhould be rich and nouriſhing; as ſtrong boths and jellies, ſago, gruel with wine and ſugar, &c. Infuſions of the Peruvian bark in wine ought likewiſe to be taken, and perſiſted in for a conſiderable time. (See *Bolus*, No. 1.)

Spitting of Blood.

We mean here to treat of that diſcharge of blood from the lungs only, which is called ſpitting of blood. Perſons of a ſlender make, and a lax fibre, who have long necks, and ſtrait breaſts, are moſt liable to this diſeaſe. It is moſt common in the ſpring, and generally attacks people before they arrive at the prime or middle period of life. It is a common obſervation, that thoſe who have been ſubject to bleeding of the noſe when young, are afterwards moſt liable to an hemoptoe, or ſpitting of blood.

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This diſorder may proceed from exceſs of blood, from a peculiar weakneſs of the lungs, or a bad conformation of the breaſt. It is often occaſioned by exceſſive drinking, running, wreſtling, or ſpeaking aloud: ſuch as have weak lungs ought to avoid all violent paſſions, exceſſive drinking, and every thing that occaſions a rapid circulation of the blood.

This diſeaſe may likewiſe proceed from wounds of the lungs: theſe may either be received from without, or they may be occaſioned by hard bodies getting into the windpipe, and ſo falling down upon the lungs, and hurting that tender organ. The obſtruction of any cuſtomary evacuation may occaſion a ſpitting of blood; as neglect of bleeding or purging at the uſual ſeaſons, the ſtoppage of the natural and cuſtomary evacuations in women, &c. It may likewiſe proceed from any thing that obſtructs the circulation of the blood in the lungs. It is often the effect of a long and violent cough; in which caſe it is generally the forerunner of a conſumption. A violent degree of cold ſuddenly applied to the external parts of the body will occaſion an hemoptoe: it may likewiſe be occaſioned by breathing air which is too much rarefied to be able properly to expand the lungs.

This is often the caſe with thoſe who work in hot places, as furnaces, glaſs-houſes, or the like: it may likewiſe happen to ſuch as aſcend to the top of very high mountains, as the peak of Teneriff, &c.

Spitting of blood is not always to be conſidered as a primary diſeaſe; it is often only a ſymptom, and in ſome diſeaſes not an unfavourable one: this is the caſe in pleuriſies, peripneumonies, and ſundry other fevers. In a dropſy,

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a dropſy, ſcurvy, or conſumption it is a bad ſymptom, and ſhews that the lungs are ulcerated.

Spitting of blood is generally preceded by a ſenſe of weight and oppreſſion of the breaſt, a dry tickling cough, hoarſeneſs, and a difficulty of breathing. Sometimes it is uſhered in with ſhivering, cold of the extremities, coſtiveneſs, great laſſitude, flatulence, pain of the back and loins, &c. As theſe ſhew a general ſtricture upon the veſſels, and a tendency of the blood to inflammation, they are commonly the forerunners of a very copious diſcharge. The above ſymptoms do not attend a diſcharge of blood from the gums or fauces, by which means theſe may always be diſtinguiſhed from an hemoptoe. Sometimes the blood that is ſpit up is thin and of a florid red colour; and at other times it is thick and of a blackiſh colour; nothing however can be inferred from this circumſtance, but that the blood has lain a longer or ſhorter time in the breaſt before it was diſcharged.

Spitting of blood, in a ſtrong healthy perſon, of a ſound conſtitution, is not very dangerous; but when it attacks the tender and delicate, or perſons of a weak lax fibre, it is with difficulty removed. When it proceeds from a ſcirrhus or polypus of the lungs, it is bad. The danger is greater when the diſcharge proceeds from the rupture of a large veſſel than of a ſmall one. When the extravaſated blood is not ſpit up, but lodges in the breaſt, it corrupts, and greatly increaſes the danger. When the blood proceeds from an ulcer in the lungs, it is generally fatal.

The patient ought to be kept cool and eaſy. Every thing that heats the body or quickens the circulation, increaſes

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increaſes the danger. The mind ought likewiſe to be ſoothed, and every occaſion of exciting the paſſions avoided. The diet ſhould be ſoft, cooling, and ſlender, as rice boiled with milk, ſmall broths, barley gruels, panado, &c. The diet, in this caſe, can ſcarce be too low; even water-gruel is ſufficient to ſupport the patient for ſome days. All ſtrong liquors muſt be avoided: the patient may drink milk and water, barley-water, whey, butter-milk, and ſuch like. Every thing, however, ſhould be drank cold, and in ſmall quantities at a time. He ſhould obſerve the ſtricteſt ſilence, or at leaſt ſpeak with a very low voice.

This, like the other involuntary diſcharges of blood, ought not to be ſuddenly ſtopt by aſtringent medicines; more miſchief is often done by theſe than if it were ſuffered to go on; it may, however, proceed ſo far as to weaken the patient, and even endanger his life, in which caſe proper means muſt be uſed for reſtraining it.

The body ſhould be kept gently open by laxative diet, as roaſted apples, ſtewed prunes, and ſuch like; if theſe ſhould not have the deſired effect, a tea-ſpoonful of the lenitive electuary may be taken twice or thrice a day, as is found neceſſary. If the bleeding proves violent, ligatures may be applied to the extremities, as directed for a bleeding at the noſe.

If the patient be hot or feveriſh, bleeding and ſmall doſes of nitre will be of uſe; a ſcruple or half a dram of nitre may be taken in a cup of his ordinary drink twice or thrice a day; his drink may likewiſe be ſharpened with acids, as juice of lemon, or a few drops of the ſpirit of vitriol; or he may take frequently a cup of the tincture of roſes.

Bathing

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Bathing the feet and legs in lukewarm water has likewiſe a very good effect in this diſeaſe. Opiates too are ſometimes very beneficial; but theſe muſt be adminiſtered with caution. Ten or twelve drops of laudanum may be given in a cup of barley-water twice a day, and continued for ſome time, provided they be found beneficial.

The conſerve of roſes is likewiſe a very good medicine in this caſe, provided it be taken in ſufficient quantity, and long enough perſiſted in. It may be taken to the quantity of three or four ounces a day; and, if the patient be troubled with a cough, it ſhould be made into an electuary with balſamic ſyrup, and a little of the ſyrup of poppies.

If ſtronger aſtringents be neceſſary, fifteen or twenty drops of the acid elixir of vitriol may be given in a glaſs of water, three or four times a day.

Thoſe who are ſubject to frequent returns of this diſeaſe, ſhould avoid all exceſs. Their diet ſhould be light and cool, conſiſting chiefly of milk and vegetables; above all, let them beware of vigorous efforts of the body, and violent agitations of the mind.

VOMITING OF BLOOD.

This is not ſo common as the other diſchargings of blood which have already been mentioned; but it is very dangerous, and requires particular attention. Vomitting of blood is generally preceded by pain of the ſtomach, ſickneſs, and nauſea; and is accompanied with great anxiety, and frequent fainting fits.

This diſeaſe is ſometimes periodical; in which caſe it is leſs dangerous. It often proceeds from an obſtruction

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of nature in women; and ſometimes from the ſtopping of the bleeding piles in men. It may be occaſioned by any thing that greatly ſtimulates or wounds the ſtomach, as ſtrong vomits or purges, acrid poiſons, ſharp or hard ſubſtances taken into the ſtomach, &c. It is often the effect of obſtructions in the liver, the ſpleen, or ſome of the other viſcera. It may likewiſe proceed from external violence, as blows or bruiſes, or from any of the cauſes which produce inflammation. In hyſteric women, vomitting of blood is a very common, but by no means a dangerous ſymptom.

A great part of the danger in this diſeaſe ariſes from the extravaſated blood lodging in the bowels, and becoming putrid, by which means a dyſentery or putrid fever may be occaſioned. The beſt way of preventing this, is to keep the body gently open by frequently exhibiting emollient clyſters. Purges muſt not be given till the diſcharge is ſtopt, otherwiſe they will irritate the ſtomach, and increaſe the diſorder. All the food and drink muſt be of a mild cooling nature, and taken in ſmall quantities. Even drinking cold water has ſometimes proved a remedy, but it will ſucceed better when ſharpened with the ſpirits of vitriol. When there are ſigns of an inflammation, bleeding may be neceſſary; but the patient's weakneſs will ſeldom permit it. Opiates may be of uſe; but they muſt be given in very ſmall doſes, as four or five drops of liquid laudanum twice or thrice a day.

After the diſcharge is over, as the patient is generally troubled with gripes, occaſioned by the acrimony of the blood lodged in the inteſtines, gentle purges will be neceſſary.

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In whatever other diſorders which ariſe from an extraordinary diſcharge of blood, we would recommend an immediate recourſe to ſkilful aſſiſtance.

BLOODY-FLUX. See DYSENTERY.

BOILING.

Neatneſs being a moſt material requiſition in a kitchen, the cook ſhould be particularly cautious to keep all the utenſils perfectly clean, and the pots and ſaucepans properly tinned. In boiling any kind of meat, but particularly veal, much care and nicety are required. Fill your pot with a ſufficient quantity of ſoft water, duſt your veal well with flour, put it into your pot, and ſet over a large fire. It is the cuſtom of ſome people to put it in milk to make it white, but this is of no uſe, and perhaps better omitted; for if you uſe hard water, it will curdle the milk, give to the veal a browniſh yellow caſt, and will often hang in lumps about it; oatmeal will do the ſame thing; but by duſting your veal, and putting it into the water when cold, it will prevent the foulneſs of the water from hanging upon it. Take the ſcum off clearly as ſoon as it begins to riſe, and cover up the pot cloſely. Let the meat boil as ſlowly as poſſible, but in plenty of water, which will make your veal riſe and look plump. A cook cannot make a greater miſtake than to let any ſort of meat boil faſt, ſince it hardens the outſide before it is warm within, and contributes to diſcolour it: thus a leg of veal of twelve pounds

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pounds weight will take three hours and a half boiling, and the ſlower it boils, the whiter and plumper it will be. When mutton or beef is the object of your cookery, be careful to dredge them well with flour before you put them into the pot of cold water, and keep it covered; but do not forget to take off the ſcum as often as it riſes: mutton and beef do not require ſo much boiling; nor is it much minded if it be a little under the mark; but lamb, pork, and veal ſhould be well boiled, as they will be otherwiſe unwholeſome. A leg of pork will take an hour more boiling than a leg of veal of the ſame weight; but in general, when you boil beef or mutton, you may allow an hour for every four pounds weight. To put in the meat when the water is cold, is allowed to be the beſt method, as it thereby gets warm to the heart before the outſide gets hard.

Cooks, however, as well as doctors, diſagree; for ſome ſay, that "all ſorts of freſh meat ſhould be put in when the water boils;" but we prefer the above method for the reaſon given. If you apprehend that your ſalt meat is not ſufficiently corned, it will be beſt to put it into hot water, as that will ſtrike in the ſalt.

BOLUS.

This is a form of medicine ſomewhat ſtiffer than an electuary, intended for immediate uſe, and is generally compoſed of powders, with a proper quantity of ſyrup, conſerve, or mucilage. The moſt uſeful compoſitions of this claſs for domeſtic uſe are the following:

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I. ASTRINGENT BOLUS. Take of alum in powder, fifteen grains; gum kino, five grains; syrup, a sufficient quantity to make a bolus.

In an excessive flow of certain female discharges, and other violent evacuations of blood, proceeding from relaxation, this bolus may be given every four or five hours, till the discharge abates.

II. DIAPHORETIC BOLUS. Take of gum guaiacum in powder, ten grains; flowers of sulphur and cream of tartar, each one scruple; simple syrup, a sufficient quantity. In rheumatic complaints, and disorders of the skin, this bolus may be taken twice a day. It will also be of service in the inflammatory sore throat.

III. BOLUS OF RHUBARB AND MERCURY. Take half a dram of the best rhubarb in powder; four or five grains of calomel, and make into a bolus with simple syrup. This is a proper purge in hypochondriac constitutions; but its principal intention is to expel worms. Where a stronger purge is judged necessary, jalap may be used instead of the rhubarb.

IV. PECTORAL BOLUS. Take of sperma-ceti, one scruple; gum ammoniac, ten grains; salt of hartshorn, six grains; make into a bolus with simple syrup.

To be given in colds and coughs of long standing, asthmas, and beginning consumptions of the lungs. It is proper to bleed the patient previous to the use of this medicine.

V. PURGING BOLUS. Take jalap in powder, one scruple; cream of tartar, two scruples; let them be well rubbed together, and formed into a bolus with simple syrup.

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Where a mild purge is wanted, this will anſwer the purpoſe very well; if a ſtronger doſe be neceſſary the jalap may be increaſed to half a dram or upwards.

BOWELS. See STOMACH.

BRAWN.

For the purpoſe of making brawn, you ſhould chuſe an old boar, for the older he is, the more horny will the brawn be; he ought to be fed plentifully with peaſe and ſkimmed milk; and when he is thus feeding, care muſt be taken that he has always meat before him, for neglect in this will ſpoil the whole deſign.

The method of preparing BRAWN. The boar being killed, it is the flitches only without the legs that are made brawn, the bones of which are to be taken out, and then the fleſh ſprinkled with ſalt and laid in a tray, that the blood may drain off; then it is to be ſalted a little and rolled up as hard as poſſible; ſo that the length of the collar of brawn be as much as one ſide of the boar will bear, and to be, when it is rolled up, nine or ten inches diameter.

The collar being thus rolled up, is to be boiled in a copper or large kettle in a good quantity of water, till it is ſo tender that you can run a very ſlender ſkewer through it; then ſet it by till it is thoroughly cold, and put it into the following pickle:

To every gallon of water put a handful or two of ſalt, and as much wheat bran; boil them well together; then

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then ſtrain the brawn as clear as you can from the liquor, and when the liquor is quite cold, put the brawn to it.

This pickle muſt be made a-freſh for it every three weeks.

Some put half ſmall beer and half water, but the ſmall beer muſt be ſuch as is brewed with pale malt.

The boar's head being well cleaned, may be boiled and pickled as the brawn is done.

To make BRAWN *of* PIG. Let the pig be pretty large and fat, but by no means ſpotted; ſcald it, draw and bone the whole, except the head; then cut it into collars overthwart both ſides, waſh it and let it lie in ſoak two hours in ſalt and water, dry it with a clean cloth and ſeaſon the inſide with ſalt and lemon-peel mingled, and roll the two ſides up even at both ends; put them up into clean cloths, and tie them about very tight; make your water boil, put them in with ſome ſalt, keeping the pot well ſkimmed, and when boiled enough hoop them, and keep them in an even frame, and when they are grown cold, put them into a ſouſe drink, made of whey and ſalt or oatmeal boiled and ſtrained; and then put them into ſuch veſſels in which they may be cloſely ſtopped up from the air.

To ſouſe BRAWN. Take fat brawn about three years old, cut the head cloſe to the ears, bone the ſides, and cut fine collars off a ſide bone and hinder leg, an inch deeper in the belly than in the back; bind them up equally at both ends, and lay them in fair water and ſalt for twenty-four hours; then, having boiling water ready, put them in, keeping the pot conſtantly ſkimmed, and after they

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they have had one briſk boiling, let them boil but leiſurely, putting in freſh water as it boils away; leſſen the fire by degrees, and let ſtand all night: when they are between hot and cold, take them out, and put them into hoops, binding them with packthread, and put them into a ſouſe made of oatmeal and bran with fair water: when cold, ſtrain it through a ſieve, ſeaſon it with ſalt and vinegar, cloſe up the veſſel tight, and keep it for uſe.

To keep this pickle good for any length of time, you ſhould add a quart of brandy or ſpirit of wine to every gallon of ſouſe drink.

Mock Brawn. Take a piece of the belly part of pork and a cheek, rub them with ſalt and ſalt-petre, let them lay four days, then boil the cheek and take out the bones; bone alſo two ox feet that have been boiled tender; cut the cheek and feet into ſlices, lay them on the pork, ſeaſon with the uſual ſeaſonings, roll all up tight, tie it in a cloth, and boil it in ſoft water for three hours; when done, take it out, tie it tight at each end; ſet it up on one end, with a piece of wood or trencher, and weight on the other to preſs it; when cold, take off the weight and cloth, bind it round with a fillet, and keep it in ſouſe.

Another way. Take two pair of neat's feet, boil them very tender, and pick the fleſh entirely from the bones; take the belly piece of pork, boil it till it is near enough, then bone it, and roll the meat of the feet up in the pork very tight; then take a ſtrong cloth, with ſome coarſe tape, and roll it round very tight; tie it up in a cloth, boil it till it is ſo tender that a ſtraw may be

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run through it, let it be hung up in a cloth till it is quite cold, after which put it into ſome ſouſing liquor, and keep it for uſe.

It muſt be obſerved that the ſouſing liquor ought to be renewed every three or four weeks; beſides which it renders the brawn in all caſes very inſipid; many families keep both the real and mock brawns in earthen pots, cloſe covered, and in a cool place; and ſometimes wrapping them round with a coarſe cloth, well wet in vinegar.

BREATH.

We mean here only to conſider ſuch an *offenſive breath* as is conſtantly an attendant on the ſcurvy in the gums, or may alſo proceed from putrefied matter lodged in hollow teeth; this complaint alſo frequently ariſes from debility or weakneſs of the ſtomach and digeſtive faculties: in any caſe it may at leaſt be diſguiſed, if not greatly remedied, by gargling the mouth frequently with the following water:

Take freſh-gathered (if conveniently procured, if not dried) leaves of ſage, angelica, wormwood, ſavory, fennel, mint, hyſſop, balm, ſweet baſil, rue, thyme, marjoram, roſemary, origanum, calamint, and wild thyme, each four ounces, the ſame quantity of lavender flowers, cut them ſmall; pour upon them one gallon of good brandy, or ſpirit of wine, and let them ſtand in a warm ſituation for a week or thereabouts; then decant for uſe.

To half a wine glaſs of this tincture, add the ſame quantity of roſe water, or any other diſtilled water you fancy, gargle the mouth well (rubbing the gums with your

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your finger) with about half of it, and rinſe the mouth with the remainder.

If half or a whole glaſs of this tincture, diluted as before, be drank every morning, after the above operation, it will cheriſh the lungs, enliven the heart, fortify the ſtomach, and cleanſe them of every impurity that may affect the breath. It is likewiſe much ſuperior to preparations from eaſtern aromatics and perfumes, whoſe very powerful ſcent only diſcovers what their uſe is deſigned to conceal.

Thoſe who attend to daily cleanlineſs in their teeth and gums, are never troubled with a foulneſs of breath, unleſs originating in the ſtomach.

BREWING.

The operation of preparing ale or beer from malt. In order to brewing good drink, great care is to be taken in the choice of the water, malt, and hops, and not leſs in the manner of mixing and fermenting them.

The beſt *water* for brewing is that of a clear rivulet undiſturbed by navigation or fording, and taken up while the banks have not been waſhed by rain; ſuch as is ſoft, and has partook of the air and ſun; for this eaſily inſinuates itſelf into the malt, and extracts its virtues; while hard waters aſtringe and bind the pores of the malt, and prevent the virtue of it from being freely communicated to the liquor. It is a rule adopted by brewers, that all water which will mix and lather with ſoap is proper for brewing, and they wholly diſapprove of any other. The experiment has been often tried, that where the ſame

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quantity of malt has been uſed to a barrel of river water as to a barrel of ſpring water, the former has excelled the latter in ſtrength, in a degree almoſt double, the malt being the ſame in quality, as well as in quantity, for each barrel; the hops the ſame in all reſpects, and the time of boiling equal in each. They were worked in the ſame manner, and tunned and kept in the ſame cellar. Hence it is evident, that there could have been no difference but in the water.

Pond water, and other ſtanding waters, in rich grounds, if clear and ſweet, will make ſtronger drink with leſs malt, than will pump or conduit waters. Rain water, where it is ſaved from lead, and without paſſing over any mortar whence it may extract ſalt, will do very well for brewing ale that is to be drank new; but will not be proper for drinks that are to be long kept.

Where ſoft water is not to be procured, that which is hard may be ſoftened, by expoſing it to the air and ſun, and putting into it ſome pieces of ſoft chalk to infuſe; or, before you begin to boil it, in order to be poured on the malt, put into it a quantity of bran, which will ſoften it a little.

In managing veſſels for the preſervation of beer, they muſt not at one time be ſcalded, and at another time waſhed with cold water;---But obſerve, the day before brewing, to have all your veſſels very clean, and never uſe your tubs for any other uſe, except it be to make wines. Let your caſks be well cleaned with boiling water; and, if your bung is large enough, ſcrub them well with a little birch broom, or bruſh. If they are very bad, take out the heads, and let them be ſcrubbed clean with a hand-bruſh, ſand, and fuller's earth.

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Put on the head again, and ſcald them well, then throw in a piece of unſlacked lime, and ſtop the bung cloſe. Too much attention can never be exerted to prevent your caſks from becoming muſty, or acquiring an ill taſte.

General Rules for Brewing.

Your *malt* ſhould be ſound and good, and ſuch as has lain about two months in the heap after it has been malted.

Hops ought to be choſen of a bright colour, well ſcented, well dried and cured, and about a year old.

Fine ſtrong October ſhould have five quarters of malt and twenty-four pounds of hops to three hogſheads: this will afterwards make two hogſheads of good keeping ſmall beer, with the addition of five pounds of hops.

For middling beer, a quarter of malt makes a hogſhead of ale, and another of ſmall beer; or it will make three hogſheads of good ſmall beer, allowing eight pounds of hops: this will keep all the year. Or it will make twenty gallons of ſtrong ale, and two hogſheads of ſmall beer that will keep all the year.

Any one who intends to keep ale a great while, ſhould allow a pound of hops to every buſhel; if to keep only ſix months, five pounds to a hogſhead; if for preſent drinking, three pounds to a hogſhead, and the ſofteſt and cleareſt water you can get.

The ingredients being prepared, the water muſt be made to boil very ſpeedily, and while boiling with the greateſt violence, the fire muſt be immediately damped or put out, and the water emptied into the maſh-tub, letting it be cool enough to ſee your face in; then put

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in your malt, and let it be well mashed: have a copper of water boiling in the mean time, and when your malt is well mashed, fill your mashing-tub; stir it well again, and cover it over with the sacks. Let it stand three hours; set a broad shallow tub under the cock, let it run very softly, and if it is thick, throw it up again till it runs fine, then throw a handful of hops in the under tub, let the mash run into it, and fill your tubs till all is run off. Have water boiling in the copper, and lay as much more on as you have occasion for, allowing one third for boiling and waste; let that stand an hour, boiling more water to fill the mash-tub for small beer: let the fire down a little, and put it into tubs enough to fill your mash. Let the second mash be run off, and fill your copper with the first wort; put in part of your hops, and make it boil quick; about an hour is long enough. When it has boiled, throw in a handful of salt. Have a clean white wand, dip it into the copper, and if the wort feels clammy, it is boiled enough; then slacken your fire, and take off your wort: have ready a large tub, put two sticks across, and set your straining basket over the tub on the sticks, and strain your wort through it. Put your other wort on to boil with the rest of the hops; let your mash be covered again with water, and thin your wort that is cooled in as many things as you can; for the thinner it lies, and the quicker it cools, the better. When quite cool, put it into the tunning-tub. Throw a handful of salt into every boil. When the mash has stood an hour, draw it off; then fill your mash with cold water, take off the wort in the copper, and order it as before. When cool, add to it the first in the tub. As soon as you empty one copper, fill the other

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and boil your ſmall beer well. Let the laſt maſh run off, and when both are boiled with freſh hops, order them as the two firſt boilings. When cool, empty the maſh-tub, and put the ſmall beer to work there. When cool enough, work it, ſet a wooden bowl full of yeaſt in the beer, and it will work over with a little of the beer in the boil. Stir your tun up every twelve hours; let it ſtand two days, then tun it, taking off the yeaſt. Fill your veſſels full, and ſave ſome to fill your barrels; let it ſtand till it has done working; then lay on your bung lightly for a fortnight, after which ſtop it as cloſe as you can. Take care to have a vent-peg at the top of the veſſel; in warm weather open it, and if your drink hiſſes, as it often will, looſen it till it has done, and then ſtop it cloſe again. If you can boil your ale in one boiling, it will be beſt, if the copper will admit of it; if not, boil as conveniency ſerves.

If when you come to draw your beer, you perceive it is not fine, draw off a gallon, and ſet it on the fire, with two ounces of iſinglaſs cut ſmall and beat. Diſſolve it in the beer over the fire. When it is all melted, let it ſtand till it is cold, and pour it in at the bung, which muſt lay looſe on till it has done fermenting; then ſtop it cloſe for a month.

The month of March is generally conſidered as a proper ſeaſon for brewing malt liquor, which is intended for keeping; becauſe the air at that time of the year is temperate, and contributes to the proper working or fermentation of the liquor, which principally promotes its preſervation and good keeping. Very cold, or very hot weather, prevents the free fermentation, or working of

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liquors; therefore, if you brew in very cold weather, unleſs you contrive ſome means to warm the cellar while new liquor is working, it will never clear itſelf in the manner you would wiſh. The ſame misfortune will ariſe if, in very hot weather, you cannot put the cellar into a temperate ſtate. The conſequence of which will be, that ſuch liquor will be muddy and ſour, perhaps beyond all recovery. Such misfortunes indeed often happen, even in the proper ſeaſon for brewing, owing ſolely to the badneſs of a cellar; for when they are dug in ſpringy grounds, or are ſubject to damps in the winter, the liquor will chill, and become vapid or flat. Where cellars are of this kind, it will be adviſeable to brew in March, rather than October; for you may be able to keep ſuch cellars temperate in ſummer, but you cannot make them warm in winter. The beer therefore which is brewed in March, will have ſufficient time to ſettle and adjuſt itſelf before the cold can do it any material injury.

If you brew in March or October, and hop it for long keeping, you are then upon its ſecond working up to a yeaſt (after you have beaten it in once) to put it up into your veſſel with the yeaſt in it, filling it up ſtill as it works over, and leave a good thick head of yeaſt, when you ſtop it up.

For March and October beer it will be requiſite to have large veſſels well bound with iron hoops, containing two, three, or four hogſheads, if you brew ſo large a quantity; this ſort of drink keeping, digeſting and mellowing beſt, when in large quantities.

If the veſſels be not hooped with iron, this March beer will be in danger of being ſpoiled or loſt; to leave the

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the vent-peg always open palls it, and if it happen to be faſtened but ſix hours together in the ſummer, by ſudden thunder or a ſtormy night, you may perhaps the next morning find an empty veſſel, and a covered floor.

Some will have it that March is the beſt month in the year for brewing; but it has been found by experience, that *October*, being ſucceeded by ſo many cold months to digeſt it in, proves the better drink by much, and does not require ſo much watching and tending as *March* beer does, in opening and ſtopping the vent-hole on every change of weather.

March beer broached at *Chriſtmas*, and *October* at *Midſummer*, are generally at the beſt: but will keep very well in bottles a year or more; but the bung-hole ought to be ſtopt cloſe, not with clay but with cork, and let there be a little vent-hole ſtopt with a ſpile near the bung-hole; which ſhould never be pulled out but when a quantity is drawn off together.

And by being kept ſo cloſe ſtopt, it will fluſh violently out of the cock for about a quart, and then ſtop on a ſudden, and pearl and ſmile in a glaſs like bottled beer, although it be in winter. But if the vent-peg be once pulled out to draw a quantity, it will loſe its briſkneſs and be ſome time before it recover it.

Several countries have their ſeveral methods of brewing, as it is practiſed in Wales, Dorcheſter, Nottingham, &c. but that which we think moſt ſerviceable, both in the country and London private families, is as follows:

Suppoſe a private family ſhould brew five buſhels of malt, whoſe copper holds, brim full, thirty-ſix gallons, or a barrel; on this water we put half a peck of bran or malt,

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malt, when it is ſomething hot, which will much forward it, by keeping in the ſteam, or ſpirit of the water; when it begins to boil, if the water is foul, ſkim off the bran or malt, and give it to the hogs, or lade both the water and that into the maſh vat, where it is to remain till the ſteam is near ſpent, and you can ſee your face in it, which will be in about a quarter of an hour in cold weather; then let all but half a buſhel of malt run very leiſurely into it, ſtirring it all the while with an oar or paddle, that it may not ball, and when the malt is nearly mixed with water it is enough. This is different from the old way, and the general preſent practice; but, by not ſtirring or maſhing the malt into a pudding conſiſtence, or thin maſh, the body of it lies in a more looſe condition, that will eaſier and ſooner admit of a quicker and more true paſſage of the after-ladings of the ſeveral bowls or jets of hot water, which muſt run through it before the brewing is ended; by which free percolation, the water has ready acceſs to all the parts of the broken malt, ſo that the brewer is enabled to brew quicker or ſlower, and to make more ale or ſmall beer. If more ale, then hot boiling water muſt be laded over ſo ſlow, that one boil muſt run almoſt off before another is put over, which will occaſion the whole brewing to laſt about ſixteen hours, eſpecially if it be ſpent out of the tap as ſmall as a ſtraw, and as fine as ſack, and then it will be quickly ſo in the barrel. Or if leſs or weaker ale is to be made, and good ſmall beer, then the ſecond copper of boiling water muſt be put over expeditiouſly, and drawn out with a large and faſt ſtream. After the firſt ſtirring of the malt is done, then put over the reſerve of half a buſhel of freſh malt to the four buſhels and a half that

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are already in the tub, which muſt be ſpread all over it, and alſo cover the tub with ſome ſacks, or other cloths, to keep in the ſteam or ſpirit of the malt; then let it ſtand for two or three hours, at the end of which, put over now and then a bowl of the boiling water in the copper, as is before directed, and ſo continue to do till as much is run off as will almoſt fill the copper. Then, in a canvas, or other looſe-woven cloth, put in half a pound of hops, and boil them half an hour, when they muſt be taken out, and as many freſh ones put in their room as are judged proper, to boil half an hour more, if for ale. But if for keeping beer, half a pound of freſh ones ought to be put in every half hour, and boil an hour and a half briſkly. Now, while the firſt copper of wort is boiling, there ſhould be ſcalding water leiſurely put over, bowl by bowl, and run off, that the copper may be filled again immediately after the firſt is out, and boiled an hour, with nearly the ſame quantity of freſh hops, and in the ſame manner as thoſe in the firſt copper of ale-wort were. The reſt for ſmall beer may be all cold water put over the grains at once, or at twice, and boiled an hour each copper, with the hops that have been boiled before. Where hot water cannot readily be procured for making all the ſecond copper of wort, cold muſt ſupply what was wanting. Out of five buſhels of malt, a hogſhead of ale may be made with the two firſt coppers of wort, and a hogſhead of ſmall beer with the other two; but this more or leſs, at pleaſure, only taking care to let each copper of wort be ſtrained off through a ſieve, and cool in four or five tubs, to prevent its foxing. But for ſtrong keeping beer, the firſt copper of wort may be wholly put to that uſe, and all the reſt ſmall beer. Or, when the firſt copper of

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wort is entirely made uſe of for ſtrong beer, it may be helped with more freſh malt, according to the *London* faſhion, and water, lukewarm, put over at firſt with the bowl: but ſoon after ſharp, or boiling water, which may make a copper of good ale, and ſmall beer after that.

In ſome parts of the north, they take a few cinders, red hot, and throw ſome ſalt on them, to overcome the ſulphur of the coal, and then directly thruſt them into the freſh malt, where they lie till all the water is laded over, and the brewing done; for there are only one or two maſhings or ſtirrings, at moſt, neceſſary in a brewing. Others, who brew with wood, will quench one or more brands ends of aſh in a copper of wort, to mellow the drink, as a burnt toaſt of bread does a pot of beer; but it muſt be obſerved that this muſt not be done with oak, fir, or any other ſtrong ſcented wood, leſt it does more harm than good.

In bottling Malt Liquors,--Take care that your bottles are well cleaned and dried; for wet bottles will make the liquor turn watery or mouldy; and, by wet bottles, a great deal of good beer has been ſpoiled. Even though the bottles are clean and dry, if the corks are not new and ſound, the liquor will be ſtill liable to be damaged; for, if the air can get into the bottles, the liquor will grow flat, and will never riſe. Many have plumed themſelves on their ſaving knowledge, by uſing old corks on this occaſion, and have ſpoiled as much liquor as coſt them four or five pounds, to ſave the expence of three or four ſhillings. If bottles are corked properly, it will be difficult to pull out the cork without a ſcrew; and, in order to be ſure to draw the cork without breaking, the ſcrew ought to

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go through the cork; of courſe, the air will find a paſſage where the ſcrew has paſſed, and conſequently the cork muſt have been ſpoiled. If a cork has once been in a bottle, though it has not been drawn with a ſcrew, yet that cork will turn muſty as ſoon as it is expoſed to the air, and will communicate its ill flavour to the bottle in which it is next put, and ſpoil the liquor that way. In the choice of corks, prefer thoſe that are ſoft and free from ſpecks.

When once you begin to bottle a veſſel of liquor, never leave it till it is completed, otherwiſe it will bear different taſtes.

When a veſſel of any liquor begins to grow flat, while it is in common draught, bottle it, and into every bottle put a ſmall bit of loaf ſugar, or two or three raiſins, which will make it riſe and come to itſelf; and, to forward its ripening, you may ſet ſome bottles in hay in a warm place; but ſtraw will not aſſiſt its ripening.

To recover a barrel of beer that has turned ſour. To a kilderkin of beer, throw in at the bung a quart of oatmeal, lay the bung on looſe two or three days, then ſtop it down cloſe, and let it ſtand a month. Some throw in a piece of chalk as large as a turkey's egg, and when it has done working, ſtop it cloſe for a month; then tap it.

To recover a muſty caſk. Boil ſome pepper in water, and fill the caſk with it ſcalding hot.

An excellent compoſition for keeping beer with. Take a quart of French brandy, or as much Engliſh, that is free from any burnt flavour, or other ill taſte, and is full proof; to this put as much wheat or bean flour as will knead it into dough, put it in long pieces into the bung-hole, as

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ſoon as the beer has done working, or afterwards, and let it gently fall, piece by piece, to the bottom of the but. This will maintain the drink in a mellow freſhneſs, keep ſtaleneſs off for ſome time, and cauſe it to be the ſtronger as it grows aged.

Another way. Take a peck of egg-ſhells, and dry them in an oven, break and mix them with two pounds of fat chalk, and mix them with water, wherein four pounds of coarſe ſugar have been boiled, and put into the but.

To ſtop the fret in malt liquors. Take a quart of black cherry brandy, and pour it in at the bung-hole of the hogſhead, and ſtop it cloſe.

To recover deadiſh beer. When ſtrong ale, or beer, grows flat, by the loſs of its ſpirits, take four or five gallons out of a hogſhead, and boil it with five pounds of honey; ſkim it, and, when cold, put it to the reſt, and ſtop it cloſe. This will make it pleaſant, quick, and ſtrong.

To fine malt liquors. Take a pint of water, and half an ounce of unſlacked lime, mix them well together; let it ſtand three hours, and the lime will ſettle to the bottom, and the water be as clear as glaſs. Pour the water from the ſediment, and put it into your ale or beer. Mix it with half an ounce of iſinglaſs, firſt cut ſmall and boiled, and in five hours time, or leſs, the beer in the barrel will ſettle and clear.

To fine any ſort of drink. Take the beſt ſtaple iſinglaſs; cut it ſmall with ſciſſars, and boil one ounce in three quarts of beer; let it lie all night to cool. Thus diſſolved, put it into your hogſhead the next morning, perfectly cold; for, if it is but as warm as new milk,

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it will jelly all the drink. The beer, or ale, in a week after, ſhould be tapped, or will be apt to flat; for this ingredient flats as well as fines. Remember to ſtir it well with a wooden paddle, when the iſinglaſs is put into the caſk.

Another way. Boil a pint of wheat in two quarts of water, then ſqueeze out the liquid part, through a fine linen cloth. Put a pint of it into a kilderkin. It not only fines, but preſerves.

To cure cloudy beer. Rack off your but, then boil two pounds of new hops in a ſufficient quantity of water, with a due proportion of coarſe ſugar, and put all together into the caſk when cold. Others have attempted this cure, by only ſoaking new hops in beer, which, when ſqueezed, they put into a caſk of cloudy beer.

BROCCOLI.

To dreſs BROCCOLI. Firſt ſtrip off all the little branches, till you come to the top one, and then, with a knife, peel off the hard outſide ſkin that is on the ſtalks and little branches; throw them into water. Have ready a ſtew-pan of boiling water, with a little ſalt in it, in which boil your broccoli till the ſtalks are tender. Lay a piece of toaſted bread, ſoaked in the water your broccoli was boiled in, at the bottom of the diſh, and the broccoli thereon, as you do aſparagus. Serve them up with plain melted butter.

BROCCOLI *with* EGGS. Boil your broccoli tender; then toaſt a ſlice of bread as large as you would have it for your diſh or butter plate; and butter ſome eggs in the

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the following manner:---Beat as many as you have occaſion for very well, and put them into a ſaucepan, with a good piece of butter and a little ſalt; keep beating them with a ſpoon till they are thick enough, then pour them on the toaſt. Set the largeſt bunch of broccoli in the middle, and the leſſer ones round about, garniſhing the diſh with little ſprigs of broccoli. This is a pretty ſide-diſh, or for a light ſupper.

BROTH

In general is the liquor in which fleſh is boiled; but broths are ſometimes given as reſtorative medicines, as well as for a table diſh.

BROTH, *generally called the Stock.* Take eight pounds of lean beef, an old hen, a knuckle of veal, and a ſcrag of mutton; put to them three gallons of water, boil, and ſkim it very clean; add to it ſix heads of celery, ſix onions, ſix carrots, four parſley roots, four leeks, four cloves, a few pepper-corns, and a little ſalt; let it boil ſlowly ſix hours, then ſtrain it off, and keep it for uſe.

Of this Stock you may make all kinds of broth or ſoup.

CHICKEN BROTH. Skin a ſmall chicken, cut it in four pieces, put it in a ſtew-pan with one quart of water, two or three blades of mace, a few white pepper-corns, and a ſmall cruſt of bread; boil, and ſkim it clean, gently for three quarters of an hour; then ſtrain, and ſerve it up in a baſon with a dry toaſt.

BEEF BROTH. Break the bone of a leg of beef in two or three places, put it into a gallon of water, two or three

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three blades of mace, a little parſley, and a cruſt of bread; boil the beef very tender, ſtrain the broth, and pour it into a tureen; if agreeable, the meat may be put in with it. Toaſt ſome bread, cut it into ſquares, and put it in a plate.

Strong BEEF BROTH *to keep for uſe.* Take part of a leg of beef, and the ſcrag end of a neck of mutton, break the bones in pieces, and put to it as much water as will cover it, and a little ſalt; and when it boils, ſkim it clean, and put into it a whole onion ſtuck with cloves, a bunch of ſweet herbs, ſome pepper, and a nutmeg quartered. Let theſe boil till the meat is boiled in pieces, and the ſtrength drawn out of it. Strain it out, and keep it for uſe.

JELLY BROTH. Put in your pot or ſtew pan ſlices of beef, a fillet of veal, a fowl, one or two partridges, according to the quantity required; put it on the fire till it catches a little, and turn the meat now and then to give it a proper colour; then add ſome good clear boiling broth, and ſcalded roots, as carrots, turnips, parſnips, parſley-roots, celery, large onions, a few cloves, a ſmall bit of nutmeg, and ſome whole pepper; boil it upon a ſlow fire, about four or five hours with attention, and add a few cloves of garlic or ſhalot, a ſmall faggot or bunch of parſley and thyme tied together; when it is of a good colour, ſift it; it ſerves for ſauces, and to add ſtrength to your ſoups, particularly thoſe made of herbs.

SPRING BROTH. Put a cruſt of bread, and a good bit of butter, in a ſoup-pot, or ſtewpan; two or three handfuls of herbs, as beet, ſorrel, chervil, lettuce, leeks, and purſlain, all waſhed and coarſely chopped. Boil in a quart of water till reduced to half; ſift it for uſe.

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VEAL BROTH. Take a knuckle of veal, ſtew it in about a gallon of water, two ounces of rice or vermicelli, a little ſalt, and a blade of mace.

Scotch BARLEY BROTH. Chop a leg of beef all to pieces, boil it in three gallons of water, with a piece of carrot, and a cruſt of bread, till it is half boiled away; then ſtrain it off, and put it into the pot again, with half a pound of barley, four or five heads of celery waſhed clean and cut ſmall, a large onion, a bundle of ſweet herbs, a little parſley chopped ſmall, and a few marigolds. Let it boil an hour. Take an old cock, or a large fowl, clean picked and waſhed, and put it into the pot; boil it till the broth is quite good; then ſeaſon it with ſalt, and ſend to table, with the fowl in the middle. This broth is very good without the fowl. Take out the onion and ſweet herbs, before you ſend it to table.

This broth is very good, when made with a ſheep's head inſtead of a leg of beef; but you muſt chop the head all to pieces.

MUTTON BROTH. Cut a neck of mutton, about ſix pounds weight in two, and boil the ſcrag in about four quarts of water; ſkim it well, and put in a little bundle of ſweet herbs and an onion; having boiled it an hour, put in the other part of the mutton, a turnip or two, ſome dried marigolds, a few chives, and a little parſley chopped fine; put theſe in a quarter of an hour before your broth is enough, and ſeaſon it with ſalt.

Some chuſe to thicken their broth with barley, rice, oatmeal, or bread; and ſome ſeaſon it with mace, inſtead of ſweet herbs and onions. If turnips are uſed, they ſhould not be all boiled in the ſame pot with the meat, but

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but in a ſeparate ſaucepan. The ſcrag is ſeldom ſerved up.

BROTH CAKES. Put ten or twelve pounds of beef in a glazed earthen pot, ſkim it, and put in a cock or an old hen, two or three pounds of a leg of veal, or a calf's foot; ſeaſon the whole with whole white pepper, cloves, and mace, a ſmall quantity of each; let your meat boil ſlowly, about eight or ten hours; and then ſtrain your broth through a ſieve or a napkin, to extract all the gravy; take off the fat, and let the broth ſettle till next day; after which put it again into an earthen pot, and let it ſtew, till it be as thick as ſyrup. This being done, put it into an earthen diſh, and let it dry thoroughly on hot cinders or ſand, or in an oven moderately hot. Inſtead of an earthen diſh, you may take tin patty-pans, ſquare or round, of the bigneſs of half-a-crown; your preparation being ſtiff, take it out of the diſh or patty-pans, put it into a hair ſieve, and in a place that is always warm; be careful to turn it now and then; when it is dreſſed, put it in a tin box, with paper between every two cakes; keep them in a dry place. When you make uſe of theſe cakes, boil ſome water; and, when boiling, put in as many as you think fit, according to the quantity of broth you deſign to make. One cake is enough for a baſon of broth.

RESTORATIVE BROTHS, *for* CONSUMPTIONS, &c.

I. Take a capon, picked, drawn, and cut into pieces; ſheep's trotters and calves' feet, four of each; ſhavings of hartſhorn, one ounce; raiſins ſliced and ſtoned, a quarter of a pound; pearl barley, one ounce; boil theſe in a gallon of water, until half reduced, then add leaves

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of colt's-foot, maiden-hair, and ſage, each a handful; mace, half a dram; one nutmeg, and a pint of Malaga ſack. Strain out the liquor for uſe.

II. Take conſerve of red roſes, four ounces; comfrey-root, two ounces; ſhavings of hartſhorn, one ounce; maiden-hair, a handful; ſage, two handfuls; plantain, one half-handful; and two ounces of raiſins of the ſun; ---boil theſe together with a chicken and the ſcrag-end of a neck of mutton chopped to pieces, and three ounces of bread, in a ſufficient quantity of ſpring water:--- when cold, take off the fat.

III. Take one hundred cray-fiſh, bruiſe them to pieces alive in a mortar, and boil them in a quart of ſpring water to a pint and a half; adding, towards the laſt, two blades of mace, one nutmeg, and a pint of old Malaga wine; then ſtrain for uſe.

IV. Take the tails of twenty cray-fiſh; candied eringo-root, one ounce; the bottom of a white loaf; raiſins ſliced and ſtoned, two ounces; liquorice, one ounce; boil in three pints of water to two, and ſtrain for uſe.

Any of theſe may, as particular circumſtances or the appetite direct, be made uſe of to reſtore perſons recovering from long waſting diſtempers, and wherever a conſumption is threatened; for, where the ſtomach is weak, it cannot digeſt ſolid and groſs food, and therefore a diet of rich nouriſhment is required, that needs but little trouble to aſſimilate and diſtribute it to the ſeveral parts of the body, to recruit what has been worn away. In hectic habits theſe are of great ſervice, becauſe they help to give a conſiſtence and ſoftneſs to the humours, whereby they neither run ſo faſt in the canals, nor waſh

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away with them the ſubſtance of the parts, and which makes them on the contrary leave good nouriſhment behind.

BRUISES.

Bruiſes are generally productive of worſe conſequences than wounds. The danger from them does not appear immediately, by which means it often happens that they are neglected. It is needleſs to give any definition of a diſeaſe ſo univerſally known; we ſhall therefore proceed to point out the method of treating it.

In ſlight bruiſes it will be ſufficient to bathe the part with warm vinegar, to which a little brandy or ſpirits of wine may be occaſionally added, and to keep cloths wet with the mixture conſtantly applied to it. This is more proper than rubbing it with brandy, ſpirits of wine, or other ardent ſpirits, which are commonly uſed in ſuch caſes.

In ſome parts of the country the peaſants apply to a recent bruiſe a poultice of freſh cow-dung. Dr. Buchan ſays, he has often ſeen this cataplaſm applied to violent contuſions occaſioned by blows, falls, bruiſes, and ſuch like, and never knew it fail to have a good effect.

When a bruiſe is very violent, the patient ought immediately to be bled, and put upon a proper regimen. His food ſhould be light and cool, and his drink weak, and of an opening nature; as whey ſweetened with honey, decoctions of tamarinds, barley, cream-tartar whey, and ſuch like. The bruiſed part muſt be bathed with vinegar and water, as directed above; and a poultice

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made by boiling crumb of bread, elder flowers, and camomile flowers, in equal quantities of vinegar and water, applied to it. This poultice is peculiarly proper when a wound is joined to the bruiſe. It may be renewed two or three times a day.

As the ſtructure of the veſſels is totally deſtroyed by a violent bruiſe, there often enſues a great loſs of ſubſtance, which produces an ulcerous ſore very difficult to cure. If the bone be affected, the ſore will not heal before the diſeaſed part of the bone ſeparates, and comes out through the wound. This is often a ſlow operation, and may even require ſeveral years to be completed. Hence it happens, that theſe ſores are frequently miſtaken for the King's evil, and treated as ſuch, though in fact, they proceed ſolely from the injury which the ſolid parts received from the blow.

Patients in this ſituation are peſtered with different advices. Every one who ſees them propoſes a new remedy, till the ſore is ſo much irritated with various and oppoſite applications, that it is often at length rendered abſolutely incurable. The beſt method of managing ſuch ſores is to take care that the patient's conſtitution does not ſuffer by confinement, or improper medicine, and to apply nothing to them but ſome ſimple ointment ſpread upon ſoft lint, over which a poultice of bread and milk, with boiled camomile flowers, or the like, may be put, to nouriſh the part, and keep it ſoft and warm. Nature, thus aſſiſted, will generally in time operate a cure, by throwing off the diſeaſed parts of the bone, after which the ſore ſoon heals.

BURNS,

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BURNS.

In ſlight burns which do not break the ſkin, it is cuſtomary to hold the part near the fire for a competent time, to rub it with ſalt, or to lay a compreſs upon it dipped in ſpirits of wine or brandy. But when the burn has penetrated ſo deep as to bliſter or break the ſkin, it muſt be dreſſed with ſome of the liniment for burns; (See *Liniment.*) or with the emollient and gently drying ointment, commonly called *Turner's cerate.* This may be mixed with an equal quantity of freſh olive oil, and ſpread upon a ſoft rag, and applied to the part affected. When this ointment cannot be had, an egg may be beat up with about an equal quantity of the ſweeteſt ſalad oil. This will ſerve very well, till a proper ointment can be prepared. When the burning is very deep, after the firſt two or three days, it ſhould be dreſſed with equal parts of *yellow baſilicum* and *Turner's cerate* mixed together.

When the burn is violent, or has occaſioned a high degree of inflammation, and there is reaſon to fear a mortification, the ſame means muſt be uſed to prevent it as are recommended in other violent inflammations. The patient, in this caſe, muſt live low, and drink freely of weak diluting liquors; he muſt likewiſe be bled, and have his body kept open. But if the burnt parts ſhould become livid or black, with other ſymptoms of mortification, it will be neceſſary to bathe them frequently with warm camphorated ſpirits of wine, tincture of myrrh, or other antiſeptics, mixed with a decoction of the bark. In this caſe the bark muſt likewiſe be taken internally, and the patient's diet muſt be more generous.

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BUTTER

Is a fat, unctuous ſubſtance prepared from milk by heating or churning.

Freſh butter which has undergone no change, has ſcarcely any ſmell; its taſte is mild and agreeable, it melts with a weak heat, and none of its principles are diſengaged by the heat of boiling water.

Butter is conſtantly uſed in food, from its agreeable taſte; but to be wholeſome, it muſt be very freſh and free from rancidity, and alſo not fried or burnt; otherwiſe its acrid and even cauſtic acid being diſengaged, hurts digeſtion, renders it difficult and painful, excites hot, ſour belchings, and introduces much acrimony into the blood. Some perſons have ſtomachs ſo delicate, that they are even affected with theſe inconveniences by freſh butter and milk. This obſervation is alſo applicable to oil, fat, chocolate, and in general to all oleaginous matters.

For the making of butter: when it has been churned, open the churn, and with both hands gather it well together, take it out of the butter milk, and lay it into a very clean bowl, or earthen pan, and if the butter be deſigned to be uſed ſweet, fill the pan with clear water, and work the butter in it to and fro, till it is brought to a firm conſiſtence of itſelf, without any moiſture. When this has been done, it muſt be ſcotched and ſliced over with the point of a knife, every way as thick as poſſible, in order to fetch out the ſmalleſt hair, mote, bit of rag, ſtrainer, or any thing that may have happened to fall into it. Then ſpread it thin in a bowl, and work it well together with ſuch a quantity of ſalt as you think fit, and make it up into diſhes, pounds, half pounds, &c.

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In the *Georgical Eſſays*, vol. v. page 209, we have the following method of making well-taſted butter from the milk of cows fed on turnips. "Let the bowls, either lead or wood, be kept conſtantly clean, and well ſcalded with boiling water before uſing. When the milk is brought into the dairy, to every eight quarts mix one quart of boiling water; then put up the milk into the bowls to ſtand for cream."

No butter is eſteemed equal to that which is made in the county of Eſſex, well known by the name of *Epping* butter. The following directions concerning the making and management of butter, including the Epping method, are extracted from the third volume of the *Bath Society Papers*.

In general it is to be obſerved, that the greater the quantity made from a few cows, the greater will be the farmer's profit; therefore he ſhould never keep any but what are eſteemed good milkers. A bad cow will be equally expenſive in her keep, and will not, perhaps, (by the butter and cheeſe that is made from her) bring in more than from three to ſix pounds a year; whereas a good one will bring from ſeven to ten pounds per annum; therefore it is obvious that bad cows ſhould be parted with, and good ones purchaſed in their room. When ſuch are obtained, a good ſervant ſhould be employed to milk them; as through the neglect and miſmanagement of ſervants, it frequently happens that the beſt cows are ſpoiled. No farmer ſhould truſt entirely to ſervants, but ſometimes ought to ſee themſelves that their cows are milked clean; for if any milk is ſuffered to remain in the udder, the cow will daily give leſs, till

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at length ſhe will become dry before the proper time, and the next ſeaſon ſhe will ſcarce give milk ſufficient to pay for her keep.

It ſometimes happens that ſome of a cow's teats may be ſcratched or wounded as to produce foul or corrupt milk: when this is the caſe, we ſhould by no means mix it with the ſweet milk, but give it to the pigs; and that which is conveyed to the dairy houſe ſhould remain in the pail till it is nearly cold, before it is ſtrained, that is, if the weather be warm; but in froſty weather it ſhould be immediately ſtrained, and a ſmall quantity of boiling water may be mixed with it, which will cauſe it to produce cream in abundance, and the more ſo if the pans or vats have a large ſurface.

During the hot ſummer months, it is right to riſe with or before the ſun, that the cream may be ſkimmed from the milk ere the dairy becomes warm; nor ſhould the milk at that ſeaſon ſtand longer in the vats, &c. than twenty-four hours, nor be ſkimmed in the evening till after ſunſet. In winter milk may remain unſkimmed for thirty-ſix and forty-eight hours; the cream ſhould be depoſited in a deep pan, which ſhould be kept during the ſummer in the cooleſt part of the dairy; or in a cool cellar, where a free air is admitted, which is ſtill better. Where people have not an opportunity of churning every other day, they ſhould ſhift the cream daily into clean pans, which will keep it cool, but they ſhould never fail to churn at leaſt twice in the week in hot weather; and this work ſhould be done in a morning before the ſun appears, taking care to fix the churn where there is a free draught of air. If a pump churn be to be uſed, it may

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may be plunged a foot deep into a tub of cold water, and ſhould remain there during the whole time of churning, which will very much harden the butter. A ſtrong rancid flavour will be given to butter, if we churn ſo near the fire as to heat the wood in the winter ſeaſon.

After the butter is churned, it ſhould be immediately waſhed in many different waters till it is perfectly cleanſed from the milk; but here it muſt be remarked, that a warm hand will ſoften it, and make it appear greaſy, ſo that it will be impoſſible to obtain the beſt price for it. The cheeſemongers uſe two pieces of wood for their butter; and if thoſe who have a very hot hand were to have ſuch, they might work the butter ſo as to make it more ſaleable.

Butter will require and endure more working in winter than in ſummer; but it is remarked, that no perſon whoſe hand is warm by nature can make good butter.

In many parts of the kingdom they colour their butter in winter, but this adds nothing to its goodneſs; and it rarely happens that the farmers in or near Epping uſe any colour, but when they do, it is very innocent; they procure ſome ſound carrots, whoſe juice they expreſs through a ſieve, and mix with the cream when it enters the churn, which makes it appear like May butter; nor do they at any time uſe much ſalt, though a little is abſolutely neceſſary.

As they make in that county very little cheeſe, ſo of courſe very little whey-butter is made; nor, indeed, ſhould any perſon make it, except for preſent uſe, as it will not keep good more than two days; and the whey will turn to better account to fatten pigs with: nothing

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feeds theſe faſter, nor will any thing make them ſo delicately white. At the ſame time it is to be obſerved, that no good bacon can be made from pigs thus fatted; where much butter is made, good cheeſe for ſervants may be obtained from ſkimmed milk, and the whey will afterwards do for ſtore pigs.

Turnips and rape affect milk and butter; but brewer's grains are ſweet and wholeſome food, and will make cows give abundance of milk; yet the cream thereon will be thin, except good hay be given at the ſame time, after every meal of grains. Coleworts and cabbages are alſo excellent food; and if theſe and ſavoys were cultivated for this purpoſe, the farmers in general would find their account in it.

BUTTER MILK, the milk which remains after the butter is come by churning. Butter-milk is eſteemed an excellent food, in the ſpring eſpecially, and particularly recommended in hectic fevers. Some make curds of butter-milk, by pouring into it a quantity of new milk hot.

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CABBAGE.

Varieties of this plant are cultivated rather for culinary uſes than medicinal purpoſes, viz. white and red cabbages, coleworts, ſavoy cabbages, &c. They are all ſuppoſed to be hard of digeſtion, to afford little nouriſhment, and to produce wind: they tend ſtrongly to putrefaction, and run into this ſtate ſooner than almoſt any other vegeta-

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ble; when putrefied, their ſmell is likewiſe the moſt offenſive, greatly reſembling that of putrefied animal ſubſtances. A decoction of them is ſaid to looſen the belly. The white is the moſt fetid; the red moſt emollient or laxative: a decoction of the laſt is recommended for ſoftening acrimonious humours in ſome diſorders of the breaſt, and in hoarſeneſs.

Sliced cabbage caſked up with ſalt, &c. becomes ſour, keeps long, is uſed in Germany at table under the name of ſour crout, and in the army and navy as an antiſcorbutic.

To dreſs CABBAGE. Quarter the cabbage, and boil it in plenty of water with a handful of ſalt; when it is tender, drain it on a ſieve, but never preſs it. Greens ought always to be boiled by themſelves. Cabbages and all ſorts of young ſprouts muſt be boiled in a good deal of water. When the ſtalks are tender, or fall to the bottom, they are enough; then take them off before they loſe their colour. Always throw ſalt into your water before you put your greens in. Young ſprouts you ſend to table juſt as they are, but cabbage is beſt chopped and put into a ſaucepan with a piece of butter, ſtirring it about five or ſix minutes, till the butter is melted, and then ſend it to table.

To pickle RED CABBAGE. Cut a fine red cabbage in thin ſhreds, put it in a wide jar, ſtrew a handful of ſalt over it, and let it lie all night; next day drain it on a ſieve, and put it into a ſaucepan with a little vinegar; ſtir it over the fire till it is quite hot; put it into a jar, pour the liquor from the cabbage into a pan, with as much vinegar as will cover the cabbage; a little race

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ginger, ſome black and clove pepper, a little ſalt-petre, and a bit of alum; let it boil ten minutes, then pour it over the cabbage, and when it is cold, cover it over with bladder and leather.

CAKES.

When you are about to make any ſort of cakes, take care to have all your ingredients ready before you begin. Let your eggs be well beaten, and do not leave them till they are finiſhed, otherwiſe your cakes will not be ſo light. When you put butter in your cakes, be particularly careful in beating it to a fine cream before you put in your ſugar, or it will not have ſo good an effect; then put in the ingredients as the recipes direct. Lay in your cake-pan five or ſix double of paper, butter it well, put in your cake, and bake it in a hot oven: but rice cakes, ſeed cakes, or plum cakes, are beſt baked in wooden frames; for when they are baked in tins or pots, the outſides of the cakes are burned; and they are ſo confined, that the heat cannot penetrate into the middle, which hinders their riſing. When your cakes are of a light brown, cover them with two ſheets of paper, ſtopping the oven cloſe up to ſoak them. Spaniſh, Portugal, and queen cakes, and macaroons, require but a ſlow oven.

A POUND CAKE. Beat a pound of butter in an earthen pan with your hand one way, till it is like a fine thick cream; then have ready twelve eggs, but half the the whites; beat them well, and beat them up with the butter, a pound of flour beat in it, a pound of ſugar, and

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and a few carraways. Beat it all well together for an hour with your hand, or a great wooden spoon; butter a pan and put it in, and then bake it an hour in a quick oven.

For change, you may put in a pound of currants, clean washed and well picked.

A good PLUM CAKE. Take three pounds of flour, three pounds of currants, three quarters of a pound of almonds, blanched and beat grossly, about half an ounce of them bitter, a quarter of a pound of sugar, seven yolks and six whites of eggs, one pint of cream, two pounds of butter, half a pint of good ale yeast; mix the eggs and the yeast together, strain them; set the cream on the fire, melt the butter in it; stir in the almonds and half a pint of sack, part of which should be put to the almonds while beating; mix together the flour, currants, and sugar, what nutmeg, cloves, and mace are liked; stir these to the cream, put in the yeast.

Another way. To a pound and a half of fine flour well dried, put the same quantity of butter, three quarters of a pound of currants, washed and well picked; stone and slice half a pound of raisins, eighteen ounces of sugar beaten and sifted, and fourteen eggs, leaving out half the whites. Shred the peel of a large lemon exceedingly fine, three ounces of candied orange, the same of lemon, a tea-spoonful of beaten mace, half a nutmeg grated, a tea cupful of brandy or white wine, and four spoonfuls of orange-flower water. First work the butter, with your hand, to a cream, then beat your sugar well in, whisk your eggs for half an hour, then mix them with your sugar and

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and butter, and put in your flour and ſpices. The whole will take an hour and a half beating. When your oven is ready, mix in lightly your brandy, fruit and ſweet meats, then put it into your hoop, and bake it two hours and a half.

ICEING *for a* PLUM CAKE. Beat a pound and a half of treble-refined ſugar, ſift it through a fine ſieve, and put it into a bowl, with the whites of five eggs well whiſked, a bit of gum dragon (half the ſize of a nutmeg) diſſolved in roſe water; whiſk it an hour, till it grows white and thick, if it is thin it will run off the cake. When the cake is baked, take it out of the pan, and put it on a tin; then ſpread on half of the iceing with a knife, dry it in the oven, take it out, and ſpread on the other half, then dry it as before. This will make it look much whiter than laying it on at once.

A common SEED CAKE. Take one pound and a quarter of flour, and three quarters of a pound of lump ſugar pounded, the yolks of ten eggs, and the whites of four, one pound of butter beat to a cream with the hand. Mix theſe well; add almoſt an ounce of carraway-ſeeds bruiſed; butter the pan or hoop, ſift ſugar on the top.

A rich SEED CAKE. Take a pound of flour well dried, a pound of butter, a pound of loaf-ſugar beat and ſifted, eight eggs, two ounces of carraway-ſeeds, one nutmeg grated, and its weight of cinnamon. Firſt beat your butter to a cream, then put in your ſugar, beat the whites of your eggs half an hour, mix them with your ſugar and butter, then beat the yolks half an hour, put to it the whites, beat in your flour, ſpices, and ſeeds, a little before it goes to the oven; put it in the

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the hoop and bake it two hours in a quick oven, and let it ſtand two hours. It will take two hours beating.

A good COMMON CAKE. Take ſix ounces of rice flour, and the ſame quantity of wheat flour, the yolks and whites of nine eggs, half a pound of lump ſugar pounded and ſifted, and half an ounce of carraway-ſeeds; beat this an hour, and bake it an hour in a quick oven. This cake is well calculated for children and delicate ſtomachs, as it is very light, and has no butter in it.

To make a BRIDE CAKE. Waſh, rub, and dry, ſeven pounds of currants; take four pounds of flour, dry and ſift it, ſix pounds of freſh butter, which you will beat up till it comes to a cream, two pounds of loaf ſugar beat and ſifted fine; blanch two pounds of almonds, pound them fine; a quarter of an ounce of mace, cloves and cinnamon, three nutmegs, and ſome ginger; half a pint of ſack, and the ſame quantity of brandy; ſweatmeats, ſuch as candied orange, lemon, and citron; work the butter well into a cream, then put in your ſugar; let the eggs, which muſt be eight to every pound of flour, be beat well, and ſtrained through a ſieve; put in your almonds, beat them well, then put in the ſack, the brandy, and ſpices; ſhake the flour in by degrees. When your oven is ready, put in your currants and ſweetmeats; tie a few ſheets of paper at the bottom of the hoop, but rub it well with butter; it will take four hours baking.

ALMOND ICEING *for the* BRIDE CAKE. Take the whites of ſix eggs, a pound and half of double refined ſugar; beat a pound of jordan almonds, blanch them,

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and pound them fine in a little roſe water; then mix all together, and whiſk it well for an hour or two; then lay it over your cake, and put it in an oven.

A FASHION CAKE. Mix a handful of flour with a pint of good cream, half a pound of beef ſuet, melted and ſifted, a quarter of a pound of ſugar powder, half a pound of raiſins ſtoned and chopped, dried flowers of orange, a glaſs of brandy, a little coriander and ſalt; bake it as all other cakes, about an hour, and glaze or garniſh it.

RICE CAKE. Take what quantity of rice you think proper, boil it in good broth, and ſome hog's-lard; when it is cold, mix it with as much flour as rice, a good deal of butter, ſome eggs, and ſalt; make a good puff-paſte of it, and make cakes of what ſhape and bigneſs you pleaſe with it; rub them over with eggs, before baking, to give them a good colour.

RICE CAKE *another way*. Beat exceedingly well thirteen eggs, half the whites leave out; put to the eggs three quarters of a pound of ſugar, ſifted fine, beat it well, then put in eight ounces of rice flour, the rind of two lemons grated, a glaſs of brandy, and half a glaſs of orange water; bake it in a quick oven half an hour.

BEAN CAKES. Take weight for weight of fine ſugar and blanched almonds cut in long narrow ſlices; ſlice ſome preſerved orange, lemon, and citron peel; then beat the white of a new-laid egg, with a little orange-flower water, to a high froth; put ſo much of the froth into the ſugar as will juſt wet it, and with the point of a knife build up your almonds, piling it round as high

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as you can upon a wafer; let ſome ambergreaſe be in your ſugar, and bake them after the manner of a manchet.

Gum Cakes. Take gum tragacanth, commonly called gum dragon, let it lie all night in roſe water, till it is diſſolved, have double refined ſugar beaten and ſifted, and mix your gum and ſugar together; make it up into paſte, then roll up ſome plain, and ſome with herbs and flowers; all the paſte muſt be kept ſeparately, your herbs and flowers muſt be beat ſmall before you make them into paſte; but you may uſe the juice of the flowers and herbs only; which are generally marjoram, red roſes, clove gillyflowers, and blue-bottle berries, all clipped from the white again, for two colours will not do well; ſo roll them up, and cut them the bigneſs of a ſixpence, but in what faſhion you pleaſe, minding that they are rolled very thin.

Honeycomb Cakes. Boil your ſugar to a candy height, then put in your flowers, which muſt be cut; have little papers with four corners ready; drop ſome of your candy on the papers, take them off when ready, and if they are rightly done, they will look full of holes like honeycombs.

Lemon Cakes. Take the beſt coloured lemons, ſcrape out the blacks, and grate off the peel clean; put the peel into a ſtrainer, wet what ſugar you think will ſerve, and boil it to a candy height; then take it off and put in your lemon-peel; when it boils take it off, ſqueeſe in a little lemon juice, and drop them on buttered plates or papers; you may put in muſk or ambergreaſe if you pleaſe.

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LEMON, ORANGE, *and* FLOWER CAKES. Take ſugar finely ſifted, and wet it with the juice of orange, or any flowers you fancy; there muſt be no more juice than will make your paſte ſtiff and thick; ſet it upon the fire, when it begins to boil drop it in little cakes, and they will come off preſently; ſcurvygraſs done thus is good againſt the ſcurvy; if it boils you will ſpoil it.

VIOLET CAKES. Beat your ſugar wherein gum hath been ſteeped, put in the violets and the juice, and ſo work it well together with ſifted ſugar, and dry them in a ſtove.

PORTUGAL CAKES. Put a pound of flour into a bowl, with ten ounces of butter, and ten ounces of loaf ſugar pounded, rub it till it is like grated bread; add ſome cinnamon, mace, and nutmeg, half a pound of citron peel cut very ſmall, two ounces of carraway comfits and three quarters of a pound of currants waſhed and dried with two ounces of almonds blanched and cut in ſlices; mix them well together with the yolks of ſix eggs and the whites of three, adding a little brandy; then drop them on buttered tins, the ſize of a crown piece, bake them in a ſlow oven for fifteen minutes; beat a little white of an egg, do them over with it, and ſift on a little fine ſugar, ſet them in the oven to dry, and ſerve them up with tea or wine.

They are very nice, and much better liked than macaroons.

Another way. Mix into a pound of fine flour a pound of loaf-ſugar beat and ſifted, then rub it into a pound of pure ſweet butter till it is thick like grated white bread; then put to it two ſpoonfuls of roſe-water, two of ſack, ten eggs; whip them very well with a whiſk, then

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then put into it eight ounces of currants, mixed all well together; butter the tin pans, fill them but half full, and bake them; if made without currants, they will keep half a year. Add a pound of almonds blanched, and beat with roſe-water, as above, and leave out the flour. Theſe are another ſort, and better.

SPANISH CAKES. Put a pound of fine flour into a bowl, add to it half a pound of loaf ſugar pounded, and half a pound of butter, rub it well together, then add half a pound of currants waſhed and dried, the yolks of five eggs, and whites of three, with ſome cinnamon, mace, and nutmeg pounded; mix it lightly with a wooden ſpoon, flour a tin, and drop it on in little cakes, then bake them in a moderate oven for twenty minutes.

They are very pretty for tea, and will keep a long time in a dry place.

A PLAIN CAKE. Take two pounds and a half of flour, fifteen eggs, two pounds and a half of butter beat to a cream; three quarters of a pound of pounded ſugar; bake it in a hot, but not a ſcorching oven.

An ALMOND CAKE. Take two ounces of bitter, and one pound of ſweet almonds, blanched, and beat with a little roſe or orange-flower water, and the white of one egg; half a pound of ſifted loaf-ſugar, eight yolks and three whites of eggs, the juice of half a lemon, the rind grated; bake it either in one large pan, or ſmall pans.

QUEEN CAKES. Take a pound of ſugar, beat and ſift it, a pound of well dried flour, a pound of butter, eight eggs, half a pound of currants waſhed and picked; grate a nutmeg, and the ſame quantity of mace and cinnamon. Work your butter to a cream, and put in your ſugar; beat the whites of your eggs near half an hour, and mix

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them with your ſugar and butter. Then beat your yolks near half an hour, and put them to your butter. Beat them exceedingly well together, and when it is ready for the oven, put in your flour, ſpices, and currants. Sift a little ſugar over them, and bake them in tins.

SHREWSBURY CAKES. Take half a pound of butter, beat it to a cream, then put in half a pound of flour, one egg, ſix ounces of loaf-ſugar, beat and ſifted, half an ounce of carraway-ſeeds mixed into a paſte; roll them thin, and cut them round with a ſmall glaſs, or little tins, prick them, and lay them on ſheets of tin, and bake them in a ſlow oven.

BATH CAKES. Take half a pound of butter, and rub it into a pound of flour; add one ſpoonful of good barm, warm ſome cream, and make it a light paſte, and ſet it to the fire to riſe. When you make them up, take four ounces of carraway-comfits, work part of them in, and ſtrew the reſt on the top. Make them into a round cake, about the ſize of a French roll, bake them on ſheet tins, and ſend them in hot for breakfaſt.

TUNBRIDGE WAFER CAKES. Rub a quarter of a pound of butter into a pint of flour, add three ounces of moiſt ſugar, and a few carraway-ſeeds; wet it with a little new milk, make them pretty ſtiff, roll them out into ſmall thin cakes, and bake them on tins, in a ſlow oven.

Little fine CAKES. Take one pound of butter beaten to a cream, a pound and a quarter of flour, a pound of loaf-ſugar beat fine, a pound of currants clean waſhed and picked, ſix eggs, two whites left out; beat them fine, mix the flour, ſugar, and eggs by degrees into the batter, beat it all well with both hands. Either make it into little cakes, or bake it in one.

HEART

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HEART CAKES. Work a pound of butter with the hand to a cream; put to it a dozen yolks of eggs, and half the whites, well beaten, a pound of flour dried, a pound of ſifted ſugar, four ſpoonfuls of good brandy, and a pound of currants waſhed, and dried before the fire. As the pans are filled, put in two ounces of candied orange and citron; continue beating the cakes till they go into the oven. This quantity will fill three dozen of middling pans.

RATAFIA CAKES. Take a quarter of a pound of ſweet almonds, and a quarter of a pound of bitter almonds, blanch and beat them fine in a mortar with roſe water, to keep them from oiling; add half a pound of fine loaf-ſugar beaten and ſifted, and the whites of two eggs beaten to a light froth; mix it well together, put it in a preſerving pan, ſet it over a moderate fire, ſtir it quickly one way, till it is ſcalding hot; take it off, let it cool, then roll it into ſmall cakes, the ſize of half a crown, lay them on wafer paper, ſift ſome fine ſugar on them, and bake them in a ſlow oven.

GINGERBREAD CAKES *or* NUTS. Take three pounds and a half of flour, three ounces of race ginger beaten and ſifted, three ounces of carraway-ſeeds bruiſed, and three quarters of a pound of ſugar; mix them well together, make a hole in the middle, melt three quarters of a pound of butter in a ſaucepan, put to it three pounds and a half of treacle; let it be juſt warm, put it into your flour, with four eggs, beat it well for half an hour with a wooden ſpoon, let be put into it half a pound of lemon and orange peel; butter the cake pan, put it in, and bake it in a ſoaking oven two hours and a half.---You may

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may let it ſtand to cool, then make it into nuts, and bake them on tins.

NUNS' CAKE. Rub four ounces of butter into one quart of fine flour; add a little yeaſt, three eggs, and as much warm milk as will make into a light paſte; ſet it before the fire to riſe for one hour; put it into an earthen pot to bake; when done, cut it in round ſlices, butter it, and ſerve it up hot for breakfaſt.

CALF's HEAD.

To bake a CALF's HEAD. Waſh it clean and divide it, then beat the yolks of three eggs, and with a feather trace it over the outſide of the head, then take ſome grated bread, ſalt, pepper, nutmeg, ſome lemon-peel grated, with ſome ſage cut ſmall, ſtrew this mixture over the outſide of the head, lay it in an earthen diſh, and cover the head with ſome bits of butter, put a little water in the diſh, and bake it in a quick oven, and when you ſerve it pour in ſome ſtrong gravy, with the brains firſt boiled and mixed in it. Garniſh with lemon.

If you do not chuſe the brains in the gravy, put them on a plate with the tongue.

CALF'S HEAD *boiled.* Waſh it very clean, beat up the yolk of an egg, and rub it over one half the head with a feather, then ſtrew over it a ſeaſoning of pepper, ſalt, thyme, parſley chopped ſmall, ſhred lemon-peel, grated bread, and a little nutmeg; ſtick bits of butter over it, and ſend it to the oven; boil the other half white in a cloth, put both into a diſh; boil the brains in a bit of cloth, with a very little parſley and a leaf or two of ſage;

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ſage; when they are boiled, chop them ſmall, and warm them up in a ſaucepan with a bit of butter and a little pepper and ſalt; lay the tongue, boiled and peeled, in the middle of a ſmall diſh, and the brains round it; have in another diſh bacon or pickled pork; greens and carrots in another.

To ſtew a CALF's HEAD. Firſt waſh it, and pick it very clean, lay it in water for an hour, take out the brains, and with a ſharp knife carefully take out the bones and the tongue, but be careful you do not break the meat; then take out the two eyes, and take two pounds of veal and two pounds of beef ſuet, a very little thyme, a good deal of lemon-peel minced, a nutmeg grated, and two anchovies; chop all very well together; grate two ſtale rolls, and mix all together with the yolks of four eggs; ſave enough of this meat to make about twenty balls; take half a pint of freſh muſhrooms clean peeled and waſhed, the yolks of ſix eggs chopped, half a pint of oyſters clean waſhed, or pickled cockles; mix all theſe together, but firſt ſtew your oyſters, put the force-meat into the head and cloſe it, tie it tight with a packthread, and put it into a deep ſtewpan; and put to it two quarts of gravy, with a blade or two of mace. Cover it cloſe, and let it ſtew two hours; in the mean time beat up the brains with ſome lemon-peel cut fine, a little parſley chopped, half a nutmeg grated, and the yolk of an egg; have ſome dripping boiling, fry half the brains in little cakes, and fry the balls, keep them both hot by the fire; take half an ounce of truffles and morels, then ſtrain the gravy the head was ſtewed in, put the truffles and morels to it with the liquor, and a few muſhrooms; boil all together, then put in the reſt of

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of the brains that are not fried, ſtew them together for a minute or two, pour it over the head, and lay the fried brains and balls round it. Garniſh with lemon. You may fry about twelve oyſters and put over.

To roaſt a CALF's HEAD. Waſh the head very clean, take out the bones; and dry it very well with a cloth; make a ſeaſoning of beaten mace, pepper, ſalt, nutmeg, and cloves, ſome fat bacon cut very ſmall, and ſome grated bread; ſtrew this over it, roll it up, ſkewer it with a ſmall ſkewer, and tie it with tape; roaſt it, and baſte it with butter; make a rich veal gravy, thickened with butter, rolled in flour. Some like muſhrooms and the fat part of oyſters, but it is very good without.

To haſh a CALF's HEAD. Clean your calf's head exceeding well, and boil it a quarter of an hour; when it is cold, cut the meat into thin broad ſlices, and put it into a toſſing-pan, with two quarts of gravy; and when it has ſtewed three quarters of an hour, add to it one anchovy, a little beaten mace, and kyan to your taſte, two tea-ſpoonfuls of lemon-pickle, two meat ſpoonfuls of walnut catchup, half an ounce of truffles and morels, a ſlice or two of lemon, a bundle of ſweet herbs, and a glaſs of white wine; mix a quarter of a pound of butter with flour, and put it in a few minutes before the head is enough; take your brains and put them into hot water, it will make them ſkin ſooner, and beat them fine in a baſon; then add to them two eggs, one ſpoonful of flour, a bit of lemon-peel ſhred fine; chop ſmall a little parſley, thyme, and ſage; beat them very well together, ſtrew in a little pepper and ſalt, then drop them in little cakes into a pan full of boiling hog's lard, and fry them a light brown; then lay them on

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on a ſieve to drain; take your haſh out of the pan with a fiſh ſlice, and lay it on your diſh, and ſtrain your gravy over it; lay upon it a few muſhrooms, force-meat balls, the yolks of four eggs boiled hard, and the brain cakes. Garniſh with lemon and pickles. It is proper for a top or ſide diſh.

To haſh a CALF's HEAD *brown.* Half the head only ſhould be haſhed, as a whole one makes too large a diſh; parboil it; when cold, cut it into thin ſlices, and the tongue; flour it pretty well, and put it into a ſtew-pan with ſome good gravy, a quart or more, a glaſs of Madeira, an anchovy wiped and boned, a little pounded cloves, kyan, a piece of lemon-peel; let theſe ſtew gently three quarters of an hour, then add ſome catchup, a few truffles and morels, firſt waſhed; pickled or freſh muſhrooms; if freſh, a little juice of lemon; ſtew theſe a few minutes; add force-meat balls fried, and hard yolks of eggs. Dip the brains in hot water, ſkin them, beat them fine, and mix them with a little grated lemon-peel, parſley chopped, and ſavoury herbs, ſavoury ſpice, kyan, ſalt, bread crumbs, and the yolk of an egg; fry theſe in ſmall cakes; garniſh the haſh with them, oyſters fried, and ſliced lemon. If for a large company, boil the other half of the head, rub it over with the yolk of an egg, ſtrew on bread crumbs, with pepper, ſalt, and nutmeg, grated lemon-peel, and chopped parſley; baſte it before the fire, let it be a nice brown, and lay it on the haſh.

To haſh a CALF's HEAD *white.* Take half a pint of gravy, a gill of white wine, a little beaten mace, a little nutmeg, and a little ſalt; throw into your haſh a few muſhrooms, truffles and morels, firſt parboiled, a few

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artichoke bottoms and aſparagus tops, (if they are in ſeaſon) a large piece of butter rolled in flour, the yolks of two eggs, half a pint of cream, and a ſpoonful of muſhroom catchup. Stir theſe all together till it becomes of a tolerable thickneſs, and pour it into the diſh. Lay the other half of the head as above mentioned, in the middle.

To haſh a cold CALF's HEAD. Cut the meat into ſlices, flour it, put to it a little boiled gravy, a little white wine, ſome cream, a little catchup, white pepper, ſalt, and nutmeg, a few oyſters, and their liquor, and ſhred lemon peel; boil this up gently together with a few pickled, or freſh muſhrooms and a little lemon juice; or lemon juice only. This may be enriched with truffles and morels par-boiled, force-meat balls, and hard eggs.

CALF's HEAD *with ſharp Sauce.* Take a calf's head, being well cleaned, bone it as far as the eyes, and boil it with ſome pickled pork; when done, ſerve both in the ſame diſh; boil half a glaſs of vinegar, as much broth, chopped ſhalots and onions; ſift it, add pepper and ſalt, and ſerve it upon the head.

CALF's HEAD *in Caul.* Take a calf's head, being cleaned and boiled, bone and trim it, mince the trimmings and tongue together with a large fowl; add to this chopped parſley, chibbol, muſhrooms, ſhalots, pepper, and ſalt; make force-meat with the brains, four yolks of hard eggs and two raw ones, bread crumbs, and cream; lay ſome of this force-meat upon the head, then the fillets as prepared, with the reſt of the force-meat; then roll it in the caul, and braze it in white wine and broth. When done, take off the caul, and ſerve it up with good rich ſauce.

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To dreſs a CALF's HEAD *another way.* Take a calf's head with the ſkin on, and ſcald off all the hair, and clean it very well; cut it in two, take out the brains, boil the head very white and tender, take one part quite off the bone, and cut it into nice pieces with the tongue, dredge it with a little flour, and let it ſtew on a ſlow fire for about half an hour in rich white gravy, made of veal, mutton, and a piece of bacon, ſeaſon with pepper, ſalt, onion, and a very little mace; it muſt be ſtrained off before the haſh is put in it, thicken it with a little butter rolled in flour; the other part of the head muſt be taken off in one whole piece, ſtuff it with nice force-meat, roll it like a collar, and ſtew it tender in gravy; then put it in the middle of the diſh, and the haſh all round. Garniſh it with force-meat balls, fried oyſters and the brains made into little cakes dipped in rich butter and fried. You may add wine, morels, truffles, or what you pleaſe, to make it good and rich.

To grill a CALF's HEAD. Waſh your calf's head clean, and boil it almoſt enough, then take it up and haſh one half; the other half rub over with the yolk of an egg, a little pepper and ſalt, ſtrew over it bread crumbs, parſley chopped ſmall, and a little grated lemon-peel; ſet it before the fire, and keep baſting it all the time to make the froth riſe. When it is a fine light brown, diſh up your haſh, and lay the grilled ſide upon it. Blanch the tongue, ſlit it down the middle, and lay it on a ſoup plate; ſkin the brains, boil them with a little ſage and parſley; chop them fine, and mix them with ſome melted butter, and a ſpoonful of cream; make them hot, and pour them over the tongue; ſerve them up, and they are ſauce for the head.

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CALF'S HEAD *ſurprize.* Take a calf's head with the ſkin on, and with a knife raiſe off the ſkin with as much meat from the bone as you can poſſibly get, ſo that it may appear like a whole head when ſtuffed; then make a force-meat in the following manner; take half a pound of veal, a pound of beef ſuet, the crumb of a two-penny loaf, half a pound of fat bacon, beat them well in a mortar, with ſome ſweet herbs and parſley ſhred fine, ſome cloves, mace, and nutmeg, beat fine, ſalt and kyan pepper enough to ſeaſon it, the yolks of four eggs beat up; and mixed all together in a force-meat; ſtuff the head with it, and ſkewer it tight at each end; then put it into a deep pot or pan, and put two quarts of water, half a pint of white wine, a blade or two of mace, a bundle of ſweet herbs, an anchovy, two ſpoonfuls of walnut and muſhroom catchup, the ſame quantity of lemon pickle, a little ſalt and pepper; lay a coarſe paſte over it to keep in the ſteam, and put it for two hours and a half in a ſharp oven. When you take it out, lay the head in a ſoup diſh, ſkim off the fat from the gravy, and ſtrain it through a ſieve into a ſtewpan; thicken it with butter rolled in flour, and when it has boiled a few minutes, put in the yolks of four eggs well beaten, and mixed with half a pint of cream; have ready boiled ſome force-meat balls, half an ounce of truffles and morels, but don't put them into the gravy; pour the gravy over the head, and garniſh with force-meat balls, truffles, morels, and muſhrooms.

To collar a CALF'S HEAD *to eat like Brawn.* Take the head with the ſkin and hair on, ſcald it till the hair will come off, then cleave it down, and take out the brains and the eyes; waſh it very clean, and put it into a pot of

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of clean water; boil it till the bones will come out; then ſlice the tongue and ears, and lay them all even; throw a handful of ſalt over them, and roll it up quite cloſe into a collar, boil it near two hours; when the head is cold, put it into brawn pickle.

CALF's BRAINS *with Rice.* The brains of two heads are enough for a good diſh; blanch them, and take off the little bloody fibres, cut each into two pieces, and ſoak them in a *marinade* * of white wine and vinegar, &c. for an hour; boil your rice in water a few minutes, ſtrain it off, and ſtew it in broth till it is tender, with a little ſalt and a bit of mace; diſh up the brains, and pour ſome of the ſauce to the rice; ſqueeze in a lemon or orange, and pour over for ſerving to table.

CALF's BRAINS *fried.* Cut the brains in four pieces, *braze* † them about half an hour in broth and white wine, two ſlices of lemon, pepper and ſalt, thyme, laurel, cloves, parſley, and ſhalots; then drain and ſoak them in batter made of white wine, a little oil, and a little ſalt, and fry them of a fine colour; you may likewiſe baſte them with eggs and bread-crumbs. Garniſh with fried parſley.

CALF's BRAINS *with Muſtard Sauce.* The brains being brazed as above, make a batter with cullis, butter, and muſtard; bathe the brains in it, and roll them in bread-crumbs and cheeſe; give them colour in the oven, or with a ſalamander, ſerve upon cullis and muſtard.

CALF's CHITTERLINGS. Clean ſome of the largeſt of the calf's guts, cut them into lengths proper for puddings, tie one of the ends cloſe, take ſome bacon, and

* A *marinade* is a kind of pickle to ſoak in.

† To *braze* is to ſtew.

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cut it like dice, a calf's udder, and the fat that comes off the chitterlings; chardons blanched and cut alſo; put them in a ſtewpan, with a bay-leaf, ſalt, pepper, ſhalot cut ſmall, ſome pounded mace, and Jamaica pepper, with half a pint or more of milk, and let it juſt ſimmer; then take off the pan, and thicken it with four or five yolks of eggs, and ſome crumbs of bread; fill the chitterlings with this mixture, which muſt be kept warm, and make the links like hog's puddings. Before they are ſent to table, they muſt be boiled over a moderate fire; let them cool in their own liquor. They ſerve in ſummer, when hog's puddings are not to be had.

CALF's EARS *with Lettuce.* Six ears will do; ſtew them very tender; and your lettuce muſt be done thus:---take as many as you have ears, and blanch them in water, open the leaves, and put into the middle of each a bit of bacon, with a clove or two ſtuck in each; cloſe the leaves over, and bind with packthread; put them into a ſtewpan with a ladle of your cullis, and a little gravy, pepper, ſalt, and a morſel of ſhalot; ſtew them till very tender, take your ears out, and clear them from greaſe, and put them to your lettuces, add the juice of a lemon, and ſerve them up. Take care your lettuces are preſerved whole, and laid between the ears. Lambs ears may be done the ſame.

CALF's EARS *fried.* Braze the ears in a ſtrong braze to make them tender, and make a batter thus:---take a handful of flour, put it in a bowl or ſtewpan, add one egg, and a little ſalt; mix with as much ſmall beer as will make it of a proper conſiſtence, then add about a table ſpoonful of fine oil; when well mixed, put the ears to it; have ready a ſtewpan with hog's lard properly hot,

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hot, put in the ears one by one, with as much of the batter as will ſtick to them; fry of a fine colour, and ſerve them with fried parſley; they may alſo be ſtuffed with good force-meat. Inſtead of the above batter, you may baſte them with yolks of eggs and bread-crumbs.

CALF's EARS *houſewife faſhion.* Make a ſauce with a little jelly broth and white wine, a little butter, chopped parſley, ſhalots, pepper, and ſalt; boil it to a thick conſiſtence; when done, add the juice of half a Seville orange, and ſerve it upon brazed ears.

A MIDCALF. Stuff a calf's heart with force-meat, and ſend it to the oven in an earthen diſh, with a little water under it. Lay butter over it, and dredge it with flour. Boil half the liver, and all the lights, for half an hour; then chop them ſmall, and put them in a toſſing-pan, with a pint of gravy, a ſpoonful of catchup, and one of lemon-pickle. Squeeze in half a lemon, ſeaſon with pepper and ſalt, and thicken with a good piece of butter rolled in flour. When you diſh it up, pour the mince-meat in the bottom, and have the other half of the liver ready fried of a fine brown, in thin ſlices, and cut little pieces of bacon. Set the heart in the middle, and lay the liver and bacon over the mince-meat.

CALF's HEART *roaſted.* Having made a force-meat of the crumb of half a penny loaf, a quarter of a pound of beef ſuet chopped ſmall, a little parſley, ſweet marjoram, and lemon-peel, mixed up with a little pepper, ſalt, nutmeg, and the yolk of an egg; fill the heart with it, and lay a veal caul over the ſtuffing, or a ſheet of writing paper, to keep it in its place. Lay it in a Dutch oven, and keep turning it till it is thoroughly roaſted. When you

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you diſh it up, lay ſlices of lemon round it, and pour good melted butter over it.

To roaſt a CALF's LIVER. Lard it with bacon, but ſpit it firſt, and roaſt it; ſerve it up with good gravy.

To ſtew a CALF's LIVER. Lard the liver and put it into a ſtewpan, with ſome ſalt, whole pepper, a bundle of ſweet herbs, an onion, and a blade of mace; let it ſtew till tender, then take it up, and cover it to keep hot; ſtrain the liquor it was ſtewed in, ſkim off all the fat, thicken it with a piece of butter rolled in flour, and pour it over the liver.

CALF's LIVER *with Shalots.* Chop green ſhalots and muſhrooms, cut the liver in thin ſlices, put altogether in a ſtewpan, with a little bit of butter rolled in flour, and a glaſs of white wine; ſtew them ſlowly for about half an hour; add pepper and ſalt, and vinegar to your taſte. If you would have it white, make a liaſon of yolks of eggs and cream, with lemon or verjuice.

To dreſs a CALF's LIVER *in a Caul.* Take off the under ſkin, and ſhred the liver very ſmall, then take an ounce of truffles and morels chopped ſmall, with parſley; roaſt two or three onions, take off their outermoſt coats, pound ſix cloves, and a dozen coriander ſeeds, add them to the onions, and pound them together in a marble mortar; then take them out and mix them with the liver; take a pint of cream, half a pint of milk, and ſeven or eight new laid eggs; beat them together, boil them, but do not let them curdle, ſhred a pound of ſuet as ſmall as you can, half melt it in a pan, and pour it into your egg and cream; then pour it into your liver, and mix all well together, ſeaſon it with pepper, ſalt, nutmeg, and a little thyme, and let it ſtand till it is cold; ſpread a caul over

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over the bottom and ſides of the ſtewpan, and put in your haſhed liver and cream together; fold it up in the caul in the ſhape of calf's liver, then turn it upſide down carefully, lay it in a diſh that will bear the heat, and do it over with beaten egg; dredge it with grated bread, and bake it in an oven. Serve it up hot for a firſt courſe.

To dreſs a CALF's PLUCK. Boil the lights and part of the liver; roaſt the heart, ſtuffed with ſuet, ſweet herbs, and a little parſley, all chopped ſmall, a few crumbs of bread, ſome pepper, ſalt, nutmeg, and a little lemon-peel; mix it up with the yolk of an egg. When the lights and liver are boiled, chop them very ſmall, and put them in a ſaucepan, with a piece of butter rolled in flour, ſome pepper and ſalt, with a little lemon or vinegar, if agreeable; fry the other part of the liver, cut in ſlices, with ſome little pieces of bacon; lay the mince at the bottom, the heart in the middle, and the fried liver and bacon round, with ſome criſped parſley. For ſauce, plain butter. It is a large diſh, but it may be eaſily diminiſhed.

CALF's FEET *with Force-meat.* Bone them, and fill them with force-meat, made of whatever you pleaſe; tie them in ſlices of lard, ſtew them ſlowly in broth and white wine, a faggot of ſweet herbs, a few cloves, roots, and onions. When done, ſerve with what ſauce you pleaſe.

CALF's FEET *with Lemon ſauce.* Take calf's feet plain boiled, put them in a ſtewpan with a little oil or butter, half a lemon, peeled and ſliced, and as much broth or cullis as will ſimmer them on a ſlow fire for about half an hour; take them out and wipe them, ſift the

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ſauce, ſkim it well, add a little butter rolled in flour, a little cullis, a chopped anchovy, and the juice of half a lemon.

Ragoo of CALF's FEET. Boil the feet, bone and cut the meat in ſlices; brown them in the frying-pan, and then put them in ſome good gravy, with morels, truffles, pickled muſhrooms, the yolks of four eggs boiled hard, ſome ſalt, and a little butter rolled in flour. For a ſick perſon, a calf's foot boiled, with parſley and butter, is eſteemed very good.

CALF's FEET *and Chaldron after the Italian way.* Take the crumb of a three-penny loaf, one pound of ſuet, a large onion, two or three handfuls of parſley, mince it very ſmall, ſeaſon it with ſalt and pepper, three or four cloves of garlick, mix with eight or ten eggs, and ſtuff the chaldron; then put the feet in a ſtew-pan: it muſt ſtew upon a ſlow fire till the bones are looſe; then take two quarts of green peas, and put in the liquor; and when done, you muſt thicken it with the yolks of two eggs, and the juice of a lemon. It muſt be ſeaſoned with pepper, ſalt, mace, and onion, ſome parſley and garlick. You muſt ſerve it up with the aforeſaid pudding in the middle of the diſh, and garniſh the diſh with fried ſuckers and ſliced onion.

CALF's FOOT JELLY. Boil two calf's feet in a gallon of water till it comes to a quart, then ſtrain it, let it ſtand till cold, ſkim off all the fat clean, and take the jelly up clean. If there is any ſediment at the bottom, leave it; put the jelly into a ſaucepan with a pint of mountain wine, half a pound of loaf-ſugar, the juice of four large lemons; beat up ſix or eight whites of eggs with a whiſk, then put them into a ſaucepan, and ſtir all together till

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it boils. Let it boil a few minutes. Have ready a large flannel bag, pour it in, it will run through quick; pour it in again till it runs clear; then have ready a large china baſon, with the lemon-peel cut as thin as poſſible, let the jelly run into that baſon, and the peels both give it a fine amber colour, and alſo a flavour; with a clean ſilver ſpoon fill your glaſſes, and ſerve them up on ſalvers, or round deſert frames.

Another way. Put a gang of calf's feet, well cleaned, into a pan with ſix quarts of water, and let them boil gently till reduced to two quarts; then take out the feet, ſkim off the fat clean, and clear the jelly from the ſediment; beat the whites of five eggs to a froth, add one pint of Liſbon, or any pale made wine, if you chuſe it; then ſqueeze in the juice of three lemons. When your ſtock is boiling, take three ſpoonfuls of it and keep ſtirring it with your wine and eggs to keep it from curdling; add a little more ſtock, and ſtill keep ſtirring it, then put it in the pan, and ſweeten it with loaf-ſugar to your taſte; a glaſs of French brandy will keep the jelly from turning blue in froſty air; put in the outer rind of two lemons, and let it boil one minute all together; pour it into a flannel bag, let it run into a baſon, and keep pouring it back gently into a bag till it runs clear and bright; then ſet your glaſſes under the bag, and cover it, leſt duſt get in.---If you would have your jelly for a fiſh-pond, tranſparent pudding, or hen's neſt, to be turned out of the mould, boil half a pint of iſinglaſs in a pint of water, till reduced to one quarter, and put it into the ſtock before it is refined.

Another way. To two calf's feet, put three quarts of water, boil it to one quart; when cold, take off the fat,

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and take the jelly from the ſediment; put to it one pint of white wine, half a pound of ſugar, the juice of three lemons, the peel of one; whiſk the whites of two eggs; put all into a ſaucepan, boil it a few minutes; put it through a jelly-bag till it is fine.

To make ſavoury CALF'S-FOOT JELLY. Boil either two or four calf's feet, according to the quantity which is wanted, with iſinglaſs to make it a ſtiff jelly; one ounce of picked iſinglaſs to two feet is about ſufficient, if the iſinglaſs is very good; boil with theſe a piece of lemon-peel, an onion, a bunch of ſweet herbs, ſome pepper corns, a few cloves, a bit of mace, nutmeg, and a little ſalt. When the jelly is enough, ſtrain it, put to it juice of lemon, and white wine to your taſte; boil it up, pulp it through a bag till fine; the white of an egg may be added before it is boiled.

Another way. Spread ſome ſlices of lean veal and ham in the bottom of a ſtewpan, with a carrot and turnip, or two or three onions; cover it, and let it ſweat on a ſlow fire till it is as deep a brown as you would have it; then put to it a quart of very clear broth, ſome whole pepper, mace, a very little iſinglaſs, and ſalt to your taſte; let this boil ten minutes, then ſtrain it through a French ſtrainer; ſkim off all the fat, and put to it the whites of three eggs; run it ſeveral times through a jelly-bag, as you do other jellies.

CANCER.

This is a hard, indolent tumour, ſeated in ſome of the glands; as the breaſts, the arm-pits, &c. If the

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tumour becomes large, unequal, of a livid, blackiſh, or leaden colour, and is attended with violent pain, it gets the name of an *occult cancer*. When the ſkin is broken, and a *ſanies*, or matter of an abominably fœtid ſmell is diſcharged from the ſore, it is called an open or ulcerated cancer. Perſons after the age of forty-five, particularly women, and thoſe who lead an indolent, ſedentary life, are moſt ſubject to this diſeaſe.

This diſeaſe is often owing to ſuppreſſed evacuations; hence it proves ſo frequently fatal to women of a groſs habit, particularly old maids and widows, about the time when the certain diſcharges ceaſe. It may likewiſe be occaſioned by exceſſive grief, fear, anger, religious melancholy, or any of the depreſſing paſſions. Hence the unfortunate, the choleric, and thoſe perſons who devote themſelves to a religious life in convents or monaſteries, are often afflicted with it. It may alſo be occaſioned by the long-continued uſe of food that is too hard of digeſtion, or of an acrid nature; by barrenneſs, celibacy, indolence, cold, blows, friction, preſſure, or the like. Women often ſuffer by the laſt of theſe, by means of their ſtays, which ſqueeze and compreſs their breaſts ſo as to occaſion great miſchief. Sometimes the diſeaſe is owing to an hereditary diſpoſition.

This diſorder ſeems often very trifling at the beginning. A hard tumour about the ſize of a hazel nut, or perhaps ſmaller, is generally the firſt ſymptom. This will often continue for a long time without ſeeming to increaſe, or giving the patient great uneaſineſs; but if the conſtitution be hurt, or the tumour irritated by preſſure, or improper treatment of any kind, it begins to extend itſelf towards the neighbouring parts, by puſhing out a kind

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a kind of roots or limbs. It then gets the name of *cancer*, from a fancied reſemblance between theſe limbs and the claws of a crab. The colour of the ſkin begins to change, which is firſt red, afterwards purple, then blueiſh, livid, and at laſt black. The patient complains of heat, with a burning, gnawing, ſhooting pain. The tumour is very hard, rough, and unequal, with a protuberance, or riſing, in the middle; its ſize increaſes daily, and the neighbouring veins become thick, knotty, and of a blackiſh colour.

The ſkin at length gives way, and a thin, ſharp matter begins to flow, which eats away the neighbouring parts till it forms a large unſightly ulcer. More occult cancers ariſe, and communicate with the neighbouring glands. The pain and ſtench become intolerable; the appetite fails; the ſtrength is exhauſted by a continual hectic fever; at laſt, a violent diſcharge of blood from ſome part of the body, with faintings, or convulſion fits, generally put an end to the miſerable patient's life.

The diet ought to be light, but nouriſhing. All ſtrong liquors, and high-ſeaſoned or ſalted proviſions, are to be avoided. The patient may take as much exerciſe as he can eaſily bear; and ſhould uſe every method to divert thought, and amuſe his fancy. All kinds of external injury are carefully to be guarded againſt, particularly of the affected part, which ought to be defended from all preſſure, and even from the external air, by covering with fur or ſoft flannel.

This is one of thoſe diſeaſes for which no certain remedy is yet known. Its progreſs, however, may ſometimes be retarded, and ſome of its moſt diſagree-

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able ſymptoms mitigated by proper applications. One misfortune attending the diſeaſe is, that the unhappy patient often conceals it too long. Were proper means uſed in due time, a cancer might often be cured; but after the diſorder has arrived at a certain height, it generally ſets all medicine at defiance.

When a cancerous tumour is firſt diſcovered, the patient ought to obſerve a proper regimen, and to take twice or thrice a week a doſe of the common purging mercurial pill. Some blood may alſo be let, and the part affected may be gently rubbed twice a-day with a little of the mercurial ointment, and kept warm with fur or flannel. The food muſt be light, and about a pint of the decoction of woods or ſarſaparilla, may be drank daily. Hard tumours, which had the appearance of beginning cancers, have ſometimes been driven away by a courſe of this kind.

Should the tumour, however, not yield to this treatment, but, on the contrary, become larger and harder, it will be proper to extirpate it either by the knife or cauſtic. Indeed, whenever this can be done with ſafety, the ſooner it is done the better. It can anſwer no purpoſe to extirpate a cancer after the conſtitution is ruined, or the whole maſs of humours corrupted by it. This, however, is the common way, which makes the operation ſo ſeldom ſucceed. Few people will ſubmit to the extirpation till death ſtares them in the face; whereas, if it were done early, the patient's life would not be endangered by the operation, and it would generally prove a radical cure.

When the cancer is ſo ſituated that it cannot be cut off, or if the patient will not ſubmit to the operation, ſuch

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ſuch medicines as will mitigate or relieve the moſt urgent ſymptoms may be uſed. Dr. Home ſays, that half a grain of the corroſive ſublimate of mercury, diſſolved in one ounce of brandy, and taken night and morning, will often be of ſervice in cancers of the face and noſe. He likewiſe recommends an infuſion of the *ſolanum*, or night ſhade, in cancers of the breaſts.

A medicine much in repute at preſent for this diſeaſe is hemlock. Dr. Stork, phyſician at Vienna, recommended the extract of this plant as very efficacious in cancers of every kind. He adviſes the patient, however, to begin with very ſmall doſes, as two or three grains, and to increaſe the doſe gradually till ſome good effect be perceived, and there to reſt without farther increaſe.

The regimen which the Doctor recommends during the uſe of the medicine, is to avoid all preparations of grain or corn not fermented, and too acrid aromatics. He ſays good wine will not be hurtful to thoſe who are accuſtomed to it, nor a moderate uſe of acids; and adds, that the patient ſhould live in a pure, free air, and keep his mind as quiet and cheerful as poſſible.

The powder of hemlock is by ſome preferred to the extract: they are both made of the freſh leaves, and may be uſed nearly in the ſame manner. Dr. Nicholſon, of Berwick, ſays, he gradually increaſed the doſe of the powder from a few grains to half a dram, and gave near four drams of it in the day with remarkably good effects. The hemlock may alſo be uſed externally, either as a poultice or fomentation. The ſore may likewiſe be kept clean by injecting daily a ſtrong decoction of the tops and leaves into it.

Few

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Few things contribute more to the healing of foul, ſordid ulcers of any kind, than keeping them thoroughly clean. This ought never to be neglected. The beſt application for this purpoſe ſeems to be the carrot poultice. The root of the common carrot may be grated, and moiſtened with as much water as will bring it to the conſiſtence of a poultice or cataplaſm. This muſt be applied to the ſore, and renewed twice a-day. It generally cleans the ſore, eaſes the pain, and takes away the diſagreeable ſmell; which are objects of no ſmall importance in ſuch a dreadful diſorder.

Wort, or an infuſion of malt, has been recommended, not only as a proper drink, but as a powerful medicine in this diſeaſe. It muſt be frequently made freſh, and the patient may take it at pleaſure. Two, three, or even four Engliſh pints of it may be drank every day for a conſiderable time. No benefit can be expected from any medicine in this diſeaſe, unleſs it be perſiſted in for a long time: it is of too obſtinate a nature to be ſoon removed, and, when it admits of a cure at all, it muſt be brought about by inducing an almoſt total change of the habit, which muſt always be a work of time. Setons, or iſſues in the neighbourhood of the cancer, have ſometimes good effects.

When all other medicines fail, recourſe muſt be had to opium, as a kind of ſolace. This will not, indeed, cure the diſeaſe, but it will eaſe the patient's agony, and render life more tolerable while it continues.

To avoid this dreadful diſorder, people ought to uſe wholeſome food; to take ſufficient exerciſe in the open air; to be as eaſy and cheerful as poſſible; and carefully

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to guard againſt all blows, bruiſes, and every kind of preſſure upon the breaſts, or other glandular parts.

Perhaps a reſolute perſeverance in a courſe of *Swainſon's Velnos' Vegetable Syrup* might be as happy in its tendency as any medicine whatever; and it is certainly worth the trial.

CANDYING.

This is a method of preſerving freſh ſimples in general by ſteeping or boiling them firſt in water, and then in ſyrup or ſolution of ſugar: they are afterwards either kept moiſt in the ſyrup, (ſee *Preſerving*) or dried, that the ſugar may candy upon them, which indeed is the moſt uſual method.

The firſt preparation in this branch is to *boil ſugar to a candy height*, which is done as follows:

Put a pound of double-refined ſugar into a preſerving pan, with half a pint of water, ſet it over a clear ſlow fire, ſkim it as it riſes, and boil it till it looks fine and clear, and when it candies about the edges of the pan it will be high enough for any fruit. It is very wrong to put any kind of ſweet-meats into too thick a ſyrup, eſpecially at the firſt, for it withers the fruit, and takes off both beauty and flavour.

All fruits muſt be preſerved before they can be candied; but they muſt alſo be dried in a ſtove or before the fire, that none of the ſyrup may remain in them. Having boiled your ſugar to a candy height, put in the fruit, turning them frequently over, and when ſufficiently candied, lay them in diſhes, and put them in a drying ſtove to dry gradually. When they are done, put them in paper

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paper boxes, with white paper between them, and keep them in a dry place for uſe.

To make a CARAMEL. Peel and divide China oranges into quarters, taking care not to break the ſkins; lay the quarters before the fire and turn them till the ſkin is very dry; then having ready a pound of ſugar ſifted through a fine ſieve, put it in a braſs pan over the fire, keep ſtirring, till it is melted and looks pretty clear; then take it off, put in the quarters of oranges, one at a time, take them out quickly with a little ſpoon, and lay them on a diſh, which muſt be buttered, or they will ſtick to it.

In this manner may be roaſted cheſnuts, or any other fruit in ſummer; firſt laying the fruit before the fire to toughen the ſkin, for if any wet come out the ſugar will not ſtick. This is to be done juſt before they are to be eaten; for ſuch preparations will not keep.

Candied ORANGE FLOWERS. Boil ſugar to a candy height, put ſome orange-flowers to it, and take it off the fire for about a quarter of an hour, or till the flowers diſcharge their juice, as it refreſhes the ſugar; put it upon the fire again to bring it to the ſame degree; let it cool to half, put it into moulds and dry it in a ſtove of a moderate heat, kept as equal as poſſible. It is known to be candied by thruſting a ſmall ſkewer into the corner of each mould to the bottom, and the top muſt be ſparkling like a diamond; put the moulds upon one ſide to drain a good while before you take out the candy, turn it over upon white paper, and keep it always in a dry place.

To candy CASSIA. Take as much of the powder of brown caſſia as will lie upon two broad ſhillings, with what muſk and ambergreaſe you think proper. The

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caſſia and perfume muſt be powdered together. Then take a quarter of a pound of ſugar, and boil it to a candy height; then put in your powder and mix it well together, and pour it into pewter ſaucers or plates, which muſt be buttered very thin, and when it is cold it will ſlip out.

To candy GINGER. Grate an ounce of race-ginger very fine, and put it into a toſſing pan, with a pound of loaf-ſugar beat fine, and as much water as will diſſolve it. Put them over a ſlow fire, and ſtir them well till the ſugar begins to boil; then ſtir in another pound of fine ſugar beat fine, and continue ſtirring it till it becomes thick. Then take it off the fire, and drop it in cakes upon earthen diſhes; ſet them to dry in a warm place, when they will be hard and brittle, and have a white appearance.

To candy LEMON *or* ORANGE-PEEL. Cut your lemons, or oranges, long ways; take out all the pulp, and put the rinds into a pretty ſtrong ſalt and hard water ſix days, then boil them in a large quantity of ſpring water till they are tender; then take them out, and lay them on a hair ſieve to drain; then make a thin ſyrup of fine loaf-ſugar, a pound to a quart of water; put in your peels and boil them half an hour, or till they look clear; have ready a thick ſyrup made of fine loaf-ſugar, with as much water as will diſſolve it; put in your peels, and boil them over a ſlow fire till you ſee the ſyrup candy about the pan and peels; then take them out, and grate fine ſugar all over them; lay them on a hair ſieve to drain, and ſet them in a ſtove, or before the fire to dry, and keep them in a dry place for uſe.

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Do not cover your ſaucepan when you boil either lemons or oranges.

To candy ANGELICA. Take it in April; boil it in water till it is tender, then take it up and drain it from the water very well; then ſcrape the outſide of it, and dry it in a clean cloth, and lay it in the ſyrup, and let it lie three or four days, covered cloſe; the ſyrup muſt be ſtrong of ſugar, and keep it hot a good while, but without boiling. After it is heated a good while, lay it upon a pie-plate, and ſo let it dry; keep it near the fire leſt it diſſolve.

ORANGE CHIPS. Pare ſome of the beſt Seville oranges aſlant, about a quarter of an inch broad, and if you can keep the parings whole, they will have a prettier effect. When you have pared as many as you intend, put them into ſalt and ſpring water for a day or two; then boil them in a large quantity of ſpring water till they are tender, and drain them on a ſieve. Have ready a thin ſyrup, made of a quart of water and a pound of fine ſugar; boil them, a few at a time, to keep them from breaking, till they look clear; then put them into a ſyrup made of fine loaf-ſugar, with as much water as will diſſolve it, and boil them to a candy height. When you take them up, lay them on a ſieve, and grate double-refined ſugar over them. Then put them in a ſtove, or before the fire, to dry.

To candy CINNAMON. Soak ſome cinnamon bark in water about twenty-four hours, cut it into pieces of what length you pleaſe, and boil a moment in ſugar of candy height; drain it and dry it in the ſtove upon rails, till it comes to a proper ſubſtance to put in candy moulds; garniſh

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garniſh with ſugar, and when it is half cold, put it to dry as the orange-flower candy.

Candied ERINGO ROOTS. Boil them in water till the rind will eaſily peel off; when peeled, ſlit them through the middle, take out the pith, and waſh them three or four times in cold water. For every pound of the roots ſo prepared, take two pounds of double-refined ſugar, which is to be diſſolved in a proper quantity of water, and ſet over the fire. As ſoon as the liquor begins to boil, put in the roots, and continue the boiling till they are ſoft.

In a ſimilar manner may be candied or preſerved *Angelica* roots and *Elecampane* roots.

Candied STEEL. Put any quantity of clean filings of iron into a braſs kettle, ſuſpended over a very gentle fire. Add to them, by little and little, twice their weight of white ſugar, boiled to the conſiſtence of candy, with which powdered ſtarch has been previouſly mixed in the proportion of one dram to every pound; agitating the kettle continually, that the filings may be cruſted over with the ſugar, and taking care to prevent their running into lumps.

This preparation, which is a medicinal one, had been long kept as a ſecret in the hands of the confectioners. It is a ſafe and agreeable compoſition, and may be given to the quantity of half a dram, wherever ſteel or iron is to be uſed. In low, languid diſorders, and in certain ſuppreſſions in women of delicate conſtitutions, this muſt prove a ſafe and efficacious medicine.

To dry DAMASCENS. Gather the damaſcens when full ripe, lay them on a coarſe cloth, ſet them in a very cool oven, let them ſtand a day or two; they muſt be as dry

as

as a freſh prune; if they are not, put them in another cool oven for a day or two longer; then take them out; they will eat like freſh damaſcens in the winter.

To dry APRICOTS. Pare and ſtone a pound of apricots, and put them in your toſſing pan; then take a pound of double-refined ſugar, pound and ſift it, and ſtrew a little among your apricots, and lay the reſt over them. After letting them ſtand twenty-four hours, turn them three or four times in the ſyrup, then boil them pretty quick till they ſeem clear. When cold, take them out, and lay them on glaſſes; then turn them every half hour the firſt day, the next day every hour, and afterwards as may appear to be neceſſary.

To dry PEAR PLUMS. Take two pounds of pear plums to one pound of ſugar; ſtone them, and fill every one of them with ſugar; lay them in an earthen pot, put to them as much water as will prevent burning them; then ſet them in an oven after bread is drawn, let them ſtand till they are tender; then put them into a ſieve to drain well from the ſyrup; and ſet them in an oven again till they are a little dry; then ſmooth the ſkins as well as you can, and ſo fill them; ſetting them in the oven again to harden; then waſh them in water ſcalding hot, and dry them very well; then put them in the oven again very cool, to blue them. Put them between two pewter diſhes, and ſet them in the oven.

To dry CURRANTS *in Bunches.* Stone your currants, and tie them up in bunches; to every pound of currants put a pound and a half of ſugar, and to every pound of ſugar put half a pint of water; boil the ſyrup very well, lay your currants in it, ſet them on the fire, and let them juſt boil; take them off, cover it cloſe with a paper, let them

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them ſtand till the next day, then make them ſcalding hot, and let them ſtand for two or three days with a paper cloſe to them; then lay them on earthen plates, and ſift them well over with ſugar; put them in a ſtove to dry; the next day lay them on ſieves, but do not turn them till the upper ſide is dry, then turn them, and ſift the other ſide well with ſugar; when they are quite dry, lay them between papers.

To dry GREEN GAGES. Slit them down the ſeam, juſt ſcald them in a thin ſyrup, with vine leaves at the top; put them by till the next day, keeping them under the ſyrup; then put them into a thick ſyrup cold; ſcald them gently in this, ſet them by, repeat it the next day till they look clear; ſet them by for a few days. If there is occaſion, boil them once more; take them from the ſyrup, and dry them. When they are ſet by in the ſyrup, let it be in ſomething rather narrow at the top, as they muſt be covered, or they will be diſcoloured.

CAPERS.

Theſe are the flower-buds of a ſmall ſhrub, preſerved in pickle. The tree which bears capers is called the caper ſhrub, or buſh. It is common in the weſtern part of Europe. We have them in ſome gardens, but Toulon is the principal place for capers. We have ſome from Lyons, but they are flatter, and leſs firm; and ſome come from Majorca, but they are ſalt and diſagreeable. The fineſt flavoured are from Toulon. They gather the buds from the bloſſoms before they are open, then ſpread them upon a floor in the room, where no ſun enters, and there

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there let them lie till they begin to wither; they then throw them into a tub of ſharp vinegar, and, after three days, they add a quantity of bay ſalt. When this is diſſolved, they are fit for packing for ſale, and are ſent to all parts of Europe.

The fineſt capers are thoſe of a moderate ſize, firm, and cloſe, and ſuch as have the pickle highly flavoured; thoſe which are ſoft, flabby, and half open, are of little value.

CAPILLAIRE.

This we believe to have been originally a medicinal compoſition under the title of *Syrup of Maidenhair*; being of an agreeable ſweetneſs, it is frequently uſed in a glaſs of warm or cold water.

Take fourteen pounds of loaf-ſugar, three pounds of coarſe ſugar, ſix eggs beat in with the ſhells, and three quarts of water, to which add a large handful of ſweet briar buds; boil it twice, ſkim it well, then add to it a quarter of a pint of orange flower water; ſtrain through a jelly-bag, and put it into bottles.

CARP.

To broil a CARP. Scale and gut your carp, nick it on the back, do it over with melted butter, ſeaſon it with pepper, ſalt, and a little parſley ſhred; broil it of a nice brown, and make a ſauce for it as follows:--- Take one anchovy, a few capers, a few pickled muſhrooms ſhred fine, put them into a ſtewpan with half a pint of

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gravy, a piece of butter and flour, ſtir it over the fire till it boils, then lay the carp in a diſh, pour the ſauce over it, and ſerve it up hot.

To fry CARP. Take a brace of carp, ſcale, gut, and clean them, dry them well in a cloth, flour them, and put them into a frying-pan of boiling lard; let them be of a fine brown. Fry the roes, and cut ſome thin ſlices of bread with three corners; fry them. Lay the fiſh on a coarſe cloth to drain; then put them into the diſh, the roes on each ſide, the toaſts between. Anchovy ſauce.

To roaſt CARP. Take a carp with a ſoft roe, let it be clean ſcaled and gutted, and make a ſtuffing for it as follows:--- Take the ſoft roe, one anchovy, a few muſhrooms, one onion, parſley and thyme ſhred fine, pepper, ſalt, a little mace pounded, a piece of butter, and ſome crumbs of bread; mix it all well together, and ſtuff the carp with it, ſew it up, wrap it in a paper well buttered, tie it on a ſpit with a tape, let it roaſt for half an hour, baſting it well with butter and a little white wine; mean time make a ſauce for it as follows :---Put an anchovy in a ſtewpan with a few pickled muſhrooms, half a pint of good gravy, a table ſpoonful of red wine, a piece of butter and flour, and ſtir it over the fire till it boils; when your carp is roaſted, take off the paper, lay it in the diſh, and pour your ſauce over it.

To dreſs a brace of CARP. Put a piece of butter into a ſtewpan, melt it, and put in it a large ſpoonful of flour, keep it ſtirring till it is ſmooth; then put in a pint of gravy, a pint of red port or claret; a little horſeradiſh ſcraped, eight cloves, four blades of mace, and a dozen corns of all-ſpice; tie them in a linen rag, put in alſo a bundle of ſweet herbs, half a lemon, three anchovies,

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vies, a little onion chopped very fine; ſeaſon with pepper, ſalt, and kyan pepper, to your liking; ſtew it half an hour, then ſtrain it through a ſieve into the pan you intend to put your fiſh in. Let your carp be well cleaned and ſcaled; then put the fiſh in with the ſauce, and ſtew them very gently for half an hour; then turn them, and ſtew them fifteen minutes longer. Put in along with your fiſh ſome truffles and morels ſcalded, ſome pickled muſhrooms, an artichoke bottom, and about a dozen large oyſters; ſqueeze the juice of half a lemon, ſtew it five minutes; then put your carp in the diſh, and pour all the ſauce over; garniſh with fried ſippets, and the roe of the fiſh done thus :---Beat the roe up well with the yolks of two eggs, a little flour, a little lemon-peel chopped fine, ſome pepper, ſalt, and a little anchovy liquor. Have ready a pan of beef dripping boiling; drop the roe in to be as big as a crown piece; fry it of a light brown, and put it round the diſh, with ſome oyſters fried in batter, and ſome ſcraped horſe-radiſh. Stick your fried ſippets in the fiſh.

If you are in a great hurry, while the ſauce is making you may boil the fiſh with ſpring-water, half a pint of vinegar, a little horſe-radiſh, and a bay leaf. Put your fiſh in the diſh, and pour the ſauce over it.

To ſtew CARP *white.* Scale, gut, and waſh them; put them into a ſtewpan with two quarts of water, half a pint of white wine, a little mace, whole pepper, and ſalt, two onions, a bunch of ſweet herbs, and a ſtick of horſe-radiſh; cover the pan cloſe, let it ſtand an hour and a half over a ſlow fire; then put a gill of white wine into a ſaucepan, with two anchovies chopped, an onion, a little lemon-peel, a quarter of a pound of butter rolled

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in flour, a little thick cream, and a large tea-cup full of the liquor the carp was ſtewed in; boil them a few minutes, drain your carp, add to the ſauce the yolks of two eggs mixed with a little cream; when it boils up, ſqueeze in the juice of half a lemon; diſh up your carp, and pour your ſauce hot upon it.

To ſtew CARP *brown.* Put a quart of good gravy into the ſtewpan, add the blood of the carp, (if agreeable) half a pint of ſmall beer, (if bitter, only a quarter of a pint) a quarter of a pint of red wine, a large onion, half a dozen cloves, a piece of lemon-peel and horſe-radiſh; let them ſtew gently till reduced to the quantity that is wanted. Strain the liquor; add to it catchup, lemon juice, ſome of the hard roe bruiſed, kyan, a little ſalt, if neceſſary. Simmer this; and, if not thick enough, mix a little flour ſmooth in ſome gravy, and boil it up in it, ſtirring it. Let the carp be boiled, and well drained on a cloth; put it into the ſauce, ſimmer it two or three minutes. Let the remainder of the roe be mixed with egg, a little grated lemon-peel and nutmeg, fry it in little cakes; garniſh the diſh with theſe and ſippets, cut with three corners, and fried dry, horſe-radiſh and ſliced lemon.

To dreſs CARP *the beſt way.* When you kill your carp, ſave the blood, ſcale and clean them well; have ready ſome rich gravy made of beef and mutton, ſeaſoned with pepper, ſalt, mace, and onion; ſtrain it off before you ſtew your fiſh in it; boil your carp firſt before you ſtew it in the gravy. Be careful not to boil them too much before you put in the carp; then let it ſtew on a ſlow fire about a quarter of an hour, thicken the ſauce with a good lump of butter rolled in flour; garniſh your diſh with

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with fried oyſters, fried toaſt cut three corner ways, pieces of lemon, ſcraped horſe-radiſh, and the roe of the carp cut in pieces, ſome fried, and the other boiled; ſqueeze the juice of a lemon into the ſauce juſt before you ſend it up. Diſh it up handſomely, and very hot.

CARP A LA JACOBINE. Put two dozen of ſmall onions blanched in a ſtewpan with a few ſliced truffles, a piece of butter, and a faggot of parſley and ſweet herbs; ſimmer this on a ſlow fire till it catches a little; then add three half pints of white wine, and put a carp to it cut in pieces, with a little broth, pepper, and ſalt; reduce the ſauce; when ready to ſerve, add a liaſon made of three yolks of eggs and cream, and the juice of half a lemon.

To dreſs CARP *au Blue.* Gut a brace of carp alive, but neither waſh nor ſcale them; tie them to a fiſh drainer, and put them into a fiſh kettle, and pour boiling vinegar over till they are blue; or you may hold them down in a fiſh kettle with two forks, and another perſon pour the vinegar over them. Put in a quart of boiling water, a handful of ſalt, ſome horſe-radiſh cut in ſlices; boil them gently twenty minutes. Put a fiſh plate in the diſh, a napkin over that, and ſend them up hot. Garniſh with horſe-radiſh. Boil half a pint of cream, and ſweeten it with fine ſugar for ſauce, in a boat or baſon.

To ſtew CARP *or* TENCH. Gut and ſcale your fiſh, waſh them, and dry them well with a clean cloth; dredge them well with flour, fry them in dripping till they are a light brown; then put them in a ſtewpan, with a quart of water, the ſame quantity of red wine, a meat ſpoonful of lemon-pickle, another of browning, the ſame of walnut or muſhroom catchup; a little muſhroom powder, and kyan to your taſte; a large onion ſtuck with cloves, and a

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ſtick of horſe-radiſh. Cover your pan cloſe to keep in the ſteam; let them ſtew gently over a ſlow fire till your gravy is reduced to juſt enough to cover your fiſh in the diſh. Then put the fiſh on the diſh you intend for table; ſet the gravy on the fire, and thicken it with flour and a large lump of butter; boil it a little, and ſtrain it over your fiſh. Garniſh them with pickled muſhrooms, and ſcraped horſe-radiſh; put a bunch of pickled barberries, or a ſprig of myrtle in their mouths, and ſend them to table.

It is a head diſh for a grand entertainment.

To fricaſſee CARP ROES. Put a little good butter in a ſtewpan, with a dozen ſmall muſhrooms, a ſlice of ham, the ſqueeze of a lemon, and a little bundle of ſweet herbs; ſoak it on a ſlow fire for a ſhort time, then add a little flour, and as many carp roes as you think proper, with ſome good broth; ſtew them about a quarter of an hour, ſeaſoning with pepper and ſalt; when ready to ſerve, thicken it with a mixture of the yolks of two or three eggs and cream and chopped parſley.

CARROTS.

To dreſs CARROTS. Let them be ſcraped very clean, and when they are enough, rub them in a clean cloth, then ſlice them into a plate, and pour ſome melted butter over them. If they are young ſpring carrots, half an hour will boil them; if large, an hour; but old Sandwich carrots in general take two hours.

A CARROT PUDDING. Scrape a raw carrot very clean, and grate it: take half a pound of the grated

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carrot and a pound of grated bread; beat up eight eggs, leaving out half the whites, and mix the eggs with half a pint of cream. Then ſtir in the bread and carrot, half a pound of freſh butter melted, half a pint of ſack, three ſpoonfuls of orange-flower water, and a nutmeg grated. Sweeten to your palate. Mix all well together, and if it is not thin enough, ſtir in a little new milk or cream. Let it be of a moderate thickneſs, lay a puff paſte all over the diſh, and pour in the ingredients. It will take an hour's baking. If you would boil it, you muſt melt butter, and put in white wine and ſugar.

Another. Scrape three or four carrots very ſmall; mix them with the crumb of two penny loaves grated; pour over this a quart of boiling cream; when cold, add ſeven yolks of eggs, and four whites well beaten, a quarter of a pound of ſugar, ſome ſalt, nutmeg, and a little brandy. Bake it an hour with puff paſte.

CARVING.

To be able to diſſect a fowl, or cut up a joint of meat, is one of thoſe uſeful parts of *practical* knowledge with which every perſon ought to be acquainted. It is very unpleaſing to ſee any one hacking for half an hour about the bone of a fowl, and beſpattering half the company with the ſauce: but with the aſſiſtance of the remarks we are now about to make, the exact delineation of the principal things where any dexterity is requiſite, (in the annexed plate) and an attention to the manner in which good carvers proceed, any perſon may, with a little

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little practice, readily acquire a competent knowledge of carving.

Fowls. Figure 1, is a fowl truſſed for boiling; but whether boiled or roaſted, the buſineſs of carving is the ſame; to perform which the fork ſhould be fixed in the breaſt, where the two dots appear, by which you have a perfect command of the fowl; ſlice down the breaſt in the lines *a*, *b*, fig. 1, then proceed to take off the leg on one ſide in the direction *d*, *e*, fig. 1, or in the dotted line *b*, *d*, fig. 2, which repreſents the fowl lying on its ſide with its back to the carver; then cut off the wing on the ſame ſide, *c*, *d*, fig. 1, or *a*, *b*, *b*, fig. 2. But in taking off the wing be very attentive to enter at the notch *a*, fig. 2, as by cutting lower down you will come againſt the neck bone at *g*; the wing muſt be ſeparated from the neck bone: proceed in the ſame manner with the correſponding leg and wing, and then take the ſlices from the breaſt, which you had before ſliced down. The merry-thought is next to be cut off in the line *f*, *g*, fig. 1, by paſſing the knife under it towards the neck.

In fig. 2, *k* and *i* repreſent the wing and leg cut off; the next thing is to take off the neck bones deſcribed at *l*, which is to be done by putting in the knife at *g*, and paſſing it under the broad part of the bone in the line *g*, *h*, then lift it up, and break off the end of the ſhorter part of the bone which faſtens to the breaſt bone. Theſe parts being ſeparated from the carcaſe, divide the breaſt from the back by cutting through the tender ribs on each ſide from the neck, quite down to the tail or vent; then laying the back on your plate, fix your fork under the rump, place the edge of your knife in the line *b*, *c*, *c*, and preſſing it down, lift up the tail or lower part

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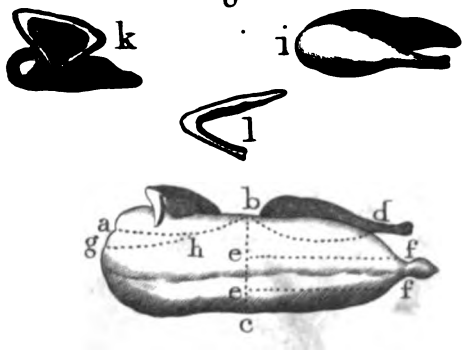
Fowl.

Fig. 1

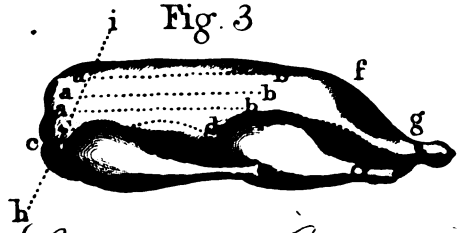
Fowl

Fig. 2



Goose

Fig. 3



System of Carving.

Plate 1

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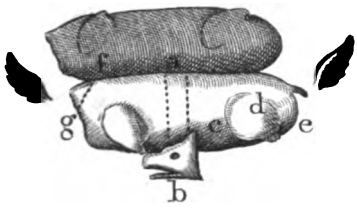
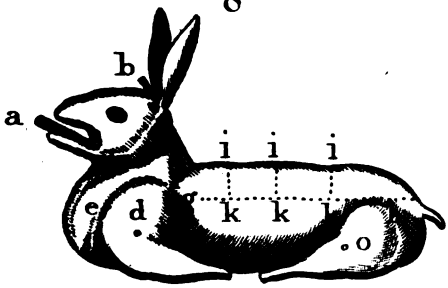
A Roasted Pig

Fig 4



A Hare

Fig 5



System of Carving Plate 2.nd

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part of the back, and it will divide eaſily in that line; then laying the lower part with the rump from you, cut off the ſide bones in the direction *e*, *f*, and the operation is finiſhed.

In a boiled fowl the leg bones are bent inwards, and tucked within the ſkin near the bottom of the belly; in a roaſt one, the legs are brought to croſs each other juſt at the apron; in both, the head, and ſhank bone of the legs are cut off; but in all kinds of game or wild fowl they are left on, the head being tucked under one of the wings, and the ſhanks, after meeting at the apron, are bent a little back and left hanging. Pheaſants, partridges, &c. are all cut up in the ſame manner as fowls; but before they are ſent to table, the ſkewers are drawn out.

The moſt eſteemed parts of a *fowl* are the breaſt, wings, and merry-thought; the neck and ſide bones are pleaſant picking; the legs are rather coarſe, but in a boiled fowl or chicken are very juicy, eſpecially the thigh, which may be ſeparated from the drum-ſtick at the joint *i*, by introducing the knife in the hollow, and turning the thigh bone back from the leg.

A Pheaſant is ſeldom entirely cut up, but the parts are ſeparated as they become wanted. Many perſons like the head on account of the brains; but the choiceſt parts are the ſame as thoſe of a fowl.

A Partridge is alſo cut up in the above manner; the breaſt, merry-thought, and wings are the prime parts, and the tip of the wing is particularly eſteemed as a choice morſel.

A Turkey, whether roaſted or boiled, is truſſed and cut up exactly like a fowl, except that it has no merry-

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thought, the neck being taken away, and the hollow under the breaſt ſtuffed with force-meat, which is to be cut in thin ſlices in the ſame direction as thoſe from the breaſt: the beſt parts are the white ones, namely, the breaſt, wings, and neck bones; but it is not cuſtomary to cut up more than the breaſt, or, if requiſite, to take off the wings.

A Goose, fig. 3, is ſeldom quite diſſected, but when neceſſary, the following is the method: Turn the neck towards you, and cut two or three ſlices on each ſide the breaſt, in the lines *a*, *b*, quite to the bone, and take them off; then proceed to take off the leg by turning the gooſe on one ſide, as you do a fowl, putting the fork through the ſmall end of the leg bone at *o*, preſs it cloſe to the body, which raiſes the joint *d* from the body, where you muſt enter the knife, paſſing it under the leg, in the direction *d*, *e*, which will eaſily ſeparate, if the gooſe be a young one, by turning the leg back at the joint *e*. Take off the wing by placing the fork in the ſmall end of the pinion, preſſing it cloſe to the body, and beginning to cut at the notch *c*, which, however, it is ſometimes a very nice thing to hit; any higher, comes againſt the neck bone, but a little practice will ſoon teach the difference.

When the legs and wings have been taken off, cut out the apron, *f*, *e*, *g*, take off the merry-thought, *i*, *h*, and proceed in all other reſpects as in the directions for carving a fowl.

The ſlices from the breaſt, the fleſhy part of the wing taken from the pinions, the thigh divided from the drum-ſtick, the pinions, and the ſide bones, are all much

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much liked; the carcaſe in general of a young gooſe is very juicy and ſavory, and affords good picking.

Green Geeſe and Ducks are dreſſed and cut up in every reſpect the ſame as in the foregoing directions.

A PIG. This is partly diſſected by the cook before it is ſent to table; the head is cut off, the body ſplit down the back, and the diſh garniſhed with ears and chaps, as in fig. 4. At table the leg muſt be ſeparated from the carcaſe, by paſſing the knife under it in the circular direction *c*, *d*, *e*; the ſhoulder, *g*, is ſeparated in the ſame manner; and the ribs are divided in the line *a*, *b*. The moſt delicate part is the triangular piece of the neck in the line *f*, *g*. Pieces may be cut from the leg and ſhoulder.

A HARE. This animal is truſſed and ſent to table as repreſented in fig. 5. A ſkewer is paſſed through the mouth at *a* into the body, to keep the head in its place, two others through the roots of the ears, as ſhewn at *b*, *f*, to keep them erect; ſkewers are alſo run through the ſhoulders and legs, the points of which appear at *d* and *o*, and they generally remain till the hare is cut up.

The uſual and moſt ready way of cutting up a hare, when a *young* one, is to begin with your knife at the point *g*, and cut ſtrait down to the rump bone in the line *g*, *h*, on one ſide the back bone; cutting it in the ſame manner on the other ſide, and at an equal diſtance from the back bone. The body being thus ſeparated into three, the back may be divided into ſeveral pieces, *i*, *k*; the legs may be eaſily taken from the body, and the ſhoulders will come off in the line *e*, *f*, *g*. When the head is divided, it ſhould be taken on a clean plate, and held ſteady with a fork, turning the noſe towards

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you, and putting the point of the knife into the ſkull between the ears, forcing it down, and cutting with ſome degree of ſtrength quite down through to the noſe.

An *old* hare cannot be carved in this manner with any degree of eaſe; it is therefore beſt to put your knife pretty cloſe to the back bone, turning the back of the hare towards you, in order to hit the joint between the hip and thigh bone; cut both the legs off in this manner, then cut a long narrow ſlice or two on each ſide of the back bone in the line *g*, *h*; divide the back bone into as many parts as you think proper, ſeparating them by the ſeveral joints in the back, but which may require ſome attention and patience to accompliſh.

The back is certainly in moſt eſtimation; but the ſhoulders, though generally bloody, and the legs, are much liked by many people. The belly, below the letter *k*, is ſtuffed with pudding, which ſhould be diſtributed with the parts of the hare: the ears ſhould be cut off at the roots, and if roaſted criſp, are generally thought nice.

The RABBIT is frequently truſſed like the hare, though the head is alſo ſometimes turned on one ſide, and ſkewered to the neck; and is cut up in the ſame manner: the ears are taken off before the rabbit is ſerved up.

The PIGEON, being a ſmall bird, is ſeldom otherwiſe carved than by dividing it in two, either by cutting it in a right line from the neck through the breaſt to the rump, or by entering a knife at the bottom of the breaſt and cutting in a ſlant direction on each ſide to the upper part of the thigh, between that and the wing, bringing the knife through the back: the croup or lower part, with the thigh, is moſt preferred.

FISH

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FISH require but little carving, and ſhould be always cut with a fiſh trowel; the middle or thickeſt part of a fiſh is juſtly accounted the niceſt. In *ſalmon* the belly part is the fatteſt. *Mackerel* ſhould be opened along the back with the trowel, and the whole ſide taken off, but not too near the head, for the meat about the gills is generally black and ill-flavoured; and the meat about the tails of moſt fiſh being uſually thin, is but little eſteemed; nor do many like the head of a fiſh, except that of a carp, the palate of which is thought the greateſt delicacy of the whole. A cod's head and ſhoulders is indeed another exception, but it is a very handſome diſh of itſelf; the parts about the back on the ſhoulders are firm and good, and there are a great many delicate parts, and ſome fine kernels about the head. Among turbot eaters the fins are thought a delicate part.

We have endeavoured to give ſome plain directions for carving thoſe diſhes where difficulties were moſt likely to occur. Plain joints of meat are ſo familiar and eaſy, as to require only a good carving knife and a ſlight degree of attention. To thoſe who wiſh for more information, we would recommend a little publication, entitled, THE HONOURS OF THE TABLE.

CATAPLASM.

This is a medical term for *Poultices*; for in effect Cataplaſms poſſeſs no ſuperior nor other virtues: they are intended to diſpel or drive away tumours and ſwellings, or, when that cannot be effected, to ripen them.

1. DIS-

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I. DISCUTIENT *or* DISPELLING CATAPLASM. Take of barley meal, ſix ounces; freſh hemlock leaves bruiſed, two ounces; vinegar, a ſufficient quantity. Boil the meal and hemlock in the vinegar for a little, and then add two drams of the ſugar of lead.

II. RIPENING CATAPLASM. Take of white lily root, four ounces; good figs and raw onions, bruiſed, of each one ounce; yellow baſilicum ointment, two ounces; gum galbanum, half an ounce; lintſeed meal, as much as neceſſary. Boil the roots along with the figs in a ſufficient quantity of water; then bruiſe and add to them the other ingredients, ſo as to form the whole into a ſoft cataplaſm. The galbanum muſt be previouſly diſſolved with the yolk of an egg.

Where it is neceſſary to promote ſuppuration, or ripen any tumour, this cataplaſm may be uſed by thoſe who chuſe to be at the trouble and expence of making it. But perhaps no application will be found more proper for this purpoſe than a poultice of bread and milk, with a ſufficient quantity of either boiled or raw onion in it, and ſoftened with oil or freſh butter.

SINAPISMS are employed to recal the blood and ſpirits to a weak part, as in the palſy and atrophy. They are alſo of ſervice in deep ſeated pains, as the ſciatica, &c. When the gout ſeizes the head or the ſtomach, they are applied to the feet, to bring the diſorder to theſe parts. They are likewiſe applied to the patient's ſoles in the low ſtate of fevers. They ſhould not be ſuffered to lie on, however, till they have raiſed bliſters, but till the parts become red, and will continue ſo when preſſed with the finger.

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The ſinapiſm is only a poultice made with vinegar inſtead of milk, and rendered warm and ſtimulating by the addition of muſtard, horſe-radiſh, or garlic.

The common ſinapiſm is made by taking crumb of bread and muſtard-ſeed in powder, of each equal quantities; ſtrong vinegar as much as is ſufficient, and mixing them ſo as to make a poultice.

When ſinapiſms of a more ſtimulating nature are wanted, a little bruiſed garlic may be added to the above.

CAUDLE.

WHITE CAUDLE. Mix four ſpoonfuls of oatmeal in two quarts of water, with a blade or two of mace, and a piece of lemon-peel; let it boil about a quarter of an hour, ſkimming it well, and ſtirring it often, and be careful not to let it boil over, then ſtrain it through a coarſe ſieve. When you uſe it, ſweeten it to your taſte, grate in a little nutmeg, and what wine you think proper; and, if it be not for a ſick perſon, ſqueeze in the juice of a lemon.

BROWN CAUDLE. Make your gruel as above with ſix ſpoonfuls of oatmeal, and ſtrain it; then add a quart of ale that is not bitter, boil it, and ſweeten to your palate, adding a pint of white wine, or half a pint of brandy. When wine or brandy is not uſed, let it be half ale.

CAULIFLOWERS.

To dreſs CAULIFLOWERS. Cut off all the green part, and then cut the flowers into four, and lay them in water

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water for an hour, have ready ſome milk and water boiling, put in the cauliflower, and be ſure to ſkim the ſaucepan well. When the ſtalks are tender, take them carefully up and put them into a cullender to drain; then put a ſpoonful of water in a ſtewpan with ſome flour, a quarter of a pound of butter, ſhake it round till it is melted, with ſome pepper and ſalt, then take half the cauliflower, and cut as you would for pickling; lay it into the ſtewpan, turn it and ſhake the pan round: ten minutes will do it. Lay the ſtewed in the middle of your plate, and the boiled round it; pour the butter you did it in over it.

Others again, only cut the ſtalks off, leaving on a little green, then boil them in ſpring water and ſalt; about fifteen minutes will do them. If boiled too ſoft they will be ſpoiled.

To ragoo CAULIFLOWERS. Pick your cauliflowers as if intended for pickling; ſtew them till they are enough in a rich brown cullis, ſeaſoned with pepper and ſalt; lay them in a diſh and pour the cullis over them. Let ſome ſprigs of the cauliflower be boiled very white to lay round them. See PICKLING.

CELERY,

A ſalad herb of very general uſe; in eating of which you ſhould be careful of a ſmall red worm, that is often lurking among the long ſtalks near the root.

To fry CELERY. When boiled, dip it in water, fry it in hog's lard of a light brown; lay it in a diſh and pour melted butter over it.

A Ragoo of CELERY. Cut the blanched part of the celery into lengths, boil it till very tender, fry and drain

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it, flour it, put into it ſome rich gravy, a very little red wine, ſalt, pepper, nutmeg, and catchup, and boil it up.

Another way. Take off the outſides of your heads of celery, cut the blanched parts in pieces; boil them in a toſſing pan with a little veal gravy till they are tender, then add a ſpoonful of lemon pickle, one of white wine, and a little ſalt, thicken with flour and butter, and ſerve up with ſippets.

CHAMBERMAID.

The buſineſs of a chambermaid lies moſtly in the bed-rooms, and the following is her employment: As ſhe is generally the laſt in going to reſt, ſome indulgence is of courſe allowed in the morning; ſhe ſhould however be early enough up to do her neceſſary buſineſs of ſweeping dreſſing-rooms, or getting breakfaſt ready at the appointed hour.

She ſhould take the opportunity of the family being at breakfaſt to open all the bed-chamber windows, throw up all the ſaſhes, and put the rooms in order. Beds (with thoſe who pay attention to their health) ſhould not be made ſo ſoon as people riſe from them, but ought to be turned down and expoſed to the freſh air for ſome time; ſhe might therefore take the opportunity of firſt emptying the bottles, baſons, &c. which ought to be well waſhed, thoroughly rubbed, cleaned, and rinſed, and then filled with freſh water; ſhe might alſo clean the grates, lay the fires, when neceſſary, &c. leaving her bed-making laſt, except the ſweeping her bed-rooms. Night chairs ought to be examined; and pots, baſons, &c. ought never to be left on ſtair-heads

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or at chamber-doors,---it is extremely indecent; nor ſhould pieces of wet ſoap, or wet diſh-cloths be left on mahogany or painted boards; it ſtains the one, and deſtroys the other.

In making the beds, care ſhould be taken not to ſoil the curtains or bed-linen; the bedſtead ſhould be drawn aſide and ſwept under; and in ſummer frequently rubbed with a wet mop, as the beſt preſervative againſt fleas; for which purpoſe the blankets ſhould alſo be well looked. Night-cloaths, &c. ſhould be folded and laid away; all litter properly diſpoſed of, and the room thoroughly duſted and ſet to rights. The windows of all chambers ſhould be kept open during the day, unleſs in wet or damp weather.

Whenever a maſter or miſtreſs is done dreſſing, the chambermaid ought immediately to ſweep and duſt the apartment, ſetting alſo every thing in right order. An hour or two before bed-time ſhe ſhould attend to the dreſſing-rooms and bed-chambers, taking care that the windows are all properly ſhut and made faſt, lighting fires if neceſſary, and putting all utenſils in their reſpective places. In uſing a warming pan, nothing but clear coals ought to be put in, ſufficiently hot to warm the bed without ſcorching the ſheets, and it ſhould be carefully wiped from duſt above and below, and when put into the bed, ſhould be kept by the hand againſt the upper cloaths, without reſting in any particular ſpot, and not ſuffered to flatten the bed; when done with, it ſhould be placed in the chimney, for ſetting it on boards or carpets is dangerous and deſtructive.

On retiring to her own apartment, ſhe ſhould always place her tinder-box, candle, &c. near her bedſide, that

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ſhe may be able to run with all poſſible haſte, ſhould ſhe be rung for in the night, when a moment's delay may be of the utmoſt conſequence.

Cleanlineſs is a duty ſo incumbent on ſervants in general, that we ſhall not ſay it is particularly ſo in a chambermaid; eſpecially when wages are now ſo large, and women's apparel ſo cheap, as that a ſufficient change of decent dreſs may be very well afforded.

CHARDOONS.

To dreſs CHARDOONS. Cut your chardoons into pieces three inches long, boil them in hard water with a bit of ſuet, a little vinegar, and a ſlice of lemon; let them boil till tender; then pick off the ſtrings and ſkins, put them in a ſtewpan, with ſome white gravy, and a ſlice of ham and veal, and ſtew them an hour; then take out the ham and veal, adding a lump of butter and flour; pepper and ſalt to your taſte, and a tea-cup full of cream; let them juſt ſimmer, and ſerve them up hot. The cream may be left out for a change.

To fry CHARDOONS. Cut them about ſix inches long, and ſtring them, then boil them till tender. Take them out, have ſome butter melted in your ſtewpan, flour them, and fry them brown. Send them in a diſh, with melted butter in a cup. Or you may tie them up in bundles, and boil them like aſparagus. Put a toaſt under them, and pour a little melted butter over them; or cut them into dice, and boil them like peas. Toſs them up in butter, and ſend them up hot.

Another way. Boil them till they are tender, then dip them in batter made of a ſpoonful of flour and ale; fry

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them in a pan of boiling lard, pour melted butter over them, and ſerve them up.

Another way. Boil them as above directed, toſs them up in a little gravy, ſome catchup, kyan, and ſalt; thicken with a bit of butter, mixed with a little flour; adding a little juice of lemon.

CHARDOONS *à-la-Fromage.* String them, cut them an inch long, ſtew them in a little red wine till they are tender; ſeaſon with pepper and ſalt, and thicken it with a piece of butter rolled in flour; then pour them into your diſh, ſqueeze ſome juice of orange over it, then ſcrape Parmeſan or Cheſhire cheeſe all over them; brown with a cheeſe-iron, and ſerve up quick and hot.

CHARS.

This fiſh is chiefly met with in the rivers in Lancaſhire; it is ſpotted like a trout, and about ſeventeen or eighteen inches long. They are generally potted, and frequently in that ſtate ſent as preſents.

To pot CHARS. Clean them well, cut off the heads, tails, and fins, lay them in rows in a long baking-pan, and cover them with butter; when they are enough, take them out with a fork, and lay them on a coarſe cloth to drain. When quite cold, ſeaſon them well, and lay them cloſe in the pot; then take off the butter they were baked in clear from the gravy of the fiſh, and ſet it in a diſh before the fire; when melted, pour this clarified butter over them, and let them be covered with it.

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CHEESE.

A ſort of food prepared from curdled milk, purged from the ſerum or whey, and afterwards dried for uſe.

Cheeſe differs in quality according as it is made from new or ſkimmed milk, from the curd which ſeparates of itſelf upon ſtanding, or that which is more ſpeedily produced by the addition of rennet. Cream alſo affords a kind of cheeſe, but quite fat and butyraceous, and which does not keep long.

As a food, phyſicians condemn the too free uſe of cheeſe. When new, it is extremely difficult of digeſtion; when old, it becomes acrid and hot, and, from Dr. *Percival's* experiments, evidently promotes ſcorbutic diſorders. It is a common remark, that old cheeſe digeſts every thing, yet it is left undigeſted itſelf; but this is without any ſolid foundation. Cheeſe made from the milk of ſheep, digeſts ſooner than that from the milk of cows, but it is leſs nouriſhing; that from the milk of goats digeſts ſooner than either, but is alſo the leaſt nouriſhing. In general, it is a kind of food fit only for the laborious, or thoſe whoſe organs of digeſtion are ſtrong.

Every country has places noted for this commodity; thus, Cheſter and Glouceſter cheeſe are famous in England; and the Parmeſan cheeſe is in no leſs repute abroad, eſpecially in France. This ſort of cheeſe is entirely made of ſweet cow-milk; but at Rochfort, in Languedoc, they make it of ewe's-milk; and in other places it is uſual to add goat or ewe's-milk in a certain proportion to that of the cow. There is likewiſe a kind of medicated cheeſe, made by intimately mixing the

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expreſſed juice of certain herbs, as ſage, balm, mint, &c. with the curd before it is faſhioned into a cheeſe.

Beſt method of making CHEESE *in England.* The double Glouceſter is a cheeſe that pleaſes almoſt every palate. The beſt of this kind is made from the new, or (as it is called in that and adjoining counties) *covered milk.* An inferior ſort is made from what is called *half covered milk*; though when any of theſe cheeſes turn out to be good, people are deceived, and often purchaſe them for the beſt *covered milk cheeſe*; but farmers who are honeſt have them ſtamped with a piece of wood made in the ſhape of a heart, ſo that any perſon may know them.

It will be every farmer's intereſt, (if he has a ſufficient number of cows) to make a large cheeſe from one meal's milk: this, when brought in warm, will be eaſily changed or turned with the rennet; but if the morning or night's milk be mixed with that which is freſh from the cow, it will be a longer time before it turns, nor will it change ſometimes without being heated over the fire, by which it often gets duſt or ſoot or ſmoke, which will give the cheeſe a very diſagreeable flavour.

When the milk is turned, the whey ſhould be carefully ſtrained from the curd. The curd ſhould be broken ſmall with the hands; and when it is equally broken, it muſt be put, by little at a time, into the vat, carefully breaking it as it is put in. The vat ſhould be filled an inch or more above the brim, that when the whey is preſſed out it may not ſhrink below the brim; if it does the cheeſe will be worth very little. But firſt, before the curd is put in, a cheeſe cloth or ſtrainer ſhould be laid at the bottom of the vat; and this ſhould be ſo large, that when the vat is filled with the curd, the ends of the cloth

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cloth may turn again over the top of it. When this is done, it ſhould be taken to the preſs, and there remain for the ſpace of two hours; when it ſhould be turned, and have a clean cloth put under it, and turned over as before; it muſt then be preſſed again, and remain in the preſs ſix or eight hours; when it ſhould again be turned and rubbed on each ſide with ſalt. After this it muſt be preſſed again for the ſpace of twelve or fourteen hours more, when, if any of the edges project, they ſhould be pared off: it may then be put on a dry board, where it ſhould be regularly turned every day. It is a good way to have three or four holes bored round the lower part of the vat, that the whey may drain ſo perfectly from the cheeſe as not the leaſt particle of it may remain.

The prevailing opinion of the people of Glouceſterſhire, and the neighbouring counties, is, that the cheeſes will ſpoil if they do not ſcrape and waſh them when they are found to be mouldy. But others think that ſuffering the mould to remain mellows them, provided they are turned every day. Thoſe, however, who will have the mould off, ſhould cauſe it to be removed with a clean dry flannel, as the waſhing the cheeſes is only a means of making the mould (which is a ſpecies of fungus rooted in the coat) grow again immediately.

Some people ſcald the curd; but this is a bad and mercenary practice; it robs the cheeſe of its fatneſs, and can only be done with a view to raiſe a greater quantity of whey butter, or to bring the cheeſes forward for ſale, by making them appear older than they really are.

As moſt people like to purchaſe high coloured cheeſes, it may be right to mix a little annotta with the milk before it is turned. No cheeſe will look yellow without it,

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it, and though it does not in the leaſt add to the goodneſs, it is harmleſs in its effects.

It is not in the power of any perſon to make a good cheeſe with bad rennet; therefore the following receipt ſhould be attended to. Let the *vell, maw, rennet bag*, (or by whatever name it is called) be perfectly ſweet; for if it be the leaſt tainted, the cheeſe will never be good. When this is fit for the purpoſe, three pints or two quarts of ſoft water (clean and ſweet) ſhould be mixed with ſalt, wherein ſhould be put ſweet briar, roſe leaves, and flowers, cinnamon, mace, cloves, and in ſhort, almoſt every ſort of ſpice and aromatic that can be procured; and if theſe are put into two quarts of water, they muſt boil gently till the liquor is reduced to three pints, and care ſhould be taken, that this liquor is not ſmoked. It ſhould be ſtrained clear from the ſpices, &c. and when found to be not warmer than milk from the cow, it ſhould be poured upon the vell or maw. A lemon may then be ſliced into it, when it may remain a day or two: after which it ſhould be ſtrained again, and put in a bottle; where, if well corked, it will keep good for twelve months, or more. It will ſmell like perfume; and a ſmall quantity of it will turn the milk, and give the cheeſe a pleaſing flavour. After this, if the vell be ſalted, and dried for a week or two near the fire, it will do for the purpoſe again almoſt as well as before.

The cheeſe made at *Chedder* (a large village in Somerſetſhire) is held in high eſteem, but its goodneſs is ſaid to be chiefly owing to the land whereon the cows feed, as the method of making it is the ſame as is purſued

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ſued throughout Somerſetſhire, and the adjoining counties.

Cheſhire cheeſe is much admired; yet no people take leſs pains with the rennet than the Cheſhire farmers. But their cheeſes are ſo large as often to exceed one hundred pounds weight each; to this, (and the age they are kept, the richneſs of the land, and the keeping ſuch a number of cows as to make ſuch a cheeſe without adding a ſecond meal's milk) their excellence may be attributed. Indeed they ſalt the curd, (which may make a difference) and keep the cheeſes in a damp place after they are made, and are very careful to turn them daily.

But of all the cheeſe this kingdom produces, none is more highly eſteemed than the Stilton, which is called the *Parmeſan* of England, and, (except faulty) is never ſold for leſs than 1s. or 1s. 2d. per pound.

The Stilton cheeſes are uſually made in ſquare vats, and weigh from ſix to twelve pounds each cheeſe. Immediately after they are made, it is neceſſary to put them into ſquare boxes made exactly to fit them; they being ſo extremely rich, that except this precaution be taken, they are apt to bulge out, and break aſunder. They ſhould be continually and daily turned in theſe boxes, and muſt be kept two years before they are properly mellowed for ſale.

Some make them in a net, ſomewhat like a cabbage net; ſo that they appear, when made, not unlike an acorn. But theſe are never ſo good as the other, having a thicker coat, and wanting all that rich flavour and mellowneſs which make them ſo pleaſing.

It is proper to mention, that the making of theſe cheeſes is not confined to the Stilton farmers, as many

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others in Huntingdonſhire (not forgetting Rutland and Northamptonſhire) make a ſimilar ſort, ſell them for the ſame price, and give all of them the name of *Stilton cheeſes.*

Though theſe farmers are remarked for cleanlineſs, they take very little pains with the rennet, as they in general only cut pieces from the vell or maw, which they put into the milk, and move gently about with the hand, by which means it breaks, or turns it ſo, that they eaſily obtain the curd. But if the method above deſcribed for making rennet were put in practice, they would make their cheeſe ſtill better; at leaſt they would not have ſo many faulty and unſound cheeſes; for, notwithſtanding their cheeſes bear ſuch a name and price, they often find them ſo bad, as not to be ſaleable; which is, probably, owing to their being ſo careleſs about the rennet.

It has been alledged, that as good cheeſe might be made in other counties, if people would adhere to the Stilton plan, which is this—They make a cheeſe every morning, and to this meal of new milk they add the cream taken from that which was milked the night before; this, and the age of their cheeſes, have been ſuppoſed the only reaſons why they are preferred before others; for from the niceſt obſervation it does not appear, that their land is in any reſpect ſuperior to that of other counties.

Excellent cream cheeſes are made in Lincolnſhire, by adding the cream of one meal's milk to milk which comes immediately from the cow; theſe are preſſed gently two or three times, turned for a few days, and are then

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then diſpoſed of at the rate of 1s. per pound, to be eaten while new with radiſhes, ſalad, &c.

Many people give ſkimmed milk to pigs, but the whey will do equally as well after cheeſes are made from this milk; ſuch cheeſes will always ſell for at leaſt 2d. per pound, which will amount to a large ſum annually, where they make much butter. The peaſants, and many of the farmers in the North of England, never eat any better cheeſe, and though they appear harder, experience hath proved them to be much eaſier of digeſtion, than any new milk cheeſes. A good market may always be found for the ſale of them at Briſtol.

Of the RENNET *for making* CHEESE. This is made of a calf's bag, which is to be taken out as ſoon as the calf is killed, and ſcoured inſide and out with ſalt, after it has been diſcharged of the curd that is always found in it; waſh the curd with water in a cullender, and pick out any hairs in it, waſhing it till it becomes very white; then putting the curd into the bag again, adding to it two good handfuls of ſalt; then cloſe up the mouth of the bag with a ſkewer, and lay the bag in an earthen pan, and it will remain fit for uſe twelve months.

When you are to uſe this bag, ſalt a quart of water till it is ſtrong enough to bear an egg, then boil it, ſet it by till it is quite cold, and pricking the bag into a great many ſmall holes, put it into a pan for uſe.

While this rennet is freſh, one ſpoonful of the liquor will turn or ſet about 16, 18, or 20 gallons of milk; but the longer it is kept, the weaker it grows, and requires a greater quantity: this rennet will laſt good about a month. This is the uſual method of preparing the rennet; but the method before deſcribed, though a little

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more troubleſome, is certainly much preferable for the more valuable ſorts of cheeſe.

The calf's bag, which is the part that receives the milk, is ſo diſpoſed as to change milk into curd as ſoon as it is received into it, and the curd which is found in it partaking of that quality of the bag, which diſpoſes it to harden the milk; theſe are therefore preſerved for the ſame uſe in turning common milk into curd; and as the calf's bag is naturally warm when it receives the milk from the cow, which then curdles in the bag, ſo in like manner, when you would turn or ſet milk for cheeſe or any other uſe, the milk ought to be juſt of the ſame warmth as the body of the calf was, and the milk itſelf, when the calf received it from the cow.

In order to procure a good rennet bag, the calf ſhould ſuck it full about an hour before it is killed, that there may be the more and freſher curd in it; though it is a general practice to let calves faſt ſome time before they are killed.

Great attention muſt alſo be had to the paſture where the cows feed; for thoſe cows that feed on rank graſs, have of courſe more watery parts in their milk, which will not produce two thirds of the cream of thoſe cows that are fed upon fine ſhort graſs.

Beſides the goodneſs of the milk and rennet, if a cheeſe is over preſſed, it will be hard and unpleaſant; but then again, the harder the cheeſe is preſſed, the longer it will keep, and will bear to be carried into the hotteſt climates, which the tender made cheeſes will not without corrupting.

If you would give your cheeſe any rich flavour, then you may put ſuch ſweet herbs or ſpices as you pleaſe

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pleaſe into the water, while you are boiling it for the cheeſe.

A plain SAGE CHEESE. Bruiſe the tops of young red ſage in a mortar, till you can preſs the juice out of them; bruiſe likewiſe ſome leaves of ſpinage, and having ſqueezed out the juice, mix it with that of the ſage to render it of a pleaſant green colour, which the juice of the ſage alone will not make it, and this will alſo allay the bitter taſte of the ſage.

Having prepared the juice, put the rennet to the milk, and at the ſame time mix with it as much of the ſage, &c. juice as will give the milk the green colour you deſire, putting in more or leſs of the ſage juice to that of the ſpinage juice, according as you would have the cheeſe taſte ſtronger or weaker of the ſage.

When the curd is come, break it gently, and when it is all equally broken, put it into the cheeſe vat or mote, and preſs it gently, which will make it eat tender and mellow: when it has ſtood in the preſs about eight hours it muſt be ſalted.

A SAGE CHEESE *in Figures.* To do this you muſt be provided with two cheeſe vats of the ſame ſize, and the milk muſt be ſet to turn in two different veſſels; one part with plain rennet only, and the other with rennet and ſage juice. Theſe muſt be made as you would do two diſtinct cheeſes, and put into the preſſes at the ſame time. When each of theſe cheeſes have ſtood in the preſs for half an hour, take them out, and cut ſome ſquare pieces or long ſlips out of the plain cheeſe, and lay them by on a plate; then cut the ſame number of pieces out of the ſage cheeſe of the ſame figure and ſize, and immediately put the pieces of the ſage cheeſe into the

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the places that you cut out of the plain cheeſe, and the pieces cut out of the plain cheeſe into the places cut out of the ſage cheeſe; for this purpoſe ſome have a tin plate made into figures of ſeveral ſhapes, by which they cut out the pieces of the cheeſes ſo exactly, that they fit without any trouble. Having done this, they put the cheeſes into the preſſes again, and manage them like common cheeſes; and ſo there will be one ſage cheeſe with white or plain figures in it, and another a white cheeſe with green figures in it.

Great care muſt be taken that the curd be very equally broke, and alſo that both the cheeſes be preſſed as equally as it is poſſible before the figures are cut out, or otherwiſe when they come to be preſſed for the laſt time, the figures will preſs unequally, and loſe their ſhapes. Theſe cheeſes ſhould be made not above two inches thick; for if they are thicker, it will be more difficult to make the figures regular.

Theſe cheeſes muſt after they are made be frequently turned and ſhifted on the ſhelf, and often rubbed with a coarſe cloth. They will be fit to be eaten in about eight months.

SLIPCOAT CHEESE, *or* CREAM CHEESE. Take twelve quarts of new milk and a quart of cream, put it together with two ſpoonfuls of rennet (or leſs according to its ſtrength) juſt warm, and it having ſtood till the curd is come, lay a cloth in the cheeſe vat, cut out the curd with a ſkimming diſh, and put it into the vat till it is full, turning the cheeſe cloth over it; and as the curd ſettles, lay more on till you have laid on as much as will make one cheeſe. When the whey is drained out, turn the cheeſe into a dry cloth, and then lay a weight of a pound

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pound upon it; at night turn it out into another cloth, and the next morning ſalt it a little; then having made a bed of nettles or aſh leaves to lay it on, cover it with the ſame, ſhifting them twice a-day, till the cheeſe is fit to eat, which will be in about ten days.

To imitate CHESHIRE CHEESE. The milk being ſet, and the curd come, do not break it with a diſh as is cuſtomary in making other cheeſes, but draw it together with your hands to one ſide of the veſſel, breaking it gently and regularly; for if it be preſſed roughly a great deal of the richneſs of the milk will go into the whey. Put the curd into the cheeſe vat or mote as you thus gather it, and when it is full, preſs it and turn it often, ſalting it at ſeveral times.

Theſe cheeſes are to be made ſeven or eight inches thick, and will be fit to be eat in a year. You muſt turn them and ſhift them frequently upon a ſhelf, and rub them with a dry coarſe cloth, and at the year's end you may bore a hole in the middle and pour in a quarter of a pint of ſack, then ſtop the hole cloſe with ſome of the ſame cheeſe, and ſet it in a wine cellar for ſix months to mellow, and you will find the ſack will be all loſt and the hole will be in a manner cloſed up.

To imitate GLOCESTER CHEESE. Set the milk as is before directed for other cheeſes; and break the curd as equally and tenderly as you can, put it in a cloth into the vat, and ſet it in the preſs for an hour; then take it out of the vat and cut it into ſmall pieces, about the bigneſs of a nutmeg, into a pan of ſcalding water, and ſprinkle them with ſalt, to what quantity you think fit.

Then ſet them again into the cheeſe vat, where let them ſtand till the next morning, and when they are

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taken out ſet them by, not forgetting to turn them and wipe them very often, till they are grown very dry; or elſe when you have preſſed one of theſe cheeſes two hours, ſalt it on the upper ſide and turn it at night, and ſalt the ſide that lies uppermoſt to lie in the preſs till the next morning; but the firſt way is accounted the beſt; the cheeſes done the firſt way, i. e. by cutting the cheeſe, will be ſmooth coated; they will be fit for eating in eight months time.

Marygold Cheese. Pick the freſheſt and beſt coloured leaves, pound them in a mortar, and ſtrain out the juice; put this into your milk at the ſame time that you put in your rennet, ſtir them together. The milk being ſet and the curd come, break it as gently and as equally as you poſſible can, put it into the cheeſe vat, and preſs it with a gentle weight, there being ſuch a number of holes in the bottom part of the vat, as will let the whey eaſily out, or elſe let there be a ſpout to carry off the whey; though the holes will be the beſt. The cheeſe which is made in a cloth, muſt be uſed like other cheeſes made after that manner.

Buckingham Cheese. Procure a cheeſe vat of a ſquare figure ſix inches over and nine inches deep, full of ſmall holes for the conveniency of letting out the whey when the curd is put into it; then mix the night's cream with the morning's milk, and put the rennet to it to cool.

When the curd is come, take it gently out of the whey and with it fill the cheeſe vat, and as that ſinks fill up the cheeſe vat with curds, doing this once every hour till night. The next morning turn the cheeſe up ſide down, turning it every night and morning till it ſhrinks from the cheeſe vat, and is grown ſtiff enough to be taken out without

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without breaking, and then lay it upon a ſhelf to be turned and ſhift it night and morning, till it is dry and fit for uſe.

CREAM CHEESE. Strain the milk into a cheeſe tub often in the fields, and to fifteen gallons of milk, put two ſpoonfuls of rennet, and it will come in about half an hour. It muſt not be ſet, when juſt hot from the cows, (for then it will be apt to be tough) but lukewarm.

When it is come, break it gently with a fleeting diſh, ſtirring it well from the bottom; for if it be maſhed all together every way, it will be lean, that is, the butter will run more in the whey. This being done, let it ſtand to ſettle, about half an hour, and then looſen a plug, that ſtops a hole in the middle of the tub, to let out the whey into clean veſſels. Then put the curd into a canvaſs cloth, and let two perſons roll it up and down gently, till the whey is well drained from it. Then tie up the cloth, and hang it up to drip, and when it has done dripping, put it into a cheeſe vat that is big enough, lay a board over it, and upon the board ſet a fourteen pound weight, and ſo let it ſtand all night.

In the morning the cheeſe will turn out ſeven or eight inches thick; then cut it into cheeſes of half an inch thick with a long ſilken ſhread; lay them on ſmooth boards, and ſalt them lightly, turning them twice a-day for the firſt four days, then lay them on nettles near the ground, and turn them twice a-day for eight days, and the next day lay them on boards to dry. They are finiſhed in eight days in hot weather, in cooler in four.

STILTON CHEESE. Take two gallons of morning milk and five gallons of ſweet cream, beat them well together, and add as much boiling ſpring or river water as will

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make the whole a little warmer than milk from the cow; then put in the rennet made ſtrong of mace, by boiling a good quantity of mace in the rennet liquor.

To make MORNING-MILK CHEESE. Take the milk as it comes from the cow in the morning and ſyle it into a clean tub; then take all the cream off from the milk that was milked in the evening, and ſtrain it into the new milk; and having made a good quantity of fair water ſcalding hot, pour it alſo into the milk, to ſcald the cream and milk together, and let it ſtand, cooling it with a diſh, till it be no more than lukewarm; then go to the pot where the rennet bag hangs, and take ſo much of the rennet from thence, without ſtirring the bag, as will ſerve for the proportion of the milk, and ſtrain the ſame carefully into it; for if the leaſt mote of the curd of the earning fall into the cheeſe, it will make it rot and mould.

When the rennet is put in, cover the milk and let it ſtand for half an hour or thereabouts, and in that time it will come, if the rennet be good; but if it was not, you muſt put in more; and when it is come, break and maſh the curd together with a diſh in your hand, paſſing and turning it divers ways; and when you have broke it well very gently with your hand, preſs the curd down into the bottom of the tub, then with a thin diſh take the whey from it as clear as you can; and the cheeſe vat being ready according to the proportion of the curds, put the curd upon it with both your hands joined together, and break it, preſſing it hard down into the vat, till it is full. Then lay the hard cheeſe board upon the top of the curd, and a ſmall weight upon that, that the whey may drop from it into the under veſſel, and when it has done dropping, take a large cheeſe cloth, and having

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wetted it in cold water, lay it on the cheese board, and then turn the cheese upon it; then lay this cloth into the cheese vat, and put the cheese into it again, and with a thin slice thrust the same down on every side; then lay the cloth over the top, lay on the cheese board, carry it to the press, and press it under a sufficient weight for half an hour, then take it out and turn it into a dry cloth, or put it into the press again, and let it remain there till the next day in the evening, and when you turn it the last time, turn it into the dry vat without any cloth at all.

When it has been pressed enough, and is taken out of the vat, then lay it in a rimnel, rubbing it first on the one side, and then on the other with salt, and so let it stand all night; the next morning do the same again, and so turn it out upon the brine which comes from the salt two or three days more, according as the cheese is in largeness. After this lay it upon a clean flat table or shelf to dry, not omitting to rub it all over every day with a clean cloth, and turning it till such time as it is thoroughly dry and fit to go into the cheese treck. At first it must be laid in a place where it will dry hastily, but afterwards where it may dry more at leisure.

To make a cheese of two meals of the morning's new milk and the evening's cream milk, you must do also the same, and so you must if you make a simple morning milk cheese, which is all of new milk and nothing else, except only that you must put in the rennet as soon as the milk is syled, if it has any warmth in it, and not scald it; but if the warmth be gone, it must be put into a kettle and receive the warmth of the fire.

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To ſuch of our readers as wiſh for more inſtruction on this ſubject, we recommend a work lately publiſhed, entitled, *The Rural Economy of Glouceſterſhire*; in which the manufacture of cheeſe is entered into with a minuteneſs that muſt render it particularly uſeful to thoſe who occupy large dairies. We muſt obſerve, however, after all the information we have been able to collect, that the knowledge even of practitioners is in a manner wholly confined to their own individual practice, or perhaps to that of ſome few confidential neighbours. The manufacture of cheeſe is, indeed, a craft or myſtery, concealed from the public eye; the dairy-room is generally conſecrated to the women; and the ſecrets of it are ſeldom familiar even to the maſter of the dairy in which they are practiſed.

CHEESECAKES.

CREAM CURD *for* CHEESECAKES. Boil a pint of cream with a little cinnamon, mace, and roſe water; when it is as cold as new milk, put in about half a ſpoonful of good rennet, and when it curds, ſerve it up in a cream diſh.

To make CHEESECAKES. Boil eight eggs, well beaten, with a quart of milk or cream, ſtir it till it is a curd, then ſtrain it, and mix it with the curd of three quarts of milk, two grated biſcuits, three quarters of a pound of butter, two ounces of pounded and blanched almonds, with ſome ſack and roſe water, ſeven eggs, half a pound of currants, add ſpice and ſalt, beat it up with more cream till it is very light, and fill the cheeſecakes.

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The ſame way you may make cheeſecakes with the curd of a gallon of milk, without the egg curd.

RICE CHEESECAKES. After boiling two quarts of milk or cream a ſhort time with ſome whole mace or cinnamon, take it off the fire; take out the ſpice, and put in half a pound of rice flour, then ſet it on the fire again, and make it boil, ſtirring it together; beat and add to it the yolks of twenty-four eggs, then ſet it on the fire again, and keep it continually ſtirring till it is as thick as curds, add half a pound of almonds, blanched and pounded, then ſweeten it to your palate: or, if you chuſe it, you may put in half a pound of currants.

Another way. Boil a quarter of a pound of rice till it is tender, drain it, put in four eggs well beaten, half a pound of butter, a pint of cream, ſix ounces of ſugar, a nutmeg grated, and a glaſs of ratafia water or brandy. Beat them all together, and bake them in raiſed cruſts.

LEMON CHEESECAKES. Boil two large lemon peels, pound them well together in a mortar, with a quarter of a pound or more of loaf-ſugar, the yolks of ſix eggs, and half a pound of freſh butter; pound and mix them together, and fill the patty pans about half full.

ORANGE CHEESECAKES are made the ſame way, only the peel muſt be boiled in two or three waters, to take out the bitterneſs.

CITRON CHEESECAKES. Boil a quart of cream; when cold, mix it well with the yolks of four eggs well beaten; then ſet it on the fire, and let it boil till it curds; blanch ſome almonds, beat them with orange-flower water, put them into the cream, with a few Naples biſcuits and green citrons ſhred fine; ſweeten them to your taſte, and bake them in tea-cups.

Fine

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Fine CHEESECAKES. Take a pint of cream, warm it, and put to it five quarts of milk warm from the cow; then put rennet to it, and give it a ſtir about. When it is come, put the curd in a linen bag or cloth, let it drain well away from the whey, but do not ſqueeze it much; then put it in a mortar, and break the curd as fine as butter; put to your curd half a pound of ſweet almonds blanched, and beat exceedingly fine, and half a pound of mackaroons beat very fine. If you have no mackaroons, get Naples biſcuits; then add to it the yolks of nine eggs beaten, a whole nutmeg grated, two perfumed plums diſſolved in roſe or orange flower water, and half a pound of fine ſugar; mix all well together, then melt a pound and a quarter of butter, and ſtir it well in it; then make your puff paſte thus: Take a pound of fine flour, wet it with cold water, roll it out, put into it by degrees a pound of freſh butter, and ſhake a little flour over each coat as you roll it.

You need not put in the perfumed plums, if you diſlike them; and, for variety, when you make them of mackaroons, put in as much tincture of ſaffron as will give them a high colour, but no currants. This we call a Saffron Cheeſecake.

ALMOND CHEESECAKES. Take four ounces of Jordan almonds, blanch them, and put them into cold water, beat them with roſe water in a marble mortar, or wooden bowl, with a wooden peſtle; put to it four ounces of ſugar, and the yolks of four eggs beat fine; work it in the mortar or bowl till it becomes white and frothy; then make a rich puff paſte as follows:---take half a pound of flour, a quarter of a pound of butter, rub a little of the butter into the flour, mix it ſtiff with a little cold

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cold water, then roll your paſte ſtraight out, ſtrew over a little flour, and lay over it in thin bits one third of your butter; throw a little more flour over the butter; do ſo for three times, then put your paſte in your tins, fill them, grate ſugar over them, and bake them in a gentle oven.

Another way. Take four ounces of almonds, blanch them, and beat them with a little orange-flower water; add the yolks of eight eggs, the rind of a large lemon grated, half a pound of melted butter, and ſugar to your taſte; lay a thin puff paſte at the bottom of the tins, and little ſlips acroſs, if agreeable. Add about half a dozen bitter almonds.

Common CHEESECAKES. Put a quart of milk on the fire; beat eight eggs well; when the milk boils, ſtir them upon the fire till it comes to a curd, then pour it out; when it is cold, put in a little ſalt, two ſpoonfuls of roſe water, and three quarters of a pound of currants; put it into puff-paſte, and bake it.

BREAD CHEESECAKES. Having ſliced a penny loaf as thin as poſſible, pour on it a pint of boiling cream, and let it ſtand two hours; then take eight eggs, half a pound of butter, and a nutmeg grated; beat them well together, and put in half a pound of currants well waſhed and dried before the fire, and a ſpoonful of white wine or brandy. Then bake them in patty pans, or raiſed cruſt.

COURT CHEESECAKES. Boil a bit of butter in a little water, with a little ſalt; thicken it with as much flour as it will take, ſtirring it on the fire conſtantly until it become quite a paſte; then mix eggs with it one by one, to make it almoſt as liquid as a thick batter, and mix

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mix ſome good cream-cheeſe with it; bake it in good puff-paſte, coloured with yolks of eggs, and ſerve it either hot or cold.

CHEESECAKES *the French way, called* RAMEQUINS. Take good Parmeſan or Cheſhire cheeſe, melt it in a ſtewpan with a bit of butter, and one or two ſpoonfuls of water; then add as much flour as will make it pretty thick, and quit the ſides of the pan; put it into another pan, and add eggs to it, one by one, mixing well with a wooden ſpoon till it becomes pretty light and clear; add one or two pounded anchovies, and a little pepper; bake the cakes ſingly upon a baking-plate, or in paper caſes, of what ſhape you pleaſe; they require but a ſhort time, and a ſoft oven, and muſt be ſerved quite hot.

A CHEESECAKE *without Curd.* Take two quarts of cream, and fourteen eggs, both yolks and whites, beat half a dozen of the eggs, and mix with them as much rice flour as will make them as thick as a paſte: then put in the other eight eggs, having beaten them a little, and ſtir all well together; ſet the cream on the fire, put in the eggs and rice, ſtirring it all the while it is boiling, till it comes to be a pretty thick curd: let it ſtand till it is cold, and into one part put in ſugar and currants, and to the other part, put two or three ſpoonfuls of orange-flower water, ambergris, and ſugar. Put this meat into a very good cruſt. It will be baked in a very little time.

A good CHEESECAKE *with Curd.* To three pounds of cheeſe curd add a pound and a quarter of butter; pound both in a mortar till all looks like butter; then add half

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half a pound of almonds blanched and pounded with orange-flower water, two pounds of butter, the yolks of ſixteen eggs, the whites of eight, a little beaten mace, and a little cream; beat all together; put it in puff-paſte, and they will be baked in a quick oven in a quarter of an hour.

A CHEESECURD PUDDING. Take the curd of three quarts of new milk well drained from the whey; pound it very well in a mortar with ſix ounces of butter; then having beaten the yolks of five eggs, and the whites of two, ſtrain them to the curd; grate a couple of Naples biſcuits, and add half a pint of flour; having mixed all together, ſweeten it to your taſte.

Butter patty-pans, fill them and ſet them in a gentle oven; when you turn them out, put over them ſome ſack, butter and ſugar melted very thick; ſtick ſlips of candied orange or citron peel in them; and if you would have ſome without ſweetmeats, ſlice blanched almonds for them.

CHERRIES.

There are three ſorts of this fruit, namely, the black, the red, and the morelle cherries, which are very uſeful and agreeable coolers and quenchers of thirſt, and are very ſafely and beneficially uſed in hot, bilious, or feveriſh diſtempers.

To preſerve CHERRIES. Take two pounds of cherries, one pound and a half of ſugar, half a pint of fair water, melt your ſugar in it; when it is melted put in your other ſugar and cherries; then boil them ſoftly till the

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ſugar be melted, after which boil them faſt and ſkim them; take them off two or three times and ſhake them, put them on again, and let them boil faſt, and when they are of a good colour they are enough.

To dry CHERRIES. To four pounds of cherries put one pound of ſugar, and juſt as much water to the ſugar as will wet it; when it is melted, make it boil, ſtone your cherries, put them in, and make them boil; ſkim them two or three times, take them off, and let them ſtand in the ſyrup two or three days; boil your ſyrup, and put it to them again, but do not boil your cherries again. Let them ſtand three or four days, then take them out, and lay them in ſieves to dry; when dry, lay them in rows on papers, and ſo a row of cherries and a row of white paper in boxes.

To preſerve CHERRIES *with the Leaves and Stalks green.* Dip the ſtalks and leaves in the beſt vinegar when it is boiling hot; place the ſprigs upright in a ſieve till they are dry. In the mean time boil ſome double-refined ſugar to a ſyrup, and dip the cherries, ſtalks and leaves, therein, juſt to let them ſcald; lay them on a ſieve; then boil the ſugar to a candy height, dip in the cherries, ſtalks, leaves and all; then ſlit the branches and leaves, and dry them as you do other ſweetmeats.

They have a very pretty effect by candle-light in a deſert.

To preſerve MORELLE CHERRIES. Take them when they are quite ripe, cut off the ſtalks, take out the ſtones, weigh the cherries, and to every pound of cherries allow one pound of loaf-ſugar pounded; put the cherries in a preſerving pan, and ſtrew the ſugar over them; add one pint of the juice of red currants, and let them

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them ſtand all night; ſet them over a ſlow fire to ſimmer for a few minutes, then ſet them away for another night; give them another boil; take the cherries carefully out, put them in the pots, boil the ſyrup till it is thick, and pour it on them.

To preſerve CHERRIES *in* BRANDY. Take two pounds of large morelle cherries, ripe and free from bruiſes; cut the ſtalks half off, ſlit the cherries down the ſeam, ſkin deep, with a penknife; then boil a pound and a half of loaf-ſugar to a candy height; when it is cold, mix it with a pint of brandy, put it in a jar, and put in the cherries. If this ſyrup does not cover them, fill the jar up with brandy, placing a ſmall weight on them to keep them under the ſyrup; tie them down with bladder and leather, and keep them in a dry cool place. As the ſyrup waſtes, fill them up with brandy.

To make a Compote of CHERRIES. Take large morelle cherries when they are quite ripe; weigh them, and to every pound of cherries put three quarters of a pound of ſugar, and clarify it. Cut off half of the ſtalks of the cherries, leaving the other half on; nick them in the ſeam with a penknife, put them in the ſyrup, and let them ſimmer for five minutes; keep them off one hour; ſet them on again for three minutes, and do ſo three times; take them carefully out with a ſpoon, and lay them in a diſh; boil the ſyrup till it is thick, pour it over the cherries, and ſerve them up as before.

BLACK CHERRY WATER. Let any quantity of black cherries be bruiſed, ſo that the ſtones may be broken, and then diſtilled with only a ſmall proportion of water.

This is a very grateful water, has long been employed by Phyſicians in preference to other diſtilled waters;

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and among *Nurſes* has been the firſt remedy againſt convulſive diſorders to which children are ſubject; it has of late however been held in leſs eſteem, as of a nature too ſimilar to laurel leaf water, which is known to be of a poiſonous tendency. And it ſeems probable that this water, in any degree of ſtrength and quantity, may not be altogether ſafe to the tender age of infants, where the principles of life are but juſt beginning to move; eſpecially as it has too often been counterfeited with a water diſtilled from bitter almonds, which are known to communicate a poiſonous quality.

CHERRY BRANDY is uſually made with black cherries, by filling a bottle half full with them, and adding brandy thereto, till the bottle be nearly full; let it be ſhaken ſometimes, and within a month it will be ready to drink.

CHERRY WINE. Pick and ſtone a quantity of the beſt cherries, to every gallon of juice add two pounds of ſugar; let it work in a tub, and when done, ſtop it for two months; then draw and bottle it with a little ſugar, and in ſix weeks it will be fit for uſe.

CHERVIL.

This is a plant ſomewhat reſembling parſley, and pretty well known in the kitchen; it is grateful to the palate and ſtomach; gently opening, and diuretic. A very eminent Phyſician recommends it as of great benefit in dropſies; he ſays, that in this diſorder it promotes the diſcharge of urine when ſuppreſſed; renders it clear when turbid; that it acts without irritation; and he goes ſo far as to ſay, that dropſies which do not yield

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to this medicine, are ſcarce capable of being cured. Three or four ounces of the juice to be given every four hours, and continued for ſome time. Though ſhould the patient be troubled with a cough or ſpitting of blood, it muſt be uſed more cautiouſly.

CHICKENS.

They are in general better for being killed the night before you uſe them; but if in haſte you may put them into ſcalding water, and as ſoon as the feathers will ſlip off, take them out, or the ſkin will become hard.

To boil CHICKENS. After they are plucked, drawn and truſſed, ſinge and duſt them with flour, cover them cloſe in cold water, and ſet them over a ſlow fire. Having boiled a proper time, according to their ſize, drain them from the water, diſh them up, and pour ſauce over them.

Some recommend to lay them two hours in ſkimmed milk, previous to boiling; others, to boil them in milk and water with a little ſalt. But in all caſes they ſhould be boiled in a pot by themſelves in a good deal of water, the pot ſhould be well ſkimmed; they are alſo uſually boiled in a cloth.

To roaſt CHICKENS. Pluck your chicken very carefully, draw and truſs it, lay it down to a good fire, ſinge it clean with white paper, baſte it with butter, and duſt on ſome flour. The time depends much on the goodneſs of your fire: twenty, or five and twenty minutes. When your fowl is thoroughly plump, and the ſmoke draws from the breaſt to the fire, you may be ſure that it

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it is very near done; then baſte it with butter, duſt on a very little flour, and as ſoon as it has a good froth, ſerve it up.

Another way. Make a little force-meat with the livers, ſcraped lard, chopped parſley, ſhalots, pepper, and ſalt; ſtuff a couple of chicken with this, truſſed for roaſting; lay a couple of ſlices of lemon on each breaſt, and wrap them up in thin ſlices of lard and paper; roaſt them, and ſerve up on what ſort of ſtewed greens you pleaſe, as ſpinach, cucumbers, &c.

To make Sauce for the CHICKENS. Take the necks, gizzards, and livers, boil them in water; when they are enough, ſtrain off the gravy, and put to it a ſpoonful of oyſter pickle; take the livers, break them ſmall, mix ſome gravy, and rub them through a hair ſieve with the back of a ſpoon; then put to it a ſpoonful of cream, ſome lemon, and lemon-peel grated: thicken it up with butter and flour. Let your ſauce be no thicker than cream, which pour upon the chickens. Garniſh your diſh with ſippets, muſhrooms, and ſlices of lemon.

They are proper for a ſide diſh or a top diſh, either at noon or night.

To fricaſſee CHICKENS. Draw and waſh your chickens, half boil them, then take them up and cut them in pieces; put them in a frying-pan, and fry them in butter, then take them out of the pan and clean it; put in ſome white wine, ſome ſtrong broth, ſome grated nutmeg, ſalt and pepper, a bunch of ſweet herbs, and a ſhalot or two; let theſe, with two or three anchovies, ſtew on a ſlow fire and boil up, then beat it up with butter and eggs till it is thick, put your chickens in, and

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and toſs them well together: lay ſippets in the diſh; ſerve it up with ſliced lemon and fried parſley.

Some direct the chickens to be ſkinned before they are cut in ſmall pieces.

A white Fricaſſee of CHICKENS. Cut two ſmall chickens in pieces, put them into a ſtewpan with a piece of butter and a little flour, ſet them on the fire for ſix minutes, ſtirring them all the time, but do not let them brown; then put in ſome good white gravy, with a little parſley and one onion, let it ſtew till tender, with a blade of mace, pepper and ſalt to your taſte, then mix the yolks of two eggs with a little cream, put it to your chickens, let it ſimmer, but not boil; ſqueeze in a little lemon juice, and ſerve them up hot for a ſide diſh in a firſt courſe.

A brown Fricaſſee of CHICKENS. - Cut the chickens into ſmall pieces, and rub them over with the yolks of eggs; have ready ſome grated bread, a little beaten mace and nutmeg mixed together, and roll them in it; put a little butter into a ſtewpan, and when melted put in your meat. Fry them of a fine brown, taking care they do not ſtick to the bottom of the pan; then pour the gravy from them, and pour in half a pint of brown gravy, a glaſs of white wine, a few muſhrooms, or two ſpoonfuls of the pickle, ſalt if neceſſary, and a piece of butter rolled in flour. When it is of a fine thickneſs, diſh it up, and ſend it to table. You may add truffles, morels, and cocks combs.

CHICKENS *and* PEASE. Put two ſmall chickens into a braiſe of fat bacon, with a little broth, and a blade of mace, let them ſtew gently for half an hour; wipe them clean, and lay them in your diſh; have ready a ſauce

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made with half a pint of good white gravy, a little good cream, and half a pint of green peaſe boiled tender; thicken it with a piece of butter and flour, let it ſimmer, put it over your chickens, and ſerve them up hot for a ſide diſh.

CHICKENS *and* PARSLEY ROOTS. Cut ſix parſley roots into ſlices one inch long, and ſmall; put them into a ſtewpan with a pint of white gravy; let them ſtew till tender, add to them two tea-cupsfull of thick cream, a quarter of a pound of butter, a little flour, with pepper and ſalt to your taſte; have ready two ſmall chickens boiled in milk and water for fifteen minutes, drain them, lay them in a diſh, pour the ſauce over them, and ſerve them up hot for a ſide or corner diſh in a firſt courſe.

CHICKENS *in the Dutch way.* Three large chickens will be enough; cut off the pinions, but not the feet; ſtrip off the ſtockings (as they are called) by boiling water, and tie them down upon the breaſts; make a force-meat with the livers, &c. put into them; blanch them nice and white over a clear ſtove, put them upon a lark ſpit, and tie them to one another, with ſome pieces of bacon and plenty of buttered paper; take care they are exactly coloured as you would roaſt a chicken in the Engliſh way, and provide your ſauce as follows: Take ſome parſley roots that are not ſticky, take off the rinds, cut them in thin ſlices, and lay them to ſoak in vinegar, ſalt and water, a green onion or two, and ſome parſley and ſhalots, with a blade of mace and whole pepper, for two or three hours; fry them very ſoftly in a bit of butter, waſh them afterwards in warm water; put them into ſome cullis, with a good daſh of ſome ſharp white wine; boil it all together with a minced muſhroom or

two,

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two, or a green truffle, a little pepper, ſalt, and nutmeg; have a good quantity of parſley leaves boiled nice and green, ſtir it into your roots juſt before it goes to table; clean your chickens from greaſe, and lay them in your diſh; make your ſauce boiling hot, add the juice of two or three lemons or oranges, and ſerve it up.

To make artificial CHICKENS *or* PIGEONS. Make a rich force-meat with veal, lamb, or chickens, ſeaſoned with pepper, ſalt, parſley, a ſhallot, a piece of fat bacon, a little butter, and the yolk of an egg; work it up in the ſhape of pigeons or chickens, putting the foot of the bird you intend it for in the middle, ſo as juſt to appear at the bottom; roll the force-meat very well in the yolk of an egg, then in the crumbs of bread, ſend them to the oven, on tin plates well buttered, but do not let them touch each other; and bake it a light brown. You may ſend them to the table dry, or gravy in the diſh, juſt as you like.

CHICKEN *in Jelly.* Pour ſome jelly into a bowl; when cold, lay in a cold roaſted chicken, breaſt downward; fill up the bowl with jelly juſt warm, but as little as poſſible ſo as not to be ſet; when quite cold, ſet the bowl in warm water, juſt to looſen the jelly, turn it out. Put the chicken into the jelly the day before it is wanted.

CHICKENS *in ſavory Jelly.* Take two chickens and roaſt them. Boil ſome calves feet to a ſtrong jelly; then take out the feet, and ſkim off the fat, beat up the whites of three eggs, and mix them with half a pint of white wine vinegar, the juice of three lemons, a blade or two of mace, a few pepper corns, and a little ſalt. Put them to your jelly, and when it has boiled five or ſix minutes, ſtrain it ſeveral times through a jelly bag, till it

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is very clear; then put a little in the bottom of a bowl large enough to hold your chickens, and when they are cold, and the jelly ſet, lay them in with their breaſt down. Then fill your bowl quite full with the reſt of your jelly, which you muſt take care to keep from ſetting, ſo that when you pour it into the bowl it will not break. Let it ſtand all night; and the next day put your baſon in warm water, pretty near the top. As ſoon as you find it looſe in the baſon, lay your diſh over it, and turn it out whole.

CHICKENS *à la Ducheſſe.* Take two chickens, draw and ſplit them, bone them all but the pinions, and leave the feet on,---flat them with a cleaver, ſeaſon them with pepper, ſalt, and mace, a little parſley, two ſhallots, and two muſhrooms ſhred fine; put a piece of butter in a ſtewpan, and fry them a little; add to them a pint of gravy, and a little lemon juice; let them ſtew for half an hour, put to them a quarter of a pound of butter and a little flour, let it juſt boil; lay your chickens in a diſh, pour your ſauce over them; and ſerve them up for a ſide or corner diſh.

CHICKENS *à la braze.* Lard a couple of fine chickens, and ſeaſon them with pepper, ſalt, and mace; then lay a layer of veal in the bottom of a deep ſtewpan, with a ſlice or two of bacon, an onion cut to pieces, a piece of carrot, and a layer of beef; then lay in the chickens with the breaſt downward, and a bundle of ſweet herbs; after that a layer of beef, and put in a quart of broth or water; cover it cloſe, let it ſtew very ſoftly for an hour, after it begins to ſimmer. In the mean time get ready a ragoo thus:---Take a good veal ſweet-bread, or two, cut them ſmall, ſet them on the fire, with a very little broth or water,

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water; a few cocks-combs, truffles, and morels, cut ſmall, with an ox-palate, if you have it; ſtew them all together till they are enough, and when your chickens are done, take them up, and keep them hot; then ſtrain the liquor they were ſtewed in, ſkim the fat off, and pour into your ragoo; add a glaſs of red wine, a ſpoonful of catchup, and a few muſhrooms; then boil all together with a few artichoke bottoms cut in four, and aſparagus tops. If your ſauce is not thick enough, take a little piece of butter rolled in flour, and when enough, lay your chickens in the diſh, and pour the ragoo over them. Garniſh with lemon.

Or you may make your ſauce thus: Take the gravy the fowls were ſtewed in, ſtrain it, ſkim off the fat; have ready half a pint of oyſters, with the liquor ſtrained, put them to your gravy, with a glaſs of white wine, a good piece of butter rolled in flour; then boil them all together, and pour over your fowls. Garniſh with lemon.

CHICKENS *after the Scotch manner.* Singe the chickens, then waſh and dry them in a clean cloth; cut them into quarters, and put them into a ſauce-pan with juſt water enough to cover them; put in a little bunch of parſley, a little chopped parſley, and a blade or two of mace, cover them cloſe down; beat up five or ſix eggs with the whites, and when the liquor boils, pour the eggs into it. When the chickens are enough, take out the bunch of parſley, and ſend them to table with the liquor in a deep diſh. They muſt be well ſkimmed while they are doing.

CHICKENS *roaſted with force-meat and Cucumbers.* Dreſs two chickens, neatly break the breaſt bone, and make force-meat thus: take the fleſh of a fowl, and of two pigeons,

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with ſome ſlices of ham or bacon; chop them all well together, take the crumb of a penny-loaf ſoaked in milk and boiled; when it is cool, mix all together; ſeaſon it with beaten mace, nutmeg, pepper, and a little ſalt, a very little thyme, ſome parſley, and a little lemon peel, with the yolks of two eggs; then fill your fowls, ſplit them, and tye them at both ends. After you have papered the breaſt, take four cucumbers, cut them in two, and lay them in ſalt and water two or three hours before; then dry them, and fill them with ſome of the force-meat, which you muſt take care to ſave, and tie them with a packthread; flour them, and fry them of a fine brown. When your chickens are enough, lay them in the diſh, and untie your cucumbers, but take care the meat does not come out; then lay them round the chickens, with the flat ſide downwards, and the narrow end upwards. You muſt have ſome rich fried gravy, and pour into the diſh; then garniſh with lemon.

One large fowl done this way, with the cucumbers laid round it, looks pretty, and is a very good diſh.

A CURREY *the Indian way*. Skin two ſmall chickens, cut them as for a fricaſſee, waſh them clean, and ſtew them in about a quart of water for about five minutes, then ſtrain off the liquor, and put the chickens in a clean diſh; take three large onions, chop them ſmall, and fry them in about two ounces of butter; then put in the chickens, and fry them together till they are brown; take a quarter of an ounce of turmerick, a large ſpoonful of ginger and beaten pepper together, and a little ſalt to your palate; ſtrew all theſe ingredients over the chickens, whilſt frying, then pour in the liquor, and let it ſtew about half an hour; then put in a quarter of a

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pint of cream, and the juice of two lemons, and ſerve it up. The ginger, pepper, and turmerick, muſt be beat very fine.

To ſtew CHICKENS. Half-boil two fine chickens, cut them up, ſeparating every joint one from the other, and taking out the breaſt bones. If the fowls do not produce liquor ſufficient, add a few ſpoonfuls of the water in which they were boiled, and put in a blade of mace and a little ſalt. Cover it cloſe with another diſh, and ſet it over a ſtove or chafing-diſh of coals. Let it ſtew till the chickens are enough, and then ſend them hot to the table.

The above is a very pretty diſh for a ſick perſon, or for a lying-in lady; and the ſauce is very agreeable and pretty. You may do rabbits, partridges, or moor-game this way.

To ſtew CHICKENS *the Dutch way.* Truſs two chickens, as for boiling; beat fine ſix cloves and four blades of mace, a handful of parſley ſhred fine, ſome pepper and ſalt; mix all together and put into the inſide of your chickens, ſinge them and flour them, put them into a ſtewpan; clarify as much butter as will cover them, ſtew them gently one hour, put them into a china bowl with the butter, and ſend them up hot.

To force CHICKENS. Roaſt your chickens better than half, take off the ſkin, then the meat, and chop it ſmall with ſhred parſley and crumbs of bread, pepper and ſalt, and a little good cream; then put in the meat, and cloſe the ſkin; brown it with a ſalamander, and ſerve it up with white ſauce.

CHICKENS *haſhed, called Bichamele.* Cut a cold chicken to pieces, little bones and all; if there be no gravy, make a little with the long bones, onion, ſpice, &c. flour the chicken

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chicken, put it into the gravy, with white pepper, ſalt, nutmeg, and grated lemon peel; let it boil, then ſtir in an egg, mixed with a little cream. When it is taken off the fire, ſqueeze in a little lemon juice, put it into a diſh, lay over it ſome bread crumbs, and brown them with a ſalamander.

Stewed CHICKENS, *or* MATLOT: Cut a carp with the roe in pieces; alſo a chicken cut in pieces, one dozen and a half of ſmall onions, a ſlice of ham, a faggot of parſley and green onions, thyme, laurel, baſil, and four cloves; put all together into a ſtewpan with a piece of butter; ſimmer a little on a ſlow fire; then add broth, cullis, a little white wine, flour, pepper, and ſalt; let it ſtew till the chicken is done, &c. and the ſauce reduced; take out the faggot and ham, add a chopped anchovy and a few capers, and place the chicken on a diſh; ſkim the ſauce, and ſerve it with the meat. Garniſh with fried bread.

CHICKENS CHIRINGRATE. Having cut off the feet of your chickens, beat the breaſt bone flat with a rolling-pin, but take care you do not break the ſkin. Flour them, fry them of a fine brown in butter, and then drain all the fat out of the pan, but leave the chickens in. Lay a pound of gravy-beef, cut very thin, over your chicken, and a piece of veal cut very thin, a little mace, two or three cloves, ſome whole pepper, an onioon, a little bunch of ſweet herbs, and a piece of carrot. Then pour in a quart of boiling water, cover it cloſe, and let it ſtew for a quarter of an hour; then take out the chickens, and keep them hot; let the gravy boil till it is quite rich and good, then ſtrain it off and put it into your pan again, with

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with two ſpoonfuls of red wine, and a few muſhrooms. Put in your chickens to heat, then take them up, lay them into your diſh, and pour the ſauce over them. Garniſh with lemon and a few ſlices of ham broiled.

CHICKENS *in Aſpic.* Put the pinions, livers, and gizzards into two ſmall chickens, with a piece of butter, ſome pepper and ſalt; cover them with fat bacon, then with paper; ſpit them on a long ſkewer, tie them to a ſpit, roaſt them. When cold, cut them up, put them into the following ſauce, ſhake them round in it, let them lie a few minutes before they are diſhed.---Take what cullis is ſufficient for ſauce, heat it with ſmall green onions chopped, or ſhallot, a little tarragon and green mint, pepper and ſalt.

CHICKENS *and* TONGUES. Boil ſix ſmall chickens very white; then take ſix hogs' tongues boiled and peeled, a cauliflower boiled whole in milk and water, and a good deal of ſpinach boiled green. Then lay your cauliflower in the middle, the chickens cloſe all round, and the tongues round them with the roots outwards, and the ſpinach in little heaps between the tongues. Garniſh with little pieces of bacon toaſted, and lay a little piece on each of the tongues. This is a good diſh for a large company.

CHICKEN *Pulled.* Take a chicken that has been roaſted or boiled, if under done the better, cut off the legs and the rump and ſide-bones together; pull all the white part in little flakes, free from ſkin; toſs it up with a little cream, thicken it with a piece of butter mixed with flour; ſtir it till the butter is melted, with pounded mace, whole pepper, and ſalt, a little lemon-juice. Put this into a diſh,

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diſh, lay the rump in the middle, the legs at each end, peppered, ſalted, and broiled.

To fry cold CHICKEN. Quarter your chicken, rub the quarters with yolk of egg; ſtrew on bread-crumbs, pepper, ſalt, nutmeg, grated lemon-peel, and chopped parſley; fry them; thicken ſome gravy with a little flour, add kyan, muſhroom powder, or catchup, a little lemon-juice; pour it into the diſh with the chickens.

To broil CHICKENS. Slit your chickens down the back, ſeaſon them with pepper and ſalt, and lay them on the gridiron over a clear fire, and at a great diſtance. Let the inſide continue next the fire till it is nearly half done; then turn them, taking care that the fleſhy ſides do not burn, and let them broil till they are of a fine brown. Have good gravy-ſauce, with ſome muſhrooms, and garniſh them with lemon and the liver broiled, and the gizzards cut, ſlaſhed, and broiled, with pepper and ſalt; or you may uſe any other ſauce you fancy; as white muſhroom ſauce, or melted butter with pickled muſhrooms.

CHILBLAINS.

Chilblains often attack children and grown people in cold weather. They are generally occaſioned by the feet or hands being kept wet or cold, and afterwards ſuddenly heated. When children are cold, inſtead of taking exerciſe to warm themſelves gradually, they run to the fire; this occaſions a ſudden rarefaction of the humours, and a ſwelling of the veſſels; which being often repeated, the veſſels are, at laſt, over-diſtended, and forced to

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to give way: and hence follow chaps and ſlits, that if neglected become ulcerous and diſcharge matter.

For prevention, violent cold and ſudden heat muſt be equally avoided. When the parts begin to look red and ſwell, the patient out to be purged, and to have the affected parts rubbed frequently with muſtard and brandy, or ſomething of a warming nature. They ought likewiſe to be covered with flannel, and kept warm and dry. Some apply warm aſhes betwixt cloth to the ſwelled parts, which frequently help to reduce them. When there is a ſore, it muſt be dreſſed with Turner's cerate, the ointment of tutty, plaſter of cerus, or ſome other drying ointment. Theſe ſores are indeed troubleſome, but ſeldom dangerous; they generally heal as ſoon as the warm weather ſets in.

Opodeldoc is found to be a very ſafe external application for chilblains in the *feet*.

Chilblains render the *hands* exceſſive ugly, by the ſwellings, and ſometimes the chaps they occaſion. The beſt preventative to guard againſt colds, is wearing ſoft leather gloves, and never ſoaking the hands in any thing hot.

If prevention is unſucceſsful, and chilblains appear, you may diſſolve half a dram of aloes, and a dram of camphire in ſix ounces of good brandy; dip a linen cloth in this liquor, and apply it to the chilblains, having firſt rubbed them gently with the oil of almonds, and continue this till the complaint is removed.

There being no room to doubt but that cold is the cauſe of chilblains, it follows that the cure muſt chiefly conſiſt in reſtoring the blood to its former fluidity and free circulation as ſoon as poſſible. In the external

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treatment on the first appearance of the inflammation, great service may be had from a few glasses of hot wine, wherein some cinnamon and sugar have been dissolved, giving alternately with the wine a small quantity of some sweating mixture; or good ale, boiled with cinnamon, cloves, and sugar, will do as well as wine. It must be continued so as to keep the sweat for an hour or upwards, according to the degree of the complaint. And however slight the disorder, this method is much more certain than, and preferable to any other.

If the person is subject to an annual return of this complaint, the best preservative is to anoint the parts affected with petrioleum, or oil of turpentine, before and after the severity of the winter: when the disorder has shewn itself, the application recommended above may be had recourse to; or the afflicted part may be wrapped in a swine's bladder, dipped in the last mentioned oil, taking care to avoid cold by proper cloathing.

CHILD-BED.——See DISORDERS of WOMEN.

CHILDREN.

The bills of mortality furnish us with melancholy proofs of the great care and attention necessary in the preservation of infants. In the metropolis, where air, exercise, and cleanliness are too much wanting, especially among the poorer class, it is not surprising that so large a proportion of their offspring should be consigned to an early and untimely grave. In the country, indeed, this evil

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evil is leſs predominant: where the parents are devoted to the labours of huſbandry only, the children are in general healthy; but in manufacturing towns and villages, they partake for the moſt part of the ſame fate which attends the inhabitants of the metropolis.

Nor is the want of *care* alone deſtructive to the human ſpecies in the infant ſtate; ignorant nurſes, and other aſſiſtants, too frequently and officiouſly introduce ſuch a vaſt number of articles, wholly unneceſſary, and often injurious, in the food, cloaths, and medicines of infants, that the loſs of great numbers may be attributed to this ill-applied and over-buſy zeal.

Another principal cauſe of the deſtruction of infants, is the want of that nouriſhment which nature has provided for their ſuſtenance, and the ſubſtitution of foreign aliment, often unwholeſome, and always unnatural.

It is, however, by no means juſt to ſuggeſt, that every mother is capable of ſuckling her own child, or that all mothers are alike capacitated for this neceſſary taſk; many caſes offer in which it is impracticable, and others in which it would be imprudent, and equally dangerous to the mother and infant. Women who, from delicate habits or conſtitutions, are ſubject to nervous or hyſteric complaints, are certainly unqualified to obey the calls of nature in the performance of a duty ſo tender, agreeable, and eſſential. But the mere act of giving ſuck is by no means to be conſidered as the only buſineſs of the mother; a variety of other circumſtances demand her attention, and the future health, happineſs, and comfort of her child, depend on her care and managment in this early period of its exiſtence.

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In the very important article of cleanlineſs, the mother's eye is above all things neceſſary: nurſes and ſervants are but too apt to relax in their regards to the ſalutary regulations of neatneſs and delicacy; yet we may venture to affirm, that many lives are loſt by negligence in this particular, and that clean water, clean linen, and conſtant attention to the evacuations of infants, would prevent many diſeaſes, and in general confirm and ſtrengthen the moſt robuſt and beſt conſtructed conſtitutions.

The milk of the mother, or, where for the foregoing reaſons, that cannot be applied, of a young, wholſome, and ſober nurſe, is the food apparently pointed out for an infant by Nature: ſhe has in general provided and prepared a quantity proper for its ſuſtenance; and all endeavours to bring up children without the breaſt are ſuch abſurd innovations on her dictates, that it is by no means to be wondered at, that in ſuch attempts not one in fifty ſucceeds; and that even where they ſeem to thrive for a few weeks, or months, breeding the teeth, the ſmall-pox, and other diſeaſes to which young children are peculiarly liable, in frequent inſtances prove fatal to them.

Children commonly ſhew a diſpoſition to ſuck very ſhortly after their birth, and they ſhould unqueſtionably be immediately indulged, if the mother's milk begins to flow into the breaſt; and ſhould it be ſlow in its progreſs, the natural induſtry of the infant will ſpeedily ſupply the deficiency: the firſt milk it can draw is the beſt medicine in the world to cleanſe its little ſtomach and bowels of the matter acquired in the womb; and at the ſame

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ſame time it contributes to the ſafety of the mother, by preventing milk fevers, inflammations, and other complaints incident to women in child-bed.

But if the breaſt milk cannot be ſpeedily obtained, a little oatmeal gruel, or thin pap, mixed with new milk in equal quantity, or rather water, with the addition of a little moiſt ſugar only, with *very little* wine or ſpice; is the only food that can be given with ſafety, and without incurring the danger of heating the blood, and producing gripes, by overcharging the ſtomach.

Nor will the child need much other food of any kind, for the firſt three or four months, if the mother or nurſe is in health, and has a ſufficient quantity of milk. After that time, it ſhould be accuſtomed to take ſomewhat eaſy of digeſtion, once or twice in a day: water pap is the moſt common, and the moſt light and wholſome food. As the child advances, weak broths may poſſibly be beſt adapted to prepare for the change that will happen on weaning, as it is extremely neceſſary to guard againſt ſudden tranſitions. To avoid which, the food, even before, and for ſome time after it is weaned, ought to be wholly of a very ſimple nature, and either to conſiſt principally of milk itſelf, or to have as nearly as poſſible the ſame properties.

As ſoon as the child ſhews a deſire to chew, good bread may be given it in any reaſonable quantity: the action of chewing will facilitate the cutting the teeth, and helps the diſcharge of the ſpittle; and if, inſtead of corals, or other hard ſubſtances, a cruſt of bread is put into the child's hands, it will anſwer the double purpoſe

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poſe of exerciſing the gums, and abating the heat and itching which accompanies the breeding of teeth.

The quantity of food, though not of equal importance with the quality of it, is yet an object of great attention; by overloading their little ſtomachs, which is often effected by enticing them to eat of pap or gruel highly ſweetened, they grow fat, heavy, and inactive; the appetites of infants require no ſauces to quicken them, hunger only ſhould direct their meals; nor can any practice be more abſurd, than that of perpetual cramming them with food, which they are only induced to take by its being made ſweet and palatable. Even as the child advances, bread firſt boiled in water, and then given in new milk, light broths of veal or chicken with bread, and bread-puddings without the addition of ſugar, will conſtitute a wholſome and nouriſhing diet. Cuſtom has introduced an immoderate uſe of ſugar, which is apt to produce heats and acidities; and if the child has never taſted it, it will feel no loſs in the want of it. Nor ſhould the mother's milk be given in over-quantities, ſo as to induce it to diſcharge what it has ſwallowed by vomiting; a practice too common, from an exceſs of motherly tenderneſs. At the ſame time care is neceſſary, that the infant ſhould have ſuſtenance enough. Of the two extremes, pinching children in their food is certainly the moſt dangerous; Nature will diſcharge an overloaded ſtomach, but cannot ſupply the calls of hunger, or the ſtrength which muſt be derived from nouriſhment alone. The beſt rule that can be given, is to feed the child often, with moderate quantities; the

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contrary ſhould be carefully avoided. A certain degree of regularity, as to the times of giving food, is of great utility, as well as a ſtrict regulation that no more be offered to an infant after it diſcovers any tokens of loathing.

Animal food ſhould be given to children with a very ſparing hand; they ſhould not be ſuffered to taſte it till they have teeth, nor ſhould they be permitted to take it in any conſiderable quantity till after they are weaned. Fleſh occaſions heats, and produces inflammations, fevers, and other diſeaſes, which uſually affect groſs habits; and a vegetable diet only is apt to turn ſour on the ſtomach: a due proportion of each, with the balance, however, in favour of the latter, is, without doubt, the moſt ſalutary regimen.

Over-fondneſs, and a deſire that the child ſhould participate in whatever the parents particularly eſteem, too often introduces a pernicious cuſtom, of permitting it to partake of whatever comes to their table; by this means it is not only indulged in a very improper mixture of things actually hurtful in themſelves, but it acquires a reliſh for high ſeaſoned meats, and rich ſauces; which, at all times noxious, in the early ſtages of life certainly vitiate the blood, and lay the foundation for a thouſand diſeaſes. Strong broths and ſoups, made diſhes, very fat meats, ſalted, ſmoaked, and high ſpiced proviſions, ſhould be totally baniſhed from the bill of fare for children, and ſtrong fermented liquors of every kind ſhould be avoided with the ſame ſtrict attention. Light, plain, and ſimple food in moderate quantities, preſerving a proportion of ſolids and fluids, and clear, pure water, will

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lay in ſuch a ſtock of health and ſtrength as will enable the infant to combat the various diſtempers to which it is liable; and ſuch a regimen will diſarm the ſmall-pox, meaſles, hooping-cough, and other inflammatory diſorders, of the terrors with which they are uſually accompanied: but if ſome other drink muſt be given to them, let it be milk and water, whey, ſmall-beer of a proper age and fineneſs, or a very ſmall portion of wine mixed with their water; the latter, however, is in moſt caſes better omitted.

Ripe fruits in moderate quantities, and of particular kinds, ſuch as ſtrawberries, raſberies, currants, and apples, far from being injurious to children, may in many caſes produce very good effects: they ſerve to cool and correct hot and acrimonious humours, promote digeſtion, and keep the body from being coſtive.

But we would by no means inſinuate that it is neceſſary to confine children to any *conſtant courſe* of food; if regard be had to the nature of their ſuſtenance, it is of little conſequence how often it is varied in form or ſubſtance.

Various opinions prevail with reſpect to the age at which the child ſhould be weaned; ſome recommend ſix months as the critical time, others prefer nine or twelve months, and many inſtances occur of very healthy families of children, who have been accuſtomed to ſuck from eighteen months even to two years. The beſt direction that can be given on this ſubject, is to conſult the ſtate of health of the mother and infant, paying particular regard to the time of cutting teeth; it is cruel, and in a great degree dangerous to deprive an infant of the food it can attain

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lain with moſt eaſe, at the moment it is ſtruggling under an operation painful in its nature and frequently alarming in its conſequences.

Alike doubtful is the queſtion with reſpect to the *manner* of weaning; many contend with earneſtneſs, that the breaſt ſhould be withdrawn by degrees, nor is the contrary conduct without advocates: but it is moſt probable thateither method may be taken with ſafety, if the child is in perfect health, and due care be taken to keep it ſo, by adminiſtering ſmall quantities of rhubarb and magneſia, for a few days after the child has been weaned.

The next material article in the management of infants, which falls under our conſideration, is *Cleanlineſs*.

The ſkins of ſome new-born children are covered with a kind of ſlimy matter, for the removal of which various methods are offered; but Caſtile ſoap and warm water, or if it adheres very obſtinately, the application of a little ſoft pomatum, will effectually anſwer the purpoſe; nor is it of any conſequence that it be all got off before the child is dreſſed, as what remains on the ſkin will in a few hours harden to a kind of dry ſcurf, which a linen cloth will rub off with eaſe: all other applications on this account are wholly improper and unneceſſary.

From the birth, the child ſhould be accuſtomed to a daily waſhing, from head to foot, in cold water; this may be done from a baſon, without immerſion, care being taken not to omit any part of the body, and to wipe it very dry with a ſoft linen cloth: by the conſtant uſe of this ſpecies of cold bath, all diſagreeable ſmells will be taken off; galls, excoriation or ſtripping of the ſkin, and

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many diſeaſes which appear on the ſurface of the body, will be prevented, and the child will acquire ſtrength enough to reſiſt the attacks of colds, and ſuch diſorders as are in general produced by the inclemencies of the air, or the changes of the ſeaſons.

The next object of the mother's care ſhould be a frequent change of cloaths: the perſpiration of children being more copious than that of grown perſons, a greater degree of attention is neceſſary in this reſpect. But above all things, the evacuations of an infant ſhould be attended to; nor, if poſſible to be avoided, ſhould they remain unchanged a ſingle minute; rickets, weakneſs, and ſwelled joints, are the certain effects of inattention in this momentous article, and the leaſt dangerous conſequences are galling, fretfulneſs, and a certain degree of feveriſh heat, the ſymptoms and harbingers of worſe complaints.

Combing the heads of infants ſhould by no means be neglected; they are apt to acquire a kind of ſcurf beneath the hair, which ſtops the pores, and is productive of head-ach and weak eyes; to which, from a mere omiſſion of this uſeful operation, moſt young children are ſubject: but a fine comb and very tender hand are required in the performance of this taſk. For the cloaths of infants few general directions can be given, except as to quantity: great care ſhould be taken that they are not kept too warm; the heat of a child-bed room, the additional warmth of the mother's bed when the child is applied to the breaſt, and the fever which from violent agitation, affects more or leſs every child after the birth, make ſuch a caution abſolutely neceſſary.

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An exceſſive quantity of cloaths is on all accounts to be avoided; but a ſtill greater degree of danger attends the common manner of putting them on.

For many centuries, the whole apparel of infants was included in the general denomination of ſwaddling, (a corruption of ſwathing cloaths;) and they were ſo called becauſe the bodies and heads of the wretched little patients were encircled in repeated and redoubled applications of rollers, bandages, and binders.

No ſooner was the poor little infant born, than it was abandoned to the cruelty of midwives and nurſes, the handmaids of female vanity, and doomed by theſe mercileſs operators to a ſpecies of torment, ſufficiently ſevere at the moment of infliction, but productive of the moſt alarming conſequences in future; ſwathed, ſwaddled, plaited, folded, and pinned, it was reduced to the form and almoſt condition of an Egyptian mummy, and exhibited to the viſitors as a ſpectacle of finery, and a proof of the ſuperlative ſkill of the attendants; its tender cries and impatience at its fetters exciting no compaſſion, nor procuring the leaſt hope of emancipation.

This abſurd and deſtructive plan of ſwathing infants is however greatly, we wiſh we could ſay totally, aboliſhed; both argument and ridicule have been ſucceſsfully employed againſt it by many able and humane medical gentlemen.

Natural weakneſs or diſeaſe may in certain caſes occaſion deformity; but very far the greater part of the inſtances which occur, are produced by miſmanagement in cloathing. Nor is the exterior form alone ſacrificed to this abſurd cuſtom of bracing up the infant body; the conſtitution ſuffers equal injury. Reſpiration, the cir-

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culation of the blood, the operations of the lungs, all the various motions which take place at the birth, are obſtructed and impeded in their firſt efforts; and it is an obſervation, the truth of which daily experience juſtifies, that deformity of body is ſeldom accompanied by health or vigour.

All the cloaths neceſſary for an infant are, a light cap on its head, a little linen ſhirt next its body, a thin flannel garment without plaits or folds, and a looſe gown; all theſe ſhould be faſtened with ſtrings inſtead of pins, a ſpecies of offenſive weapon too often applied to the child's body as well as its cloaths; and if a cloth to receive the evacuations be added, the child will be completely dreſſed for all the purpoſes of neceſſary warmth and comfort: whatever elſe is admitted, can only be for the gratification of pride, or the compliance with wretched cuſtoms.

The practice of confining growing girls in ſtrait ſtays, a practice productive of all the evils we have juſt enumerated, ſeems now to be happily loſing ground, from the operations of ſenſe, and the conviction of woeful experience, that unequal ſhoulders, flat breaſts, and crooked backs, are the natural conſequences of ſtiffened garments and tight lacing.

If the mother is really incapacitated from ſuckling her child, great care ſhould be taken in the choice of a nurſe. A healthy infant at her breaſt is in general a very good direction. The uſual deſcription of good milk is, that it be rather thin than groſs, of a colour inclinable to blue, and that it be ſweet and perfectly free from any pungent or ſaline taſte on the tongue.

To ſound health, a good conſtitution, and a body perfectly free from every kind of eruption, and a breaſt well ſtored

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ſtored with good milk, ſhould be added care, cleanlineſs, and a great ſhare of good-nature. General fondneſs for children is no certain proof of a good nurſe; what degree of affection can we ſuppoſe any woman will bear to the child of another, who for the ſake of gain can bring herſelf to abandon her own offſpring, or to commit a robbery on both, by dividing between them the nouriſhment allotted by Providence to ſuſtain the fruit of her own womb only: if this circumſtance was duly conſidered, it might probably go no inconſiderable way towards the abolition of a cuſtom, founded principally on idleneſs, and practiſed even to inhumanity.

If the child is nurſed at home, the mother will keep a ſtrict watch over the conduct of her nurſe, and by that means diſcover her vices and bad cuſtoms; of the former, drunkenneſs is the moſt common, becauſe it may in general be indulged without much riſque of diſcovery. Mothers are apt to permit the uſe of large quantities of ale, and other fermented liquors, from an apprehenſion that it increaſes and enriches the milk; the contrary of which is undoubtedly true. Large draughts of inflammatory drink ſerve to leſſen the quantity and deſtroy its purity; ſpirituous liquors of any kind have ſtill worſe effects. Fine table beer, of a proper age, and light broths and gruels, are the moſt wholſome fluids that a nurſe can ſwallow, and will beſt anſwer the purpoſe of preparing ſweet and innocent food for the child. Her food ſhould as nearly as poſſible be ſuch as ſhe has been accuſtomed to, nor ſhould ſhe omit to take her uſual exerciſe.—Inattention to theſe rules will prove truly injurious to the infant.

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It is by no means unuſual with nurſes, if the child is reſtleſs, to quiet it with ſtupefying drugs; theſe are all of the moſt pernicious and fatal conſequence; as well as ſtrong liquors, another ſpecies of poiſon, too often adminiſtered for the ſame purpoſe, the operation of which, though ſomewhat more ſlow, is equally ſure to deprive the unhappy infant of the benefit of a good conſtitution, if not of life.

Parents ſhould lay the ſtricteſt injunctions on nurſes, never to practiſe on the healths of their children, or to conceal any accident they may meet with, or any diſorder that may attack them, in conſequence of negligence or want of care. The adminiſtration of medicine, without conſulting the parents, ſhould be abſolutely prohibited; nine times in ten it is given improperly; the efforts of nature frequently throw out in eruptions on the ſkin ſuch bad humours as threaten infants with fevers, and other violent diſeaſes. Nurſes are too apt to treat ſuch eruptions as infectious diſorders, and uſe means to repel them. Attempts of this kind, which go in direct oppoſition to Nature, are always dangerous, and very often fatal. No eruption ſhould ever be haſtily ſtopped, nor even checked, till the nature of it be fully aſcertained.

The trouble occaſioned to nurſes by frequent ſtools, is often avoided by giving the infant aſtringent medicines; a moſt horrid practice, as this is the channel by which Nature in general works, to cleanſe the infant body from impurities, and to counteract her operations, is to add one diſorder more to thoſe ſhe means to relieve. If the looſeneſs is violent, it moſt probably proceeds from acidities,

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dities, which a ſmall quantity of rhubarb, and magneſia alba, or a gentle vomit, will in moſt caſes infallibly correct; at leaſt, aſtringents ſhould never be permitted, till the others have been firſt uſed as preparatives.

But one of the principal faults of mercenary nurſes is, their denying to the children entruſted to their care, *air* and *exerciſe*.

In great and populous cities, and in large manufacturing towns, where the inhabitants are crowded together in narrow confined ſtreets, and low, dark, and dirty houſes, it is no wonder that the children ſhould be ſickly. Grown perſons, however hardy and robuſt, are generally affected by ſuch ſituations; but their children ſeldom ſtruggle through infancy, or if they do, are commonly marked by deformity or weakneſs; but it is the duty of ſuch parents as can afford the expence, to place their children in a dry, healthy, and airy habitation; and to enforce, by the ſtrongeſt injunctions, and frequent viſits, the carrying them out in the open air, many times in the day. Nurſes left to themſelves, are too apt to indulge a habit of indolence in this eſſential article.

Small apartments are totally unfit for nurſeries, nor ſhould ſeveral beds be ſuffered in one room; children are relaxed by the heat, and rendered delicate and liable to colds; added to which, the air of confined or crouded rooms is unwholſome in itſelf, and diſpoſes them more readily to receive the infection of contagious diſeaſes. Nor is the practice leſs dangerous, of covering up the infant cloſely in a cradle, depriving it of the comfort of breathing, and compelling it to ſwallow again, in repeated draughts of reſpiration, the ſame air it has emitted.

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ted. If ſmall beds could be provided for children, as ſoon they are weaned, with bed-cloaths ſeparate from thoſe of the parent or nurſe, it might produce very happy effects.

If children are laid to ſleep with all their cloaths on, great care ſhould be taken not to expoſe them to the open air immediately on their being taken out of the cradle; the ſafer way is to undreſs them in a great meaſure, before they are put to reſt, and to reſtore their cloaths as ſoon as they awake: no cuſtom can be more abſurd, than that of heaping additional cloathing on them in the cradle, where they have naturally ſufficient perſpiration, to induce an extraordinary degree of it, which is violently checked the moment they awake, to the extreme hazard of their lives.

Nor ſhould children, as they grow up, be confined to warm rooms; or kept wholly within doors; at a certain age they are ſent to public ſchools, and other places of education, where the treatment is ſo different, that, like exotics, they ſhrink at the expoſure, and never attain any conſiderable degree of vigour or ſtrength. And the like inconvenience ariſes from bringing children, who have been accuſtomed to wholſome country air, to ſchools in confined towns, where their improvement in learning is frequently impeded by the loſs of health, at a time, too, when the application of every hour is of ineſtimable value.

To prolong and render comfortable the life of man, *exerciſe* is indiſpenſably neceſſary; the health, growth, nay, even the very exiſtence of the infant, depend on it.

The nature of the exerciſe ought to be adapted to the age of the child, and to be increaſed by degrees, as it gains

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gains ſtrength of body; but it muſt, in many caſes, be regulated by the condition of the parents. Rocking in the cradle has been the practice of centuries, and moderately uſed may not be an improper kind of exerciſe; but the mother's or nurſe's arms is the moſt eaſy and natural; being carried from place to place, a variety of objects offer, which amuſe its fancy, and, under the information which it receives from its conductor, direct its opening ideas. Where actual poverty prevents this kind of exerciſe, frequent rubbing of the back and loins with a warm hand will be of ſingular uſe. Even a ſwing, not high enough to ſuſpend the infant, is preferable to the uſual method of committing one child to the care of another; but both ſhould in every poſſible caſe be avoided: and if mothers would dedicate more of their time to their children, at this period of their lives, they would be repaid by the forward growth and ſtrength of their offspring, who would be more quickly in a capacity to take care of themſelves.

It is a common, but very miſtaken notion, that children acquire crooked legs and rickety habits, from being indulged too early in the uſe of their feet; but as exerciſe contributes to the ſtrength of the limbs, theſe infirmities are much more probably derived from their being kept too long in a ſitting or lying poſture: if their limbs are weak, the weight of their bodies is proportionable, and the moment they have ſkill to keep themſelves erect, they may very ſafely be ſuffered to uſe their legs. Leading ſtrings ought never to be permitted; children who are accuſtomed to them are apt to depend entirely on this ſupport, by which means their whole weight is thrown forward, and the lungs, ſtomach, and

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bowels, ſuffer an unnatural and dangerous compreſſion. Sedentary employments of any kind, whether of ſtudy or labour, are extremely prejudicial in childhood and early youth: when the calls to either are not to be diſpenſed with, it will be of great importance to divide the hours of application and receſs in ſuch a manner, as to give frequent opportunities for exerciſe, which ſhould always be taken in the open air if poſſible. And theſe precautions are more particularly neceſſary for female children, who will feel the want of early air and exerciſe, not only at a certain critical period of life, but in the ſtill more dangerous circumſtance of child-bearing; an event attended with a degree of hazard to all, but moſt to thoſe whoſe parents or friends have neglected to improve their ſtock of health and vigour in the precious moments of which we now ſpeak.

Having laid down a few neceſſary and fundamental rules, for the management of infants in health, we ſhall now proceed to mention certain accidental circumſtances which ſometimes affect children at the birth, and which yet are not to be claſſed under the head of *diſeaſes*; theſe the reader will find properly digeſted under their reſpective titles.

On the examination and inſpection of a new-born infant, inquiry is generally made if it be tongue-tied; this ſometimes, though very rarely, happens. A thin ſkin or membrane under, and extending towards the narrow part of the tongue, prevents the child from ſucking, and may be remedied by a very gentle ſnip with a pair of fine ſciſſars: but this circumſtance ſo ſeldom occurs, that when the child exhibits an inability to ſuck, the impediment will much more commonly be found in over

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full breaſts, or ſore nipples of the mother, or in ſwelling of the glands, or weak jaws in the infant. The operation of cutting ſhould, therefore, never be performed without attending to theſe other poſſible grounds of the complaint.

It is ſaid, that there have been inſtances of children born with their tongues inverted or turned; or that the ſame accident has happened from ſucking: tickling the child's throat, to excite vomiting, has been recommended in this caſe, as the only means to prevent immediate ſuffocation.

The breaſts of infants are generally found to contain a ſmall quantity of milky fluid; but this ſhould by no means be drawn or preſſed out: warm milk and water, or a little ſweet oil warmed, and gently rubbed in, will, in moſt caſes, remove it; or if it ſhould remain beyond a day or two, a poultice of bread and milk is an effectual remedy. A ſmall plaſter of diachylon is in ſome inſtances preſcribed, when the breaſt grows hard; but the nurſe ſhould be abſolutely reſtrained from uſing her finger and thumb, a practice both cruel and dangerous.

If too much of the chord, or navel-ſtring, is left to the body of the child, it is apt to occaſion inflammation; nay, in ſome caſes, even mortification. The beſt way of managing it is, to make a hole in a piece of fine linen, many times doubled, and paſſing the end of the navel-ſtring through the hole, to fold the cloth ſeveral times, till it gets near the belly; to which it ſhould be bound by a ſmooth roller, but not drawn too ſtrait. The navel-ſtring commonly ſeparates, and falls off in four or five days; when that happens, which ſhould be

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carefully attended to, a bit of ſinged rag may be laid over the navel; and if any rawneſs or ſoreneſs ſhould appear round it, or the ſkin ſhould be fretted or galled, a raiſin ſplit and ſtoned may be applied, and the part waſhed with a little alum-water, or a weak ſolution of ſugar of lead, and a plaſter of cerate applied, to protect it from rubbing.

When the navel appears to protrude, or puſh out, it is frequently miſtaken for a rupture; but as the latter is by no means a common caſe, all violent attempts to reduce it ſhould be carefully avoided: nor ſhould they be made, but with infinite caution, in infant ſubjects, even in caſes of actual ruptures in the groin. The body may be kept open, and the hand gently applied to the part, when the child makes any extraordinary exertion, either by crying or otherwiſe. And as this complaint is not of a dangerous nature, a cure will generally be effected without the application of bandages or truſſes, which ought always to be uſed by very ſkilful hands.

If the retention of the infant's urine ſhould afford any reaſon to ſuſpect that the paſſage from the bladder is obſtructed by a ſlimy matter, which ſometimes oppoſes the paſſage of the water, a warm bath of milk and water, or a little oil gently rubbed on the belly, will, in moſt caſes, remove the complaint; but if theſe applications prove ineffectual, it will be neceſſary to conſult ſome perſon of judgement, as it may then be apprehended, that the difficulty ariſes rather from ſome defect, than from accident; eſpecially in female infants, where the cauſe is not always to be found in the paſſage from

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the bladder, but in a kind of thin ſkin, which cloſes its orifice or mouth; and the ſame appearance ſometimes preſents itſelf at the gut, and prevents, in like manner, evacuation by ſtool: it is very proper, therefore, that the infant's body ſhould be repeatedly and carefully examined, and that attention be paid to the regularity and freedom of its evacuations.

The noſes of infants are ſometimes ſtopped up by groſs matter, which, gathering in the noſtrils, occaſions difficulty in ſucking, and even obſtructs their breathing: a little oil or butter applied to the noſe by a warm finger, will ſcarce ever fail to remove this complaint; but ſhould it refuſe to yield to theſe common and gentle preſcriptions, two grains of white vitriol may be diſſolved in about half an ounce of marjoram water, and applied to the noſtrils with a fine rag.

Running ears, ſore or weak eyes, and excoriations, galls, or ſtripping of the ſkin, may in general be attributed to the ſame cauſes; the former and latter are almoſt conſtantly the effects of want of care and cleanlineſs, and may be removed by a careful attention to theſe eſſential articles. In the former caſe, a little cerate plaſter may be applied; or if extremely obſtinate, a very weak ſolution of ſugar of lead may be uſed, to waſh the part. In the latter caſe, the arm-pits, groin, or other galled parts, may be powdered with fine tutty, or even common hair powder; but the moſt effectual remedy is Fuller's-earth diſſolved in warm water, and when made quite ſoft and ſmooth, applied with the finger.

Sore eyes are in general occaſioned by the neglect of waſhing the infant's head with water from its birth.

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Where that method is practiſed, this complaint ſeldom occurs, though it may ſometimes happen, by expoſing it ſoon after the birth to a very ſtrong light, or placing it too near the fire. In both caſes, the moſt ſimple applications are the ſafeſt; and frequent waſhing with milk and water, or roſe-water, will in general remove all the diſagreeable effects of this diſorder.

The *meconium* is ſo little conſidered as a diſeaſe, that it has not yet acquired any Engliſh name; it is the excrement contained in the ſtomach and guts of a new-born infant; for which the mother's milk has been long conſidered as the moſt efficacious medicine, and ſcarce ever fails to promote the diſcharge of it. If the mother does not ſuckle, or the breaſt is not ready to receive it, a little magneſia, or even moiſt ſugar diſſolved in warm water, will anſwer the purpoſe.

The *red-gum* requires little more attention, than to keep the body open; which may be done by ſmall doſes of rhubarb powdered, and magneſia, mixed in warm water. The *yellow-gum*, which is, indeed, a ſpecies of jaundice, is attended with ſome degree of danger; but the ſame medicine may be adminiſtered: and in many caſes a change of milk is required.

The ſymptoms of *acidities* in the ſtomach of an infant are at firſt loathings and ſour belchings, a pale complection, with frequently a yellow or green caſt, wind, red ſpecks or ſpots in the forehead, cheeks, or neck, a thick breath, attended with a ſnoring noiſe, and not uncommonly a ſharp and troubleſome cough. Gripings, purgings, and green and ſour-ſmelling ſtools, are the ſure ſigns of acidities in the bowels. In both caſes, the beſt medi-

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medicine known is magneſia, which may be given either in its common food, or in the following prepared mixture:

Six grains of powdered rhubarb, thirty grains of magneſia; ſimple mint-water, half an ounce; ſyrup of ſugar (or ſugar diſſolved in as much boiling water as will reduce it to the conſiſtency of ſyrup) half an ounce; common water, an ounce.

Somewhat more than the quantity of a tea-ſpoonful may be adminiſtered every three or four hours.

But in caſe the body ſhould be already ſufficiently open, a like quantity of prepared powder of crabs eyes, may be ſubſtituted for the magneſia; though the latter may, in moſt occaſions, be uſed with ſafety and ſucceſs.

If the ſame complaints occur after the child is weaned, an infuſion of about fifteen grains of powdered rhubarb, and one grain of ſalt of tartar, in any ſimple water, poured carefully off, after it has ſtood near the fire a few hours, may be given in the quantity of two ſmall tea-ſpoonfuls at a time, and repeated twice or thrice in the twenty-four hours. You may add ſugar to make it palatable.

If the gripes are ſevere, and the mixture above recommended has not procured ſtools, a ſmall quantity of peppermint water, diluted with common water warm, may be given, and a flannel dipped in brandy, or other ſpirit, applied to the belly; and a gliſter of a table-ſpoonful of Florence oil, the like quantity of coarſeſt ſugar, and from two to four ounces of new milk, or the decoction of linſeed, ſhould be immediately adminiſtered. Proper care muſt be taken, that the heat of the injec-

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injection do not much exceed that of milk from the cow.

For vomitings occaſioned alſo by acidities, no medicine is more effectual than the magneſia and rhubarb mixture; but if the continuance of the complaint has ſo weakened the ſtomach, that it can neither retain food or medicine, without loathings or actual vomitings, from two to five grains of ipecacuanha, according to the age of the infant, may be very ſucceſsfully given; it ſhould be finely powdered, and mixed with ſugar and water, or the common ſyrup, and its operation is mild and ſafe.

If the vomiting is apprehended to proceed from an irritation of the nerves of the ſtomach, a drop or two of liquid laudanum may be given in a table-ſpoonful of the ſaline draught, which may be compoſed of

Thirty grains of ſalt of wormwood or tartar, diſſolved in half an ounce of freſh lemon-juice; half an ounce of common ſyrup of ſugar; one ounce of ſimple peppermint water, and one ounce of common water.

And the like quantity may be repeated every two, four, or ſix hours, according to the violence of the diſeaſe, leſſening, however, the quantity of the laudanum in the repetition.

If the diſorder is obſtinate, the following plaſter, from the ſize of a crown-piece, in proportion to the age of the patient, ſpread on ſoft leather, and applied to the pit of the ſtomach, may be uſed with great probability of ſucceſs.

Take gum labdanum, or plaſter of the gums, of either three ounces; camphorated oil, half an ounce; black pepper,

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pepper, or Indian pepper, three drams; eſſential oil of mint or mace, two ſcruples.

Melt the ingredients in a ſmall earthen pipkin or pot, ſtirring in the powdered pepper as it diſſolves, and adding the oil of mint or mace in the laſt ſtirring.

When the ſymptoms abate, it may be proper to ſtrengthen the ſtomach by the following medicine:

Infuſe one dram of Peruvian bark, ſix grains of rhubarb, and a ſmall quantity of orange peel, in one ounce of ſimple cinnamon water, and one ounce of common water.

And after it has ſtood three hours, ſtrain it carefully off, and give the quantity of a tea-ſpoonful morning and evening.

But after all, vomiting may be occaſioned by the quantity or quality of the infant's food. The matter thrown up will, in a great meaſure, aſcertain the former cauſe, and the cure is too obvious to need pointing out. In the latter a change is neceſſary, even of the breaſt milk, if that ſhould be found too groſs or heavy; at leaſt the mother or nurſe ſhould have recourſe to a more ſpare diet, and diluted liquors, in order to render her milk leſs thick and glutinous.—See APHTHÆ or THRUSH, CONVULSIONS, TEETHING, &c.

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CHIN-COUGH.—See HOOPING-COUGH.

CHIPS.—See ORANGES.

CINNAMON.

This is a very elegant and uſeful aromatic, highly grateful both to the palate and ſtomach, which it greatly ſtrengthens as well as the bowels, and proves of much ſervice in ſeveral kinds of fluxes and immoderate diſcharges. The bark of Caſſia is frequently ſold for cinnamon, but is eaſily diſtinguiſhable by its breaking ſmooth, while cinnamon always ſplinters; and by a ſlimy kind of taſte, without any thing of the roughneſs of the true cinnamon.

The *Oil of Cinnamon* is of a nature ſo extremely hot, that a drop of the genuine ſort let fall upon the tongue, undiluted, will produce an actual ſcar: in debilities of the nervous ſyſtem, and low languid caſes, it is one of the moſt immediate cordials and reſtoratives. The doſe is three or four drops on a knob of ſugar, and diſſolved in a glaſs of ſmall wine, or in ſome of the ſimple diſtilled waters.

Simple CINNAMON WATER. Take of cinnamon one pound; water as much as will prevent burning; draw off one gallon.

Care muſt be taken in the choice of your cinnamon, to avoid the impoſition of Caſſia. This is a very grateful water, and poſſeſſes the virtues of the cinnamon in a high

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a high degree; but does not keep ſo well as might be wiſhed.

Spirituous CINNAMON WATER. Take of cinnamon one pound, proof ſpirit one gallon; as much water as will prevent burning; and draw off one gallon by diſtillation.

This is a very agreeable and uſeful cordial; but not ſo ſtrong of the cinnamon as might be expected: it has, therefore, been propoſed to make this water by mixing the ſimple cinnamon, with ſomewhat leſs than an equal quantity of rectified ſpirit. On ſhaking them together, the liquor loſes it milky hue, but ſoon becomes clear and more elegant than the water diſtilled as above: it is equally ſtrong of the cinnamon, and free from the nauſeous ſcent uſual with common proof ſpirits.

CITRON.

This fruit has much the ſame qualities with the lemon, from which it is diſtinguiſhed by its firmneſs, greater bulk, briſker ſmell, and higher colour. We have eſſences, (ſee that article) oils, and waters from the citron.

To preſerve CITRONS. Take the largeſt Malaga citrons, cut them into quarters, ſcrape the rind a little, but not all the yellow off; take out all the meat, and lay the rind in water all night; then boil them till they are very tender, and lay them in water again all night; then lay them in a ſieve to drain very well; and, to two pounds of citrons, put three pounds of fine ſugar, and three pints of water; make the water and ſugar juſt

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warm, put in the citrons, let it boil for half an hour, then ſet it by till the next day; boil it again till it is very clear, and add a pound more of ſugar; juſt wet it with water, making it boil briſkly till it is melted; then put in the juice of three lemons, and put it into large pots.

CITRON MARMALADE. Let the citrons be boiled very tender, cut off all the yellow rind, ſtamp the white very well in a wooden bowl, ſhred the rind, and to two pounds of the pulp and rind, take three pounds of ſugar, and a pint of water; make theſe boil, and then put in the citrons; make it boil briſkly till it becomes clear, then add a pint of pippin jelly, boil it till it jellies very well; add the juice of a couple of lemons. Put it in pots or glaſſes.

CITRON WATER. To a gallon of *French* brandy, or clear ſpirit, put four ounces of citrons, lemons, or orange flowers, and two pounds of white ſugar-candy finely powdered; add to theſe ſix ounces of citron or lemon peels, and let them ſteep in the ſpirits till the liquor is tinctured ſtrong enough, then ſtrain it through a ſieve. You may add a quarter of a dram of muſk to the quantity of three gallons of liquor.

Another way. Take of good proof ſpirits ſix quarts, water three quarts, the peel of fifteen lemons, freſh figs ſeven pounds; infuſe them a night, and diſtill. Sweeten with a pound and a quarter of refined loaf-ſugar.

This is the citron water uſually ſold in the ſhops; and hardly diſtinguiſhable in its taſte, when well managed, from the former, which is the genuine.

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CLYSTERS.

This claſs of medicines is of more importance than is generally imagined. Clyſters ſerve not only to evacuate the contents of the belly, but alſo to convey very active medicines into the ſyſtem. Opium, for example, may be adminiſtered in this way, when it will not ſit upon the ſtomach, and alſo in larger doſes, than at any time it can be taken by the mouth. The Peruvian bark may likewiſe be, with good effect, adminiſtered in form of a clyſter, to perſons who cannot take it by the mouth.

Some ſubſtances alſo, as the ſmoke of tobacco, may be thrown into the bowels in this way, which cannot by any other means whatever. This may be eaſily effected by means of a pair of hand bellows, with an apparatus fitted to them for that purpoſe.

A ſimple clyſter can ſeldom do hurt, and there are many caſes, where it may do much good. A clyſter, even of warm water, by ſerving as a fomentation to the parts, may be of conſiderable ſervice in inflammations of the bladder, and the lower inteſtines, &c.

Nor is the uſe of clyſters confined to medicines; aliment may alſo be conveyed in this way. Perſons unable to ſwallow have been, for a conſiderable time, ſupported by clyſters.

1. EMOLLIENT CLYSTER. Take of linſeed tea, and new milk, each ſix ounces. Mix them.

If fifty or ſixty drops of laudanum be added to this, it will ſupply the place of the *Anodyne Clyſter*.

2. LAX-

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2. LAXATIVE CLYSTER. Take of milk and water, each ſix ounces; ſweet oil, or freſh butter, and brown ſugar, each two ounces. Mix them.

If an ounce of Glauber's ſalts, or two table-ſpoonfuls of common ſalt be added to this, it will be the *Purging Clyſter*.

3. CARMINATIVE CLYSTER. Take of camomile flowers, an ounce; aniſeed, half an ounce. Boil in a pint and a half of water to one pint.

In hyſteric and hypochondriac complaints, this may be adminiſtered inſtead of the *Fœtid Clyſter*; the ſmell of which is ſo diſagreeable to moſt patients.

4. OILY CLYSTER. Take four ounces of the infuſion of camomile flowers; add an equal quantity of Florence oil.

This clyſter is beneficial in bringing off the ſmall worms lodged in the lower parts of the alimentary canal. When given to children the quantity muſt be proportionably leſſened.

5. STARCH CLYSTER. Take jelly of ſtarch, four ounces; linſeed oil, half an ounce. Melt the jelly over a gentle fire, and then mix in the oil.

In the dyſentery or bloody flux, this clyſter may be adminiſtered after every looſe ſtool, to heal the ulcerated inteſtines, and blunt the ſharpneſs of corroding humours. Forty or fifty drops of laudanum may be occaſionally added; in which caſe it will generally ſupply the place of the *Aſtringent Clyſter*.

TURPENTINE CLYSTER. Take of common decoction, ten ounces; Venice turpentine, diſſolved with the yolk of an egg, half an ounce; Florence oil, one ounce. Mix them.

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This diuretic clyſter is proper in obſtructions of the urinary paſſages, and in cholicky complaints, proceeding from gravel.

VINEGAR CLYSTER. This clyſter is made by mixing three ounces of vinegar with five of water-gruel.

It anſwers all the purpoſes of a common clyſter, with the peculiar advantage of being proper either in inflammatory or putrid diſorders; eſpecially in the latter.

It is unneceſſary to give more examples of this claſs of medicines, as ingredients adapted to any particular intention, may occaſionally be added to one or other of the above forms.

CLEAR-STARCHING.

This we conceive to be an article of ſo much uſe in female œconomy, as to deſerve very particular attention. In *waſhing* MUSLINS, you are to fold every article double, putting the ſelvedges together, then the ends together, and waſh it the way the ſelvedge goes, to prevent the fraying; next take very clear water, but not too hot, for that makes them yellow, and ſtrain the water through a clean cloth into a pan; then take of the beſt ſoap a quantity proportioned to your waſh, put it upon a clean ſtick, beat up your lather; but let it not be with a whiſk, for that will make the water yellow, and alſo leave ſplinters, which will tear the muſlin.

After the lather is beat, put in your fouleſt muſlins, one by one, ſo let them ſtand to ſoak out the dirt; then waſh them one by one, to prevent tearing; whilſt the water is warm ſqueeze them very hard between both hands, for

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for fear of leaving the dirty ſuds in them, and as you waſh them out, ſhake them open into an earthen diſh; let your ſecond lather be beat up as your firſt, only let the water be hotter, but not ſcalding hot; but waſh whilſt they are warm, and ſqueeze them as before: as to your third lather, let your water be ſcalding hot, but not boiling, for that makes the water yellow; then put ſome powder blue into a cup, with a little more water than will juſt wet it; ſhake the cup about, afterwards pour it into the ſcalding water, and ſtir it about till you perceive it blue enough; then take ſoap, beat up your lather as before, put your yelloweſt muſlins in firſt, and let them be covered over with a clean cloth: you may waſh them out whilſt warm, or let them ſtand all night, it will do them no harm, but clear them.

Obſerve when you waſh them out, to take care and waſh the blue out, then lay them in clear pump water, and if you have not time to ſtarch them all at once, put no more in your ſtarch than you can finiſh in one day, for lying in the ſtarch makes them look yellow.

But let them be put in pump water, till you have time to finiſh them, but do not exceed two days.

Moſt ſtarchers boil their muſlins; but it certainly wears them out: the ſcalding, and letting the muſlins lie therein, does them more good than a boil. Likewiſe, obſerve never to ſoap your muſlins, for waſhing out the ſoap will cauſe you to fray them.

To rinſe MUSLINS *before you ſtarch them.* Take pump water in a clean pan, take a ſmall quantity of blue in a cup, and put a little pump water to it; ſhake it about in the cup, and pour a little of it into the rinſing water; then with your hand ſtir it about; put your whiteſt muſlins

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muſlins in firſt, one by one, ſqueezing them out one by one, as you put them in; but put no more in than two or three at a time, or the blue will ſettle upon them; in which caſe rub them with your hand lightly in the water, and it will come off; and if any of your muſlins be yellow, you muſt make the rinſing water a little bluer; after you have rinſed them all out, ſqueeze them one by one between your hands very hard, becauſe they will not take the ſtarch if any water is left in them, and pull them out with very dry hands, one by one; double them, lay them upon a clean dry cloth, in order to ſtarch them. Some people ſtarch them dry, but they ought not, for it makes them look yellow and ſtiff, and is alſo very apt to fray them.

To make STARCH *for Muſlins.* Take a pint of pump water to a quarter of a pound of ſtarch; put the water in a clean ſkillet, and put it over a clear fire till it is luke-warm; then put in your ſtarch, keep it ſtirring ſlowly one way, till it boils one boil, and no more; if it boils too much, it makes it yellow; pour it into a clean pan, cover it with a clean plate till it is cold, then take ſome upon your hand, and ſome blue in the other hand, mix them together, but make it not too blue, for the leſs blue the better, ſo it looks a little blue it is enough: you need not make any more at a time, for if you keep it above a week, it will make your muſlins look yellow. Take your muſlins doubled as before, one by one, in your left hand, and with your right ſpread the ſtarch, but not too thick; firſt on the one ſide and then on the other, but do not open them.

When you have ſtarched your muſlins, lay them in the ſame earthen diſh, kneading them with your double

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fiſt, till the ſtarch ſticks about your hands; then, wringing them very hard, wipe them with a dry cloth; after that open them, and rub them very ſlightly through your hands.

In clapping the muſlin, take the oppoſite ends of each piece in your hands, and clap them very hard, but waſh your hands as often as you perceive any ſtarch or wet upon them; pull out the muſlin very well with both hands, to you and from you, to prevent the fraying; and be ſure your hands are exceeding dry; for if any of the ſtarch remain upon them, it will fray as you pull it out; hold it againſt the light, to ſee if it is clapped enough.

But if you obſerve any thing that looks ſhining, which is the ſtarch, you muſt rub it over gently with your hands, but always dry; ſo that when it is clapped enough, you will obſerve it to fly aſunder, and not ſtick to your hands. Obſerve to clap very quick and very hard, and when you ſee no ſhining, it is enough: you muſt never clap by the fire but in froſty weather, for that ſpoils the colour.

Let all muſlin be ironed upon a clean ſoft woollen cloth, two or three times doubled; the thicker the ironing-cloth, for worked muſlins, the richer the work will appear. You muſt always iron on the wrong ſide.—*See* LINEN.

Cambricks and lawns, in the waſhing and rinſing, muſt be managed as you do muſlins; but you muſt make a very thin ſtarch, dip them in, and ſqueeze them out very hard, and clap them very carefully, for they are very apt to ſlip; then fold them up, and put them into a dry clean pan, when they are clapped: if you touch

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touch them with any wet, it will leave a ſort of thick look, and ſo will alſo muſlins: you may iron them, as well as coarſe muſlins, within a damp cloth, laid over and under them, but not with too hot an iron; and alſo iron them on the wrong ſide, as you do thick muſlins.

Aprons and handkerchiefs may be ſtarched in a very thin, but thicker than water ſtarch; a ſmall matter of clapping ſerves them; but obſerve that they are clear: you muſt alſo pull them out towards the gathers, to prevent the fraying them. Every way double them, and lay them on the board as even as you can, and let them lie till they are pretty near dry; then ſpread them ſingle, and iron on the wrong ſides.

COD-FISH.

The head and ſhoulders are a very favourite part of this fiſh, and generally dreſſed alone; but for this purpoſe, the fiſh ſhould be choſen very thick about the ſhoulders, and at leaſt ſix inches of the body left to the head.

To boil COD. Set on a fiſh-kettle of a proper ſize for the cod; put in a large quantity of water, with a quarter of a pint, or more, of vinegar, a handful of ſalt, and half a ſtick of horſe-radiſh; let theſe boil together, and then put in the fiſh. When it is enough (which will be known by feeling the fins, and by the look of the fiſh) lay it to drain, put it on a hot fiſh-plate, and then in a warm diſh, with the liver cut in half, and laid on each ſide. Sauce—ſhrimps, or oyſter-ſauce.

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To boil SALT COD. Steep your ſalt-fiſh in water all night, with a glaſs of vinegar; it will take out the ſalt, and make it eat like freſh fiſh. The next day boil it. When it is enough, pull it in flakes into your diſh; then pour egg ſauce over it, or parſnips boiled, and beat fine with butter and cream. Send it to the table on a water plate, for it will ſoon grow cold.

Salt COD *the Dutch way.* Let the fiſh be well ſcaled, and the whiteſt that can be got; the ſalt being taken off, boil ſome ſmall carrots in water, and put the cod, cut into ſlices, into it: when the cod is done, diſh it up, and with each ſlice of cod two or three ſmall carrots.

Waſh and mince ſome parſley ſmall, put it into a ſauce boat, and alſo melted butter in another; you may alſo put muſtard into the butter (if you like it); ſerve it up hot.

To dreſs CRIMP COD. Cut the cod into ſlices one inch thick, put them into hard water and ſalt for two or three hours; then boil them very quickly in a ſtew-pan almoſt full of ſpring water and ſalt: ſkim them very clean, and keep them boiling for about eight or ten minutes; then take them out, and lay them in a fiſh-plate. Serve up with ſhrimp or oyſter-ſauce.

Or, after they are boiled briſkly for a few minutes, take out the ſlices, and having drained them on a ſieve, dry them well, flour them, and lay them at a diſtance on a very good fire, to broil. Serve the above ſauce.

Freſh COD *with ſweet Herbs.* Cut a ſmall cod in five or ſix pieces, bone it, and marinade it in melted butter, the juice of a lemon, chopped parſley, ſhalots, and ſweet herbs; then lay it upon the diſh you intend for table, with all the marinade both under and over, and ſtrew it over with

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with bread crumbs. Baſte it with melted butter, bake it in the oven, and ſerve with what ſauce you think proper.

To ſtew Cod. Lay your cod in thin ſlices at the bottom of a diſh, with half a pint of white wine, a pint of gravy, ſome oyſters and their liquor, pepper, ſalt, and nutmeg; a bunch of ſweet herbs, and an onion ſtuck with cloves: let it ſtew ſoftly, ſhaking the pan often to prevent burning, till it is near enough; thicken it with ſome butter rolled in flour, let it ſtew a little longer, take out the onion and ſweet herbs, and ſerve it hot, garniſhed with ſliced lemon.

To boil a Cod's Head *and* Shoulders. Clean a cod's head and ſhoulders well, rub it over with lemon and ſalt, and lay it on a fiſh-plate; when the water boils, throw in a handful of ſalt, and a little vinegar; put in the head, and let it boil ſlowly for half an hour, or longer, if it be large. Take it up carefully, and lay it on a diſh; lay ſome fried ſoals or ſmelts round it, and ſerve it up with anchovy and ſhrimp ſauce.

Another way. Cut the head with as much of the ſhoulders as you think proper; tie it up with packthread, and put it in a fiſh-kettle with a falſe bottom, with as much water as will cover it, a handful of ſalt, and about a pint of vinegar; put it on the fire; when it boils, ſkim it well; let it boil ſlowly, for fear of breaking the ſkin; then ſcald the oyſters in their own liquor, drain and take off the beards; ſtrain the liquor into a ſauce or ſtew pan; add a piece of butter rolled in flour, a little white wine, nutmeg, pepper, and ſalt; reduce it to a proper conſiſtence; then add two anchovies chopped, and the oyſters; warm together without boiling,

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drain and diſh the fiſh, and ſerve ſome of the ſauce upon it, and the remainder in a ſauce boat.

To bake a COD'S HEAD *and* SHOULDERS. Make the head and ſhoulders quite clean; make a ſtuffing of crumbs of bread, ſuet, pepper, ſalt, parſley, and thyme ſhred fine; add two eggs, mix it well, and ſtuff the head and ſhoulders with it: do the cod over with an egg, and crumb it with bread; put ſome pieces of butter over it, and ſome gravy under it, and bake it in a quick oven for one hour. When it is baked, ſtrain the gravy from it into a ſtewpan, add two anchovies, and ſome juice of lemon: thicken it up with butter and flour; lay the fiſh in a diſh, and pour your ſauce into it, and garniſh it with ſlices of lemon.

To dreſs a COD'S HEAD *and* SHOULDERS. Having taken out the gills, and the blood clean from the bone, waſh the head very clean, rub over it a little ſalt and a glaſs of allegar, then lay it on your fiſh-plate. When your water boils, throw in a good handful of ſalt, with a glaſs of allegar, then put in your fiſh, and let it boil gently for half an hour; if it is a large one, three quarters. Take it up very carefully, and ſtrip the ſkin nicely off. Set it before a briſk fire, dredge it all over with flour, and baſte it well with butter: when the froth begins to riſe, throw over it ſome very fine white bread crumbs. You muſt keep baſting it all the time to make it froth well. When it is of a fine white brown, diſh it up, and garniſh it with a lemon cut in ſlices, ſcraped horſe-radiſh, barberries, a few ſmall fiſh fried and laid round it, or fried oyſters. Cut the roe and liver in ſlices, and

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and lay over it a little of the lobſter out of the ſauce in lumps, and then ſerve it.---*See* SAUCES.

To broil COD. Having cut a cod into ſlices of about two inches thick, dry and flour them well; make a good clear fire, rub the gridiron with a piece of chalk, and ſet it high from the fire. Turn them often, till they are quite enough, and of a fine brown. They require great care to prevent them from breaking. Lobſter or ſhrimp ſauce.

To dreſs COD SOUNDS. Steep them as you do the ſalt cod, and boil them in a large quantity of milk and water. When they are very tender and white, take them up, and drain the water out; then pour the egg-ſauce, boiling hot, over them, and ſerve them up.

To broil COD SOUNDS. Lay them a few minutes in hot water; then take them out, and rub them well with ſalt, and take off the ſkin and black dirt, when they will look white. After this, put them into water, and give them a boil. Take them out, flour them well, pepper and ſalt them, and then put them on the gridiron. As ſoon as they are enough, lay them on your diſh, and pour melted butter and muſtard over them.

To boil COD SOUNDS. Cod ſounds, dreſſed like little turkies, is a pretty ſide diſh for a large table, or for a dinner in Lent. Boil your ſounds, as for eating, but not too much. Take them up, and let them ſtand till they are quite cold; then make a forced-meat of chopped oyſters, crumbs of bread, a lump of butter, the yolk of two eggs, nutmeg, pepper, and ſalt, and fill your ſounds with it. Skewer them in the ſhape of a turkey, and lard them down each ſide, as you would do a turkey's

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key's breaſt. Duſt them well with flour, and put them before the fire in a tin oven to roaſt. Baſte them well with butter. When they are enough, pour on them oyſter-ſauce, and garniſh with barberries.

To fricaſſee COD SOUNDS. Having cleaned them very well, cut them into little pieces, boil them tender in milk and water; then throw them into a cullender to drain; pour them into a clean ſauce-pan, ſeaſon them with a little beaten mace and grated nutmeg, and a very little ſalt; pour to them juſt cream enough for ſauce, and a good piece of butter rolled in flour; keep ſhaking your ſauce-pan round all the time, till it is thick enough; then diſh it up, and garniſh with lemon.

CODLINGS.

To preſerve GREEN CODLINGS. Gather them when they are half grown, lay them in a braſs pan, with ſome vine leaves under and over them; put to them ſome water, cover them cloſe down, and ſet them on a ſlow fire. When the ſkim begins to riſe, take them out and peel them; put them into the pan again, with ſome hard water, and the leaves under and over them; add to them half a pint of vinegar, and a piece of roche alum; cover them cloſe down, to prevent the ſteam from getting out; then hang them over a ſlow fire till they are quite green, taking care they do not crack. Take them out, and with a ſmall penknife make a hole in them to the heart, and take out the ſeeds. Weigh them, and to every pound of codlings, put one pound and a quarter of double-refined ſugar; clarify half of it, put in the codlings, and

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and ſet them to ſimmer, ſtirring them all the time. Pound the other part of the ſugar, and ſprinkle ſome on; let them ſimmer, take them off, and let them ſtand a little; put them on again, and do ſo for three times, adding the ſugar till it is all in; ſet them by for ſix days, turning them every day; then ſet them on the fire, let them boil for five minutes, keep ſtirring them, that they may do all ſides alike; put them in the jars. When they are cold, lay on them a brandy paper, and cover them with bladders.

To pickle CODLINGS. Let the codlings be but half grown, and without ſpots; for if they are ſpotted, they are commonly worm-eaten: ſcald them in water till the ſkin will come off eaſily; then put them again into cold water, and a ſmall piece of alum, to green, in a braſs pan over the fire, which they will ſoon do if they are kept cloſe covered.

Some adviſe, that the codlings be green, but near to their full growth; firſt ſcald them in a ſoft water till the ſkin will peel off, and then having made a pickle of vinegar and bay ſalt, allowing a large ſpoonful of ſalt to a quart of vinegar, a quarter of an ounce of ſliced ginger, three or four cloves of garlick, and a quarter of an ounce of white pepper. Boil this in a braſs pan, with a piece of alum as big as a horſe-bean, for a quarter of an hour, and pour it hot upon your codlings, covering the mouth of the jar with a cloth, and let it ſtand by the fire ſide; boil the pickle till your codlings are as green as can be deſired, and when they are quite cold, cork them cloſe, and ſet them by in a dry place.——*See alſo the articles* APPLE, CREAM, *and* PUDDINGS.

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COFFEE.

Many virtues have been aſcribed to this berry, which it never poſſeſſed; and much undeſerved cenſure has been thrown upon its uſe. It is certainly good in weakneſs of the ſtomach, head-ache, and want of appetite; in lethargic and ſleepy diſeaſes; but it is not good for lean and bilious people, nor for women in a ſtate of pregnancy. Its invigorating qualities are ſtrongly experienced, by taking it when the ſtomach is over-loaded with food, nauſeated with ſurfeit, or weakened by intemperance; and it certainly takes away that liſtleſſneſs and languor, which nervous people ſo ſeverely feel, after any deviation to exceſs, fatigue, or irregularity. It is ſaid to be of uſe in the gravel; and a diſh of ſtrong coffee, without milk or ſugar, taken frequently in the height of an aſthmatic fit, contributes much to its abatement. In the wet and damp ſeaſons, to which the climate of England is ſo ſubject, there is no doubt but great advantage muſt reſult from the uſe of coffee.

COLDS AND COUGHS.

All *colds* are accompanied by a certain degree of fever. Extremes of heat and cold, a too ſudden expoſure to either, or too quick a change from the one to the other, will unqueſtionably check the perſpiration, diſorder the body, and bring on a degree of fever; but as each of thoſe circumſtances are ſometimes unavoidable, hu-

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human precaution can extend no farther, than to leſſen the ill conſequences which may ariſe from them.

In order to this, it is in the power of every perſon to wrap himſelf well up, when he is to come into the air from a warm room, and to endeavour to keep up the heat of his body on ſuch occaſions, by moving faſter than ordinary; and when he is obliged to enter a cloſe room, from the cold and open air, to keep at a diſtance from the fire, and approach it by very ſlow degrees.

Changing wet cloaths, and in particular ſtockings and ſhoes, is frequently neglected from no other cauſe than idleneſs or inattention; yet ſitting in wet garments, and eſpecially going near the fire in them, will ſcarce ever fail to produce a violent cold. The dangers ariſing from damp linen, beds, rooms, and houſes, may, in various inſtances, be leſſened by ſleeping in the blankets, or with our cloaths on, even where we cannot eſcape from the inconvenience itſelf.

Yet, notwithſtanding our utmoſt care, we are perpetually liable to obſtructions of perſpiration, and conſequently to colds; for the treatment and management of which, the following directions will, in general, be found ſufficient.

The ſymptoms which give us notice that we have caught cold, are, in many reſpects, ſimilar to thoſe which precede and accompany the attack of an inflammatory fever; ſuch as oppreſſion of the breaſt, pains in the head, diſinclination to motion, and frequently heats and ſhiverings; but there are alſo other ſigns of cold, ſuch as a fullneſs or obſtruction of the noſe, a defluxion of rheum from the noſtrils and eyes, and a diſpoſition to cough, which are in general the firſt complaints, and where pro-

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per care is taken in the beginning, the only ones that appear.

When, from theſe ſymptoms, we are taught to believe that we have taken cold, and that the ill effects of it are approaching, the firſt ſtep towards obviating danger and promoting recovery, is abſtinence from our accuſtomed food and liquors; nor is this forbearance to be exerciſed with regard to the quality only, the quantity alſo is to be leſſened; and inſtead of full meals of fleſh and fiſh, and plentiful draughts of wine, or other ſtrong and fermented liquors, the patient muſt be contented with a ſcanty diet of weak broths, or other ſpoon meat, puddings, tarts, and biſcuits; and for common drink, barley-water, baum-tea, or the decoction of barley and tamarinds, with the addition of liquorice; directions for preparing which have been heretofore given; and all his drinks may be rendered agreeably acid, by the juice of lemons, oranges, the infuſion of tamarinds, or currant-jelly.

At night, white-wine whey will be very proper for thoſe who have been accuſtomed to generous liquors; in other caſes, the ſame diluting drinks as are above preſcribed ought to ſerve inſtead of ſupper.

On the ſucceeding morning, let the patient remain in bed a few hours longer than uſual, and encourage gentle perſpiration, by tea, barley-water, or any other diluting liquid; and if the ſweating ſhould grow profuſe, he ſhould be careful in leaving his bed, and ſhifting his linen, cautiouſly examining that what he is to put on hath been aired by the fire, and made warm.

Under theſe regulations, we may venture to aſſert, that colds would very ſeldom continue troubleſome above twenty-

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twenty-four hours; nor would they be attended with conſequences which, for want of timely attention, ſoon become dangerous, and very frequently fatal; nor would coughs, inflammations of the breaſt and lungs, pleuriſies, and conſumptions, ſo often follow ſuch ſlight colds, as might in the earlier ſtages have been eaſily conquered by a very ſhort confinement to abſtinence and regimen.

We would not, indeed, adviſe confinement and ſweating on every ſlight occaſion; over caution may, in ſome inſtances, be as productive of evil, as neglect; and thoſe who accuſtom themſelves to take to their beds or rooms, and to promote perſpiration by the uſe of diluting liquors, on every ſuſpicion of a cold, will bring on, by degrees, a general relaxation, which may render the habit ſo ſuſceptible of colds, as to be ſcarce ever free from them. Thoſe who are very apt to take cold, ſhould uſe conſtant moderate exerciſe, bathe in cold water, and take ſuch medicines as increaſe the vigour of the circulation, and ſtrengthen the whole ſyſtem; and the diſpoſition to take cold may, in a great meaſure, be leſſened, by gradually acquiring a habit of expoſure to ſudden changes of heat and cold: nor will gentle exerciſe in dry weather, either in walking, on horſeback, or in a carriage, be at all improper during the continuance of a cold; care being taken not to be out after ſun-ſet, nor in a damp, moiſt, or ſharp air.

But if the cold ſhould reſiſt the treatment and regimen which we have preſcribed, it may be right to bathe the legs and feet in blood-warm water immediately before going to bed, drinking directly after a draught of wine whey, or ſome other diluting liquor: this method will

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will often ſucceed in reſtoring the perſpiration, when other attempts fail.

Should the cold notwithſtanding continue, and the ſymptoms increaſe in violence; ſhould the pulſe become quick and ſtrong; ſhould the pain in the breaſt, and the difficulty of breathing be augmented; and a dry ſkin, accompanied with much thirſt, indicate the approach of an inflammatory, or ardent fever; bleeding, and a bliſter between the ſhoulders may be neceſſary, together with a frequent repetition of the ſaline mixture, and ſmall doſes of nitre and rhubarb, treating the patient, in all reſpects, as in the beginning of a ſlight fever.

By theſe meaſures, purſued in ſeaſon, the complaints will, in moſt caſes, be removed in three or four days; and ſymptoms which threatened a fever of a very ſerious nature, will generally give way to well-timed precautions, and gentle, but early applications.

But above all things, let heating poſſets of treacle, ale, and the like, and warm medicines to promote perſpiration, be avoided; the diſpoſition of the blood to fever does not require augmentation; nor will ſweats, produced by violence, relieve: all that is neceſſary to effect the cure of the cold, is to take off the contraction of the veſſels, and to reſtore perſpiration; and this will more ſpeedily be done by abſtinence, moderate warmth, a little indulgence in bed, and diluting liquors, than by all the medicines in the apothecary's ſhop; the adminiſtration of which, when they are unneceſſary, will anſwer no other purpoſe, than to create an occaſion for the uſe of them.

COUGHS

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Coughs are in general occaſioned by colds, ſometimes attending them as a ſymptom from the beginning, and at others produced by miſmanagement or neglect; in either caſe, the progreſs of a cough is troubleſome, and the continuance of it dangerous, weakening digeſtion, deſtroying the appetite, and by degrees producing a general relaxation and bad habit of body, and frequently ending in hectic fevers or conſumptions.

A cough is a violent expulſion of ſome kind of matter from the branches of the lungs, by means of a convulſive ſpaſm or compreſſion, and is always accompanied with a difficulty of breathing.

The regimen which we have preſcribed in colds, muſt be ſtill more ſtrictly obſerved when they are attended with coughs; wines, ſpirits, malt liquors, and high food, muſt be omitted, and a light diet and diluting liquors ſubſtituted; a regular, moderate degree of warmth will alſo be uſeful.

Coughs are uſually dry in the beginning, and in this ſtage may generally be removed by keeping the body open, promoting gentle perſpiration, and chewing after every fit of coughing a ſmall bit, to the amount of a ſcruple at a time, of the Peruvian bark.

But as the common remedies preſcribed at the commencement of a cough are generally oily and ſweet medicines, the digeſtion is ſoon ſpoiled, the cough grows moiſt, the breaſt is oppreſſed with tough and glewy phlegm, and it becomes neceſſary to apply to ſuch medicines as may promote expectoration, and aſſiſt in throwing it off; and for this purpoſe the ſolution of gum ammoniac may be given in the quantity of a table-ſpoonful or two, ac-

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according to circumſtances, twice or thrice a day, or oftener if neceſſary.

The vinegar or oxymel of ſquills hath alſo been recommended in the following form: Take of the vinegar or oxymel, one ounce; ſimple nutmeg water, one ounce; common water and balſamic ſyrup, of each four drams.

A table-ſpoonful or two to be taken three or four times a day, when the cough is moſt troubleſome.

To make the vinegar of ſquills: Take of ſuch of the roots of ſquills as are plump, freſh, and full of a clammy juice, one ounce; diſtilled vinegar, a pint. Let it ſtand twelve or fourteen days, ſo near the fire as to receive a gentle heat; then ſtrain it off, and add about an ounce of proof ſpirits.

For the oxymel: Infuſe an ounce of ſquills well, bruiſed, for ten or twelve days, in a pint of diſtilled vinegar, near the fire; then ſtrain it off, and add to the vinegar half a pound of honey, and boil till it becomes a ſyrup.

If the cough is violent, bleeding is neceſſary; but this operation ſhould only be performed where the patient is young, and of a ſtrong conſtitution; and if a quick and high pulſe indicate a conſiderable degree of inflammation. In weak habits, and where the patient is advanced in years, the loſs of blood will prove injurious.

It may alſo be right to give a gentle emetic of ipecacuanha, if the phlegm ſeparates with difficulty, or occaſions nauſea or ſickneſs.

In theſe caſes the following medicines adminiſtered occaſionally, as the violence of the ſymptoms demand relief,

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lief, will anſwer the purpoſes of keeping the body open, and allaying the irritation or tickling, which is often ſo troubleſome as to prevent the patient from taking reſt.

Take about the ſize of a large nutmeg of lenitive electuary at going to bed.

Take of oil of ſweet almonds, and ſyrup of poppies, of each one ounce; fine ſugar, three drams: mix, and take a tea-ſpoonful when the cough is urgent.

Take of pure water, one ounce and half; of freſh lemon juice, three drams; of ſalt of hartſhorn, eight grains; of ſpermaceti, diſſolved with yolk of egg, half a dram; of nutmeg water, three drams; of balſamic ſyrup, one dram. Make a draught to be taken every ſix hours, adding to that which is adminiſtered at night from five to fifteen drops of liquid laudanum, if the patient is reſtleſs.

When the defluxion is thin and acrid, ſoftening medicines will be proper, and a decoction or infuſion of the roots, leaves, and flowers of the wild or common mallow, or of the leaves of marſh-mallows, colt's foot, or wild poppy leaves, may be frequently taken in the quantity of a tea-cupful, to which may be added, towards night, a tea-ſpoonful of the paregoric elixir. — *See* ELIXIR.

The Spaniſh infuſion is alſo recommended: Take an ounce of Spaniſh juice, commonly called Spaniſh liquorice; of ſalt of tartar, three drams. Pour on theſe ingredients a quart of boiling water; let them infuſe twelve hours, then ſtrain off, and add an ounce of the ſyrup of poppies.

The quantity of a ſmall tea-cupful, given two or three times a day, will aſſiſt in relieving the cough; the Eng-

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liſh juice of liquorice is in all reſpects as good as the Spaniſh.

Lozenges of various kinds may alſo be kept in the mouth occaſionally, as well as the common barley ſugar, or ſugar-candy; in particular, fruit lozenges will be found uſeful in looſening and promoting the diſcharge of the tough phlegm, without bringing on a loathing, ſickneſs, and diſagreeable fulneſs of the ſtomach.

Occaſional drains or evacuations will prove ſerviceable in tedious and obſtinate coughs; for this purpoſe, ſetons, iſſues, or blifters, may be opened as circumſtances ſhall direct; if the habit of body ſhould forbid the application of the latter, a plaſter of Burgundy pitch may be ſubſtituted, which ſhould be placed between the ſhoulders, and taken off and wiped every three or four days, renewing it at the end of fifteen or twenty days, or ſooner, if appearances beſpeak a neceſſity for it.

Of ſuch coughs as appear to proceed from cauſes either remote from, or not abſolutely dependent either on colds, or other diſorders, it may be neceſſary to give ſome account.

Coughs are ſometimes occaſioned by a foul or weak ſtomach; and this may be diſcovered by obſerving, that though the cough is extremely troubleſome, yet it is not particularly excited by drawing the breath, which never fails to produce diſagreeable conſequences in that cough, the ſeat of which is in the lungs.

The cure of the cough which proceeds from a foul ſtomach, muſt be effected principally by cleanſing and ſtrengthening medicines, in vomits and purges ſuited to age, conſtitution, and circumſtances; the former may be

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be of ipecacuanha, or the antimonial or emetic wine; the latter ſhould be of the bitter kind; and tinctura ſacra, or the ſacred tincture, may be given in ſmall doſes, not exceeding two table ſpoonfuls, every day, or even twice a day, ſo as to keep the body moderately open, by procuring two or three ſtools in every twenty-four hours. *See* TINCTURE.

Coughs which ariſe from weakneſs of ſtomach require the bark, which may be either taken in ſubſtance, in a decoction, or in tincture prepared as follows:

Take of Peruvian bark in powder, two ounces; of Virginia ſnake root, half an ounce; Seville orange-peel and cinnamon bruiſed, of each half an ounce; of proof ſpirit, a quart. Infuſe the whole a week in a moderate warmth, then ſtrain or pour off fine.

Of this tincture an ounce may be taken once or twice a day, mixed with an equal quantity of ſimple cinnamon water.

If a cough is nervous, which may be diſcovered by its being accompanied with cramps and twitches, not only of the breaſt and ſtomach, but even in ſome caſes of other parts of the body, ſuch treatment will be neceſſary as in the ſlighteſt attacks of a nervous fever, though change of air, gentle exerciſe, and opiates adminiſtered in moderate quantities, will frequently be found ſufficient to remove it. If the ſpaſms are violent, bathing the lower extremities in warm water will ſometimes give immediate relief: in almoſt every caſe the Thebaic tincture, or liquid laudanum, is the beſt opiate that can be offered; in this it may be taken, in quantity from ten to twenty drops, once in the twenty-four hours.

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COLIC.

This diſorder is variouſly denominated, according to its cauſe. When an obſtinate coſtiveneſs and a vomiting of bile accompany the pain in the bowels, it is called a *bilious Colic*; if it is attended with violent rumblings in the inteſtines, and breaking of wind, it is denominated a flatulent or *windy cholic*; in that ſpecies of colic which is ſaid to be hyſteric, the ſpirits are remarkably depreſſed, and the matter vomited up is generally greeniſh; and the *nervous colic* principally affects thoſe labourers and artificers who are expoſed to the fumes of melted metals or minerals. This is the diſorder which has alſo taken the name of the *Devonſhire colic*, and hath been attributed to leaden veſſels, conceived to be employed in preparing cyder; a very falſe, miſtaken idea, as no ſuch are ever uſed in the management of that liquor: and this colic may alſo be properly termed the *ſpaſmodic colic*.

Perſons of weak and tender conſtitutions, thoſe who lead ſedentary lives, and ſuch as are frequently expoſed to the dangers of getting wet in the feet, are moſt liable to the colic; though it attacks perſons of all ages and habits; and the whole region of inteſtines, or any part of it, may be the ſeat of this diſorder.

Various are the cauſes by which this diſeaſe may be occaſioned: the *bilious colic* may be produced by extraordinary agitations of the mind, by acrid and ſtimulating matter falling on the bowels, by the bile or other excrementitious matters being retained too long, or having otherwiſe loſt the qualities of health. The *flatulent* or

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or *windy colic* may ariſe from obſtructed perſpiration, from hard improper food, or from new or fermented liquors. And the *nervous colic* may be cauſed by the fumes of metals or other poiſonous matter inhaled with the breath, or by ſolutions of them in the various veſſels which are commonly employed for the purpoſes of the kitchen; it may alſo be occaſioned from gouty matter diverted from its original ſeat to the inteſtines, by worms or by the obſtruction of periodical or other uſual evacuations: and this colic ſeems alſo in many inſtances to be of the bilious kind.

But from whatever cauſe this diſorder ariſes, the approach and progreſs of it are nearly alike; it begins with a dull pain, more like a ſenſe of preſſure or weight, juſt about the pit of the ſtomach; and this is attended by loſs of appetite, a pale or yellowiſh caſt of countenance, a ſickneſs or nauſea, and coſtiveneſs. As the diſeaſe proceeds, the pain increaſes gradually, is felt in different parts of the belly, but at laſt fixes about the navel, from whence it ſeems to ſhoot and dart in different directions, and wherever it is felt, leaves behind it extreme ſoreneſs; the ſickneſs at the ſtomach advances with the pain, and at length brings on a vomiting, and frequently of bilious matter; the urine is leſſened in quantity; and a conſtant occaſion to go to ſtool, accompanies the other complaints.

In the bilious colic, the pulſe is in ſome caſes ſtrong and quick, and the appearances of heat and thirſt denote fever; the urine is ſometimes pale, and at others deep; the belly ſeems to throb and beat, and is frequently cold; the vomiting becomes by degrees ſo frequent as to be almoſt continual; quantities of hot, yellow, bitter bile,

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are thrown up, yet this diſcharge brings no laſting relief; and the diſeaſe frequently terminates in the iliac paſſion, or inflammation of the bowels.

The flatulent or windy colic, proceeding frequently from colds or the obſtruction of perſpiration, may be removed in general by whatever tends to reſtore that; ſuch as rubbing the legs and feet with warm flannels, or immerſing theſe extremities in warm water; the diſcharge of wind may alſo be promoted by clyſters of the common compoſition, by ſmall doſes of the tincture of rhubarb, and by frequent draughts of camomile tea, with a few drops of oil of mint in it.

When this complaint proceeds from ſomewhat improper food or liquor, ſuch as fruit, vegetables, ſour or new malt liquor, or the like, ſome perſons recommend a dram of any good ſpirits, and others with perhaps more propriety, a glaſs of peppermint water: the dangers of bringing on inflammatory diſorders in the inteſtines ſhould always deter us from applying ſpirituous liquors in any conſiderable quantities as remedies for this diſeaſe, we apprehend opening medicines of a compoſition tolerably warm, external applications of warm flannels or cloths, and the bath for the legs and feet, or heated bricks applied to the latter, would in general be more ſafe and effectual.

For the purge, take of the infuſion of ſenna leaves, two ounces; of tincture of ſenna, half an ounce: diſſolve in the infuſion half an ounce of ſalts. Give one half, and if this fails to produce ſtools in two hours, let the patient take the remainder.

Or the following; take tincture of rhubarb and ſimple cinnamon water, of each one ounce; of the aroma-

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tic tincture, two drams. Make a draught, to be taken at once.

If the pains are ſo violent that the patient can obtain no reſt, and where the ſuppreſſion of urine is conſiderable, the following anodyne hath been recommended:

Take pure water, one ounce; oil of almonds, three drams; nutmeg water and ſyrup of marſh-mallows, of of each two drams; of the Thebaic tincture, or liquid laudanum, from five drops to twenty, according to circumſtances.

Perſons whoſe digeſtive powers are weak, are moſt ſubject to frequent returns of the flatulent cholic; and to ſuch we would recommend the following medicine, not only as a preventative, but as a powerful and ſpeedy relief in cholical pains proceeding from wind or indigeſtion: in the former caſe it may be taken to the quantity of a table ſpoonful, either in mint water, or in an infuſion of orange-peel in common water; when the pains are violent the quantity may be ſomewhat increaſed;

Infuſe an ounce of Columbo root powdered, in a pint of good French brandy; let it ſtand ſeven days, then pour it off fine.

In the *nervous colic*, the cure ſhould begin by cleanſing the ſtomach with camomile tea; or, if neceſſary, with the aſſiſtance of a few grains of ipecacuanha.

After the ſtomach is waſhed out, opiates ſhould be given in doſes proportioned to circumſtances, and in particular to the violence of the pain; but they muſt be repeated every two or three hours, until they procure ſleep and ſome degree of eaſe. The apprehenſion that opium

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opium occaſions the palſy, which frequently ſucceeds this diſeaſe, ſeems to be erroneous.

Take of pure water, one ounce; of the Thebaic tincture, or liquid laudanum, twenty drops (more or leſs); of ſimple ſyrup, two drams: make a draught, to be taken immediately, and repeat it every two or three hours, as circumſtances may demand.

Or, make a pill of one grain of opium, more or leſs, according to age, ſtrength, and the ſymptoms; and repeat as before.

If the pain refuſes to yield to the laudanum ſwallowed, the following clyſter may be adminiſtered, and repeated till it gives relief:

Take of olive-oil warmed, four ounces; of liquid laudanum, from thirty to forty drops;

And a plaſter of the following compoſition may be applied to the patient's belly, about the navel.

Take of *theriaca Andromachi* [venice treacle] and of *ſpecies aromaticæ*, of each two drams; of expreſſed oil of mace, one ſcruple: make a plaſter.

As ſoon as the pains are abated by the uſe of opiates, then gentle purges, and ſuch as operate with the ſmalleſt irritation, ſhould be given; ſuch as

Common infuſion of ſenna, one ounce; bitter purging ſalts, two drams; ſyrup of ginger, one dram and half. Make a draught, to be repeated every two hours till it takes effect.

But where caſtor oil can be procured, it is certainly preferable, both on account of the certainty of its operation, and becauſe it will not require to be ſo frequently repeated.

Take

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Take of caſtor oil, mixed with yolk of egg, one ounce; peppermint water, half an ounce; nutmeg water, two drams: mix and make a draught.

If the caſtor oil is not to be had, one dram of cream of tartar, or half a dram of precipitated ſulphur, may be given every hour or two, until ſtools are procured; and when a paſſage is once obtained, laxative medicines muſt ſtill be continued, till all danger is removed.

One ounce in powder of the Columbo root, infuſed a ſhort time in boiling water, ſuffering it to ſettle, and then pouring it off fine, may be of uſe to check the vomiting, and relieve the ſickneſs, in the beginning of this diſeaſe; and it is ſaid, that the ſmoke of tobacco conveyed into the bowels hath occaſioned ſtools, when all other means have been tried unſucceſsfully.

The paralytic complaints which frequently remain after the removal of this colic, are in general relieved by the uſe of Bath waters; but thoſe whoſe circumſtances and ſituation will not admit of this remedy, may uſe an embrocation, compoſed of Barbadoes tar diſſolved in rum, to rub the ſpine at leaſt twice every day; and for the like purpoſe any ſtrong ſpirits or aromatic oils may alſo be applied in the ſame manner. After this diſeaſe, the bark and exercise on horſeback may be neceſſary to reſtore the patient's ſtrength, which generally ſuffers conſiderably.

In the *bilious colic*, if the pulſe is full, and the pains violent, accompanied with fever, it may be neceſſary to begin the cure by bleeding; but this muſt be directed, as well as the quantity of blood to be taken away, by the the ſtrength and ſituation of the patient.

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It may alſo be neceſſary to order emollient clyſters, and diluting liquors to be taken plentifully; theſe may be acidulated with lemon juice, cream of tartar, or tamarinds; and gentle laxatives, ſuch as manna in thin chicken broth, or the like, may be frequently adminiſtered.

Warm baths are ſtrongly recommended by ſome, and by others they are thought to be rather injurious than beneficial; certain it is, that they afford temporary relief, but this ſeldom continues; and until the bowels are evacuated of the offending contents, it can hardly be expected to be laſting.

If in this colic the vomiting ſhould be violent, and other attempts to reſtrain it ſhould prove ineffectual, ſaline draughts, given in the moment of fermenting or during the boiling which the mixture occaſions, may be of uſe, but a few drops of liquid laudanum ſhould be added to each draught; and a plaſter of Mithridate or Venice treacle, or the leaves of garden-mint boiled in Port wine, may be applied to the pit of the ſtomach; and clyſters, with Venice treacle, or from twenty to thirty drops of liquid laudanum in each, may be frequently injected.

When a paſſage hath been procured, the bowels emptied, and the pain abated, the following draught is recommended:

Take of ſimple mint water, one ounce; of ſpirituous cinnamon water, half an ounce; of freſh lemon-juice, half an ounce; ſalt of wormwood, and the cordial confection, of each a ſcruple; ſyrup of ſaffron, one dram. Make a draught, to be taken every eight hours, and add from

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from five to twenty drops of liquid laudanum, if the pains continue troubleſome.

The *hyſteric colic* in ſome inſtances reſembles the bilious colic, beginning with violent pains in the ſtomach, accompanied with exceſſive vomitings of yellow or green matter, and a great depreſſion of ſpirits. Women, and thoſe of groſs or relaxed habits, are moſt liable to the attacks of this diſeaſe, the pain of which ſometimes goes entirely off for many days, and then returns with increaſed violence. A difficulty of breathing ſometimes attends this diſorder, and in other caſes the jaundice, which, however, ſeldom continues many days, but vaniſhes of its own accord, and without the aſſiſtance of particular medicines.

Bleeding, purging, and all other evacuations, are ſaid to be prejudicial in this ſpecies of colic, except in caſes of very ſanguine habits, or robuſt conſtitutions, where it occaſions a conſiderable degree of fever; yet if the vomiting ſhould continue violent, it may be neceſſary to waſh out the ſtomach with whey, carduus tea, ſmall poſſet, or the like.

After the ſtomach is cleanſed, ſmall doſes of liquid laudanum may be taken in any ſimple water, once every four, ſix, or eight hours, or to the quantity of twenty or twenty-five drops, to be repeated at the end of twelve hours.

Or the following:---Take half an ounce of manna, and diſſolve in two ounces of water; add of oil of almonds, half an ounce; of liquid laudanum, ten drops. Make a draught to be repeated every ſix hours.

Aſafœtida in pills is alſo recommended, and tinc-

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ture of caſtor, to the quantity of a tea-ſpoonful, in a glaſs of the infuſion of penny-royal.

But the uſe of opiates muſt be continued till the ſymptoms are intirely gone, increaſing the diſtances between the doſes; and after the removal of the diſorder, the ſtomach and bowels may be ſtrengthened, and the reſtoration of health completed, by the bark and aromatic bitters, taken in proper quantities daily, the patient at the ſame time enjoying the benefit of good air, and moderate exerciſe on horſeback.

To prevent colical complaints, thoſe who are ſubject to pains in the bowels ſhould avoid as much as poſſible agitations of the ſpirits and violent exertions; ſhould be careful not to expoſe themſelves to northern blaſts of wind, or to extreme and ſudden viciſſitudes of heat and cold; they ſhould keep their feet warm and dry, or change their ſhoes and ſtockings immediately, in caſe of their accidentally becoming wet; they ſhould abſtain from windy food and ſpirituous liquors, and from all exceſs either of eating or drinking. Thoſe who are by their employments ſubjected to the fumes of lead, or to the influence of any preparations from that metal, ſhould eat fat and oily food, or even take a table-ſpoonful of oil in the morning, before they enter on the buſineſs of the day, with which ſome recommend the mixture of a ſmall portion of brandy, or other ſpirits; and all thoſe who have once ſuffered in either of the different colics which we have deſcribed, ſhould guard againſt returns, by taking the earlieſt precautions, keeping the body open by laxatives and emollient clyſters, applying fomentations and bladders of warm water, and bathing the legs and feet, on the firſt notice of

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of any complaint in the bowels. In the firſt ſtages of theſe diſorders they may very frequently be removed under ſuch management, but ſuffered to proceed, they ſoon poſſeſs themſelves of the vital parts, too ſtrongly to be expelled; and we may venture to ſay, that more lives are ſacrificed to inattention and neglect in theſe diſorders, than in any other claſs of thoſe numerous maladies by which the complicated and tender frame of the human machine is liable to be diſcompoſed, diſordered, and deſtroyed.

COLLARING.—See BEEF, MUTTON, BRAWN, &c.

COLLOPS.—See VEAL.

COLOURING.—See CONFECTIONARY.

COMFITS.

Whatſoever your ſeeds are, let them be dry; for every two ounces of ſeeds uſe a pound of fine ſugar beaten; except aniſeeds, for which uſe but half the quantity.

At the beginning of this work put into the baſon half a pint of water, and a pound and a half of ſugar, or proportionable according to your quantity of ſeeds; ſtir it well together till the ſugar is wet, then boil it gently till the ſugar will rope from the ladle like turpentine, and then it is enough. But keep it warm over warm embers, that it may run freely in a ropy way from

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from the ladle upon the ſeeds. When this is ready, move the ſeeds briſkly in the baſon, flinging on them half a ladlefull of hot ſugar at a time, keeping conſtantly moving the ſeeds for ſome time, which will make them take the ſugar the better, and be ſure to dry them well after every covering, by moving the baſon and ſtirring the comfits.

Thus you may ſugar ſeeds to the quantity of three pounds of comfits in an hour's time. You are continually to keep caſting ſugar on them till they are as large as you would have them, and dry them well after every coating of ſugar.

If you would have your comfits ragged or rough, make the ſugar ſo liquid that will run from the ladle, and let it fall upon the ſeeds half a yard high. Let it alſo be very hot, for the hotter the ſugar is the rougher the comfits will be. Put on at each time, but only one ladlefull of ſugar, and repeating this ten times, the comfits will be cooled perfectly. The melted ſugar ought not to be too hot nor too thick at firſt for plain comfits; nor hold not the ladle too high in pouring it on the ſeeds; but the laſt two or three coverings may be thicker and hotter.

As for coriander ſeeds which are large, a quarter of a pound of them will take up three pounds of ſugar.

While you are at work, you muſt take care to keep the melted ſugar in good temper, that it may not gather into lumps or burn to the bottom of the pan; if you perceive it to grow too thick at any time, put to it a ſpoonful or two of water, ſtirring it gently now and then with your ladle, and let the fire be kept very clear under the pan.

When

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When the comfits are finiſhed, lay them on papers in diſhes, and either ſet them before the fire or in a cool oven, this will make them as white as ſnow; and when they are cool put them either in cryſtal glaſſes or boxes, and keep them cloſe ſtopt from the air and in a dry place.

They may be coloured with any of the preparations deſcribed under the head *Confectionary*.

COMPLEXION.

Tho' in the Preface to this work we have, with equal juſtice and ſeverity, ſpoken againſt the pernicious practice of *painting*, it was by no means our wiſh to lay reſtrictions on ſuch methods of improving the complexion, as are innocent, and conſiſtent with health. The beauty of the ſkin depends upon a great variety of cauſes; of which the temperature of the air and the mode of living are not the leaſt conſiderable; to theſe may be joined the Paſſions. Grief, fear, jealouſy and love itſelf, has often withered the complexion; even too long a continuance in a maiden ſtate may diminiſh the charms of beauty, and change them into a pale and greeniſh hue.

Before we give any preparations for aſſiſting natural beauty, it is neceſſary to obſerve, that there is a material difference in the qualities of the ſimple and compound liquids for waſhing the face; nothing is more common than to recommend milk and Hungary water indiſcriminately; and yet it is evident, from the very nature of theſe lotions, that they act in a manner direct-

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ly oppoſite to each other, and muſt accordingly produce very different effects. Milk is endowed with a ſoftening relaxing quality, and can only be of advantage where the ſkin is rough and dry, and has ſuffered from the injuries either of extreme hot or cold air; whereas, on the contrary, Hungary water, and all thoſe waters which have any thing ſpirituous in their compoſition, are of a hardening and aſtringent quality, and muſt actually prove detrimental in ſuch circumſtances as require applications of the oppoſite kind. In order then to form a judgment, when milk and the cooling lotions on one hand, or thoſe of the ſpirituous kind on the other, are moſt proper for beautifying the complexion, we would lay it down as a general rule, that wherever the ſkin is ſmooth and ſoft, the blemiſhes of the face will be beſt removed, and the complexion preſerved cleareſt, by the moderate uſe of the hotter kind of waters; but where the ſkin is dry and rough, milk, and eſpecially the compoſition called virgin's milk, will be moſt ſucceſsful. Another rule whereby we may determine pretty juſtly the preference of theſe applications, is, by conſidering the particular conſtitution of the perſon, to which the texture of the ſkin is generally correſpondent: thus a perſon who is young and vigorous, will reap greater benefit from the ſoftening, than the ſpirituous waſhes; while the contrary will be the effect in one of an oppoſite conſtitution. Thoſe of a blooming complexion will alſo generally be more injuried by hot than cooling lotions; though the caſe will be different with people who are pale. To determine the matter with ſtill more certainty, if the face is moiſt and ſweaty in the morning; or if, after waſhing it with water, the towel with

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with which it is rubbed appears more than commonly foul, we may conclude the ſkin to be of a relaxed texture; and that, in ſuch a conſtitution, the ſpirituous or aſtringent applications will be more proper than thoſe which are ſoftening. At firſt, however, we would adviſe a cautious uſe of the former, and to dilute them by the addition of a little water, that they may not ſtop the perſpiration, and thereby not only injure the complexion, but produce more fatal conſequences: and whether you have recourſe to the ſoftening or ſpirituous waſhes, you ought to continue the uſe of them no longer than till the ſtate of the ſkin is rectified, as otherwiſe you might incur the oppoſite extreme. On this account, it would be proper to diſcontinue the uſe of them for a few days, now and then, in order to obſerve what effect has been produced; and if you find that the ſkin is altered, you ought either to lay them entirely aſide, or only uſe them ſparingly, and on particular occaſions.

Among all the lotions invented for the aſſiſtance of beauty, nothing perhaps can exceed the uſe of ſimple *pimpernel water*, which is ſo ſovereign a beautifier of the complexion, as to deſerve a place on every lady's toilet; it is quickly prepared, by only infuſing half a handful of this herb in a quart of water, letting it ſtand all night. It may be uſed a little warmiſh, but never hot.

A very elegant coſmetic is made by taking equal parts of gum Benjamin and ſtorax, and diſſolving them in a ſufficient quantity of ſpirit of wine, the ſpirit will thence become a reddiſh tincture, and exhale a very fragrant ſmell. A few drops of it put in a glaſs of

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water, will instantly become milky. Many ladies use it successfully, to clear the complexion, than which nothing can be more safe or innocent.

It may not be improper to observe, that all *acid* and *aluminous* lotions and beautifiers are pernicious enemies to the skin, and very soon bring on wrinkles.

Dr. Cook, of Leigh, recommends the subjoined prescription, as a safe and excellent cosmetic lotion, which will set off the countenance to the best advantage, by rendering an ordinary one beautiful, and an handsome one more so.

"Boil two quarts of soft water on four ounces of pure quicksilver, in an earthen pipkin, till half the water is wasted; then pour the water, with quicksilver and all, into a bottle, to be ready for use. With a fine cloth dipped into a little of this decoction, wash the face two or three times a week in a morning, after having washed as usual with fresh water.

"It gives a fine lustre to the skin, and cleanses it of all kinds of foulness, as scurfs, insects, morphews, &c. and is perfectly innocent: it may be drank freely, as a specific against worms, and against all cutaneous eruptions."

When the complexion is naturally brown, pale, or tawny, there is no possibility of changing it thoroughly; all that can be done, is to have recourse to palliatives, not to paints, which in the end produce a real deformity, but to washes and compositions, which are at least entirely harmless, such as rose, plantane, or pimpernel water; water made with bran, oat-meal, pease-meal, powder of bitter almonds, barley water, and such simple preparations, from which there is nothing to fear.

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IMPERIAL WATER. Take five quarts of brandy, or proof ſpirit, in which diſſolve of frankincenſe, maſtic, benjamin, and gum arabic, each one ounce; cloves and nutmegs, half an ounce; pine-nut kernels and ſweet almonds, each an ounce and half; to theſe add a few grains of muſk, or any other perfume you pleaſe; bruiſe them very well in a marble mortar, then put them into a glaſs bottle with the brandy, ſhaking them frequently during a week; after which let it ſettle, and decant for uſe. When applied to the face, dilute it with pimpernel, or roſe water.

This is ſaid to take away wrinkles, render the ſkin delicate, and ſweeten the breath. The diſtilled waters of fennel and white lilies, with a little gum maſtic, will admirably clear the complexion.

A FLUID *to clear a tanned ſkin.* Soak unripe grapes in water, ſprinkle them with alum and ſalt, then wrap them up in paper, and roaſt them in hot aſhes; ſqueeze out the juice, waſh the face with it every morning, and it will ſoon remove the tan.

Another very elegant Waſh. Take barley water ſtrained through a fine linen cloth; drop into it a few drops of balm of Gilead, and ſhake the bottle for ſome time, till the balſam is incorporated with the water, which will be known by its turbid, milky appearance. This greatly improves the complexion, and preſerves the bloom of youth, if only uſed once a day for a continuance. Before this fluid is uſed, the face ſhould be waſhed clean with common water.

COLD CREAM *for the* COMPLEXION. Take virgin wax and ſpermaceti, of each a dram; oil of ſweet almonds, two ounces; ſpring water, an ounce and half;

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melt the wax and ſpermaceti together in the oil of almonds, in a glazed earthen pipkin, over hot aſhes, or in a vapour bath; pour the ſolution into a marble mortar, and ſtir it till it grows cold and quite ſmooth; then mix the water gradually, and keep ſtirring till the whole is incorporated.

This pomatum becomes extremely white and light by the agitation, and much reſembles cream, from the ſimilitude to which it has obtained its name. It is an excellent coſmetic, rendering the ſkin ſmooth and delicate: its fragrance may be improved by uſing roſe water or orange flower water, inſtead of ſpring water; or with a few drops of any eſſence, as fancy directs.

CONFECTIONARY.

This branch of culinary knowledge includes the whole art of *candying*, *drying*, *and preſerving fruits*; making *comfits*, *cakes*, *creams*, *deſerts*, or ornaments for entertainments, &c. which ſee, under their reſpective heads.

The colours uſed in confectionary are chiefly the red, blue, yellow, and green, or ſhades made by a mixture of them.

The red colour. Boil an ounce of cochineal in half a pint of water, for about five minutes, then add half an ounce of cream of tartar, and half an ounce of pounded alum; boil on a ſlow fire about as long again. It is eaſily known to be done by dipping a pen into it; if it writes freely like ink, and keeps its colour, it is done; take it off the fire, add two ounces of ſugar, and let it ſettle;

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ttle; pour the clear off, to keep in a bottle well ſtopped.

The blue colour. This is only made for the preſent uſe. Put a little warm water into a plate, and rub an indigo ſtone in it till the colour is come to the tint you would have it, whether pale or deep blue.

The yellow colour. This is done in the ſame manner, by pouring a little water into a plate, and rubbing it with a bit of gamboge; but may be done better with yellow lily; take the heart of the flower, infuſe it in milk-warm water, and preſerve it in a bottle well ſtopped.

The green colour. Trim the leaves of ſpinach, boil them a moment in water, and drain them very well to pound; ſift the juice in a ſieve for uſe.

Of theſe cardinal colours, you may make any alteration in imitation of painters, by mixing to what ſhade you pleaſe; but taſte and fancy muſt be your guide upon thoſe occaſions.

CONSERVES.

Theſe are compoſitions of freſh vegetables or fruits, beaten together with ſugar into a maſs. In the preparation of conſerves, the leaves or flowers are carefully picked from the ſtalks, and beat in a marble mortar with a wooden peſtle into a ſmooth maſs; after which thrice their weight of double-refined ſugar is added by degrees, and the beating continued till they are uniformly mixed. The ſugar ſhould be powdered by itſelf, and paſſed through a ſieve before it is mixed with the

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the vegetables. Orange peel and ſimilar articles ſhould be raſped or grated off from the fruit.

A CONSERVE *of Cherries.* Stone the cherries, and boil them a moment; put them through a ſieve, and reduce the juice on a ſlow fire till it comes to a pretty thick marmalade; add the proportion of a quarter of a pound to a pound of ſugar.

CONSERVE *of red Roſes, or any other flower.* Pick roſe buds, or any other flowers; cut off the white part from the red, and put the red flowers through a ſieve, to take out the ſeeds; then weigh them, and to every pound of flowers, take two pounds and a half of loaf-ſugar; beat the flowers pretty fine in a ſtone mortar, then by degrees put the ſugar to them, and beat it very well till it is well incorporated together; then put it into gallipots, tie it over with paper, and over that a leather, and it will keep ſeven years.

In the ſame manner are made conſerves in general.

CONSERVE *of Scurvy Graſs* retains its virtue a long time, and may be given three or four times a day in ſcorbutic habits.

CONSERVE *of Mint* is given in weakneſs of the ſtomach, and retching to vomit.

CONSERVE *of Rue* is excellent in promoting digeſtion, and in hyſteric diſorders: taken in a morning, it is a preſervative againſt infectious air.

CONSERVE *of Oranges* is a pleaſant warm ſtomachic.

CONSERVE *of Hips* is good in bilious fluxes, and hot indiſpoſitions of the ſtomach; but care muſt be taken in the making, that none of the prickly ſeeds are mixed with it, as they will occaſion vomiting.

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CONSUMPTION.

Though this diſorder makes its firſt appearance in the form of a cold, yet the original cauſes may be more remote; ſuch as an hereditary diſpoſition, weak lungs, relaxed fibres, an ill figure or conformation of the breaſt, or of thoſe parts which it contains; a narrow and flat cheſt, a long neck, or deformity of body: whatever tends to inflame the breaſt, or vitiate the humours, muſt likewiſe be conſidered amongſt the cauſes of conſumptions.

Damp beds, rooms, and houſes; wet feet, night air, and a ſedentary or confined courſe of life, diſpoſe the body to be liable to colds, which are frequently the forerunners, if not the cauſes of conſumptions.

This diſeaſe has been alſo held to be infectious; at any rate, it will be always adviſable to avoid ſleeping with the ſick, which, without being of any advantage to the patient, may probably endanger the healthy.

Another cauſe is the ſuckling of children longer than the mother's ſtrength will allow; a caſe which often occurs in the middling claſſes of life, and in tender and delicate conſtitutions, where prompted by maternal tenderneſs, or a deſire to diſcharge this duty in its fulleſt extent, they give the breaſt to the infant till their own health is impaired; and in ſuch a ſituation the ſlighteſt cold occaſions a cough, which ſoon brings on a conſumption; the diſeaſe is too often communicated to the child, and thus the lives of both may be ſacrificed to miſtaken and over-acted affection.

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From fifteen to thirty-five is the time of life moſt ſubject to conſumptions; the blood is then in its greateſt fervour, and the lungs diſpoſed to be affected by all or any of the cauſes we have juſt mentioned.

The ſymptoms of this diſeaſe are, a cough, by which the lungs are firſt lacerated or torn, and then ulcerated; a fever particularly troubleſome in the night, when the cough alſo comes on with increaſed violence; ſpitting of blood, ſickneſs, and an inclination to vomiting after eating; continual heat, pain, and oppreſſion of the breaſt; loſs of appetite, depreſſion of ſpirits, inactivity and reſtleſneſs; the ſpittle is of a ſaltiſh, diſagreeable, and offenſive taſte; the pulſe ſoft and ſmall, but generally quick; and the voice becomes ſhrill, yet loſes its ſweetneſs.

In the laſt ſtages of conſumptions, the fingers become ſmall and remarkably taper, the nails loſe their elaſticity, and being bent inward, retain that poſition; the hair begins to fall off, the legs and feet ſwell, the eyes become dim, and a difficulty of ſwallowing, and coldneſs of the extremities, give tokens of approaching death.

Yet under the preſſure of ſo many ſymptoms of mortality, conſumptive patients are frequently cheerful in the intervals of fever or pain, and the remiſſions of the cough, and conſtantly flatter themſelves with the pleaſing hope of recovery. In conſumptions the decay firſt affecting the fleſhy and muſcular parts, proceeds ſo gradually as ſcarce to alarm the mind, and the patient often lingers on to the laſt ſtage of the diſeaſe before he entertains the leaſt apprehenſion of danger; and this fatal ſecurity frequently leads him to the brink of the pre-

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precipice, before he diſcovers that his fall is inevitable, and prevents his ſeeking advice till it is too late to derive benefit from it.

Here let us carefully exhort our readers never to neglect the leaſt tendency to this diſeaſe, which always appears in an obſtinate cough, but to betake themſelves immediately to proper regimen, which will in many, perhaps in moſt caſes, effect the cure of this diſorder, if it is taken in ſeaſon; but if ſuffered to proceed till the conſtitution is ſhaken, it ſcarce ever fails to prove fatal, in ſpite of every exertion of art, and all the powers of medicine.

The effects of regimen in caſes of this ſort have been ſo extraordinary, that by ſtrict attention to it, perſons apparently conſumptive have paſſed through lives of conſiderable length without having all the ſymptoms removed, yet without their being increaſed to any degree of violence.

Air and exerciſe are the firſt great articles. Change of air is of ſo much conſequence in all diſeaſes of the lungs, that when it has been from a good air to a worſe, it has in ſome inſtances been found ſerviceable. Narrow cheſted and aſthmatic perſons will ſometimes breathe better in thoſe parts of the metropolis than they could in the country; but in conſumptive caſes, the air of all large and populous places has been proved by experience to be injurious: when the patient is adviſed to a change of air, it becomes an important object to point out the moſt proper change, and to enforce it without delay.

But it is not enough to recommend air, it muſt be taken where it is moſt ſalutary, and received at pro-

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per times and ſeaſons; when the open air of the day may be refreſhing and highly beneficial, that of the night would be noxious and injurious; and every precaution is worth attending to, where life itſelf is concerned.

But when change of air, or change of climate are recommended with any hope of actually removing the diſorder, the advice muſt be put in practice without delay; it is in the early ſtages of it only that ſucceſs may be expected to attend theſe meaſures: when the lungs are obſtructed to a violent degree, or the matter has been copiouſly received into the blood, journeys or voyages anſwer little other purpoſe than to harraſs the already exhauſted patient, and drag him to breathe his laſt hours remote from his friends, and deprived of the comforts and conveniences of his own habitation.

And we are inclined to believe, that a ſea voyage of conſiderable length would be ſtill more likely to promote the cure of this lingering malady; ſea ſickneſs often proves highly beneficial to the conſumptive, as well as the air of the ſea: theſe caſes are not only frequently attended with an impaired digeſtion, but alſo with a redundancy of bile; and perhaps the emetic operation of ſea ſickneſs may cleanſe the firſt paſſages, and be of very ſingular uſe.

The benefit of exerciſe in this diſtemper has been ſtrongly urged by every phyſician who has preſcribed for it, and every writer who has treated of it; yet ſuch cautions are frequently omitted, as may be abſolutely neceſſary to prevent this great auxiliary from being abuſed, or being uſed in ſuch a way, by conſumptive patients, as to prove more injurious than beneficial.

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The beſt exerciſe that can be taken, is riding on horſeback; and moderate journeys in temperate weather are of excellent uſe in conſumptive caſes: but the ſeaſon and hours for riding ſhould be conſulted; in ſharp, damp, cold, or foggy weather, late at night, or too early in the morning, conſumptive perſons will find even this exerciſe prejudicial, and the diſeaſe will be increaſed by any indiſcretion in this particular.

If the patient cannot bear this kind of exerciſe, he muſt ſeek it in ſome vehicle; but it ſhould be as open as poſſible; care being taken in this way of moving, as well as on horſeback, to avoid the riſques of being wet, or violently affected by any of the ſudden changes in the air and weather, to which this climate is ſo liable.

In uſing exerciſe either way, it ſhould be ſo diſpoſed as to create variety; the ſame ride repeated will ſoon tire, and when it ceaſes to be pleaſing, it will be no longer uſeful; journeys, therefore, are to be preferred before rides, but both ſhould be completed before dinner; for riding on a full ſtomach will rather do harm than good.

Above all things, exerciſe ſhould be enforced in the early ſtages of this diſeaſe; as it gains ground, and the body becomes weak, a total diſinclination to motion takes place; and the pain and fatigue with which it is accompanied, ſerve rather to harraſs the patient than to benefit him.

Medicine and regimen muſt go hand in hand to the cure of conſumptive caſes; and when the latter becomes uſeleſs, little expectation of ſucceſs can be formed from the former.

But air and exerciſe alone will not be ſufficient to effect a cure; a regulation of diet demands attention, and

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indeed is indiſpenſable in conſumptive complaints. Perſons labouring under this diſorder ſhould uſe no food of a heating nature or which is hard of digeſtion; the animal food ſhould be taken in ſmall quantities, and of thoſe kinds the fleſh of which is white and light; the drink ſhould be alſo cooling, and vegetables and milk ſhould conſtitute the greater part of the patient's ſuſtenance; but even in the uſe of theſe, the conſtitution and habit of body ought to be conſulted; for whatever produces ſickneſs or griping, muſt be omitted without heſitation.

Milk diet alone has been recommended as almoſt infallible in the cure of this diſeaſe; and, perhaps, it has in many inſtances ſucceeded even beyond expectation.

Of all milk (except the milk of a woman's breaſt drawn by the patient himſelf) aſſes milk is eſteemed moſt ſalutary; if this can be obtained in ſufficient quantities, (for a ſmall quantity can be but of very little uſe) it may conſtitute a principal proportion of the patient's food, at leaſt of the liquid part of it; drinking half a pint in twenty-four hours can produce but a very trifling change in the humours, nor indeed will either ordinary patience, or a common conſtitution, hold out to wait a cure which is to be produced ſo ſlowly.

But in obſtinate coughs, and conſequent pains in the breaſt, which threaten, and if not checked in time, would certainly occaſion confirmed conſumptions, aſſes milk will produce very extraordinary effects, and in moſt caſes prevent the formation of matter on the lungs; but if the ulcers are already formed, it can hardly be expected to ſucceed.

Aſſes milk ought to be drank immediately as it is milked from the beaſt, in quantity (for a grown perſon)

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not leſs than half a pint at a time, and repeated four times in the twenty-four hours at proper diſtances: ſome recommend eating a bit of bread or biſcuit with it as often as it is taken, but this muſt depend principally on the patient's appetite. Inſtead of giving it whilſt he remains in bed, we apprehend the better time is juſt before he is about to uſe his exerciſe; if it ſhould occaſion purging, that quality may be corrected by adding a ſmall quantity of conſerve of roſes, or powder of crabs claws.

Next to aſſes milk, that of goats ſeems moſt ſuitable; cows milk, though not ſo eaſily digeſted as the others, may yet be uſed to a very conſiderable advantage, if mixed with an equal quantity of barley water; and feeding the animal, whoſe milk is to compoſe the ſick perſon's diet, on particular ſorts of herbage, has been ſuggeſted as a method of adding the virtues of thoſe herbs to that of the milk; or perhaps this purpoſe may be anſwered with much leſs difficulty and greater certainty, by mixing infuſions of theſe herbs with the milk, inſtead of barley water.

But a milk diet will not ſuit every conſtitution; there are ſome with which this nutriment, excellent as it is in conſumptive caſes, ſeems to diſagree; if this is occaſioned by a proneneſs to generate bile, or too ſtrong a tendency to acidities from weak organs of digeſtion, in the latter caſe lime water may be added to the milk, and in the former it is probable, that whey from the milk of cows or goats would agree beſt.

The common addition of rum or other ſpirits to milk is by no means to be recommended; ardent ſpirits heat a frame already diſpoſed to fever, and coagulate the

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the milk, anſwering the purpoſes of deſtroying the beſt qualities of the medicine, and increaſing the moſt troubleſome part of the diſorder.

And when we adviſe a milk diet, we do not mean to enjoin an immediate departure from every kind of food or liquors to which the patient has been accuſtomed, or to confine him to this liquid only; a change ſo ſudden and violent might be attended with danger; it may be right to eat of light animal food once a day; by degrees to drop the fleſh for the broth of chickens, veal, or lamb; and gradually to omit the uſe of even animal juices. And the ſame methods may be taken to break off the uſe of wine, diluting it with water in augmented proportions, till it can be altogether diſuſed without inconvenience.

But the ſooner the patient can be brought to bear a diet chiefly of milk and vegetables, the better will be his proſpects of ſpeedy and perfect recovery; this diet ſhould be compoſed of every variety which is conſiſtent with the idea; ſuch as rice milk, barley boiled in milk, puddings made with milk, ripe fruits of all kinds in tarts or puddings, jellies of all ſorts of fruits, and the fruits themſelves in conſerves, marmalades, and preſerved with ſugar.

To this diet may be added moſt ſorts of ſhell-fiſh: oyſters in particular have been found highly beneficial, more eſpecially if the patient is much reduced in ſtrength or ſpirits; in which caſe it may be alſo neceſſary to allow rich broths, jellies, and the like; but care ſhould be taken not to oppreſs the lungs by giving the patient conſiderable quantities of any kind of nutrition at once.

Patients

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Patients ſhould feed like infants; often, but little at a time.

The caution which is ſo often, and generally ſo unavailingly repeated in other diſorders, may with great propriety be applied in conſumptive caſes; let the mind be kept as eaſy, undiſturbed, and cheerful, as poſſible. Conſumptions frequently originate in grief, diſappointment, or a melancholy turn of mind; therefore, mirth, variety, and whatever tends to inſpire cheerful thoughts, muſt be beneficial; but this advice, as we have before obſerved, is more properly addreſſed to the friends of the patient than himſelf, and humanity and affection will induce them to uſe every endeavour to prevent his adding to the calamities of ſickneſs, by brooding over the misfortunes which may have occaſioned it.

The uſe of the Briſtol waters is always recommended in conſumptive caſes, but the preſcription in general comes too late; if the patient is ſent thither before the diſeaſe is confirmed, and in the very firſt approaches of it, great benefit may be derived both from the journey and from the waters; which taken freſh at the pump, do certainly contain principles conducive to the recovery of perſons affected with conſumptive complaints, and eſpecially thoſe which are occaſioned by ulcerated lungs. But the misfortune in general is, that either the phyſician flatters himſelf that he can effect the cure without this aſſiſtance, or the patient will not be convinced of the neceſſity of the journey, till it is more likely to prove detrimental than ſalutary: and thus, from falſe hopes of the one, or the want of determination in the other, the precious moment ſlips by, and the unfortunate patient falls a ſacrifice to the delay; or alarmed by the advan-

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advances of the diſeaſe, and the opening apprehenſions of danger, he yields to the entreaties of his friends, and waſtes the little remains of his ſtrength in fruitleſs fatigue, bringing with him a diſorder abſolutely incurable, and adding to the doubts of thoſe, who not knowing or conſidering the ſituation in which he arrives at the Wells, attribute that failure of cure to want of efficacy in the waters, which ought to be imputed to the neglect of uſing them ſeaſonably.

Bleeding in very ſmall quantities, and frequently repeated, are by ſome conſidered as highly advantageous in conſumptive caſes; and under ſome circumſtances they are undoubtedly ſo, and in particular where the conſtitution apparently abounds with blood; when the blood that is drawn appears extremely ſizy, and where there is much pain in the breaſt, if by this operation theſe ſymptoms are abated, it ſhould be continued; but in delicate conſtitutions, though the pulſe may be quick, and in ſome degree full, and though the blood laſt drawn may be conſiderably ſizy, yet bleedings will probably be attended with no advantage. And in the repeated performance of this operation, great caution is certainly neceſſary: with proper care, it may be uſeful; but carried to exceſs, even in ſmall quantities, it may be productive of a variety of ill conſequences.

Where this diſeaſe occaſions ſpitting of blood, bleeding hath been alſo recommended; but we apprehend even in this caſe the ſame precautions are requiſite, and when this circumſtance occurs, the following decoction may be uſed for the patient's common drink:

Take of the roots of marſh-mallows moderately dried, ſix ounces; or of the leaves, ſtalks, flowers, and roots of

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of the common mallow, two handfuls; raiſins of the ſun, two ounces; water, three quarts. Boil the ingredients till one third of the water is conſumed.

The Peruvian bark hath been conſidered as a very important medicine in theſe caſes; and perhaps where the cauſe of the diſeaſe can be eaſily aſcertained, it may be uſed with ſucceſs; in conſumptions occaſioned by ſuckling children longer than is conſiſtent with the mother's ſtrength, the bark given early, and in moderate quantities, may be of excellent uſe; under ſuch circumſtances it will be always prudent to try this medicine, becauſe it certainly has retrieved many very deplorable ſituations of health.

The bark may alſo be given, when the diſorder is ſuppoſed to ariſe from weakening diſcharges, either from abſceſſes or other extraordinary evacuations; and where the lungs are not inflamed, or but in an inconſiderable degree, it will no doubt be of uſe.

One third of a dram of the powder may be taken in theſe caſes every three or four hours, in jelly, ſyrup, or the patient's ordinary drink: or it may be made into the form of an electuary, by adding conſerve of roſes, and orange or lemon ſyrup, and taken in the ſame proportion.

If the bark in ſubſtance ſhould diſagree, an ounce of the powder may be infuſed twenty-four hours in a pint of water; and after being carefully poured off or ſtrained, taken as often as before directed, in the quantity of a common tea-cupful, or the ſtrength of the infuſion may be doubled, and then joined with a ſaline mixture.

But if, after the bark has been adminiſtered, the breath becomes more oppreſſed and light, the dry cough

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increaſes, and the pulſe grows more hard and quick, or if ſlight twitching pains of ſhort continuance about the breaſt are complained of more frequently, the diſeaſe may be augmented by perſevering in the uſe of the bark; and when it produces ſuch effects in the progreſs of conſumptions, from whatever cauſe they ariſe, it will be right to deſiſt from the uſe of it immediately.

If no additional pain, tightneſs, or oppreſſion is perceivable, but on the contrary, there is an apparent abatement of the ſymptoms, it will be right to proceed: but the adminiſtration of this medicine requires attentive obſervation, that it be neither given in the very inflammatory ſtate of this diſeaſe, nor the uſe of it continued after it produces any of the effects abovementioned. And upon the whole, as much good or great harm may be occaſioned by this bark, ſo the operations of it cannot be watched with too much attention.

Nor is the elixir of vitriol in certain caſes uſed with leſs impropriety than the bark; for when the pulſe is quick and hard, when the difficulty of breathing is conſiderable, and the cough frequent and attended with much heat, and little expectoration, this medicine will often increaſe every ſymptom, and bring on a ſpitting of blood, and all its melancholy conſequences. But in the latter ſtages of the diſeaſe, when there is a tendency to putrefaction, it may be cooled and checked by the uſe of the elixir of vitriol, when it alſo reſtrains the waſting ſweats, and may prove even beneficial to the lungs, if they ſhould not be ſo far injured as to be paſt repair.

Balſams have been uſually recommended in the cure of conſumptions; with what propriety, will probably appear from the following conſiderations. Balſams of every

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every denomination (we would be underſtood to mean thoſe which are known in the ſhops by the names of balſams of Tolu, Peru, Capivi, &c. and the prepared balſams, ſuch as Locatelli's balſam of ſulphur, &c.) are of a gummous and reſinous nature, and of a *hot* and *acrid* quality.

Demulcent medicines, or ſuch as ſheath the acrimony of the humours and render them mild, and all ſuch as are of a cooling nature, are to be recommended. An unexceptionable emulſion may be alſo made with freſh white poppy ſeed, in the proportion of an ounce of ſeed to a quart of pure water, or rather of Briſtol water, if it can be eaſily procured.

Beat the ſeeds fine in a mortar, adding the water by degrees, ſo that it may mix perfectly, and then ſtrain it off.

Acids in general produce good effects in this diſeaſe; the vegetable acids, or thoſe of fruits, are to be preferred; ripe oranges, or even lemons, may be ſucked with great advantage in conſiderable quantities, as they promote expectoration, perhaps better than the following medicines, which are ſometimes preſcribed for this purpoſe:

Freſh ſqills, powdered cardamon ſeeds, and gum ammoniac, of each half an ounce; beat them together in a mortar, and add of ſimple ſyrup ſufficient to reduce the maſs to a conſiſtency fit for pills; theſe may be made of a reaſonable ſize, and two or three of them taken, once, twice, or thrice a day, as the patient's ſtomach will bear them.

The following mixture has been alſo recommended to promote expectoration, and to act as a gentle ano-

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dyne; which may in ſome ſtages of this diſeaſe be neceſſary, in particular when the cough is ſo extremely troubleſome as to prevent the patient from taking reſt, and by that means increaſing his ſweats, and adding to his weakneſs.

Take of lemon juice, two ounces; fine honey, two ounces; ſyrup of poppies, two ounces. Let them heat together, and boil a few minutes over a gentle fire, taking off the froth and droſs which ariſes. Of this mixture let a large tea-ſpoonful be taken as often as the cough is troubleſome.

But all heating anodynes and cordials muſt be carefully avoided; nor ſhould any others be uſed, or more in quantity, than will ſerve to mitigate a fruitleſs continual cough, nor until the inflammation attending it is abated by a cooling regimen and proper evacuations.

Conſerve of roſes freely taken, even to the quantity of ſeveral ounces in a day, hath been ſaid to produce very favourable effects, and particularly when there is any diſcharge of blood from the lungs; it may be mixed with the decoction recommended for common drink, or taken by itſelf, if more agreeable to the palate.

Drains are alſo eſteemed of uſe in the cure of diſorders of the breaſt; iſſues, ſetons, and bliſters, both temporary and ſuch as are kept open, have been earneſtly inſiſted on, as abſolutely neceſſary; and receiving the vapours or fumes of reſin and wax, and alſo of balſamic æther, hath been ſtrongly recommended to relieve the ſhortneſs of breath: neither the one or the other can be attended with any ill conſequences, except in caſes where the ſtrength is already too much exhauſted to admit of the drains.

Young

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Young and delicate females, from the age of fifteen and upwards, are frequently ſubject to conſumptions; in the advanced ſtate of this diſtemper, the periodical diſcharges, if they have ever appeared, generally ceaſe: this alarms their friends; and, at their preſſing inſtances, medicines have been ſometimes adminiſtered, (under an idea that this ſtoppage has occaſioned the complaints) which have aggravated the ſymptoms.

But the fact is, that the want of this diſcharge is in theſe caſes attended with no diſadvantage, and the return of it would be injurious, by depriving the patient of a portion of that ſtrength which is already inſufficient for the purpoſes of life; if the ſuppreſſion is ſudden, it may be neceſſary to take a ſmall quantity of blood; but when the evacuation fails through actual loſs of ſtrength, or poorneſs of blood, the diſeaſe will be increaſed by ſuch attempts to promote this diſcharge.

Temperance, and a certain degree of caution, in many of the ordinary circumſtances of life, are the chief, perhaps it may be ſaid the only preventives that can poſſibly be applied. But the nature of the diſeaſe may ſo eaſily be known, and the progreſs of it generally ſo happily ſtopped, in the firſt ſtages, that the remedies then uſed may be in ſome meaſure deemed preventives. Early applications therefore are moſt earneſtly recommended.

CONVULSION.

This kind of fits, when they are not the forerunners or companions of other diſorders, are occaſioned by a violent

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violent agitation of the brain, affecting the whole nervous ſyſtem.

But the occaſion of convulſions in infants is to be found in a great variety of other cauſes more evident to our ſenſes and familiar to our underſtandings. The appearance of convulſion fits is in diſtortion of features, ſtartings, twitchings, and contractions, attended with blackneſs about the mouth and eyes, and not uncommonly a cough, vomiting, and purging, and almoſt conſtant ſleepineſs between the fits.

In the ſmall-pox, meaſles, and other diſorders of the ſame kind, convulſion fits are uſual ſymptoms; at the ſeaſon of breeding teeth children are peculiarly liable to them, and they are frequently produced from irritation of the nervous ſyſtem, by acrid humours in the ſtomach or bowels, worms, twitching and gnawing the inteſtines, and violent pains of any kind, whether proceeding from diſorder or any external injury.

Hence it will be clear, that the cauſe being removed, the convulſions will be at an end: as ſoon as the ſmall-pox or meaſles appear on the ſkin, the fits, however violent before, ceaſe immediately; in caſes which proceed from gripings, the correction of the indiſpoſition in the bowels and ſtomach will put a ſtop to the convulſions, and the mixture of magneſia and rhubarb, omitting one half of the former, and adding the like quantity of powder of prepared crabs-eyes, will more effectually anſwer that purpoſe than any other medicine.

When the fits are occaſioned by teeth, ſmall bliſters may be kept open; coſtiveneſs ſhould be prevented by manna, or other cooling phyſic, and the common clyſters, if neceſſary, with a few drops of laudanum. A ſmall quantity

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tity, not exceeding three or four drops of the tincture of caſtor, may alſo be given in a tea-ſpoonful of penny-royal water, and repeated more or leſs often, according to the frequency of the fits.

But inſtances have happened, where pins thruſt into the child's body, a leg, foot, or arm forced into an unnatural poſture, or even the ſlip of a knot in tying their cloaths, occaſioning unuſual ſtricture, have produced theſe fits; and, perhaps, if examination was more frequently made into the ſituation of the child's body, a diſeaſe ſo dreadful in appearances, and in conſequences ſo commonly fatal, might ſometimes be prevented, and very often removed, without the aſſiſtance of art, or the interpoſition of medicine.

During the continuance of the fit all operations and applications are in vain, and ſerve only to add to the torments of the unhappy little ſufferer, without the ſmalleſt hope of affording him relief. Patience, and the mild and gentle treatment which we have recommended, will always produce a temporary, and in moſt caſes an effectual cure. Shaking the child to rouze it, and the application of ſpirits or eſſences to the noſtrils, temples, &c. have very often dangerous effects. Let the child be kept perfectly quiet, and the uſe of opening and correcting medicines be continued between the fits, and they will be ſoon found to return leſs frequently, and with abated violence; till the cauſe being totally removed, and the contents of the ſtomach and bowels reduced to a natural ſtate, the diſeaſe, with all the dreadful ſymptoms, will diſappear, and the return may be in a great meaſure prevented by a proper attention to regimen and evacuations.

We

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We cannot diſmiſs this article, without again urging our readers not to conſider convulſion-fits in children as an habitual diſorder, but to ſeek for the cauſe of them on the firſt appearance; that diſcovered the cure will be eaſy: but to load the ſtomachs of infants with muſk, aſafœtida, caſtor, and other medicines of the ſame tribe, uſually preſcribed in theſe caſes, is to weaken and diſtreſs the patient without forwarding the cure.

COOK.

By the name of *Cook* we mean that ſervant in whoſe department is the care of the kitchen in general; and which place, as well as its appendages and utenſils, it is her office to keep thoroughly clean, and alſo her own perſon:—*Cleanlineſs* in the dreſſing of her victuals being as indiſpenſably neceſſary as a knowledge of cookery. To enumerate every little *item* of duty belonging to a Cook, would be an endleſs, indeed a needleſs taſk, for no perſon will preſume to hire themſelves, nor will any Miſtreſs of a family accept a ſervant of this claſs, who wants to be ſhewn the neceſſity of keeping clean her ſauce pans and coppers, or to be told that ſhe ſhould not ſcrape their bottoms with a ſilver ſpoon.

The intereſt of the maſter or miſtreſs of a family is ſo very much in the power of a Cook, that an honeſt, ſober, and frugal one, is a deſirable acquiſition. A kitchen fire is a heavy conſumer of coals, and they are an expenſive article in every family: a frugal cook who knows her duty, and is in her employer's intereſt, will take proper care in this reſpect; a meat ſcreen is a very

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SECOND COURSE

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great ſaver of coals; and a bellows is their deſtruction. Cooks are in general great lovers of the poker, for which reaſon a very heavy one is the beſt preſervative both of the fire and itſelf. The general duties of a Cook may be compriſed under the following heads:

To keep herſelf and every thing about her very clean, and not to take *ſnuff*. Never to let tin ware ruſt; to be careful of ſilver ſaucepans, and not to bruiſe her copper veſſels. To keep her pewter bright, her ſpits and jack always clean, as alſo her candle and ſalt boxes; the chimney ſhould alſo be attended to. To be guarded againſt cats, dogs, and flies; to attend to ſalted proviſions, and ſuch cold proviſions as are put away, to keep them cool; and if carried to table a ſecond time to let them be handſomely cut with a clean knife, and the prime parts left. She ought not to be liquoriſh after the young men, nor fond of dainties and ſtrong liquors; and ſhe will have too much honeſty to give away or deſtroy her maſter's property.

In an age when the uſeful parts of education, that is, reading and writing, are ſo cheaply to be attained, a Cook ought to be acquainted with them, and a little arithmetic. The wages of a Cook are uſually higher than thoſe of the other ſervants, beſides being frequently allowed perquiſites; a maſter or miſtreſs has therefore a right to expect every degree of attention, and the moſt ſcrupulous fidelity and attachment.

In the arrangement of this work it is hoped that every thing will be found that can be uſeful or neceſſary to make a complete cook; and here we ſhall add ſome uſeful memorandums, which cannot ſo well be reduced under any particular head.

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Thus, ſuppoſing dinner is to to be got ready againſt a certain time, and you have any of the following diſhes to dreſs; take care your fire is in good order, and put them into the pot, or on the ſpit, according to the time they will take up, as follows:

Diſhes that require a Quarter of an Hour roaſting.

Teals, Partridges, Pigeons, Woodcocks, according to their ſize, will require from twenty to twenty-five minutes.

A ſnipe will take from fifteen to twenty minutes.

A wild duck, if well done, will take twenty-five minutes.

A widgeon will require twenty minutes.

Joints that require Half an Hour dreſſing.

Leg of lamb boiled of five pounds.

A ſmall fowl or chicken roaſted or boiled.

A rabbit roaſted.

Pigeons boiled.

Diſhes that require three Quarters of an Hour.

A large fowl roaſted.

A large fowl or capon boiled.

A rabbit boiled.

Diſhes requiring an Hour and a Quarter.

A gooſe roaſted.

A turkey boiled.

Joints requiring an Hour and a Half.

A neck of mutton boiled of ſeven pounds.

A breaſt of veal roaſted of ten pounds.

A neck of veal roaſted of nine pounds.

A leg

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A leg of lamb boiled of nine pounds.
A hare.
A turkey roaſted.

Joints requiring Two Hours.

Leg of mutton boiled of eight pounds.
Shoulder of mutton roaſted of ten pounds.
Leg of mutton roaſted of ditto.
Chine roaſted of twelve pounds.
Loin of veal roaſted of eleven pounds.
Knuckle of veal boiled of ſix pounds.
Leg of pork roaſted of eleven pounds.
Leg of pork boiled of ten pounds.

Joints requiring Three Hours.

Briſket of fourteen pounds.
Edgebone of twenty-four pounds.
Chump end of a ſirloin roaſted of twenty-four pounds.
Rib piece of twenty-four pounds.
Fillet of veal roaſted of fourteen pounds.
A rump of beef roaſted of about eighteen pounds, requires three hours and a half: and a buttock of beef of twenty-four pounds takes full four hours; alſo a ham of ſixteen or twenty pounds.

We ſhall next ſet down the different names of the joints of meat, &c. for a help when ſent to market, as perſons are apt to forget or miſtake them.

BEEF.

An ox cheek is half the head.
The ſhin is cut off the veiny knuckle of the fore quarter.
Ribs of beef are cut off the fore quarter.

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The ſirloin is cut off the chine part of the hind quarter.
Rump of beef is cut off the chine, and joins to the ſirloin.
Buttock of beef is the thick piece off the upper part of the thigh.
The edgebone joins to the buttock.
The thick flank comes off one ſide the buttock.
Briſket comes off the belly part of the ribs.
The veiny part is cut off the veiny part of the thick flank..
Thin flank is the belly piece from the briſket, and comes off the thin part of the thick flank and veiny piece.
Mouſe buttock is a piece cut from between the buttock and leg.
A baron of beef is the ſame as a ſaddle of mutton.

BACON.

Hock of bacon is cut off the fore or hind leg.
The beſt is the thin or belly end of the ribs.

MUTTON.

A ſaddle of mutton is the two loins roaſted whole.
The head with the heart, liver and lights.
A ſhoulder is the fore leg cut from the fore quarter.
A neck is the fore quarter next after the ſhoulder is cut from it.
A breaſt, the belly end of the ribs cut from the neck.
A leg cut from the hind quarter.
A loin, the hind quarter after the leg is cut from it.
A chine is two loins not ſeparated, with the thin part of the belly cut off.
Lamb comes under the ſame name, only the neck and breaſt being commonly together, are called a coaſt or ribs of lamb.

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PORK.

Leg of pork is the hind leg cut from the loin.

Spring of pork is the fore leg.

A fore loin is cut off from the ſpring.

A hind loin is cut from the hind quarter after the leg is cut from it.

VEAL.

A calf's head.

Shoulder of veal is the fore leg cut from the neck and breaſt.

Neck of veal is the ribs of the ſame quarter.

Breaſt of veal is the belly part of the ribs from the neck.

Leg of veal is the leg cut whole from the loin.

Fillet of veal is the leg, when the knuckle is cut off.

Knuckle of veal is cut off from the fillet.

Loin of veal is the hind quarter cut off from the leg.

In many places it will happen, that the houſe-keeper's department may occaſionally fall upon the cook; it is neceſſary, therefore, that ſhe ſhould know in what manner to ſend up and arrange her diſhes upon the table; ſhe will, for this end, find much uſefulneſs in the following remarks:

Soups, broth, or fiſh, ſhould always be ſet at the head of the table; if none of theſe, a boiled diſh goes to the head, where there is both boiled and roaſted.

If there be but one principal diſh, it goes to the head of the table.

If four, the largeſt to the head; the next in ſize to the foot, and the two ſmalleſt diſhes on the ſides.

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If three, the two ſmall ones to ſtand oppoſite nigh the foot.

If five, you are to put the ſmalleſt in the middle, the other four oppoſite.

If ſix, you are to put the top and bottom as before, the two ſmall ones oppoſite for ſide diſhes.

Obſerve, though we have called all theſe diſhes, there are many of them, eſpecially ſide diſhes, only ſauce, gravy, pickles, ſallad, or greens, anſwerable to the ſeaſon of the year, or nature of the meat. For inſtance,

To boiled beef, cabbage or ſprouts, and carrots with ſome butter.

To boiled mutton, turnips and capers mixed, and a little butter.

To a leg of pork, parſnips and peas-pudding.

To boiled veal, bacon and greens.

To boiled fowl and bacon, cabbage or ſprouts, and ſpinach.

To boiled fowls, if not bacon, liver ſauce.

To roaſted fowls, good gravy ſauce, and ſauſages fried for garniſh.

To roaſt beef, mutton, or veal; horſe-radiſh, ſallad, potatoes, or pickles.

To roaſted lamb, mint ſauce chopped, with ſugar and vinegar.

To roaſted pork, or gooſe, apple ſauce and muſtard.

To ſalt-fiſh, parſnips and eggs boiled hard, minced and mixed with butter.

To roaſted rabbits, liver ſauce and parſley chopped together.

To boiled rabbits, onion ſauce, boiled and buttered.

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The beſt way to keep meat hot, if it be done before your company is ready, is to ſet the diſh over a pan of boiling water; cover the diſh with a deep cover, ſo as not to touch the meat, and throw a cloth over it: thus you may keep victuals hot a long time. The ſteam of the water keeps the meat hot, and does not draw the gravy out, or dry it up; whereas, if you ſet a diſh of meat for any time over a chafing diſh of coals, it dries up the gravy and ſpoils the meat.

As a piece of economy, it is the duty alſo of a cook when they ſerve up dinners, for inſtance, with boiled turbot or ſoles, roaſted ſweet-breads, fowls, turkeys, woodcocks, partridges, &c. that if they are not uſed at table, to ſave them, as they will be ſerviceable to make neat little diſhes for ſupper, or dinner the next day.

CORNS

Are commonly occaſioned by wearing ſhoes too tight, and made of too tough or coarſe leather. They may be extirpated by ſoaking the feet in warm water, and then cutting the corns gently off with a penknife or razor, always taking care not to proceed ſo far as to wound the foot.

But you will ſoften the corns, and eaſe the feet more effectually, by uſing a decoction made by boiling a pound of bran with a few marſh-mallow roots, and two or three handfuls of mallow leaves, in three quarts of water.

You may apply to the corns a little houſeleek and ground ivy, dipped in vinegar; even a ſlice of freſh lean

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lean beef, bound on like a plaiſter, and renewed as it grows ſtale, often takes them away: a plaiſter of galbanum and ſal ammoniac, mixed with ſome ſaffron, will ſoften them for cutting away, or drawing out; but if they riſe from the tendons, they can ſcarcely be rooted out without danger.

The progreſs of corns to their ſtate of hardneſs is very rapid, being generally completed in the ſpace of a very few days, though the advancement of their growth is more ſlow: they ſhould, therefore, be attacked on their firſt appearance, which may be known by the redneſs and pain of the part whence they ſpring. When the pain is very violent, the following is a very ſucceſsful remedy.

Take equal parts of a roaſted onion, and ſoft ſoap; beat them up together, and apply them in a linen rag by way of a poultice.

This application will inſtantaneouſly appeaſe the pain of a corn; and is equally proper to mitigate thoſe pains which return on a change of weather, as from froſt to thaw, or the contrary.

If a total extirpation of the corn is deſired, a plaiſter of diachylon with the gums, ſpread on a linen rag, and kept at the part for ſome time, is of extraordinary efficacy: the plaiſter ought to be removed every ſecond or third night, that the foot may be bathed in warm water, or the fomentation recommended above, in order to ſoften the corn, which ſhould afterwards be cautiouſly pared, as cutting too deep has often been productive of fatal conſequences.

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COSTIVENESS

May proceed from drinking rough red wines, or other aſtringent liquors; too much exerciſe, eſpecially on horſeback; it may likewiſe proceed from a long uſe of cold inſipid food, which does not ſufficiently ſtimulate the inteſtines; ſometimes it is owing to the bile not deſcending to the inteſtines, as in the jaundice; and at other times it proceeds from diſeaſes of the inteſtines themſelves, as a palſy, ſpaſms, torpor, tumours, a cold dry ſtate of the inteſtines, &c.

Exceſſive coſtiveneſs occaſions pains of the head, vomiting, colics, and other complaints of the bowels. It is peculiarly hurtful to hypochondriac and hyſteric perſons, as it generates wind and other grievous ſymptoms.

Perſons who are generally coſtive ſhould live upon a moiſtening and laxative diet, as roaſted or boiled apples, pears, ſtewed prunes, raiſins, gruels with currants, honey, ſugar, and ſuch like. Broths with ſpinach, leeks, and other ſoft pot-herbs are likewiſe proper. Rye-bread, or that which is made of a mixture of wheat and rye together, ought to be eat. No perſon troubled with coſtiveneſs ſhould eat white bread alone, eſpecially that which is made of fine flour. The beſt bread for keeping the body ſoluble is what in ſome parts of England they call *meſlin*; it is made of a mixture of wheat and rye, and is agreeable to thoſe who are accuſtomed to it.

Coſtiveneſs is increaſed by keeping the body too warm, and by every thing that promotes the perſpiration; as wearing flannel, lying too long in bed, &c. Intenſe thought and a ſedentary life are likewiſe hurt-

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ful. All the ſecretions and excretions are promoted by moderate exerciſe without doors, and by a gay, cheerful, ſprightly temper of mind.

The drink ſhould be of an opening quality. All ardent ſpirits, auſtere and aſtringent wines, as port, claret, &c. ought to be avoided. Malt liquor that is fine and of a moderate ſtrength, is very proper. Buttermilk, whey, and other watery liquors, are likewiſe proper, and may be drank in turns, as the patient's inclination directs.

Thoſe who are troubled with coſtiveneſs, ought, if poſſible, to remedy it by diet, as the conſtant uſe of medicines for that purpoſe is attended with many inconveniences, and often with bad conſequences. Thoſe who acquire a habit of taking medicine for keeping the body open, ſeldom are able to leave it off; and it generally ends in a total relaxation of the bowels, indigeſtion, loſs of appetite, waſting of the ſtrength, and death.

When the body cannot be kept open without medicine, we would recommend gentle doſes of rhubarb to be taken twice or thrice a week. This is not near ſo injurious to the ſtomach as aloes, jalap, or the other ſevere purgatives ſo much in uſe. Infuſions of ſenna and manna may likewiſe be taken, or half an ounce of ſoluble tartar diſſolved in water-gruel. About the ſize of a nutmeg of lenitive electuary, taken twice or thrice a day, generally anſwers the purpoſe very well.

Such perſons as are troubled with a habitual *looſeneſs*, ought likewiſe to ſuit their diet to the nature of their complaint. They ſhould uſe food which braces and ſtrengthens the bowels, and which is rather of an aſtringent

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gent quality, as wheat bread, made of the fineſt flour, cheeſe, eggs, rice boiled in milk, &c. Their drink ſhould be red port, claret, brandy, and water in which toaſted bread has been boiled, and ſuch like.

As an habitual looſeneſs is often owing to an obſtructed perſpiration, perſons affected with it ought to keep their feet warm, to wear flannel next their ſkin, and take every other method to promote the perſpiration. Further directions with regard to the treatment of this complaint will be found under the article of dyſentery.]

COUGH.—*See* COLD.

COWSLIPS.—*See* WINE.

CRABS.

Chuſe theſe by their weight, the heavieſt being the beſt:—the hen crabs are not ſo good as the cock-ones, the meat in the claws being often waſted, and the inſide full of ſpawn and water.

To dreſs CRABS. The crabs being alive, boil them for about half an hour in a kettle with ſalt and water; take off the kettle, let them be cold, then take off their great ſhell to open them, and put it on again; break their great claws and take off their little ones. Lay a folded napkin in a diſh, place the crabs in the middle with the broken claws round them.

Garniſh the diſh with parſley and ſerve it up.

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Another way. Having boiled the crab as before, take off the great ſhell without breaking it, and take out the fleſh of their bodies, and alſo that of their great claws, and mince it well.

Then put ſome butter in a ſtewpan with chibbols, parſley and muſhrooms ſhred ſmall, fry them a little on a ſtove, and put in the minced crab-fiſh with ſalt, pepper, ſweet herbs, and half a glaſs of white wine; let all theſe ſtew very gently, and when done, thicken the ſame with a bit of butter dipt in fine flour, or with ſome cullis.

Having made this reliſhing, mix the juice of a lemon with it, and with it fill the ſhells of the crab-fiſh.

Then place the filled ſhells in a baking-pan, ſtrew ſome crumbled bread over them, ſet them in an oven to give them a colour, and ſerve them up.

CRAY-FISH.

CRAY-FISH *Soups.* Having procured as many cray-fiſh as will ſerve for your deſign, boil them in ſalt and water, taking off the ſmall claws and the ends of the great ones; pick their tails, and garniſh your diſh towards the middle with the ends. Pick the reſt very clean and pound the ſhells.

Then having a carp, ſcale, waſh, and cut it into quarters, then ſet a ſtewpan over the fire with butter and onions cut in ſlices, put in the carp over it, and when it is a little coloured, moiſten it with your ſoaking broth, ſeaſon it with cloves, ſlices of lemon, muſhrooms, ſweet baſil, parſley, and a few crumbs of bread.

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Let the cullis be reliſhing, take out the carp and onions, and being mixt with the pounded ſhells, ſtrain off the cullis, put it in a little kettle or ſaucepan to keep warm.

Then put the cruſt of a loaf in a ſtewpan, with ſome ſoaking broth, let it ſoak a while, diſh it up with the cray-fiſhes; lay a large cruſt in the middle, pour the cullis over it, and ſerve it up hot.

A Ragoo of CRAY-FISH *for a Fleſh day.* Pick your cray-fiſh, put their tails on a plate with ſome ſmall muſhrooms, ſome ſlices of truffles and a bunch of ſweet-herbs; ſeaſon all with ſalt and pepper, and fry it a little with melted bacon or butter, in a ſmall ſtewpan, moiſtening it with ſome gravy, letting it ſtew over a gentle fire, when it is enough take off the fat, and thicken it with ſome cullis of cray-fiſh; ſet it on hot aſhes, but do not ſuffer it to boil, leſt it ſhould turn.

You may alſo, if they are in ſeaſon, put therein ſeveral heads of aſparagus or artichoke bottoms.

When the ragoo is enough, diſh it, and ſerve it hot.

This ragoo is to be uſed in all ſorts of diſhes with cray-fiſh.

A Ragoo of CRAY-FISH *for Fiſh days.* Having firſt boiled the cray-fiſh, pick them, laying their tails on a plate, with ſmall muſhrooms and truffles cut into ſlices.

Put all together into a ſtewpan with a little ſalt and pepper, and give them a ſhort fry in ſome butter; moiſtening it with ſome fiſh broth, let it ſtew on a gentle fire; when the ragoo is done, and reliſhing, take off the fat, thicken it with a cullis of cray-fiſh, diſh it up, and ſerve it hot.

This is to be uſed in all ſorts of diſhes with cray-fiſh on fiſh days.

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CREAMS.

When you make any kinds of cream, take care that your pan be clean; you muſt always boil your ſeaſonings in the cream, and let it ſtand to cool, before you put in your eggs, otherwiſe they will curdle. Such creams as are ſet over a ſtewpan of boiling water to thicken, are better done with the inſide ſkin of a fowl or chicken's gizzard, than with runnet, as it is not ſo apt to break with the ſkins. Take care that the fire is not too hot on the top, nor that the water boil too faſt, or it will break and ſpoil the beauty of them.

Ice Cream. Pare twelve ripe apricots, ſtone, and ſcald them, beat them fine in a marble mortar; put to them ſix ounces of double refined ſugar, and a pint of ſcalding cream, and work it through a hair ſieve; put it into a tin or lead mould that has a cloſe cover, and will hold two quarts, which is generally called an *ice well*, and ſet it in a tub of ice broke ſmall, with a large quantity of ſalt put among it. When you ſee your cream freeze round the edges of your tin, ſtir it, and ſet it in again till it grows quite thick. When your cream is all frozen up, take it out of the tin, and put it into the mould you intend it to be turned out of. Then put on the lid, and have ready another tub, with ſalt and ice in it as before. Put your mould in the middle, and lay your ice under and over it; let it ſtand four or five hours, and dip your tin in warm water when you turn it out; but, if it be ſummer, remember not to turn it out till the moment you want it. If you have no apricots, any other fruit will anſwer the purpoſe, provided you take care to work them very fine in your mortar.

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RASP ICE CREAM. Mix half a pound of raſp jam in a pint of thick cream, add to it half a tea-ſpoonful of prepared cochineal to give it a fine colour; ſtrain it through a ſieve to take out the ſeeds, and proceed in all reſpects as above,

ICE CREAMS, *another way*. Squeeze the juice of eight ſweet oranges into a bowl, adding half a pint of water, and as much ſugar as will ſweeten it; ſtrain it through a ſieve, put it into an ice well, and freeze it till it becomes ſtiff; put it into a lead pine-apple mould, wrapped well in paper, and let it ſtand three hours in a pail, with ice and ſalt under and over it. When you are about to uſe it, dip the pine-apple in cold water, turn it out on a plate, green the leaves of the pine-apple with ſpinach-juice, and garniſh it with green leaves.

You may put this cream into orange, melon, or pear moulds: but if into orange moulds, you muſt add the rind of one orange in preparing the cream; if into melons, you muſt green it with ſpinach-juice; if into pears, you muſt ſtreak it with red, made with beet or cochineal.

BROWN BREAD CREAM ICES. Take any quantity of cream, prepare it as before, boil it along with the yolks of eggs and the ſugar, paſs it through a ſieve and put it in the mould; when your cream begins to congeal, have crumbs of brown bread, which you have grated and ſifted as fine as powder, put it in the mould, and continue to work your cream for congealing. You may alſo make this ſort of cream with plain cream alone without yolks of eggs, or boiling, adding a proper quantity of powdered loaf-ſugar, and ſet it to congeal, and when it begins to ice, then put your ſifted crumbs of brown bread.

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But take care to have it finely ſifted, for it renders it infinitely more agreeable to the mouth.

Royal Cream Ices. Take any quantity of cream, join to it yolks of eggs in proper proportion, put a little half pounded coriander, cinnamon, orange, or lemon peel, add ſome pounded loaf-ſugar, and ſet it on the fire as we ſaid before, till the moment you ſee it is going to boil; and then paſs it through the ſieve and ſet it to ice us uſual.

Blanched Cream. Seaſon a quart of very thick cream with fine ſugar and orange-flower water; boil it, and beat the whites of twenty eggs with a little cold cream; ſtrain it, and when the cream is upon the boil, pour in the eggs, ſtirring it well till it comes to a thick curd; then take it up, and ſtrain it again through a hair ſieve; beat it well with a ſpoon till it is cold, then put it into a diſh.

Steeple Cream. Take five ounces of hartſhorn, and two ounces of ivory, and put them in a ſtone bottle; fill it up with fair water to the neck; put in a ſmall quantity of gum-arabic and gum-dragon; then tye up the bottle very cloſe, and ſet it into a pot of water, with hay at the bottom. Let it ſtand ſix hours, and then take it out, and let it ſtand an hour before you open it, leſt it fly in your face; then ſtrain it, and it will be a ſtrong jelly; then take a pound of blanched almonds, beat them very fine, mix it with a pint of thick cream, and let it ſtand a little; then ſtrain it out, and mix it with a pound of jelly; ſet it over the fire till it is ſcalding hot, ſweeten it to your taſte with double refined ſugar; then take it off, put in a little amber, and pour it into

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into ſmall high gallipots, like a ſugar-loaf at top; when it is cold, turn them, and lay cold whipt cream about them in heaps. Be ſure it does not boil when the cream is in.

BURNT CREAM. Boil a pint of cream with a little ſugar, and a little rind of lemon, then beat the yolks of ſix eggs and the whites of three; when the cream is cold, put in the eggs with a ſpoonful of roſe water; ſet it over the fire, and keep ſtirring it till it becomes thick; pour it into a diſh, and when cold, ſift ſome ſugar on the top; then hold a hot ſalamander over it till it becomes very brown.

COFFEE CREAM. Grind one ounce of coffee, and put it into three quarters of a pint of boiling milk, let it boil for ten minutes, then let it ſtand a little to ſettle; pour it clear off from the grounds into a clean bowl; add to it two ounces of ſugar, with half a pint of thick cream, and put to it the inſide ſkins of two fowls' gizzards; let it ſtand for one hour, ſtrain the cream two or three times backwards and forwards; then put it into a china diſh, ſet it over a ſtewpan of boiling water, with a cover over it, and ſome charcoal on the cover; it will ſoon ſet: when it is done, ſet it in a cool place, and ſerve it up for a ſecond courſe, or for ſupper.

TEA CREAM is made in the ſame manner.

CHOCOLATE CREAM. Scrape fine two ounces of chocolate into a marble mortar, with a little boiled cream to diſſolve it; pound it for half an hour; put it into a chocolate pot, with one pint and a half of boiling cream; ſet it on the fire to boil, and mill it all the time; put it into a bowl, and ſweeten it to your taſte; when it is almoſt cold, put in two inſide ſkins of gizzards, waſhed

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clean; let it ſtand for one hour, ſtrain it through a piece of muſlin into a china diſh, ſet it over a ſtewpan of boiling water, with a cover and fire on it as before; when it is ſet, take it off; let it cool, and ſerve it up as above.

RASPBERRY CREAM. Put one pint and a half of cream into a china bowl, add to it half a tea-ſpoonfull of cochineal to give it a colour, whiſk it to raiſe a froth, and as it riſes, take it off, and lay it on a ſieve; when you have got as much froth as will ſerve to cover the cream, put into your bowl half a pound of raſp jam, mix it well together, ſtrain it through a ſieve to take the ſeeds quite out of it; put it into a glaſs bowl or deep china diſh, and froth over it. It is proper for a corner diſh for a ſecond courſe, or a middle diſh for ſupper. Strawberries may be done the ſame way.

HARTSHORN CREAM. Boil a quarter of a pound of hartſhorn ſhavings in two quarts of water, till it comes to half a pint; run it through a jelly bag, put to it one pint of thick cream, a ſtick of cinnamon, and two laurel leaves; ſet it to boil for five minutes; take it off, let it ſtand a little, then pour it into jelly glaſſes, and let it ſtand all night to cool: dip your glaſſes in warm water, turn them out into a diſh, and ſtick them over with ſlices of almond cut longways. Serve it up for a ſecond courſe, or middle diſh for ſupper. It eats well with white wine and ſugar, like flummery.

LEMON CREAM. To a pint of water add a pound of double refined ſugar, and a piece of lemon-peel; ſet it on the fire to boil, and then let it ſtand till cold; beat up the whites of ſix eggs, and one yolk with a tea ſpoonful of orange-flower water, ſqueeze the juice of four lemons,

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lemons, ſtir all together, and ſtrain it through a fine ſieve into the ſyrup; take out the lemon-peel, and ſet it over a gentle fire, ſtirring it one way till it is ready to boil, and taking off the ſcum as it riſes, till it is as thick as cream; keep in a good deal of the peel, and put it into glaſſes.

You may put in the glaſſes lemon-peel cut long and very thin.

CLEAR LEMON CREAM. Take a little hartſhorn jelly, and put into it the peel of two lemons, taking care there is none of the white; ſet it over the fire, let it boil, then take the whites of ſix eggs, and beat them well; take the juice of four lemons, grate in the peel to the juice, let it ſoak a little while, and afterwards put it together; put in ſuch a quantity of double refined ſugar as will ſweeten it to your taſte; let it boil very faſt almoſt a quarter of an hour, then ſtrain it through a jelly-bag, and as it runs through put it in again till it is quite clear, after which take the peels of the lemons boiled in it, and cut them into a glaſs; ſtir it till it is half cold, and put put it into the glaſſes.

ORANGE CREAM. Take a pint of Seville orange juice, the yolks of ſix eggs, uſe but four of the whites, beat very well, ſtrain them and the juice together, a pound of doub'e refined ſugar beaten, and ſet all together on the fire, put the peel of half an orange to it; keep it ſtirring all one way; when almoſt ready to boil take out the orange-peel and pour out the cream into glaſſes or china diſhes.

WHIPT CREAM. Upon the proportion of a quart of very good cream, put a few drops of bergamot water,

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or of cedra, a little orange-flower water, and about half a pound of ſugar; when it is diſſolved, whip the cream to a froth, and take it up with a ſkimmer; drain it upon a ſieve a moment; if for icing, let it ſettle a good while before you put it in the cups or glaſſes; continue in this manner to the end, and uſe what drops in the diſh under the ſieve to make it froth better; put one or two whites of eggs: any kind of perfumed waters may be done with this cream, according to taſte and fancy.

CODLING CREAM. Take twenty codlings, core them, beat them in a mortar with a pint of cream, ſtrain it into a diſh, and put into it ſome brown bread crumbs, with a little ſack, and diſh it up; ſo you may order gooſberries.

CREAM *of any* PRESERVED FRUIT. Take half a pound of the pulp of any preſerved fruit, put it in a large pan, put to it the whites of two or three eggs beat together exceedingly well for an hour, then with a ſpoon take it off, and lay it heaped on the diſh or glaſs ſalver, with other creams, or put it in the middle baſon.

Raſpberries will not do this way.

SPANISH CREAM. Take an ounce of iſinglaſs cut ſmall, diſſolve it in half a pint of roſe water, run it through an hair ſieve, add to it the yolks of four eggs, beat and mixed with three quarters of a pint of cream, two ſorrel leaves, and ſugar to your taſte; dip the diſh in cold water before you put in the cream, then cut it out into what form you pleaſe, and ſerve it up.

BARLEY CREAM. Take a tea-cup of barley, boil it in milk and water till it is tender; then ſtrain the liquor from it, put your barley into a quart of cream and let it

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it boil a little, then take the whites of five eggs and the yolk of one beaten with a ſpoonful of fine flour, and two ſpoonfuls of roſe water, take the cream off the fire, mix the eggs by degrees, ſet it on the fire again to thicken, ſweeten it to your taſte and ſerve as before.

QUEEN'S CREAM. Boil a pint of cream till half reduced, with fine ſugar, and orange-flower water; when half cold, mix it with ſix whites of eggs well beat up; bake it between two very moderate fires, and let it remain in its natural colour.

RHENISH WINE CREAM. Put over the fire a pint of Rheniſh wine, a ſtick of cinnamon, and half a pound of ſugar. While this is boiling, take ſeven yolks and whites of eggs, beat them well together with a whiſk, put them to your wine, and ſtrike it very faſt with the whiſk till it comes to thickneſs that you may lift it on the point of a knife, but be ſure you let it not curdle; add to it the juice of a lemon, and orange-flower water; ſo pour it in your diſh, and garniſh it with citron, ſugar, or biſcuit, and ſerve it up.

BURGUNDY CREAM. With a pint of new milk boil a bit of lemon-peel, orange-flower water, a bit of ſugar; and boil a quarter of a pound of rice in a little water, till it is tender and becomes thick; then add the milk to it, by a little and little, until all is boiled quite thick; ſift it, and mix it well with ſix or eight whites of eggs, well beat up; put it in the table diſh, and bake it in a mild oven, or with a brazing pan; when ready to ſerve, glaze it with a little ſugar ſtrewed over it, and the ſalamander, or a hot ſhovel, to catch ſlightly upon the ſugar.

SNOW CREAM. Take a large deep diſh, ſtrew the bottom with fine ſugar beat to powder; then fill it with

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ſtrawberries; take ſome ſprigs of roſemary, ſtick a large one in the middle, and ſeveral round about, to reſemble a tree; then take a quart of the thickeſt cream you can get, and the whites of eight or ten eggs; theſe whiſk up for half an hour, till you have made the froth very ſtrong; let it ſtand ten minutes, and with a proper thing take off the froth, throw it over your tree, and cover your diſh well with it; if you do it well it makes a grand pile in a deſert.

SPANISH CREAM. Take three ſpoonfuls of flour of rice beat very fine; the yolks of three eggs, three ſpoonfuls of fair water, two ſpoonfuls of orange-flower water, and mix them well together, then put to it one pint of cream, ſet it on a good fire, keeping it ſtirring till it is of a proper thickneſs, and then pour it into your cups.

POMPADOUR CREAM. Beat the whites of five eggs to a ſtrong froth, put them into a toſſing pan, with two poonfuls of orange-flower water, two ounces of ſugar, ſtir it gently for three or four minutes, then pour it into your diſh, and pour good melted butter over it, and ſend it in hot. It is a pretty corner diſh, for a ſecond courſe at dinner.

ALMOND CREAM. Blanch almonds, bruiſe them ſmall in a mortar, and ſtrain them through a ſtrainer with fair water; ſtrain them again with thick milk, with a quarter of a pound of ſugar; put them into a pot, add a little ſalt, and ſet it over the fire; ſtir it well, that it burn not to the pot; when it is boiled, take it from the fire, caſt a ladle of fair water into it, cover it with a diſh, and let it ſtand; afterwards take a clean cloth of an ell long, let it be held ſtrait, and caſt the cream upon it with a ladle, draw from under the cloth, the water from the cream, pin the four corners together, and hang it up again.

PISTACHIO

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PISTACHIO CREAM. Peel half a pound of piſtachio nut-kernels, beat them very fine with a ſpoonful of brandy, put them into a toſſing pan, with a pint of good cream, and the yolks of two eggs beat fine, ſtir it gently over a very ſlow fire till it grows thick, put it into your plates; when it is cold, ſerve it up.

Another way. Peel your piſtachios, beat them very fine in a marble mortar, boil them in cream; if it is not green enough add a little juice of ſpinach, thicken it with eggs, ſweeten it to your palate, pour it into baſons, and ſet it by till it is quite cold.

CRUST.—*See* PIES.

CUCUMBERS.

To preſerve GREEN CUCUMBERS. Take ſome ſmall and ſome large green cucumbers, free from ſpots, and the greeneſt you can get, put them into a jar, and pour on them ſome boiling ſalt and water; let them ſtand for a week, changing the water three times; put them into a braſs pan, with a cabbage leaf under and over them; cover them with hard water, a little ſalt, and half a pint of alegar, hang them over a ſlow fire till they are quite green. Take them out, and cut a piece off the end, or out of the ſide of the large ones, and ſcoop out the ſeed; you may let them remain in that form, or cut them in quarters, or in flowers, ſprigs, half moons, or in what form you pleaſe; the ſmall ones to remain whole: Run a large needle through them, that the ſugar may penetrate

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penetrate into them, and put them into hard water for two days and nights; take them out, weigh them, and to every pound of cucumbers put a pound and a half of double refined ſugar; make a thin ſyrup of one third of it, and when it is cold, put in the cucumbers, and let them ſtand for a fortnight, boiling up the ſyrup twice a week for that time. Clarify the remainder of the ſugar, and put to it a few cloves, a ſtick of cinnamon, two nutmegs, the juice of two lemons, with the rinds cut like ſtraws, and a little ginger cut in ſlices; let them ſimmer for ten minutes, then put in the cucumbers, and let them ſimmer for three minutes; take them off, pour them into the jars, and pour the ſyrup over them; when they are cold, cover them with a brandy paper and a bladder, and keep them in a dry cool place.

To pickle CUCUMBERS. Let your cucumbers be as free from ſpots as poſſible, and take the ſmalleſt you can get; put them into ſtrong ſalt and water for nine or ten days, or till they become yellow; and ſtir them at leaſt twice a day, or they will grow ſoft. Should they become perfectly yellow, pour the water from them, and cover them with plenty of vine-leaves. Boil it, pour it upon them, and ſet them upon the hearth to keep warm. Do this a ſecond time, and proceed in this manner, till you perceive they are of a fine green, which they will be in four or five times. Be careful to keep them well covered with vine-leaves, with a cloth and diſh over the top, to keep in the ſteam, which will help to green them the ſooner. When greened, put them in a hair ſieve to drain, and then make the following pickle for them: To every two quarts of white-wine vinegar, put half an ounce of mace, ten or twelve cloves, an ounce of

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of ginger cut into ſlices, an ounce of black pepper, and a handful of ſalt; boil them all together for five minutes, pour it hot upon your pickles, and tie them down with a bladder for uſe. You may pickle them with ale, ale-vinegar, or diſtilled vinegar; and you may add three or four cloves of garlic or ſhallots.

Another way. Let your cucumbers be freſh gathered, and always gather them on a dry day; put them into a jar or pitcher with a narrow top; put to them a few white muſtard ſeeds, a head of garlic, and a few blades of mace, half an ounce of black pepper, half an ounce of long pepper, and put a handful of ſalt to your vinegar; pour it upon your cucumbers boiling hot, ſet them by the fire, and keep them warm for three days, and boil your allegar once every day, keeping them cloſe covered till they are of a good green. Tie them down with a leather, and keep them for uſe.

To pickle CUCUMBERS *in ſlices.* Take ſome large cucumbers before they are too ripe, ſlice them of the thickneſs of crown pieces in a pewter diſh; to every twelve cucumbers, ſlice two large onions thin, and ſo on till you have filled your diſh, with a handful of ſalt between every row; cover them with another pewter diſh, and let them ſtand twenty-four hours; then put them into a cullender, and let them drain very well. Put them in a jar, cover them over with white wine vinegar, and let them ſtand four hours; pour the vinegar from them into a copper ſaucepan, and boil it with a little ſalt; put to the cucumbers a little mace, a little whole pepper, a large race of ginger ſliced, and then pour the boiling vinegar on; cover

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them close, and when they are cold tie them down. They will be fit to eat in two or three days.

To pickle CUCUMBERS *Mango faſhion.* Take either melons, or very large cucumbers, pour over them ſalt and water boiling hot; the next day dry them. Cut a piece out of the ſide, ſcrape out the ſeed very clean, fill them with garlic, ſcraped horſe-radiſh and muſtard-ſeed; put in the piece, and tie it cloſe, then pour over them boiling hot vinegar. In two or three days, boil up the vinegar, with pepper, cloves, and ginger; throw in the mangoes, boil them up quick for a few minutes, and put them into a jar; cover them cloſe. The melons ſhould be ſmall, the cucumbers large. If they are not green enough boil the vinegar again.

Another way. Cucumbers uſed for this purpoſe muſt be of the largeſt ſort, and taken from the vines before they are too ripe, or yellow at the ends. Cut a piece out of the ſide, and take out the ſeeds with an apple ſcraper or a tea-ſpoon. Then put them into very ſtrong ſalt and water for eight or nine days, or till they are very yellow. Stir them well two or three times each day, and put them into a pan, with a large quantity of vine leaves both over and under them. Beat a little roach alum very fine, and put it into the ſalt and water they came out of. Pour it on your cucumbers, and ſet it upon a very ſlow fire for four or five hours, till they are pretty green; then take them out and drain them in a hair ſieve, and when they are cold, put to them a little horſe-radiſh, then muſtard-ſeed, two or three heads of garlic, a few pepper-corns, a few green cucumbers ſliced in ſmall pieces, then horſe-radiſh, and the ſame as before mentioned, till you have filled them. Then take

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the piece you cut out, and ſew it on with a large needle and thread, and do all the reſt in the ſame manner. Have ready the following pickle: to every gallon of allegar, put half an ounce of mace, the ſame of cloves, an ounce of ſliced ginger, the ſame of long pepper, Jamaica pepper, and black pepper; three ounces of muſtard-ſeed tied up in a bag, four ounces of garlic, and a ſtick of horſe-radiſh cut in ſlices. Boil them five minutes in the allegar, then pour it upon your pickles, tie them down, and keep them for uſe.

CUCUMBERS *ſtewed.* Having prepared your cucumbers, ſlice them about the thickneſs of a crown piece; ſlice ſome onion; fry them both; drain and ſhake a little flour over them. Put them into a ſtewpan with ſome good gravy, kyan, and ſalt; ſtew them till tender. Or they may be ſtewed in their own liquor, ſeaſoned, without being fried. Or take out the ſeeds, quarter the cucumbers, ſtew them till clear in ſome boiled gravy; mix a little flour with ſome cream, a very little white wine, and white pepper pounded; boil it up.

To Ragoo CUCUMBERS. Slice two cucumbers and two onions, and fry them in a little butter, then drain them in a ſieve, and put them into a ſaucepan, add ſix ſpoonfuls of gravy, two of white wine, and a blade of mace; let them ſtew five or ſix minutes; then take a piece of butter as big as a walnut rolled in flour, a little ſalt, and kyan pepper; ſhake them together, and when it is thick diſh them up.

CUCUMBERS *with Eggs.* Pare ſix large young cucumbers, and cut them into ſquares about the ſize of a die, put them into boiling water; let them boil up, take them out of the water, and put them into a ſtewpan,

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with an onion ſtuck with cloves, a good ſlice of ham, a quarter of a pound of butter, and a little ſalt; ſet it over the fire a quarter of an hour, keep it cloſe covered, ſkim it well, and ſhake it often, as it is apt to burn; then dredge in a little flour over them, and put in as much veal gravy as will juſt cover the cucumbers; ſtir it well together, and keep a gentle fire under it till no ſcum will riſe; then take out the ham and onion, and put in the yolks of two eggs, beat up with a tea-cupfull of cream; ſtir it well for a minute, then take it off the fire, and juſt before you put it into the diſh, ſqueeze in a little lemon juice. Have ready five or ſix poached eggs to lay on the top.

CUCUMBERS *ſtuffed with force-meat.* Pare as many cucumbers as you propoſe for a diſh; take out the middle with an apple corer, blanch them a little in boiling water, and fill them with a force-meat made of roaſted poultry; braze them with ſome thin ſlices of bacon, a little broth, two or three onions, a faggot of parſley and ſweet herbs, one carrot ſliced, three cloves, a little whole pepper and ſalt. When done, drain and wipe them, and ſerve with a good reliſhing cullis-ſauce.

CULLIS.

This is a compoſition for thickening ragoos, ſoups, &c. and giving them an agreeable flavour. Many cooks, however, are of opinion, that *Lemon Pickle*, and *Browning* (which ſee the latter page 60) anſwer much better, both for taſte and beauty: they are certainly much

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eaper, and prevent a great deal of unneceſſary

LIS *for all ſorts of Ragoos and rich Sauces.* Take
nds of veal, two ounces of ham, two or three
little nutmeg, a blade of mace, ſome parſley
o carrots cut to pieces, ſome ſhalots, two bay
ſet theſe over a ſtove, in an earthen veſſel; let
very gently for an hour, cloſe covered, ob-
hey do not burn: put beef broth to it; let it
it is as rich as it is required to be, and then

LIS *for all ſorts of Butcher's Meat.* The quan-
our meat muſt be proportioned to your com-
f ten or twelve, you cannot take leſs than a leg
nd a ham, with all the fat, ſkin, and outſide
Cut the leg of veal in pieces about the thick-
your fiſt; place them in your ſtewpan, and then
s of ham, two carrots, an onion cut in two;
cloſe, let it ſtew ſoftly at firſt, and as it begins
own, take off the cover and turn it, to colour it
les the ſame; but take care not to burn the
When it has a pretty brown colour, moiſten
lis with broth made of beef, or other meat;
our cullis with a little ſweet baſil, ſome cloves,
ne garlick; pare a lemon, cut it in ſlices, and
to your cullis, with ſome muſhrooms. Put into
n a good lump of butter, and ſet it over a
; add to it one or two handfuls of flour, ſtir
a wooden ladle, and let it take a colour. If
lis be pretty brown, you muſt put ſome flour
ly into it, keeping it ſtirring with a wooden la-
n let your cullis ſtew ſoftly, and ſkim off all the

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fat; put in two glaſſes of white wine; but take care to keep your cullis very thin, ſo that you may take the fat off and clarify it. To clarify it, you muſt put it in a ſtove that draws well, and cover it cloſe, and let it boil without uncovering it till it boils over; then uncover it and take off the fat that is round the ſtewpan, then wipe it off the cover alſo, and cover it again. When your cullis is done, take out the meat, and ſtrain your cullis through a ſtrainer. This cullis is for all ſorts of ragoos, fowls, pies, and terrines.

A CULLIS *for Fiſh.* Gut a large pike, and lay it whole upon the gridiron; turn it often. When done, take it off; take off the ſkin, and take the meat from the bones; boil ſix eggs hard, and take out the yolks; blanch a few almonds, beat them to a paſte in a marble mortar, and then add the yolks of the eggs; mix theſe well with butter, and put in the fiſh: beat them all to maſh; then take half a dozen onions, and cut them into ſlices, two parſnips, three carrots: ſet on a ſtewpan, put in a piece of butter to brown, and when it boils put in the roots; turn them till they are brown, and then pour in a little pea broth to moiſten them. When they have boiled a few minutes, ſtrain it into another ſaucepan; put in a whole leek, ſome parſley, and ſweet baſil; half a dozen cloves, ſome muſhrooms and truffles, and a few crumbs of bread: let it ſtew gently a quarter of an hour, and then put in the fiſh from the mortar; let it ſtew ſome time longer. It muſt not boil up, becauſe that would make it brown. When it is done, ſtrain it through a coarſe ſieve.

It ſerves to thicken all made diſhes, and ſoups for Lent.

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of Craw-fiſh. Get the middling ſort of craw-
em over the fire, ſeaſoned with ſalt, pepper,
cut in ſlices. Being done, take them out,
and keep the tails after they are ſcalded;
reſt together in a mortar; the more they are
he finer your cullis will be. Take a piece
ut the ſize of your fiſt, with a ſmall piece of
ion cut into four, put it in to ſweat gently:
out very little to the pan, powder it a little;
vith broth, put in it ſome cloves, ſweet baſil
, ſome muſhrooms, with lemon pared and
s. When done, ſkim the fat well off, let it
od taſte; then take out your meat with a
nd go on to thicken it with a little eſſence of
in your craw-fiſh, and ſtrain it off; being
eep it for a firſt courſe of craw-fiſh.

ULLIS. This is done with ſlices of veal fillet
fficient to give it a pretty ſtrong taſte; add
roots; then add broth without ſalt, a glaſs
ne, a noſegay of thyme and parſley, half a
one clove of garlic, a few muſhrooms and

CULLIS. Cut a piece of veal into ſmall bits,
thin ſlices of ham, and two onions cut into
; moiſten it with broth, ſeaſoned with muſh-
bunch of parſley, green onion, and three
it ſtew. Being ſtewed, take out all your
oots with a ſkimmer, put in a few crumbs of
let it ſtew ſoftly; take the white of a fowl, or
ns, and pound it in a mortar; when well
mix it in your cullis, but it muſt not boil,
cullis muſt be very white; but if it is not
white

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white enough, you muſt pound two dozen of ſweet almonds blanched, and put into your cullis. Let it be of a good taſte, and ſtrain it off, then put it in a ſmall kettle, and keep it warm. You may uſe it for white loaves, white cruſt of bread and biſcuits.

A FAMILY CULLIS. Take a piece of butter rolled in flour, ſtir it in your ſtewpan till the flour takes a fine yellow colour; then add ſmall broth, a little gravy, a glaſs of white wine, a bundle of parſley, thyme, laurel, and ſweet baſil, two cloves, a little nutmeg or mace, a few muſhrooms, whole pepper, and ſalt; boil for an hour on a ſlow fire, ſift it through a lawn ſieve, well ſkimmed from fat. The cullis is made either with meat or fiſh broth, according to your fancy.

A CULLIS *of Roots.* Take ſome carrots, parſnips, parſley-roots, and onions; cut them in ſlices, put them into a ſtewpan over the fire, and ſhake them round; take a dozen and a half of blanched almonds, and the crumb of two French rolls, ſoaked firſt in good fiſh broth; pound them with the roots in a mortar, then boil all together; ſeaſon them with pepper and ſalt, and ſtrain it off, and uſe it for herb or fiſh ſoups.

CURRANTS.

Theſe are of three ſorts; the red, the white, and black; but the two former are in moſt general uſe; they are of a pleaſant acid, and accounted very wholeſome fruit, aſſuaging thirſt, cooling and ſtrengthening the ſtomach, and aſſiſting digeſtion.

To dry CURRANTS *in bunches.*—See *Candying*, page 175.

To

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reſerve RED CURRANTS *in bunches.* Gather the
nd largeſt red currants you can get, tie them up
ches to a ſmall ſkewer two inches long; to a
of currants put one pound and a half of double
ſugar into a preſerving pan, with a pint of water,
ifteen minutes, and let it ſtand to cool; put in
ches, put paper cloſe to them, and ſet them by
t day, then make them ſcalding hot. Set them
n for three days, then ſet them on to boil for three
s; take them off, and put them into the pot;
ſyrup a little thicker, when it is cold, pour it on
rants, and cover them with brandy paper.

ake Red or White CURRANT JELLY. Gather the
s when they are ripe, ſtrip them off the ſtalks,
em clean, put them into a jar, tie a paper over
nd let them ſtand in a ſlow oven to infuſe till all
e comes out; then ſtrain it through a cloth or a
eve; meaſure it, and to every pint of juice you
ave one pound of fine ſugar; clarify it, and ſkim
; put in the juice, boil it till it will jelly, ſkim
and put into pots or glaſſes; when cold, cover
brandy paper, tie it down with paper and blad-
d keep it in a cool dry place.

her way. Take two quarts of red currants, and
arts of white, pick and waſh them clean, and put
nto a preſerving pan, with half a pint of water;
ver a ſlow fire to ſimmer till all the juice comes
ain it through a lawn ſieve, and for every pint of
ke one pound of fine ſugar; put it into a preſer-
n, and to every pound of ſugar put half a pint of
boil it till it is candy height, and put in the
oil it till it jellies, which you may know by put-

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ting a little in a ſpoon to cool; if it jellies, it is enough. Put it in the pots, and cover it as before.

Black CURRANT JELLY. Gather the currants when they are ripe, pick and waſh them clean, and put them into a jar that will hold them. To ſix quarts of currants put one quart of water, tie them down with brown paper, and put them in a ſlow oven for two hours. Take them out, and ſtrain them through a thin cloth or ſieve; for one quart of juice you muſt have two pounds of ſugar; clarify the ſugar to a candy height, put in the juice and boil it till it jellies; put it in pots, and cover it as before.

Red CURRANT JAM. Take two pounds of red currants, when they are quite ripe, put them in a preſerving pan, and boil them for ten minutes; put them through a hair ſieve to take out the ſeeds, then into a preſerving pan with one pound and a quarter of fine ſugar, ſifted, ſet it over a fire, and boil it fifteen minutes, ſtirring it all the time; ſkim it clean, put it in pots, and cover it as before.

Black CURRANT JAM. Pick two pounds of ripe black currants, bruiſe them fine with a wooden ſpoon, put them in a preſerving pan with one pound and a half of loaf-ſugar beaten fine; boil it twenty minutes, ſkim and ſtir it all the time; put it into pots, and cover it as before.

Black CURRANT WINE. Boil ſix gallons of water, put it into a tub, and when it is near cold, add to it thirty-ſix pounds of black currants bruiſed, let them ſtand for two days, and ſtrain the juice through a ſieve, add to it twenty pounds of loaf-ſugar, and a little yeaſt; let it ſtand for three days, ſtirring it three times each day;

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n it into a barrel, with two quarts of brandy; when s done fermenting, ſtop it cloſe down, keep it for lve months, and then bottle it.

Red CURRANT WINE. To four gallons of water add fifn pounds of ſugar, and boil it for ten minutes; pour nto a clean tub, and when it is near cold, add to it nty pounds of red currants bruiſed, ſix pounds of red s, and a little yeaſt; let it ferment for three days, ing it three times a day; then ſtrain it through a e, and preſs the currants dry; turn it into a clean that will juſt hold it, with one quart of brandy; n it has done fermenting, ſtop it cloſe down, keep welve months, then bottle it.

You may make white currant wine the ſame way, uſe white raſps inſtead of red.

White CURRANT WINE, or *Engliſh Champaign.* Boil ee gallons of water with twelve pounds of loaf-ſugar, it into a tub, and when it is near cold, add to it quarts of white currants picked and bruiſed, the e of eight lemons, the rind of one pared thin, and ſpoonfuls of yeaſt; let it ferment for three days, then in it through a ſieve, and turn it into a caſk that will hold it, with a pint and a half of brandy. When it done working, ſtop it cloſe down, keep it for ſix nths, then bottle it.

CUSTARDS.

Paſte for CUSTARDS. Take a pound of flour, lve ounces of butter, the yolks of four eggs, ſix

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ſpoonfuls of cream; mix them together, and let them ſtand a quarter of an hour, then work it up and down and roll it very thin.

To make a CUSTARD. Boil a quart of milk or cream, with a ſtick of cinnamon, large mace, and quartered nutmeg, when half cold, mix it with eight yolks of eggs and four whites well beat, ſome ſalt, ſugar, and orange-flower water: ſet all on the fire, and ſtir it till a white froth ariſes, which ſkim off, then ſtrain it, and fill your cruſts, which ſhould be firſt dried in the oven, and which you muſt firſt prick with a pin before you dry them, to prevent their riſing in bliſters.

Another CUSTARD. Take a quart of cream and boil it with a blade of mace, beat ten eggs, leaving out half the whites; take the mace out, and when almoſt cold beat in the eggs, with one ſpoonful of orange-flower water; ſweeten it to your taſte, and put it into your cuſtard cups, and let them but juſt boil up in the oven; and if you boil the eggs in the cream all together, then you may put it in your cuſtard cups the over night, and they will be fit for uſe.

To make a CREAM CUSTARD. Take the cruſt of a penny loaf, grate the crumb very fine and mix with it a good piece of butter, and a quart of cream, beat the yolks of twelve eggs with cream, ſweeten them with ſugar, let them thicken over the fire, make your cuſtards ſhallow, bake them in a gentle oven, and when they are baked enough, ſtrew fine ſugar over them.

ALMOND CUSTARD. See *Almonds*.

To make a RICE CUSTARD. Boil a quart of cream with a blade of mace, then put to it boiled rice well beaten

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ur cream, put them together, and ſtir them
e it boils on the fire, when it is enough, take
veeten it to your taſte, put in ſome roſe water;
cold.

a PLAIN CUSTARD. Sweeten a quart of new
ır taſte, grate in ſome nutmeg, beat up eight
out half the whites, ſtir them into the milk,
in china baſons, or put them in a ſaucepan
water, taking care that the water does not
e half way up the baſons, for fear of getting
ſons. You may add ſome roſe water in the
a ſmall glaſs of brandy.

ARD PUDDING. Put a piece of cinnamon in
ick cream; boil it; add a quarter of a pound
when cold, add the yolks of five eggs well
r this over the fire till pretty thick, but you
let it boil. When quite cold, butter a cloth
it over with flour, tie the cuſtard in it very
it three quarters of an hour. When taken
into a baſon to cool a little; untie the cloth,
on the baſon, turn it up. If the cloth is not
arefully, the pudding will break; grate over
ugar. Melted butter and a little wine in a

D.

FY's ELIXIR.—See TINCTURES.

DAIRY-

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DAIRY-MAID.

Under the articles of *butter* and *cheeſe* we have entered ſo fully into the buſineſs of the *dairy*, that we have only to add here a few neceſſary cautions to the ſervant who undertakes this employment.

Cows ſhould always be milked at a regular hour; for the detention of the milk not only tends to ſpoil it, but keeps the animal in violent pain: in ſummer, the time of milking ſhould not be later than five in the evening, that they may have time to fill their bags by morning, and their udders ſhould be well emptied at each milking.

Cows in general require gentle treatment, eſpecially if their teats happen to be ſore; for if roughly handled, they will not only kick and wince, and become wild and ungovernable, but even retain their udders half full of milk; in conſequence of which their bags get hard and ulcerous, or they loſe their milk entirely till they calve again.

When the milk is brought in, it ſhould be well ſtrained, and emptied into clean pans. White ware pans are of all others preferable on the ſcore of cleanlineſs; the brown ſort is very porous, and ſcarce any ſcalding will be ſufficient to cleanſe them thoroughly. Leaden troughs are much uſed, but they readily receive, and for a long time retain any degree of heat. Want of cleanlineſs is no where ſo unpardonable as in the dairy, where indeed the ſucceſs of every operation depends upon, and requires that not only the utenſils, but the dreſſers, ſhelves, walls, and floor ſhould be kept exceeding clean and

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ll aired: and in hot weather they may be fre-
ſluiced with cold clean water.

Poultry yard alſo, (which generally is in the dairy
province) and the place where they rooſt, cannot
too clean, for on cleanlineſs depends the health
y exiſtence of the fowls: they ſhould be fed
day at regular hours, as ſoon after ſun-riſe as con-
and about two in the afternoon; and ſhould
have plenty of water in their drinking troughs,
n ſtraw in their neſts. When cooped up to fat-
y ſhould be kept warm, in a gloomy place, un-
d, have always meat and water before them:
ould be carefully cleaned every day, and never
red to fight.

AMSONS OR DAMASCENES.

are dried and preſerved in the ſame manner as
ages, &c. See *Candying*, page 174.

ASCENE *Dumplings*. Having made a good hot
uſt, roll it pretty thin, lay it in a baſon, and put
per quantity of damaſcenes; wet the edge of the
nd cloſe it up; boil it in a cloth one hour, and
up whole; pour melted butter over it, and grate
ound the edge of the diſh. N. B. Dumplings
made from any kind of preſerved fruit, in the
anner.

DEAFNESS.—*See* EAR.

DECEM-

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DECEMBER.

This month affords the following articles for the table:

MEAT.
Beef,
Doe veniſon,
Houſe lamb,
Mutton,
Pork,
Veal.

POULTRY.
Capons,
Chickens,
Fowls,
Geeſe,
Hares,
Larks,
Partridges,
Pheaſants,
Pigeons,
Pullets,
Rabbits,
Snipes,
Teal,
Turkies,
Wigeons,
Wild ducks.

FISH.
Carp,
Cod,
Codlings,
Dorees,
Eels,
Haddocks,
Gudgeons,
Gurnets,
Holobut,
Lobſters,
Oyſters,
Salmon,
Smelts,
Soles,
Sturgeon,
Turbot,
Tench.

VEGETABLES.
Beets,
Borecole,
Cabbages,
Cardoons,
Carrots,
Celery,
Creſſes,
Endive,
Eſchalot,
Leeks,
Onions,
Parſnips,
Potatoes,
Pot herbs,
Brocoli,
Rocombole,
Salſafy,
Savoys,
Scorzonera,
Skirrets,
Spinach,
Sallad,
Turnips.

FRUIT.
Apples,
Cheſnuts,
Grapes,
Medlars,
Oranges,
Pears,
Services,
Walnuts.

DINNERS OF TWO COURSES.

Firſt Courſe.

Peaſe Soup, removed with
A jowl of ſalmon.
Pigeons in ſun faſhion. Calves head à la ſurpriſe.
Sallad,
Fore quarter of lamb roaſted. Fricaſee of ox palates.
Petty patties,
Mint ſauce. Fennel ſauce.
Bœuf tremblant.
Sheep tongues ſliced. Mutton kebob'd.
Parſley ſauce. Melted butter.
Turkey pie.
Harricot of veniſon. Breaſt of veal porcupined
Brocoli.
Two chickens boiled. Hogs feet and ears ragoo'd.
Ham roaſted.

Second

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Second courſe.
Two wild ducks roaſted.

Mince pies. Pears. Pęu de more.
of endive. Potted veniſon. Ragoo of cock's combs.
edlars. Cheſnuts.
Deſert frame with dried ſweet-meats and jellies.
roaſted. Snipes roaſted.
alnuts. Grapes.
Brawn.
d lobſter. Spinach and cream.
Apples.
tlets. Cream pancakes.
Hare roaſted.

DINNERS OF THREE COURSES.

Firſt Courſe.
Cod's head.
ckens. Fricandeau of veal.
Stewed beef.
l pudding. Calves feet pie.
Soup Santé.
of pork. Tongue.
Chine of lamb.
Soals fried and boiled.

Second Courſe.
Wild fowls.
Orange puffs.
ambs fry. Sturgeon.
Jellies.
Gallantine. Savoury cake.
Tartlets.
Prawns. Muſhrooms.
Partridges.

Third Courſe.
Ragoo'd palates.
Dutch beef ſcraped.
Savoy cakes. China oranges.
Half moon.
Lambs tails. Calves burs.
Potted larks.
rgonel pears. Lemon biſcuits.
Fricaſee of craw-fiſh.

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DECOCTIONS.

Watery decoctions and infusions of vegetables conſtitute a large and not unuſeful claſs of medicines. Although moſt vegetables yield their virtues to water, as well by infuſion as decoction, yet the latter is often neceſſary, as it ſaves time, and does in a few minutes what the other would require hours, and ſometimes days to effect. The medicines of this claſs are all intended for immediate uſe.

DECOCTION *of Althæa.* Take of the roots of marſh-mallows, moderately dried, three ounces; raiſins of the ſun, one ounce; water, three pints. Boil the ingredients in the water, till one third of it is conſumed; afterwards ſtrain the decoction, and let it ſtand for ſome time to ſettle. If the roots be thoroughly dried, they muſt be boiled till one half the water be conſumed. In coughs and ſharp defluctions on the lungs, this decoction may be uſed for ordinary drink.

The common DECOCTION. Take of camomile flowers, one ounce; elder flowers, and ſweet fennel ſeeds, of each half an ounce; water, two quarts. Boil them for a little, and then ſtrain the decoction. A medicine equally good may be prepared by infuſing the ingredients for ſome hours in boiling water. This decoction is chiefly intended as the baſis of clyſters, to which other ingredients may be occaſionally added. It will likewiſe ſerve as a common fomentation; ſpirit of wine or other things being added in ſuch quantity as the caſe may require.

DECOC-

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DECOCTION *of Logwood.* Boil three ounces of the vings, or chips of logwood, in four pints of water one half the liquor is waſted. Two or three ounces mple cinnamon-water may be added to this decoction. luxes of the belly, a tea-cupful of this decoction y be taken with advantage three or four times a .

DECOCTION *of the Bark.* Boil an ounce of the Peru- bark, groſly powdered, in a pint and a half of water one pint; then ſtrain the decoction. If a tea-ſpoon- of the weak ſpirit of vitriol be added to this medicine, ill make it both more agreeable and efficacious.

Compound DECOCTION *of the Bark.* Take of Peru- bark and Virginian ſnake-root, groſly powdered, three drams. Boil them in a pint of water to half. To the ſtrained liquor add an ounce and a of aromatic water.

The doſe is four ſpoonfuls every fourth or ſixth hour.

Sir John Pringle recommends this as a proper medi- towards the decline of malignant fevers, when the ſe is low, the voice weak, and the head affected with upor but with little delirium.

DECOCTION *of Sarſaparilla.* Take of freſh ſarſapa- root, ſliced and bruiſed, two ounces; ſhavings of iacum wood, one ounce. Boil over a ſlow fire, in ee quarts of water, to one; adding towards the end, an ounce of ſaſſafras wood, and three drams of uorice powder. Strain the decoction.

This ſtrengthens the ſtomach, and reſtores freſh our to habits emaciated by ſcorbutic complaints. nay alſo be taken in the rheumatiſm, and cutaneous

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diſorders proceeding from foulneſs of the blood and juices. For all theſe intentions it is greatly preferable to the *decoction of woods*. This decoction may be taken from a pint and a half to two quarts in the day.

The following decoction is ſaid to be ſimilar to, and may ſupply the place of the *Liſbon diet drink*:

Take of ſarſaparilla, two ounces; liquorice and mezeroon root, of each half an ounce; ſhavings of guaiacum and ſaſſafras wood, of each one ounce; crude antimony powdered, an ounce and a half; infuſe theſe ingredients in eight pints of boiling water, for twenty-four hours, then boil them till one half of the water is conſumed, afterwards ſtrain the decoction. This may be uſed in the ſame manner as the preceding.

White DECOCTION. Take of the pureſt chalk, in powder, two ounces; of gum arabic, half an ounce; water, three pints. Boil to one quart, and ſtrain the decoction.

This is a proper drink in acute diſeaſes attended with, or inclining to, a looſeneſs, and where acidities abound in the ſtomach or bowels: it is peculiarly proper for children when afflicted with ſourneſs in the ſtomach, and for perſons who are ſubject to the heart-burn. It may be ſweetened with ſugar as it is uſed, and two or three ounces of ſimple cinnamon water added to it.

An ounce of powdered chalk, mixed with two pints of water, will occaſionally ſupply the place of this decoction, and alſo of the chalk julep.

DESERTS.

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DESERTS.—See ORNAMENTS.

DEVIL.

zzard and rump of a turkey, or the rump
e, is frequently taken from the bird when
nd being cut a little way into the ſubſtance,
d well, ſalted, and broiled: in this ſtate it is
again, and being very ſavory and reliſhing,
ed the *name* of a *Devil*.

DIET.—See HEALTH.

ISTILLING.—See WATERS.

DRAUGHTS.

a proper form for exhibiting ſuch medicines
ended to operate immediately, and which do
to be frequently repeated, as purges, vomits,
others, which are to be taken at one doſe.
medicine requires to be uſed for any length of
s better to make up a large quantity of it at
ch ſaves both trouble and expence.

DRAUGHT. Take of liquid laudanum,
e drops; ſimple cinnamon water, an ounce;
common

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common ſyrup, two drams; mix them. In exceſſive pain, where bleeding is not neceſſary, and in great reſtleſſneſs, this compoſing draught may be taken, and repeated occaſionally.

Diuretic DRAUGHT. Take of the diuretic ſalt, two ſcruples; ſyrup of poppies, two drams; ſimple cinnamon water, and common water, of each an ounce. This draught is of ſervice in an obſtruction or deficiency of urine.

Purging DRAUGHTS. Take of manna, an ounce; ſoluble tartar, or rochel ſalt, from three to four drams; diſſolve in three ounces of boiling water, to which add Jamaica pepper water, half an ounce. As manna ſometimes will not ſit upon the ſtomach, an ounce or ten drams of the bitter purging ſalts, diſſolved in four ounces of water, may be taken inſtead of the above. Thoſe who cannot take ſalts, may uſe the following draught: Take of jalap in powder, a ſcruple; common water, an ounce; aromatic tincture, ſix drams. Rub the jalap with twice its weight of ſugar, and add to it the other ingredients.

Sweating DRAUGHT. Take ſpirit of Mindererus, two ounces; ſalt of hartſhorn, five grains; ſimple cinnamon water, and ſyrup of poppies, of each half an ounce; make them into a draught.

In recent colds and rheumatic complaints, this draught is of ſervice: to promote its effects, however, the patient ought to drink freely of warm water-gruel, or of ſome other weak diluting liquor.

Vomiting DRAUGHTS. Take of ipecacuanha in powder, a ſcruple; water, an ounce; ſimple ſyrup, a dram; mix them. Perſons who require a ſtronger vomit

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may add to the above half a grain, or a grain,
tic tartar.
ose who do not chuſe the powder, may take ten
of ipecacuanha wine, or half an ounce of the
nd an equal quantity of the ſyrup of ſquills.

DROPSY.

e dropſy is a preternatural ſwelling of the whole
or ſome part of it, occaſioned by a collection of
humours. It is often owing to an hereditary
tion; but may likewiſe proceed from drinking
ſpirits, or other ſtrong liquors. It is true almoſt
roverb, that great drinkers die of a dropſy. The
of exerciſe is alſo a very common cauſe of the
; hence it is juſtly reckoned among the diſ-
of the ſedentary. It often proceeds from exceſ-
vacuations, as frequent and copious bleedings,
purges often repeated, &c. or the ſudden ſtop-
of cuſtomary or neceſſary evacuations.
e dropſy may be occaſioned by drinking large
ties of cold, weak, watery liquor, when the body
eated by violent exerciſe. A low, damp, or
y ſituation, is likewiſe a frequent cauſe of it.
it is a common diſeaſe in moiſt, flat, fenny
ies. It may alſo be brought on by a long uſe
r watery diet, or of vicious aliment that is hard
geſtion. In ſhort, whatever obſtructs the per-
on, or prevents the blood from being duly pre-
may occaſion a dropſy.

2 The

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The *Anaſarca*, which is a collection of water under the ſkin, generally begins with a ſwelling of the feet and ancles towards night, which, for ſome time, diſappears in the morning. In the evening, the parts, if preſſed with the finger, will pit. The ſwelling gradually aſcends, and occupies the trunk of the body, the arms, and the head: afterwards the breathing becomes difficult, the urine is in a ſmall quantity, and the thirſt great; the body is bound, and the perſpiration is greatly obſtructed. To theſe ſucceed, heavineſs, a ſlow waſting fever, and a troubleſome cough. This laſt is generally a fatal ſymptom, as it ſhews that the lungs are affected.

In an Aſcites, or a collection of water in the belly, beſides the above ſymptoms, there is a ſwelling of the belly, and often a fluctuation, which may be perceived by ſtriking the belly on one ſide, and laying the palm of the hand on the oppoſite: this may be diſtinguiſhed from a tympany by the weight of the ſwelling, as well as by the fluctuation. When the *Anaſarca* and *Aſcites* are combined, the caſe is very dangerous: even a ſimple aſcites ſeldom admits of a radical cure: almoſt all that can be done is to let off the water by tapping, which ſeldom affords more than a temporary relief.

The patient muſt abſtain, as much as poſſible, from all drink, eſpecially weak and watery liquors, and muſt quench his thirſt with muſtard-whey, or acids, as juice of lemons, oranges, ſorrel, or ſuch like: his food ought to be dry, of a ſtimulating and diuretic quality, as toaſted bread, the fleſh of birds, or other wild animals, roaſted; pungent and aromatic vegetables, as garlic, muſtard, onions, creſſes, horſe-radiſh, rocambole, ſhallot,

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&c. he may alſo eat ſea biſket dipped in wine: is not only nouriſhing, but tends to quench thirſt: have been actually cured of a dropſy, by a total nence from all liquids, and living entirely upon things as are mentioned above. If the patient have drink, the Rheniſh wine, with diuretic me-es infuſed in it, are the beſt.

xerciſe is of the greateſt importance in a dropſy. patient be able to walk, dig, or the like, he ought ntinue theſe exerciſes as long as he can: if he is ble to walk or labour, he muſt ride on horſeback, a carriage, and the more violent the motion, ſo the better, provided he can bear it: his bed t to be hard, and the air of his apartments warm lry: if he lives in a damp country he ought to be ved into a dry one, and, if poſſible, into a warmer te: in a word, every method ſhould be taken to ote the perſpiration, and to brace the ſolids: his purpoſe it will likewiſe be proper to rub the nt's body, two or three times a day, with a hard or the fleſh bruſh; and he ought conſtantly to flannel next his ſkin.

the patient be young, his conſtitution good, and iſeaſe has come on ſuddenly, it may generally be ved by ſtrong vomits, briſk purges, and ſuch me-es as promote a diſcharge by ſweat and urine. oung people, half a dram of ipecacuanha in powder, alf an ounce of oxymel of ſquills, will be a proper . This may be repeated as often as is found ary, three or four days intervening between the : the patient muſt not drink much after taking

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the vomit, otherwiſe he deſtroys its effects: a cup or two of camomile tea will be ſufficient to work it off.

Betwixt each vomit, on one of the intermediate days, the patient may take the following purge: Jalap, in powder, half a dram; cream of tartar, two drams; calomel, ſix grains; theſe may be made into a bolus, with a little ſyrup of pale roſes, and taken early in the morning: the leſs the patient drinks after it the better: if he be much griped he may take now and then a cup of chicken broth.

The patient may likewiſe take every night at bed-time, the following bolus: To four or five grains of camphor add one grain of opium, and as much ſyrup of orange-peel as is ſufficient to make them into a bolus: this will generally promote a gentle ſweat, which ſhould be encouraged by drinking now and then a ſmall cup of wine whey, with a tea-ſpoonfull of the ſpirits of hartſhorn in it. A tea-cupfull of the following diuretic infuſion may likewiſe be taken every four or five hours through the day:

Take juniper berries, muſtard ſeed, and horſe-radiſh, of each half an ounce; aſhes of broom, half a pound; infuſe them in a quart of Rheniſh wine, or ſtrong ale, for a few days, and afterwards ſtrain off the liquor: ſuch as cannot take this infuſion may uſe the decoction of ſeneka root, which is both diuretic and ſudorific. Obſtinate *anaſarcas* have been cured by an infuſion of the aſhes of broom in wine. [*See* CHERVIL, p. 220.]

The above courſe will often cure an incidental dropſy, if the conſtitution be good; but when the diſeaſe proceeds from a bad habit, or an unſound ſtate of the inward parts, ſtrong purges and vomits are not to be

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ed upon. In this caſe, the ſafer courſe is to pal-
he ſymptoms by the uſe of ſuch medicines as
te the ſecretions, and to ſupport the patient's
h by warm and nouriſhing cordials.

e ſecretion of urine may be greatly promoted by
A young woman was cured of a dropſy, by
a dram of nitre every morning, in a draught
, after ſhe had been given over as incurable.
owder of ſquills is likewiſe a good diuretic; ſix
t grains of it, with a ſcruple of nitre, may be
twice a day in a glaſs of ſtrong cinnamon water.
e ſpoonful of unbruiſed muſtard ſeed taken every
and morning, and drinking half an Engliſh pint
decoction of the tops of green broom after it,
rformed a cure, after other powerful medicines
oved ineffectual.

following Recipe for the cure of the *Dropſy*
at preſent in great eſtimation; it is recommend-
many reſpectable perſons in a ſmall pamphlet,
in favour of its virtues.

e of *Broom Seed*, well powdered and ſifted, one
let it ſteep twelve hours in a glaſs and half
d rich white wine, and take it in the morning
having firſt ſhaken it, ſo that the whole may be
ved. Walk after it, if you are able, or uſe what
e you can without fatigue, for an hour and a
after which you muſt be ſure to take two ounces
e oil, and you muſt not eat or drink any thing
than half an hour, or an hour, after taking the
Repeat this every other day, or once in three
nd not oftener, till cured; and do not let blood,
any other remedy during the courſe.

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If the patient is too weak to uſe other exerciſe after taking the powder, the body and limbs may be rubbed with a flannel, from time to time, during the hour and half, giving reſt at intervals according to ſtrength; and, indeed, the practice of this exerciſe for ſome minutes every night and morning, may be of great help.

The quantities directed in the recipe have been given alike to men and to women, and there never has been found reaſon to think, that they were too little for the one, or too much for the other.

Nothing can be more gentle and ſafe than the operation of this remedy, and it often has little or no ſenſible one. If the dropſy is in the body, it diſcharges it by urine, without any inconvenience; if it is between the ſkin and fleſh, it cauſes bliſters to ariſe on the legs, by which it will run off; but this does not happen to more than one in thirty, and in this caſe no plaiſters muſt be uſed, for they would hinder the diſcharge, but you muſt apply red cabbage leaves. If the diſorder is cauſed by wind, it diſpels the phlegm that retains the wind. It cures the dropſy in pregnant women, without injury to the mother or the infant. It alſo cures the aſthma, conſumption, and diſorders of the liver. It is good for bleeding at the noſe, and for venemous bites and poiſons.

The efficacy of the above remedy has been proved by the cure of upwards of *fifty* dropſical women with child, and by that of more than *three hundred* other people of both ſexes.

Not long ſince this recipe was recommended to a lady, who ſeemed to be in, or nearly in, the laſt ſtage of a dropſy: ſhe was ſo much ſwoln, that ſhe appeared like

a wo-

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nan in the laſt month of her pregnancy, and her
ler had reſiſted every thing that had been done for
y the faculty. She took the broom ſeed, but could
ake the whole of the oil; however, in a very few
hs, her huſband wrote a letter of thanks for her
y and ſurpriſing recovery.

on after, the report of this extraordinary cure in-
l another lady, who was afflicted with a dropſy, to
trial of the remedy: ſhe was not ſo much ſwoln
e former lady, but ſhe was exceedingly emaciated,
vas ſo weak, that ſhe was carried like an infant into
arriage, when ſhe went to take the air; and ſhe
failed of relief from the advice of two of the
eminent phyſicians in London, who had pro-
ced it an aſcites, with encyſted water. Hap-
hey were too liberal minded to ſet their faces
t the remedy, as ſome others have ſince done;
ſe it was not of their acquaintance. This lady
ed the directions of the recipe very exactly, and
eſtored to health in a few months.

eſe ſucceſſes induced the lady, at whoſe deſire it
ubliſhed, to recommend the remedy with avidity
ever occaſion offered; and it has pleaſed God to
her endeavours with ſuch wonderful ſucceſs, that
inks ſhe may venture to affirm, that ſhe has never
n it fail to cure, when taken according to the re-
and while there was any degree of ſtrength re-
ng; and that it is almoſt as certain a ſpecific for
opſy, as the bark is for the intermitting fever.

DROPSY *in the Brain*, or *Water in the Head*, is a
er to which children are more than others pecu-
liable; but for the cure of which no medical
treat-

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treatment has yet been diſcovered of any degree of efficacy.

DRYING FRUITS. See CANDYING.

DUCKS.

To chuſe tame or wild DUCKS. The former ought to be choſen plump and thick on the breaſt; their bills will be tender if young; but hard if they are old. A right wild duck has reddiſh legs and feet; the webs are of a darkiſh colour, and it is ſomething ſmaller than the tame one.

To roaſt DUCKS. Kill and draw your ducks; then ſhred an onion and a few ſage leaves; ſeaſon theſe with ſalt and pepper, and put them into your ducks. Singe, duſt, and baſte them with butter, and a good quick fire will roaſt them in twenty minutes; for the quicker they are done, the better they will be. Before you take them up, duſt them with flour, and baſte them with butter, to give them a good frothing and a pleaſing brown. Your gravy muſt be made of the gizzard and pinions, an onion, a tea-ſpoonfull of lemon pickle, a few pepper-corns, a large blade of mace, a ſpoonfull of catchup, and the ſame of browning. Strain it, pour it into your diſh, and ſend it up with onion ſauce in a baſon.

Another way. Seaſon them with ſage and onion ſhred, pepper, and ſalt; half an hour will roaſt them; gravy ſauce, or onion ſauce. Always ſtew the ſage and onion in a little water, as it prevents its eating ſtrong, and takes off the rawneſs.

To

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s Ducks *with green Peaſe.* Half roaſt your
t it into ſome good gravy, with a little mint,
or four ſage leaves chopped; ſtew this half an
cken the gravy with a little flour, throw in half
green peas boiled, or ſome celery, then take
int.

Ducks, *with Onion ſauce.* Scald your ducks
them, put them in warm water for a few
then take them out; put them in an earthen
over them a pint of boiling milk, let them lie
or three hours. When you take them out,
em well with flour, put them in a copper of
r, cover them, and boil them ſlowly for twenty
then ſmother them with onion ſauce.

s *à-la-mode.* Slit two ducks down the back,
them carefully, make a force-meat of the
a penny loaf, four ounces of fat bacon ſcraped,
rſley, thyme, lemon-peel, two ſhallots or onions
y fine, with pepper, ſalt, and nutmeg, and two
ff your ducks with it, and ſew them up; lard
wn each ſide of the breaſt with bacon, dredge
l with flour, and put them in a Dutch oven to
then put them in a ſtewpan, with three pints
a glaſs of red wine, a tea-ſpoonful of lemon
large one of walnut and muſhroom catchup,
rowning, and one anchovy, with kyan pepper
aſte; ſtew them gently over a ſlow fire for an
Vhen enough thicken your gravy, and put in a
es and morels; ſtrain your gravy, and pour it
m. You may à-la-mode a gooſe the ſame way.

Another

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Another way. Cut two fine ducks into quarters, fry them in butter a little brown; then pour out all the fat, and throw a little flour over them, and half a pint of good gravy, a quarter of a pint of red wine, two ſhallots, an anchovy, and a bundle of ſweet herbs; cover them cloſe, and let them ſtew a quarter of an hour; take out the herbs, ſkim off the fat and let your ſauce be as thick as cream. Garniſh with lemon.

Ducks *à-la-braize.* Dreſs and ſinge your ducks, lard them quite through with bacon rolled in ſhred parſley, thyme, onions, beaten mace, cloves, pepper and ſalt; put in the bottom of a ſtewpan a few ſlices of fat bacon, two or three ſlices of veal or beef; lay your ducks in with the breaſt down, and cover the ducks with ſlices, the ſame as put under them; cut in a carrot or two, a turnip, one onion, a head of celery, a blade of mace, four or five cloves, a little whole pepper, cover them cloſe down, and let them ſimmer a little over a gentle fire till the breaſt is a light brown; then put in ſome broth or water, cover them as cloſe down again as you can; ſtew them gently between two and three hours till enough; then take parſley, onion, or ſhallot, two anchovies, a few gerkins or capers; chop them all very fine, put them into a ſtewpan, with part of the liquor from the ducks, a little browning, and the juice of half a lemon; boil it up, and cut the ends of the bacon even with the breaſt of your ducks, lay them on your diſh, pour the ſauce hot upon them, and ſerve them up.

Another way. Lard your duck, put a ſlice or two of beef at the bottom of the veſſel, then the duck, a bit of bacon, and ſome more beef ſliced, a carrot, an onion, a ſlice of lemon, whole pepper, a bunch of ſweet herbs; cover

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this close, set it over the fire a few minutes, shake
ne flour, pour in near a quart of beef broth or
g water, a little red wine heated; stew it about
n hour, strain the sauce, skim it, put to it kyan,
ore wine, if necessary, shallot and tarragon chop-
a very little juice of lemon. If agreeable, add ar-
ke bottoms, boiled and quartered.

cedonian Ducks. Cut four artichoke bottoms
pieces, and put them into boiling water, with
a pint of garden beans, first scalded and husked;
nese together till almost done, then drain them, and
ne whole into the stewpan, with a good piece of
, chopped mushrooms, a little winter savory,
y, and shallots, all finely chopped; add a little flour,
poonfuls of veal gravy, and a glass of white wine,
mmer slowly till all is well done; reduce the sauce
roper consistence, and when ready to serve, add a
cullis, lemon juice, salt, and pepper. Serve this
under two ducks, cut into quarters, and brazed
vell seasoned braze, with slices of veal and lard, as

boil a Duck *à-la-Françoise.* Put a pint of rich
gravy into two dozen roasted chesnuts peeled, with
leaves of thyme, two small onions (if agreeable),
e whole pepper, and a race of ginger; then take
tame duck, lard it, half roast it; put it into the
, let it stew ten minutes, adding a quarter of a pint
d wine. When the duck is enough, take it out,
p the gravy to a proper thickness; skim it very
from fat, lay the duck in the dish, and pour the
over it.

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To haſh a WILD DUCK. Having cut up your duck as for eating, put it in a toſſing pan, with a ſpoonful of good gravy, the ſame of red wine, and an onion ſliced exceedingly thin. When it has boiled two or three minutes, lay the duck in the diſh, and pour the gravy over it. You may add a tea-ſpoonful of caper liquor, or a little browning; but remember that the gravy muſt not be thickened.

To haſh DUCKS *different ways.* Roaſt two ducks till three parts done, and let them cool; then cut the breaſt in thin ſlices, and take care to preſerve the gravy. The legs will ſerve for another diſh, which you may dreſs by wrapping them in caul with a good force-meat, and ſerve with cullis ſauce. For the fillets, cut cucumbers, and marinade them about an hour, with a little vinegar, ſalt, and one onion ſliced; then take out the onion, ſqueeze the cucumbers in a cloth, and put them into a ſtewpan with a bit of butter, a ſlice of ham, a little broth, flour, and veal gravy; boil ſlowly, ſkim it well, take out the ham, and add the meat to it, to warm without boiling. You may alſo do the ſame with chopped truffles, or muſhrooms, or any thing elſe you think proper, according to ſeaſon. A cold roaſted duck will anſwer much the ſame end for this diſh.

Another way. When cut to pieces, flour it; put into a ſtewpan ſome gravy, a little red wine, ſhallot chopped, ſalt, pepper, and a piece of lemon; boil this, put in the duck, toſs it up, take out the lemon. Toaſted ſippets.

To ſtew DUCKS. Lard three young ducks down each ſide the breaſt, duſt them with flour, and ſet them before the fire to brown; then put them in a ſtewpan, with a quart

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quart of water, a pint of red wine, one ſpoonful of
lnut catchup, the ſame of browning, one anchovy,
lf a lemon, a clove of garlic, a bundle of ſweet herbs,
an pepper to your taſte; let them ſtew ſlowly for half
hour, or till they are tender; lay them on a diſh and
ep them hot, ſkim off the fat, ſtrain the gravy through
air ſieve, add to it a few morels and truffles, boil it
ick till reduced to a little more than half a pint, pour
over your ducks, and ſerve it up. It is proper for a
e diſh for dinner, or bottom for ſupper.

Another way. Lard your duck or not, half roaſt it,
t it into a ſtewpan, with a pint or more of good gravy,
quarter of a pint of red wine, onion chopped ſmall, or
llot, a piece of lemon-peel, kyan, and ſalt; ſtew it
ntly, cloſe covered, till tender; take out the duck,
m the ſauce, boil it quick, pour it over the duck,
d truffles and morels, if agreeable.

DUCKLING *rolled.* Make a good force-meat with
eaſts of roaſted poultry, as uſual; cut a pretty large
ckling in two, bone it thoroughly, and lay on the
ce-meat; roll it up, tie ſlices of lard round it, and
il it in a little broth, with a glaſs of white wine, a fag-
t, and two cloves. When done ſqueeze the fat gently
t, and wipe the duck clean. Serve with what ſauce
u pleaſe. Small ducklings may be dreſſed in the
ne manner, obſerving only that they muſt not be cut
two.

To dreſs a WILD DUCK *in perfection.* Half roaſt your
ck, lay it in a diſh, carve it, but leave the joints hang-
g together; throw a little pepper and ſalt over it, and
ueeze the juice of a lemon over it; turn it on the

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breaſt, and preſs it hard with a plate, add to its own gravy two or three ſpoonfuls of good gravy; cover it with another diſh, and ſet it over a ſtove ten minutes; then ſend it to table hot in the diſh it was done in, and garniſh with lemon. You may add a little red wine, and a ſhallot cut ſmall, if you like it; but it is apt to make the duck eat hard, unleſs you firſt heat the wine, and pour it in juſt as it is done.

WILD DUCK, WIGEON, *or* EASTERLING *in perfection.* Half roaſt them; when they come to table, ſlice the breaſt, ſtrew on pepper and ſalt, pour on a little red wine, and ſqueeze the juice of an orange or a lemon over it; put ſome gravy to this, ſet the plate on a lamp, cut up the bird, let it remain over the lamp till enough, turning it.

DUMPLINGS.

HARD DUMPLINGS. Put a little ſalt into ſome flour and water, and make it into a paſte; roll them in balls ſomewhat larger than a turkey's egg, duſt them over with flour, and throw them into boiling water; half an hour will boil them. They are beſt boiled with a good piece of beef. For a change you may add a few currants.

NORFOLK DUMPLINGS. To half a pint of milk put two eggs and a little ſalt, and make them into a good thick batter with flour. Have ready a clean ſaucepan of water boiling, and drop your batter into it, and two or three minutes will boil them. Be particularly careful that the water boils faſt when you put the batter in. Then throw them into a ſieve to drain, turn them into a diſh, and

ſtir

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ıp of freſh butter into them. If eaten hot they good.

Dumplings. Make a light dough as for bread, r, water, yeaſt, and ſalt; cover it with a cloth, before the fire for half an hour. Then have a of water on the fire, and when it boils, take gh, and make it into little round balls, as big as hen's egg; then flatten them with your hand, into the boiling water, and a few minutes will Take care that they do not fall to the bot- ıe pot or ſaucepan, for they will then be heavy, ſure to keep the water boiling all the time. ey are enough, take them up, and lay them in , with melted butter in a boat. To ſave trouble, get your dough at the baker's, which will do

Dumplings. See *Apples*, page 18.
on Dumplings. See *Damſons*, page 359.

YSENTERY, *or* Bloody Flux.

diſeaſe prevails in the ſpring and autumn. It common in marſhy countries, where, after hot ſummers, it is apt to become univerſal. Per- moſt liable to it who are much expoſed to the , or who live in places where the air is confined holſome.

yſentery may be occaſioned by any thing that the perſpiration, or renders the humours putrid; beds, wet cloaths, unwholſome diet, air, &c. moſt frequently communicated by infection.

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This ought to make people extremely cautious in going near ſuch perſons as labour under the diſeaſe. Even the ſmell of the patient's excrements has been known to communicate the infection.

It commences by a flux of the belly attended with violent pain of the bowels, a conſtant inclination to go to ſtool, and generally more or leſs blood in the ſtools. It begins, like other fevers, with chilneſs, loſs of ſtrength, a quick pulſe, great thirſt, and an inclination to vomit. The ſtools are at firſt greaſy or frothy, afterwards they are ſtreaked with blood, and, at laſt, have frequently the appearance of pure blood, mixed with ſmall filaments reſembling bits of ſkin. Worms are ſometimes paſſed downwards through the whole courſe of the diſeaſe.

When the dyſentery attacks the old, the delicate, or ſuch as have been waſted by the gout, the ſcurvy, or other lingering diſeaſes, it generally proves fatal. Vomiting and hiccuping are bad ſigns, as they ſhew an inflammation of the ſtomach. When the ſtools are green, black, or have an exceeding diſagreeable ſmell, the danger is very great, as it ſhows the diſeaſe to be of the putrid kind. It is an unfavourable ſymptom when clyſters are immediately returned; but ſtill more ſo, when the paſſage is ſo obſtinately ſhut, that they cannot be injected. A feeble pulſe, coldneſs of the extremities, with difficulty of ſwallowing, and convulſions, are ſigns of approaching death.

Nothing is of more importance in this diſeaſe than cleanlineſs. It contributes greatly to the recovery of the patient, and no leſs to the ſafety of ſuch as attend him. In all contagious diſeaſes the danger is increaſed, and the infection ſpread, by neglect of cleanlineſs; but in

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more than this. Every thing about the patient frequently changed. The excrements ſhould ſuffered to continue in his chamber, but remo- ediately, and buried under ground. A conſtant freſh air ſhould be admitted into the room, ght frequently to be ſprinkled with vinegar, emon, or ſome other ſtrong acid.

atient muſt not be diſcouraged, but his ſpirits n hopes of a cure. Nothing tends more to ren- putrid diſeaſe mortal, than the fears and appre- of the ſick. All diſeaſes of this nature have a to ſink and depreſs the ſpirits; and when that ed by fears and alarms from thoſe whom the elieves to be perſons of ſkill, it cannot fail to worſt conſequence.

nel waiſtcoat worn next the ſkin has often a l effect in the dyſentery. This promotes the on without overheating the body. Great cau- ver is neceſſary in leaving it off. A dyſentery brought on by imprudently throwing off a flan- coat before the ſeaſon was ſufficiently warm. hatever perſon this piece of dreſs is worn, it ver be left off but in a warm ſeaſon.

diſeaſe, the greateſt attention muſt be paid to t's diet. Fleſh, fiſh, and every thing that has y to turn putrid or rancid on the ſtomach, bſtained from. Apples boiled in milk, water- plain light pudding, with broth made of the s parts of animals may be eaten. Jelly broth not ers the purpoſe of food, but likewiſe of medi-

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The manner of making this broth is, to take a ſheep's head and feet with the ſkin upon them, and burn the wool off with a hot iron; afterwards to boil them till the broth is quite a jelly. A little cinnamon or mace may be added, to give the broth an agreeable flavour, and the patient may take a little of it warm with toaſted bread, three or four times a-day. A clyſter of it may likewiſe be given twice a-day. Such as cannot uſe the broth made in this way, may have the head and feet ſkinned; but we have reaſon to believe that this hurts the medicine. It is not our buſineſs here to reaſon upon the nature and qualities of medicine, otherwiſe this might be ſhewn to poſſeſs virtues every way ſuited to the cure of a dyſentery which does not proceed from a putrid ſtate of the humours. One thing we know, which is preferable to all reaſoning, that whole families have often been cured by it, after they had uſed many other medicines in vain. It will however be proper that the patient take a vomit, and a doſe or two of rhubarb before he begins to uſe the broth. It will likewiſe be neceſſary to continue the uſe of it for a conſiderable time, and to make it the principal food.

Another kind of food very proper in the dyſentery, which may be uſed by ſuch as cannot take the broth mentioned above, is made by boiling a few handfuls of fine flour tied in a cloth, for ſix or ſeven hours, till it becomes as hard as ſtarch. Two or three table-ſpoonfuls of this may be grated down, and boiled in ſuch a quantity of new milk and water as to be of the thickneſs of pap. This may be ſweetened to the patient's taſte, and taken for his ordinary food.

In

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a *Putrid Dyſentery* the patient may be allowed to eely of moſt kinds of good ripe fruits; as apples, s, gooſeberries, currants, ſtrawberries, &c. Theſe either be eaten raw or boiled, with or without milk, e patient chuſes. The prejudice againſt fruit in liſeaſe is ſo great, that many believe it to be the non cauſe of dyſenteries. This, however, is an ious miſtake; both reaſon and experience ſhew, ood fruit is one of the firſt medicines, both for the ntion and cure of the dyſentery. Good fruit is in reſpect calculated to counteract that tendency to faction, from whence the moſt dangerous kind of tery proceeds. The patient in ſuch a caſe, there- nay be allowed to eat as much fruit as he pleaſes, led it be good.

e moſt proper drink in this diſorder is whey. The ery has often been cured by the uſe of clear whey it may be taken both for drink, and in form of . When whey cannot be had, barley-water ned with cream of tartar may be drunk, or a de- n of barley and tamarinds; two ounces of the and one of the latter may be boiled in two Eng- arts of water to one. Warm water, water-gruel, er wherein hot iron has been frequently quenched, very proper, and may be drunk in turns. Camo- a, if the ſtomach will bear it, is an exceeding pro- ink; it both ſtrengthens the ſtomach, and by its tic quality tends to prevent a mortification of the

he beginning of this diſeaſe it is always neceſſary nſe the firſt paſſages. For this purpoſe a vomit e given, and wrought off with weak camomile

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tea. Strong vomits are ſeldom neceſſary here. A ſcruple, or at moſt half a dram of ipicacuanha, is generally ſufficient for an adult, and ſometimes a very few grains will ſuffice. The day after the vomit, half a dram, or two ſcruples of rhubarb, muſt be taken; or what will anſwer the purpoſe rather better, an ounce, or an ounce and a half of Epſom ſalts. This doſe may be repeated every other day for two or three times; afterwards ſmall doſes of ipicacuanha may be taken for ſome time. Two or three grains of the powder may be mixed in a table ſpoonful of the ſyrup of poppies, and taken three times a-day.

Theſe evacuations, and the regimen preſcribed above, will often be ſufficient to effect a cure; ſhould it however happen otherwiſe, the following aſtringent medicines may be uſed.

A clyſter of ſtarch or fat mutton broth, with thirty or forty drops of liquid laudanum in it, may be adminiſtered twice a-day. At the ſame time an ounce of gum-arabic, and half an ounce of gum-tragacanth, may be diſſolved in a pint of barley-water, over a ſlow fire, and a table ſpoonful of it taken every hour.

Perſons who have been cured of this diſeaſe are very liable to ſuffer a relapſe; to prevent which, great circumſpection with reſpect to diet is neceſſary. The patient muſt abſtain from all fermented liquors, except now and then a glaſs of good wine; but he muſt drink no kind of malt liquor. He ſhould likewiſe abſtain from animal food, as fiſh and fleſh, and live principally on milk and vegetables.

Gentle exerciſe and wholeſome air are likewiſe of importance. The patient ſhould go to the country as

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as his ſtrength will permit, and ſhould take exerciſe on horſeback, or in a carriage. He may like- uſe bitters infuſed in wine or brandy, and may twice a-day half a pint of lime water mixed with ual quantity of new milk.

hen dyſenteries prevail, we would recommend a attention to cleanlineſs, a ſpare uſe of animal food, he free uſe of ſound ripe fruits, and other vegeta- The night air is to be carefully avoided, and all nunication with the ſick. Bad ſmells are likewiſe to unned, eſpecially thoſe which ariſe from putrid ani- ubſtances. The neceſſaries where the ſick go are lly to be avoided.

hen the firſt ſymptoms of the dyſentery appear, the nt ought immediately to take a vomit, to go to bed, rink plentifully of weak warm liquor to promote a ; this, with a doſe or two of rhubarb at the begin- would often carry off the diſeaſe. In countries where teries prevail, we would adviſe ſuch as are liable to to take either a vomit or a purge every ſpring or nn, as a preventive.

ere are ſundry other fluxes of the belly, as the ENTERY and COELIAC PASSION, which, though leſs rous than the dyſentery, yet merit conſideration. diſeaſes generally proceed from a relaxed ſtate of omach and inteſtines, which is ſometimes ſo great, he food paſſes through them without any ſenſible ion; and the patient dies merely from the want of ament.

en the lientery or cœliac paſſion ſucceeds to a ery, the caſe is bad. They are always dangerous age, eſpecially when the conſtitution has been

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broken by exceſs or acute diſeaſes. If the ſtools be very frequent, and quite crude; the thirſt great, with little urine, the mouth ulcerated, and the face marked with ſpots of different colours, the danger is very great.

The treatment of the patient is in general the ſame as in the dyſentery. In all obſtinate fluxes of the belly, the cure muſt be attempted, by firſt cleanſing the ſtomach and bowels with gentle vomits and purges; afterwards ſuch a diet as has a tendency to heal and ſtrengthen the bowels, with opiates and aſtringent medicines, will generally perfect the cure.

The ſame obſervation holds with reſpect to a TENESMUS, or frequent deſire of going to ſtool. This diſeaſe reſembles the dyſentery ſo much both in its ſymptoms and method of cure, that we think it needleſs to inſiſt upon it.

E.

EAR-ACH.

This diſorder chiefly affects the membrane which lines the inner cavity of the ear; and is often ſo violent as to occaſion great reſtleſſneſs, anxiety, and even delirium. Sometimes epileptic fits, and other convulſive diſorders, have been brought on by extreme pain in the ear.

The ear-ach may proceed from any of the cauſes which produce inflammation. It often proceeds from a ſudden ſuppreſſion of perſpiration, or from the head being ſuddenly expoſed to cold. It may alſo be occaſioned by worms

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r other inſects getting into the ear, or being bred
r from any hard body ſticking in the ear.

the ear-ach proceeds from inſects, or any hard
cking in the ear, every method muſt be taken
ve them as ſoon as poſſible. The membranes
relaxed by dropping into the ear oil of ſweet al-
or olive oil. Afterwards the patient ſhould be
ſneeze, by taking ſnuff, or ſome ſtrong ſternu-
If this ſhould not force out the body, it muſt
cted by art. Inſects, which have got into the
often come out of their own accord upon pour-
l, which is a thing they cannot bear.

the pain of the ear proceeds from inflammation,
be treated like other topical inflammations, by a
regimen and opening medicines. Bleeding at
inning, or cupping in the neck, will be proper.
may likewiſe be fomented with ſteams of warm
or flannel bags filled with boiled mallows and
le flowers may be applied to it warm; or blad-
ed with warm milk and water. An exceeding
ethod of fomenting the ear is to apply it cloſe to
th of a jug filled with warm water, or a ſtrong
n of camomile flowers.

patient's feet ſhould be frequently bathed in luke-
ater, and he ought to take ſmall doſes of nitre
arb, *viz.* a ſcruple of the former, and ten grains
tter, three times a day. His drink may be whey
tions of barley and liquorice with figs and raiſins.
ts behind the ear ought frequently to be rubbed
nphorated oil, or a little of the volatile liniment.
the inflammation cannot be diſcuſſed, a poul-
read and milk, or roaſted onions, may be appli-
ed

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ed to the ear, and frequently renewed till the abſceſs breaks, or can be opened. Afterwards the humours may be diverted from the part by gentle laxatives, blifters, or iſſues; but the diſcharge muſt not be ſuddenly dried up by any external application.

Deafness is generally the effect of old age; frequently is cauſed by violent colds in the head; and ſometimes is owing to an original fault in the formation of the ear, and when from this latter cauſe, admits of no cure. When it proceeds from cold, care muſt be taken to keep the head warm, eſpecially in the night; the feet ſhould be frequently bathed in luke-warm water at bed-time, and a few gentle purges may be taken.

If deafneſs is occaſioned by a dryneſs of the ears, which may be known by looking into them, half an ounce of the oil of ſweet almonds, and the ſame quantity of liquid opodeldock, may be mixed together, and a few drops put into the ear every night at bed-time, ſtopping them afterwards with a little wool or cotton. But from whatever cauſe Deafneſs proceeds, keeping the head warm is of the moſt eſſential conſequence: the ears are a very tender organ, they require a very delicate touch, and ought not to be tampered with.

When the ears are moiſt, rub them with the powder of burnt alum or the powder of vitriol. To prevent the glutinous humours falling from the brain, and ſo communicating themſelves to the ears, drink in a morning a little oil of olive in a glaſs of warm water, and preſently rub the palate with a feather; this will cauſe you to bring up by vomit that glutinous humour.

Put into the ear hot in the evening two drops of the fat of a roaſted eel, two drops of ſpirits of wine, and two drops

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f fine oil, and it will do them much good. If
zing, whizzing or noiſe of the ear be neglected,
n time grow to deafneſs.

ng of the EAR. Take oil of rue, of caſtor or ſpike,
juice of leeks, of each an equal quantity, mixed
ether, into theſe dip a ſmall lint and put it into

ke radiſhes, oil of ſweet or bitter almonds, colo-
, and white wine in equal quantities, and having
d the radiſhes, but not the leaves, take the juice
x it with the other ingredients, drop it into the
d ſtop them with cotton; the juice of an onion
to the ears is alſo a uſeful remedy.

e *tingling* of the ear proceeds from wind, as it
es does, put a little aloes into a little wine, warm
drop or two into the ear, and ſtop it with cotton.

EELS.

il EELS. Having ſkinned, gutted, and taken
od out of your eels, cut off the heads, dry them,
n them round on your fiſh-plate. Boil them in
water, and ſerve them up with parſley ſauce.

ber way. Make a browning of butter and flour,
is of a good colour, add a little broth or cullis, a
white wine, one dozen and a half of ſmall oni-
blanched, a few muſhrooms, a faggot of parſley
et herbs, three cloves, whole pepper and ſalt;
s until the onions are near done, then put the eels
t in pieces; ſtew on a ſmart fire, reduce the ſauce
per conſiſtence; when ready, add a chopped an-
chovy,

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chovy, and a few whole capers. Garniſh the diſh with fried bread.

To pitchcock EELS. Scour a large eel well with ſalt to clean off all the ſlime; then ſlit it down the back, take out the bone, and cut it in ſeveral pieces; take the yolk of an egg and put over the inſide, ſprinkle crumbs of bread, with ſome ſweet herbs and parſley chopped very fine, a little nutmeg grated, and ſome pepper and ſalt mixed all together; then put it on a gridiron over a clear fire, broil it of a fine light brown; diſh it up, and garniſh with raw parſley and horſe-radiſh; or put a boiled eel in the middle, and the pitchcocked round. Garniſh with anchovy ſauce, and parſley and butter in a boat.

Another way. Skin, gut, and waſh the eels, then dry them with a cloth; ſprinkle them with pepper, ſalt, and a little dried ſage; turn them backward and forward, and ſkewer them; rub your gridiron with beef ſuet, broil them a good brown, put them on your diſh with good melted butter, and lay round fried parſley.

To ſtew EELS. Skin, gut, and waſh your eels very clean in ſix or eight waters, to waſh away all the ſand; then cut them into pieces as long as your finger; put juſt water enough for ſauce; put in a ſmall onion ſtuck with cloves, a little bundle of ſweet herbs, a blade or two of mace, and ſome whole pepper, in a thin muſlin rag. Cover it cloſe, and let them ſtew very ſoftly. Take care to look at them now and then; put in a little piece of butter rolled in flour, and a little chopped parſley. When you find they are quite tender, and well done, take out the onion, ſpice and ſweet herbs. Put in ſalt enough to ſeaſon it; then diſh them up with the ſauce.

To broil EELS. Having ſkinned and cleanſed your eels,

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ub them with the yolk of an egg, ſtrew over them crumbs, chopped parſley, ſage, pepper, and ſalt; nem well with butter, and ſet them in a dripping roaſt or boil them, and ſerve them up with parſley utter.

roil or roaſt EELS. Having ſkinned and cleaned a el, mix bread crumbs, grated lemon-peel, parſley ed, pepper, ſalt, nutmeg, a few oyſters chopped, f butter, and a yolk of an egg: ſtuff the eel, ſew turn it round, rub it with yolk of egg, ſtrew over bread crumbs, ſtick on bits of butter, put a little in the diſh: bake it either in a common or Dutch ſerve it with white fiſh ſauce, add to it what comes from the fiſh, firſt taking off the fat: the s in the ſtuffing may be omitted—Or, ſtrip the ſkin e eel to the tail, ſcotch it, rub it with pepper and ſtuff it with the above ingredients, draw the ſkin t, ſkewer it round, hang it in the Dutch oven, t; or put it on a gridiron, at a great diſtance, over r fire. When it is near done, ſet it lower to . Anchovy, or white fiſh ſauce.

fry EELS. Cut one or two eels in pieces; cut e back bone, and ſcore it on both ſides; marinade lour in vinegar, with parſley, ſliced onions, ſhal- nd four cloves; then drain it, baſte it with eggs ead crumbs, fry it of a good colour; garniſh with arſley, and ſerve with a reliſhing ſauce in a ſauce-

ther way. Having made your eels very clean, cut n pieces, ſeaſon them with pepper and ſalt, flour them, y them in butter. Let your ſauce be plain melted

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butter, with the juice of a lemon. Let them be well drained from the fat before you lay them in the diſh.

To collar EELS. Having ſcoured the ſkin, and inſide of a large eel, very well with ſalt, cut off the head, and ſplit it down the back; then ſeaſon it well with ſalt, ſpice, and a good deal of red ſage ſhred fine; ſprinkle the mixture thick upon the eel, roll it up, and tie it cloſe in a thin cloth at each end and in the middle; then boil it in a ſtrong pickle made of vinegar, ſalt, ſpice, and a bay leaf or two, and when it is enough take off the cloth, ſet it by to be cold, and let the pickle be cold likewiſe; then pour it into a glazed pan, and put the eel into it, to be kept for uſe: this, if kept cloſe, will keep good ſeveral weeks.

An EEL PYE. Skin, gut, waſh, and bone the eels; cut them into pieces, blanch them, and put them in water.

Lay ſome paſte in a baking pan, put a carp ſtuffing, and lay in the eels with ſome muſhrooms; ſeaſoning with ſalt, pepper, ſweet herbs, fine ſpice, parſley, and chibbol cut ſmall; lay butter over it, and cover it with an abbeſs; colour it with eggs, ſet it in the oven; when baked open it, take off the fat; diſh it and put in ſome beaten eggs, or cray-fiſh cullis, and ſerve it up hot.

EGGS.

The white of an egg is thought to be one of the moſt proper aliments in morbid caſes, where the organs of digeſtion are weak and relaxed, and where reſtoratives are neceſſary; but in order to anſwer any good pur-

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ſes in this view, it muſt be given freſh, raw, ithout the application of the leaſt heat. It may ven in milk and water, or may be taken alone, ſeparated from the yolk. It is of a cooling, aſnt, and agglutinating quality.

GS *and Broccoli.* Boil your broccoli tender, obg to ſave a large bunch for the middle, and fix ght little thick ſprigs to ſtick round. Toaſt a bit ead as large as you would have it for your diſh or plate. Butter ſome eggs, thus: Take ſix eggs, many as you have occaſion for; beat them well, hem into a ſaucepan with a good piece of butter, little ſalt; keep beating them with a ſpoon till re thick enough, then pour them on the toaſt. e largeſt bunch of broccoli in the middle, and her little pieces round about, and garniſh the with little ſprigs of broccoli. This is a pretty iſh, or a corner plate.

broil EGGS. Cut a toaſt round a quartern loaf, it, lay it in your diſh, butter it, and very carebreak ſix or eight eggs on the toaſt. Take a redhovel, and hold it over them. When they are ſqueeze a Seville orange over them, grate a little g over, and ſerve it up for a ſide plate. Or ay poach your eggs, and lay them on a toaſt; aſt your bread criſp, and pour a little boiling over it: ſeaſon it with a little ſalt, and then lay oached eggs upon it.

GS, *Ducheſs faſhion.* Boil a point of cream with a little orange-flower water, and a piece of lepeel; poach ſix or eight eggs in it; take out

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the eggs, reduce the cream for ſauce to ſerve upon them.

Spinach and Eggs. Pick and waſh your ſpinach very clean in ſeveral waters, put it into a ſaucepan with a little ſalt; cover it cloſe, and ſhake the pan often. When it is juſt tender, and while it is green, throw it into a ſieve to drain; lay it into your diſh. Have ready a ſtewpan of water boiling, and break as many eggs into cups as you would poach. When the water boils put in the eggs, have an egg ſlice ready to take them out with, lay them on the ſpinach, and garniſh the diſh with orange cut into quarters, with melted butter in a cup.

To force Eggs. Scald two cabbage lettuces with a few muſhrooms, parſley, ſorrel, and chervil; then chop them very ſmall, with the yolks of hard eggs, ſeaſoned with ſalt and nutmeg; then ſtew them in butter, and when they are enough, put in a little cream, then pour them into the bottom of a diſh; and chop the whites very fine, with parſley, nutmeg, and ſalt. Lay this round the brim of the diſh, and run a red-hot fire-ſhovel over it to brown it.

To poach Eggs *with Toaſts.* Put your water into a flat-bottomed pan, with a little ſalt: when it boils, break your eggs carefully in, and let them boil two minutes; then take them up with an egg-ſpoon, and lay them on buttered toaſts.

Eggs *with Sauſages.* Fry ſome ſauſages, and then a ſlice of bread; lay the ſauſages on the bread, with a poached egg between each link. If the toaſt is too ſtrong fried, butter it a little.

The

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ommon way of dreſſing eggs is to poach them, e them on a buttered toaſt, or on ſtewed ſpi- orrel.

ELDER.

is a very well-known ſhrub, and poſſeſſed of luable medicinal qualities, than are generally to. An infuſion of the inner green bark of k in wine, or the expreſſed juice, in doſes of rters of, or a whole ounce, will purge mode- nd in ſmaller doſes will prove an efficacious gentle opener. The young buds of the leaves rongly purgative to be uſed with ſafety. The ave an agreeable flavour, and a diſtilled water n is ranked among the ſafeſt beautifiers, eſpe- removing tan and ſun-burn, or freckles. The e uſed in the preparation of a wine [ſee *Wines*] expreſſed juice of them, dried to a conſiſtence, uſeful medicine.

ELDER BERRIES. Take the juice of ripe elder ve pounds; pureſt ſugar, one pound; evapo- a gentle heat to the conſiſtence of pretty thick This medicine promotes the natural ſecretions urine, or perſpiration. The doſe is about an ſpoonful diluted with water is very uſefully common colds at bed-time; and if continued gth of time, does conſiderable ſervice in many diſorders.

may be made with the elder flowers, either dried, which is an excellent remedy for the St. Antho-

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Anthony's fire, and ſeldom fails to drown the Saint: two handfuls of the flowers when green, or a leſs quantity dried, is ſufficient for a quart of boiling water. Each ſingle bloſſom need not be picked off, but the heads from the main ſtalk. The dried flowers are ſaid to be ſuperior to the green.

ELECTUARIES.

Electuaries are generally compoſed of the lighter powders mixed with ſyrup, honey, conſerve, or a mucilage, into ſuch a conſiſtence that the powders may neither ſeparate by keeping, nor the maſs prove too ſtiff for ſwallowing.

Aſtringent electuaries, and ſuch as have pulp of fruit in them, ſhould be prepared only in ſmall quantities, as aſtringent medicines loſe their virtues by being kept in this form, and the pulps of fruit are apt to ferment.

For the extraction of pulps it will be neceſſary to boil unripe fruits, and ripe ones if they are dried, in a ſmall quantity of water till they become ſoft; the pulp is then to be preſſed out through a ſtrong hair ſieve, or thin cloth, and afterwards boiled to a due conſiſtence in an earthen veſſel, over a gentle fire, taking care to prevent the matter from burning, by continually ſtirring it. The pulp of fruits that are both ripe and freſh, may be preſſed out without any previous boiling.

Lenitive ELECTUARY. Take of ſenna, in fine powder, eight ounces; coriander ſeed, alſo in powder, four

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ces; pulps of tamarinds, and of French prunes, ound: mix the pulps and powders together, a ſufficient quantity of ſimple ſyrup reduce e into an electuary.

ſpoonful of this electuary, taken two or three day, generally proves an agreeable laxative: ſe ſerves as a convenient vehicle for exhibit- active medicines, as jalaps, ſcammony, and . This may ſupply the place of the elec- Caſſia.

UARY *for the Dyſentery.* Take of the Japo- ction (which is beſt procured from the che- wo ounces; Locatelli's balſam, one ounce; in powder, half an ounce; ſimple ſyrup, to make an electuary.

often dangerous in dyſenteries to give opiates ngents, without interpoſing purgatives: the e is here joined with theſe ingredients, which his a very ſafe and uſeful medicine for the pur- preſſed in the title.

t the bulk of a nutmeg ſhould be taken twice e a day, as the ſymptoms and conſtitutions quire.

TUARY *for the Epilepſy.* Take of Peruvian powder, an ounce; of powdered tin, and wild root, each half an ounce; ſimple ſyrup, enough an electuary.

TUARY *of the Bark.* Take of Peruvian bark, der, three ounces; caſcarilla, half an ounce; ginger, enough to make an electuary. In the obſtinate intermitting fevers, the bark is aſſiſt- the caſcarilla. In hectic habits, however, it will

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will be better to leave out the caſcarilla, and put three drams of crude ſal ammoniac in its ſtead.

ELECTUARY *for the Piles.* Take flowers of ſulphur, one ounce; cream of tartar, half an ounce; treacle, a ſufficient quantity to form an electuary. A tea-ſpoonful of this may be taken three or four times a day.

ELECTUARY *for the Palſy.* Take of powdered muſtard ſeed, and conſerve of roſes, each an ounce; ſyrup of ginger, enough to make an electuary. A tea-ſpoonful of this may be taken three or four times a-day.

ELECTUARY *for the Rheumatiſm.* Take of conſerve of roſes, two ounces; cinnabar of antimony levigated, an ounce and a half; gum guaiacum, in powder, an ounce; ſyrup of ginger, a ſufficient quantity to make an electuary.

In obſtinate rheumatiſms, which are not accompanied with a fever, a tea-ſpoonful of this electuary may be taken twice a-day with conſiderable advantage.

ELIXIRS.—See TINCTURES.

EMULSIONS.

Emulſions, beſides their uſe as medicines, are alſo proper vehicles for certain ſubſtances, which could not otherwiſe be conveniently taken in a liquid form. Thus camphor, triturated with almonds, readily unites with water into an emulſion. Pure oils, balſams, reſins, and other

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milar ſubſtances, are likewiſe rendered miſcible
ter by the intervention of mucilages.

MON EMULSION. Take of ſweet almonds, an
bitter almonds, a dram; water, two pints.
e almonds be blanched, and beat up in a mar-
tar; adding the water by little and little, ſo as
e an emulſion; afterwards let it be ſtrained.

BIC EMULSION. That is made in the ſame
as the above, adding to the almonds, while
two ounces and a half of the mucilage of gum
Where ſoft cooling liquors are neceſſary, theſe
ns may be uſed as ordinary drink.

PHORATED EMULSION. Take of camphor, half
; ſweet almonds, half a dozen; white ſugar,
ounce; mint water, eight ounces. Grind the
r and almonds well together in a ſtone mortar,
by degrees the mint water; then ſtrain the
nd diſſolve it in the ſugar. In fevers and
ſorders, which require the uſe of camphor, a
onful of this emulſion may be taken every two
hours.

SION *of Gum Ammoniac.* Take of gum am,
two drams; water, eight ounces: grind the
h the water, poured upon it by little and little,
ll diſſolved.

mulſion is uſed for attenuating tough, viſcid
and promoting expectoration. For obſtinate
two ounces of the ſyrup of poppies may be
it. The doſe is two table ſpoonfuls three or
s a day.

EMULSION. Take of ſoft water, ſix ounces;
aromatic ſpirit, two drams; Florence oil, an

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ounce; ſhake them well together, and add of ſimple ſyrup, half an ounce. In recent colds and coughs, this emulſion is generally of ſervice; but, if the cough proves obſtinate, it will ſucceed better when made with the paregoric elixir inſtead of the volatile aromatic ſpirit. A table ſpoonful of it may be taken every two or three hours.

ENDIVE.

This is a plant of a cooling and aſtringent quality, and very good for the ſtomach and liver; if boiled in vinegar, and eaten, it is good to ſtop a looſeneſs: the decoction drank is of great uſe in a hot intemperature of the liver, and in ſome obſtructions in it, being taken in white wine; it is provocative of urine, and good for obſtructions in the meſentery.

ENDIVE *with* EGGS. Blanch ſome endive, put it in cold water, and preſs it well to ſqueeze the juice out of it, then cut it with a knife, and put it in a ſtewpan with a bit of butter: ſet it on the fire, and let it ſtew; turning and powdering it with a little flour, and moiſten with maigre broth; ſeaſon it with ſalt and pepper, and let it ſimmer gently; afterwards put ſome freſh butter in a little ſtewpan, and ſet it on a ſtove; when the butter is hot, break in an egg, and let it be as round as can be, and of a fine colour, but do not let the yolk be hard. Fry as many as you have occaſion for, one after the other, then make a binding with three or four yolks of eggs, beaten in maigre broth, a little nutmeg, and a very little vinegar.

ERYNGO.

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ERYNGO.—See CANDYING.

ERYSIPELAS.

diſeaſe affects every part of the body, but moſt
tly the face, and it happens at all times of the
but whatever part is affected, a chillneſs and
g generally attend the diſorder, with great thirſt,
eſs, and other ſigns of a fever; the face ſwells of
n, with great pain and redneſs, and abundance
l pimples appear, which often riſe up in ſmall
and ſpread over the forehead and head, the eyes
uite cloſed by the largeneſs of the ſwelling: this,
country, is uſually called a blaſt.

the ſick perſon loſe eight or ten ounces of blood,
eat the bleeding more than once, if the ſymptoms
gh, and apply to the part a poultice of white
and milk, with ſome hog's lard in it; let the
e be changed twice in a-day, and every other
g take the following purge, till the diſorder is
viz. Glauber's ſalt, one ounce; manna, half an
mix and diſſolve it in water for one doſe.

diet in this diſorder muſt be very low, chiefly
gruel, or at moſt weak broth: all ſtrong liquors
e avoided as poiſon.

ake Narciſſus root, one ounce; freſh nettle ſeeds,
ounce; beat them together into a ſoft paſte,
ſufficient quantity of white wine vinegar, and
the eruptions therewith every night; or bathe
t affected with the juice of creſſes.

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ESSENCES.

To prepare ESSENCES *from* FLOWERS. Take a box lined with tin, that the wood may not impart any ill ſmell to the flowers, nor dry up any of the eſſence which may drain through; alſo have frames made which may enter eaſily into the box flat ways; let the wood be two inches thick, and beſet round with ſmall hooks: to each of theſe frames muſt be fixed cotton cloths, which may be extended thereon; theſe muſt be put into a good lye, and afterwards waſhed out in fair water, and dried very well.

The oil of Ben has no ſmell of itſelf, but will readily receive any ſmell that you would impart to it: having, therefore, cauſed your cloths to imbibe this oil as much as poſſible, ſqueeze them a little, that the oil may not drain off; then extend them on the frame, and faſten them to the hooks.

Put one frame in the bottom of the box, and ſtrew the flowers of which you would have the eſſence in an even manner upon the cloth; then put in another frame, upon the cloth whereof you muſt ſtrew more flowers, and ſo proceed till the box is full.

Having diſpoſed the flowers after this manner in the box, let them lie there for twelve hours, and then change them, that is, thoſe you have put in, in the morning, take out in the evening, and thoſe you put in at evening, take out the next morning; thus continue to do till you have put in all your flowers.

When you perceive the ſcent is ſtrong enough, take the cloths off the frame, and fold them four double; roll them

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ıp, and tye them with ſeveral rounds of fine ead, to keep them cloſe together; put them reſs, and preſs out all the oil you can.

preſs ought alſo to be lined with tin, that the oil t be imbibed by the wood: receive the oil in a eſſel, and afterwards put it up in a glaſs phial, g it cloſe for uſe.

e muſt be but the eſſence of one ſort of flower n one box, becauſe the ſcent of the one will e other; in like manner muſt it be as to the unleſs they have been put into a lye, and waſhed air water.

EXTRACTS.

acts are prepared by boiling the ſubject in wa- d evaporating the ſtrained decoction to a due nce. By this proceſs, ſome of the more ac- rts of plants are freed from the uſeleſs, indiſ- earthy matter, which makes the larger ſhare of ılk. Water, however, is not the only menſtru- d in the preparation of extracts, ſometimes it is with ſpirits, and at other times rectified ſpirit employed for that purpoſe.

acts are prepared from a variety of different as the bark, gentian, jalap, &c. but as they re- troubleſome and tedious operation, it will be onvenient for a private practitioner to purchaſe e needs of them from a profeſſed druggiſt, than are them himſelf.

To

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To thoſe we have mentioned, may be added, the extracts of guiaacum, poppies, liquorice, and wormwood.

EYES.

An *Ophthalmia*, or inflammation in the eye, is a very painful but well-known complaint, ariſing ſometimes from cold, and frequently from a very acrid blood, which ſtimulates the delicate veſſels of the eye, ſwelling and inflaming them.

There are two ſorts of ophthalmia, the one dry and the other moiſt; but the ſame method of cure will be ſucceſsful in each, which is, to ſweeten the acrimony of the blood, as well by internal as external medicines.

In the dry ophthalmia, waſh the inner part of the eye with a collyrium, made of twelve grains of prepared tutty, diſſolved in an ounce of roſe, and the ſame quantity of plantaine water, with the addition of a ſpoonful of ſpirit of wine.

Take of Paul's betony, thyme, and red roſes, each a handful; two ſtalks of mullein; boil them in a gallon of white wine (or leſſen the ingredients proportionably) and at night apply a compreſs to the eye, dipped in this wine.

In the watery ophthalmia, bleeding, eſpecially at the neck and foot, is often neceſſary; with the application of an eye water made of the diſtilled waters of fennel, eye-bright, and plantaine, each an ounce, in which diſſolve two grains of ſugar of lead: if this does not ſucceed, ſubſtitute another, more aſtringent, which may

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ared of the ſame waters, with ten or fifteen
f white vitriol, inſtead of the ſugar of lead.
e ſame time drink plentifully of broth made of
icken, crabs, and lettuce.

following Collyriums, or Eye Waters, are very
cool and repel ſharp, hot humours; they may
ly prepared; and will more effectually anſwer
d, if aſſiſted by the uſe of diuretic medicines.

WATER, *which muſt be made in the Month of*
Take wood-bine and violet leaves, each one
; boil them in a gallon of ſpring water till re-
to two quarts; put into the liquor a quarter of
e of roch alum, with two ſpoonfuls of honey,
l them again for a few minutes; ſtrain the liquor,
when cold, and cork it very cloſe in bottles.
e calamine levigated, half a dram; roſe water,
nces, or the ſame quantities of levigated tutty
e water.
e white vitriol, fifteen grains; roſe water, two

p into the eyes, now and then, a little of the juices
bright and rue, mixed with clarified honey.
h any of theſe, the eyes may be waſhed at diſ-
in all hot defluxions; but when the ſight decays
dryneſs or a defect of the optic nerve, ſuch
can avail but little.

en a poultice is thought neceſſary, you may take
pint of the decoction of linſeed, and as much
of linſeed as is ſufficient to make it of a proper
ence. This poultice is preferable to bread and
for ſore eyes, and it will not grow ſour.

COLLY-

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COLLYRIUM *of* ALUM. Take of alum, half a dram; agitate it well together with the white of an egg.

This may be uſed in inflammation of the eyes, to allay heat, and reſtrain the flux of humours: it muſt be ſpread upon linen, and applied to the eyes; but ſhould not be kept on above three or four hours at a time.

VITRIOLIC COLLYRIUM. Take of white vitriol, half a dram; roſe water, ſix ounces; diſſolve the vitriol in the water, and filter the liquor.

This, though ſimple, is perhaps, equal in virtue to moſt of the celebrated collyria; it is an uſeful application in weak, watery, and inflamed eyes: though the ſlighter inflammations will generally yield to it, yet, in thoſe of the more obſtinate nature, the aſſiſtance of bleeding and bliſtering will often be neceſſary.

When a ſtrong aſtringent is judged proper, a double or triple quantity of the vitriol may be uſed; even a ſolution of four times the ſtrength of the above has been uſed with manifeſt advantage.

COLLYRIUM *of* LEAD. Take ſugar of lead, and crude ſal ammoniac, of each four grains; diſſolve them in eight ounces of common water: forty or fifty drops of laudanum may be occaſionally added to this collyrium.

Thoſe who chuſe, may ſubſtitute, inſtead of this, the collyrium of lead, recommended by Goulard; which is made by putting twenty-five drops of his *extract of Saturn* to eight ounces of water, and adding a tea-ſpoonful of brandy.

Indeed,

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eed, common water and brandy, without any addition, will, in many caſes, anſwer very well llyrium. An ounce of the latter may be added or ſix ounces of the former, and the eyes, if bathed with it night and morning.

the border of the eye-lid, growing upon the cilia, uently another ſmall inflamed tumour, long, im- ble, of the figure of a grain of barley, generally a *hordeolum*, better known in many parts by me of a *ſty*; it begins at firſt with a little red g, which grows larger by degrees, attended with and heat; and after ſome days becomes white, ppurates.

hordeolum is without danger, if not fretted with gers, and for the moſt part heals of itſelf. It is ntly cured by the bare application or rubbing of mour with a piece of ſmooth gold, or ſilver, in ſpring water; and this, if applied early, is an le cure.

ny weakneſſes and deformities of the eyes are to the inattention of nurſes, in ſuffering chil- when lying in a cradle, to continue ſtaring ds; holding toys, &c. too near the eye, which ſquinting; and expoſing them to all kind of even the brighteſt rays of the ſun, indifferently, ithout precauion.

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F.

FEBRUARY.

LIST OF THINGS IN SEASON.

MEAT.
Beef,
Houſe lamb,
Mutton,
Pork,
Veal.

POULTRY.
Capons,
Chickens,
Fowls,
Hares,
Partridges,
Pheaſants,
Pigeons,
Pullets,
Snipes,
Tame Rabbits,
Turkies,
Woodcocks.

FISH.
Carp,
Cod,
Crabs,
Cray-fiſh,
Eels,
Flounders,
Haddocks,
Lobſters,
Oyſters,
Plaice,
Prawns,
Salmon,
Scate,
Smelts,
Soles,
Sturgeon,
Tench,
Thornback,
Turbot,
Whitings.

VEGETABLES.
Beets,
Borecole,
Broccoli, purple and white,
Cabbages,
Cardoons,
Carrots,
Celery,
Chervil,
Coleworts,
Creſſes,
Endive,
Eſchalot,
Garlic,
Leeks,
Lettuce,
Muſtard,
Onions,
Parſley,
Parſnips,
Potatoes,
Radiſh,
Rape,
Salſafy,
Savoys,
Scorzonera,
Skirrets,
Sorrel,
Spinach,
Sprouts,
Taragon.

FRUIT.
Apples,
Pears,
Cheſnuts,
Oranges.

DINNERS OF TWO COURSES.

Firſt Courſe.

Soup la Rein, removed with Turbot.

Fowl broiled with Muſhroom Sauce. Pickles.

Pigeon Cutlets with Lobſter Sauce. Celery.

Veal Pie.

Fricaſee of Sheep Trotters

Anchovy Sauce.

Mutton Collops.

Roaſt Beef.

Second

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Second Courſe.

Roaſted Partridges.

e-pot Pudding. Prawns.

Preſerved Oranges, in quarters.

rved Pine-apple. Preſerved Ginger.

Whipt Poſſet.

llared Pig. Preſerved Raſps. Preſerved Currant Tarts.

Sweet Bread Roaſted.

INNERS OF THREE COURSES.

Firſt Courſe.

Peas Soup.

Chickens. Chicken Patty. Mutton Collops.

arrico of Mutton. Salmon, and Smelts. Rump of Beef à-la-daub.

Oyſter Patties.

ork Cutlets. Small Ham.

Soup Santè.

Second Courſe.

Wild Fowl.

rdoons. Diſh of Jelly. Stewed Pippins.

ed Oyſters; Epergne. Ragout Melé.

ort Peas. Caromel. Artichoke Bottoms.

Hare.

Third Courſe.

Two Woodcocks.

aw Fiſh. Aſparagus. Preſerved Cherries.

s. Crocant. Lamb Chops larded.

d Almonds, d Raiſins. Muſhrooms. Prawns.

Larks-à-la-ſurpriſe.

FEVERS.

is is one of the moſt fatal diſeaſes incident to ind, and the cure of it is generallly attended with r difficulty, becauſe ſymptoms of very different

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kinds frequently appear. The various cauſes of fevers may be conſidered under *ſuppreſſed evacuation, bad air, improper food, intemperance, exceſs of paſſions, ſudden changes from heat to cold, or the contrary, and blows, or other injuries, either external or internal.*

It will be obvious to our readers, that the *prevention of diſeaſe* is more properly the object of ſuch a work as the preſent, than the *preſcription of medicine*; under the heads of *Air, Cold, Cough, Health,* &c. will be found every mode of prevention; and when they are unſucceſsful, common prudence will dictate a recourſe to proper medical aſſiſtance. We ſhall confine ourſelves under this article, chiefly to the conſideration of that ſpecies of intermittent fever, called the AGUE.

An *intermitting Fever* quits the patient for a certain time, and then returns, and when it is accompanied with cold fits of great violence or long continuance, it is particularly called an *Ague.*

Agues obtain different names, according to the time of the fit's returning. When the fit returns every day, it is called a *quotidian*; when it wholly intermits one day, it is ſaid to be a *tertian*; and when the remiſſion continues two whole days, it is a *quartan* ague; they generally appear about the month of February, or the latter end of Auguſt.

The common cauſes of agues are a moiſt, foggy atmoſphere, exhaling from ſtanding or ſtagnate waters, and a ſwampy ſoil, or a continuance of cold, rainy, thick, and heavy weather; they may alſo be occaſioned by improper food, particularly ſuch as is of a cold, watery, or windy nature; by a general poverty of diet; by lying upon the damp ground, or in damp houſes, rooms,

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beds, or ſheets; or from an exceſſive fatigue body or mind.

ſual ſymptoms are heavineſs, wearineſs, pains in , limbs, and head; yawning, ſtretching, chill- the extremities, and violent ſhiverings and gs, particularly of the joints; a ſmall low pulſe, etching, and ſometimes a diſcharge of bilious y vomit; and in the hot fit, an intenſe burning hole body, redneſs and ſtretching of the ſkin, a uick pulſe, watchfulneſs, ſhort breath, delirium, h-coloured urine without a ſediment: as theſe ns gradually abate, an univerſal ſweat ſucceeds, n terminates the fit.

he day of remiſſion, when none of the violent ns preſent themſelves, the patient feels himſelf ed; a chillneſs and diſpoſition to ſhiver, accom- low and weak pulſe; his urine is thick and pale, er depoſits a ſediment of a red colour reſembling ſt, or contains a ſuſpended cloud; it is alſo thy; but ſometimes there is a very thin ſkin or on the top of it, which ſeems alſo to adhere to s of the glaſs: and this obſervation on the urine iarly characteriſtic of the ſeveral kinds of agues.

ng the continuance of the ague fit, the patient nk freely of diluting liquors, or if his ſpirits ſink, ne whey: but whatever is his drink, it ſhould be ed either with juice of orange or lemon; and ing he takes ſhould be warm, in order to bring perſpiration.

diet during intermiſſions ſhould be of a light and ng kind, ſuch as broths of white meats, ſago, uddings, or the like; animal food ſhould be ex- cluded:

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cluded; his ordinary drink may be weak wine negus, and lemonade, with a ſmall quantity of brandy; and he may alſo take occaſionally a glaſs of white wine in which orange rind, gentian root, or bitters of the like kind, have been infuſed; and this, perhaps, will be a better adminiſtration of bitters, than the infuſions of camomile, wormwood, or other bitter herbs, which are alſo recommended.

The natural diſinclination to motion, which is one of the ſymptoms of theſe fevers, ſhould by no means be indulged: if the patient's ſtrength will admit of it, he ſhould ride on horſeback during the intervals; at any rate, he ſhould take whatever exerciſe he can go through without being ſubject to great fatigue.

If the exceſſive heat, violent thirſt, and delirium, give reaſon to apprehend inflammation, bleeding may be proper; but this operation is not ſo generally neceſſary, as theſe ſymptoms do not often occur in intermittent caſes.

But the ſtomach and bowels demand attention, and muſt be cleanſed before a cure can be attempted; for this purpoſe, purges and vomits may both be neceſſary, though in many caſes vomits alone will be effectual: the ſtomach is commonly burdened in theſe diſorders with cold phlegm, and vomits will often diſcharge a conſiderable quantity of bile, which proves the propriety of this evacuation; from one ſcruple to half a dram of the powder of ipicacuanha will be ſufficient for a grown perſon, and the quantity muſt be leſſened in proportion for younger perſons and children; and as the medicine operates, it may be promoted by tea of camomile flowers, with the addition of a little of the rind of orange.

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purges are found neceſſary, they ſhould be of
arb, jalap, or Glauber's ſalts. One ounce of the
or a ſcruple of the jalap, will be a doſe for a grown
n, in an ounce of common water or any other ſim-
ehicle; if the habit of body be cold and phlegmatic,
ıy be right to add to the jalap four or ſix drams of
ıre of cardamons.

ter the inflammatory ſymptoms (if ſuch appeared)
been removed or abated by proper evacuations,
which will generally be after three or four returns
e fits or paroxiſms, the Peruvian bark may be ſafely
niſtered in any way that will be moſt agreeable to
atient; if his ſtomach will bear the powder, no pre-
ion will anſwer the purpoſe better.

ne ounce of this bark finely powdered will make
ve doſes, and may be taken in a glaſs of Port wine
aret, or any other liquid, or reduced to a bolus by
mixture of any ſyrup or jelly of fruit, as may beſt
the patient's palate; theſe doſes are calculated for
n perſons; for youth, children, and perſons of very
er and delicate habits, the quantities muſt be pro-
onably leſs.

the quotidian or daily ague, one of theſe doſes
ld be taken every two hours in the interval of the
in the tertian ague, or where there is an intermiſſion
day, once in three hours will be ſufficient; and in
intervals of the quartan ague, or that which leaves
patient two days together without a fit, it will not
neceſſary to take the medicine oftener than every
hours.

or thoſe who cannot take the bark in ſubſtance, the
ction or infuſion of it may be prepared; the former
by

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by boiling two ounces of the bark and half an ounce of ſnake-root, both bruiſed, in two quarts of water until one half is conſumed; this liquor ſhould be ſtrained or poured finely off, and mixed as it is uſed with an equal quantity of claret or port: a common wine glaſsful of the mixture being a doſe for a grown perſon, to be repeated as we have directed, the bark in ſubſtance to be proportioned to age and ſtrength in like manner.

Or half an ounce of the fine powder of the bark may be infuſed in a pint of white-wine; the bottle muſt be frequently ſhaken, and after it has ſtood four or five days, the liquor muſt be poured off perfectly fine, and taken in the quantity of a wine glaſs three or four times a day, or more or leſs often, according to the nature of the diſorder, and the frequency of its return.

And here it may be neceſſary to obſerve, that our readers muſt not underſtand us to mean, that the ſeveral quantities of theſe medicines which we have directed to be prepared at once, are always ſufficient to effect a cure; or, that if the ſymptoms abate, the repetition of the medicine may be omitted: in ſome inſtances the diſeaſe will yield even to the quantities we have mentioned, but in other caſes much more will be required. Nor is it ſufficient that the uſe of the bark be continued till the fits are ſtopped; it ſhould be repeated till all apprehenſions of a return of the diſorder are at an end, and even then ſhould be left off gradually.

In ſome conſtitutions the bark cannot be ſwallowed in any form; in that caſe it may be injected in clyſters of the following compoſition:

Two ounces of powdered bark, boiled in a pound of common water, till it is reduced to half the quantity; to this

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liquor, finely ſtrained, add half a dram of diaſcor-
n.

et this clyſter (proportioned as to quantity for chil-
) be given very moderately warm, and repeated ac-
ing to the length of the intermiſſion.

ı ſome obſtinate caſes, and in cold and phlegmatic
titutions, or for perſons advanced in years, it may be
ſſary to add to the bark ſome warm and aromatic
icines, ſuch as ſnake-root or ginger, or even brandy
ther ſpirits; and this may be alſo proper in damp
rainy ſeaſons towards the cloſe of autumn. But if
its are violent or very frequent, or the ſymptoms are
ny degree inflammatory, every thing of this kind
be omitted.

Where large quantities of the bark are diſagreeable,
ollowing infuſion of bitters may ſupply the place of
medicine, though it will by no means anſwer the
oſe effectually, unleſs ſome bark is taken at the ſame

ake of gentian root, one ounce; dried orange peel
lemon peel, of each half an ounce; coriander ſeeds,
an ounce; cardamums, two drams. Bruiſe the in-
ients in a mortar, and pour boiling water on them to
uantity of a quart; of this infuſion a tea-cupful may
ken three or four times a-day, with the addition of
all quantity of ſyrup of lemons or oranges, to render
latable.

hoſe with whom the infuſion in water diſagrees, may
alf the quantity of the ſame ingredients into a bot-
f white wine; let them infuſe together forty-eight
s, ſhaking the bottle frequently; after that time it
be left a few hours to ſubſide; and being carefully

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poured off, or ſtrained, a wine glaſs of it may be taken two or three times a day.

After the removal of an intermitting fever by the uſe of the bark, all purgative and laxative medicines muſt be omitted for a conſiderable length of time.

Where children are afflicted with theſe diſeaſes, the impoſſibility of inducing them to ſwallow ſufficient quantities of the Peruvian bark, will render the cure more difficult; but even if clyſters of the bark ſhould prove ineffectual with children, a waiſtcoat with the powder of the bark quilted between the folds may be worn next the ſkin; but which ſhould be very frequently changed: the ſpine of the back may likewiſe be often rubbed with ſpirits, or with a mixture of equal parts of laudanum, and opodeldoc.

To thoſe who are obliged to ſpend their lives in unhealthy ſituations, the following medicine ſeems well calculated to meet the approaching diſorder, and may in many caſes, actually obviate the attack:

Take of Peruvian bark powdered, half an ounce; of Virginian ſnake-root, two drams; of dried orange and lemon-peel, of each a dram; cardamums, one ſcruple. Bruiſe the latter ingredients, and infuſe the whole in a quart of brandy, Holland's gin, or other genuine ſpirits; let it ſtand five or ſix days, frequently ſhaking the bottle, then pour it off fine, and drink a ſmall wine glaſsful twice in a day. The infuſion ſhould be made in wine for young people, and for ſuch as are wholly unuſed to ſpirituous liquors.

To ſuch as do not object to bitters, the bark chewed, or Gentian root taken in the ſame way, will act as preventatives; and the uſe of camomile tea, with orange

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ge peel, for breakfaſt, may be alſo recommended: ers of almoſt every kind act as antidotes to inter- ent fevers.

t will not be neceſſary here to repeat any of thoſe ifics and noſtrums which are in daily uſe among notable people in every part of the kingdom; a me would hardly contain all the preſcriptions which to be found among the ancient and reſpected manu- ts of moſt families; with a ſufficient degree of g faith, and the aſſiſtance of *proper* medicines, they , no doubt, prove of much efficacy, provided they ot introduce worſe diſeaſes than what they pretend ure.

FISH.

is to be obſerved, that all fiſh that will live a long out of water will ſicken, and their fleſh will become m by lying in the air; therefore, if fiſh are to be a day's journey, or kept a day before they are dreſſed, ill be beſt to kill them as ſoon as they are taken out e water, and the fleſh will be firm.

ome experienced perſons ſay, that the goodneſs of ed fiſh conſiſts chiefly in the firmneſs of their fleſh; in the next place, that the fleſh parts eaſily from bone; and to effect this, they direct to kill the fiſh ediately after they are taken out of the water, and n you are about to boil them to put two or three lsful of ſalt into two or three quarts of water, and roportion; to put in the fiſh while the water is cold,

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then to ſet them on the fire and make them boil as quick as poſſible, without covering the ſaucepan.

SAUCE *for* BOILED FISH. Boil an onion, a bunch of ſweet-herbs, ſome horſe-radiſh ſliced, and an anchovy, in beef gravy, and a little white-wine; then ſtrain the liquor, and add to it a ſpoonful of muſhroom ketchup, thickening it with butter mixed with flour; and if it be for fiſh day, you may uſe muſhroom gravy, or fiſh gravy, inſtead of the beef gravy.

FISH BROTH. Cleanſe tenches, pikes, eels, and carps from their ſlime, and cut off their gills, then put all into a kettle with water, ſalt, a bunch of ſweet herbs, an onion ſtuck with cloves, and ſome butter; boil all for an hour and a half, ſtrain it through a linen cloth, and pour ſome of it ſeparately into three pots, into one of which put in the pickings of muſhrooms, which you muſt afterwards take out by ſtraining them through a ſieve; add cullis, fried flour, and a piece of lemon; this thickening liquor may ſerve for brown pottages, as alſo for ſide diſhes and inter-meſſes.

In the ſecond put pounded almonds with the yolks of hard eggs for white pottages, particularly thoſe of ſmelts, perches, ſoles, and other fiſh dreſſed in white broth, and for ſome ragoos of the like nature.

In the third pot the fiſh of all the pottages, as well white as brown, both for the ſide diſhes and inter-meſſes, may be boiled together to make ſome jelly.

Another. Hang a pot over the fire with water, whole onions, parſnips, parſley-roots, ſorrel and all ſweet herbs, and good butter, ſeaſon all well, then add the bones, &c. of ſuch fiſh, the fleſh of which has been taken off to make farces; and even the entrails of thoſe that hav been

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arced after they have been well cleanſed, and
e tails of cray-fiſhes pounded, with four or five
uls of onion juice.

en the whole meſs is finiſhed and ſufficiently
ſtrain it through a ſieve, put it again into the
d keep it hot, while you prepare the fiſh for the
e and other uſes.

H FARCE. Take carps, pikes, or other fiſh,
ix all well upon a dreſſer; alſo prepare an omelet
not fried too much, with muſhrooms, truffles,
, and chibbols, and let all be put upon the farce,
t has been well ordered and ſeaſoned; you may
dd to theſe the crumb of a loaf ſoaked in milk,
utter and yolks of eggs, and you muſt take care to
n the ſauce well; this farce may ſerve for forcing
nd carps, to make andovillets, croquets, and every
that may be thought convenient, as it were on
ays.

the different ſorts of fiſh.—Alſo GRAVY,
, &c.

FLATULENCE.---See WIND.

FLEAS.

deſtroy FLEAS. Sprinkle the room with a de-
n of arſmart, bitter apple, briar leaves, or cab-
eaves; or ſmoke it with burnt thyme or penny-

put tanſy leaves about different parts of the bed,
nder the mattreſs, or between the blankets.

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Or, rub the bed-posts well with a strong decoction of elder leaves.

Or, mercurial ointment, or a fumigation of pennyroyal leaves, or brimstone, infallibly destroys fleas; as likewise do the fresh leaves of pennyroyal, tied up in a bag, and laid upon the bed.

FLOUNDERS.

FLOUNDERS *and* PLAICE may be dressed in the same manner, and in all the different ways of small TURBOTS. —See TURBOT.

FLOWERS.

To distil an inflammable spirit from flowers of all kinds, the method directed below for the spirit of roses must be observed; as also to procure one from all kinds of vegetables; only observe, that in plants, and dried flowers, as thyme, betony, mint, stechas, violets, and jasmine, the seeds must be bruised with the flowers and roots; as they also must with the flowers of the tuberose, lily, angelica, iris; in odoriferous fruits, as oranges, lemons, citrons, &c. add the rind of those fruits to the flowers; and to the flowers of elder, juniper, lily of the valley, acacia, &c. add the berries well moistened, whether green or dry is of no signification.

SPIRIT *of* ROSES. To make the inflammable spirit of roses, take twenty pounds of damask roses, beat them to a paste in a marble mortar; put this paste, layer by layer, with sea salt, into a large stone jar, or two jars, if one is not large enough to contain the whole quantity; that is to say, sprinkle every layer of paste about half an

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n thick with ſalt; and preſs the layers of roſes as ogether as poſſible. Cork the jar with a waxed cover the uppermoſt end of the cork, and the of the mouth of the jar, with wax alſo, and t ſix weeks or two months in a vault, or ſome cool place. At the expiration of this period, he jar; if it exhales a ſtrong vinous ſmell, the ntation has arrived at its proper height; but if you perceive ſuch an odour, throw into the jar a little and ſtop it cloſe in the ſame manner as before. A fermentation having been excited, take five or unds of your fermented roſe paſte, put it into a on cucurbit, and diſtil it with a very gentle fire apour-bath. When you have drawn off as much as you can, unlute the alembic; throw away what ns in the cucurbit, take five or ſix pounds more of rmented paſte of roſes, and put it into the cucur- ith the water already drawn; diſtil in a vapour- vith ſuch a degree of fire, as will cauſe the diſtil- ater to run off in a middling ſized ſtream. When an draw off no more, empty the cucurbit, fill it with freſh fermented paſte of roſes, and pour on he diſtilled water that the preceding diſtillations produced. Diſtil as before; and repeat theſe ope- s till you have uſed all your fermented paſte of Every time you open the jar, be careful to cork ſe, otherwiſe the moſt ſpirituous particles will rate. After the laſt diſtillation, you will have ed a very fine ſcented water, but not very ſpiri- , becauſe loaded with a conſiderable quantity of m; and it muſt therefore be rectified.

r this purpoſe make choice of a very long necked glaſs

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glaſs matraſs of a reaſonable ſize, fill it about three parts full with your unrectified ſpirit of roſes; fit on a bolt-head and receiver; lute the joints carefully, and diſtil in a vapour-bath with a very ſlow fire. When you have drawn off about a tenth part of what was put into the matraſs, let the veſſel cool, and ſet apart the ſpirit that is found in the receiver. What remains in the matraſs muſt not be thrown away as uſeleſs, for it is a roſe-water far ſuperior to what is prepared according to the uſual method.

After a firſt rectification of a part of the ſpirit, repeat the ſame operation with another part, till the whole is rectified, and then rectify them all together once more. After this laſt operation, you will obtain a highly penetrating and inflammable ſpirit of roſes. The phlegmatic part that remains in the matraſs may be added to that procured from the preceding rectifications, and the whole kept for uſe in a cellar or other cool place, in a bottle well corked.

To preſerve FLOWERS. Waſh a quantity of white ſand until it contains not the leaſt earth or ſalt, then dry it for uſe; when thoroughly dry, fill a glaſs or ſtone jar half full of this ſand, in which ſtick the flowers in their natural ſituation, and afterwards cover them gently with the ſame, about the eighth part of an inch above the flower. Place the glaſs in the ſun, or if in winter-time, in a room where a conſtant fire is kept, till the flower is perfectly dried. Then remove the ſand with the utmoſt precaution, and clean the leaves with a feather bruſh. Particular flowers loſe in ſome meaſure their natural lively colours, but this may be helped by the aſſiſtance of art.

Roſes,

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ſes, and other flowers of a delicate colour, recover natural luſtre by being expoſed to a moderate va- of brimſtone; but crimſon or ſcarlet flowers, by expoſed to the vapour of a ſolution of tin in ſpirit re: the vapour of a ſolution of filings of ſteel rit of vitriol reſtores to the leaves and ſtalks their tive green colour. This method ſucceeds per- well in ſingle flowers. There are ſome difficulties reſpect to pinks, carnations, and other double flow- o ſucceed with them, ſplit the cup on each ſide, hen the flower is quite dry, glue it together with water; or prick the cup in different parts with a pin.

to the ſcent, which is in great meaſure loſt in g, it may be reſtored, by dropping into the mid- f the flower a drop of its eſſential oil; for inſtance, p of oil of roſes on a roſe, oil of cloves on a clove- lower, oil of jaſmine on a jaſmine flower.

FLUMMERY.

ouring for FLUMMERY *or* JELLIES. Bruiſe two pen- rth of cochineel with a knife, and put it into half a upful of brandy; and when it has ſtood a quarter hour, filter it through a fine cloth, and put in as as will make the flummery, or jelly, of a fine pink r. If yellow, tie a little ſaffron in a rag, and diſ- it in cold water. If green, boil ſome ſpinach, take e froth, and mix it with the jelly. If white, put in cream.

make FLUMMERY. Put three large handfuls of fine nd oatmeal to ſteep for twenty-four hours in two

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quarts of fair water; then pour off the clear water and put two quarts of freſh water to it; ſtrain it through a fine hair ſieve, and boil it till it is as thick as a haſty pudding; ſtirring it continually while it is boiling that it may be extraordinary ſmooth; and when you firſt ſtrain it out before you ſet it on the fire, put in two ſpoonfuls of orange-flower water and a ſpoonful of ſugar, when it is boiled enough, put it out into ſhallow diſhes and ſerve it.

One way uſed in the weſt of *England* is to ſteep half a peck of wheat bran for three or four days in cold water, and then to ſtrain out the oily and milky water of it, and to boil it to a jelly, and afterwards when ſweetened with ſugar, roſe and orange-flower water, let it ſtand till it is cold, and thickened again, and eat it with white or Rheniſh wine, cream or milk.

Hartſhorn FLUMMERY. Take half a pound of the ſhavings of hartſhorn, boil them in three pints of water till it comes to a pint; ſtrain it through a ſieve into a baſon, and ſet it by to cool; then ſet it over the fire, let it juſt melt, and put to it half a pint of thick cream ſcalded and grown cool again, a quarter of a pint of white wine, and two ſpoonfuls of orange-flower water; ſweeten it with ſugar, and beat it for an hour and a half, or it will neither mix well nor look well; dip your cups in water before you put in the flummery, or it will not turn out well. It is beſt when it ſtands a day or two before you turn it out. When you ſerve it up, turn it out of the cups, and ſtick blanched almonds, cut in long narrow bits, on the top. You may eat them either with wine or cream.

Welch

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elch FLUMMERY. Put a little iſinglaſs to a quart ff hartſhorn jelly; add to it a pint of cream, a lit- randy, and ſome lemon-juice and ſugar; boil this is thick, then ſtrain it. You may, if you pleaſe, three ounces of almonds, blanched and beaten; bout ten bitter ones.

llow FLUMMERY. Beat and open two ounces of aſs, put it into a bowl, and over it a pint of boil- vater; cover it up till it is almoſt cold, then add a of white wine, the rind of one lemon, the juice of emons, the yolks of eight eggs, well beaten, and en it to your taſte; then put it into a toſſing-pan, continue ſtirring it. When it boils, ſtrain it; and almoſt cold, put it into moulds or cups.

lomon's Temple in FLUMMERY. Having made a of ſtiff flummery, divide it into three parts; one part of a pretty thick colour, with a little neel bruiſed fine, and ſteeped in French brandy; e one ounce of chocolate very fine, diſſolve it in a ſtrong coffee, and mix it with another part of your mery to make it a light ſtone-colour. The laſt muſt be white. Then wet your temple mould, ix it in a pot to ſtand even; then fill the top of the le with red flummery, for the ſteps, and the four s with white; then fill it up with chocolate flum- . Let it ſtand till the next day, then looſen it l with a pin, and ſhake it looſe very gently, but ot dip your mould in warm water, it will take off loſs, and ſpoil the colour. When you turn it out, a ſmall ſprig, or flower-ſtalk, down from the top ery point, it will ſtrengthen them, and make them pretty. Lay round it rock candy ſweet-meats. It oper for a corner diſh for a large table.

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Oatmeal FLUMMERY. Put ſome oatmeal into a broad, deep pan, then cover it with water; ſtir it together, and let it ſtand twelve hours; then pour off that water clear, and put on a good deal of freſh water; ſhift it again in twelve hours, and ſo on in twelve more; then pour off the water clear, and ſtrain the oatmeal through a coarſe hair ſieve, and put it into a ſaucepan, keeping it ſtirring all the time with a ſtick till it boils, and is very thick; then pour it into diſhes. When cold, turn it into plates, and eat it with what you pleaſe, either wine and ſugar, or beer and ſugar, or milk. It eats very well with cyder and ſugar.

French FLUMMERY. Take a quart of cream, and half an ounce of iſinglaſs, beat it fine, and ſtir it into the cream. Let it boil ſoftly over a ſlow fire a quarter of an hour, keep it ſtirring all the time; then take it off, ſweeten it to your palate, and put in a ſpoonful of roſe water, and a ſpoonful of orange-flower water; ſtrain it, and pour it into a glaſs or baſon, or what you pleaſe; and, when it is cold, turn it out. It makes a fine diſh. You may eat it with cream, or wine, or what you pleaſe. Lay round it baked pears. It looks very pretty, and eats fine.

FLUOR ALBUS.—See WHITES.

FOMENTATIONS.

Fomentations are generally intended, either to eaſe pain, by taking off tenſion and ſpaſm; or to brace and reſtore

the tone and vigour of thoſe parts to which they
plied. The firſt of theſe intentions may gene-
be anſwered by warm water, and the ſecond by
Certain ſubſtances, however, are uſually added
ter, with a view to heighten its effects, as ano-
aromatics, aſtringents, &c. We ſhall therefore
a few of the moſt uſeful medicated fomentations,
eople may have it in their power to make uſe of
whenever neceſſary.

dyne FOMENTATION. Take of white poppy-
two ounces; elder flowers, half an ounce; water,
pints. Boil till one pint is evaporated, and ſtrain
e liquor.

matic FOMENTATION. Take of Jamaica pepper,
n ounce; red wine, a pint. Boil them for a little,
hen ſtrain the liquor. This is intended, not only
opical application for external complaints, but alſo
lieving the internal parts. Pains of the bowels,
accompany dyſenteries and diarrhœas, flatulent
s, uneaſineſs of the ſtomach, and retching to vo-
are frequently abated by fomenting the abdomen
egion of the ſtomach with this warm liquor.

mmon FOMENTATION. Take tops of wormwood
amomile flowers, dried, of each two ounces; wa-
wo quarts. After a ſlight boiling, pour off the
r. Brandy or ſpirit of wine may be added to this
ntation, in ſuch quantity as the particular circum-
es of the caſe ſhall require; but theſe are not al-
neceſſary.

nollient FOMENTATION. This is the ſame as the
non decoction.

Strengh-

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Strengthening FOMENTATION. Take of oak bark, one ounce; granate peel, half an ounce; alum, two drams; ſmith's forge water, three pints. Boil the water with the bark and peel to the conſumption of one third; then ſtrain the remaining decoction, and diſſolve it in alum.

This aſtringent liquor is employed as an external fomentation to weak parts; it may alſo be uſed internally.

FORCE-MEAT BALLS.

Force-meat balls are a great addition to all made-diſhes, and are made thus:---Take half a pound of veal, and half a pound of ſuet cut fine, and beat in a marble mortar or wooden bowl; have a few ſweet herbs and parſley ſhred fine, a little mace dried and beat fine, a ſmall nutmeg grated, or half a large one, a little lemon-peel cut very fine, ſome pepper and ſalt, and the yolks of two eggs. Mix all theſe well together, then roll part in little round balls, and ſome in long balls; roll them in flour, and fry them brown. If they are for any thing of white ſauce, put a little water in a ſaucepan, and when it boils, put them in, and let them boil for a few minutes, but never fry them for white ſauce.

FOWLS.

To roaſt a FOWL *with Cheſnuts.* Firſt roaſt ſome cheſnuts, very carefully, ſo as not to burn them; peel them; cut about a dozen of them ſmall, and bruiſe

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in a mortar; parboil the liver of the fowl, bruiſe
t about a quarter of a pound of ham or bacon, and
it; then mix them all together, with a good
f parſley chopped ſmall, a little ſweet herbs, ſome
pepper, ſalt, and nutmeg; when well mixed,
into your fowl, and roaſt it. The beſt way of
it is to tie the neck, and hang it up by the legs
t with a ſtring, and baſte it with butter. For
—take the reſt of the cheſnuts, peeled and ſkin-
ut them into ſome good gravy, with a little white
and thicken it with a piece of butter rolled in
then lay your fowl in the diſh, and pour in the
Garniſh with lemon.

force a FOWL *with a ragoo of Oyſters.* Prepare a
meat, to which add a dozen oyſters, ſtuff the
cover the breaſt of the fowl with bacon ſliced,
a ſheet of paper, roaſt it; take ſome cullis, or
gravy, put in the oyſters, with their liquor ſtrai-
little muſhroom powder or catchup, and lemon-
thicken it with flour; add kyan and ſalt, if wan-
oil it up. When the fowl is done, take off the
Serve the ſauce in the diſh.

s ſauce is proper for any roaſted fowls or chic-

'OWL *with a ſharp ſauce.* Truſs a fowl for roaſt-
nake a force-meat with ſcraped lard or butter, a
tarragon, chervil, burnet, garden-creſs, pepper
nd the yolks of two or three eggs; ſtuff the fowl
, make a ſauce with a little cullis, a few of the
herbs pounded, two anchovies, and a few capers.
done, ſtrain it, then add a little more cullis, and
a lit-

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a little muſtard, pepper, and ſalt; warm, without boiling, and ſerve with your roaſted fowl.

A Fowl *à-la-braze.* Skewer your fowl as for boiling, with the legs in the body, then lay over it a layer of fat bacon, cut in pretty thin ſlices, wrapping it round in beet-leaves, then in a caul of veal, and put it into a large ſaucepan with three pints of water, a glaſs of Madeira wine, a bunch of ſweet herbs, two or three blades of mace, and half a lemon; ſtew it till quite tender, take it up, and ſkim off the fat; make your gravy pretty thick with flour and butter, and ſtrain it through a hair ſieve, and put to it a pint of oyſters, a tea-cup full of thick cream; keep ſhaking your toſſing-pan over the fire, and when it has ſimmered a little, ſerve up your fowl with the bacon, beet-leaves, and caul on, and pour your ſauce hot upon it. Garniſh with barberries, or red beet-root.

Another way. Truſs your fowl with the legs turned into the belly, ſeaſon it both inſide and out, with beaten mace, nutmeg, pepper and ſalt; lay a layer of bacon at the bottom of a deep ſtewpan, then a layer of veal, and afterwards the fowl; then put in an onion, two or three cloves ſtuck in a little bundle of ſweet herbs, with a piece of carrot; then put at the top a layer of bacon, another of veal, and a third of beef; cover it cloſe, and let it ſtand over the fire for two or three minutes, then pour in a pint of broth or hot water; cover it cloſe, and let it ſtew an hour; afterwards take up your fowl, ſtrain the ſauce, and after you have ſkimmed off the fat, boil it down till it is of a glaze, then put it over the fowl. You may add juſt what you pleaſe to the ſauce. A ragoo of ſweetbreads, cocks-combs, truffles,

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s and morels; or muſhrooms, with force-meat balls, very pretty.

Fowl *with its own gravy.* Truſs a fowl for boiling; through and through with bacon, ham, and par- put it in a pan of much its bigneſs, with a little , two or three ſlices of peeled lemon, a faggot, cloves, ſliced onions, and carrots, pepper and ſalt, e broth, and a glaſs of white wine; ſtew ſlowly till ſkim and ſtrain the ſauce, and ſerve with the fowl. may alſo do it the ſame without larding.

Fowl *with rice, called a Pilau.* Boil a pint of rice much water as will cover it, with black pepper, a or two of mace, and half a dozen cloves, tied up it of cloth; when the rice is tender, take out the ſtir in a piece of butter; boil a fowl and a piece con, lay them in the diſh, cover them with the lay round the diſh, and upon the rice, hard eggs halves, and quarters, lengthways; and onions, oiled and then fried.

Ragoo of Fowls. Take a large capon, or two s, and blanch nicely in a little butter or ſcraped , but cut off the pinions and feet, and tuck in gs. Prepare your ragoo in the following manner: ſweetbread of veal, or two of lambs, the fat livers urkey or fowls, ſome cocks ſtones, three or four ooms, a thin ſlice or two of lemon; blanch all ith hard yolks of two eggs, cut all into very ſmall and ſtew in a ladle of cullis; and you may add to e or four gizzards, and a few cocks combs, boiled ender; fill up the bellies of your fowls or capons, w up at both ends, but make a reſerve of ſome ur ragoo to pour over; put them upon a lark-ſpit

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acroſs, and tie upon another; lard them with bacon, cover with paper, and roaſt them ſoftly, that they may be nice and white; ſtrew in a little minced parſley, a morſel of ſhallot; ſqueeze in the juice of a lemon or orange, and ſerve up with the ragoo under. Remember to draw the threads out.

Another way. Take a good large fowl, pick and draw it, ſlit the ſkin down the back, and take the fleſh from the bones; mince it very ſmall, and mix it with one pound of beef ſuet ſhred, a pint of large oyſters chopped, two anchovies, a ſhallot, a little grated bread, and ſome ſweet herbs; ſhred all this very well, mix them together, and make it up with the yolks of eggs; then turn all theſe ingredients on the bones again, and draw the ſkin over again; then ſew up the back, and either boil the fowl in a bladder an hour and a quarter, or roaſt it; then ſtew ſome more oyſters in the gravy, bruize in a little of your force-meat, mix it up with a little freſh butter, and a very little flour; then give it a boil; lay your fowl in the diſh and pour the ſauce over it, garniſhing with lemon.

A Fowl *ſervant faſhion.* Truſs a fowl for roaſting, make a force-meat with the liver, chopped parſley, ſhallots, butter, pepper, and ſalt; ſtuff the fowl with it, wrap it in buttered paper, and roaſt it. When three parts done, take off the paper, baſte it with yolks of eggs beat up with melted butter, and a good deal of bread-crumbs; finiſh roaſting; it muſt be of a fine yellow colour. Make a ſauce with a little butter, one anchovy chopped, a few capers, a little flour, broth, pepper and ſalt, and a little nutmeg; thicken with a liaſon, and ſerve under the fowl.

To

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marinade a Fowl. Raiſe the ſkin from the breaſt- of a large fowl with your finger, then take a veal read and cut it ſmall, a few oyſters, a few muſh- , an anchovy, ſome pepper, a little nutmeg, ſome -peel, and a little thyme; chop all together ſmall, ix it with the yolk of an egg, ſtuff it in between in and the fleſh, but take great care that you do reak the ſkin; and then ſtuff what oyſters you into the body of the fowl. You may lard the of the fowl with bacon, if you chuſe it. Paper eaſt, and roaſt it. Make good gravy, and garniſh emon. You may add a few muſhrooms to the

WLS *ſtuffed.* Make a force-meat with half a pound f ſuet, as much crumb of bread grated fine, the of a fowl cut very ſmall; beat theſe in a mortar, pound of veal with them, ſome truffles, morels, uſhrooms, cut ſmall, a few ſweet herbs and par- red fine, ſome grated nutmeg, pepper, ſalt, and lemon-peel; bone the fowls, fill them with this meat, and roaſt them. For ſauce---good gravy, ruffles and morels. The fowls may be larded.

haſh Fowls. Let your fowl be cut up as for , put into a toſſing-pan, with half a pint of gravy, -ſpoonful of lemon-pickle, a little muſhroom up, a ſlice of lemon, thicken it with flour and ; juſt before you diſh it up, put in a ſpoonful of cream; lay ſippets round your diſh, and ſerve

other way. Cut your fowl to pieces, and put it ome gravy, with a little cream catchup, or muſh- powder, grated lemon-peel, and nutmeg, a few

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oyſters and their liquor, a piece of butter mixed with flour; keep it ſtirring till the butter is melted; lay ſippets round the diſh.

To ſtew a FOWL. Truſs a fowl for boiling; put it in a ſtewpan with a piece of butter, chopped parſley, ſhallots, and muſhrooms; ſoak it on a ſlow fire about a quarter of an hour, turning it often; then put it in another ſtewpan, firſt garniſhed with ſlices of veal and ham, and all the firſt ſeaſoning; cover with ſlices of bacon; ſoak it for a quarter of an hour longer, then add a little whole pepper and ſalt, a little broth and white wine; finiſh it on a ſlow fire, then ſkim and ſtrain the braze. When ready, add the ſqueeze of a lemon, and ſerve upon the fowl, being well wiped from fat.

A nice way to dreſs a cold FOWL. Peel off all the ſkin of the fowl, and pull the fleſh off the bones in as large pieces as you can; then dredge it with a little flour, and fry it a nice brown in butter; toſs it up in rich gravy, well ſeaſoned, and thicken it with a piece of butter rolled in flour. Juſt before you ſend it up, ſqueeze in the juice of a lemon.

To dreſs cold FOWL *or* PIGEON. Cut them in four quarters, beat up an egg or two, according to what you dreſs, grate a little nutmeg in, a little ſalt, ſome parſley chopped, a few crumbs of bread; beat them well together, dip them in this batter, and have ready ſome dripping hot in a ſtewpan, in which fry them of a fine light brown. Have ready a little good gravy, thickened with a little flour, and mixed with a ſpoonful of catchup; lay the fry in the diſh, and pour the ſauce over. Garniſh with lemon, and a few muſhrooms if you have any. A cold rabbit eats well done thus.

FRAZE

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FRAZE.—See APPLES.

CASSEE.---See CHICKENS, FOWLS, LAMB, &c.

FRITTERS.—See PANCAKES.

UITS.—See CANDYING, DRYING, PRESERVING.

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G.

GALLING.

S is a complaint to which children are ſubject, extremely troubleſome; it chiefly happens about in, the wrinkles of the neck, under the arms, be- e ears, and in other parts that are moiſtened by at or urine. This inconvenience is generally ow- want of cleanlineſs; the moſt effectual means of ion is therefore to waſh the parts frequently with ater, or apply a bit of linen rag, dipped there- unging the linen often, and keeping the child ghly clean. When this does not prove ſufficient, led parts may be ſprinkled with burnt hartſhorn, r chalk. Or one of the beſt applications, is to ſome fuller's earth in a ſufficient quantity of wa- l after it has ſtood till cold, rub it gently upon ed parts once or twice a day.

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GARGLES.

However trifling this claſs of medicine may appear, they are by no means without their uſe. They ſeldom indeed cure diſeaſes, but they often alleviate very diſagreeable ſymptoms, as a parchedneſs of the mouth, foulneſs of the tongue and fauces, &c. They are peculiarly uſeful in fevers and ſore throat; in the latter a gargle will ſometimes remove the diſorder, and in the former, few things are more refreſhing or agreeable to the patient than to have his mouth frequently waſhed with ſome ſoft detergent gargle.

One advantage of theſe medicines is, that they are eaſily prepared. A little barley water and honey may be had any where; and if to theſe be added as much vinegar as will give them an agreeable ſharpneſs, they will make a very uſeful gargle for ſoftening and cleanſing the mouth. Gargles have the beſt effect when injected with a ſyringe.

Attenuating GARGLE. Take of water, ſix ounces; honey, one ounce; nitre, a dram and a half: mix them. This cooling gargle may be uſed either in the inflammatory quinſey, or in fevers, for cleaning the tongue and fauces.

Common GARGLE. Take of roſe water, ſix ounces; ſyrup of clove July flowers half an ounce; ſpirit of vitriol, a ſufficient quantity to give it an agreeable ſharpneſs: mix them. This gargle, beſides cleanſing the tongue and fauces, acts as a gentle repellent and will ſometimes remove a ſlight quinſey.

Detergent GARGLE. Take of the emollient gargle, a pint; tincture of myrrh, an ounce; honey, two ounces. Mix

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ıem. When exulcerations require to be cleanſed, excretion of tough viſcid ſaliva promoted, this will be of ſervice.

llient GARGLE. Take an ounce of marſhmallow and two or three figs; boil them in a quart of till near one half of it be conſumed; then ſtrain e liquor. If an ounce of honey, and half an ounce it of ſal ammoniac, be added to the above, it will e an exceeding good *attenuating gargle*. This gar- beneficial in fevers, where the tongue and fauces ugh and parched, to ſoften theſe parts, and to pro- he diſcharge of ſaliva.

GARLIC.

s root is much recommended in diſorders of the and lungs, as promoting expectoration, as alſo in opſy; but is ſo very unpleaſant, as to be little uſed by foreigners, as an ingredient in many of their

GIBLETS.---See GOOSE.

GINGER.

s is a very uſeful ſpice in cold windy diſorders, laxity of the bowels; it does not heat ſo much as f the pepper kind, and its effects are more certain, ırable. Candied ginger, which is a pleaſant and preſerve, is chiefly brought from abroad; a ſyrup ared as follows.

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Take of beaten ginger, three ounces; boiling water three pints; ſhake them well together during the courſe of twenty-four hours, then ſtrain and add to the liquor ſeven pounds of refined ſugar, and make the whole into a ſyrup.

GOOSE.

Goose *à-la-mode*. Pick a large fine gooſe clean, ſkin and bone it nicely, and take off the fat. Boil a dried tongue, and peel it. Do a fowl in the ſame manner as the gooſe; ſeaſon it with pepper, ſalt, and beaten mace, and roll it round the tongue. Seaſon the gooſe in the ſame manner, and put both tongue and fowl into the gooſe. Put it into a little pot that will juſt hold it, with two quarts of beef gravy, a bundle of ſweet herbs, and an onion. Put ſome ſlices of ham, or good bacon, between the fowl and gooſe, then cover it cloſe, and let it ſtew over the fire for an hour very ſlowly. Then take up your gooſe, and ſkim off all the fat; ſtrain it, and put in a glaſs of red wine, two ſpoonfuls of catchup, a veal ſweetbread cut ſmall, ſome truffles, muſhrooms, and morels, a piece of butter rolled in flour, and, if wanted, ſome pepper and ſalt. Put the gooſe in again, cover it cloſe, and let it ſtew half an hour longer; then take it up, pour the ragoo over it, and garniſh with lemon. You muſt remember to ſave the bones of the gooſe and fowl, and put them into the gravy when it is firſt ſet on. It will be an improvement if you will roll ſome beef marrow between the tongue and the fowl, and between the fowl and gooſe, as it will make them mellow and eat the finer. Before we conclude this article, it may not be

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niſs to obſerve, that the beſt method to bone a
: or fowl of any ſort is to begin at the breaſt, and
out all the bones without cutting the back; for
it is ſewed up, and you come to ſtew it, it ge-
y burſts in the back, whereby the ſhape of it is
d.

marinade a Goose. Bone the gooſe, ſtuff it with
-meat, and fry it of a good brown, then put it
a deep ſtewpan, with two quarts of good gravy,
cover it cloſe, and ſtew it two hours; then take
t, and ſkim off the fat; add a large ſpoonful of
n-pickle, one of browning, and one of red wine;
anchovy ſhred fine, beaten mace, pepper and ſalt
ur palate; thicken it with flour and butter, boil
little; diſh up your gooſe, and ſtrain your gravy
it.

ake your ſtuffing thus: Take ten or twelve ſage
s, two large onions, two or three large apples, ſhred
fine, mix them with the crumb of a penny loaf,
ounces of beef marrow, one glaſs of red wine, half
meg grated, pepper, ſalt, and a little lemon-peel
ſmall; make a light ſtuffing with the yolks of four
Obſerve to make it one hour before you want it.

oose *different ways.* Cut a gooſe into quarters (if
hole is too much for a diſh, uſe only the legs and
), braze them with ſlices of lard and broth, a glaſs
ite wine, a few ſlices of onions and carrots, and all
ſeaſoning as is uſed in other brazes. Being done
ender in this manner, you may ſerve with any ſort
rden-ſtuff ragoos, ſuch as turnips, green peas, ſmall
s, and cucumbers. If legs and wings of geeſe are
d as a hotchpot, they muſt be boiled with all kinds
of

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of roots, and a few pieces of pickled pork or bacon without taking off the rind.

To ragoo a Goose. Flat the breaſt down with a cleaver, then preſs it down with your hand, ſkin it, dip it into ſcalding water; let it be cold, lard it with bacon, ſeaſon it with pepper, ſalt, and a little beaten mace; then flour it all over, take a pound of good beef ſuet, cut ſmall, put it into a deep ſtewpan, let it be melted, then put in your gooſe; and brown it on both ſides. When it is brown, put in a quart of boiling gravy, an onion or two, a bundle of ſweet herbs, a bay leaf, ſome whole pepper, and few cloves. Cover it cloſe, and let it ſtew ſoftly till it is tender. About an hour will do if ſmall; if a large one, an hour and an half. In the mean time make a ragoo:--Boil ſome turnips almoſt enough, ſome carrots and onions quite enough; cut your turnips and carrots the ſame as for a harrico of mutton, put them into a ſaucepan with half a pint of good beef gravy, a little pepper and ſalt, a piece of butter rolled in flour, and let this ſtew all together a quarter of an hour. Take the gooſe and drain it well; then lay it in the diſh, and pour the ragoo over it.

Where the onion is diſliked, leave it out. You may add cabbage boiled and chopped ſmall.

To ſmoke a Goose. Take a large ſtubble gooſe, take off all the fat, dry it well inſide and out with a cloth, waſh it all over with vinegar, and then rub it over with ſome common ſalt, ſaltpetre, and a quarter of a pound of coarſe ſugar; rub the ſalt well in, let it lie a fortnight, then drain it well, ſew it up in a cloth, dry it in the middle of a chimney. It ſhould hang a month. Sauce, onions, greens, &c.

To

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ſtew GIBLETS. Scald and clean them well, cut off
ll, divide the head, ſkin the feet, ſtew them with
(enough for ſauce) a ſprig of thyme, ſome whole
pepper, an onion; let them do till very tender,
the ſauce; add a little catchup and flour, if the
is not thick enough. Lay ſippets toaſted round
iſh.

other way. Cut your pinions in two, the neck in
pieces, ſlice the gizzard, clean it well, ſtew them in
quarts of water, or mutton broth, with a handful of
herbs, one anchovy, a few pepper corns, three or
cloves, a ſpoonful of catchup, and an onion. When
iblets are tender, put in a ſpoonful of good cream,
en it with flour and butter, ſerve them up in a ſoup
and lay ſippets round it.

other way. Let them be nicely ſcalded and picked,
ne pinions in two; cut the head and the neck and
n two, and the gizzards in four; waſh them very
, put them into a ſtewpan or ſoup pot, with three
ds of ſcrag of veal, juſt cover them with water; let
boil up, take all the ſcum clean off; then put three
s, two turnips, one carrot, a little thyme and par-
ſtew them till they are tender, ſtrain them through
e, waſh the giblets clean with ſome warm water out
herbs, &c. then take a piece of butter as big as a
walnut, put it in a ſtewpan, melt it, and put in a
ſpoonful of flour; keep it ſtirring till it is ſmooth;
put in your broth and giblets, ſtew them for a quar-
f an hour; ſeaſon with ſalt. Or you may add a
f Liſbon, and juſt before you ſerve them up, chop
dful of green parſley and put in; give them a boil
nd ſerve them in a tureen or ſoup diſh.

Three

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Three pair will make handſome tureen full.

To roaſt a GREEN GOOSE. When your gooſe is ready dreſſed, put in a good lump of butter, ſpit it, lay it down and ſinge it well, duſt it with flour, baſte it well with freſh butter; baſting it three or four times with cold butter, will make the fleſh riſe better than if you was to baſte it out of the dripping-pan; if it is a large one, it will take three quarters of an hour to roaſt it; when you think it is enough, dredge it with flour, baſte it till it is a fine froth, and your gooſe a nice brown, and diſh it up with a little brown gravy under it. Garniſh it with a cruſt of bread grated round the edge of your diſh.

Another way to roaſt a GREEN GOOSE. A green gooſe will not take more than three quarters of an hour at the fire. Unleſs it is particularly liked, it is not uſual to put any thing into it but a little pepper and ſalt, a little gravy in the diſh, and ſome in a boat. There muſt be green ſauce in another boat, made as follows: About half a pint of veal broth, the juice of an orange or lemon boiled up for ſix or ſeven minutes, then put in ſome juice of ſorrel, enough to make it green and juſt boil it up; ſtir it all the time for fear it ſhould curdle, which it is apt to do, and it ought to be very ſmooth.

Another Sauce. Take ſome melted butter, put in a ſpoonful of the juice of ſorrel, a little ſugar, a few coddled gooſeberries, pour it into your ſauce-boats, and ſend it hot to the table.

To roaſt a GOOSE. Take a few ſage leaves and two onions, chopped as fine as poſſible; mix them with a large piece of butter, two ſpoonfuls of ſalt, and one of pepper. Put this into the gooſe, ſpit it, and lay it down

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fire; ſinge it, and duſt it with flour, and when it is ighly hot, baſte it with freſh butter. A large gooſe quire an hour and a half before a good fire, and it is done, dredge and baſte it, pull out the ſpit, our in a little boiling water.

ther way to roaſt a Goose. It muſt be ſeaſoned age and onion cut very ſmall, and mixed with r and ſalt. Boil the ſage and onion in a little before they are cut; it prevents their eating ſo , and takes off the rawneſs. For ſauce, gravy ple ſauce.

OSEBERRIES.—See JAM, PRESERVING, PUDDING, and WINE.

SEBERRY FOOL. Set two quarts of gooſeberries fire in about a quart of water. When they begin mer, turn yellow, and ſeem to plump, throw them cullendar to drain the water out; then with the f a ſpoon carefully ſqueeze the pulp through a nto a diſh; make them pretty ſweet, and let them ill they are cold. In the mean time, take two of milk, and the yolks of four eggs, beat up with grated nutmeg: ſtir it ſoftly over a ſlow fire, it begins to ſimmer, take it off, and by degrees nto the gooſeberries. Let it ſtand till it is cold, ve it up. If you make it with cream, you need t any eggs in.

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GOUT.

As there are no medicines yet known that will cure the gout, we ſhall confine our obſervations chiefly to regimen, both in and out of the fit.

In the fit, if the patient be young and ſtrong, his diet ought to be thin and cooling, and his drink of a diluting nature; but when the conſtitution is weak, and the patient has been accuſtomed to live high, this is not a proper time to retrench. In this caſe, he muſt keep nearly to his uſual diet, and ſhould take frequently a cup of ſtrong negus, or a glaſs of generous wine. Wine whey is a very proper drink in this caſe, as it promotes the perſpiration without greatly heating the patient. It will anſwer this purpoſe better, if a tea-ſpoonful of *ſal volatile oleoſum*, or ſpirits of hartſhorn, be put into a cup of it twice a day. It will likewiſe be proper to give at bed-time, a tea-ſpoonful of the volatile tincture of *guaiacum*, in a large draught of warm wine whey. This will greatly promote perſpiration through the night.

Many things will ſhorten a fit of the gout, and ſome will drive it off altogether; but nothing has yet been found which will do this with ſafety to the patient.

GRAPES.

They may be preſerved in the ſame manner as Currants in bunches, or as Morelle cherries.---See CURRANTS and CHERRIES.

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GRAVEL.

rſons afflicted with the gravel or ſtone, ſhould avoid
nts of a windy or heating nature, as ſalt meats, ſour
, &c. Their diet ought chiefly to conſiſt of ſuch
s as tend to promote the ſecretion of urine, and
ep the body open. Artichokes, aſparagus, ſpinach,
e, parſley, ſuccory, purſlane, turnips, potatoes,
s, and radiſhes, may be ſafely eat. Onions, leeks,
elery are, in this caſe, reckoned medicinal. The
proper drinks are whey, butter milk, and water;
water; decoctions of the roots of marſh-mallows,
y, liquorice, or of other mild mucilaginous vege-
as linſeed, limetree buds, or leaves, &c. If the
t has been accuſtomed to generous liquors, he may
Hollands and water acid.

Whyte adviſes patients who are ſubject to fre-
fits of the gravel in the kidnies, but have no ſtone
bladder, to drink, every morning, two or three
before breakfaſt, an Engliſh pint of oyſter, or
e-ſhell lime water. The doctor very juſtly ob-
, that though this quantity might be too ſmall to
ny ſenſible effect in diſſolving a ſtone in the blad-
et it may very probably prevent its growth.

GRAVIES.

gravy is not always to be procured, eſpecially by
who live remote from large towns, in ſuch caſes
llowing directions may be uſeful: Take a piece
f, veal, and mutton, and cut them in ſmall pieces;
large deep ſaucepan with a cover; lay your beef

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at the bottom, then your mutton, then a very little piece of bacon, a ſlice or two of carrot, ſome mace, cloves, whole black and white pepper, a large onion cut in ſlices, a bundle of ſweet herbs, and then lay in your veal. Cover it cloſe over a ſlow fire for ſix or ſeven minutes, ſhake the ſaucepan often: then duſt ſome flour into it, and pour boiling water till the meat is ſomething more than covered. Cover it cloſe again, and let it ſtew till it is rich and good; then ſeaſon it to your taſte with ſalt, and ſtrain it off; when you will have a gravy that will anſwer moſt purpoſes.

Another way. Take a raſher or two of bacon or ham, and lay it at the bottom of your ſtewpan. Put either veal, mutton, or beef, cut in thin ſlices, over it. Then cut ſome onions, turnips, carrots, and celery, a little thyme, and ſome all-ſpice. Put a little water at the bottom, then ſet it on a gentle fire, and draw it till it is brown at the bottom, which you will know by the pan's hiſſing; then pour boiling water over it, and ſtew it gently for an hour and a half; but the time it will take muſt be regulated by the quantity. Seaſon it with ſalt.

Brown GRAVY *without Meat.* Melt a piece of butter as big as a walnut in a ſaucepan; ſtir it round, and when the froth ſinks, duſt ſome flour in it. Then take half a pint of ſmall beer that is not bitter, and half a pint of water, a ſpoonful of walnut liquor, or catchup, the ſame quantity of muſhroom liquor, one anchovy, a little blade of mace, ſome whole pepper, and a bit of carrot. Let it ſimmer for a quarter of an hour, and then ſtrain it off. Uſe it for fiſh or fowl.

Good brown GRAVY. To half a pint of beer or ale that is not bitter, put half a pint of water, an onion cut ſmall, a little bit of lemon-peel cut ſmall, three cloves, a blade

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e of mace, ſome whole pepper, a ſpoonful of
om pickle, a ſpoonful of walnut pickle, a ſpoon-
catchup, and an anchovy. Firſt put a piece of
into a ſaucepan, as big as an hen's egg; when it
ed, ſhake in a little flour, and let it be a little
; then by degrees ſtir in the above ingredients,
it boil a quarter of an hour, then ſtrain it, and
for fiſh or roots.

AVY *for white Sauce.* Take a pound of any part
veal, cut it into ſmall pieces, boil it in a quart of
with an onion, a blade of mace, two cloves, and
whole pepper-corns. Boil it till it is as rich as you
have it.

AVY *for a Turkey, Fowl, or Ragoo.* Take a pound
beef, cut, hack, and flour it well. Put a piece
ter, as big as an hen's egg, in a ſtewpan, and
t is melted, put in your beef, fry it on all ſides a
rown; then pour in three pints of boiling water,
undle of ſweet herbs, two or three blades of mace,
or four cloves, twelve whole pepper-corns, a little
carrot, a little piece of cruſt of bread toaſted brown;
it cloſe, and let it boil till there is about a pint or
hen ſeaſon it with ſalt, and ſtrain it off.

ther way. Boil the neck, liver, and gizzard of the
n half a pint of water, with a little piece of bread
d brown, a little pepper and ſalt, and a little bit
me. Let them boil till there is a quarter of a pint,
pour in half a glaſs of red wine, boil it, and ſtrain
en bruiſe the liver well in, and ſtrain it again, thick-
with a little piece of butter rolled in flour, and it
e very good.

ox's kidney makes good gravy, cut all to pieces,
oiled with ſpices, &c.

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Beef GRAVY. Take ſome lean beef, according to the quantity of gravy that is wanted, cut it into pieces; put it into a ſtewpan, with an onion ſliced, and a little carrot, cover it cloſe, ſet it over a gentle fire; pour off the gravy as it draws from it, then let the meat brown, turning that it may not burn. Pour over it boiling water; add a few cloves, pepper-corns, a bit of lemon-peel, a bunch of ſweet herbs. Let this ſimmer gently; ſtrain it with the gravy that was drawn from the meat. Add a ſpoonful of catchup and ſome ſalt.

A pound of meat will make a pint of gravy.

Mutton or Veal GRAVY. Take your mutton or veal, cut and hack it very well, ſet it on the fire with water, ſweet herbs, mace, and pepper. Let it boil till it is as good as you would have it, then ſtrain it off. Your great cooks always, if they can, chop a partridge or two and put into the gravies.

A ſtrong Fiſh GRAVY. Take two or three eels, or any other fiſh you may have, ſkin or ſcale them, gut them and waſh them from grit, cut them into little pieces, put them into a ſtewpan, cover them with water, a little cruſt of bread toaſted brown, a blade or two of mace, and ſome whole pepper, a few ſweet herbs, and a very little bit of lemon-peel. Let it boil till it is rich and good; then have ready a piece of butter, according to your gravy—if a pint, as big as a walnut. Melt it in the ſaucepan, then ſhake in a little flour, and toſs it about till it is brown, and then ſtrain in the gravy to it. Let it boil a few minutes, and it will be good.

Stock for brown or white Fiſh. Take a pound of ſcate, four or five flounders, and two pounds of eels; cut them into pieces: put to them as much water as will cover them;

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n; ſeaſon them with mace, an onion ſtuck with
es, a head of celery, two parſley roots ſliced, ſome
per and ſalt, a bunch of ſweet herbs. Let it ſimmer
our and a half, covered down cloſe; ſtrain it off for
If it is for brown ſoup, fry the fiſh firſt brown in
er, and then do it as before mentioned. It will not
o more than two or three days.

GREEN-GAGE PLUMS. See CANDYING and PRESERVING.

GRILLADE

meat broiled upon a gridiron; when turkeys or any
r ſorts of fowls are left cold, you may make a ſide
of them in the following manner; broil their legs,
gs, and rumps on a gridiron, with ſalt and pepper;
having fried ſome flour in lard with oyſters, ancho-
, capers, nutmeg, a bay leaf and a piece of green
on, with a little vinegar and broth, let them be all
ſoaked together.---See alſo MUTTON.

GREEN SICKNESS.—See WOMEN.

GRIPES.—See CHILDREN.

H. HAD-

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H.

HADDOCKS.

To broil HADDOCKS. Gut and waſh them, dry them with a cloth, and rub a little vinegar over them, which will keep the ſkin on better; duſt them with flour, rub the gridiron with butter, and let it be very hot when you lay the fiſh on, or they will ſtick: turn them two or three times on the gridiron. When enough, ſerve them up, and lay pickles round them, with plain melted butter, or cockle ſauce. They are a pretty diſh for ſupper.

HAIR.

A fine head of hair is generally conſidered as a neceſſary appendage, or indeed as an eſſential part of beauty, eſpecially in the ladies; and though this depends very much upon the natural temperament of the body, yet it may be certainly improved by the aſſiſtance of art. Daily combing, frequent dreſſing, and the uſe of plain, *unadulterated* ſtarch powder, with ſimple pomatum, will contribute more to its nouriſhment and preſervation, than all the boaſted preparations of perfumery. Application of hot irons is always prejudicial; and much frizzing will finally tear it all from the head.

Pomatums and powders for the hair may generally be purchaſed cheaper, at leaſt more conveniently, than they can be made; but as many readers might think a work of this kind deficient, that did not give recipes for ſuch compoſitions, we offer the following as ſome of the beſt that can be prepared:

Pomatum

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natum for the HAIR. Cut a ſufficient quantity of cheek into ſmall pieces, ſteep it ſix or eight days in water, which muſt be changed three times a-day; very time the water is changed, let the fleſh be ſtir- th the ſhank of a ſilver table ſpoon; drain the fleſh and putting it into a clean earthen pipkin, with a f roſe water, and a lemon ſtuck with cloves; ſim- hem over the fire till the ſkim looks reddiſh, which off; remove the pipkin from the fire, and ſtrain the . When it has cooled, take off the fat, beat it ſe- imes well with cold water, till thoroughly purified, roſe water the laſt time inſtead of common; drain matum from the water, and ſcent it with any per- o your choice, as eſſence of bergamot, lemon, &c. s an elegant and excellent compoſition for almoſt coſmetic purpoſe; but particularly for the hair, it nouriſhes, ſtrengthens, preſerves, and thickens, that reſpect ſeems a natural pabulum or food.

e beſt ſtarch dried is the baſis of all hair powders, this ſimple ſtate is doubtleſs nouriſhing to the hair; too generally adulterated with pernicious ingre- nts, ſuch as unſlacked lime, dried bones, or bones ed to whiteneſs, ſhells of fiſh calcined, and worm- or rotten wood, which are ſifted through a fine eve, after they have been beaten to powder. The ing is the method of preparing *the common white* :

e four pounds of ſtarch, half a pound of Floren- rice root, ſix cuttle fiſh bones, ox and ſheep bones, ed to whiteneſs, of each a handful; beat them into r, and ſift it for uſe.

Florentine orrice root is the uſual perfume, which ly poſſeſſes a violet ſmell. The whiteſt and

 ſoundeſt

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ſoundeſt roots muſt be made choice of, and are to be powdered as fine as poſſible, which can only be done during the ſummer.

The following powder ſtands highly recommended, for promoting the regeneration of the hair, and ſtrengthening and nouriſhing its roots:

Take roots of calamus aromaticus, (or ſweet flag) and red roſes dried, of each an ounce and a half; gum Benjamin, an ounce; aloes wood, three quarters of an ounce, bean flour and Florentine orrice root, of each half a pound; mix them all together, and reduce them to a fine powder. You may add, if agreeable, a few grains of muſk or civet.

Though every perſon does not poſſeſs a *fine head of hair*, yet there are very few who, by taking a little pains, may not preſerve it from certain defects, that are very obſervable, ſuch as, firſt, the hair falling off; ſecondly, becoming forky and ſplitting; thirdly, being eat away by ruſt.

The falling off of the hair is generally the conſequence of the cavities in which the roots are lodged becoming too large.

It is remarked alſo that the hair frequently falls off after certain diſeaſes, as fevers, ſmall-pox, &c. theſe diſeaſes being accompanied with profuſe ſweats, or other ſymptoms, which enlarge the cavities of the hair. This cauſe being explained it follows, that there can be no better method employed to prevent the hair falling off, than having recourſe to ſuch things as ſtraiten the pores whence it iſſues. It has been recommended to waſh the head at times with a little verjuice. The juice of of onions produces the ſame effect; it may be ſometimes neceſſary to try various methods to obtain our deſire.

And

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e following preparations all ſtand recommended
e baſis of experience:

owder your head with bruiſed parſley ſeed, at
once in two or three months, and the hair will
ll off.

o quicken the growth of your hair, dip your
very morning in the expreſſed juice of nettles,
ıb the hair the wrong way. This expedient will
gly quicken its growth.

fter ſhaving the head, foment it frequently with
tion of wormwood, ſouthernwood, ſage, betony,
marjoram, myrtle, and roſes.

ake the tops of hemp as ſoon as the plants ap-
ove ground, and infuſe them in water twenty-
urs. Dip the teeth of your comb in this fluid
orning when combing the head, and it will cer-
uicken the growth of the hair.

he following liniment is well calculated to an-
ſame intention:

ſix drams of labdanum, two ounces of bear's
alf an ounce of honey, three drams of powdered
wood, a dram and half of the aſhes of calamus
cus, with a ſufficient quantity of the oil of ſweet
, to make it into a liniment, nearly of the con-
of pomatum.

e ſhall conclude with the following compound
he ſame intention; which very quickly makes
ſhoot out:

half a pound of green ſouthernwood bruiſed,
a pint and a half of ſweet oil, and half a pint
ine; when ſufficiently boiled, remove it from
and ſtrain the liquor through a linen bag; re-

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peat this operation three times with freſh ſouthernwood, the laſt time add to the ſtrained liquor two ounces of bears greaſe.

The hairs are apt to ſplit in the end into two or three fibres; which proceeds moſt commonly from negligence and want of cutting.

To *change the colour of the hair* is certainly difficult, though by no means impoſſible. When the hair is white from old age, it is common to uſe a leaden comb, to make it darker; and the ſame expedient is often practiſed with red hair. This method, however, makes no radical change of the colour, and only diſguiſes it for ſome time; the true colour always returning, unleſs perpetual recourſe is had to the lead.

When the hair is grey in young people, or indeed of any diſagreeable colour, it may be corrected, or changed, though not without much trouble and patience. The moſt certain way of accompliſhing this end is by cutting off the hair as cloſe to the ſkin as poſſible, and then waſhing the head with any of the following decoctions, ſo that the remedy may penetrate the deeper into the roots of the hair; and afterwards, in proportion as the hair grows, more care ought to be taken in waſhing the head, which method muſt be continued for ſeveral weeks. If theſe do not abſolutely change the colour, they will at leaſt do much better than a leaden comb.

Decoctions of night ſhade, mugwort, arſeſmart, germander, colombine, penny royal, or the root of turmerick; the leaves of the wild vine change the hairs black and prevent their falling off; burnt corks, roots of the holm oak, and caper tree, barks of willow, walnut tree, and pomegranate; leaves of artichokes, the mulberry tree

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fig-tree, raſberry-buſh; ſhells of beans, gall and
eſs-nuts; leaves of myrtle; green ſhells of walnuts,
berries, cockle, and red beet ſeeds, and poppy flow-
Any of theſe ingredients may be boiled in rain
r, wine, or vinegar, with the addition of ſome ce-
c plant, as ſage, marjoram, balm, betony, clove
flowers, &c.

mpoſition to change Hair Black. Firſt, waſh your
with ſpring water, then dip your comb in oil of
r, and comb yourſelf in the ſun; repeat this ope-
n three times a day for the courſe of eight or ten
, at the expiration of which time the hair will be
fine black; to give it a delightful perfume, anoint
a little oil of Benjamin.

he following is perhaps as eaſy, cheap, and efficaci-
method of changing the colour of hair, as any ever
nted, and has been frequently advertiſed, and ſold
e moderate rate of ten ſhillings a pint:

o two ounces of black lead finely powdered add
ounce of ebony ſhavings; boil them in a quart of
water till reduced to about a pint; filter the de-
on, add a little bergamot, or any other perfume,
bottle the liquid for uſe.

he beſt method of uſing ſuch liquids is by fixing a
l ſponge on the upper part of the comb, and dip-
it in the preparation, as the hair will thus be more
tually wet and tinged, than by the comb alone.

ed, or ſandy coloured hair may in a very ſhort time
hanged to a beautiful flaxen by aſſiſtance of the fol-
ng compoſition:

ake a quart of lye prepared from the aſhes of vine
s; briony, celandine roots, and turmeric, of each
half

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half an ounce; saffron and lily roots, of each two drams; flowers of mullein, yellow stechas, broom, and St. John's wort, each a dram; boil these ingredients together, and strain off the liquor.

It must be observed, that as the hair does not shoot out from the extremities, but from the roots, frequent application of any of the foregoing compositions is necessary, or the hair will in time appear of two colours.

When the hair is much neglected, it is very apt to become rusty, as well as forked; and a kind of scab forms at the roots; this rust is often so corrosive, that the hair will fall off in spots, just as the hair of a muff which has been a long time exposed to dampness.

This may easily be prevented by frequently combing it: and indeed those ladies and gentlemen who have their hair dressed daily, should yet make a point to have it often combed from the roots, to prevent the powder, pomatum, &c. from obstructing the perspiration; a circumstance that will more readily create disorders in the head and eyes, than any quantity of hair, however great.

When this deformity has already taken place, the best procedure is to cut off the hair entirely, and then wash the head with a strong decoction of celandine, wormwood, sage, balm, and tobacco, bruised all together and boiled in a sufficient quantity of red wine. After washing the head with this decoction, a little warm, dip a linen cloth into it, which must be applied to the head, and continued on it for two or three days.

To this may be joined the use of some other of the foregoing prescriptions; or one of the following may prove no less effectual:

Take

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ake roots of a maiden vine, roots of hemp, and cores
ft cabbages, of each two handfuls; dry and burn
, and make a lye with the aſhes; after rubbing the
well with honey, waſh it with this lye ſeveral days
ſſively.

o thoſe who are more fond of preparations in the
of pomatums, the following may be deſervedly re-
nended:

ke hen's fat, oil of hempſeed, and honey, of each a
d; melt them together in an an earthen pipkin,
eep ſtirring the mixture with a wooden ſpoon till
This pomatum, to produce the deſired effect,
be rubbed on the part eight or ten days ſucceſſively.

HAMS.

cure HAMS. Cut off a fine ham from a fat
quarter of pork. Take two ounces of ſalt-petre,
nd of coarſe ſugar, a pound of common ſalt,
wo ounces of ſal-prunella; mix all together,
ub it well. Let it lie a month in this pickle,
g and baſting it every day; then hang it in
ſmoke, as you do beef, in a dry place, ſo as no
comes to it; and, if you keep them long, hang
a month or two in a damp place, and it will make
cut fine and ſhort. Never lay theſe hams in water
u boil them, and then boil them in a copper, if
ve one, or the largeſt pot you have. Put them
cold water, and let them be four or five hours
they boil. Skim the pot well, and often, till it
If it is a very large one, three hours will boil it;

if

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if a ſmall one, two hours will do, provided it be a great while before the water boils. Take it up half an hour before dinner, pull off the ſkin, and throw raſpings, finely ſifted, all over. Hold a red hot fire-ſhovel over, and when dinner is ready, take a few raſpings in a ſieve, and ſift all over the diſh; then lay in your ham, and, with your finger, make fine figures round the edge of your diſh. Be ſure to boil your ham in as much water as you can, and keep it ſkimming all the time it boils. It muſt be at leaſt four hours before it boils.

This pickle does finely for tongues afterwards, to lie in it a fortnight, and then hang in the wood ſmoke a fortnight, or to boil them out of the pickle.

Yorkſhire is famous for hams, and the reaſon is this, their ſalt is much finer than ours in London; it is a large clear ſalt, and gives the meat a fine flavour. That from Malden, in Eſſex, will make any ham as fine as you can deſire. It is by much the beſt ſalt for ſalting meat.

When you broil any of theſe hams in ſlices, or bacon, have ſome boiling water ready, and let the ſlices lie a minute or two in water, then broil them; it takes out the ſalt, and makes them eat finer. See *alſo* BACON.

To boil a HAM. Steep it all night in ſoft water; a large one ſhould ſimmer three hours, and boil gently two; a ſmall one ſhould ſimmer two hours, and boil about one and a half. Pull off the ſkin, rub it over with a yolk of egg, ſtrew on bread crumbs, ſet it before the fire till of a nice light brown.

Or, Put your ham into a copper of cold water, and when it boils, take care that it boils ſlowly. A ham of twenty pounds will take four hours and a half boiling,

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in proportion for one of a larger or ſmaller ſize. aking is required for a green ham; but an old rge ham will require ſixteen hours ſoaking in a ub of ſoft water. Obſerve to keep the pot well ed while your ham is boiling. When you take ull off the ſkin, and rub it all over with an egg, n crumbs of bread, baſte it with butter, and ſet it ire till it is of a light brown.

When you boil a ham, put it into your copper he water is pretty warm, for the cold water draws lour out; when it boils be careful it boils very

à la braize. Take off the ſkin, clear the knuc- nd lay it in water to freſhen; then tie it about ſtring, and take ſlices of bacon and beef; beat aſon them well with ſpices and ſweet herbs, and n in the bottom of a kettle, with onions, parſnips, rrots ſliced, with ſome chives and parſley. Lay ham the fat ſide uppermoſt, and cover it with f beef, and over that with ſlices of bacon; then ſome ſliced roots and herbs, the ſame as under ver it, and ſtop it cloſe with paſte. Put fire both id under it, and let it ſtew twelve hours with a w fire; put it in a pan, dredge it well with grated and brown it with a hot iron; or put it into the ake it an hour, and when you ſerve it up, gar- with raw parſley. If it is to be eaten hot, make thus:—Take a veal ſweetbread, ſome livers of cocks'-combs, muſhrooms and truffles. Toſs p in a pint of good gravy, ſeaſoned with ſpice to aſte; thicken it with a piece of butter rolled in and a glaſs of red wine. Then brown your ham

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as above, and let it ſtand a quarter of an hour to drain the fat out. Strain the liquor it was ſtewed in, after ſkimming off all the fat, put it into the gravy, and boil it up with a ſpoonful of browning. Sometimes you may ſerve it up with carp ſauce, and ſometimes with a ragoo of craw-fiſh.

To roaſt a HAM, *or a* GAMMON *of* BACON. Half boil your ham or gammon, then take off the ſkin, dredge it with oatmeal ſifted very fine, baſte it with freſh butter; it will make a ſtronger froth than either flour or bread crumbs, then roaſt it. When it is enough, diſh it up, and pour brown gravy in your diſh. Garniſh with green parſley, and ſend it to table.

Toaſted BREAD *and* HAM *with* EGGS. Toaſt bits of bread of what bigneſs you pleaſe, fry them in butter of a good colour; take as many ſlices of ham, and ſoak them over a ſlow fire in butter till they are done, turning them often; then lay them upon bread; put a little cullis into the ſtewpan, give it a boiling, ſkim the fat clear off, and add a little broth and vinegar; boil a moment, and ſerve upon the toaſt.—The ham is prepared the ſame, if you would ſerve it with poached eggs, or any ſort of ſtewed greens.

HARE.

To roaſt a HARE. When the hare is caſed, truſs it in this manner; bring the two hind legs up to its ſides, pull the fore legs back, put your ſkewer firſt in the hind leg, then into the fore leg, and thruſt it through the body; put the fore leg on, and then the hind leg, and a ſkewer thro' the top of the ſhoulders and back part of the head, which

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will hold the head up. Make a pudding thus,—a quarter of a pound of beef ſuet, as much crumb of , a handful of parſley chopped fine, ſweet herbs of rts, ſuch as baſil, marjoram, winter ſavory, and a thyme, chopped fine; a little nutmeg grated, ſome -peel cut fine, pepper and ſalt; chop the liver fine, ut in with two eggs; mix it up, and put it into lly, and ſo ſkewer it up; then ſpit it and lay it fire, which muſt be a good one. A good ſized akes upwards of an hour, and ſo in proportion.

the mode of truſſing a hare repreſented on the d plate of carving.

ther way. Skewer your hare with the head upon houlder, the fore legs ſtuck into the ribs, the hind ouble; make your pudding of the crumb of a loaf, a quarter of a pound of beef marrow or ſuet, quarter of a pound of butter; ſhred the liver, ſprig or two of winter ſavory, a little lemon-peel, nchovy, a little kyan pepper, half a nutmeg gra- mix them up in a light force-meat, with a glaſs of ine and two eggs; put it into the belly of your ſew it up, put a quart of good milk in your drip- pan, baſte your hare with it till it is reduced to half , then duſt and baſte it well with butter. If it be e one, it will require an hour and a half roaſting.

ther way. Stuff the hare with a pudding made of crumbs, chopped ſuet, the liver parboiled and , lemon-peel grated, ſhred parſley and ſweet herbs, r, ſalt, nutmeg, the yolks of two eggs; ſew up the put a quart of ſmall beer into the dripping-pan, or pints, according to the ſize of your hare; baſte it this till all is uſed; then flour the hare, and baſte

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it with butter; ſend it to table with a fine froth. "I have tried all the different ways recommended to baſte a hare with, and never found any thing ſo good as ſmall beer. For ſauce, gravy, melted butter, and ſweet ſauce." [*Maſon's Art of Cookery.*]

Different Sauces for a HARE. Take for ſauce, a pint of cream, and half a pound of freſh butter; put them in a ſaucepan, and keep ſtirring it with a ſpoon till the butter is melted, and the ſauce is thick: then take up the hare, and pour the ſauce into the diſh. Another way to make ſauce for a hare is, to make good gravy, thickened with a little piece of butter rolled in flour, and pour it into your diſh. You may leave the butter out, if you do not like it, and have ſome currant jelly warmed in a cup, or red wine and ſugar boiled to a ſyrup, done thus, Take a pint of red wine, a quarter of a pound of ſugar, and ſet over a ſlow fire to ſimmer for about a quarter of an hour. You may do half the quantity, and put it into your ſauce boat or baſon.

To florendine a HARE. Take a grown hare, and let her hang up four or five days, then caſe her, and leave on the ears; and take out all the bones except the head, which muſt be left on whole; lay your hare flat on the table, cover the inſide with a force-meat, and then roll it up to the head; ſkewer it with the head and ears leaning back, tie it with packthread as you would a collar of veal, wrap it in a cloth, and boil it an hour and a half in a ſaucepan with a cover on it, with two quarts of water. When your liquor is reduced to one quart, put in a pint of red wine, a ſpoonful of lemon-pickle, and one of catchup, the ſame of browning, and ſtew it till it is re-

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ced to a pint; thicken it in butter rolled in flour, ound your hare a few morels, and four ſlices of -meat, boiled in a caul of leg of veal. When you it up, draw the jaw-bones, and ſtick them in the for horns; let the ears lie back on the roll, and ſtick ig of myrtle in the mouth; ſtrain over your ſauce, erve it up. Garniſh with barberries and parſley.— e-meat for the hare: take the crumb of a penny the liver ſhred fine, half a pound of fat bacon ed, a glaſs of red wine, one anchovy, two eggs, tle winter ſavory, ſweet marjoram, lemon-thyme, er, ſalt, and nutmeg to your taſte.

dreſs a HARE. When the hare is caſed, cut it in juſt below the ribs; cut the fore quarters into es, and put them into a clean ſtewpan, with a e or two of mace, an onion ſtuck with cloves, ſome le pepper, an anchovy, and a bunch of ſweet herbs; r them with water, and let them ſtew gently; make a ding and put into the belly of the other part; lard and it, flour and baſte it well with butter or ſmall beer. en the ſtew is tender, take it out with a fork into a diſh, ſtrain off the liquor; put into it a glaſs of red wine, a nful of good catchup, and a piece of butter rolled lour; ſhake all together over the fire till it is of a d thickneſs; take up the roaſted hare, and lay it in middle of the diſh, with the ſtew round, and ſauce red over it, and ſome good gravy in a boat.

HARE *à-la-daube.* Cut a hare in ſix pieces; bone lard them with bacon, ſeaſon with ſpices, powder laurel, chopped parſley, thyme, ſhallots, and one e of garlick; braze it with ſlices of lard, the bones, a e broth, as much of the blood as you can ſave, a glaſs of

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of brandy, and a quarter of a pound of good butter; ſtop the pan well, and ſtew it on a very ſlow fire, or in the oven, about four hours; then take out the bones, put the hare into a tureen, and the ſlices of bacon upon it; ſift the ſauce, and put it into the tureen; let it cool before uſing. It ought to be like a pie.

To ſcare a HARE. Lard a hare, and put a pudding in the belly; put it into a pot or fiſh kettle, then put to it two quarts of ſtrong-drawn gravy, one of red wine, a whole lemon cut, a faggot of ſweet herbs, nutmeg, pepper, a little ſalt, and ſix cloves; cover it cloſe, and ſtew it over a ſlow fire till it is three parts done; then take it up, put it into a diſh, and ſtrew it over with crumbs of bread, ſweet herbs chopped fine, ſome lemon-peel grated, and half a nutmeg; ſet it before the fire, and baſte it till it is of a fine light brown. In the mean time, take the fat off your gravy, and thicken it with the yolk of an egg. Take ſix eggs, boiled hard and chopped ſmall, ſome pickled cucumbers cut very thin; mix theſe with a ſauce, and pour it into the diſh.

A fillet of mutton, or neck of veniſon, may be done the ſame way.

Note.—You may do rabbits the ſame way, but it muſt be veal gravy and white wine, adding muſhrooms for cucumbers.

A HARE *Civet.* Bone your hare, and take out all the ſinews; cut one half in thin ſlices, and the other half in pieces an inch thick, flour them, and fry them in a little freſh butter, as collops, quick, and have ready ſome gravy made with the bones of the hare and beef; put a pint of it into the pan to the hare, ſome muſtard, and a little elder vinegar; cover it cloſe, and let it do

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y till it is as thick as cream, then diſh it up, with the
d in the middle.

o ſtew a HARE. When you have paunched and
d your hare, cut her as for eating, put her into a
e ſaucepan with three pints of beef gravy, a pint of
wine, a large onion ſtuck with cloves, a bundle of
ter ſavory, a ſlice of horſe-radiſh, two blades of
ten mace, one anchovy, a ſpoonful of walnut or
m catchup, one of browning, half a lemon, kyan and
to your taſte; put on a cloſe cover, and ſet it over
ntle fire, and ſtew it for two hours; then take it up
a ſoup-diſh, and thicken your gravy with a lump
utter rolled in flour; boil it a little, and ſtrain it
r your hare. Garniſh with lemon-peel cut like
ws, and ſerve it up.

Another way. Take a young hare, and cut it into
pieces, the two legs, two wings or ſhoulders, the
ne in four, and the ſtomach and ſkirts in two; put it
your ſtewpan, with about three half pints of Port
e, two or three onions, a carrot or two, ſome ſweet
l, thyme, and parſley, and a ladle of gravy; a little
and pepper, a clove or two, and a bit of mace, and
it ſtew gently for two hours. Take out your hare
n into another ſtewpan, and ſtrain your ſauce to
adding a ladle of cullis, and if not thick enough,
in a bit of butter and flour; boil it a minute, and
p it hot till your dinner is ready; throw in a
onful or two of capers, ſome minced parſley, and the
e of a lemon or orange; and ſerve it up with ſome
d bits of bread in the diſh, and round it.

Another way. Cut off the legs and ſhoulders, cut
the back-bone; cut the meat which comes off the
ſides

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ſides into pieces; put all into a veſſel, with three quarters of a pint of ſmall beer, the ſame of water, a large onion ſtuck with cloves, ſome whole pepper, a ſlice of lemon, ſome ſalt; ſtew this gently for an hour cloſe covered, then put to it a quart of good gravy; ſtew it gently for two hours longer, or till tender: take out the hare, rub half a ſpoonful of flour ſmooth in a little gravy, put it to the ſauce, boil it up; add kyan and ſalt, if neceſſary, and put in the hare. When hot through, ſerve it in a tureen diſh. It is an exceeding good diſh.

To hodge-podge a HARE. Take your hare and cut it in pieces as if you intended it for ſtewing, and put into the pitcher, with two or three onions, a little ſalt and pepper, a bunch of ſweet herbs, and a piece of butter; ſtop the pitcher very cloſe to prevent the ſteam from getting out, ſet it in a kettle full of boiling water, keep the kettle filled up as the water waſtes; let it ſtew four or five hours at leaſt. You may, when you firſt put the hare into the kettle, put in lettuce, cucumbers, celery, and turnips, if you like it better.

To jug a HARE. Cut your hare into little pieces, and lard them here and there with little ſlips of bacon; ſeaſon them with a little pepper and ſalt, and pour them into an earthen jug with a blade or two of mace, an onion ſtuck with cloves, and a bundle of ſweet herbs. Cover the jug cloſe, that nothing may get in; ſet it in a pot of boiling water, and three hours will do it; then turn it out into the diſh, take out the onion and ſweet herbs, and ſend it hot to table. As to the larding, you may omit it if you pleaſe.

Another way. Take the hare, and cut it as for eating, ſeaſon it with pepper, ſalt, and beaten mace, put it into a jug

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g or pitcher, with a cloſe top, put to it a bundle of
et herbs, and ſet it in a kettle of boiling water; let
and till it is tender, then take it up, and pour the
y into a toſſing pan, with a glaſs of red wine, one
ovy, a large onion ſtuck with cloves, a little beaten
e, and kyan pepper to your taſte; boil it a little,
thicken it. Diſh up your hare, and ſtrain the gravy
it, then ſend it up.

haſh a HARE. Cut your hare into ſmall pieces;
y of the pudding is left, rub it ſmall into ſome gravy,
hich put a glaſs of red wine, a little pepper and ſalt,
nion, a ſlice of lemon; toſs it up till hot through,
out the onion and lemon.

other way. Cut it in ſmall pieces, and if you have
of the pudding left, rub it ſmall, and put to it a gill
d wine, the ſame quantity of water, half an anchovy
ped fine, an onion ſtuck with four cloves, and a quar-
f a pound of butter rolled in flour; ſhake all theſe to-
er over a ſlow fire till your hare is thoroughly hot, for
bad cuſtom to let any kind of haſh boil longer, as it
ens the meat. Send your hare to table in a deep diſh,
before you ſend it up, take out the onion, and lay
ts round the diſh.

collar a HARE. Bone a hare, and lard it with thick
s of bacon, ſeaſoned with ſpices and ſalt; put a
force-meat in it, or not; roll it up very tight, and
well; braze it with ſlices of veal, half a pint of
wine, and a pint of broth; cover it over with
of bacon. You may alſo put ſuch meat and other
ing to make a jelly of the braze after, and ſerve
re cold with it, either whole or ſliced.

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HARE *Cake.* Chop the fleſh of a hare very fine, take ſome bacon in dice about half the quantity, ſeaſon with pepper, a little ſalt, and ſpice, a green onion or two, and a morſel of ſhallot; mix all well together, and prepare a ſtewpan juſt wide enough, that it may cut in ſlices about two inches thick; line your bottom with thin bacon, and cover it with the ſame; pour in a ladle of broth, and a glaſs of red wine, ſome ſlices of carrot, onion, and herbs; let it ſimmer gently for two or three hours, take off the cover and let it cool; the next day take it out, and trim it nice round; pound ſome of the bacon it was ſtewed in, and when you ſerve it to table, ſpread it upon the top like ſugar upon a plum cake, and ſerve it to table upon a napkin. If it is well done, it will keep a fortnight for ſlices.

Veal cake may be done in the ſame manner, only inſtead of red wine put white, and do not cover it ſo much, but that every one at table may ſee what it is.

HARE CAKE *in jelly.* Having boned the hare, and picked out the ſinews, add an equal quantity of beef; chop theſe and pound them; add freſh muſhrooms, ſhallot, (and garlick if agreeable) ſweet herbs, pepper, and ſalt, two or three eggs; mix theſe with bacon and pickled cucumbers cut like dice, put it into a mould ſheeted with ſlices of bacon; cover it, bake in a moderate oven; when cold, turn it out. Lay over it the following jelly:—A pound and a half of ſcrag of veal, a ſlice of ham, two or three cloves, a little nutmeg, ſome ſweet herbs, a carrot or two, ſome ſhallots, two bay leaves, an ounce of iſinglaſs, with ſome beef broth; ſtew this till it will jelly, paſs it through a fine ſieve, then through a bag; add ſome lemon juice.

HARTS-

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IARTSHORN.—See FLUMMERY *and* JELLIES.

H A S H.---See CALVES HEAD, &c. &c.

H A T L E T S

re proper for ſide diſhes, and are made as follows: parboil veal ſweet-breads, and cut them into ſmall es, with livers of capons, and young ſtreaked bacon viſe parboiled; then ſeaſon all, and fry them with ey, chibbols, and fine flour; and when they are al- ready, ſo that only a thin ſauce is left, make ts according to the bigneſs you would have them hen dip them in the ſauce, and bread them well; may be either broiled upon a gridiron or fried. atlets are often uſed for garniſhing diſhes of roaſt t.

H E A D-A C H.

Whatever obſtructs the free circulation of the blood ugh the veſſels of the head, may occaſion a head- In perſons of a full habit, who abound with blood, ther humours, the head-ach very often proceeds from ſuppreſſion of cuſtomary evacuations, as bleeding at noſe, &c. It may likewiſe proceed from coldneſs e extremities, or hanging down the head for a long . Whatever prevents the return of the blood from ead, will likewiſe occaſion a head-ach; as looking

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long obliquely at any object, wearing any thing tight about the neck, or the like.

When a head-ach proceeds from the ſtoppage of a running at the noſe, there is a heavy, obtuſe, preſſing pain in the fore part of the head, in which there ſeems to be ſuch a weight, that the patient can ſcarce hold it up.

Want of food will alſo occaſion head-achs, eſpecially in nurſes who give ſuck too long, or do not take a ſufficient quantity of ſolid food.

There is likewiſe a moſt violent fixed, conſtant, and almoſt intolerable head-ach, which occaſions great debility both of body and mind, prevents ſleep, deſtroys the appetite, cauſes a *vertigo*, dimneſs of ſight, a noiſe in the ears, convulſions, epileptic fits, and ſometimes vomiting, coſtiveneſs, coldneſs of the extremities; and is likewiſe a very common ſymptom in hyſteric and hypochondriac complaints.

In this diſeaſe the cool regimen in general is to be obſerved. The diet ought to conſiſt of ſuch emollient ſubſtances as will keep the body open; as apples boiled in milk, ſpinach, turnips, and ſuch like. The drink ought to be diluting, as barley water, infuſions of mild mucilaginous vegetables, decoctions of the ſudorific woods, &c. The feet and legs ought to be kept warm, and frequently bathed in luke-warm water; or in the aromatic bath, recommended vol. I. p. 55. The patient ought as much as poſſible to keep in an erect poſture, and not to lie with his head too low.

When the head-ach is owing to exceſs of blood, or an hot bilious conſtitution, bleeding is neceſſary, and the

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peration to be repeated if there be any occaſion.
ng alſo, or the application of leeches to the tem-
nd behind the ears, will be of ſervice. After-
a bliſtering plaſter may be applied to the neck,
l the ears, or to any part of the head that is moſt
ed. In ſome caſes it will be proper to bliſter the
head. In perſons of a groſs habit, iſſues or per-
bliſters will be of ſervice. The body ought like-
be kept open by gentle laxatives.

hen the head-ach is occaſioned by the ſtoppage of
ning at the noſe, the patient ſhould frequently ſmell
ottle of volatile ſalts; he may likewiſe take ſnuff,
y thing that will irritate the noſe, ſo as to pro-
a diſcharge from it, as the herb maſtick, ground-
&c.

periodical head-ach is generally owing to a foul-
f the ſtomach, for which gentle vomits muſt be
iſtered, as alſo purges of rhubarb. After the
s have been ſufficiently cleared, ſuch bitters as
then the ſtomach will be neceſſary.

hen the head-ach ariſes from a vitiated ſtate of the
urs, as in the ſcurvy, the patient, after proper eva-
ns, muſt drink freely of the decoctions of woods,
decoction of ſarſaparilla, with raiſins and liquo-
Theſe promote perſpiration, ſweeten the hu-
, and, if duly perſiſted in, will produce very
effects. When a collection of matter is felt un-
e ſkin, it muſt be diſcharged by an inciſion, other-
t will render the bone carious.

hen the head-ach is ſo intolerable as to endanger
tient's life, or is attended with continual watching,
um, &c. recourſe muſt be had to opiates. Theſe,
after

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after proper evacuations by clyſters, or mild purgatives, may be applied both externally and internally. The affected part may be rubbed with anodyne balſam, or a cloth dipped in it may be applied to the part. The patient may at the ſame time take twenty drops of laudanum, in a cup of valerian, or penny-royal tea, twice a-day. This is only to be done in caſe of extreme pain. Proper evacuations ought always to accompany and follow the uſe of opiates.

When the patient cannot bear the loſs of blood, his feet ought frequently to be bathed in luke-warm water, or ſome preparation ſimilar to the aromatic bath, and well rubbed with a coarſe cloth. Cataplaſms with muſtard, or horſe-radiſh, ought likewiſe to be applied to them. This courſe is peculiarly neceſſary, when the pain proceeds from a gouty humour, affecting the head.

When the head-ach is occaſioned by great heat, hard labour, or violent exercise of any kind, it may be allayed by cooling medicines; as the ſaline draughts with nitre, and the like.

A little of Ward's eſſence, or Hungary, or lavender water, dropt into the palm of the hand, and applied to the forehead, will ſometimes remove a violent head-ach: and ſo will æther, when applied in the ſame manner.

HEALTH.

Of all the bleſſings which mankind can enjoy, that of *a ſound mind in a healthful body* is the moſt deſireable, and without which, all others are nugatory. Many

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are doubtleſs neceſſary to the preſervation of , and ſome of them are not always at command; ne of the moſt eſſential is always in our power---A LATION OF DIET, which is not of leſs conſequence *ſerve* health, than to *cure* diſeaſe; its effects are not d always ſo quick as thoſe of medicine, but they enerally more laſting. On the other hand, it is r ſo diſagreeable to the patient, nor ſo hazardous dicine, and is always more eaſily obtained.

ough moderation be the chief rule with regard to uantity, yet the quality of food merits a farther leration. Animal, as well as vegetable food, may ndered unwholeſome by being kept too long. All l ſubſtances have a natural tendency to putrefac- and, when that has proceeded too far, they notonly ne offenſive to the ſenſes, but hurtful to health.

imals which feed groſsly, as tame ducks, hogs, re neither ſo eaſily digeſted, nor afford ſuch whole- nouriſhment as others. No animal can be whole- that does not take ſufficient exerciſe. Moſt of alled cattle are crammed with groſs food, but not ed exerciſe nor free air; by which means they in- grow fat, but their humours not being properly red or aſſimilated, remain crude, and occaſion in- ions, and groſs humours, and oppreſſion of the s, in thoſe who feed upon them.

imals are often rendered unwholſome by being heated. Exceſſive heat cauſes a fever, exalts the al ſalts, and mixes the blood ſo intimately with fleſh, that it cannot be ſeparated. No perſon d chuſe to eat the fleſh of an animal who had died in n fever; yet that is the caſe with all over drove cat- tle;

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tle; and the fever is often raiſed even to the degree of madneſs.

No people in the world eat ſuch quantities of animal food as the Engliſh, which is one reaſon why they are ſo generally tainted with the ſcurvy, and its numerous train of conſequences; low ſpirits, hypochondriaciſm, &c. Animal food was ſurely deſigned for man, and, with a proper mixture of vegetables, it will be found the moſt wholeſome; but to gorge beef, mutton, pork, fiſh, and fowl, twice or thrice a-day, is certainly too much. All who value health ought to be contented with eating one meal of fleſh in the twenty-four hours, and this ought to conſiſt of one kind only.

Our aliment ought neither to be too moiſt nor too dry; moiſt aliments relax the ſolids, and render the body feeble. Thus we ſee females, who live much on tea, and other watery diet generally become weak, and unable to digeſt ſolid food. Hence proceed hyſterics, and all their dreadful conſequences; on the other hand, food that is too dry, renders the ſolids in a manner rigid, and the humours viſcid, which diſpoſes the body to inflammatory fevers, ſcurvies, and the like.

Much has been ſaid on the ill effects of tea in diet; they are, no doubt, numerous, but they proceed rather from the imprudent uſe of it, than from any bad qualities in the tea itſelf. Tea is now the univerſal breakfaſt in this part of the world; but the morning is ſurely the moſt improper time of the day for drinking it. Moſt delicate perſons, who, by the bye, are the greateſt tea drinkers, cannot eat any thing in the morning. If ſuch perſons, after faſting ten or twelve hours, drink four or five cups of tea, without eating almoſt any bread, it muſt

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hurt them. Good tea, taken in moderate quan-
not too ſtrong, nor too hot, nor drank upon an
y ſtomach, will ſeldom do harm; but if it be bad,
is often the caſe, or ſubſtituted in the room of
food, it muſt have many ill effects.

e liquid part of our aliment likewiſe claims our at-
n. Water is not only the baſis of moſt liquors,
lſo compoſes a great part of our general food; good
muſt therefore be of the greateſt importance in
The beſt water is that which is moſt pure, and
om any mixture of foreign bodies.

e common methods of rendering water clear by
ion, or ſoft by expoſing it to the ſun and air, &c.
generally known, that it is unneceſſary to expend
in explaining them. We ſhall only in general ad-
ll to avoid waters which ſtagnate long in ſmall
, or the like, as ſuch waters often become putrid,
e corruption of animal and vegetable bodies with
they abound. Even cattle frequently ſuffer by
ng, in dry ſeaſons, water which has ſtood long in
reſervoirs, without being ſupplied by ſprings, or
ed with ſhowers. All wells ought to be kept
and to have a free communication with the air.

fermented liquors, notwithſtanding they have been
med againſt by many writers, ſtill continue to be
ommon drink of almoſt every perſon who can
them, we ſhall rather endeavour to aſſiſt people
choice of theſe liquors, than to pretend to con-
what cuſtom has ſo firmly eſtabliſhed; it is not
oderate uſe of ſound fermented liquors which hurt

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mankind; it is exceſs, or uſing ſuch as are ill prepared or vitiated.

All families who can, ought to prepare their own liquors. Since preparing and vending of liquors became one of the moſt general branches of buſineſs, every method has been tried to adulterate them. The great object, both to the makers and venders of liquor, is to render it intoxicating. But it is well known that this may be done by other ingredients than thoſe which ought to be uſed for making it ſtrong: it would be imprudent even to name thoſe things which are daily made uſe of to render liquors heady. Suffice it to ſay, that the practice is very common, and that all the ingredients uſed for this purpoſe are of a narcotic or ſtupefactive nature. But as all opiates are of a poiſonous quality, it is eaſy to ſee what muſt be the conſequences of their general uſe. Though they do not kill ſuddenly, yet they hurt the nerves, relax and weaken the ſtomach, and ſpoil the digeſtion.

We would recommend it to families, not only to prepare their own liquors, but likewiſe their bread. Bread is ſo neceſſary a part of diet, that too much care cannot be beſtowed in order to have it ſound and wholeſome; for this purpoſe, it is not only neceſſary that it be made of good grain, but likewiſe properly prepared, and kept free from unwholſome ingredients. This, however, we have reaſon to believe, is not always the caſe with bread prepared by thoſe who make a trade of vending it; their object is rather to pleaſe the eye, than conſult the health.

Perſons whoſe ſolids are weak and relaxed, ought to avoid all viſcid food, or ſuch things as are hard of digeſtion.

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tion. Their diet, however, ought to be nouriſhing; they ſhould take plenty of exerciſe in the open air. Such as abound with blood, ſhould be ſparing in the of every thing that is highly nouriſhing, as fat meat, wines, ſtrong ale, and ſuch like. Their food uld conſiſt moſtly of bread and other vegetable ſub-ces; and their drink ought to be water, whey, or ll beer.

Fat people ſhould not eat freely of oily, nouriſhing ; they ought frequently to uſe radiſh, garlic, ſpices, uch things as are heating, and promote perſpiration urine. Their drink ſhould be water, coffee, tea or like; and they ought to take much exerciſe and e ſleep.

Thoſe who are too lean muſt follow an oppoſite rſe.

Such as are troubled with acidities, or whoſe food is to ſour on the ſtomach, ſhould live much on fleſh ts; and thoſe who are afflicted with hot alkaline ctations, ought to uſe a diet conſiſting chiefly of vegetables.

People who are affected with the gout, low ſpirits, ochondriac, or hyſteric diſorders, ought to avoid all lent food, every thing that is viſcid or hard of di-ion, all ſalted or ſmoke dried proviſions, and what-r is auſtere, acid, or apt to ſour on the ſtomach. eir food ſhould be light, ſpare, cool, and of an ning nature.

t is not only neceſſary for health that our diet be leſome, but alſo that it be taken at regular periods. ne imagine long faſting will atone for exceſs; but , inſtead of mending the matter, generally makes it

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worſe. When the ſtomach and inteſtines are over diſtended with food, they loſe their proper tone, and by long faſting, they become weak, and inflated with wind. Thus either gluttony or faſting deſtroys the powers of digeſtion.

The frequent repetition of aliment is not only neceſſary for repairing the continual waſte of our bodies, but likewiſe to keep the humours ſound and ſweet. Our humours, even in the moſt healthy ſtate, have a conſtant tendency to putrefaction, which can only be prevented by frequent ſupplies of freſh nouriſhment: when that is wanting too long, the putrefaction often proceeds ſo far, as to occaſion very dangerous fevers. From hence we may learn the neceſſity of regular meals. No perſon can enjoy a good ſtate of health, whoſe veſſels are either frequently overcharged, or the humours long deprived of freſh ſupplies of chyle.

Long faſting is extremely hurtful to young people; it not only vitiates their humours, but prevents their growth; nor is it leſs injurious to the aged. Moſt perſons, in the decline of life, are afflicted with wind. This complaint is not only increaſed, but even rendered dangerous, and often fatal, by long faſting. Old people, when their ſtomachs are empty, are frequently ſeized with giddineſs, head-achs, and faintneſs. The complaint may generally be removed by a bit of bread and a glaſs of wine, or taking any other ſolid food, which plainly points out the method of preventing them.

It is a very common practice to eat a light breakfaſt and a heavy ſupper. This cuſtom ought to be reverſed. When people ſup late, their ſupper ſhould be very light, but the breakfaſt ought always to be ſolid. If any one

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ts a light ſupper, goes ſoon to bed, and riſes be-
in the morning, he will be ſure to find an appetite
breakfaſt, and he may freely indulge it.

e ſtrong and healthy do not indeed ſuffer ſo much
faſting, as the weak and delicate; but they run
hazard from its oppoſite, viz. repletion. Many
s, eſpecially fevers, are the effect of a too great
s of the veſſels. Strong people, in high health,
generally a great quantity of blood and humours.
theſe are ſuddenly increaſed by an overcharge of
nd nouriſhing diet, the veſſels become too much
ded, and obſtructions and inflammations enſue.
ſo many people are ſeized with inflammatory and
ve fevers, after a feaſt or debauch.

great and ſudden changes in diet are dangerous.
the ſtomach has been accuſtomed to digeſt, al-
h leſs wholeſome, will agree better with it than
of a more ſalutary nature which it has not been
o. When therefore a change becomes neceſſary,
ht always to be made gradually; a ſudden tranſi-
om a poor and low, to a rich and luxurious diet,
contrary, might ſo diſturb the functions of the
s to endanger health, or even to occaſion death.

recommending regularity of diet, we would not be
ſtood as condemning every ſmall deviation from it.
ext to impoſſible for people at all times to avoid
degree of exceſs, and living too much by rule
make even the ſmalleſt deviation dangerous. It
herefore be prudent to vary a little, ſometimes ta-
more, ſometimes leſs, than the uſual quantity of
and drink, provided always that regard be had to
ation.

To

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To the foregoing directions for the preſervation of health by attention to *Diet*, we have ſubjoined ſome excellent remarks on that ſubject from the works of the late Dr. FOTHERGILL; to this we are the more readily induced, as the volume from whence they are taken is not likely to fall into the hands of female readers.

Nothing is of ſo much conſequence to invalids, and the more delicate of both ſexes, as attention to quantity in diet. There are many people who ſeem to be poſſeſſed of ſuch powers of digeſtion as to be under no reſtraint on that account, and who never feel themſelves incommoded either with quantity or the moſt compound mixture of their food; they riſe from the moſt plentiful mixed and rich repaſts, without any kind of apparent uneaſineſs. But this is not the caſe with the generality, who are affected with inconvenience, ſome in one way, ſome another, by the unnatural load. And how often do we hear ſuch complaining of the ill effects of this or that particular kind of diet, when, perhaps, their ſufferings ariſe from the *quantity* of *all*, rather than the *diſagreement* of any.

It demands attention to obſerve that juſt medium, and no leſs reſolution to keep to it, which the ſtomach invariably points out in reſpect to quantity. The *how much* muſt be determined by every individual; and thoſe who are happy enough to abſtain at the firſt ſenſation of ſatiety, have made great progreſs in the art of maintaining ſuch a command of appetite, as, under moſt chronic indiſpoſitions, is one of the greateſt aids of recovery, and in health, is one of the ſureſt preſervatives againſt them.

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neglect of this attention to the quantity of food
ortioned to the neceſſity of each individual, is ſooner
ter followed with the moſt ſerious conſequences.
he ſtrong and robuſt inflammatory diſeaſes happen.
he more tender and delicate it is the parent of a
erous progeny of diſtempers affecting both body
nind; there is ſcarcely a malady, which either does
riginate from this neglect of diet, or is not increa-
y it.

he cuſtoms of countries, in reſpect to meals, are dif-
. Breakfaſt, dinner, and ſupper have been, in this
ry, habitual. Suppers, at preſent, are diſcouraged
g the affluent; and exceſſive ones, ſuch as have
in uſe among our anceſtors, very probably with
reaſon; yet there are ſome conſtitutions to which
ractice may not be beneficial; two very moderate
, at a ſuitable diſtance, may perhaps be digeſted
much more eaſe than one full meal, and be made
conſiſtent with the duties of life in various ſitua-
From obſervation I am led to ſuppoſe, when peo-
ſſure us they eat no ſupper, that it would be better
hem if they did, than to oppreſs nature with a
rous load, that may be much more detrimental.

he general breakfaſt of people, from the higheſt to
weſt, is tea, coffee, or chocolate.

o theſe articles bread of ſome kind, with more or
utter and ſugar, are commonly joined to make up
neal. We are often aſked, and not improperly,
are our opinion of theſe articles reſpectively, in
t to their being more or leſs wholeſome. Perhaps
oſt pertinent anſwer in common would be that
is reported of the late Dr. Mandeville, of famous
memory,

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memory, who being often the convivial gueſt of the Earl of Macclesfield, was frequently interrogated on the ſubject of diet; Doctor, is this wholeſome? Does your Lordſhip like it? Yes. Does it agree with your Lordſhip? Yes. Why then it is wholeſome.

Perhaps this is the beſt direction that can be given, provided we can caution the inquirer againſt *the too much.*

From many inconteſtable proofs that *butter* in conſiderable quantities is injurious, it is leſs uſed in many families. It is found, by many, to be very difficult of digeſtion, eſpecially when toaſted before the fire, or fried, as well as in ſauces. Many people, apparently robuſt, and whoſe organs of digeſtion are ſtrong, often find themſelves much diſordered by large quantities of butter. Nothing more ſpeedily and effectually gives the ſick *head-ach*, and ſometimes within a very few hours. After breakfaſt, if much toaſt and butter has been uſed, it begins with a ſingular kind of glimmering in the ſight; objects ſwiftly changing their apparent poſition, ſurrounded with numerous angles, like thoſe of a fortification, giddineſs comes on, head-ach, and ſickneſs. An emetic and warm water ſoon waſh off the offending matter, and remove theſe diſorders; theſe are circumſtances that often happen to people who are inattentive to the quantity of butter they eat at breakfaſt, and which are very often attempted to be cured by very different remedies, and improper ones. A ſudden giddineſs, let it ariſe from what cauſe it may, and it ariſes oftener from ſome diſorder in the ſtomach than from all other cauſes put together, is a ſufficient motive to call the ſurgeon, who muſt have a large ſhare of diſintereſtedneſs and ſkill, not to be compelled to bleed the patient, ſometimes under circumſtances.

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that do not admit of it with impunity. A moderate ntity of freſh butter, with bread expoſed as little to fire as poſſible, or not at all, but uſed cold, appears ne to be wholeſome; it is capable of becoming, with other aliments, as ſoft, and inoffenſive chyle, perhaps ny part of diet.

The ſame thing may, perhaps, be ſaid of *coffee* as of the heat, the ſtrength, and the quantity make it wholeſome or otherwiſe. There are nations who al- ſt live upon it, as others do on tea; amongſt neither we meet with diſeaſes that can juſtly be aſcribed to e ingredients in the common courſe of living.

Chocolate may ſeem to require more conſideration. s, as we all know, the fruit of a tree growing in the ſt Indies, ground into a paſte with other ingredients, ſerves as a repaſt to multitudes of people of all con- ons. It has not been obſerved, I believe, that thoſe in this manner make chocolate a part of their food, ſubject to any particular diſtempers. It may be con- red, therefore, as a wholeſome kind of breakfaſt to e who like it, and with whom it agrees. It is of an tuous nature, therefore little or no butter ſhould be d with it. Were it commonly made thinner than ne general practice, and a larger proportion of milk ed, it would ſeem to be much more proper for com- n uſe, than as it is generally ſerved up at preſent.

To all theſe, ſugar is for the moſt part a neceſſary ad- on; and, perhaps, much depends on the quantity of addition, whether they are to be ſtyled wholeſome otherwiſe. Nothing is more common than to hear ſons complaining of the heart-burn after breakfaſt, ibing it to the tea, or the other articles they have

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been drinkiing. The liquors themſelves have no ſhare, or very little, in producing this complaint: it ariſes from the bread, the butter, the ſugar, in conjunction; and is a proof that more of ſome of theſe, or all of them together, has been taken than the ſtomach could digeſt, and this circumſtance ought to be a ſtanding monitor againſt exceſs in quantity, even of things deemed the moſt inoffenſive.

Coffee, perhaps, is an exception to what was ſaid above, that the liquors themſelves have little or no ſhare in producing the heart-burn. Coffee made ſweet ſeldom fails to produce it; and it would be right to uſe as little ſugar with it as poſſible.

The effects of improper conduct, in reſpect to thoſe things which now conſtitute our breakfaſts, are of little conſequence, compared with thoſe which ariſe from the *well covered table* at noon. The indulgences of breakfaſts ſupply but very few materials for deſtruction. The repeated exceſſes at dinner, are ſerious affairs. It has been thought, that more people ſuffer by hard drinking, than immoderate eating; my obſervation leads me to take the oppoſite ſide. At preſent, indeed, the former practice is generally baniſhed to the vulgar; but whilſt it prevailed to the utmoſt, it ſeems to me that more were injured by *exceſs* of *diet*, than of *drinking*.

Though I think the quantity of food is a matter principally to be regarded, yet the *quality* is not a matter of indifference.

One of the firſt articles of diet I ſhall mention, is *bread*, and that only to ſay, that to digeſt it properly, if taken in conſiderable quantities, very ſtrong organs are requiſite. The huſbandman and labourer find no difficulties in

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n this reſpect; but to many others, this is not the caſe. n weak ſtomachs, a large proportion of bread is indi-eſtible; it turns ſour, produces the heart-burn, flatulen-ies, and interrupts the perfect concoction of every thing lſe. This is not owing to any ſuppoſed adulteration in ommon; nor do I believe bread is adulterated to ſuch degree, as many imagine; but to its own nature, hich requires organs of a certain ſtrength to aſſimilate properly; and if not ſo aſſimilated it happens, as in any other caſes, the corruption of what is good makes the worſt of all others.

On this principle I have endeavoured to inculcate the eceſſity of paying much attention to this capital article diet to valetudinaries in general; never to abſtain om it wholly, but to uſe it with moderation; to conſi-r it as one of thoſe things which, ſparingly uſed, was tremely neceſſary and beneficial; if otherwiſe, the itful ſource of many complaints, which were little ſuſ-cted to ariſe from this cauſe.

In this country animal food of one kind or another nſtitutes the chief part of our nouriſhment. That ere are ſome kinds of more eaſy, ſome of harder digeſ-n than others, is well known to every body; yet I am clined to think, there is ſcarcely any part of animal t in uſe, that would not occaſionally be made to agree, t is, to be digeſted without much difficulty, if we re full as anxious in reſpect to *exceſs of quantity*, as unſuitableneſs of the kind; at leaſt this opinion cor-ponds with my own obſervation and experience. If a ſon eats as much of ham, ſalted beef, or bacon, as he ght to do of fiſh or of chicken, he may ſuffer by it. The article of *puddings*, on an Engliſh table, is an af-

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fair of conſequence. After a plentiful dinner of animal food, rich ſweet puddings, deſerts, or even fruit, ſeem a very unnatural and improper addition; more eſpecially if the puddings are baked; for a little butter, long expoſed to the heat of an oven, becomes oftentimes a cauſe of much ſuffering.

Of *vegetables* it will be neceſſary to ſay ſomething. The rule in general is, to appeal to what beſt agrees, in this reſpect, with each particular conſtitution. I have only one ſhort caution to give on this head. Thoſe who think it neceſſary to pay any attention to their health at table, ſhould take care that the quantity of bread, and of meat, and of puddings, and of greens, ſhould not compoſe *each of them a meal*, as if ſome were only thrown in to make a weight; but carefully to obſerve, that the ſum of all together does not exceed due bounds, or encroach upon the firſt feelings of ſatiety.

In reſpect to *fruit*, I apprehend it is a moſt injurious practice to eat it, as is generally done, *after* a plentiful meal. There are ſome people who may be happy enough not to feel themſelves incommoded by any quantity they can take; but this is not the caſe with the generality, to whom I appeal for the proof of this aſſertion.

Fruit was given us for uſe, as well as pleaſure, to contribute to our health, not to hurt it. The forenoon ſeems of all others the moſt ſuitable ſeaſon, unleſs it is taken inſtead of a meal. This I believe is the cuſtom in many parts of the world, and ſeems moſt conſiſtent with health and right reaſon. This and another cuſtom which I believe prevails in France, I ſhould be glad to ſee introduced into England more generally, for ſome families have long been in the practice of it; which is to

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nk whatever may be neceſſary, what health or in-
ion requires, during the repaſt—and then to diſmiſs
ottle entirely.

might ſeem not improper, in this place, to mention
pinion of the different kinds of liquors, reſpecting
comparative advantages.

e leſſer quantity of fermented liquors we accuſtom
lves to, the better.

abſtain from *ſpirits* of *every* kind, however dilu-
as much as may be.

here mild, well brewed *beer* agrees, to keep it as
age.

here *water* does not diſagree, to value the privi-
and continue it.

reſpect to *wine*, cuſtom, for the moſt part, will
e. The leſs the exceſs in quantity, the more con-
t with health and long life.

nch is a favourite with many; if weak, in hot bili-
conſtitutions, it ſeems not to be an unwholeſome
oſition. Like what has been ſaid of diet in gene-
o likewiſe it may be added in reſpect to liquors; it
quantity in common, that does more harm than
ind; and people, eſpecially in the early part of life,
t be too ſolicitous to ſhun the firſt temptations to
ve of ſpirituous liquors.

ere is another repaſt which, ſince the introduction
a, is become a kind of neceſſary of life, and as
expected in every family as the other uſual meals
ſelves. It may not, perhaps, be wholly improper
ggeſt ſome conſiderations reſpecting the uſe of tea
offee after dinner. If we may judge from various
mſtances, from the time of dinner, digeſtion is
perfor-

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performing during the courſe of ſeveral hours. Whilſt that power, which we call nature, is performing this taſk, a ſecond is added, which, though of a lighter quality, adds to the quantity, and as it muſt be aſſimilated to the chyle now forming, is an additional burthen. To the robuſt this may appear trifling, it is not felt; but to thoſe who may be ſaid to be barely not valetudinary, it is a matter of ſome conſequence.

It is thought by many that tea aſſiſts digeſtion by the additional ſtimulus of its quality: it may excite the ſtomach and bowels to paſs the digeſting food ſooner than they otherwiſe would have done, and ſooner than the chyle is properly elaborated,—it may perhaps aſſiſt in carrying off flatulency and the food together. This, at leaſt, is my opinion of it; and I therefore think the perſons of whom I have been ſpeaking, ought to drink either tea orcoffee with great moderation; never to make it ſweet, coffee eſpecially; and to eat with it as ſeldom as poſſible; for either ſweet cakes of any kind, or butter in any proportion, rather retard digeſtion, than promote it. The only proper time to drink either tea or coffee, or any ſuch beverage, with ſafety or advantage, is to take it as ſoon after dinner as poſſible, and inſtead of ſitting down to the bottle.—This is one of thoſe cuſtoms, which, perhaps, might be adopted by us with fewer diſadvantages than many of the faſhions we receive from our neighbours. As on the due performance of digeſtion depends much of our health, eaſe, and proſpect of longevity; ſo we ought moſt ſtudiouſly to avoid every thing that has a probable chance of interrupting it.

I have proviſionally recommended ſuppers to the objects of theſe remarks; as thinking that nature can

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effect that eaſily at twice, which at once would cauſe ſome degree of diſtreſs. I have had occaſion to remark to you, that the robuſt are not perfectly ſecure from the dangerous effects of a full meal.—Apoplexies, perhaps, proceed more frequently from this cauſe, than all the reſt put together. If perſons feel no injury from eating twice a day, neither from a meal ſufficient to ſerve the purpoſes of health taken at once, let them perſevere in the practice. Experience cautiouſly attended to, is moſt certainly the beſt guide.---From one cauſe or another, the practice appears to increaſe of abſtaining from ſuppers entirely, and is rather to be encouraged in the general; for thoſe who have but little command over themſelves at dinner, ought not to have the farther temptation to exceed what is right at a ſecond meal. Where diſcretion prevails, and eſpecially in perſons of buſineſs, where attention is required, the plan I have propoſed would ſeem more proper, to divide the meals; eſpecially ſuch whoſe occupations require the full and immediate exerciſe of every faculty.

HEART-BURN.

This is a very uneaſy ſenſation about the pit of the ſtomach, proceeding from weakneſs or the abundance of an acid humour; and perſons who are liab'e to this complaint ſhould avoid ſtale liquors, and all ſour, windy, and greaſy aliments, beſides abſtaining from exerciſe after a full meal:---fermented liquors, and ſugar, are very apt to produce this complaint.

When

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When the diſorder is cauſed by acidities in the ſtomach, the following *Lozenges* may be freely made uſe of, as the moſt effectual for the purpoſe, and free from the inconvenience that is often complained of in ſimilar preparations, namely, binding the belly, and to which chalk, and moſt preparations of oyſter ſhells are liable.

Take magneſia alba, ſix ounces; double refined ſugar, three ounces; nutmeg, one ſcruple; mix them together, and form them into lozenges with a ſolution of gum tragacanth.

When wind is the cauſe of the complaint, a medicine may be made by infuſing an ounce of rhubarb, and a quarter of an ounce of cardamon ſeeds, in a pint of brandy; digeſt this for two or three days, then ſtrain it, and add four ounces of white ſugar candy. A table ſpoonful may be taken occaſionally.---Or a ſmall glaſs of cinnamon or peppermint water, or good brandy, may be uſed when the diſorder ariſes from eating fat meat, or greaſy food of any kind.

When the heart-burn ariſes from bilious humours, a tea-ſpoonful of the ſweet ſpirits of nitre, in a glaſs of water or a cup of tea, will generally give eaſe.

The Peruvian bark, and any of the ſtomachic bitters, are highly uſeful.

HERRINGS.

To boil HERRINGS. The propereſt time for boiling herrings, which however is not a general way, is when they come before and at the beginning of the mackerel ſeaſon;

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ſeaſon; they are by many people reckoned better than when full of roe; the fleſh is much poorer than at this ſeaſon when their breeding time is over, and they have had time to recover their fleſh.

Clean half a dozen herrings, and throw them into a pan of cold water, ſtir them about, and change the water once; ſet on a ſtewpan, with water enough to cover them, ſome ſalt, and a little vinegar. When the water boils, put in the herrings; when they are enough, lay them on a fiſh plate, in a warm diſh. Sauce—fennel boiled and chopped ſmall, with melted butter.

Another way. Scale, gut, and waſh your herrings; dry them clean, and rub them over with a little vinegar and ſalt; ſkewer them with their tails in their mouth, and lay them on your fiſh plate. When your water boils put them in, they will take ten or twelve minutes boiling. When you take them up, drain them over the water, then turn the heads into the middle of your diſh. Lay round them ſcraped horſe-radiſh, parſley and butter for ſauce.

But the moſt general way of dreſſing herrings is to broil or fry them with melted butter.

To fry HERRINGS. Scale them, gut them, cut off their heads, waſh them clean, dry them in a cloth, flour them, and fry them in butter. Have ready a good many onions peeled and cut thin. Fry them of a light brown with the herrings. Lay the herrings in your diſh, and the onions round; butter and muſtard in a cup. You muſt do them with a quick fire.

Another way. Scale, clean, and dry them well; duſt them with flour; and when your dripping or butter is

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boiling hot, put in your fiſh, a few at a time; fry them over a briſk fire. When you have fried them all, ſet the tails one up againſt another in the middle of the diſh: then fry a large handful of parſley criſp, take it out before it loſes its colour, lay it round them, and parſley ſauce in a boat; or, if you like onions better, fry them, lay ſome round your diſh and make onion-ſauce for them.

HERRINGS *with Muſtard Sauce.* Gut and wipe the herrings very clean. Melt ſome butter; add chopped parſley, ſhallots, green onions, pepper, and ſalt. Dip the herrings in this, and roll them in bread crumbs, then broil them, and ſerve them with a ſauce made of melted butter, flour, broth, vinegar, pepper, and ſalt. When ready to ſerve, add muſtard according to judgement.

To bake HERRINGS. Having well cleaned your herrings, take a little black and Jamaica pepper, a few cloves, and a good deal of ſalt; mix them together, then rub it all over the fiſh, lay them ſtraight in a pot, cover them with allegar, tie ſtrong paper over the pot, and bake them in a moderate oven. If your allegar is good, they will keep two or three months. You may eat them either hot or cold.

HICCUP.

A glaſs of good wine, or a ſmall quantity of any good ſpirits, will generally remove this complaint. Or a ſingle drop of chymical oil of cinnamon, dropped on a knob of ſugar, and diſſolved leiſurely in the mouth, is very efficacious. In very ſevere caſes, a vomit may be neceſſary; or the ſtomach may be fomented with cloths

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cloths dipped in warm water, or an infusion of camomile flowers.

HOG's-HEAD.—See PORK.

HOOPING, OR CHIN COUGH.

One of the most effectual remedies in the chin cough is change of air. This often removes the malady, even when the change seems to be from a purer, to a less wholesome air. This may, in some measure, depend on the patient's being removed from the place where the infection prevails. Most of the diseases of children are infectious; nor is it at all uncommon to find the chin cough prevailing in one town or village, when another, at a very small distance, is quite free from it. But whatever be the cause, we are sure of the fact. No time ought, therefore, to be lost in removing the patient to some distance from the place where he caught the disease, and, if possible, into a more pure and warm air.

The garlic ointment is a well known remedy in North Britain for the chin cough. It is made by beating in a mortar, garlic, with an equal quantity of hog's lard. With this the soles of the feet may be rubbed twice or thrice a-day; but the best method is to spread it upon a rag, and apply it in the form of a plaster. It should be renewed every night and morning at least, as the garlic soon loses its virtue.

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Wood-lice, or millipedes, infuſed in wine and water, are alſo much recommended:---Take one ounce of millipedes dried and powdered; wine and water, each a quarter of a pint, let it ſtand about twelve hours, pour it off quite bright, and give two tea ſpoonfuls three or four times a-day. And if the coughing fits are extremely violent, this infuſion may be ſweetened with a tea ſpoonful of ſyrup of poppies in each doſe; or may have the addition of five drops of laudanum for a very young child, and more in proportion to age.

Bathing the feet in warm water, or rather in the *aromatic bath*; as alſo bliſters, in violent caſes, have produced much good.

The food of new-born infants, or indeed until they are five or ſix months old, will admit of very little alteration. When the hooping cough attacks thoſe who are weaned, great care ſhould be taken ſo to regulate their diet, as not to admit the uſe of any thing that may increaſe the load of phlegm: butter, in particular, ſhould be avoided; bran tea, or weak whey made with any acid, and ſweetened with honey, may be the common drink; or, indeed, tea made from any of the pectoral herbs, ſuch as pennyroyal, hyſſop, or the leaves and roots of the common mallow.

When the diſeaſe proves violent, and the patient is in danger of being ſuffocated by the cough, he ought to be bled, eſpecially if there be a fever, with a hard, full pulſe. But as the chief intention of bleeding is to prevent an inflammation of the lungs, and to render it more ſafe to give vomits, it will be ſeldom neceſſary to repeat the operation.

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The beſt and moſt eaſy way to excite vomiting, is to diſſolve one grain of emetic tartar in two ounces of water, and give a tea ſpoonful at a time, at the diſtance of half an hour, till it procures a diſcharge.

The body ought to be kept gently open. The beſt medicines for this purpoſe are rhubarb and its preparations, as the ſyrup, tincture, &c. Of theſe a tea ſpoonful or two may be given to an infant twice or thrice a-day, as there is occaſion; to ſuch as are farther advanced, the doſe muſt be proportionally increaſed, and repeated till it has the deſired effect. Thoſe who cannot be brought to take the bitter tincture, may have an infuſion of ſenna and prunes, ſweetened with manna, coarſe ſugar, or honey; or a few grains of rhubarb mixed with a tea ſpoonful or two of ſyrup, or currant jelly, ſo as to diſguiſe the taſte. Moſt children are fond of ſyrups and jellies, and ſeldom refuſe a diſagreeable medicine when mixed with them.

No expreſs reliance muſt be placed on a change of air, independent of attention to other regulations.

HOUSE-KEEPER.

The ſtation of houſe-keeper is ſo frequently joined with other employments in the family, that it may not be eaſy to point out the duties of any perſon in that line, when engaged to act alſo in other capacities, as for inſtance, houſe-keeper and lady's maid, or houſe-keeper and cook, &c. but we will endeavour to give the outlines of what may properly be expected from a perſon who takes the whole ſuperintendance of a family, and

in

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in whom, of courſe, great truſt is repoſed, ſhe being reſponſible to the maſter, miſtreſs, or head ſteward, according to the orders which ſhe may have received.

She muſt be well acquainted with the buſineſs of a cook and confectioner, before ſhe can be duly qualified for her own; and muſt know how to order and keep a good economy throughout the whole family.

At her firſt entrance upon duty, ſhe ſhould draw up a general account of all things committed to her charge by her employer, whoſe orders ſhe is to follow in every particular; ſhe ſhould keep a good underſtanding with the cook and other inferior ſervants, by ſupplying them regularly with all neceſſaries; and then give in a full account of all, which account ſhe muſt keep ready to produce when called for.

It is her buſineſs to provide good ſervants for the kitchen, and to change them, and tradeſmen alſo, whenever they are found unfit for their buſineſs, or negligent in it; without particular care in this reſpect, ſhe can never do juſtice.

She muſt take care to lay in all neceſſaries in due time, and give every ſervant what he may want, with this proviſo, however, that ſhe grant nothing unreaſonable. She is to bargain with all tradeſmen whatever, who ſupply the family with eatables.

She muſt be a judge of butcher's meat, and make an agreement in writing, at ſo much a pound, whether beef, mutton, or veal, for the whole year; taking care to ſee all weighed, and keep a memorandum thereof.

In like manner, let her bargain with the poulterer to be ſerved yearly or quarterly, at ſo much a piece, for tame as well as for wild fowl; ſhe muſt duly inform her-

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ſelf of the market prices of every thing in its proper ſeaſon, for the ſake of her employer's intereſt.

She muſt take the ſame method with the cheeſemonger, in order to be better ſupplied with larding bacon, with hams, &c. hog's-lard, ſauſages, chitterlings, neats tongues, and whatever is requiſite for ſide diſhes.

She muſt be a good judge of fiſh of all kinds, both of ſalt and freſh water, and of all ſorts of fruit and herbs; all which neceſſarily imply a previous knowledge of cookery and confectionary.

It is likewiſe her buſineſs to agree with the grocer, chandler, and oilman, for ſugar, ſpices, candles, links, oil, &c. as alſo to provide ſalt, pepper, cloves, nutmegs, &c. Alſo flour, butter, and cheeſe; and in a word, every thing wanting in the kitchen and offices.

All the kitchen furniture fall likewiſe under her care, which ſhe muſt ſee mended or ſupplied, when neceſſary.

A houſe-keeper muſt be able alſo to form the plan of an entertainment, to draw up a bill of fare, and to order the courſes for every different table; ſhe ſhould know what is moſt liked of all ſorts of entries, ſoups, roaſt diſhes, and ſide ones, otherwiſe it will be impoſſible for her to make a bill of fare as it ought to be. So that, here again, ſome ſkill in the cook and confectioner's arts is requiſite, unleſs ſhe will be always aſking advice of them. When any great entertainment is to be made, it is her buſineſs to take her precautions accordingly, inquiring of the butcher, poulterer, &c. what they have by them, that ſhe may provide the beſt of every thing.

When an entertainment is to be made, ſhe ought to be informed of the number of gueſts, in order to lay out the

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the table in a proper manner; and order the diſhes ſo that no two of the ſame ſort may be near one another; for, beſides that this has an ill appearance, it might confine ſome of the company to what they do not like.

She ought to form a regular plan of the whole entertainment, and make a draught of each courſe, as well as the deſert; ranging every one in its proper place, obſerving well the ſizes of the diſhes, and what they are to contain; and if the family ſervants are not ſufficient, ſhe will call in aſſiſtance on whom ſhe can depend, that every thing may be done in good order, and nothing loſt or deſtroyed.

The form of the table ought likewiſe to be conſidered, in order for ranging of the plates and diſhes in ſuch a manner, that every perſon may come at what he likes; and that the waiters may not be forced to diſturb the company, in ſerving or taking away; a circumſtance that is ſhocking, and yet this happens but too often, for want of taking proper care beforehand.

As an ill-attended or ill-ſerved table is always a cauſe of cenſure on the maſter of the family, ſhe muſt never fail to have the table covered in good time, and ſee every thing in readineſs and well arranged before the company is announced; and whoever of the ſervants waits at table, will inform her when any thing is found fault with, and alſo what gave ſatisfaction, that ſhe may avoid future errors, and continue to pleaſe.

When the laſt courſe is ſerved up, ſhe muſt prepare to range the deſert in the manner in which it is to be ſerved; and then go to the kitchen to ſee what is come from table; and if any articles will ſerve another time, they ought to be taken care of, and locked up, the reſt given to the ſervants.

S'E-

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SPECIMEN OF A HOUSE-KEEPING BOOK.

	Mond. 1. £. s. d.	Tueſd. 2. £. s. d.	Wed. 3. £. s. d.	Thurſ. 4. £. s. d.	Frid. 5. £. s. d.	Sat. 6. £. s. d.	Sund. 7 £. s. d
Beer and Cyder							
Bread - -							
Butter - -							
Candles -							
Cheeſe - -							
Cloaths - -							
Coals and Wood							
Eggs and Milk							
Fiſh - -							
Flour - - -							
Fruit - -							
Garden-ſtuff -							
Meat - - - -							
Oil, Vinegar, Pepper, Spice and Muſtard							
Poultry - -							
Rent, Repairs and Taxes							
Rum and Brandy							
Salt - -							
Servants Wages							
Soap, Starch, &c.							
Sugar - -							
Tea, Coffee, &c.							
Waſhing - -							
Wine - -							
Sundries - -							
Each Day's Expences.							

Monday - -
Tueſday - -
Wedneſday -
Thurſday - -
Friday - -
Saturday -

1ſt Week's Expences.

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SPECIMEN OF THE LAST PAGE OF THE HOUSE-KEEPING BOOK, FOR A GENERAL STATEMENT IN THE YEAR.

		£.	s.	d.
January.	1st Week, *Jan.*			
	2d Week, -			
	3d Week, -			
	4th Week, -			
February.	5th Week, *Feb.*			
	6th Week -			
	7th Week -			
	8th Week -			
March.	9th Week, *Mar.*			
	10th Week -			
	11th Week -			
	12th Week -			
	13th Week -			
April.	14th Week, *April*			
	15th Week -			
	16th Week -			
	17th Week -			
May.	18th Week, *May*			
	19th Week -			
	20th Week -			
	21st Week -			
June.	22d Week, *June*			
	23d Week			
	24th Week -			
	25th Week -			
	26th Week -			
	Carried on £.			

		£.	s.	d.
	Brought up			
July.	27th Week, *July*			
	28th Week -			
	29th Week -			
	30th Week -			
August.	31st Week, *Aug.*			
	32d Week -			
	33d Week -			
	34th Week -			
	35th Week -			
September.	36th Week, *Sept.*			
	37th Week -			
	38th Week -			
	39th Week -			
October.	40th Week, *Oct.*			
	41st Week -			
	42d Week -			
	43d Week -			
November.	44th Week, *Nov.*			
	45th Week -			
	46th Week -			
	47th Week -			
	48th Week -			
December.	49th Week, *Dec.*			
	50th Week -			
	51st Week -			
	52d Week -			
	Dec.			

	£.	s.	d.
Total Expences of the whole Year. £.			

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Shewing at one View the Account of any Commodity, from One Pound, Ounce, Yard, &c. to One Hundred; and from One Farthing to One Shilling.

No. of lbs. &c.	1 Farth. s.	d.	2 Farths. s.	d.	3 Farths. s.	d.	1 Penny. s.	d.	1 Penny ½ s.	d.	1 Penny ¾ s.	d.
2	0	0½	0	1	0	1½	0	2	0	2½	0	3
3	0	0¾	0	1½	0	2¼	0	3	0	3¾	0	4½
4	0	1	0	2	0	3	0	4	0	5	0	6
5	0	1¼	0	2½	0	3¾	0	5	0	6¼	0	7½
6	0	1½	0	3	0	4½	0	6	0	7½	0	9
7	0	1¾	0	3½	0	5¼	0	7	0	8¾	0	10½
8	0	2	0	4	0	6	0	8	0	10	1	0
9	0	2¼	0	4½	0	6¾	0	9	1	11¼	1	1½
10	0	2½	0	5	0	7½	0	10	1	0½	1	3
11	0	2¾	0	5½	0	8¼	0	11	1	1¾	1	4½
12	0	3	0	6	0	9	1	0	1	3	1	6
13	0	3¼	0	6½	0	9¾	1	1	1	4¼	1	7½
14	0	3½	0	7	0	10½	1	2	1	5½	1	9
15	0	3¾	0	7½	0	11¼	1	3	1	6¾	1	10½
16	0	4	0	8	1	0	1	4	1	8	2	0
17	0	4¼	0	8½	1	0¾	1	5	1	9¼	2	1½
18	0	4½	0	9	1	1½	1	6	1	10½	2	3
19	0	4¾	0	9½	1	2¼	1	7	1	11¾	2	4½
20	0	5	0	10	1	3	1	8	2	1	2	6
21	0	5¼	0	10½	1	3¾	1	9	2	2¼	2	7½
22	0	5½	0	11	1	4½	1	10	2	3½	2	9
23	0	5¾	0	11½	1	5¼	1	11	2	4¾	2	10½
24	0	6	1	0	1	6	2	0	2	6	3	0
25	0	6¼	1	0½	1	6¾	2	1	2	7¼	3	1½
26	0	6½	1	1	1	7½	2	2	2	8½	3	3
27	0	6¾	1	1½	1	8¼	2	3	2	9¾	3	4½
[28*	0	7	1	2	1	9	2	4	2	11	3	6
29	0	7¼	1	2½	1	9¾	2	5	3	0¼	3	7½
30	0	7½	1	3	1	10½	2	6	3	1½	3	9
31	0	7¾	1	3½	1	11¼	2	7	3	2¾	3	10½
32	0	8	1	4	2	0	2	8	3	4	4	0
33	0	8¼	1	4½	2	0¾	2	9	3	5¼	4	1½
34	0	8½	1	5	2	1½	2	10	3	6½	4	3
35	0	8¾	1	5½	2	2¼	2	11	3	7¾	4	4½
36	0	9	1	6	2	3	3	0	3	9	4	6
37	0	9¼	1	6½	2	3¾	3	1	3	10¼	4	7½
38	0	9½	1	7	2	4½	3	2	3	11½	4	9
39	0	9¾	1	7½	2	5¼	3	3	4	0¾	4	10½
40	0	10	1	8	2	6	3	4	4	2	5	0
41	0	10¼	1	8½	2	6¾	3	5	4	3¼	5	1½
42	0	10½	1	9	2	7½	3	6	4	4½	5	3
43	0	10¾	1	9½	2	8¼	3	7	4	5¾	5	4½
44	0	11	1	10	2	9	3	8	4	7	5	6
45	0	11¼	1	10½	2	9¾	3	9	4	8¼	5	7½
46	0	11½	1	11	2	10½	3	10	4	9½	5	9
47	0	11¾	1	11½	2	11¼	3	11	4	10¾	5	10½
48	1	0	2	0	3	0	4	0	5	0	6	0
49	1	0¼	2	0½	3	0¾	4	1	5	1¼	6	1½
50	1	0½	2	1	3	1½	4	2	5	2½	6	3
51	1	0¾	2	1½	3	2¼	4	3	5	3¾	6	4½
52	1	1	2	2	3	3	4	4	5	5	6	6
53	1	1¼	2	2½	3	3¾	4	5	5	6¼	6	7½
54	1	1½	2	3	3	4½	4	6	5	7½	6	9
55.	1	1¾	2	3½	3	5¼	4	7	5	8¼	6	10½
[56†	1	2	2	4	3	6	4	8	5	10	7	0
[84‡	1	9	3	6	5	3	7	0	8	9	10	6
[100	2	1	4	2	6	3	8	4	10	5	12	6
[112‖	2	4	4	8	7	0	9	4	11	8	14	0

* Quarter of the Great Hundred.
† Half of the Great Hundred.
‡ Three Quarters of the Great Hundred.
‖ The Great Hundred Weight.

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FROM ONE PENNY THREE FARTHINGS TO THREE PENCE per lb.

No. of lbs. &c.	1 Penny ¾ s.	d.	2 Pence. s.	d	2 Pence ¼ l.	s.	d.	2 Pence ½ l.	s.	d.	2 Pence ¾ l.	s.	d.	3 Pence. l.	s.	d.
2	0	3½	0	4	0	0	4½	0	0	5	0	0	5½	0	0	6
3	0	5¼	0	6	0	0	6¾	0	0	7½	0	0	8¼	0	0	9
4	0	7	0	8	0	0	9	0	0	10	0	0	11	0	1	0
5	0	8¾	0	10	0	0	11¼	0	1	0½	0	1	1¾	0	1	3
6	0	10½	1	0	0	1	1½	0	1	3	0	1	4¼	0	1	6
7	1	0¼	1	2	0	1	3¾	0	1	5¼	0	1	7¼	0	1	9
8	1	2	1	4	0	1	6	0	1	8	0	1	10	0	2	0
9	1	3¾	1	6	0	1	8¼	0	1	10¼	0	2	0¼	0	2	3
20	1	5½	1	8	0	1	10½	0	2	1	0	2	3¼	0	2	6
11	1	7¼	1	10	0	2	0¾	0	2	3½	0	2	6¼	0	2	9
12	1	9	2	0	0	2	3	0	2	6	0	2	9	0	3	0
13	1	10¼	2	2	0	2	5¼	0	2	8¼	0	2	11¼	0	3	3
14	2	0½	2	4	0	2	7½	0	2	11	0	3	2½	0	3	6
15	2	2¼	2	6	0	2	9¾	0	3	1½	0	3	5¼	0	3	9
16	2	4	2	8	0	3	0	0	3	4	0	3	8	0	4	0
17	2	5¾	2	10	0	3	2¼	0	3	6½	0	3	10¾	0	4	3
18	2	7½	3	0	0	3	4½	0	3	9	0	4	1½	0	4	6
19	2	9¼	3	2	0	3	6¾	0	3	11½	0	4	4¼	0	4	9
20	2	11	3	4	0	3	9	0	4	2	0	4	7	0	5	0
21	3	0¾	3	6	0	3	11¼	0	4	4½	0	4	9¾	0	5	3
22	3	2½	3	8	0	4	1½	0	4	7	0	5	0½	0	5	6
23	3	4¼	3	10	0	4	3¾	0	4	9½	0	5	3¼	0	5	9
24	3	6	4	0	0	4	6	0	5	0	0	5	6	0	6	0
25	3	7¾	4	2	0	4	8¼	0	5	2½	0	5	8¾	0	6	3
26	3	9½	4	4	0	4	10½	0	5	5	0	5	11½	0	6	6
27	3	11¼	4	6	0	5	0¾	0	5	7¾	0	6	2¼	0	6	9
28	4	1	4	8	0	5	3	0	5	10	0	6	5	0	7	0
29	4	2¾	4	10	0	5	5¼	0	6	0¼	0	6	7¾	0	7	3
30	4	4½	5	0	0	5	7½	0	6	3	0	6	10½	0	7	6
31	4	6¼	5	2	0	5	9¾	0	6	5½	0	7	1¼	0	7	9
32	4	8	5	4	0	6	0	0	6	8	0	7	4	0	8	0
33	4	9¾	5	6	0	6	2¼	0	6	10½	0	7	6¾	0	8	3
34	4	11½	5	8	0	6	4½	0	7	1	0	7	9½	0	8	6
35	5	1¼	5	10	0	6	6¾	0	7	3¼	0	8	0¾	0	8	9
36	5	3	6	0	0	6	9	0	7	6	0	8	3	0	9	0
37	5	4¾	6	2	0	6	11¼	0	7	8½	0	8	5¼	0	9	3
38	5	6½	6	4	0	7	1½	0	7	11	0	8	8½	0	9	6
39	5	8¼	6	6	0	7	3¾	0	8	1¾	0	8	11¼	0	9	9
40	5	10	6	8	0	7	6	0	8	4	0	9	2	0	10	0
41	5	11¾	6	10	0	7	8¼	0	8	6¼	0	9	4¾	0	10	3
42	6	1¾	7	0	0	7	10½	0	8	9	0	9	7½	0	10	6
43	6	3½	7	2	0	8	0¾	0	8	11½	0	9	10¼	0	10	9
44	6	5¼	7	4	0	8	3	0	9	2	0	10	1	0	11	0
45	6	6¾	7	6	0	8	5¼	0	9	4½	0	10	3¼	0	11	3
46	6	8½	7	8	0	8	7½	0	9	7	0	10	6½	0	11	6
47	6	10¼	7	10	0	8	9¾	0	9	9¼	0	10	9¾	0	11	9
48	7	0	8	0	0	9	0	0	10	0	0	11	0	0	12	0
49	7	1¾	8	2	0	9	2¼	0	10	2½	0	11	2¾	0	12	3
50	7	3½	8	4	0	9	4½	0	10	5	0	11	5½	0	12	6
51	7	5¼	8	6	0	9	6¾	0	10	7½	0	11	8¼	0	12	9
52	7	7	8	8	0	9	9	0	10	10	0	11	11	0	13	0
53	7	8¾	8	10	0	9	11¼	0	11	0½	0	12	1¾	0	13	3
54	7	10½	9	0	0	10	1½	0	11	3	0	12	4½	0	13	5
55	8	0¼	9	2	0	10	3¾	0	11	5½	0	12	7¼	0	13	9
56	8	2	9	4	0	10	6	0	11	8	0	12	10	0	14	0
84	12	3	14	0	0	15	9	0	17	6	0	19	3	1	1	0
100	14	7	16	8	0	18	9	1	0	10	1	2	11	1	5	0
112	15	4	18	8	1	1	0	1	3	4	1	5	8	1	8	0

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FROM THREE PENCE FARTHING TO FOUR PENCE HALFPENNY per lb.

No. of lbs. &c.	3 Pence ¼ l. s. d.	3 Pence ½ l. s. d.	3 Pence ¾ l. s. d.	4 Pence l. s. d.	4 Pence ¼ l. s. d.	4 Pence ½ l. s. d.
2	0 0 6½	0 0 7	0 0 7½	0 0 8	0 0 8½	0 0 9
3	0 0 9¾	0 0 10½	0 0 11¼	0 1 0	0 1 0¾	0 1 1½
4	0 1 1	0 1 2	0 1 3	0 1 4	0 1 5	0 1 6
5	0 1 4¼	0 1 5½	0 1 6¾	0 1 8	0 1 9¼	0 1 10½
6	0 1 7½	0 1 9	0 1 10½	0 2 0	0 2 1½	0 2 3
7	0 1 10¾	0 2 0½	0 2 2¼	0 2 4	0 2 5¼	0 2 7½
8	0 2 2	0 2 4	0 2 6	0 2 8	0 2 10	0 3 0
9	0 2 5¼	0 2 7½	0 2 9¾	0 3 0	0 3 2¼	0 3 4½
10	0 2 8½	0 2 11	0 3 1½	0 3 4	0 3 6½	0 3 9
11	0 2 11¾	0 3 2½	0 3 5¼	0 3 8	0 3 10¾	0 4 1½
12	0 3 3	0 3 6	0 3 9	0 4 0	0 4 3	0 4 6
13	0 3 6¼	0 3 9½	0 4 0¾	0 4 4	0 4 7¼	0 4 10½
14	0 3 9½	0 4 1	0 4 4½	0 4 8	0 4 11½	0 5 3
15	0 4 0¾	0 4 4½	0 4 8¼	0 5 0	0 5 3¾	0 5 7½
16	0 4 4	0 4 8	0 5 0	0 5 4	0 5 8	0 6 0
17	0 4 7¼	0 4 11½	0 5 3¾	0 5 8	0 6 0¼	0 6 4½
18	0 4 10½	0 5 3	0 5 7½	0 6 0	0 6 4½	0 6 9
19	0 5 1¾	0 5 6½	0 5 11¼	0 6 4	0 6 8¼	0 7 1½
20	0 5 5	0 5 10	0 6 3	0 6 8	0 7 1	0 7 6
21	0 5 8¼	0 6 1½	0 6 6¾	0 7 0	0 7 5¼	0 7 10½
22	0 5 11½	0 6 5	0 6 10½	0 7 4	0 7 9½	0 8 3
23	0 6 2¾	0 6 8½	0 7 2¼	0 7 8	0 8 1¾	0 8 7½
24	0 6 6	0 7 0	0 7 6	0 8 0	0 8 6	0 9 0
25	0 6 9¼	0 7 3½	0 7 9¾	0 8 4	0 8 10¼	0 9 4½
26	0 7 0½	0 7 7	0 8 1½	0 8 8	0 9 2½	0 9 9
27	0 7 3¾	0 7 10½	0 8 5¼	0 9 0	0 9 6¾	0 10 1½
[28	0 7 7	0 8 2	0 8 9	0 9 4	0 9 11	0 10 6
29	0 7 10¼	0 8 5½	0 9 0¾	0 9 8	0 10 3½	0 10 10½
30	0 8 1½	0 8 9	0 9 4½	0 10 0	0 10 7½	0 11 3
31	0 8 4¾	0 9 0½	0 9 8¼	0 10 4	0 10 11¾	0 11 7½
32	0 8 8	0 9 4	0 10 0	0 10 8	0 11 4	0 12 0
33	0 8 11¼	0 9 7½	0 10 3¾	0 11 0	0 11 8½	0 12 4½
34	0 9 2½	0 9 11	0 10 7½	0 11 4	0 12 0½	0 12 9
35	0 9 5¾	0 10 2½	0 10 11¼	0 11 8	0 12 4¾	0 13 1½
36	0 9 9	0 10 6	0 11 3	0 12 0	0 12 9	0 13 6
37	0 10 0¼	0 10 9½	0 11 6¾	0 12 4	0 13 1¼	0 13 10½
38	0 10 3½	0 11 1	0 11 10½	0 12 8	0 13 5½	0 14 3
39	0 10 6¾	0 11 4½	0 12 2¼	0 13 0	0 13 9¾	0 14 7½
40	0 10 10	0 11 8	0 12 6	0 13 4	0 14 2	0 15 0
41	0 11 1¼	0 11 11½	0 12 9¾	0 13 8	0 14 6¼	0 15 4½
42	0 11 4½	0 12 3	0 13 1½	0 14 0	0 14 10½	0 15 9
43	0 11 7¾	0 12 6½	0 13 5¼	0 14 4	0 15 2¾	0 16 1½
44	0 11 11	0 12 10	0 13 9	0 14 8	0 15 7	0 16 6
45	0 12 2¼	0 13 1½	0 14 0¾	0 15 0	0 15 11¼	0 16 10½
46	0 12 5½	0 13 5	0 14 4½	0 15 4	0 16 3½	0 17 3
47	0 12 8¾	0 13 8½	0 14 8¼	0 15 8	0 16 7¾	0 17 7½
48	0 13 0	0 14 0	0 15 0	0 16 0	0 17 0	0 18 0
49	0 13 3¼	0 14 3½	0 15 3¾	0 16 4	0 17 4¼	0 18 4½
50	0 13 6½	0 14 7	0 15 7½	0 16 8	0 17 8½	0 18 9
51	0 13 9¾	0 14 10½	0 15 11¼	0 17 0	0 18 0¾	0 19 1½
52	0 14 1	0 15 2	0 16 3	0 17 4	0 18 5	0 19 6
53	0 14 4¼	0 15 5½	0 16 6¾	0 17 8	0 18 9¼	0 19 10½
54	0 14 7½	0 15 9	0 16 10½	0 18 0	0 19 1½	1 0 3
55	0 14 10¾	0 16 0½	0 17 2¼	0 18 4	0 19 5¾	1 0 7½
[56	0 15 2	0 16 4	0 17 6	0 18 8	0 19 10	1 1 0
[84	1 2 9	1 4 6	1 6 3	1 8 0	1 9 9	1 11 6
[100	1 7 1	1 9 2	1 11 3	1 13 4	1 15 5	1 17 6
[112	1 10 4	1 12 8	1 15 0	1 17 4	1 19 8	2 2 0

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FROM FOUR PENCE THREE FARTHINGS TO SIX PENCE per lb.

No. of lbs. &c.	4 Pence ¾ l.	s.	d.	5 Pence l.	s.	d.	5 Pence ½ l.	s.	d.	5 Pence ½ l.	s.	d.	5 Pence ¾ l.	s.	d.	6 Pence. l.	s.	d.
2	0	0	9 3/4	0	0	10	0	0	10 1/2	0	0	11	0	0	11 1/4	0	1	0
3	0	1	2 3/4	0	1	3	0	1	3 1/4	0	1	4 1/2	0	1	5 1/4	0	1	6
4	0	1	7	0	1	8	0	1	9	0	1	10	0	1	11	0	2	0
5	0	1	11 3/4	0	2	1	0	2	2 1/2	0	2	3 1/2	0	2	4 1/4	0	2	6
6	0	2	4 1/2	0	2	6	0	2	7 1/2	0	2	9	0	2	10 1/4	0	3	0
7	0	2	9 1/4	0	2	11	0	3	0 1/2	0	3	2 1/2	0	3	4 1/4	0	3	6
8	0	3	2	0	3	4	0	3	6	0	3	8	0	3	10	0	4	0
9	0	3	6 3/4	0	3	9	0	3	11 1/2	0	4	1 1/2	0	4	3 1/4	0	4	6
10	0	3	11 1/2	0	4	2	0	4	4 1/2	0	4	7	0	4	9 1/4	0	5	0
11	0	4	4 1/4	0	4	7	0	4	9 1/2	0	5	0 1/2	0	5	3 1/4	0	5	6
12	0	4	9	0	5	0	0	5	3	0	5	6	0	5	9	0	6	0
13	0	5	1 1/2	0	5	5	0	5	8 1/2	0	5	11 1/2	0	6	2 1/4	0	6	6
14	0	5	6 1/4	0	5	10	0	6	1 1/2	0	6	5	0	6	8 1/4	0	7	0
15	0	5	11 1/4	0	6	3	0	6	6 1/2	0	6	10 1/2	0	7	2 1/4	0	7	6
16	0	6	4	0	6	8	0	7	0	0	7	4	0	7	8	0	8	0
17	0	6	8 1/2	0	7	1	0	7	5 1/2	0	7	9 1/2	0	8	1 1/2	0	8	6
18	0	7	1 1/2	0	7	6	0	7	10 1/2	0	8	3	0	8	7 1/2	0	9	0
19	0	7	6 1/4	0	7	11	0	8	3 1/2	0	8	8 1/2	0	9	1 1/4	0	9	6
20	0	7	11	0	8	4	0	8	9	0	9	2	0	9	7	0	10	0
21	0	8	3 1/4	0	8	9	0	9	2 1/2	0	9	7 1/2	0	10	0 1/4	0	10	6
22	0	8	8 1/4	0	9	2	0	9	7 1/2	0	10	1	0	10	6 1/4	0	11	0
23	0	9	1 1/4	0	9	7	0	10	0 1/2	0	10	6 1/2	0	11	0 1/4	0	11	6
24	0	9	6	0	10	0	0	10	6	0	11	0	0	11	6	0	12	0
25	0	9	10 3/4	0	10	5	0	10	11 1/2	0	11	5 1/2	0	11	11 1/4	0	12	6
26	0	10	3 1/2	0	10	10	0	11	4 1/2	0	11	11	0	12	5 1/4	0	13	0
27	0	10	8 1/4	0	11	3	0	11	9 1/2	0	12	4 1/2	0	12	11 1/4	0	13	6
28	0	11	1	0	11	8	0	12	3	0	12	10	0	13	5	0	14	0
29	0	11	5 3/4	0	12	1	0	12	8 1/2	0	13	3 1/2	0	13	10 1/4	0	14	6
30	0	11	10 1/2	0	12	6	0	13	1 1/2	0	13	9	0	14	4 1/4	0	15	0
31	0	12	3 1/4	0	12	11	0	13	6 1/2	0	14	2 1/2	0	14	10 1/4	0	15	6
32	0	12	8	0	13	4	0	14	0	0	14	8	0	15	4	0	16	0
33	0	13	0 3/4	0	13	9	0	14	5 1/2	0	15	1 1/2	0	15	9 1/4	0	16	6
34	0	13	5 1/2	0	14	2	0	14	10 1/2	0	15	7	0	16	3 1/4	0	17	0
35	0	13	10 1/4	0	14	7	0	15	3 1/2	0	16	0 1/2	0	16	9 1/4	0	17	6
36	0	14	3	0	15	0	0	15	9	0	16	6	0	17	3	0	18	0
37	0	14	7 3/4	0	15	5	0	16	2 1/2	0	16	11 1/2	0	17	8 1/4	0	18	6
38	0	15	0 1/2	0	15	10	0	16	7 1/2	0	17	5	0	18	2 1/4	0	19	0
39	0	15	5 1/4	0	16	3	0	17	0 1/2	0	17	10 1/2	0	18	8 1/4	0	19	6
40	0	15	10	0	16	8	0	17	6	0	18	4	0	19	2	1	0	0
41	0	16	2 3/4	0	17	1	0	17	11 1/2	0	18	9 1/2	0	19	7 1/4	1	0	6
42	0	16	7 1/2	0	17	6	0	18	4 1/2	0	19	3	1	0	1 1/4	1	1	0
43	0	17	0 1/4	0	17	11	0	18	9 1/2	0	19	8 1/2	1	0	7 1/4	1	1	6
44	0	17	5	0	18	4	0	19	3	1	0	2	1	1	1	1	2	0
45	0	17	9 3/4	0	18	9	0	19	8 1/2	1	0	7 1/2	1	1	6 1/4	1	2	6
46	0	18	2 1/2	0	19	2	1	0	1 1/2	1	1	1	1	2	0 1/4	1	3	0
47	0	18	7 1/4	0	19	7	1	0	6 3/4	1	1	6 1/2	1	2	6 1/4	1	3	6
48	0	19	0	1	0	0	1	1	0	1	2	0	1	3	0	1	4	0
49	0	19	4 3/4	1	0	5	1	1	5 1/2	1	2	5 1/2	1	3	5 1/4	1	4	6
50	0	19	9 1/2	1	0	10	1	1	10 1/2	1	2	11	1	3	11 1/4	1	5	0
51	1	0	2 1/4	1	1	3	1	2	3 1/2	1	3	4 1/2	1	4	5 1/4	1	5	6
52	1	0	7	1	1	8	1	2	9	1	3	10	1	4	11	1	6	0
53	1	0	11 3/4	1	2	1	1	3	2 1/2	1	4	3 1/2	1	5	4 1/4	1	6	6
54	1	1	4 1/2	1	2	6	1	3	7 1/2	1	4	9	1	5	10 1/4	1	7	0
55	1	1	9 1/4	1	2	11	1	4	0 1/2	1	5	2 1/2	1	6	4 1/4	1	7	6
56	1	2	2	1	3	4	1	4	6	1	5	8	1	6	10	1	8	0
84	1	13	3	1	15	0	1	16	9	1	18	6	2	0	3	2	9	0
100	1	19	7	2	1	8	2	3	9	2	5	10	2	7	11	2	10	0
112	2	4	4	2	6	8	2	6	0	2	11	4	2	12	8	2	16	0

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FROM SIX PENCE HALFPENNY TO NINE PENCE per lb.

No. of lbs. &c.	6 Pence ½ l. s. d.	7 Pence. l. s. d.	7 Pence ½ l. s. d.	8 Pence. l. s. d.	8 Pence ½ l. s. d.	9 Pence. l. s. d.
2	0 1 1	0 1 2	0 1 3	0 1 4	0 1 5	0 1 6
3	0 1 7½	0 1 9	0 1 10½	0 2 0	0 2 1½	0 2 3
4	0 2 2	0 2 4	0 2 6	0 2 8	0 2 10	0 3 0
5	0 2 8½	0 2 11	0 3 1½	0 3 4	0 3 6½	0 3 9
6	0 3 3	0 3 6	0 3 9	0 4 0	0 4 3	0 4 6
7	0 3 9½	0 4 1	0 4 4½	0 4 8	0 4 11½	0 5 3
8	0 4 4	0 4 8	0 5 0	0 5 4	0 5 8	0 6 0
9	0 4 10½	0 5 3	0 5 7½	0 6 0	0 6 4½	0 6 9
10	0 5 5	0 5 10	0 6 3	0 6 8	0 7 1	0 7 6
11	0 5 11½	0 6 5	0 6 10½	0 7 4	0 7 9½	0 8 3
12	0 6 6	0 7 0	0 7 6	0 8 0	0 8 6	0 9 0
13	0 7 0½	0 7 7	0 8 1½	0 8 8	0 9 2½	0 9 9
14	0 7 7	0 8 2	0 8 9	0 9 4	0 9 11	0 10 6
15	0 8 1½	0 8 9	0 9 4½	0 10 0	0 10 7½	0 11 3
16	0 8 8	0 9 4	0 10 0	0 10 8	0 11 4	0 12 0
17	0 9 2½	0 9 11	0 10 7½	0 11 4	0 12 0½	0 12 9
18	0 9 9	0 10 6	0 11 3	0 12 0	0 12 9	0 13 6
19	0 10 3½	0 11 1	0 11 10½	0 12 8	0 13 5½	0 14 3
20	0 10 10	0 11 8	0 12 6	0 13 4	0 14 2	0 15 0
21	0 11 4½	0 12 3	0 13 1½	0 14 0	0 14 10½	0 15 9
22	0 11 11	0 12 10	0 13 9	0 14 8	0 15 7	0 16 6
23	0 12 5½	0 13 5	0 14 4½	0 15 4	0 16 3½	0 17 3
24	0 13 0	0 14 0	0 15 0	0 16 0	0 17 0	0 18 0
25	0 13 6½	0 14 7	0 15 7½	0 16 8	0 17 8½	0 18 9
26	0 14 1	0 15 2	0 16 3	0 17 4	0 18 5	0 19 6
27	0 14 7½	0 15 9	0 16 10½	0 18 0	0 19 1½	1 0 3
[28	0 15 2	0 16 4	0 17 6	0 18 8	0 19 10	1 1 0
29	0 15 8½	0 16 11	0 18 1½	0 19 4	1 0 6½	1 1 9
30	0 16 3	0 17 6	0 18 9	1 0 0	1 1 3	1 2 6
31	0 16 9½	0 18 1	0 19 4½	1 0 8	1 1 11½	1 3 3
32	0 17 4	0 18 8	1 0 0	1 1 4	1 2 8	1 4 0
33	0 17 10½	0 19 3	1 0 7½	1 2 0	1 3 4½	1 4 9
34	0 18 5	0 19 10	1 1 3	1 2 8	1 4 1	1 5 6
35	0 18 11½	1 0 5	1 1 10½	1 3 4	1 4 9½	1 6 3
36	0 19 6	1 1 0	1 2 6	1 4 0	1 5 6	1 7 0
37	1 0 0½	1 1 7	1 3 1½	1 4 8	1 6 2½	1 7 9
38	1 0 7	1 2 2	1 3 9	1 5 4	1 6 11	1 8 6
33	1 1 1½	1 2 9	1 4 4½	1 6 0	1 7 7½	1 9 3
40	1 1 8	1 3 4	1 5 0	1 6 8	1 8 4	1 10 0
41	1 2 2½	1 3 11	1 5 7½	1 7 4	1 9 0½	1 10 9
42	1 2 9	1 4 6	1 6 3	1 8 0	1 9 9	1 11 6
43	1 3 3½	1 5 1	1 6 10½	1 8 8	1 10 5½	1 12 3
44	1 3 10	1 5 8	1 7 6	1 9 4	1 11 2	1 13 0
45	1 4 4½	1 6 3	1 8 1½	1 10 0	1 11 10½	1 13 9
46	1 4 11	1 6 10	1 8 9	1 10 8	1 12 7	1 14 6
47	1 5 5½	1 7 5	1 9 4½	1 11 4	1 13 3½	1 15 3
48	1 6 0	1 8 0	1 10 0	1 12 0	1 14 0	1 16 0
49	1 6 6½	1 8 7	1 10 7½	1 12 8	1 14 8½	1 16 9
50	1 7 1	1 9 2	1 11 3	1 13 4	1 15 5	1 17 6
51	1 7 7½	1 9 9	1 11 10½	1 14 0	1 16 1½	1 18 3
52	1 8 2	1 10 4	1 12 6	1 14 8	1 16 10	1 19 0
53	1 8 8½	1 10 11	1 13 1½	1 15 4	1 17 6½	1 19 9
54	1 9 3	1 11 6	1 13 9	1 16 0	1 18 3	2 0 6
55	1 9 9½	1 12 1	1 14 4½	1 16 8	1 18 11½	2 1 3
[56	1 10 4	1 12 8	1 15 0	1 17 4	1 19 8	2 2 0
[84	2 5 6	2 9 0	2 12 6	2 16 0	2 19 6	3 3 0
[100	2 14 2	2 18 4	3 2 6	3 6 8	3 10 10	3 15 0
[112	3 0 8	3 5 4	3 10 0	3 14 8	3 19 4	4 4 0

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FROM NINE PENCE HALFPENNY TO ONE SHILLING per lb.

No. of lbs. &c.	9 Pence ½ l.	s.	d.	10 Pence. l.	s.	d.	10 Pence ½ l.	s.	d.	11 Pence. l.	s.	d.	11 Pence ½ l.	s.	d.	1 Shil. l.	s.
2	0	1	7	0	1	8	0	1	9	0	1	10	0	1	11	0	2
3	0	2	4½	0	2	6	0	2	7½	0	2	9	0	2	10½	0	3
4	0	3	2	0	3	4	0	3	6	0	3	8	0	3	10	0	4
5	0	3	11½	0	4	2	0	4	4½	0	4	7	0	4	9½	0	5
6	0	4	9	0	5	0	0	5	3	0	5	6	0	5	9	0	6
7	0	5	6½	0	5	10	0	6	1½	0	6	5	0	6	8½	0	7
8	0	6	4	0	6	8	0	7	0	0	7	4	0	7	8	0	8
9	0	7	1½	0	7	6	0	7	10½	0	8	3	0	8	7½	0	9
10	0	7	11	0	8	4	0	8	9	0	9	2	0	9	7	0	10
11	0	8	8½	0	9	2	0	9	7½	0	10	1	0	10	6½	0	11
12	0	9	6	0	10	0	0	10	6	0	11	0	0	11	6	0	12
13	0	10	3½	0	10	10	0	11	4½	0	11	11	0	12	5½	0	13
14	0	11	1	0	11	8	0	12	3	0	12	10	0	13	5	0	14
15	0	11	10½	0	12	6	0	13	1½	0	13	9	0	14	4½	0	15
16	0	12	8	0	13	4	0	14	0	0	14	8	0	15	4	0	16
17	0	13	5½	0	14	2	0	14	10½	0	15	7	0	16	4½	0	17
18	0	14	3	0	15	0	0	15	9	0	16	6	0	17	3	0	18
19	0	15	0½	0	15	10	0	16	7½	0	17	5	0	18	2½	0	19
20	0	15	10	0	16	8	0	17	6	0	18	4	0	19	2	1	0
21	0	16	7½	0	17	6	0	18	4½	0	19	3	1	0	1½	1	1
22	0	17	5	0	18	4	0	19	3	1	0	2	1	1	1	1	2
23	0	18	2½	0	19	2	1	0	1½	1	1	1	1	2	0½	1	3
24	0	19	0	1	0	0	1	1	0	1	2	0	1	3	0	1	4
25	0	19	9½	1	0	10	1	1	10½	1	2	11	1	3	11½	1	5
26	1	0	7	1	1	8	1	2	9	1	3	10	1	4	11	1	6
27	1	1	4½	1	2	6	1	3	7½	1	4	9	1	5	10½	1	7
[28	1	2	2	1	3	4	1	4	6	1	5	8	1	6	10	1	8
29	1	2	11½	1	4	2	1	5	4½	1	6	7	1	7	9½	1	9
30	1	3	9	1	5	0	1	6	3	1	7	6	1	8	9	1	10
31	1	4	6½	1	5	10	1	7	1½	1	8	5	1	9	8½	1	11
32	1	5	4	1	6	8	1	8	0	1	9	4	1	10	8	1	12
33	1	6	1½	1	7	6	1	8	10½	1	10	3	1	11	7½	1	13
34	1	6	11	1	8	4	1	9	9	1	11	2	1	12	7	1	14
35	1	7	8½	1	9	2	1	10	7½	1	12	1	1	13	6½	1	15
36	1	8	6	1	10	0	1	11	6	1	13	0	1	14	6	1	16
37	1	9	3½	1	10	10	1	12	4½	1	13	11	1	15	5½	1	17
38	1	10	1	1	11	8	1	13	3	1	14	10	1	16	5	1	18
39	1	10	10½	1	12	6	1	14	1½	1	15	9	1	17	4½	1	19
40	1	11	8	1	13	4	1	15	0	1	16	8	1	18	4	2	0
41	1	12	5½	1	14	2	1	15	10½	1	17	7	1	19	3½	2	1
42	1	13	3	1	15	0	1	16	9	1	18	6	2	0	3	2	2
43	1	14	0½	1	15	10	1	17	7½	1	19	5	2	1	2½	2	3
44	1	14	10	1	16	8	1	18	6	2	0	4	2	2	2	2	4
45	1	15	7½	1	17	6	1	19	4½	2	1	3	2	3	1½	2	5
46	1	16	5	1	18	4	2	0	3	2	2	2	2	4	1	2	6
47	1	17	2½	1	19	2	2	1	1½	2	3	1	2	5	0½	2	7
48	1	18	0	2	0	0	2	2	0	2	4	0	2	6	0	2	8
49	1	18	9½	2	0	10	2	2	10½	2	4	11	2	6	11½	2	9
50	1	19	7	2	1	8	2	3	9	2	5	10	2	7	11	2	10
51	2	0	4½	2	2	6	2	4	7½	2	6	0	2	8	10½	2	11
52	2	1	2	2	3	4	2	5	6	2	7	8	2	9	10	2	12
53	2	1	11½	2	4	2	2	6	4½	2	8	7	2	10	9½	2	13
54	2	2	9	2	5	0	2	7	3	2	9	6	2	11	9	2	14
55	2	3	6½	2	5	10	2	8	0½	2	10	5	2	12	8½	2	15
[56	2	4	4	2	6	8	2	9	0	2	11	4	2	13	8	2	16
[84	3	6	6	3	10	0	3	13	6	3	17	0	4	0	6	4	4
[100	3	19	2	4	3	4	4	7	6	4	11	8	4	15	10	5	0
[112	4	8	8	4	13	4	4	18	6	5	2	8	5	7	4	5	12

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HOUSE-MAID.

It is the buſineſs of this ſervant to keep the whole houſe in a ſtate of cleanlineſs, by carefully waſhing the rooms, ſtair caſes, &c. cleaning the fire-grates, irons, and hearths, duſting carpets, and rubbing the furniture, as well as the locks, knockers, glaſſes, chimney ornaments, picture frames, &c.

For cleaning mahogany furniture, the beſt preparation is, to mix together a quart of cold-drawn linſeed oil, with half an ounce of roſe-pink, and two ounces of Alkanet root; the furniture muſt be well cleared of duſt, and a little of the above rubbed over it with a linen rag, and ſoon afterwards again well rubbed with linen cloths, ſo as not to leave the leaſt clammineſs: once a week will be ſufficient to uſe the oil, but the furniture ought to be rubbed every day; by which it will ſoon obtain a ſmooth and gloſſy appearance, and amply recompenſe the trouble.---Nor is hard rubbing neceſſary; a briſk, light motion, till the wood becomes warm under the hand, will give mahogany a poliſh like marble.

A little lemon juice, or the pulp which remains in a lemon after being ſqueezed, will take out ſtains of ink preferably to aqua-fortis or oil of vitriol, which have been directed by people who pretend to much knowledge on this ſubject.

Bees wax will make mahogany ſhine, but is leſs beneficial to furniture than the above mixture; beſides that it will retain every mark of a finger laid upon it.

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Many things mentioned under our direction to *Chamber-maids*, will deſerve the attention of the diligent and cleanly *Houſe-maid*.

HYSTERICS.

The ſymptoms of this complaint are, an intercepted breathing, almoſt to ſuffocation, fainting, loſs of ſpeech, drowſineſs, coſtiveneſs, and making large quantities of urine, almoſt as clear as ſpring water.

Take ſimple peppermint water, twelve ounces; one ounce of valerian; and half an ounce of lavender drops; mix them together, and take three large ſpoonfuls two or three times in a day, and alſo apply to the navel a large galbanum plaſter.

I. J.

JAMS.

CHERRY JAM. Stone ſome cherries, boil them well, and break them; take them off the fire, let the juice run from them; to three pounds of cherries, boil together half a pint of red currant juice, and half a pound of loaf ſugar; put in the cherries as they boil, ſift in three quarters of a pound of ſugar; boil the cherries very faſt for more than half an hour. When cold, put on brandy paper.

Red RASPBERRY JAM. Gather your raſpberries when they are ripe and dry; pick them very carefully from

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the ſtalks and dead ones, cruſh them in a bowl with a ſilver or wooden ſpoon (pewter is apt to turn them a purple colour); as ſoon as you have cruſhed them, ſtrew in their own weight of loaf ſugar, and half their weight of currant juice, baked and ſtrained as for jelly; then ſet them over a clear ſlow fire, boil them half an hour, ſkim them well, and keep ſtirring them at the time, then put them into pots or glaſſes, with brandy paper over them, and keep them for uſe.

As ſoon as you have got your berries, ſtrew in your ſugar; do not let them ſtand long before you boil them, it will preſerve their flavour.

APRICOT JAM. Provide ſome fine rich apricots, cut them in thin pieces, and infuſe them in an earthen pot till they are tender and dry; put a pound of double-refined ſugar, and three ſpoonfulls of water to every pound and half of apricots; then boil your ſugar to a candy height, and put it upon your apricots. Set them over a ſlow fire, and ſtir them till they appear clear and thick; but they muſt only ſimmer, not boil; then put them in your glaſſes.

Black CURRANT JAM. Gather your currants when they are full ripe, and pick them clean from the ſtalks, then bruiſe them well in a bowl, and to every two pounds of currants put a pound and a half of loaf ſugar, finely beaten. Put them into a preſerving pan, boil them half an hour, ſkim and ſtir them all the time, and then put them into pots.

Green GOOSEBERRY JAM. Take ſome large full grown green gooſeberries, but not too ripe; cut them in half, take out the ſeeds; put them in a pan of cold ſpring water, lay ſome vine leaves at the bottom, then ſome gooſe-

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berries, again vine leaves, till all the fruit is in the pan; cover it very close, that no steam can evaporate, and set them on a very slow fire. When they are scalding hot, take them off; then set them on again, and then take them off; they must be done so till they are of a good green; lay them on a sieve to drain, beat them in a marble mortar with their weight in sugar; then take a quart of water, and a quart of gooseberries, boil them to a mash, squeeze them; to every pint of this liquor put a pound of fine loaf-sugar, boil and skim it; then put in the green gooseberries, let them boil till they are thick and clear, and of a good green.

JANUARY.

LIST OF PRODUCTIONS.

Meat.	*Fish.*	*Vegetables.*	Potatoes
BEEF	Carp	Beets	Radish
House lamb	Cod	Borecole	Salsafy
Mutton	Crabs	Brocoli, purple	Savoys
Pork	Cray-fish	and white	Sorrel
Veal	Eels	Carrots	Spinach
	Flounders	Celery	Sprouts
Poultry.	Lampreys	Chervil	Skirrets
Capons	Lobsters	Coleworts	Taragon
Fowls	Oysters	Cresses	
Hare	Perch	Endive	*Fruit.*
Partridge	Plaice	Garlic	Almonds
Pheasant	Prawns	Leeks	Apples
Pullets	Scate	Lettuce	Grapes
Rabbits	Smelts	Mustard	Medlars
Snipes	Soles	Mint	Nuts
Tame pigeons	Sturgeon	Parsley	Pears
Turkeys	Tench	Parsnips	
Woodcocks	Turbot		

DINNERS

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DINNERS OF TWO COURSES.

First Course.

Soup Santé, removed with crimp ſalmon.

Petit Patties. — Brown veal collops.

Stewed celery.

Plain butter. — Turkey boiled with oyſter ſauce. — Fennel ſauce.

Sallad.

Fricaſſee of chicken. — Baked bread pudding.

Quarter of lamb roaſted.

Second Course.

Pheaſant roaſted.

China oranges.

Buttered lobſter. — Tartlets.

Jellies.

Preſerved quinces. — Preſerved raſberries in bunches.

Golden pippens.

Flummery. — Aſparagus peas.

Hare.

DINNERS OF THREE COURSES.

First Course.

Cheſnut ſoup.

Leg of lamb. — Petit patties. — Boiled chickens.

Chicken and veal pie. — Cod's head. — Roaſt beef.

Tongue. — Raiſold. — Scotch collops.

Vermicelli ſoup.

Second Course.

Roaſt Turkey.

Marinated ſmelts. — Tartlets. — Mince pies.

Roaſt ſweetbreads. — Stands of Jellies. — Larks.

Almond tart. — Maids of Honour. — Lobſters.

Woodcocks.

Third Course.

Morels.

Artichoke bottoms. — Dutch beef, ſcraped. — Macaroni.

Cuſtards. — Cut paſtry. — Black caps.

Scolloped oyſters. — Potted Chars. — Stewed celery.

Rabbit fricaſſeed.

THE

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JAUNDICE.

This diſeaſe is firſt obſervable in the white of the eye, which appears yellow; afterwards the whole ſkin puts on the ſame appearance. The urine too is of a ſaffron colour, and dyes a white cloth of the ſame colour.

If the patient be young, and the diſeaſe complicated with no other malady, it is ſeldom dangerous; but in old people, where it continues long, returns frequently, or is complicated with the dropſy, or hypochondriac ſymptoms, it generally proves fatal. The black jaundice is more dangerous than the yellow.

If the patient be young, of a full ſanguine habit, and complains of a pain in the right ſide, about the region of the liver, bleeding will be neceſſary; after this, a vomit muſt be adminiſtered, and if the diſeaſe proves obſtinate, it may be repeated once or twice. No medicines are more beneficial in the jaundice than vomits, eſpecially where it is not attended with inflammation. Half a dram of ipecacuanha, in powder, will be a ſufficient doſe for a grown perſon. It may be wrought off with weak camomile tea, or luke-warm water. The body muſt likewiſe be kept open, by taking a ſufficient quantity of Caſtile ſoap.

The ſoluble tartar is a very proper medicine in the jaundice. A dram of it may be taken every night and morning in a cup of tea or water gruel: if it does not open the body, the doſe may be increaſed. A very obſtinate jaundice has been cured by ſwallowing raw eggs.

Per-

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Perſons ſubject to the jaundice, ought to take as much exerciſe as poſſible, and to avoid all heating and aſtringent aliments.

ICE.—See CAKES and CREAMS.

JELLIES.

In making jellies of all kinds, avoid letting any ſeeds from the fruit fall into your jelly; and be careful not to ſqueeze it too near, which would render your jelly leſs tranſparent. Pound your ſugar, and let it diſſolve in the ſyrup before you ſet it on the fire, the ſcum will then riſe the better, and the jelly will be of a finer colour. Boiling jellies too high, gives them a darkiſh hue, which ſhould therefore be avoided. Tie them well down with white paper, with two folds of thick cap paper over them. Leaving the pots open, or negligently tied, is deſtructive to them.

HARTSHORN JELLY. Put two quarts of water into a clean pan, with half a pound of hartſhorn ſhavings, let it ſimmer till near one half is reduced; ſtrain it off, then put in the peel of four oranges and two lemons, pared very thin; boil them five minutes, put to it the juice of the before-mentioned lemons and oranges, with about ten ounces of double refined ſugar; beat the whites of ſix eggs to a froth, mix them carefully with your jelly, that you do not poach the eggs; juſt let it boil up, and run it through a jelly bag till it is clear.

Another

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Another way. Prepare as above, and put to it a pint of Rheniſh wine, and a quarter of a pound of loaf ſugar; beat the whites of four eggs or more to a froth, mix them well with the jelly, and pour it in as if you were cooling it. Let it boil two or three minutes, then put in the juice of three or four lemons; let it boil a minute or two longer. When it is finely curdled, and of a pure white colour, have ready a ſwan-ſkin jelly bag over a china baſon, pour in your jelly, and pour back again till it is as clear as rock water; then ſet a very clean china baſon under; have your glaſſes as clean as poſſible, and fill them with a clean ſpoon. Have ready ſome thin rind of the lemons, and when you have filled half your glaſſes, throw your peel into the baſon; and when the jelly is all run out of the bag, with a clean ſpoon fill the reſt of the glaſſes, and they will look of a fine amber colour.

To make Ribband JELLY. Take out the great bones of four calves feet, put them into a pot with ten quarts of water, three ounces of hartſhorn, three ounces of iſinglaſs, a nutmeg quartered, and four blades of mace; then boil this till it comes to two quarts, ſtrain it through a flannel bag, let it ſtand twenty-four hours, ſcrape off all the fat from the top, very clean, ſlice the jelly, put to it the whites of ſix eggs beaten to a froth, boil it a little, and ſtrain it through a flannel bag, then run the jelly into little high glaſſes; run every colour as thick as your finger, but one colour muſt be thorough cold before you put another on, and that you put on muſt not be but blood warm, for fear it mix together. You muſt colour red with cochineal, green with ſpinach, yellow with ſaffron, blue with ſyrup of violets, white with thick cream

cream, and ſometimes the jelly by itſelf. You may add orange flower water; or wine and ſugar, and lemon, if you pleaſe; but this is all fancy. See CALVES FEET, p. 162. Vol. I..

To make Currant JELLY. Strip the currants from the ſtalks, put them in a ſtone jar, ſtop it cloſe, ſet it in a kettle of boiling water half way up the jar, let it boil half an hour, take it out and ſtrain the juice through a coarſe hair ſieve: to a pint of juice put a pound of ſugar, ſet it over a quick clear fire in your preſerving pan or bell-metal ſkillet; keep ſtirring it all the time, till the ſugar is melted; then ſkim the ſcum off as faſt as it riſes. When your jelly is very clear and fine, pour it into gallipots, when cold cut white paper juſt the bigneſs of the top of the pot, and lay on the jelly; dip thoſe papers in brandy, then cover the top cloſe with white paper, and prick it full of holes; ſet it in a dry place, put ſome into glaſſes, and paper them.

Orange JELLY. Take half a pound of hartſhorn ſhavings, or four ounces of iſinglaſs, and boil it in ſpring water till it is of a ſtrong jelly; take the juice of three Seville oranges, three lemons, and ſix china oranges, and the rind of one Seville orange and one lemon, pared very thin; put them to your jelly, ſweeten it with loaf-ſugar to your palate; beat up the whites of eight eggs to a froth, and mix well in, then boil it for ten minutes, and run it through a jelly bag till it is very clear; put it in moulds till cold; then dip your mould in warm water, and turn it out into a china diſh, or a flat glaſs, and garniſh with flowers.

Raſpberry JELLY. Make it in the ſame manner as currant jelly, only put one half currants and the other half raſpberries.

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Iſinglaſs JELLY. Boil an ounce of iſinglaſs and a quarter of an ounce of cloves in a quart of water till it is reduced to a pint; then ſtrain it over ſome ſugar.

INFLAMMATIONS, *or* ABSCESSES.

From whatever cauſe an inflammation proceeds, it muſt terminate either by diſperſion, ripening, or a gangrene; though it is impoſſible to foretell with certainty in which of theſe ways it will end. Inflammations in conſequence of a ſlight cold, and without any previous indiſpoſition, will moſt probably diſperſe by proper fomentations, joined to a ſlender diet, and repeated purges.—The ſkin of the inflamed part may be bathed with a mixture of three parts of ſweet oil, and one fourth of vinegar, and afterwards covered with a piece of wax plaſter.

Such inflammations as follow cloſe upon any diſorder, or happen to perſons of a groſs habit of body, generally ſuppurate; the beſt application to promote which is, a ſoft poultice of white bread and milk, with a ſmall quantity of ſweet oil, renewed twice a-day. If the tumour ripens but ſlowly, a raw onion cut ſmall or bruiſed, may be ſpread on the poultice.—When the abſceſs is fit for opening, which may be eaſily known by the thinneſs of the ſkin, it may be done with a lancet, or pair of fine-pointed ſciſſars.

This includes the treatment of all thoſe diſorders which go under the names of *biles*, *impoſthumes*, *whitloes*, &c. for they are all abſceſſes in conſequence of a previous inflammation; and ought, if poſſible to be diſperſed;

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diſperſed; but if found neceſſary to ripen them, the ſore may be afterwards dreſſed with yellow baſilicum.

In caſes of gangrene or mortification, we would recommend the calling in of proper ſurgical aſſiſtance.

INFUSIONS.

Vegetables yield nearly the ſame properties to water, by infuſion, as by decoction; and though they may require a longer time to give out virtues in this way, yet it has ſeveral advantages over the other; ſince boiling is found to diſſipate the finer parts of many bitter and aromatic ſubſtances, without more fully extracting their medicinal principles.

Even from thoſe vegetables which are weak in virtue, rich infuſions may be obtained by returning the liquor upon freſh quantities of the ſubject, the water loading itſelf more and more with the active parts; and theſe loaded infuſions are applicable to valuable purpoſes in medicine, as they contain in a ſmall compaſs the finer, more ſubtle, and active principles of vegetables, in a form readily mixable with the fluids of the human body.

Bitter Infusion. Take tops of the leſſer centaury and camomile flowers, of each half an ounce; yellow rind of lemon and orange-peel, carefully freed from the inner white part, of each two drams; cut them in ſmall pieces, and infuſe them in a quart of boiling water.

For indigeſtion, weakneſs of the ſtomach, or want of appetite, a tea-cupful of this infuſion may be taken twice or thrice a-day.

Infusion *of the Bark.* To an ounce of the bark in powder, add four or five table-ſpoonfuls of brandy, and

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a pint of boiling water. Let them infuſe for two or three days.

This is one of the beſt preparations of the bark for weak ſtomachs. In diſorders where the corroborating virtues of that medicine are required, a tea-cupful of it may be taken two or three times a-day.

INFUSION *of Carduus.* Infuſe an ounce of the dried leaves of carduus benedictus in a pint of common water, for ſix hours, without heat; then filter the liquor through paper. This light infuſion may be given with great benefit in weakneſs of the ſtomach, where the common bitters do not agree. It may be flavoured at pleaſure with cinnamon, or other aromatic materials.

INFUSION *of Linſeed.* Take of linſeed two ſpoonfuls; liquorice root, ſliced, half an ounce; boiling water, three pints. Let them ſtand to infuſe by the fire for ſome hours, and then ſtrain off the liquor. If an ounce of the leaves of colt's-foot be added to theſe ingredients, it will then be the *Pectoral Infuſion.* Both theſe are emollient, mucilaginous liquors, and may be taken with advantage as ordinary drink in difficulty of making water; and in coughs and other complaints of the breaſt.

INFUSION *of Roſes.* Take of red roſes, dried, half an ounce; boiling water, a quart; vitriolic acid, commonly called oil of vitriol, half a dram; loaf-ſugar, an ounce.

Infuſe the roſes in the water for four hours, in an unglazed earthen veſſel; afterwards pour in the acid, and having ſtrained the liquor, add to it the ſugar.

In an exceſſive flow of the *menſes*, or in vomiting of blood, a tea-cupful of this gentle aſtringent infuſion may be taken every three or four hours. It likewiſe makes

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makes an exceeding good gargle: but as the quantity of roſes uſed here can have little effect, an equally valuable medicine may be prepared by mixing the acid and water without infuſion.

INFUSION *of Tamarinds and Senna.* Take of tamarinds, one ounce; ſenna and cryſtals of tartar, each two drams. Let theſe ingredients be infuſed four or five hours in a pint of boiling water; afterwards let the liquor be ſtrained, and an ounce or two of the aromatic tincture added to it. Perſons who are eaſily purged, may leave out either the tamarinds or the cryſtals of tartar. This is an agreeable cooling purge. A tea-cupful may be given every half hour, till it operates. This ſupplies the DECOCTION *of Tamarinds and Senna.*

Spaniſh INFUSION. Take of Spaniſh juice, cut into ſmall pieces, an ounce; ſalt of tartar, three drams.—Infuſe in a quart of boiling water for a night. To the ſtrained liquor add one ounce and a half of the ſyrup of poppies. In recent colds, coughs, and obſtructions of the breaſt, a tea-cupful of this infuſion may be taken with advantage three or four times a-day.

INFUSION *for the Palſy.* Take of horſe-radiſh root, ſhaved, muſtard ſeed, bruiſed, each four ounces; outer rind of orange-peel, one ounce. Infuſe them in two quarts of boiling water in a cloſe veſſel for twenty-four hours.

In paralytic complaints, a tea-cupful of this warm ſtimulating medicine may be taken three or four times a-day. It excites the action of the ſolids, proves diuretic, and, if the patient be kept warm, promotes perſpiration. If two or three ounces of the dried leaves of marſh-

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marſh-treſoil be uſed inſtead of the muſtard, it will make the *Antiſcorbutic Infuſion.*

ITCH.

This diſeaſe is commonly communicated by infection, yet it ſeldom prevails where due regard is paid to cleanlineſs, freſh air, and wholeſome diet. Its ſymptoms are very well known; and it is ſeldom a dangerous diſeaſe, unleſs when rendered ſo by neglect, or improper treatment. If it be ſuffered to continue too long, it may vitiate the whole maſs of humours; and, if it be ſuddenly drove in, without proper evacuations, it may occaſion fevers, inflammation of the bowels, or other internal diſorders.

The beſt medicine yet known for the itch is ſulphur, which ought to be uſed both externally and internally. The parts moſt affected may be rubbed with an ointment made of the flowers of ſulphur, two ounces; crude ſal ammoniac, finely powdered, two drams: hog's lard or butter, four ounces; a little eſſence of lemon will entirely take away the diſagreeable ſmell. About the bulk of a nutmeg of this may be rubbed upon the extremities at bed time, twice or thrice a-week. It is ſeldom neceſſary to rub the whole body; but when ſo, it ought not to be done all at once, but by turns, as it is dangerous to ſtop too many pores at the ſame time.

Before the patient begins to uſe the ointment, he ought, if he be of a full habit, to bleed, or take a purge or two. It will likewiſe be proper, during the uſe of it, to take every night and morning, as much of the

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flower of brimſtone and cream of tartar, in a little treacle, or new milk, as will keep the body gently open.—He ſhould beware of catching cold, ſhould wear more cloaths than uſual, and take every thing warm. The ſame cloaths, the linen excepted, ought to be worn all the time of uſing the ointment; and ſuch clothes as have been worn while the patient was under the diſeaſe, are not to be uſed again; for unleſs they have been fumigated with brimſtone, and thoroughly cleaned, they will communicate the infection anew.

Brimſtone, when uſed as directed above, never fails to cure the itch; but if it be only uſed once or twice, and cleanlineſs neglected, it is no wonder if the diſorder returns. It is both more ſafe and efficacious when perſiſted in for a conſiderable time, than when a large quantity is applied at once.

The powder of white hellebore root, made up into an ointment, in the ſame manner, will ſeldom fail to cure the itch.

People ought to be extremely cautious leſt they take other eruptions for the itch; as the ſtoppage of theſe may be attended with fatal conſequences. Many of the eruptive diſorders to which children are liable have a near reſemblance to this diſeaſe; and infants have often been killed by being rubbed with greaſy ointments, that made theſe eruptions ſtrike ſuddenly in, which nature had thrown out, to preſerve the patient's life, or prevent ſome other malady.

Much miſchief is likewiſe done by the uſe of mercury in this diſeaſe. Some perſons are ſo fool-hardy, as to waſh the parts affected with a ſtrong ſolution of the corroſive ſublimate. Others uſe the mercurial ointment, without

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without taking the leaſt care either to avoid cold, keep the body open, or obſerve a proper regimen. The conſequences of ſuch conduct may be eaſily gueſſed. Even the mercurial girdles produce tragical effects. Mercury ought never to be uſed as a medicine, without the greateſt care. Ignorant people look upon theſe girdles as a kind of charm, without conſidering that the mercury enters the body.

It is not to be told what miſchief is done by uſing mercurial ointment for curing the itch, and killing vermin; yet it is unneceſſary for either: the former may be always more certainly cured by ſulphur, and the latter will never be found where due regard is paid to cleanlineſs.

Thoſe who would avoid this deteſtable diſeaſe, ought to beware of infected perſons, to uſe wholeſome food, and to ſtudy univerſal cleanlineſs.

As an external remedy in the itch, the following is not only more *elegant*, but equally, if not more *efficacious*, than all the preſcriptions at preſent in uſe: Take a quarter of a pound of ſulphur in rolls, and holding it with a pair of tongs, ſet it on fire, letting it drop into an earthen veſſel, containing a quart of white wine; putting the wine into a bottle for the following uſe:

Pour as much of this wine into a baſon, as is ſufficient to waſh the hands, and let them ſoak in it for a quarter of an hour. This muſt be renewed ſeveral times a-day, taking care that the ſame wine is not uſed twice.

Even when thoſe critical eruptions (which appear about the end of ſome diſorders, and prognoſticate a cure) continue too long, and threaten to deform the ſkin, this lotion may be ſafely had recourſe to, not being

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ing in the leaſt of a repellent nature. Beſides, that this ſulphurated wine renders the hands ſoft, ſmooth, and white.

JUNE.

PRODUCTIONS OF THIS MONTH.

Meat.	Turkey pouts	Tench	Onions
Beef	Wheat-ears	Trout	Parſley
Buck veniſon		Turbot	Peaſe
Lamb	*Fiſh.*		Potatoes
Mutton	Carp	*Vegetables.*	Purſlane
Veal	Cray-fiſh	Artichokes	Radiſhes
	Eels	Aſparagus	
Poultry.	Herrings	All ſmall ſallad	*Fruit.*
Chickens	Lobſters	Beans	Apples
Ducklings	Mackarel	Cababges	Apricots
Fowls	Mullets	Carrots	Cherries
Green geeſe	Pike	Cauliflowers	Currants
Leverets	Prawns	Cucumbers	Gooſeberries
Plovers	Salmon	Kidney beans	Pears
Pullets	Smelts	Lettuce	Strawberries
Rabbits	Soles		

DINNERS OF TWO COURSES.

Firſt Courſe.

Green peaſe ſoup, removed with mackarel.

Fricaſſee of chickens. Neck of mutton boiled, and caper ſauce.

Fiſh ſauce.

Hare collops. Calf's head pie. Pigeons in ſurprize.

Tongue boiled. Currant jelly. Papiets de veau.

Haunch of veniſon.

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Second Course.

Two turkey pouts roasted.

Cheese cakes.		Ragoo of mushrooms.
	Preserved codlins.	
Potted beef.	Orange jelly.	Collared pig.
	Compote of apricots.	
Artichokes.		Blanc mange.
	Wheat-ears roasted.	

DINNERS OF THREE COURSES.

First Course.

Green pease soup.

Chickens.	Haunch of venison.	Harrico.
Lamb pie.	Turbot.	Ham.
Veal cutlets.	Neck of venison.	Orange pudding.
	Lobster soup.	

Second Course.

Turkey pouts.

Pease.	Apricot puffs.	Lobsters.
Fricassee of lamb.	Half moon.	Roasted sweetbreads.
Smelts.	Cherry tart.	Artichokes.
	Roasted rabbits.	

Third Course.

Sweetbreads à-la-blanche.

Fillets of soles.	Potted wheat-ears.	Ratafia cream.
Pease.	Green gooseberry tart.	Forced artichokes.
Preserved oranges.	Potted ruff.	Matelot of eels.
	Lamb's tails à-la-braise.	

JULEPS.

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JULEPS.

The baſis of juleps is generally common water, or ſome ſimple diſtilled water, with one third or one fourth its quantity of diſtilled ſpirituous water, and as much ſugar or ſyrup as is ſufficient to render the mixture agreeable. This is ſharpened with vegetable or mineral acids, or impregnated with other medicines ſuitable to the intention.

Camphorated JULEP. Take of camphor, one dram; gum arabic, half an ounce; double refined ſugar, an ounce; vinegar, a pint. Grind the camphor with a few drops of rectified ſpirits of wine, till it grows ſoft; then add the gum, previouſly reduced to a mucilage, with equal its quantity of water, and rub them together till they are perfectly united. To this mixture add, by little and little, the vinegar with the ſugar diſſolved in it, ſtill continuing the rubbing.

In hyſterical and other complaints, where camphor is proper, this julep may be taken in the doſe of a ſpoonful or two as often as the ſtomach will bear it.

Cordial JULEP. Take of ſimple cinnamon water, four ounces; volatile aromatic ſpirit, and compound ſpirit of lavender, each two drams; ſyrup of orange-peel, an ounce. Mix them.

This is given in the doſe of two ſpoonfuls three or four times a-day, in diſorders accompanied with great weakneſs and depreſſion of ſpirits.

Expectorating JULEP. Take of the emulſion of gum ammoniac, ſix ounces; ſyrup of ſquills, two ounces.

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Mix them. In coughs, aſthmas, and obſtructions of the breaſt, two table ſpoonfuls of this julep may be taken every three or four hours.

Muſk JULEP. Rub half a dram of muſk well together with half an ounce of ſugar, and add to it, gradually, of ſimple cinnamon and peppermint water, each two ounces; of the volatile aromatic ſpirit, two drams.

In the low ſtate of nervous fevers, hiccuping, convulſions, and other ſpaſmodic affections, two table ſpoonfuls of this julep may be taken every two or three hours.

Saline JULEP. Diſſolve two drams of ſalt of tartar in three ounces of freſh lemon juice, ſtrained: when the efferveſcence is over, add of mint water, and common water, each two ounces; of ſimple ſyrup, one ounce.

This removes ſickneſs at the ſtomach, relieves vomiting, promotes perſpiration, and may be of ſome ſervice in fevers, eſpecially of the inflammatory kind.

Vomiting JULEP. Diſſolve four grains of emetic tartar in eight ounces of water, and add to it half an ounce of the ſyrup of clove July flowers.

In the beginning of fevers, where there is no topical inflammation, this julep may be given in the doſe of one table ſpoonful every quarter of an hour, till it operates. Antimonial vomits ſerve not only to evacuate the contents of the ſtomach, but likewiſe to promote the different excretions.

JULY.

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JULY.

ARTICLES FOR THE TABLE.

Meat.	Wheat-ears	Tench	Potatoes
Beef		Thornback	Purſlane
Buck veniſon	*Fiſh.*		Salſafy
Lamb	Carp	*Vegetables.*	Scorzonera
Mutton	Cod	Artichokes	Sorrel
Veal	Cray-fiſh	Sallad	Radiſhes
	Eels	Beans	
Poultry.	Haddock	Cabbage	*Fruit.*
Chickens	Herrings	Carrots	Apples
Ducklings	Lobſters	Cauliflowers	Apricots
Fowls	Mackarel	Celery	Cherries
Green geeſe	Mullet	Chervil	Gooſeberries
Leverets	Pike	Cucumbers	Melons
Pigeons	Prawns	Endive	Nectarines
Plovers	Plaice	Finochia	Peaches
Pullets	Salmon	Kidney beans	Plums
Rabbits	Scate	Muſhrooms	Raſpberries
Turkey pouts	Soles	Peaſe	Strawberries

DINNERS OF TWO COURSES.

Firſt Courſe.

Soup with artichoke bottoms,
removed with crimp cod.

A breaſt of veal ragoo'd.	Young potatoes.	Beef-ſteaks à-la-mode.
Anchovy ſauce.		Parſley ſauce.
Swine's cheek boiled.	Veniſon paſty.	Windſor beans.
Plain butter.	Sallad.	Shrimp ſauce.
Lamb's feet with muſtard.		Giblets ſtewed.
	Leg of mutton roaſted, with ſtewed cucumbers.	

Second Courſe.

Two ducklings roaſted.

Trifle.		Flummery.
	Cray-fiſh.	
Green gages.		Apricots.
Artichoke bottoms forced.	Apricot tart.	Ragoo mille.
Peaches.	Potted char.	Melon.
Cuſtards.		Italian cream.
	Leveret roaſted.	

DIN-

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DINNERS OF THREE COURSES.

First Course.

Mackarel, &c.

Breaſt of veal à-la-braiſe.	Tongue and turnips.	Pulpeton.
Veniſon paſty.	Herb ſoup.	Neck of veniſon.
Chickens.	Boiled gooſe and ſtewed red cabbage.	Mutton cutlets.

Trout boiled.

Second Course.

Roaſt turkey.

Stewed peaſe.	Apricot tart.	Blanc mange.
Sweetbreads.	Jellies.	Fricaſſee of rabbits.
Cuſtards.	Green codlin tart.	Blaized pippins.

Roaſted pigeons.

Third Course.

Fricaſſee of rabbits.

Apricots.	Pains à-la-Ducheſſe.	Forced cucumbers.
Craw-fiſh ragoo'd.	Morel cherry tart.	Lobſter à-la-braiſe.
Jeruſalem artichokes.	Apricot puffs.	Green gage plums.

Lamb ſtones.

K.

KETCHUP, *or* CATCHUP.

Take two quarts of ſtrong ſtale beer, and half a pound of anchovies, waſh them clean; cloves and mace, of each a quarter of an ounce; a race or two

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of ginger, half a pound of ſhallots, and a pint of flap muſhrooms, well boiled and pickled. Boil all theſe over a ſlow fire till one half is conſumed; then run it through a flannel bag: let it ſtand till it is quite cold, then put it up in a bottle, and ſtop it cloſe.

One ſpoonful of this to a pint of melted butter gives both taſte and colour above all other ingredients; and gives the moſt agreeable reliſh to fiſh ſauce.

It is eſteemed by many to exceed what is brought from India, and will keep twenty years.

KETCHUP *of Muſhrooms.* Fill a ſtewpan full of the large flap muſhrooms, and the tops of thoſe that are commonly wiped for pickling; ſet it on a gentle fire, with a handful of ſalt; they will yield a great deal of liquor: ſtrain it, and add a quarter of a pound of ſhallots, two cloves of garlick, pepper, ginger, cloves, mace, and a bay leaf. Boil and ſcum it very well, let it ſtand till it is quite cold, bottle it, and ſtop it cloſe.

L.

LAMB.

In chuſing lamb, you muſt attend to the following particulars:—If the eyes of a lamb's head be wrinkled, or ſunk in, it is ſtale; on the contrary, when freſh and lively, it is new killed and ſweet. In a fore-quarter, the neck vein ſhould be of a bright ſky-blue; for if inclined to green or yellow, the meat is generally tainted. In a hind-quarter, if the knuckle be limber, and there be

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be a faint ſmell under the kidney, you may depend upon its being ſtale: the contrary denotes goodneſs. And in chuſing houſe-lamb, always ſelect that which is very fat and plump.

To dreſs a LAMB's *Head.* Boil the head and pluck tender, but do not let the liver be too much done; then hack the head croſs and croſs with a knife; grate ſome nutmeg over it, and lay it in a diſh before a good fire; grate ſome crumbs of bread, ſome ſweet herbs rubbed, a little lemon-peel chopped fine, a very little pepper and ſalt, and baſte it with a little butter; then throw a little flour over it, and juſt as it is browned, do the ſame; baſte it, and dredge it. Take half the liver, the lights, the heart and tongue, chop them very ſmall, with ſix or eight ſpoonfuls of gravy, or water; but firſt ſhake ſome flour over the meat, and ſtir it together, then put in the gravy, or water, a good piece of butter rolled in a little flour, a little pepper and ſalt, and what runs from the head in the diſh; ſimmer all together a few minutes, and add half a ſpoonful of vinegar; pour it into your diſh, lay the head in the middle of the mince-meat; have ready the other half of the liver cut thin, with ſome ſlices of bacon broiled, and lay round the head. Garniſh the diſh with lemon, and ſend it to table.

Another way. Waſh the head very clean, take the black part from the eyes, and the gall from the liver; lay the head in warm water; boil the lights, heart, and part of the liver; chop and flour them, and toſs them up in a ſaucepan, with ſome gravy, ketchup, a little pepper, ſalt, lemon-juice, and a ſpoonful of cream; boil the head very white, lay it in the middle of the diſh, the mince-meat round it; the other part of the liver fried,

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fried, with ſome very ſmall bits of bacon on the mince-meat, and the brains fried in little cakes, and laid on the rim of the diſh, with ſome criſp parſley put between. Pour a little plain melted butter over the head.

LAMB's *Heads with Parſley juice.* Provide two heads of houſe-lambs, take out the under jaw-bones, and the bone in the neck; cut out the eyes, and chop off the noſtrils; waſh them well, and let them lay in water an hour, blanch them well, put them into a little ſoup pot, pour enough water to cover them, ſkim it well, and ſeaſon with an onion, carrot, a bunch of herbs and parſley, whole pepper, and mace; to preſerve their whiteneſs, you muſt put in a bit of butter and flour mixed, a ſliced lemon, and a morſel of ſuet; let them boil gently till very tender, and provide your ſauce with a ladle of broth well ſeaſoned, daſh in a glaſs of white wine, a bit of butter and flour to thicken it, pepper, ſalt, and nutmeg; provide ſome juice of parſley, boil all a few minutes, diſh up your heads, taking the ſkull bones off with the point of your knife, peel the tongues, and take care not to break the brains; ſqueeze in the juice of lemon or orange, and ſerve them up.

Sheep or lambs trotters are frequently done in the ſame manner, or with a brown ſauce; and make a pretty diſh.

LAMB's *Head, Pontiff Sauce.* Take a lamb's head, about three parts boiled, chop ſome muſhrooms, and fat livers cut in dice; put them in a ſtewpan with a little cullis and white wine, a faggot of ſweet herbs, a little chopped ſhallots, pepper and ſalt; cut the tongue in dice, which you mix with the ſauce; then take the brains

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out of the head, put the head into the ragoo or ſauce; cover it with the brains cut in ſlices; baſte them with a little of the ſauce, bread crumbs, and melted butter; bake in the oven till of a good colour; ſerve with *Pontiff Sauce*.—See SAUCES.

To ſtew a LAMB's *Head.* Waſh the head and pick it very clean. Lay it in water for an hour, take out the brains, and carefully extract the bones, the tongue, and eyes; but be careful to avoid breaking the meat. Take two pounds of veal, two of beef ſuet, a very little thyme, a good piece of lemon-peel minced, a nutmeg grated, and two anchovies: chop them well together, grate two ſtale rolls, and mix all with the yolks of four eggs. Save enough of this meat to make about twenty balls. Take half a pint of freſh muſhrooms, clean peeled and waſhed, the yolks of ſix eggs chopped, half a pint of oyſters clean waſhed, or pickled cockles. Mix all theſe together; but firſt ſtew your oyſters, and put to them two quarts of gravy, with a blade or two of mace. Tie the head with packthread, cover it cloſe, and let it ſtew two hours. While this is doing, beat up the brains with ſome lemon-peel cut fine, a little chopped parſley, half a nutmeg grated, and the yolk of an egg. Fry the brains in little cakes in boiling dripping, and fry the balls, and keep them both hot. Strain the gravy the head was ſtewed in, and put to it half an ounce of truffles and morels, and a few muſhrooms, and boil all together; then put in the reſt of the brains that are not fried, and ſtew them together for a minute or two. Pour this over the head, lay the fried brains and balls round it, and garniſh with lemon.

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To force a Leg of LAMB. Carefully take out all the meat, leaving the ſkin whole, and the fat on it. Make the lean you cut out into a force-meat thus:—To two pounds of meat, add two pounds of beef ſuet, ſkinned and cut ſmall; beat it in a marble mortar till very fine; and then mix it with four ſpoonfuls of grated bread, eight or ten cloves, five or ſix large blades of mace dried and beaten fine, half a large nutmeg grated, a little pepper and ſalt, a little lemon-peel cut fine, a very little thyme, ſome parſley and four eggs. Mix all together, put it into the ſkin in the ſame ſhape it was; ſew it up, roaſt it, and baſte it with butter. Cut the loin into ſteaks, and fry it nicely; lay the leg on the diſh, and the loin round it, with ſtewed cauliflowers all round upon the loin; pour a pint of good gravy into the diſh, and ſend it to table; the cauliflower may be omitted.

Leg of LAMB *boiled, and Loin fried.* Cut your leg from the loin, boil the leg three quarters of an hour, cut the loin in handſome ſteaks, beat them with a cleaver, and fry them a good brown; then ſtew them a little in ſtrong gravy; put your leg on the diſh, and lay your ſteaks round it; pour on your gravy, lay round lumps of ſtewed ſpinach, and criſped parſley on every ſteak. Send it to the table with gooſeberry-ſauce in a boat.

Another way. Let the leg be boiled very white. Cut the loin into ſteaks, dip them into a few crumbs of bread and eggs, fry them nice and brown; boil a good deal of ſpinach and lay in the diſh; put the leg in the middle, lay the loin round it, cut an orange in four, and garniſh the diſh, and have butter in a cup. Some

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like the ſpinach boiled, then drained, put into a ſauce-pan with a good piece of butter, and ſtewed.

To fry a Loin of LAMB. Cut your lamb into chops, rub it over on both ſides with the yolk of an egg, and ſprinkle ſome bread crumbs, a little parſley, thyme, marjoram, and winter ſavory, chopped very fine, and a little lemon-peel chopped fine; fry it in butter of a nice light brown, and ſend it up in a diſh by itſelf. Garniſh with a good deal of fried parſley.

Or, you may dreſs lamb chops as above, and put them round in a diſh, as cloſe as you can, leaving a hole in the middle, into which put a ſauce made with all ſorts of ſweet herbs, and parſley, chopped fine, and ſtewed in ſome thick good gravy.

To ragoo a fore Quarter of LAMB. Cut off the knuckle bone, take off the ſkin, lard it all over with bacon, and fry it of a nice light brown, then put it in a ſtewpan, and juſt cover it with mutton gravy, a bunch of ſweet herbs, ſome pepper, ſalt, beaten mace, and a little whole pepper; cover it cloſe, and let it ſtew for half an hour; pour out the liquor, and take care to keep the lamb hot; ſtrain off the gravy, and have ready half a pint of oyſters fried brown, pour all the fat from them, add them to the gravy, with two ſpoonfuls of red wine, a few muſhrooms, and a bit of butter rolled in flour; boil all together, with the juice of half a lemon; lay the lamb in the diſh, and pour the ſauce over it.

A fore Quarter of LAMB *in caul.* Bone a fore quarter of lamb, taking care not to cut the ſkin. Make a force-meat thus:—Cut four onions in dice, and fry them in lard or butter; when near done, add a little chopped ſhallots, parſley, pepper and ſalt to your taſte, the yolks of

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of five eggs, and half a pint of cream, ſimmer over the fire without boiling till it becomes pretty thick; put this force-meat in the lamb, and faſten it well; roll it in a caul and roaſt it, baſting with butter, or a thin batter and bread crumbs. When done, and of a good colour, ſerve with what ſauce you pleaſe.

It may alſo be done without caul or larding.

To force a hind Quarter of HOUSE LAMB. Cut off the flank, and with a knife raiſe the thick part of the meat from the bone. Make a force-meat with ſome ſuet, a few ſcalded oyſters cut ſmall, ſome grated bread, a little beaten mace, pepper and ſalt, mixed up with the yolks of two eggs; ſtuff it with this under where the meat is raiſed up, and under the kidney. Let it be half roaſted, then put it in a large ſtewpan, with a quart of mutton gravy; cover it, and let it ſtew very gently. When it is enough, keep it hot, ſkim off the fat and ſtrain the gravy; add to it a glaſs of Madeira, one ſpoonful of walnut ketchup, half a lemon, a little kyan, half a pint of ſtewed oyſters, with a piece of butter rolled in flour; pour this over the lamb.

Two hind Quarters of LAMB *with Spinach.* Take your two quarters of lamb, truſs your knuckles in nicely, and lay it in ſoak two or three hours in ſome milk, coriander ſeed, a little ſalt, two or three onions, and parſley; put it boiling in but little water, ſkim it well, put in ſome flour and water well mixed, a lemon or two pared and ſliced, a bit of ſuet, and a little bunch of onions and parſley; ſtir it well from the bottom, and boil it gently, and theſe ingredients will make it as white as a curd. Boil your ſpinach, put to it about a pint of cream, a bit of butter, a little pepper, ſalt, and nutmeg; ſtir

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ſtir it over a ſlow ſtove till it is of a nice conſiſtence, ſqueeze in the juice of a lemon, pour it into the diſh, and lay your lamb upon it, after draining it from fat and water, and take off any of your ſeaſonings that may chance to hang to it.

A neck of veal may be done in the ſame way, taking the chine bone off, and trimming it neatly.

Baked LAMB *and Rice.* Half roaſt a neck or loin of lamb, then cut it into ſteaks; take half a pound of rice boiled in a quart of water ten minutes, put it into a quart of good gravy, with two or three blades of mace and a little nutmeg. Do it over a ſtove or ſlow fire till the rice begins to be thick; then take it off, ſtir in a pound of butter, and when that is quite melted, ſtir in the yolks of ſix eggs, firſt beat; then take a diſh and butter it all over; put a little pepper and ſalt over the ſteaks; dip them in a little melted butter, lay them into the diſh, pour the gravy which comes out of them over them, and then the rice; beat the yolks of three eggs, and pour all over; bake it better than half an hour.

Shoulder of LAMB, *Dauphin faſhion.* Bone a ſhoulder of lamb all to the ſhank bone; make a force-meat of fat livers chopped, muſhrooms or truffles, ſcraped lard, chopped parſley and ſhallots, pepper, ſalt, and three yolks of eggs; mix it well, and put it in the ſhoulder; faſten it well to hinder the force-meat from getting out; then put it in a pan of much its bigneſs, with a little broth and white wine, a faggot of parſley and ſweet herbs, pepper, ſalt, and ſlices of bacon over: ſtew it ſlowly till done, and ſerve it upon ſtewed ſpinach, or any ſort of garden greens, ragoo, or ſauce, you think proper.

Shoulder

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Shoulder of LAMB, *Neighbour faſhion.* Prepare the ſhoulder as the preceding; make a force-meat of cold boiled or roaſted fowls, calf's udder or ſuet, bread crumbs ſoaked in cream, chopped parſley, ſhallots, pepper, ſalt, and four yolks of eggs; then fill the ſhoulder with it, and make it as round as poſſible; faſten it well, that the force-meat may not get out; lard it, and ſtew it in broth, with a faggot of ſweet herbs. When done, ſtrain the ſauce through a lawn ſieve, reduce it to a glaze, and glaze the larded part. Serve with what ſauce or ragoo you pleaſe.

LAMB's *Sweetbreads.* Blanch your ſweetbreads, and put into cold water awhile, put them into a ſtewpan with a ladle of broth, pepper, ſalt, a ſmall bunch of green onions and parſley, and a blade of mace; ſtir in a bit of butter with flour, and ſtew all about half an hour. Make ready a liaſon of two or three eggs and cream, with a little minced parſley and nutmeg; put in tops of aſparagus that you have ready boiled, and pour in your liaſon, and take care it does not curdle; add ſome juice of lemon or orange, and ſend it to table. You may uſe peas, young gooſeberries, or kidney beans for this, and all make a pretty diſh.

A Diſh of LAMB's *Bits.* Skin and ſplit the ſtones, lay them on a dry cloth with the ſweetbreads and liver, dredge them well with flour, and fry them in boiling lard or butter a light brown; then lay them on a ſieve to drain; fry a good quantity of parſley, lay your bits on the diſh, and the parſley in lumps over it. Pour melted butter round them.

Houſe

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HOUSE *or* GRASS LAMB *Steaks.* Seaſon them with pepper, ſalt, nutmeg, grated lemon peel, and parſley chopped (but dip them firſt in egg); fry them quick, thicken ſome good gravy, add a very little red wine, ketchup, and ſome oyſters; boil theſe together, put in the ſteaks; juſt heat them. Palates may be added ſtewed tender, force-meat balls and hard eggs.

This is a very good diſh, and convenient when poultry is dear.

To fry a Neck or Loin of LAMB. Cut it into thin ſteaks, beat them with a rolling-pin, fry them in half a pint of ale, ſeaſon them with a little ſalt, and cover them cloſe. When enough, take them out of the pan, lay them in a plate before the fire to keep hot, and pour all out of the pan into a baſon; then put in half a pint of white wine, a few capers, the yolks of two eggs beat, with a little nutmeg and a little ſalt; add to this the liquor they were fried in, and keep ſtirring it one way all the time till thick, then put in the lamb, keep ſhaking the pan for a minute or two, lay the ſteaks in the diſh, pour the ſauce over them, and have ſome parſley in a plate before the fire to criſp; garniſh with that and lemon.

LAMPREYS.

To dreſs a LAMPREY. Cleanſe the fiſh from ſlime well with hot water, ſaving their blood; then cut them in pieces and ſtew them in an earthen pipkin with white wine; ſeaſon with ſalt, pepper, nutmeg, burnt butter, a bunch of ſweet herbs and bay leaf; then put to them their

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their blood which you ſaved, with a little fried flour and capers, and garniſh them with ſlices of lemons.

LAMPREY *with ſweet Sauce.* Having as before cleared them from the ſlime, ſtew them in red wine with ſalt, pepper, ſugar, cinnamon, burnt butter; adding ſome lemon juice and a piece of green lemon, when you ſerve them up to a table.

To make a LAMPREY *Pye.* The lampreys having been firſt well cleanſed from their ſlime, and reſerved their blood, put it into a pye of fine paſte, ſeaſoned with ſalt, pepper, beaten cinnamon, ſugar, currants, and candy'd lemon-peel; bake it in a moderately heated oven, and when it is half baked, put in the blood and a glaſs of white wine; and before you ſerve it up put in ſome lemon juice.

To pot LAMPREYS. Seaſon them with ſalt, pepper and nutmeg; add a large onion ſtuck with cloves, and three or four ſpoonfuls of claret; put it in a pot, cover it with butter, and bake it; when baked take it out, and ſtrain the liquor from it; pour off the clear butter, and putting it into a fit pan to keep it, add to it as much more as will cover the fiſh.

LARKS.

To roaſt LARKS. Put a ſmall bird ſpit through them, and tie them on another; roaſt them, and all the time they are roaſting, keep baſting them very gently with butter, and ſprinkle crumbs of bread on them till they are almoſt done; then let them brown before you take them up.

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The beſt way of making crumbs of bread is to rub them through a fine cullender, and put a little butter into a ſtewpan; melt it, put in your crumbs of bread, and keep them ſtirring till they are of a light brown; put them on a ſieve to drain a few minutes; lay your larks in a diſh, and the crumbs all round, almoſt as high as the larks, with plain butter in a cup, and ſome gravy in another.

A Ragoo of LARKS. Fry your larks with an onion ſtuck with cloves, a few truffles and muſhrooms; pour off the fat; ſhake over the larks, &c. a little flour; put to them ſome good gravy; ſtew them till they are enough. If there is any fat, ſkim it off. Add chopped parſley, lemon-juice, pepper, and ſalt, if neceſſary.

Other ſmall birds may be dreſſed in the ſame manner.

LARKS, *Pear faſhion.* Truſs them cloſe, and cut off the legs; ſeaſon them with ſalt, pepper, cloves and mace, make a force-meat thus;—Take a veal ſweetbread, as much beef ſuet, a few morels and muſhrooms; chop all fine together, ſome crumbs of bread, and a few ſweet herbs, a little lemon peel cut ſmall; mix all together with the yolk of an egg, wrap up the larks in force-meat and ſhape them like a pear; ſtick one leg in the top, like the ſtalk of a pear, rub them over with the yolk of an egg and crumbs of bread; bake them in a gentle oven, ſerve them without ſauce; or they make a good garniſh to a very fine diſh.

You may uſe veal, if you have not a ſweetbread.

LARKS *à-la-Françoiſe.* Truſs your larks with the legs acroſs, and put a ſage leaf over their breaſts; put them upon a long thin ſkewer; between every lark put a piece

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piece of thin bacon, then tie the ſkewer to a ſpit, and roaſt them at a briſk clear fire; baſte them with butter, and ſtrew over them ſome crumbs of bread mixed with flour; fry ſome bread crumbs of a fine brown in butter. Lay the larks round the diſh, the bread crumbs in the middle.

LAUNDRY-MAID.

To what we have already ſaid under the head of *clear-ſtarching*, we ſhall add ſome remarks not leſs uſeful to this particular ſervant, than to families in general.

A *copper* for the purpoſe of waſhing is what every family ought to have, on a principle of economy, as it will ſave almoſt two thirds of the coals otherwiſe conſumed; for if the ſtove draws well, (which it may be made to do) it will burn cinders, and almoſt every kind of refuſe, and when the water is once made to boil, a ſmall fire will make it continue. Care ſhould however be taken to keep the copper ſufficiently full of water, leſt the fire ſhould riſe on the ſides and ſcorch the linen.

Clear water, and plenty of it, is indiſpenſably neceſſary, particularly for ſeconding and rinſing cloaths; but as rain and river water is often thick or cloudy, care ſhould be taken to have it properly ſettled, by putting it into veſſels a day or two previous to your waſhing.

The Laundry-maid ought to be very correct in counting, and ſetting down the various articles ſhe receives, and to return whatever has been delivered to her. It will be unneceſſary to caution an honeſt ſervant againſt being waſteful of ſoap, tearing the linen, &c. either in

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waſhing, or drying it upon hedges and fruit trees; or ſtirring the linen in the copper with ſticks that are ſplintered or have nails in them; or to ſuffer it to mildew by laying too long undried or unironed; the neceſſity of theſe things is too obvious to need remark; but there are ſome other obſervations worth attending to.

To take out *Iron moulds* before waſhing is a part of her buſineſs that demands attention, and the beſt method of doing it is, to hold the iron mould over the fume of boiling water for ſome time, then pour on the ſpot a little juice of ſorrel and a little ſalt, and when the cloth has thoroughly imbibed the juice, waſh it in lee.

To take out Stains of Oil. Take Windſor ſoap ſhaved thin, put it into a bottle half full of lee, throw in the ſize of a nut of ſal ammoniac, a little cabbage juice, two yolks of new laid eggs, and ox-gall at diſcretion, and laſtly, an ounce of powdered tartar: then cork the bottle, and expoſe it to the heat of the noon day ſun four days, at the expiration of which time it becomes fit for uſe. Pour this liquor on the ſtains, and rub it well on both ſides of the cloth; then waſh the ſtains quickly in clear water, with Caſtile ſoap, and when the cloth is dry, they will no longer appear.

When linen is ſtained by claret or other red wine, ſoak the ſtained part in hot milk three or four times a day for ſeveral days. Or a little ſalt rubbed on the part immediately, will prevent the ſtain from becoming injurious, and it may afterwards be waſhed in hot milk.

Spots of Ink will abſolutely ruin the fineſt linen:—Lemon juice, and the eſſential ſalt of lemon, will by no means anſwer the purpoſe of taking them out: the ſpots will indeed diſappear, but the malignity of the ink ſtill remains

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remains to corrode the linen and finally produce a hole: it has been recommended in this caſe to lay the ſtained part of the linen in freſh chamber-lye, for three or four days together, rubbing the ſtained part every time you change the lye. But the moſt effectual way is to take a mould candle, or ſome very pure tallow, melt it, and dip the ſpotted part of the linen in the melted tallow, then put it to the waſh, when it will come perfectly white, nor will there ever be any hole in the ſpotted part. This is given from experience.

When linen has been *ſcorched*, boil two ounces of fuller's earth, and the ſame quantity of Caſtile ſoap, in half a pint of white wine vinegar, and a quart of water, with two onions quartered and half an ounce of hen dung, till it begins to grow ſtickiſh; then ſet it by to cool, and when it is in a ſort of jelly, put in a little ſtarch and white wine, ſpread it upon the ſcorch'd part of the linen, and if it be but ſlightly done, it will ſoon recover it; but if the linen is ſtained, take two ounces of Caſtile ſoap, boil it to a jelly in a quart of milk, preventing it from curdling; ſpread it on as you do fuller's earth, and let it lie on all night, and when that is taken off, wet the place with the juice of a lemon and the ſtains will ſoon diſappear.

The beſt method of getting up *Lace*, is to ſew a bit of muſlin to each ſide of it, then waſh it among muſlins, or by itſelf, in three lathers; and if does not look white, put it into warm butter-milk, and let it lie a day, then hang it up to dry; and if it is not white enough, you muſt put it into ſcalding hot butter-milk, and ſo let lie till it is cold; then waſh it out in two or three lathers, according as you ſee occaſion: but the lathers muſt not

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be blue; then rinſe it in pump water; after which pin it upon your board by the muſlin very even; then take muſlin the length of the lace, and dip it in water ſtarch, and ſo lay it upon the lace till it is dry; obſerve not to ſqueeze any of the ſtarch out of the muſlin.

When the lace is dry, pick out the purls and the foot very tenderly.

If you open the purls, you muſt make a round hardiſh pillow, and lay paper on it, which will ſhew the purls the plainer; afterwards lay your lace upon the paper, and with a long ſlender needle, and very clean hands, you may eaſily open them, if they are well picked out at firſt; after you have opened them, lay them upon the board, with a muſlin over them, and iron them with an iron not too hot.

To do lace as it is done in Holland, you muſt pick it off your linen, then take a clean piece of glaſs, and ſew a thick piece of muſlin over it (but let the glaſs be ſquare) then roll the lace very even upon the glaſs, and between every roll ſoap it; when it is all ſoaped and rolled up, cover it with another piece of thick muſlin, and let it lie in hot water till the water is cold, which will ſoak out the dirt; then put it in a large ſaucepan of water, and boil it, which repeat; but in your laſt boil you muſt put in ſoap enough to make a lather; when you have done boiling it, lay it in a dry cloth to ſoak out the ſuds; when you perceive the ſuds to be out of it, and it appears ſomewhat dry on the outſide, rinſe it in two clear pump waters with a little blue in them, and lay it in a dry cloth as before, to ſoak out the water till it is almoſt dry; then lay it in ſtarch water

a very

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a very little while, and wipe the ſtarch off on the outſide, and ſqueeze it not too hard to make the ſtarch come through to the glaſs; then dry it quickly, becauſe if it is too long a drying, it will make it look yellow: let it be a little damp when you take it off the glaſs, or it will ſtick one roll to another, and be apt to tear; then lay it on a clean dry cloth, and pull out the purls where you ſee occaſion; if your lace be new the purls will open; next ſew it upon the muſlin, and rub it open with a warm iron, that it may not look tumbled; your lace will look white as ſnow, and as like new as poſſible.

Some have done them on a board, but that makes them look yellow, and is apt to iron mould them.

This is a very excellent way to do any fringes; but they *muſt not* be ſtarched.

LEPROSY.—See SCURVY.

LIPS.

The lips are covered with a delicate ſkin, which becomes chapped, and very eaſily cracks, eſpecially during froſty weather, or in a north wind. A fever, or an exceſſive heat in the bowels, ſometimes withers this ſkin too, and makes it break, ſo as to fall off in little ſcales like bran. It alſo happens, very frequently, that when you have been touching any thing that is unclean, and put your fingers immediately afterwards to your mouth, the

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the ſkin of the lips thereby becomes chapped and pimpled; but if you have touched any venomous ſubſtance, you may not get off ſo eaſy. Drinking immediately after people who have any bad diſorder is very often the cauſe of pimples and puſtules on the lips. The beſt remedy for which is a cruſt of bread applied hot to the lips.

The readieſt method of curing ſimple chaps, and pimples, or ſcabs of the lips, is to rub them with the following pomatum:

Take three ounces of the fat of veal kidney, melt it over a gentle fire, then ſtrain it, and waſh it ſeveral times in water. Put it again upon a very ſlow fire, with the ſame quantity of white wax, two ounces of the expreſſed oil of ſweet almonds, half an ounce of ſpermaceti, and a little alkanet-root, well bruiſed. Melt all together gently, and ſtir them well, till the alkanet has communicated its red colour to the pomatum: then take it off the fire, and put it up in a gallipot.

Or, take hog's lard waſhed in roſe water, half a pound, red roſes, and damaſk roſes, bruiſed, a quarter of a pound, knead them together, and let them lie two days; then melt the hog's lard, and ſtrain it from the roſes:—add a freſh quantity of the latter, knead them in the hog's lard, and let them lie together two days as before; then gently ſimmer the mixture in a vapour bath: preſs out the lard, and keep it for uſe.

Either of the foregoing will perfectly anſwer the intention; and compoſitions of this kind may be varied without end.—Theſe ſalves, however, will not be of ſervice when the lips are pimpled or ſcabbed from a venomous

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mous infection; or from drinking after people who have any diſeaſe.

A practice very hurtful and dangerous to the lips of children, and which people are in general not ſufficiently aware of, is giving them whiſtles; they are commonly daubed over with paint; every body plays upon them; and there is not a ſervant in the houſe, though his lips are never ſo ſcabbed, but muſt uſe the child's whiſtle; to whom it is given again wet, moſt likely with ſaliva, and what may be the conſequence, it is eaſy to gueſs.

Diſorders in the lips are many times contracted from a cauſe which is never ſuſpected, and yet is very common. We have a cuſtom, when beginning to write with a new-made pen, of putting the point of it to our mouth to wet it, and thereby make it draw ink more eaſily. This we ought to take care of, unleſs we make the pen ourſelves, or are ſure that the perſon who made it is free from diſeaſe; becauſe, whoever makes a pen, always wets it, in order to try whether it will write. It is true, he wipes it afterwards; but ſeldom ſo well as to take off all the ſaliva; and what is left of this, though it be dried, or in ever ſo ſmall a quantity, is a leaven which may communicate a diſeaſe of the lips, or any other contagious illneſs, from one perſon to another. This remark will be corroborated by reflecting on what ſort of people are employed in making pens for ſale.

LIVER *and* CROW *of an* HOG.

Take theſe with the ſweetbreads ſoon after the hog has been killed, cut the liver in pieces, twice as big as

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a walnut; but not in thin pieces, for then they will become hard in the dreſſing.

Alſo cut the crow and ſweetbreads into ſlips about the breadth of two fingers: then parboil the pieces of liver, and having ready a thick batter of flour, water and eggs, ſeaſoned with a little ſalt, and having alſo ſome red ſage ſhred very fine, grated bread and beaten pepper, mix all theſe latter together; and having heated butter or lard very hot in a frying pan, dip the crow and ſweetbread in the batter; and immediately dip the pieces of liver in the mixture of bread, ſage, &c. and put them into the pan.

When the meat is enough, ſet it to drain before the fire, and then dip the bits of liver into the batter; and after that into the crumb bread and give them a turn or two in the pan over a quick fire; then drain them alſo, and ſerve them up hot with butter and muſtard.

LOBSTERS.

A hen lobſter is broader in the middle of the tail than the cock, but its claws are not ſo large; they are preferable on account of the ſpawn, particularly when it is on the outſide of the tail. The heavieſt are the beſt, if there be no water in them; it is beſt to buy them alive, but when boiled, if they were freſh, the tail will fly up like a ſpring when opened; and the middle of the tail will be full of hard, reddiſh ſkinned meat.

To roaſt LOBSTERS. Put a ſkewer into the vent of the tail of the lobſter, to prevent the water getting into the body of it, and put it into a pan of boiling water, with a little ſalt in it; and if it be a large one, it will take half an

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an hour boiling; then lay it before the fire, and baſte it with butter till it has a fine froth. Diſh it up with plain melted butter in a boat. This is a better way than actually roaſting them, and is not attended with half the trouble.

Another way to roaſt LOBSTERS. Half boil your lobſters, then lay them before the fire, and baſte them with butter till they have a fine froth, and the ſhell looks of a dark brown. Diſh them up with plain melted butter in a cup.

LOOSENESS.—See DYSENTERY.

LOTION.

The following may be uſed as one of the ſafeſt preparations for taking away freckles, ſun-burn, and ſimilar inconveniences: though we would only recommend an occaſional, not a conſtant uſe of ſuch compoſitions:

Take Damaſk roſe water, three quarters of a pint; olive oil, one quarter of a pint; ley of tartar, half an ounce by meaſure.—Grind the ley of tartar and the oil together until they unite; then gradually add the roſe water.

If this lotion be applied to the removal of pimples or flushing in the face, we muſt recommended to the ladies that they will at the ſame time take a few doſes of cooling phyſic.

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M.

MACKAREL.

When the gills of mackarel are of a fine ſhining redneſs, their eyes ſtand full, and the fleſh is ſtiff, then they are new; but if the eyes are duſky or faded, the ſkin ſinking and wrinkled, and the tails limber, they are certainly ſtale.

To boil MACKAREL. Make a ſauce with half a pint of white wine, ſome weak broth, ſweet herbs, bits of roots, ſlices of onions, pepper and ſalt; boil theſe together about an hour; then boil the fiſh therein, and ſerve with a ſauce made of butter, a little flour, ſome ſcalded chopped fennel, one ſhallot chopped very fine, a little of the boiling liquid, and a lemon ſqueeze when ready.

Another way. Boil them in ſalt and water; a very little vinegar, parſley and butter, fennel ſauce, and coddled gooſeberries.

MACKAREL *à-la Maitre d'Hotel.* Wipe three mackarel very dry with a clean cloth; cut them down the back from head to tail, but not open; flour them, and broil them nicely; chop a handful of parſley, and a handful of green onions very fine, mix them up with butter, pepper, and ſalt. Put your mackarel in the diſh, and the parſley, &c. into the cut in the back, and put them before the fire till the butter is melted. Squeeze the juice of two lemons over them, and ſend them up hot.

To broil MACKAREL *whole.* Cut off the heads, gut and waſh them clean, pull out the roe at the neck end, boil it in a little water, then bruiſe it with a ſpoon; beat

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beat up the yolk of an egg, with a little nutmeg, a little lemon-peel cut fine, a little thyme, ſome parſley boiled and chopped fine, a little pepper and ſalt, a few crumbs of bread. Mix all well together, and fill the mackarel; flour it well, and broil it nicely. Let your ſauce be plain butter, with a little catchup or walnut pickle.

Another way. Clean your mackarel, ſplit them down the back, and ſeaſon them with pepper and ſalt, ſome mint, parſley, and fennel, chopped very fine. Flour them, and fry them of a fine light brown, and put them on a diſh and ſtrainer. Let yout ſauce be fennel and butter, and garniſh with parſley.

MACKAREL *au Court Bouillon.* Put in a ſtewpan ſome weak broth, half a pint of white wine, ſliced roots, onions, ſweet herbs, pepper, and ſalt; boil this together about half an hour, then boil the fiſh in it; make a ſauce with a piece of butter, a little flour, one ſhallot chopped very fine, ſome ſcalded fennel chopped, and a little of the boiling liquid. When ready to ſerve, add the ſqueeze of a lemon.

To bake MACKAREL. Cut the heads off, waſh and dry the bodies in a cloth, cut them open, rub the bone with a little bay ſalt beat fine; take mace, black and white pepper, a few cloves, all beat fine; lay the fiſh in a long pan, and between every layer of them, put two or three bay leaves, cover them with vinegar; tie writing paper over them firſt, and then thick brown paper doubled; they muſt be put into a very ſlow oven, and will take a long time doing. When they are enough, uncover them, let them ſtand till they are cold, then pour away all the vinegar they were baked in, cover them with ſome more vinegar, and put in an onion ſtuck

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with cloves. Let them ſtand two hours longer in a very ſlow oven. They will keep a great while. Always take them out with a ſlice; the hands will ſpoil them.

MANGOES.—See CUCUMBERS and PICKLING.

MARCH.

PRODUCTIONS OF THE MONTH.

Meat.
Beef
Houſe lamb
Mutton
Pork
Veal

Poultry.
Capons
Chickens
Ducklings
Fowls
Pigeons
Pullets
Tame Rabbits
Turkeys

Fiſh.
Carp
Crabs
Cray-fiſh
Eels
Flounders
Lobſters
Mullets
Plaice
Scate
Soles
Tench
Thornback
Turbot
Whitings

Vegetables.
Aſparagus
Beets
Brocoli, purple and white
Burnet
Cabbage
Cardoons
Carrots
Celery
Coleworts
Chervil
Clary
Creſſes
Endive
Eſchalot
Garlic
Jeruſalem Artichokes
Lettuce
Mint
Muſhrooms
Muſtard
Onions
Parſley
Parſnips
Potatoes
Purſlane
Radiſh
Rape
Savory
Spinach
Tanſey
Taragon

Fruit.
Apples
Pears

DINNERS OF TWO COURSES.

Firſt Courſe.

Pigeon pie.
Melted butter.
Veal cutlets.

Onion Soup removed with ſtewed Soals.
Greens.
Calf's head à-la turtle.
Peaſe pudding.
Leg of pork boiled.

Harrico of mutton.
Wine ſauce.
Tanſy pudding.

Second

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Second Courſe.

Two ſmall chickens roaſted.

Apricot fritters. Lemon cream.

Preſerved cherries.

Aſparagus boiled.

Stewed pears. Peaches in brandy. Compote of pippins.

Blamonge. Almond cheeſe cake.

Scalloped oyſters.

DINNERS OF THREE COURSES.

Firſt Courſe.

Soup Lorrain.

Sheeps rumps. Almond pudding. Fillet of pork.

Chine of Mutton, and ſtewed celery. Stewed carp or tench. Lamb's head.

Veal collops. Beef ſteak pie. Calves ears.

Onion ſoup.

Second Courſe.

A poulard larded and roaſted.

Aſparagus. Blanc mange. Prawns.

Ragoo'd ſweet-breads. A trifle. Fricaſſee of rabbits.

Craw-fiſh. Cheeſecakes. Fricaſſee of muſhrooms.

Tame pigeons roaſted.

Third Courſe.

Ox palates ſhivered.

Tartlets. Potted larks. Stewed pippins.

Cardoons. Jellies. Spaniſh peaſe.

Black caps. Potted partridge. Almond cheeſe-cakes.

Cocks combs.

MAR-

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MARMALADE.

Orange MARMALADE. Take the cleareſt Seville oranges, and cut them in two; put the pulp and juice into a pan, and pick the ſkins and ſeeds out; boil the rinds in hard water till they are very tender, change the water three times while they are boiling, then pound them in a mortar, and put in the juice and pulp; put them in a preſerving pan, with double their weight of loaf-ſugar, ſet it over a ſlow fire, boil it gently forty minutes; put it into pots. Cover it with brandy paper, and tie it down cloſe.

Red Quince MARMALADE. Pare quinces that are full ripe, cut them in quarters, and core them; cover them with the parings, in a ſaucepan almoſt full of ſpring water, cover it cloſe, and ſtew them gently till they are quite ſoft, and of a deep pink colour; then pick out the quinces from the parings, and beat them to a pulp in a mortar; take their weight in loaf-ſugar, put in as much of the water they were boiled in as will diſſolve it, and boil and ſkim it well; then boil the quinces gently three quarters of an hour; keep ſtirring them all the time, or it will ſtick to the pan and burn; put it into flat pots, and when cold, tie it down cloſe.

White Quince MARMALADE. To a pound and a half of quinces take a pound of double-refined ſugar, make it into a ſyrup, boil it high; pare and ſlice the fruit, and boil it quick; when it begins to look clear, pour in half a pint of juice of quinces, or if quinces are ſcarce, pippins; boil it till thick, take off the ſcum with a paper. To make a juice, pare the quinces, or pippins, cut them

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from the core, beat them in a ſtone mortar, ſtrain the juice through a thin cloth; to every half pint, put more than a pound of ſugar; let it ſtand at leaſt four hours before it is uſed.—See alſo APPLE MARMALADE.

MAY.

ARTICLES IN SEASON.

Meat.
Beef,
Lamb,
Mutton,
Veal.

Poultry.
Chickens,
Ducklings,
Fowls,
Green Geeſe,
Leverets,
Pullets,
Rabbits,

Fiſh.
Carp,
Chub,
Crabs,
Cray-fiſh,
Eels,
Herrings,
Lobſters,
Prawns,
Salmon,
Smelts,
Soles,
Tench,
Trout,
Turbot.

Vegetables.
Artichokes,
Aſparagus,
Sallad,
Beans,
Beets,
Carrots,
Cauliflowers,
Cucumbers,
Lettuce,
Peaſe,
Potatoes,
Radiſhes,
Spinach,
Sorrel,
Turnips.

Fruit.
Apples,
Gooſeberries, & Currants, for Tarts,
Pears,
Strawberries.

DINNERS OF TWO COURSES.

Firſt Courſe.

Rice ſoup, removed with ſtewed carp and white ſauce.

Beef collops.
Wine ſauce.
Plum pudding.
Plain butter.
Tongue boiled.

Turnips.
Pig roaſted.
Cauliflower.
Loin of veal roaſted.

Two ſmall chickens boiled.
Parſley and butter.
Sheeps rumps and rice.
Currant ſauce, or panada.
Pigeon in form of a moon.

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Second Courſe.

Green gooſe.

Cuſtards. Fricaſſee of lobſters.

Potted veal.

Raſps in jelly. Strawberries.

Deſert frame.

Green Peaſe. Artichokes.
Cherries. Eggs marinaded. Preſerved green gages.
Fried ſmelts. Green gooſeberry tarts.

Leveret roaſted.

DINNERS OF THREE COURSES.

Firſt Courſe.

Salmon broiled.

Rabbits with onions. Olives. Collar'd Mutton.
Pigeon pie raiſed. Veal Tart de moi.
Ox palates. Vermicelli ſoup. Matelot of tame duck.
Chine of Lamb.
Mackarel.

Second Courſe.

Green gooſe.

Aſparagus. Cuſtards. Cocks combs.
Green gooſebery tarts. Epergne. Green apricot tarts.
Lamb cutlets. Blanc mange. Stewed celery.
Roaſt chickens.

Third Courſe.

Lamb ſweetbreads.

Stewed lettuce. Rheniſh cream. Raſpberry puffs.
Lobſters ragooed. Compot of green apricots. Buttered crab.
Lemon cakes. Orange jelly. French beans.
Ragout of fat livers.

MEAD.

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MEAD.

To ten gallons of water add two gallons of honey and a handful of race ginger; alſo two lemons cut in ſlices; boil the mixture very well, and keep it carefully clean of ſcum; turn it into a clean earthen or wooden veſſel to ſtand all night, and the next morning barrel it up with two or three ſpoonfuls of good yeaſt: in a month afterwards you may bottle it.

The country ladies who make mead for family uſe, have various deviations from the foregoing, though not eſſentially different: it would not be improper to mix ſome white of eggs with it before it is ſet on the fire: and though the boiling is indiſpenſably neceſſary, yet too long continuance will render it a mere ſtum. A ferment is equally neceſſary, but whatever is made uſe for that end, ought to be very ſweet and good, for the leaſt taint will be communicated to the whole liquor. Some have added hops to their mead, which as the bitterneſs goes off, gives a very pleaſant flavour to the liquor.

Cowſlip MEAD. Take fifteen gallons of water, and thirty pounds of honey, boil them together till one gallon is waſted, ſkim it, and take it off the fire. Have ready ſixteen lemons cut in halves, put a gallon of the liquor to the lemons, and the reſt into a tub with ſeven packs of cowſlips; let them ſtand all night, then put in the liquor with the lemons, and eight ſpoonfuls of new yeaſt, and a handful of ſweet-briar; ſtir them all well together, and let it work three or four days; then ſtrain it, and put it in your caſk, and in ſix months time you may bottle it.

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MEASLES.

The approach of the meaſles is foretold by complaints, frequently differing in different conſtitutions. It is uſually preceded by ſhiverings and hot fits in alternate ſucceſſion, by dulneſs and inclination to ſleep, in children; and in grown perſons, very violent and continued headachs, an univerſal reſtleſſneſs, ſore throat, every mark of inflammation in the eyes, accompanied with the emiſſion of ſharp ſcalding water, ſwoln eyelids, and a diſability to endure the light without ſenſations extremely painful; a conſtant defluxion from the noſe, promoted by frequent ſneezings, thirſt, loſs of appetite, a diſcoloured yet not dry tongue, ſickneſs, an inclination to vomit, or more uſually a looſeneſs with green and fœtid ſtools, ſweating, a cough and ſuffocation: in ſome caſes the cough, which is ſmall, dry, and irritating, is the firſt ſymptom, and attacks the patient ſeveral days before any other indiſpoſition appears.

The ſymptoms generally proceed with increaſing violence till the fourth, or in ſome caſes, till the fifth day, when the eruption begins to make its appearance in ſmall, round, red ſpots on the face, and thence ſpreading over the whole body in a ſort of continued figure; for though many parts of the ſkin remain free from eruption, yet it always appears joined together by a chain or ſtring of puſtules, by which circumſtance it may in the early ſtages of it be diſtinguiſhed from the ſmall pox; in ſome caſes the breaſt and ſtomach are the firſt ſeats of the eruption. Theſe inflammatory appearances occaſion a ſwelling of the face, and in ſome inſtances actual blindneſs. The appearance of the eruption makes but little alteration in the ſymptoms.

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From the fifth day to the ſeventh, the forehead and face begin to grow rough from the drying up of the puſtules, which, from thence to the ninth day, continue to peel off from the whole body in ſmall ſcales, which have the appearance of bran; and by this time no external remains of the diſeaſe can be diſcovered but a trifling redneſs on the ſkin, which diſappears in a day or two at fartheſt.

But the ſymptomatic complaints are not ſo eaſily diſpoſed of; on the contrary, they rather ſeem to act with redoubled vigour; the cough becomes more frequent, and diſturbs the patient's reſt by night as well as day, threatening an inflammation on the lungs, which too often proves fatal; the difficulty of breathing increaſes; and theſe unpromiſing ſymptoms, which are frequently occaſioned by a regimen and medicines improperly warm, are followed by a looſeneſs, which in many caſes reduces the patient ſo low that his life is in imminent danger.

The ſpots ſometimes aſſume a livid colour, and at others become quite black; appearances from whence the worſt conſequences may be apprehended.

If this diſeaſe is accompanied with an inclination to ſweat moderately; if the body continue rather open than otherwiſe, but without ſhewing any tendency to a looſeneſs; if the diſcharge of urine is conſiderable, and the various complaints in the head and eyes, the fever, and cough decreaſe, as the diſtemper advances—little danger need be apprehended from the meaſles themſelves, or of their leaving any ill conſequences behind them.

But if the fever and accompanying ſymptoms gain ſtrength in the progreſs of the diſeaſe; if the ſpots ſhould ſuddenly grow pale or livid, or totally diſappear, and

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and be ſucceeded by coldneſs of the extreme parts, reſtleſſneſs, or delirium; if the patient ſhould be afflicted with great difficulty of ſwallowing, exceſſive ſweats, a violent propenſity to vomit, or convulſion fits; the utmoſt exertions will be required to produce a change in his favour.

Through the whole courſe of this diſorder great attention ſhould be paid to the regimen, which ſhould be generally of the ſame cooling kind as will be hereafter recommended in the inoculated ſmall pox; but, except under particular circumſtances, acids may be avoided, on account of the cough; nor, for the ſame reaſon, ſhould the patient be indulged in the uſe of ſmall-beer: whey, barley-water, baulm-tea, decoction of the leaves and roots of the common mallow, or of marſh-mallows, and liquorice root, linſeed tea, or any other diluting drinks, may be taken freely, ſweetened with honey or fine ſugar, according to the ſtate of the patient's body; the former being calculated to promote, the latter to reſtrain looſeneſs. But the meaſles does not admit of the ſame freedom with reſpect to air and expoſure as the ſmall pox; a ſudden change, or a damp or cold air, will in the former frequently occaſion very troubleſome and obſtinate pains in the breaſt, with a ſuppreſſion of breath, approaching to aſthma.

If the ſymptoms are at all ſevere, bleeding will be found neceſſary in the firſt ſtages of this diſeaſe, and muſt be repeated according to age and ſtrength, whenever the continuance of the fever, ſuffocation, ſtraitneſs acroſs the breaſt, or other ſymptoms which ſeem to threaten inflammations of the lungs, appear in any degree to require it. Nor is this operation attended with danger in any ſtate of the diſeaſe; though it will be prudent to omit

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omit bleeding where it proceeds mildly, and is not accompanied with unfavourable circumſtances. Bliſtering alſo may be uſeful on the occurrence of violent ſymptoms.

The cough may be ſoftened by a mixture of ſpermaceti, or oil of almonds and ſugar-candy; but the moſt effectual method to relieve both the cough and hoarſeneſs with which it is frequently attended, is to receive the ſteams of warm water, or of tea made with any of the pectoral herbs, into the throat; and for this purpoſe the patient ſhould hold his head over any narrow-mouthed veſſel, about half full of ſuch water or decoction, at leaſt three or four times a day.

Gentle anodynes, ſuch as ſyrup of poppies, or a ſmall quantity (not exceeding a drop or two for a child) of laudanum, in a ſpoonful of any ſimple water, may be repeated every night after the eruption, in caſe of conſiderable reſtleſſneſs or uneaſineſs from the cough; but theſe medicines ſhould not be adminiſtered if the patient is tolerably eaſy, and his ſleep undiſturbed. Great care is at all times neceſſary to prevent coſtiveneſs, a tendency to which ſhould be removed by frequent clyſters.

In caſe of a ſudden check or diſappearance of the eruption, attended with ſickneſs, faintneſs, and a low or irregular pulſe, negus, or even wine and cordials, ſhould be frequently taken, the body ſhould be gently chafed with warm cloths, and bliſters applied to the limbs. Warm plaiſters to the inſides of the hands, and ſoles of the feet, or cataplaſms of bread with muſtard-ſeed or horſe-radiſh, may alſo be tried in caſes of emergency; and the immediate application of bliſters is adviſed on the

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the firſt appearance of convulſions, to which very young ſubjects are ſometimes liable.

The bark may be given with advantage in almoſt every ſtage of this diſtemper, eſpecially after the preparation of bleeding and opening the body; it relieves the cough, leſſens the hoarſeneſs, and prevents the advance of other diſagreeable ſymptoms. It is of ſingular uſe in the appearance of purple or black ſpots, taken in ſubſtance from ten grains to thirty, in proportion to the patient's age, in a ſpoonful of any liquid; to which may be added a few drops of ſpirit of vitriol. And as many, if not moſt of the alarming ſymptoms which attend the going off of the eruption, are occaſioned by the return of the diſeaſed matter into the blood; the bark, adminiſtered at this period of the diſeaſe, cannot fail to produce very happy effects.

Purges are neceſſary after the meaſles, but by no means violent ones; nor ſhould they in general be given till the eruptions have entirely diſappeared; but gentle perſpiration, during the wearing off of this diſeaſe, may in moſt caſes be promoted with advantage.

Among the other diſagreeable relics of this diſorder, a looſeneſs is not uncommon; and when it proceeds to ſuch violence as to occaſion conſiderable weakneſs, it ſhould be cautiouſly checked, but by no means ſuddenly ſtopped: a few grains of rhubarb, which may be accompanied with a ſmall quantity of ſaffron, and powder of crab's eyes or oyſter-ſhells, will in general anſwer the purpoſe effectually.

Air and exerciſe are great aſſiſtants in the recovery from this diſorder; but the former ſhould never be taken during the prevalence of ſharp or moiſt winds, which

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which will aggravate the cough and endanger the lungs; nor ſhould the latter be uſed in ſo violent a degree as to produce fatigue: a light diet, abſtinence from fleſh, weak and diluting liquors, and in caſes of extraordinary weakneſs, aſſes milk, will conduce to the re-eſtabliſhment of the patient's health.

MIXTURES.

This is ſeldom either an elegant or agreeable form of medicines; it is nevertheleſs neceſſary. Many perſons can take a mixture, who are not able ſwallow a bolus or an electuary: beſides, there are medicines which act better in this than in any other form.

Aſtringent MIXTURE. Take ſimple cinnamon water and common water, of each three ounces; ſpirituous cinnamon water, an ounce and a half; Japonic confection, half an ounce: mix them. In dyſenteries which are not of long ſtanding, after the neceſſary evacuations, a ſpoonful or two of this mixture may be taken every four hours, interpoſing every ſecond or third day a doſe of rhubarb.

Diuretic MIXTURE. Take of mint water, five ounces; vinegar of ſquills, ſix drams; ſweet ſpirits of nitre, half an ounce; ſyrup of ginger, an ounce and a half. Mix them. In obſtructions of the urinary paſſages, two ſpoonfuls of it may be taken twice or thrice a day.

Laxative Abſorbent MIXTURE. Rub one dram of magneſia alba in a mortar with ten or twelve grains of the beſt Turkey rhubarb, and add to them three ounces of common water; ſimple cinnamon water, and ſyrup of ſugar, of each one ounce.

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As moſt diſeaſes of infants are accompanied with acidities, this mixture may either be given with a view to correct theſe, or to open the body. A table ſpoonful may be taken for a doſe, and repeated three times a day. To a very young child half a ſpoonful will be ſufficient.

When the mixture is intended to purge, the doſe may either be increaſed, or the quantity of rhubarb doubled. This is one of the moſt generally uſeful medicines for children with which we are acquainted.

Saline MIXTURE. Diſſolve a dram of the ſalt of tartar in four ounces of boiling water; and when cold, drop into it ſpirit of vitriol till the efferveſcence ceaſes; then add of peppermint water, two ounces; ſimple ſyrup, one ounce. When freſh lemons cannot be had, this mixture may occaſionally ſupply the place of the ſaline julep.

MUSHROOMS.

This fungus has been ſo long admitted to the table, and by ſo many eſteemed a delicate diſh, that we are of courſe obliged to give its culinary preparations, at the ſame time we muſt caution our readers not only againſt too liberal a uſe of them, but alſo to be very careful in their choice, and of whom they purchaſe.

To ragoo MUSHROOMS. Scrape the inſide of ſome large muſhrooms, and broil them; when a little brown put them into ſome gravy thickened with ale, a little flour, a very little Madeira, ſalt, kyan, and a little juice of lemon. Boil theſe together.

To ſtew MUSHROOMS. Firſt put your muſhrooms in ſalt and water, then wipe them with a flannel, and put them

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them again in ſalt and water; then throw them into a ſaucepan by themſelves, and let them boil up as quick as poſſible; then put in a little kyan pepper, and a little mace; let them ſtew in this a quarter of an hour, then add a tea-cupful of cream, with a little flour and butter the ſize of a walnut. Serve them up as ſoon as done.

MUSHROOM *Loaves.* Take ſmall buttons, and waſh them as for pickling, boil them a few minutes in a little water; put to them a little cream, a piece of butter rolled in flour, ſalt, and pepper; boil this up, and fill ſome ſmall Dutch loaves. If they are not to be had, ſmall French rolls will do, the crumb taken out; but not ſo well as the loaves.

To fricaſſee MUSHROOMS. Peel your muſhrooms, and ſcrape the inſide of them, throw them into ſalt and water if buttons, rub them with flannel, take them out and boil them with freſh ſalt and water. When they are tender, put in a little ſhred parſley, an onion ſtuck with cloves; toſs them up with a good lump of butter rolled in a little flour. You may put in three ſpoonfuls of thick cream, and a little nutmeg cut in pieces; but take care to take out the nutmeg and onion before you ſend it to table. You may leave out the parſley, and ſtew in a glaſs of wine, if you like it.

MUTTON.

To chuſe MUTTON. When mutton is old, the fleſh in pinching will wrinkle, and remain ſo; if young the fleſh will pinch tender, and the fat will eaſily part from the lean; but if old it will ſtick by ſkins and ſtrings. The

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fleſh of ewe mutton is paler than wether mutton, is eaſier parted, and has a cloſer grain. When the fleſh has a pallid whiteneſs, inclining to yellow, and is looſe at the bone, you have reaſon to expect its being rotten, or inclining that way. To know whether it be new or ſtale, obſerve the directions in chuſing lamb.

In roaſting MUTTON, the loin, the chine, and the ſaddle muſt be papered, and have the ſkin raiſed and ſkewered on; and, when near done, take off the ſkin, baſte and flour it, to froth it up. All other parts of mutton and lamb muſt be roaſted with a quick clear fire, without the ſkin being raiſed, or paper put on. You ſhould always obſerve to baſte your meat as ſoon as you lay it down to roaſt, ſprinkle ſome ſalt on, and, when near done, dredge it with a little flour to froth it up. Garniſh mutton with horſe-radiſh. If garlic is not diſliked, ſtuff the knuckle part of the leg with two or three cloves of it. For ſauce—potatoes, pickles, ſallad, celery raw or ſtewed, broccoli, French beans, cauliflowers, or, to a ſhoulder of mutton, onion ſauce.

To collar a Breaſt of MUTTON. Take the ſkin off and bone it, roll it up in a collar like the breaſt of veal, put a quart of milk and a quarter of a pound of butter in the dripping-pan and baſte it well while it is roaſting. Sauce, good gravy in the diſh and in a boat, and currant jelly in another.

Another way. Bone your mutton, and rub over it the yolk of an egg, then grate over it a little lemon peel and a nutmeg, with a little pepper and ſalt, then chop ſmall one tea-cupful of capers, two anchovies, ſhred fine, a handful of parſley, a few ſweet herbs, mix them with the crumb of a penny loaf, and ſtrew it over your mutton,

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ton, and roll it up tight; boil it two hours, then take it up, and put it in a pickle made as follows: To one pint of ſalt and water, put half a pint of vinegar.

MUTTON *Kebobbed.* Joint a loin of mutton between every bone; ſeaſon it with pepper and ſalt moderately, grate a ſmall nutmeg all over, and rub it with crumbs of bread and ſweet herbs mixed in the yolks of eggs, and put it on a ſmall ſpit; roaſt before a quick fire, and baſte it with a little piece of butter, and then with what comes from it; when it is enough, lay it in the diſh, and have ready half a pint of good gravy, and what comes from it. Take two ſpoonfuls of catchup, and mix a tea-ſpoonful of flour with it, and put to the gravy; ſtir it together, give it a boil, and pour over the mutton.

You muſt obſerve to take off all the fat of the inſide, and the ſkin off the top of the meat, and ſome of the fat if there be too much. When you put what comes from your meat into the gravy, obſerve to pour off all the fat.

Another way. Having cut a loin of mutton into four pieces, take off the ſkin, rub them with the yolk of an egg, and ſtrew over them a few crumbs of bread, and a little parſley ſhred fine. Spit and roaſt them, and keep baſting them all the time with freſh butter, in order to make the froth riſe. When they are properly done, put a little brown gravy under them, and make uſe of pickles for garniſh.

A Harrico of MUTTON. Take a neck or loin of mutton, cut it into thick chops, flour them, and fry them brown in a little butter; lay them to drain on a ſieve, then put them into a ſtewpan, and cover them with gravy; put in a whole onion, and a turnip or two, and ſtew

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them till tender; then take out the chops, ſtrain the liquor through a ſieve and ſkim off all the fat; melt ſome butter with a little flour, add the liquor, and ſtir it well all the time you are pouring it, or it will be in lumps; put in your chops and a glaſs of Liſbon; have ready ſome carrots about three quarters of an inch long, and cut round with an apple corer, ſome turnips cut with a turnip ſcoop, a dozen ſmall onions blanched well; put them to your meat, and ſeaſon with pepper and ſalt; ſtew them very gently for fifteen minutes, then take out the chops with a fork, lay them in your diſh, and pour the ragoo over it. Garniſh with beet root.

Another way. Cut a neck of mutton, or a loin, into ſhort ſteaks; fry them, flour them, put them into a ſtew-pan with a quart or three pints of beef broth, a carrot ſliced, a turnip, an onion ſtuck with cloves, a few pepper corns, and ſome ſalt; let them ſtew till tender, they will take three hours, as they ſhould do gently: take out the mutton, ſtrain the ſauce, put to it carrots cut in wheels, or any ſhape, turnips in balls, and celery cut to pieces, all boiled ready; ſimmer theſe a minute or two in the ſauce, lay the mutton in the diſh, and pour the ſauce over. If it cannot be ſerved immediately, put the mutton into the ſauce to keep hot.

Neck of MUTTON *called The Haſty Diſh.* Get one of thoſe diſhes called a *necromancer*:—Take a neck of mutton of about ſix pounds, take off the ſkin, cut it into chops, not too thick, ſlice a French roll thin, ſlice a very large onion, ſlice three or four turnips, lay a row of mutton in the diſh, on that a row of roll, then a row of turnips, and then onions; a little ſalt, then the meat, and ſo on; put to it a little bundle of ſweet herbs, and two

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or three blades of mace; have a tea kettle of water boiling, fill the diſh, and cover it cloſe; hang the diſh on the back of two chairs by the rim, have ready three ſheets of brown paper, tear each ſheet into five pieces, and draw them through your hand, light one piece, and hold it under the bottom of the diſh, moving the paper about as faſt as it burns; light another till all are burnt, and your meat will be enough. Fifteen minutes juſt does it. Send it to table hot in the diſh.

To dreſs a Neck of MUTTON *like* VENISON. Cut a large neck and the flap of the ſhoulder with it, to make it look handſomer; ſtick it all over in little holes with a ſharp penknife, pour a little red wine upon it, and let it lie in the wine four or five days; turn and rub it three or four times a day, then take it out and hang it up for three days in the open air out of the ſun, and dry it often with a cloth to keep it from muſting; when you roaſt it, baſte it with the wine it was ſteeped in, or freſh wine; put white paper three or four folds to keep in the fat, roaſt it thoroughly, take off the ſkin, froth it nicely, and ſerve it up.

Neck of MUTTON *larded with Ham and Anchovies.* Lard the fillet of a neck of mutton quite through with ham and anchovies, firſt rolled in chopped parſley, ſhallots, ſweet herbs, pepper and ſalt; then put it to braze or ſtew in a little broth, with a glaſs of white wine; when done, ſift and ſkim the ſauce, and add a little cullis to give it a proper conſiſtence; add the juice of half a lemon, and ſerve it upon the neck of mutton.

To dreſs a leg of MUTTON *to eat like Veniſon.* Cut the leg in the ſhape of a haunch of veniſon; ſave the blood of the ſheep, and ſteep it for five or ſix hours; then roll

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it in three or four ſheets of white paper, well buttered on the inſide; tie it with a packthread, and roaſt it, baſting it with good beef dripping or butter. It will take two hours at a good fire, for your mutton muſt be fat and thick. About five or ſix minutes before you take it up, take off the paper, baſte it with a piece of butter, and ſhake a little flour over it to make it have a fine froth, and then have a little good drawn gravy in a baſon, and ſome ſweet ſauce in another. Do not garniſh with any thing.

Another way. Lay the mutton in a pan, with the backſide of it down, and pour a bottle of red wine over it, in which let it lay twenty-four hours. Spit it, and roaſt it at a good quick fire, and keep baſting it all the time with the ſame liquor and butter. It will require an hour and half roaſting; and, when it is done, ſend it up with a little good gravy in one boat, and ſweet ſauce in another. A good fat neck of mutton done in this manner is eſteemed delicate eating.

Or, after ſteeping it in the blood for five or ſix hours, let it hang up as long as it will keep ſweet; dry it well with a cloth, rub it over with freſh butter, ſtrew ſome ſalt and flour over it, and dreſs it as above.

Leg of MUTTON *à la mode.* Lard a leg of mutton through with large pieces rolled in chopped ſweet herbs and fine ſpices; braze it on a pan of the ſame bigneſs, with ſlices of lard, onions, and roots; ſtop the ſteam very cloſe. When done, add a glaſs of white wine, and ſift the ſauce to ſerve with it.

Leg of MUTTON *à la haut-gout.* Let a leg of mutton hang for a fortnight in any place; then ſtuff every part of it with ſome cloves of garlick, rub it with pepper and ſalt,

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ſalt, and then roaſt it. When it is properly roaſted, ſend it up with ſome good gravy and red wine in the diſh.

Leg of MUTTON *à-la-daube.* Lard a leg of mutton with bacon, half roaſt it, and then put it in as ſmall a pot as will hold it, with a quart of mutton gravy, half a pint of vinegar, ſome whole ſpice, bay leaves, ſweet marjoram, winter ſavory, and ſome green onions. When it is tender, take it up, and make the ſauce with ſome of the liquor, muſhrooms, ſliced lemon, two anchovies, and a piece of butter; pour ſome over the mutton, and the reſt in a boat.

To ragoo a Leg of MUTTON. Take all the ſkin and fat off, cut it very thin the right way of the grain, then butter your ſtewpan, and ſhake ſome flour into it; ſlice half a lemon and half an onion, cut them very ſmall, a little bundle of ſweet herbs, and a blade of mace. Put all together with your meat into the pan, ſtir it a minute or two, and then put in ſix ſpoonfuls of gravy, and have ready an anchovy minced ſmall; mix it with ſome butter and flour, ſtir it all together for ſix minutes, and then diſh it up.

Another way. Let a ſmall leg of mutton hang as long as it will keep; cut thin collops from it the long way, pick out the ſinews, ſeaſon the meat with pepper and ſalt, and ſtrew over it two or three ſhallots chopped, and a little parſley; flour it, put it into a ſtewpan with a bit of butter, ſtir them till near done, put to them half a pint or more of cullis or good gravy, kyan, (if neceſſary) a little catchup or muſhroom powder, more flour if the ſauce is not thick enough; ſimmer the meat a few

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minutes, ſerve it directly, or it will grow hard. Garniſh with pickles.

To dreſs a Leg of MUTTON *à-la-Royale.* Take off all the ſkin, fat, and ſhank bone; lard it with bacon, ſeaſon it with pepper and ſalt, take three or four pounds of thick flank beef, or any lean piece, or a piece of leg of veal; let that alſo be larded, flour the meat, and brown them in a frying pan; then put it into a pot with three quarts of water, a bunch of ſweet herbs, an onion ſtuck with cloves, a few blades of mace, ſome pepper and ſalt, a glaſs of red wine, a little catchup; let theſe ſtew very ſoftly for two hours, or till the meat is tender; there may be added truffles, morels, muſhrooms, and gravy, all, or ſome of them, but it is good without; lay the mutton in the middle of the diſh, and cut the other meat in ſlices, and lay round it; ſtrain the ſauce over it.

To roaſt a Leg of MUTTON *with Oyſters.* Make a force-meat of beef ſuet chopped ſmall, the yolks of eggs boiled hard, with three anchovies, a ſmall bit of onion, thyme, ſavory, and ſome oyſters, (a dozen or fourteen) all cut fine; ſome ſalt, pepper, grated nutmeg, and crumbs of bread, mixed up with raw eggs; ſtuff the mutton under the ſkin in the thickeſt part, under the flap, and at the knuckle. For ſauce—ſome oyſter liquor, a little red wine, an anchovy, and ſome more oyſters ſtewed, and laid under the mutton.

Another way. Take a leg of mutton that has been two or three days killed, ſtuff every part of it with oyſters, roaſt it, and garniſh with horſe-radiſh.

A leg of mutton may be dreſſed with cockles in the ſame manner.

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To force a Leg of MUTTON. Raiſe the ſkin, and take out the lean part of the mutton, chop it exceeding fine, with one anchovy; ſhred a bundle of ſweet herbs, grate a penny loaf, half a lemon, nutmeg, pepper and ſalt to your taſte; make them into a force-meat, with three eggs and a large glaſs of red wine; fill up the ſkin with the force-meat, but leave the bone and ſhank in their place, and it will appear like a whole leg; lay it on an earthen diſh, with a pint of red wine under it, and ſend it to the oven; it will take two hours and an half: when it comes out, take off all the fat, ſtrain the gravy over the mutton, lay round it hard yolks of eggs, and pickled muſhrooms. Garniſh with pickles, and ſerve it up.

Split Leg of MUTTON *and Onion Sauce.* Split the leg from the ſhank to the end, ſtick a ſkewer in to keep the nick open, baſte it with red wine till it is half roaſted, then take the wine out of the dripping-pan, and put to it one anchovy; ſet it over the fire till the anchovy is diſſolved, rub the yolk of a hard egg in a little cold butter, mix it with the wine, and put it into your ſauce-boat; put good onion ſauce over the leg when it is roaſted, and ſerve it up.

To make MUTTON *Hams.* Cut a hind quarter of mutton like a ham, take an ounce of ſalt-petre, a pound of coarſe ſugar, a pound of common ſalt; mix them, and rub your ham, lay it in a hollow tray with the ſkin downwards, baſte it every day for a fortnight, then roll it in ſaw-duſt, hang it in the ſmoke of wood a fortnight, and then in a dry place; cut it out in raſhers, and broil it as you want. It eats better broiled than boiled.

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Jiggot of MUTTON *with Spaniſh Onions.* A jiggot of mutton is the leg with part of the loin; provide ſuch a one as has been killed two or three days at leaſt, thump it well, and bind it with packthread, that it may keep whole when you take it out; put it into a pot about its bigneſs, pour in a little broth, and cover it with water; put in about a dozen of Spaniſh onions, with the rinds on, three or four carrots, a turnip or two, ſome parſley, and any other herbs you like; cover down cloſe, and ſtew it gently for three or four hours; but take out your onions after an hour's ſtewing, and take the firſt and ſecond rinds off; put them into a ſtew-pan, with a ladle or two of cullis, a muſhroom or two, or truffles minced, and a little parſley; drain the mutton clean from the fat and liquor; make your ſauce hot and well ſeaſoned, ſqueeze in a lemon, and ſerve it up with the onions round it, and pour the ſauce over it.

Shoulder of MUTTON *ſurpriſed.* Put a ſhoulder of mutton, having firſt half boiled it, into a toſſing-pan, with two quarts of veal gravy, four ounces of rice, a little beaten mace, and a tea-ſpoonful of muſhroom powder. Stew it an hour, or till the rice is enough, and then take up your mutton and keep it hot. Put to the rice half a pint of cream, and a piece of butter rolled in flour; then ſhake it well, and boil it a few minutes. Lay your mutton on the diſh, and pour your gravy over it. You may garniſh with either pickles or barberries.

A Shoulder of MUTTON *en epigram.* Roaſt it almoſt enough, then very carefully take off the ſkin about the thickneſs of a crown piece, and the ſhank-bone with it at the end; then ſeaſon that ſkin and ſhank-bone with pepper and ſalt, a little lemon-peel cut ſmall, and a few ſweet

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ſweet herbs and crumbs of bread; then lay this on the gridiron, and let it be of a fine brown: in the mean time, take the reſt of the meat, and cut it like a haſh about the bigneſs of a ſhilling; ſave the gravy and put to it, with a few ſpoonfuls of ſtrong gravy, half an onion cut fine, a little nutmeg, a little pepper and ſalt, a little bundle of ſweet herbs, ſome gerkins cut very ſmall, a few muſhrooms, two or three truffles cut ſmall, two ſpoonfuls of wine, either red or white. and throw a little flour over the meat: let all theſe ſtew together very ſoftly for five or ſix minntes, but be ſure it does not boil; take out the ſweet herbs, and put the haſh into the diſh; lay the broiled upon it, and ſend it to table.

A Shoulder of MUTTON *called Hen and Chickens, or in diſguiſe.* Half roaſt a ſhoulder, then cut off the blade at the firſt joint, and both the flaps to make the blade round; ſcore the blade over in diamonds, throw a little pepper and ſalt over it, and ſet it in a tin oven to broil; cut the flaps, and the meat of the ſhank, in thin ſlices, into the gravy that runs out of the mutton, and put a little good gravy to it, with two ſpoonfuls of walnut catchup, one of browning, a little kyan pepper, and one or two ſhallots. When your meat is tender, thicken it with flour and butter, put your meat in the diſh with the gravy, and lay the blade on the top, broiled a dark brown. Garniſh with green pickles, and ſerve it up.

A Shoulder of MUTTON *with a Ragoo of Turnips.* Get the blade-bone taken out of a ſhoulder of mutton, as neat as poſſible, and in the place put a ragoo, done thus: —Take one or two ſweetbreads, ſome cocks'-combs, half an ounce of truffles, ſome muſhrooms, a blade or two of mace, a little pepper and ſalt; ſtew all theſe in a quarter of a pint of good gravy, and thicken it with a piece

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a piece of butter rolled in flour, or yolks of eggs, which you pleaſe; let it be cold before you put it in, and fill up the place where you took the bone out juſt in the form it was before, and ſew it up tight; take a deep ſtewpan, or one of the round deep copper pans with two handles, lay at the bottom thin ſlices of bacon, thin ſlices of veal, a bundle of parſley, thyme, and ſweet herbs, ſome whole pepper, a blade or two of mace, three or four cloves, a large onion, and put in juſt thin gravy enough to cover the meat; cover it cloſe, and let it ſtew two hours, then take eight or ten turnips, pare them, and cut them into what ſhape you pleaſe; put them into boiling water, and let them be juſt enough; throw them into a ſieve to drain, over the hot water, that they may keep warm; then take up the mutton, drain it from the fat, lay it in a diſh, and keep it hot covered; ſtrain the gravy it was ſtewed in, and take off all the fat, put in a little ſalt, a glaſs of white wine, two ſpoonfuls of catchup, and a piece of butter rolled in flour; boil them together till there is juſt enough for ſauce, then put in the turnips, give them a boil up, pour them over the meat, and ſend it to table. You may fry the turnips of a light brown, and toſs them up for ſauce; but that is according to your palate.

For a change, you may leave out the turnips, and add a bunch of celery cut and waſhed clean, and ſtewed in a very little water till it is quite tender, and the water almoſt boiled away. Pour the gravy, as before directed, into it, and boil it up till the ſauce is good. Or you may leave both theſe out, and add truffles, morels, freſh and pickled muſhrooms, and artichoke bottoms.

A ſhoulder of veal without the knuckle, half roaſted, very quick and brown, and then done like the mutton, eats

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eats well. Do not garniſh your mutton, but garniſh your veal with bacon.

To boil a Shoulder of MUTTON *and Onion Sauce.* Put your ſhoulder in when the water is cold; when enough, ſmother it with onion ſauce, made the ſame as for boiled ducks. You may dreſs a ſhoulder of veal the ſame way.

Breaſt of MUTTON *grilled.* Half boil it, ſcore it, pepper and ſalt it well, rub it with yolk of egg, ſtrew on crumbs of bread and chopped parſley; broil it, or roaſt it in a Dutch oven. Serve it up with caper ſauce.

A Baſque of MUTTON. Lay the caul of a leg of veal in a copper diſh of the ſize of a ſmall punch-bowl, and take the lean of a leg of mutton that has been kept a week. Having chopped it exceedingly ſmall, take half its weight in beef marrow, the crumb of a penny loaf, the rind of half a lemon grated, half a pint of red wine, two anchovies, and the yolks of four eggs. Mix it as you would ſauſage-meat, and lay it in the caul in the inſide of the diſh; faſten the caul, bake it in a quick oven, and when it comes out, lay your diſh upſide down, and turn the whole out. Pour over it brown gravy; pour veniſon ſauce into a boat, and make uſe of pickles for garniſh.

Fillet of MUTTON *with Cucumbers.* Provide one large or two ſmall necks of mutton, cut off a good deal of the ſcrag, and the chine and ſpay bones cloſe to the ribs, tear off the fat; beat the mutton with your cleaver, that it may lay neat in your diſh; ſoak it in a marinade, and roaſt it wrapped up in paper well buttered. For your ſauce in the ſpring and ſummer, quarter

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ſome cucumbers nicely, and fry them in a bit of butter, after laying in the ſame marinade; ſtew them in a ladle or two of your cullis, a morſel of ſhallot or green onion, pepper and ſalt, a little minced parſley, the juice of a lemon, and ſerve it. The only difference between this and the celery-ſauce is, inſtead of frying your celery, boil it very tender in a little water, or broth if you have plenty, and ſtew it for a quarter of an hour. Be cautious you do not break the cucumbers.

To French a hind Saddle of MUTTON. It is the two chumps of the loins. Cut off the rump, and carefully lift up the ſkin with a knife, beginning at the broad end, but be ſure you do not crack it nor take it quite off; then take ſome ſlices of ham or bacon chopped fine, a few truffles, ſome young onions, ſome parſley, a little thyme, ſweet marjoram, winter ſavory, a little lemon-peel, all chopped fine, a little mace, and two or three cloves beat fine; half a nutmeg, and a little pepper and ſalt. Mix all together and throw over the meat where you took off the ſkin; then lay on the ſkin again, and faſten it with two fine ſkewers at each ſide, and roll it in well buttered paper. It will take two hours roaſting; then take off the paper, baſte the meat, ſtrew it all over with crumbs of bread, and when it is of a fine brown, take it up. For ſauce, take ſix large ſhallots, cut them very fine, put them into a ſaucepan with two ſpoonfuls of vinegar, and two of white wine; boil them for a minute or two, pour it into the diſh, and garniſh with horſe-radiſh.

To dreſs a Saddle à St. Menehout. Take the ſkin off the hind part of a chine of mutton, lard it with bacon, ſeaſon it with pepper, ſalt, mace, beaten cloves, and nutmeg,

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meg, ſweet herbs, young onions, and parſley, all chopped fine; take a large oval or gravy-pan, lay layers of bacon, and then layers of beef all over the bottom; lay in the mutton, then layers of bacon on the mutton, and then a layer of beef; put in a pint of wine, and as much good gravy as will ſtew it; put in a bay leaf and two or three ſhallots, and cover it cloſe; put fire over and under it, if you have a cloſe pan, or put it in an oven, and let it ſtew for two hours; when done, ſtrew crumbs of bread all over, and put it into the oven to brown; ſtrain the gravy it was ſtewed in, and boil it till there is juſt enough for ſauce; lay the mutton into a diſh, pour the ſauce in, and ſerve it up. If you have not an oven, you muſt brown it before a fire.

Saddle of MUTTON *matted.* Take up the ſkin, ſcarify the meat, and ſtick in it ſliced fat livers, truffles, freſh pork, ſliced onions and anchovies; cover all over with a good force-meat, made of raſped lard, ſuet or marrow, ſweet herbs chopped, muſhrooms, pepper and ſalt, and three yolks of eggs, all pounded together; cover it over with the ſkin well faſtened, braze it (with the ſkin undermoſt) with broth, and a faggot of ſweet herbs; when done, reduce the ſauce to a glaze. Glaze all the upper ſide.

MUTTON *à-la-Maintenon.* Cut ſome ſhort ſteaks from a leg of mutton, make a force-meat with crumbs of bread, a little ſuet chopped, or a bit of butter, lemon peel grated, ſhred parſley, pepper, ſalt, and nutmeg, mix them up with the yolk of an egg; pepper and ſalt the ſteaks, lay on the force-meat; butter ſome half ſheets of writing paper, in each wrap up a ſteak, twiſting the paper neatly; fry them, or do them in a Dutch oven;

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ſerve them in the paper, a little gravy in the diſh, and ſome in a boat. Garniſh with pickles.

Chine of MUTTON *with Cucumber Sauce.* You muſt provide the two fore-quarters of mutton, ſmall and fat; cut it down the ſides, and chop through the ſhoulders and breaſts, ſo that it may lay even in your diſh; raiſe the ſkin all off, without cutting or tearing; ſcrape a little fat bacon, and take a little thyme, marjoram, ſavory, parſley, three or four green onions, a muſhroom or two, and a ſhallot; mince all very fine, and fry them gently in the bacon; add a little pepper, and when it is almoſt cold, with a paſte bruſh daub it all over the back of your meat, ſkewer the ſkin over it, ſpit it with three or four large ſkewers, and wrap ſome paper over it well buttered; roaſt it enough very gently, and for ſauce provide ſome cucumbers, (if in ſeaſon) nicely quartered and fried in a bit of butter to a brown colour; ſtrain them upon a ſieve for a minute or two, and put them into a ladle or two of your cullis; boil them a little while, and throw in ſome minced parſley, the juice of a lemon, and ſerve it up. For your ſauce of herbs, prepare juſt ſuch matters as are fried for the firſt part of it; take a ſtewpan with as much of your cullis as is neceſſary, and ſtrew all in, and boil about half an hour very ſoftly; take the paper and ſkin off your chine, and ſend it to table with the ſauce poured over it, adding the juice of a lemon; and taſte it to try if it is well flavoured.

MUTTON *Rumps and Kidneys.* Boil ſix ſheeps' rumps in veal gravy, then lard your kidneys with bacon, and ſet them before the fire in a tin oven; when the rumps are tender, rub them over with the yolk of an egg, a little kyan and grated nutmeg; ſkim the fat off the the gravy, put it in a clean toſſing-pan, with three

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ounces of boiled rice, a ſpoonful of good cream, a little muſhroom-powder or catchup, thicken it with flour and butter, and give it a gentle boil; fry your rumps a little brown. When you diſh them up, lay them round on your rice, ſo that the ſmall ends may meet in the middle, and lay a kidney between every rump. Garniſh with red cabbage or barberries, and ſerve it up. It is a pretty ſide or corner diſh.

Another way. Stew half a dozen rumps, in ſome mutton gravy, more than will cover them; let them ſtew gently for half an hour, take them up and ſet them to cool; put into the gravy a quarter of a pound of boiled rice, an onion ſtuck with cloves, and a blade of mace; let it boil till the rice is very thick; take the rumps and rub them over with the yolk of an egg well beat, and then ſtrew in crumbs of bread, a little pepper, ſalt, grated nutmeg, and lemon-peel, and a very little thyme; fry them in butter of a fine brown. When the rumps are ſtewing, lard ſome kidneys, and ſet them in a tin oven to roaſt.

When the rumps are fried, take them out to drain, pour the fat out of the frying-pan, put in the rice; ſtir it all together round the pan, and then lay the rice in the diſh; lay the rumps round upon the rice, the narrow ends to meet in the middle; boil four eggs hard, cut them in quarters, and lay the kidneys and hard eggs upon the rice between the rumps.

MUTTON *Rumps à-la-braiſe.* Boil ſix mutton rumps for fifteen minutes in water; then take them out and cut them in two, and put them into a ſtewpan, with half a pint of good gravy, a gill of white wine, an onion ſtuck with cloves, and a little ſalt and kyan pepper. Co-

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ver them close, and stew them till they are tender. Take them and the onion out, and thicken the gravy with a little butter rolled in flour, a spoonful of browning, and the juice of half a lemon. Boil it up till it is smooth, but not too thick; then put in your rumps, give them a top or two, and dish them up hot. Garnish with horse-radish and beet-root. For variety, you may leave the rumps whole, and lard six kidneys on one side, and do them the same as the rumps, only not boil them, and put the rumps in the middle of the dish, and kidneys round them, with the sauce over all. The kidneys make a pretty side dish of themselves.

To hash MUTTON. Cut your mutton in little bits as as thin as you can, strew a little flour over it; have ready some gravy (enough for sauce) wherein sweet herbs, onion, pepper, and salt have been boiled; strain it, put in your meat, with a piece of butter rolled in flour, and a little salt, a shallot cut fine, a few capers and gerkins chopped fine; toss all together for a minute or two; have ready some bread toasted and cut into thin sippets, lay them round the dish, and pour in your hash. Garnish your dish with pickles and horse-radish.

Some love a glass of red wine or walnut pickle. You may put just what you will into a hash. If the sippets are toasted it is better.

Another way. Cut mutton into slices, put a pint of gravy or broth into a toffing-pan, with one spoonful of mushroom catchup, and one of browning; slice in an onion, a little pepper and salt, put it over the fire, and thicken it with flour and butter; when it boils, put in your mutton, keep shaking it till it is thoroughly hot, put it into a soup dish, and serve it up.

Another

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Another way. Put an onion into ſome gravy, with ſome pepper and ſalt, a little catchup or walnut pickle; thicken this a little with ſome flour, boil it a few minutes; take out the onion, put in the mutton cut thin, any gravy that may have run from it, and a little garlic vinegar; juſt ſimmer it up, ſhaking it till thoroughly hot, but do not let it boil, for that makes all haſhes hard. Garniſh with pickles. If there is no gravy, boil the mutton bones with an onion, or a clove or two, a bit of lemon-peel, a bunch of ſweet herbs, and a few pepper corns; ſtrain it.

To haſh Cold MUTTON. Cut your mutton with a very ſharp knife in very little bits, as thin as poſſible; then boil the bones with an onion, a little ſweet herbs, a blade of mace, a very little whole pepper, a little ſalt, a piece of cruſt toaſted very criſp; let it boil till there is juſt enough for ſauce, ſtrain it, and put it into a ſaucepan, with a piece of butter rolled in flour; put in the meat; when it is very hot, it is enough. Seaſon with pepper and ſalt. Have ready ſome thin bread toaſted brown, cut three-corner ways, lay them round the diſh, and pour in the haſh. As to walnut pickle, and all ſorts of pickles, you muſt put in according to your fancy. Garniſh with pickles. Some love a ſmall onion peeled, cut very ſmall, and done in the haſh. Or you may uſe made gravy if you have not time to boil the bones.

Oxford John. Take a ſtale leg of mutton, cut it in as thin collops as you poſſibly can, take out all the fat ſinews, ſeaſon them with mace, pepper, and ſalt; ſtrew among them a little ſhred parſley, thyme, and two or three ſhallots; put a good lump of butter into a ſtew-pan. When it is hot, put in all your collops, keep ſtirring

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ring them with a wooden ſpoon till they are three parts done, then add half a pint of gravy, a little juice of lemon, thicken it a little with flour and butter, let them ſimmer four or five minutes, and they will be quite enough. If you let them boil, or have them ready before you want them, they will grow hard. Serve them up hot, with fried bread cut in dice, over and round them.

A Hodge-podge of MUTTON. Cut a neck or loin of mutton into ſteaks, take off all the fat, then put the ſteaks into a pitcher, with lettuce, turnips, carrots, two cucumbers cut in quarters, four or five onions, and pepper and ſalt; you muſt not put any water to it, and ſtop the pitcher very cloſe, then ſet it in a pan of boiling water, let it boil four hours, keep the pan ſupplied with freſh boiling water as it waſtes.

MUTTON *Cutlets, Lover's faſhion.* Make the cutlets pretty thick, lard them with ham and bacon, then give them a few turns in a little butter, chopped parſley, and a little winter ſavory; then put them in a ſtewpan, with ſmall bits of ham, ſliced onions, carrots, and parſnips, which you firſt give a fry in oil or butter; add a glaſs of white wine and a little cullis. When done, ſkim the ſauce, and ſerve with all the roots and ham.

MUTTON *Cutlets en Surtout, or in Diſguiſe.* Cut cutlets in the common way, and ſimmer them with broth to about three parts, with a faggot of ſweet herbs; reduce the ſauce till no more remains than what will bathe the cutlets; garniſh them with force-meat round, made of fillet of veal, ſuet, chopped parſley, ſhallots, pepper and ſalt, and bread crumbs ſoaked in cream, all being well pounded; add three yolks of eggs, then baſte your cutlets

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cutlets with eggs and bread crumbs; bake in the oven till of a good colour; ſerve with conſommée ſauce, gravy, &c.

MUTTON *Chops in Diſguiſe.* Take as many mutton chops as you want; rub them with pepper, ſalt, nutmeg, and a little parſley; roll each chop in half a ſheet of white paper, well buttered on the inſide, and rolled on each and cloſe. Have ſome hogs lard, or beef dripping, boiling in a ſtewpan; put in the ſteaks, fry them of a fine brown, lay them in your diſh, and garniſh with fried parſley; throw ſome all over, have a little good gravy in a cup, but take great care you do not break the paper, nor have any fat in the diſh; but let them be well drained.

To broil MUTTON *Steaks.* Cut your ſteaks half an inch thick; when your gridiron is hot, rub it with freſh ſuet, lay on your ſteaks, keep turning them as quick as poſſible; if you do not take great care, the fat that drops from them will ſmoak them. When they are enough, put them into a hot diſh, rub them well with butter, ſlice a ſhallot very thin into a ſpoonful of water, pour it on them with a ſpoonful of muſhroom catchup and ſalt; ſerve them up hot.

MUTTON *Steaks baked.* Cut a loin of mutton into ſteaks, ſeaſon them with pepper and ſa't, butter a diſh and lay them in; take a quart of milk, ſix eggs well beat, and four ſpoonfuls of flour; beat the flour and egg together in a little milk, and then put the reſt to it; put in ſome beaten ginger and ſalt, pour it over the ſteaks. Half an hour will bake it.

Sheeps' Tongues, Province faſhion. Fry ſliced onions in butter; when half done, add a little flour, chopped par-

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parſley, a clove of garlic, pepper and ſalt, a little cullis, and a glaſs of white wine; let it ſtew till the onions are done, then add as many ſplit tongues (being ready boiled) as you think proper; ſtew them a quarter of an hour in the ſauce; ſerve all together. Garniſh the diſh with fried bread.

Sheeps' Tongues, as Fricandeau. Boil them three parts, peel and lard them, then ſtew them in good gravy, with a faggot of ſweet herbs, three cloves, and a ſlice of ham. When done, reduce the ſauce to a glaze, and glaze them as a fricandeau.

Sheeps' Tongues, Royal faſhion. Boil as the former; then lard them quite through; marinade them an hour in a little pepper and ſalt, chopped parſley, ſhallots, and muſhrooms; put a few ſlices of lard under and over, add a little gravy, a glaſs of white wine, with all the ſeaſonings. When done, take out the ſlices of lard, ſkim the ſauce, add a little cullis, or butter rolled in flour, the juice of half a lemon, and ſerve it upon the tongues.

Sheeps' Tongues, plain Family faſhion. Split ready boiled tongues in two; marinade in melted butter, pepper and ſalt, chopped parſley, and ſhallots; roll them in bread-crumbs, and broil them ſlowly; ſerve them with a ſauce made of a ſpoonful of vinegar, a bit of butter rolled in flour and broth, grated nutmeg, and chopped ſhallots; reduce the ſauce, and ſerve it under the tongues.

Sheeps' Trotters of different faſhions. When well ſcalded, boil them in water till you can take out the great bone; then ſplit and clean them properly; boil them again till they are very tender, and dreſs them in what man-

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manner you pleaſe, either as a fricaſſee, or with a cullis ſauce, &c. taking care to make the ſauce reliſhing.

Sheeps' Trotters fried in paſte. The trotters being firſt brazed or ſtewed, bone them without cutting them; roll them in good force-meat, then dip them in thick batter made of flour, white wine, one egg, and a little oil, pepper, and ſalt; fry them of a good colour, and garniſh with fried parſley.

Sheeps' Trotters Aſpic. Aſpic is a ſharp ſauce or jelly, wherein is commonly uſed elder or tarragon vinegar, chopped parſley, ſhallots, tarragon leaves, pepper and ſalt, oil, muſtard, lemon. Any ſorts of cold meat, poultry or game may be ſerved in aſpic, either hot or cold.

N.

NAILS.

A material uſe of the nails is to ſtrengthen the ends of the fingers and toes, and to hinder them from being inverted towards the convex ſide of the hand or foot, when we handle or preſs upon any thing hard. The extremity of the nail does not adhere to any thing, and grows as often as it is cut. The colour is owing to the veſſels underneath the nail, the body of which is tranſparent, and exhibits a lively red in a ſtate of health.

To preſerve the nails in a ſtate of elegance, you muſt take care never to ſoak the fingers either in oily or acid liquors; reſigning them to the operation of that natural

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balſam which nouriſhes them, and by the means of which theſe borders increaſe and are renewed.

That blackneſs which ſometimes gathers between the fleſh and the top of the nail, may be removed by bruiſing two or three four grapes, and rubbing the juice upon the part.

The nails are often rendered crooked by uſing a tooth pick, pin, or ear pick, to take away the dirt that gathers between the extremity of the nail and fleſh, which makes the extremity ſeparate from it, and aſſumes a hook-like form.

When they are allowed to grow too long, the nails are very ugly; but you ſhould take care, in cutting them, not to make them too ſhort. Their edges ſhould never be cut down below the ends of the fingers, nor ſhould they be ſuffered to grow longer than the fingers.

When the nails are accuſtomed to be kept very ſhort, the fleſh at the top of the fingers is apt to riſe above them in the form of a pad, which becomes an excreſcence, and a real deformity; beſides being always accompanied with dirt entangled about it, which ſticks ſo cloſe that there is no waſhing it away. It is a deformity not eaſily to be corrected, on account of the pain which the nail occaſions when growing, by puſhing againſt the fleſh which overgrows it, and compelling you to cut the nail when it becomes of that length, and thus the deformity continues.

The nails, from a ſuperfluity of nutriment, may become too large and thick. To remedy this, ſcrape them gently, but pretty often, with a bit of glaſs, or a very ſharp knife, taking care not to go too deep, for fear of

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of hurting the membrane which lines the inside of the nail, and which abounds with tendinous fibres, extremely susceptible of pain.

When nails become black, in consequence of a bruise, or other accident, you may apply a plaster made with capon's grease, and oil of camomile, each one dram; flour of sulphur, two scruples; powder of cummin seed, ten grains; oil of roses, a scruple; incorporate them into a plaster with a sufficient quantity of diachylon.

NASTURTIUMS.—See PICKLING.

NERVOUS DISORDERS.

A volume would be insufficient to describe the various sorts of nervous complaints, and the different appearances they assume; for they imitate almost every disease, and are constantly changing shape: nor is the *mind* less affected by them than the body.

They may arise from whatever has a tendency to relax or weaken the body, as indolence, on the one hand, or too much application or thought on the other; grief and disappointments; excessive evacuations of whatever nature; drinking too much tea, or weak watery liquors; long fasting, windy, crude, or unwholesome food, or aukward postures of the body in working, reading, &c. Whatever weakens the body or depresses the spirits, as unwholesome air, want of sleep, great fatigue, disagree-

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able apprehenſions, or vexation, may occaſion nervous diſorders.

Women are certainly from many cauſes more ſubject to this unhappy complaint than the other ſex:—not only the peculiar organization of their frame, and the caſualties they experience from pregnancy, and other incidental circumſtances, but their very mode of living, too often lays the foundation of this calamity. The paſſions of the mind, of ſome of which they are more powerfully ſuſceptible, operate to the deſtruction of health. Daily examples furniſh us with melancholy proofs of the faireſt ſtructures of health, and moſt blooming conſtitutions being overturned by an exceſs of the moſt amiable paſſion which actuates the human mind. *Love*, though ſo noble, ſo innocent, and pleaſing, may, when miſplaced or unreturned, prove as injurious to health, as it is too often deſtructive of happineſs. Corroding care, oppreſſive melancholy, hypochondriac diſeaſes, the whole train of *nervous diſorders*, and too often conſumption, fill the ſad cataſtrophe of *diſappointed love*;—and on ſuch occaſion, medical aſſiſtance is in vain.

The violent impulſes of *Anger* are more ſudden in their effects, but they are ſuch as we hope the ladies ſeldom experience---but when they have an ill run at *cards*.

The indulgence of *Grief* is more fatal in its reſult: the effect is uninterrupted, and acquires ſtrength from duration; its impreſſions are made more laſting by reflection; and the means generally employed to turn its keen edge, anſwer little other purpoſe than to convert it into deep melancholy---the wretched forerunner of all *nervous complaints*, and too often of the conſummate of human mis-

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misfortunes, the deprivation of thoſe faculties which diſtinguiſh the human race among the works of DEITY.

In the firſt attacks of affliction, we ought not to ſtem the torrent, but let ſorrow have its courſe; and rather than endeavour to prevent the effect, ſoothe the mind by participating the cauſe. In the violence of anguiſh, nothing tends ſo much to quiet the ſpirits, as an apparent diviſion and communication of misfortune: a ſurviving parent, overwhelmed with the loſs of a beloved and affectionate partner, hath often been brought back to reaſon and reſignation, by the embraces and tears of a darling child, when arguments of religion have been fruitleſs, and the efforts of condolence unavailing.

When the tumult of paſſion ſubſides, when nature, tired with the conflict, ſurrenders the ſufferer to the neceſſary though unwelcome approach of ſleep, watch the moment of waking with the moſt friendly attention; obſerve the change wrought by this ſuſpenſion of ſorrow, and guard againſt the violent return of it, by introducing intereſting ſubjects, and awakening the mind to the avocations of buſineſs, parental duties, or offices of humanity, to which it is in ſuch moments peculiarly diſpoſed. Having ſucceeded in diverting the ſtream, the difficulty of drying it up will be leſſened: from buſineſs, proceed to amuſement; engage the faculties in conſtant employment; and as the object of grief preſents itſelf leſs frequently, the effect will be leſs ſeverely felt, till its poignancy be ſoftened to regret, and the recollection produce ſenſations of melancholy pleaſure.

But when grief does not ariſe from any immediate ſtroke; when it is occaſioned only by diſappointment, and an untoward combination of the common occurrences

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rences of life, we muſt ourſelves exerciſe the reaſon with which we are endowed, ſince to yield to ſuch calamities, is to arraign the diſpenſations of Heaven, and repine at being ſubject to the ordinary accidents of mortality.

The effects of grief will ſoon become viſible on the ſtrongeſt conſtitution; loſs of reſt is ſucceeded by loſs of appetite, the neceſſary conſequence of which is indigeſtion, flatulencies, depreſſion of ſpirits, relaxation, conſtant pains in the head and ſide, and ſlow or intermitting fevers: yet theſe are but the diſtant conſequences; the firſt and more violent impreſſions occaſion frenzy, ſuffocation, lethargy, and death.

To obviate the deplorable effects laſt mentioned, we have already offered the beſt directions which occur to us: to remove the canker when it is ſlowly, and almoſt imperceptibly, gnawing its way to the heart, change of air, and of ſituation, objects and employments, are the beſt remedies that can be recommended. Where the condition of life prevents our ſeeking the cure by theſe means, others muſt be ſubſtituted; and when the attention once begins to fix on a new object, it will naturally draw off from the old, the mind will collect itſelf, and exerciſe its powers in eager purſuit of the pleaſure which it expects to derive from this untaſted ſource, and will ſoon reſume its vigour, and expel the diſagreeable and dangerous intruder.

But when grief has been ſuffered to prey too long, when it has been too deeply rooted to be diſpoſſeſſed by the charms of variety, or the common expedients of travelling, amuſements, and company; the efforts of argument have ſometimes been uſed with ſucceſs: and compariſon with others ſuffering with fortitude the ſame

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ſpecies of calamity, in a more eminent degree, has in ſome inſtances been known to excite emulation, and lift the deſponding victim from the regions of deſpair to thoſe of expectation, hope, and reliance.

Nor ſhould the duties of religion be omitted; a due application to which will diſpoſe the mind to ſubmit without murmuring to the ordinary decrees of Providence: but let it always be remembered, that cheerfulneſs is the reſult of perfect reſignation, and that a melancholy and broken heart muſt be a very unacceptable ſacrifice to that God, who animates univerſal nature with the light of his countenance.

Sudden *Fear* produces violent effects: epilepſies and convulſions are frequently occaſioned by it; and many a noble fabrick of health hath been deſtroyed in a moment, by a falſe alarm, an unfounded tale, or a ridiculous and miſerable attempt at mirth and humour.

But where it fails to act with ſuch immediate violence, the impreſſions may be equally injurious, and are in general laſting; the nervous ſyſtem once affected is hardly ever perfectly reſtored; and hyſteric, hypochondriac, and melancholy, are the wretched companions for life, of thoſe who eſcape the more ſuddenly fatal conſequences.

Tales of horror are the common entertainments of a ſick room. Is a woman in child-birth—every ſtory of hard labours, conſequential diſorders, and unnatural births, is induſtriouſly recollected, and recounted with all the accompaniments of woe and expreſſions of pity. Is the patient feveriſh---delirium, frenzy, and every aggravating ſymptom, are the uſual topics of converſation; nor can we altogether acquit the phyſician himſelf

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of contributing to the prevalency of this unnatural cuſtom, when by ſhrugs, and nods, and winks, he denounces his apprehenſions of danger, and meaning only to convey reaſonable doubt and anxiety, is underſtood by the ſick man to pronounce a ſentence of death, which his own fears too often carry into actual execution.

But whatever influence the paſſions may have in producing nervous diſorders, ſuch inſtances of their effects, we apprehend, are not very frequent, and the complaint may more properly be aſcribed to another origin, an *acquired weakneſs or debility of conſtitution.*

To what cauſe we muſt attribute this evident degeneracy of conſtitution, may be a point not eaſily aſcertained; but we know that the intemperature of the air and ſeaſons, the various accidents of life, and the paſſions of the mind which affect the conſtitution, have ever been the ſame in all ages:---we know too that an exceſſive luxury and effeminacy has for almoſt a century overrun and enervated the greateſt part of this country; and that women in particular, from an abſurd and miſtaken plan of education, have more peculiarly become its victim---before that period, nervous diſorders were extremely rare, and the *Rickets* were abſolutely unknown among us:---to that increaſing luxury we may perhaps very juſtly aſcribe the degeneracy of conſtitution which we lament.

It is not to the article of *diet*, that the charge of luxurious innovation is confined: on the high furniſhed table there is indeed enough to cenſure; but the bedchamber has a well-founded claim to its equal ſhare. Among other pernicious tendencies to weakneſs, the too general practice of laying long in the morning is greatly contributive;

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butive; we do not indeed ſuppoſe that a greater number of hours are conſumed in ſleep; but the cuſtom is too often induced from the practice of protracting the time of ſupper, or from an unſeaſonable indulgence in faſhionable recreation.

Before the introduction of luxury and ſuch an endleſs train of faſhionable and expenſive amuſements, earlier hours of going to reſt were certainly uſual; the conſequence of which was, people roſe much ſooner in the morning, and almoſt the whole, even of the longeſt day, was devoted to buſineſs, or the amuſements of thoſe times, which were not of the ſedentary kind, now in uſe among us. By this, and the ſimplicity of their diet, their conſtitutions were preſerved in full vigour, which is ſtill the caſe in the country, and among ſuch of the people whom faſhion has not yet corrupted, or whoſe fortunes do not enable them to enter into ſuch modes of diſſipation. And it is likely as much owing to theſe circumſtances, as the difference of air ſo much inſiſted on, that a country life has always been thought the moſt healthy: for we do not find in fact that ſuch of the inhabitants of great towns, who are not luxurious or inactive, are either weaker in their conſtitutions, or more diſpoſed to diſeaſes. But whatever effects may reſult from the diverſity of a town and country life, it is certain that there is an infinite difference in point of health between a life of *activity* and one of *indolence*; which is the whole that we would inſiſt upon; eſpecially as female employments, and indeed from falſe taſte and abſurd refinement, their very amuſements are all of the ſedentary kind; the more they apply to them, the more

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they require intervals of exercise; for in fact, what is very unfortunate for them, their very industry produces the effects of indolence.

We have thus endeavoured to give a general idea of the cause of *Nervous Disorders*; the more immediate symptoms of which it would be impossible to enumerate. Wind, and distension or swelling of the stomach is generally experienced; the appetite becomes bad, the food turns sour on the stomach, pains are felt about the navel, and the body is mostly costive. There is sometimes a difficulty of breathing, with a straitness of the breast; pain in the back, yawning, and a sense of suffocation, as if from a ball or lump in the throat: the mind also becomes disturbed on the most trifling occasions, and is hurried into the most perverse commotions.

Persons afflicted with nervous complaints ought never to fast long; and their food should be light and nourishing:—wine, in very moderate quantities, strengthens the stomach, and promotes digestion:—all weak warm liquors are hurtful; and above all things, spirits or *drams* ought to be avoided. Nervous people are too apt to lay hold of the momentary relief afforded by tea and ardent spirits, to which too many of them fall victims.

A cool dry air is proper, as it invigorates the whole body:—heat, especially that of fires in small apartments, is peculiarly relaxing and enervating. Exercise, in whatever manner it can be taken, is superior to all medicines. Cold bathing, when otherwise consistent with safety, is of all things the most strengthening to the nervous system.

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When the body is *coſtive*, a little rhubarb, or ſome of the milder purges, or an infuſion of ſenna and rhubarb in brandy, may be taken; but ſtrong purgatives muſt be avoided.

When *wind* is troubleſome, twenty or thirty drops of the acid elixir of vitriol may be taken twice or thrice a-day in a glaſs of water: this expels the wind, ſtrengthens the ſtomach, and promotes digeſtion.

But for complaints of the ſtomach in general, the following infuſion may be uſed with great advantage:—Take of Peruvian bark, one ounce; gentian root, orange peel, and coriander ſeed, each half an ounce; bruiſe them well, and infuſe them in a quart of brandy for five or ſix days: a table ſpoonful may be taken in half a glaſs of water, an hour before breakfaſt, dinner, and ſupper.

But whoever wiſhes for a thorough cure in nervous diſorders, muſt expect it from regimen alone; without mentioning any more medicines, we ſhall conclude by again recommending the ſtricteſt attention to *Diet*, *Air*, *Exerciſe*, and *Amuſement*.

NOVEMBER.

ARTICLES FOR THE TABLE.

Meat.
Beef
Pork
Mutton
Veal

Poultry.
Chickens
Dotterels
Fowls
Geeſe
Hares
Larks
Partridges
Pheaſants
Pigeons
Pullets
Rabbits
Snipes
Teal
Turkeys
Wigeons
Wild ducks
Woodcocks

Fiſh.
Barbet
Carp
Cockles
Doree
Gurnet
Gudgeons
Holobut
Lobſters
Muſcles
Oyſters
Pike
Salmon
Salmon trout

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Smelts
Tench

Vegetables.
Beet
Borecole
Cabbages
Cardoons
Carrots
Cauliflowers
Celery
Chard beet
Chervil
Creſſes
Endive
Eſchalot
Jeruſalem artichokes
Lettuce & ſmall ſallad
Leeks
Onions
Parſley
Parſnips
Potatoes
Rocombole
Salſafy
Savoys
Scorzonera
Skirrets
Spinach
Sprouts
Turnips

Fruit.
Apples
Bullace
Cheſnuts
Grapes
Hazle nuts
Medlars
Pears
Walnuts

DINNERS OF TWO COURSES.

Firſt Courſe.

Lentel ſoup removed with Turbot.

Pig roaſted. — Apple ſauce. — Hare jugged.

Mutton rumps and kidneys. — Pork ſteaks. — Sweetbreads à-la-daube.

Currants in a ſaucer. — Cauliflower. — Lobſter ſauce.

A raiſed beef ſteak pie. — Lemon pudding.

Leg of veal larded.

Sorrel ſauce. — Greens. — Melted butter.

Fricaſſee of double tripe. — Mutton cutlets à-la Maintenon.

Rabbits in ſurpriſe.

Veniſon ſauce.

Pigeons in fancy. — Fowls à-la-farce.

Onion ſoup removed with haunch of veniſon.

Second Courſe.

Pheaſant roaſted.

Apricot fritters. — Grapes. — Piſtachio cream.

Brawn. — Smelts in jelly. — Macaroni.

Walnuts. — Preſerved orange.

Italian truffles. — Salver with jellies. — Spinach and fried bread.

Preſerved cherries. — Cheſnuts.

Anchovy and butter. — Potted moor game. — Sturgeon.

Pears.

Cheeſecake. — Apple tart.

Woodcocks roaſted.

DINNERS

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DINNERS OF THREE COURSES.

First Course.

	Diſh of fiſh.	
Veal cutlets.	Roaſted turkey,	Ox palates.
Two chickens	Vermicelli	Leg of lamb
and brocoli.	ſoup.	and ſpinach.
Beef collops.	Chine of pork.	Harrico.
	Diſh of fiſh.	

Second Course.

	Woodcocks.	
Sheep's rumps.	Apple puffs.	Diſh of jelly.
Oyſter loaves.	Crocant.	Ragooed lobſters.
Blanc mange.	Lemon tart.	Lambs ears.
	Hare.	

Third Course.

	Petit patties.	
Stewed pears.	Potted chars.	Fried oyſters.
Gallantine.	Ice cream.	Collared eel.
Fillets of whitings.	Potted craw-fiſh.	Pippins.
	Lambs ears à-la-braiſe.	

NURSERY, AND NURSERY MAID.

The nurſery ought to be one of the largeſt and moſt airy rooms in a houſe; for when children are confined in ſmall apartments, the air not only becomes unwholeſome, but the heat relaxes the ſolids, renders them delicate, and diſpoſes them to colds and many other diſorders. Not one child in five thouſand will continue healthy in a cloſe, confined ſituation; though the moſt obſtinate diſeaſes have often been cured by removing them from ſuch places to a free, open air.

Thoſe

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Thoſe mothers whoſe peculiar circumſtances do not prohibit ſuch a conduct, ſhould certainly not only ſee their children carried abroad daily, but ſhould go along with them;—they need air as well as their children, and can ſeldom be better employed; for ſervants are too often criminally negligent in theſe matters, and allow children to ſit or lie on the damp ground, inſtead of leading or carrying them about.

We have already been very particular in giving directions for the management of CHILDREN:---of NURSES we muſt obſerve, that though they certainly engage to take on them the place of a *mother*, yet that very few women who become nurſes for hire, will do their duty unleſs carefully looked after:---it is impoſſible they ſhould feel the affections of a parent for their nurſlings, and they have therefore recourſe to every art to hide their negligence. Inſtead of promoting ſleep by exerciſe, they will induce it by medicines or ſpirits; and a nurſe may be always juſtly ſuſpected, who is an advocate for Godfrey's Cordial, or Daffy's Elixir. We would, in one word, earneſtly recommend it to all parents to look carefully after their children, and not truſt ſo valuable a treaſure entirely in the hands of an hireling.

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O.

OCTOBER.

ARTICLES FOR THE TABLE.

Meat.
Beef
Doe veniſon
Lamb
Mutton
Pork
Veal

Poultry.
Chickens
Dotterels
Fowls
Geeſe
Hares
Larks
Partridges
Pheaſants
Pigeons
Pullets
Rabbits
Snipes
Teal
Turkeys
Widgeon
Wild ducks

Fiſh.
Barbet
Brills
Carp
Cockles
Doree
Gudgeons
Holobut
Lobſters
Muſcles
Oyſters
Perch
Pike
Salmon trout
Smelts

Vegetables.
Artichokes
All ſorts of herbs
Beets
Broccoli
Carrots
Cauliflowers
Celery
Chard beets
Chervil
Colewort
Endive
Eſchalot
Finochia
Leeks
Lettuce & ſmall ſallad
Muſhrooms
Onions
Parſnips
Potatoes
Rocombole
Salſafy
Savoys
Skirret
Scorzonera
Sprouts
Turnips
Turnip-rooted & black Spaniſh radiſh

Fruit.
Apples
Bullace
Figs
Filberts
Grapes
Medlars
Nuts
Peaches
Quinces
Services
Walnuts

DINNERS OF TWO COURSES.

Firſt Courſe.

Soup ſantè removed with a roaſt pike.

Rabbits boiled with onion ſauce.

Greens.

Sheeps' trotters forced.
Sweet wine and ſugar in a boat.
Chine of pork roaſted.
Apple ſauce.

Ducks à-la braize.
Pickles.

Ragooed celery.

Marrow pudding.

Breaſt of veal in a ſurtout.

Petty patties fried.

Sallad.

Lobſter removed with a ſaddle of mutton.

Pigeons in ſcallop ſhells.

Potatoes.

Beef collops.

Melted butter.

A perigoe turkey.
Gravy ſauce.

Turnips and carrots.
Boiled tongue.

Second

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Second Course.

Three moor game roasted.

Cauliflower and Parmesan cheese. Filberts.
Peaches. Collared pig.
Custards. Pears.

Plum tart.

Six dotterels roasted. Apples. Forced sweetbreads.
Potted lobster. Grapes.
Two teals roasted. Walnuts. Forced morelles.

Italian cream.
Hare roasted.
Blanc mange.

DINNERS OF THREE COURSES.

First Course.

Cod and oyster sauce.

Jugged hare. French patty. Chickens.
Neck of veal à-la-braise. Almond soup. Tongue and udder. Broiled salmon.
Small puddings. Fillet of beef larded and roasted. Torrent de veau.

Second Course.

Pheasant.

Stewed pears. Roast lobsters. White fricassee.
Apple tarts. Jellies. Custards. Turkey.
Mushrooms. Oyster loaves. Pippins.

Third Course.

Sweetbread à-la-braise.

Fried artichokes. Almond cheesecakes. Amlet.
Potted eels. Fruit. Potted lobsters. Larks.
Pig's ears. Apricot puffs. Forced celery.

OINT-

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OINTMENTS.

Though ointments do not heal wounds and ſores, yet they ſerve to defend them from the external air, and to retain ſuch ſubſtances as may be neceſſary for drying, deterging, deſtroying proud fleſh, and ſuch like. For theſe purpoſes, however, it will be ſufficient to inſert only a few of the moſt ſimple forms, as ingredients of a more active nature can occaſionally be added to them.

Yellow Baſilicum OINTMENT. Take of yellow wax, white reſin, and Burgundy pitch, each a quarter of a pound; melt them together over a gentle fire; then add of hog's lard prepared, one pound; ſtrain the ointment while warm. This ointment is employed for cleanſing and healing wounds and ulcers.

OINTMENT *of Calamine*. Take of olive oil a pint and a half; white wax, and calamine ſtone levigated, of each half a pound. Let the calamine ſtone, reduced into a fine powder, be rubbed with ſome part of the oil, and afterwards added to the reſt of the oil and wax, previouſly melted together, continually ſtirring them till quite cold. This ointment, which is commonly known by the name of Turner's Cerate, is an exceeding good application in burns and excoriations, from whatever cauſe.

Emollient OINTMENT. Take of palm oil, two pounds; olive oil, a pint and a half; yellow wax, half a pound; Venice turpentine, a quarter of a pound. Melt the wax in the oils over a gentle fire; then mix in the turpentine, and ſtrain the ointment. This ſupplies

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the place of Althæa Ointment. It may be uſed for anointing inflamed parts, &c.

Eye OINTMENTS. Take of hog's lard prepared, four ounces; white wax, two drams; tutty prepared, one ounce; melt the wax with the lard over a gentle fire, and then ſprinkle in the tutty, continually ſtirring them till the ointment is cold. This ointment will be more efficacious, and of a better conſiſtence, if two or three drams of camphor be rubbed up with a little oil, and intimately mixed with it.

Another. Take of camphor, and calamine ſtone levigated, each ſix drams; verdigreaſe well prepared, two drams; hog's lard, and mutton ſuet prepared, of each two ounces. Rub the camphor well with the powder; afterwards mix in the lard and ſuet, continuing the rubbing till they be perfectly united. This ointment has been long in eſteem for diſeaſes of the eyes. It ought, however, to be uſed with caution, when the eyes are much inflamed, or very tender.

Iſſue OINTMENT. Mix half an ounce of Spaniſh flies, finely powdered, in ſix ounces of baſilicum ointment. This ointment is chiefly intended for dreſſing bliſters in order to keep them open during pleaſure.

OINTMENT *of Lead.* Take of olive oil, half a pint; white wax, two ounces; ſugar of lead, three drams. Let the ſugar of lead, reduced into a fine powder, be rubbed with ſome part of the oil, and afterwards added to the other ingredients, previouſly melted together, continually ſtirring them till quite cold. This cooling and gently aſtringent ointment may be uſed in all caſes where the intention is to dry and ſkin over the part, as in ſcalds, &c.

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Mercurial OINTMENT. Take of quickſilver, two ounces; hog's lard, three ounces; mutton ſuet, one ounce. Rub the quickſilver with an ounce of the hog's lard in a warm mortar, till the globules be perfectly extinguiſhed, then rub it up with the reſt of the lard and ſuet, previouſly melted together. The principal intention of this ointment is to convey mercury into the body by being rubbed upon the ſkin.

OINTMENT *of Sulphur*. Take of hog's lard prepared, four ounces; flowers of ſulphur, an ounce and a half; crude ſal ammoniac, two drams; eſſence of lemon, ten or twelve drops; make them into an ointment. This ointment, rubbed upon parts affected, will generally cure the itch. It is both the ſafeſt and beſt application for that purpoſe, and, when made in this way, has no diſagreeable ſmell.

White OINTMENT. Take of olive oil, one pint; white wax and ſpermaceti, of each three ounces. Melt them with a gentle heat, and keep them conſtantly and briſkly ſtirring together, till quite cold. If two drams of camphor, previouſly rubbed with a ſmall quantity of oil, be added to the above, it will make the *White camphorated* OINTMENT.

Liniment for Burns. Take equal parts of Florence oil, or of freſh cold-drawn linſeed oil, and lime-water; ſhake them well together in a wide-mouthed bottle, ſo as to form a liniment.

This is found to be an exceeding proper application for recent ſcalds or burns. It may either be ſpread upon a cloth, or the parts affected may be anointed with it twice or thrice a-day.

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White Liniment. This is made in the ſame manner as the white ointment, two thirds of the wax being left out. This liniment may be applied in caſes of excoriation, where, on account of the largeneſs of the ſurface, the ointments with lead or calamine might be improper.

Liniment for the Piles. Take of emollient ointment, two ounces; liquid laudanum, half an ounce. Mix theſe ingredients with the yolk of an egg, and work them well together.

Volatile Liniment. Take of Florence oil, an ounce; ſpirit of hartſhorn, half an ounce; ſhake them together. This ointment made with equal parts of the ſpirit and oil, will be more efficacious, where the patient's ſkin is able to bear it. Sir John Pringle obſerves, that in the inflammatory quinſey, a piece of flannel moiſtened with this liniment, and applied to the throat, to be renewed every four or five hours, is one of the moſt efficacious remedies; and that it ſeldom fails, after bleeding, either to leſſen or carry off the complaint. The truth of this obſervation we have often experienced.

Camphorated Oil. Rub an ounce of camphor, with two ounces of Florence oil, in a mortar, till the camphor be entirely diſſolved. This antiſpaſmodic liniment may be uſed in obſtinate rheumatiſm; and in ſome other caſes accompanied with extreme pain and tenſion of the parts.

ONIONS.—See PICKLING.

ORAN-

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ORANGES.—See CANDYING, PRESERVING, &c.

ORGEAT.

Take two pounds of almonds, thirty bitter, and beat them to a paſte; mix it with three quarts of water, and ſtrain it through a fine cloth; add orange and lemon-juice, with ſome of the peel; ſweeten to your palate.

The above is a very pleaſing and refreſhing beverage; and a ſimilar preparation may be made from lemons in the following manner:

LEMONADE. Take two Seville oranges and ſix lemons, pare them very thin, ſteep the parings four hours in two quarts of water; put the juice of ſix oranges and twelve lemons upon twelve ounces of fine ſugar; when the ſugar is melted, put the water to it. Add a little orange flower water, and more ſugar, if neceſſary. Paſs it through a bag till it is fine.

ORTOLANS.

Theſe birds are brought from France, and are fed in large cages with canary ſeed, till they become a lump of fat; and when they are become fully fatted they muſt be killed, or elſe they will feed upon their own fleſh.

To kill them, you muſt take them by the beak, and hold it cloſe with your finger and thumb, and the bird will be ſtifled in about the ſpace of a minute.

Then

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Then pick off the feathers, even thoſe of the head, and put a fine ſkewer through them, juſt under the wings, and roaſt them quick; putting ſmall toaſts in a diſh under them to drip upon.

Serve them up with ſtrong gravy, and as much white wine made hot; garniſh with ſlices of lemon and raſpings of bread, ſifted and roaſted before the fire.

Or, ſpit them ſideways, with a vine-leaf between; baſte them with butter, and have fried crumbs of bread round the diſh.

ORNAMENTAL DISHES for DESERTS and ENTERTAINMENTS.

A Fiſh-pond. Fill one large fiſh-mould and fix ſmall ones with flummery; put half a pint of ſtiff clear calf's-foot jelly into a china bowl; let it ſtand till cold; then lay two of the ſmall fiſhes on the jelly, the right ſide down. Put in half a pint more jelly, let it ſtand till cold, then lay in the four ſmall fiſhes acroſs one another, that when you turn thē bowl upſide down, the heads and tails may be ſeen. Then almoſt fill your bowl with jelly, and let it ſtand till cold; lay in the jelly four large fiſhes, and fill the baſon quite full with jelly, and let it ſtand till the next day. When you want to uſe it, ſet your bowl to the brim in warm water for one minute; take care that you do not let the water go into the baſon. Lay your plate on the top of the baſon, and turn it upſide down. If you want it for the middle, turn it out upon a ſalver. Be ſure you make your jelly very ſtill and clear.

A Float

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A Floating Iſland. Take a ſoup diſh according to the ſize and quantity you intend to make, but a pretty deep glaſs is beſt, and ſet it on a china diſh; take a quart of thick cream, make it pretty ſweet with fine ſugar, pour in a gill of ſack, grate the yellow rind of a lemon in, and mill the cream till it is all of a thick froth; then carefully pour the thin from the froth into a diſh; take a French roll, or as many as you want, cut it as thin as you can, lay a layer of that as light as poſſible on the cream, then a layer of currant jelly, then a very thin layer of roll, and then hartſhorn jelly, then French roll, and over that whip your froth which you have ſaved off the cream very well milled up, and lay at the top as high as you can heap it; and as for the rim of the diſh, ſet it round with fruit or ſweetmeats according to your fancy. This looks very pretty in the middle of a table, with candles round it, and you may make it of as many different colours as you fancy, and according to what jellies and jams, or ſweetmeats you may have; or at the bottom of the diſh you may put the thickeſt cream you can get; but that is as you fancy.

Floating Iſland of Apples. Bake or ſcald eight or nine large apples; when cold, pare them, and pulp them through a ſieve; beat this up with fine ſugar; put to it the whites of four or five eggs that have been beaten, with a little roſe water; mix it a little at a time, beat it till it is light; heap it on a rich cold cuſtard, or on jelly.

Floating Iſland of Chocolate. Take the whites of two eggs, and mix them up with two ounces of chocolate ſcraped; pile it on a thin cuſtard or jelly.

A De-

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A Deſert Iſland. Form a lump of paſte into a rock three inches broad at the top, then colour it, and ſet it in the middle of a deep china diſh. Set a caſt figure on it, with a crown on its had, and a knot of rock-candy at its feet; then make a roll of paſte an inch thick, and ſtick it on the inner edge of the diſh, two parts round. Cut eight pieces of eringo roots, about three inches long, and fix them upright to the roll of paſte on the edge. Make gravel walks of ſhot comfits round the diſh, and ſet ſmall figures in them. Roll out ſome paſte, and cut it open like Chineſe rails. Bake it, and fix it on either ſide of the gravel walks with gum, and form an entrance where the Chineſe rails are, with two pieces of eringo root for pillars.

To make a Hedgehog. Take two pounds of blanched almonds, beat them well in a mortar, with a little canary and orange flower water, to keep them from oiling. Make them into a ſtiff paſte, then beat in the yolks of twelve eggs, leave out five of the whites; put to it a pint of cream, ſweetened with ſugar, put in half a pound of ſweet butter melted, ſet it on a furnace or ſlow fire, and keep it conſtantly ſtirring, till it is ſtiff enough to be made in the form of a hedgehog; then ſtick it full of blanched almonds, ſlit and ſtuck up like the briſtles of a hedgehog, then put it into a diſh; take a pint of cream and the yolks of four eggs beat up, ſweetened with ſugar to your palate. Stir them together over a ſlow fire till it is quite hot, then pour it round the hedgehog in a diſh, and let it ſtand till it is cold, and ſerve it up. Or uſe a rich calf's foot jelly made clear and good; pour it into the diſh round the hedgehog;

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hog; and when it is cold, it makes a pretty diſh; or it looks well in the middle of a table for ſupper.

A Diſh of Snow. Put twelve large apples into cold water, ſet them over a ſlow fire, and when they are ſoft, pour them upon a hair ſieve. Take off the ſkins, and put the pulp into a baſon; then beat the whites of twelve eggs to a very ſtrong froth, beat and ſift half a pound of double-refined ſugar, and ſtrew it on the eggs; then beat the pulp of your apples to a ſtrong froth; laſtly, beat them all together till they are like a ſtiff ſnow; lay it upon a china diſh, and heap it up as high as you can. Set round it green knots of paſte, in imitation of Chineſe rails, and ſtick a ſprig of myrtle in the middle of the diſh.

Moonſhine. Take the ſhapes of half a moon, and five or ſeven ſtars; wet them, and fill them with flummery; let them ſtand till they are cold, then turn them into a deep china diſh, and pour lemon cream round them, made thus: Take a pint of ſpring water, put to it the juice of three lemons, and the yellow rind of one lemon; the whites of five eggs, well beaten, and four ounces of loaf-ſugar; then ſet it over a ſlow fire, and ſtir one way till it looks white and thick: if you let it boil it will curdle. Then ſtrain it through a hair ſieve, and let it ſtand till it is cold; beat the yolks of five eggs, mix them with your whites, ſet them over the fire, and keep ſtirring it till it is almoſt ready to boil, then pour it into a baſon. When it is cold, pour it among your moon and ſtars. Garniſh with flowers. It is a proper diſh for a ſecond courſe, either for dinner or ſupper.

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A Crow Cant. Take wet or dry ſweetmeats, and fill a diſh as full as for a pye; then take a deep diſh of the ſame breadth of the other that your ſweetmeats are in, turn it upſide down, and cover it with a ſheet of paſte of milk and ſugar boiled, wrought with flour, and rolled out thin; then cut it out in various ſhapes and forms, bake it on the diſh, and take great care not to have any burnt ſpots on it; when it is enough take it out of the diſh, and ſet it upon the ſweetmeats.

OX-CHEEK.—See Soups.

OYSTERS.

To fricaſſee OYSTERS. Put a little butter in a ſtewpan, with a ſlice of ham, a faggot of parſley and ſweet herbs, and one onion ſtuck with two cloves; ſoak it a little on a ſlow fire, adding a little flour, ſome good broth, and a piece of lemon-peel; then put ſcalded oyſters to it, and ſimmer them a little. When ready to ſerve, thicken it with a mixture made of the yolks of two eggs, a little cream, and a bit of good butter; take out the ham, faggot, onion, and lemon-peel, and add the ſqueeze of a lemon.

P.

PALATES

To roaſt Ox PALATES. Having boiled them tender, blanch them, cut them into ſlices about two inches long, lard half with bacon; then have ready two or three pigeons,

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geons, and two or three young chickens, draw them, truſs them, and fill them with force-meat; let half of them be nicely larded, ſpit them on a bird ſpit thus:—A bird, a palate, a ſage leaf, and a piece of bacon; and ſo on. Take cocks' combs and lambs' ſtones, parboiled and blanched, lard them with little bits of bacon; large oyſters parboiled, and each larded with one piece of bacon; put theſe on a ſkewer, with a little piece of bacon and ſage leaf between them; tie them on a ſpit and roaſt them; then beat up the yolks of three eggs, ſome nutmeg, a little ſalt, and crumbs of bread; baſte them with theſe all the time they are roaſting, and have ready two ſweetbreads, each cut in two, ſome artichoke bottoms cut in four and fried, and then rub the diſh with ſhallots: lay the birds in the middle, piled upon one another, and lay the other things all ſeparate by themſelves round about in the diſh. Have ready for ſauce a pint of good gravy, a quarter of a pint of red wine, an anchovy, the oyſter liquor, a piece of butter rolled in flour; boil all theſe together, and pour into the diſh, with a little juice of lemon. Garniſh your diſh with lemon.

To ſtew Ox PALATES. Waſh four ox palates in ſeveral waters, then lay them in warm water for half an hour, then waſh them out, put them in a pot, tie them down with ſtrong paper, and ſend them to the oven with as much water as will cover them, or boil them till tender; then ſkin them and cut them in pieces half an inch broad, and three inches long; put them in a toſſing-pan with a pint of veal gravy, one ſpoonful of Madeira wine, the ſame of catchup and browning, one onion ſtuck with cloves, and a ſlice of lemon; ſtew them half an hour,

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then take out the onion and lemon, thicken your ſauce and put them in a diſh; have ready boiled artichoke bottoms, cut them in quarters, and lay them over your palates, with force-meat balls and morels. Garniſh with lemon, and ſerve them up.

Another way. Braze the palates, and cut them in ſmall pieces; put them in a ſtewpan with a bit of butter, two ſpoonfuls of oil, ſalt, whole pepper, a little nutmeg, two chopped ſhallots, a clove of garlick, a little tarragon, muſhrooms, and parſley; ſimmer it a quarter of an hour, then add a little cullis, a glaſs of white wine, and a little jelly broth; boil it a little, ſkim it well. When ready to ſerve, add the ſqueeze of a lemon.

Another way. Boil the palates till tender; peel and cut them in eight or ten pieces; put them in a ſtewpan with a ſlice of ham, a faggot of parſley, chibbol, a clove of garlick, two cloves, a little butter; let it catch a little, then add a little white wine and cullis; boil it ſlowly for ſome time, ſkim it well, add pepper and ſalt according to taſte, and ſweet herbs finely chopped. When ready to ſerve, add the juice of a lemon.

Another way. Clean four or five palates, put them into an earthen pan with water to cover them, tie them down, bake them or boil them; when tender peel them, cut them in pieces, flour them; put them into ſome good gravy, with an onion, a little pounded cloves, a piece of lemon-peel, and ſome catchup; ſtew them half an hour, take out the peel and onion, add ſome morels, force-meat balls, and lemon-juice, and, if to be had, artichoke bottoms boiled and quartered. Garniſh with lemon ſliced, or the peel cut like ſtraws.

To broil Ox PALATES. Boil in water as many palates as

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as you pleaſe; peel them, and ſoak them in Saint Mehoult, which is thus:—Put in a ſtewpan a little butter rolled in flour, ſalt and pepper, two ſhallots, a clove of garlick, two cloves, parſley, a laurel leaf, thyme, with as much milk as will ſimmer your palates till tender; then take them out, and baſte them with the yolks of eggs and bread crumbs; broil them ſlowly, and ſerve them with ſharp ſauce.

To ragoo Ox PALATES. Take four ox palates, and boil them very tender, clean them well, cut ſome in ſquare pieces, and ſome long. Make a rich cullis thus:—Put a piece of butter in your ſtewpan, and melt it; put a large ſpoonful of flour to it, ſtir it well till it is ſmooth, then put a quart of good gravy to it, chop three ſhallots, and put in a gill of Liſbon; cut ſome lean ham very fine and put in, alſo half a lemon; boil them twenty minutes, then ſtrain it through a ſieve, put it into your pan, and the palates, with ſome force-meat balls, truffles, morels, and pickled or freſh muſhrooms ſtewed in gravy; ſeaſon with pepper and ſalt to your liking, and toſs them up five or ſix minutes, then diſh them up. Garniſh with lemon or beet root.

Veal PALATES. Provide two nice palates, and boil them half an hour; take off the ſkins, and cut them into pieces, as you do ox palates; put them into a ſtew pan with a glaſs of champagne, a little minced green onion, parſley, pepper and ſalt; toſs it often till the wine is gone, pour in a ladle of cullis mixed with gravy, ſtew them ſoftly in it till very tender, daſh in a ſmall glaſs more of wine; add the juice of a lemon or orange, and ſend it up.

PANADA.

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PANADA.

Grate the crumb of a penny white loaf into a quart of cold water, put in a blade of mace, ſet it on the fire, and when it is boiled ſmooth, take it off and put in a bit of lemon-peel, the juice of a lemon, a glaſs of ſack, and ſweeten with ſugar to your palate.

Or you may leave out the wine and ſugar, and put in a little ſalt.

Another way. Put a blade of mace, a large piece of crumb of bread, and a quart of water into a ſaucepan. Let it boil two minutes, then take out the bread, and bruiſe it very fine in a baſon. Mix as much water as you think it will require, pour away the reſt, and ſweeten it to your palate. Put in a piece of butter as big as a walnut, but do not put any wine, as that will ſpoil it. Grate in a little nutmeg.

PANCAKES *and* FRITTERS.

Cream PANCAKES. Take half a pint of cream, mix with it the yolks of two eggs, two ounces of ſugar, a little cinnamon, mace, and nutmeg. Rub your pan with lard, and fry them as thin as poſſible. Grate ſugar over them.

Another way. Take a quart of good milk, beat in ſix or eight eggs, leaving half the whites out; mix it well till your batter is of a fine thickneſs. You muſt obſerve to mix your flour firſt with a little milk, then add the reſt by degrees; put in two ſpoonfuls of beaten ginger, a glaſs of brandy, and a little ſalt; ſtir all together, make your ſtewpan very clean, put in a piece of butter

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as large as a walnut, then pour in a ladleful of batter, which will make a pancake, moving the pan round that the batter may be all over the pan; ſhake the pan, and when you think that ſide is enough, toſs it, if you cannot turn it cleverly; and when both ſides are done, lay it in a diſh before the fire, and ſo do the reſt. You muſt take care that they are dry. When you ſend them to table, ſtrew a little ſugar over them.

Another way. Mix the yolks of two eggs with half a pint of cream, and two ounces of ſugar; rub your pan with lard, and fry them as thin as poſſible; grate ſugar over them, and ſerve them up hot.

Common PANCAKES. Take a pint of milk, a pound of flour, and three eggs; put the milk by degrees into the flour; add a little ſalt, and grated ginger; fry them in lard, and grate ſugar over them.

Batter PANCAKES. Take a pound of flour and three eggs, beat them well together; put to it a pint of milk, and a little ſalt; fry them in lard or butter; grate ſugar over them, cut them in quarters, and ſerve them up.

Fine PANCAKES. To a pint of cream add the yolks of eight eggs, but no whites, three ſpoonfuls of ſack, or orange-flower water, a little ſugar, and a grated nutmeg, the butter and cream muſt be melted over the fire; mix all well together with three ſpoonfuls of flour; butter the frying-pan for the firſt, let them run as thin as you can in the pan, fry them quick, and ſend them up hot.

Rice PANCAKES. Waſh and pick clean half a pound of rice, boil it till it is tender, and all the water boiled away; put it into a tin cullender, cover it cloſe, and let it ſtand all night; then break it very ſmall; take fourteen eggs, beat and ſtrain them, and put them to the rice,

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rice, with a quart of cream, a nutmeg grated; beat well together, then ſhake in as much flour as will hold them together, and ſtir in as much butter as will fry them.

PANCAKES *called a Quire of Paper.* Take a pint of cream, ſix eggs, three ſpoonfuls of fine flower, three ſpoonfuls of ſack, one of orange flower water, a little ſugar, half a nutmeg grated, and half a pound of melted butter almoſt cold; mingle all well together, and butter the pan for the firſt pancake. Let them run as thin as poſſible; when they are juſt coloured, they are enough; take them carefully out of the pan, and ſtrew fine ſugar between each, laying them even on the diſh; and ſo do with all the fine pancakes.

Pink-coloured PANCAKES. Boil a large beet-root tender, beat it fine in a marble mortar, adding to the juice the yolks of four eggs, two ſpoonfuls of flour, and three ſpoonfuls of cream; ſweeten it to your taſte, and grate in half a nutmeg, and add a glaſs of brandy; beat them all together half an hour, fry them in butter, and garniſh them with green ſweetmeats, preſerved apricots, or green ſprigs of myrtle. It is a pretty corner diſh for either dinner or ſupper.

Clary PANCAKES. Take three eggs, three ſpoonfuls of fine flour, and a little ſalt, beat them well, and mix them well with a pint of milk; put lard into your pan; when it is hot, pour in your batter as thin as poſſible, then lay in ſome clary leaves, waſhed and dried, and pour a little more batter thin over them; fry them a fine brown, and ſerve them up.

Common FRITTERS. Get ſome large baking apples, pare them, and take out the core; cut them in round ſlices, and dip them in batter made as follows: Take

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half a pint of ale, and two eggs, and beat them in as much flour as will make it rather thicker than a common pudding, with nutmeg and ſugar to your taſte. Let it ſtand three or four minutes to riſe. Having dipped your apple into this batter, fry them criſp, and ſerve them up with ſugar grated over them, and wine ſauce in a boat.

Strawberry FRITTERS. Make a batter with flour; a ſpoonful of oil, white wine, a little raſped lemon-peel, and the whites of two or three eggs; make it pretty ſoft, juſt fit to drop with a ſpoon. Mix ſome large ſtrawberries with it, and drop them with a ſpoon, the bigneſs of a nutmeg, into the hot fritter. When of a good colour, take them out, and drain them on a ſieve; when ready to ſerve, ſtrew them over with ſugar.

Plain FRITTERS. Grate the crumb of a penny loaf, and put it into a pint of milk; mix it very ſmooth; when cold, add the yolks of five eggs, three ounces of ſifted ſugar, and ſome grated nutmeg; fry them in hog's lard; pour melted butter, wine, and ſugar, into the diſh. Currants may be added, as an improvement.

Tanſey FRITTERS. Pour a pint of boiling milk on the crumb of a penny loaf, let it ſtand an hour, and then put as much juice of tanſey to it as will give it a flavour (too much will make it bitter); then, with the juice of ſpinach, make it a pretty green. Put to it a ſpoonful of ratafia-water, or brandy, ſweeten it to your taſte, grate the rind of half a lemon, beat the yolks of four eggs, mix them all together; put them in a toſſing-pan, with a quarter of a pound of butter; ſtir it over a ſlow fire, till it is quite thick; take it off, and let it ſtand two or three hours; then drop them into a pan of

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boiling lard, a ſpoonful is enough for a fritter; ſerve them up with ſlices of orange round them, grate ſugar over them, and ſerve wine ſauce in a boat.

Currant FRITTERS. Take half a pint of ale that is not bitter, ſtir a ſufficient quantity of flour in it to make it pretty thick; add a few currants; beat this up quick, have the lard boiling, throw in a large ſpoonful at a time.

Royal FRITTERS. Put a quart of new milk into a ſaucepan, and as the milk boils up, pour in a glaſs of ſack. After boiling, let it ſtand five or ſix minutes; then ſkim off all the curd and put it into a baſon; beat it up well with ſix eggs, ſeaſon it with nutmeg; then beat it with a whiſk; add flour to make it as thick as batter uſually is, put in ſome fine ſugar, and fry them thick.

Haſty FRITTERS. Heat ſome butter in a ſtewpan. Stir a little flour by degrees into half a pint of ale; put in a few currants, or chopped apples; beat them up quick, and drop a large ſpoonful at a time all over the pan. Take care to prevent their ſticking together, turn them with an egg-ſlice; and, when they are of a fine brown, lay them on a diſh, and throw ſome ſugar over them. You may cut an orange into quarters for garniſh.

Water FRITTERS. For theſe fritters, the batter muſt be very thick. Take five or ſix ſpoonfuls of flour, a little ſalt, a quart of water, the yolks and whites of eight eggs well beat, with a little brandy; ſtrain them through a hair ſieve, and mix them with the other ingredients. The longer they are made before they are fried, the better.

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ter. Juſt before they are fried, meſt half a pound of butter, and beat it well in. The beſt thing to fry them in is lard.

Fine FRITTERS. Take ſome very fine flour, and dry it well before the fire. Mix it with a quart of milk, but be careful not to make it too thick; put to it ſix or eight eggs, a little ſalt, nutmeg, mace, and a quarter of a pint of ſack, or ale, or a glaſs of brandy. Beat them well together, then make them pretty thick with pippins, and fry them dry.

PARSLEY.—See SAUCES.

PARSNIPS.

To dreſs PARSNIPS. Parſnips ſhould be boiled in a great deal of water, and when they are ſoft, which may be known by running a fork into them, they are enough. They either may be ſerved whole with melted butter, or beat ſmooth in a bowl, heated with a little cream, butter, and flour, and a little ſalt.

PARTRIDGES.

To roaſt PARTRIDGES. Duſt them with flour, and baſte them often with freſh butter, keeping them at a good diſtance from the fire; ſprinkle a little ſalt on, and froth them up nicely. Make your gravy of a ſcrag of mutton, a tea ſpoonful of lemon pickle, a large ſpoonful of catchup, and the ſame of browning; ſtrain it, and put

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a little of it into the diſh. Serve them up with bread ſauce in a boat, made thus: Take a handful or two of bread crumbs, put them to a pint of milk or more, a ſmall whole onion, a little whole pepper, ſalt, and a bit of butter; boil all well together, then take the onion out, and beat it well with a ſpoon; to the whole add about a gill of Poivrade ſauce; boil them a minute, and put it in a boat.

To boil a PARTRIDGE. Boil your partridges quick in a good deal of water, and fifteen minutes will be ſufficient. For ſauce—take a quarter of a pint of cream, and a piece of freſh butter as large as a walnut; ſtir it one way till it is melted, and pour it into the diſh.

Another way. Truſs two or three partridges as for boiling; lard them with ham, bacon, and anchovies; braze them as uſual; when done, ſkim and ſift the ſauce, and add a little cullis. When ready to ſerve, add the ſqueeze of a lemon.

For ſauce—take a few muſhrooms, freſh peeled, and waſh them clean; put them in a ſaucepan with a little ſalt, put them over a quick fire, let them boil up, then put in a quarter of a pint of cream and a little nutmeg; ſhake them together with a piece of butter rolled in flour, give it two or three ſhakes over the fire; three or four minutes will do; then pour it over the birds.

Or, boil half a pound of rice very tender in beef gravy; ſeaſon with pepper and ſalt, and pour over your birds. Theſe ſauces do alſo for boiled fowls. A quart of gravy will be enough; and let it boil till it is quite thick.

Or, bruiſe the livers very fine, with ſome chopped parſley, melt a little nice freſh butter, adding the livers and

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and parſley, ſqueeze in a lemon, give it a boil, and pour over the birds.

PARTRIDGES *in Panes.* Take two roaſted partridges, and the fleſh of a large fowl, a little parboiled bacon, a little marrow or ſweet ſuet chopped fine, a few morels or muſhrooms chopped fine, truffles and artichoke bottoms. Seaſon with beaten mace, pepper, a little nutmeg, ſalt, ſweet herbs chopped fine, and the crumb of a two penny loaf, ſoaked in hot gravy. Mix all well together, with the yolks of two eggs; make your panes on paper, of a round figure, and the thickneſs of an egg, at a proper diſtance one from another. Dip the point of a knife in the yolk of an egg, in order to ſhape them, bread them neatly, and bake them a quarter of an hour in a quick oven. Obſerve that the truffles and morels are boiled tender in the gravy you ſoak the bread in. Serve them up for a ſide diſh.

When you have cold fowls in the houſe, this makes a pretty addition in an entertainment. Or you may omit the fowl.

PARTRIDGES *en aſpic.* Chop ſhallots, parſley, tarragon, chives, garden-creſſes, a little baſil, one clove of garlic, and a few anchovies. Mix theſe with muſtard, oil, tarragon, vinegar, pepper and ſalt. If you ſerve the partridges whole, ſerve the ſauce cold in a ſauce boat. If for hot, cut the partridges as for a haſh; warm them in a little broth, then put them to the ſauce; warm them together without boiling. You may alſo mix it in the ſame manner cold. If cold, it will be better to be mixed an hour or more before uſing.

PARTRIDGES *in Ragoo, with Oranges.* Roaſt them as above, only uſe no flour. Make a ſauce of the livers pounded,

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pounded, and add two or three of chickens; put it into a ſtewpan with a green onion or two, a muſhroom, pepper and ſalt, and parſley. Boil all in cullis a few minutes; cut the partridges as for a fricaſſee, and put to your ſauce. Let it boil but juſt long enough to make the meat hot through. Strip in a morſel or two of lemon-peel, a bit of minced ſhallot and parſley, ſqueeze in a good deal of juice, and diſh it up. Garniſh with oranges in quarters.

PARTRIDGES *à-la-braize.* Take two brace of partridges, truſs the legs into the bodies, lard them, and proceed in every reſpect as directed for *chickens à-la-braize.* See that article, Vol. i. page. 226.

To ſtew PARTRIDGES. Truſs them as for roaſting, ſtuff the craws with bread crumbs, a bit of butter, lemon peel grated, chopped ſhallot, parſley, pepper, ſalt, nutmeg, yolk of egg. Rub the inſide with pepper and ſalt, and you may lard them down each ſide of the breaſt. Half roaſt them. Stew them with cullis or rich gravy, and a little Madeira, an onion, a piece of lemon-peel, ſavoury ſpice, if neceſſary, for about half an hour. Take out the onion and lemon-peel, thicken it with a little flour; add kyan, catchup, &c. if neceſſary. Boil it up. Garniſh with hard yolks of eggs; add artichoke bottoms boiled and quartered.

PARTRIDGES *rolled.* Lard young partridges with ham or bacon; ſtrew over them ſome pepper and ſalt, with ſome beaten mace, ſome ſhred lemon-peel, and ſweet herbs cut ſmall; then take ſome thin beef ſteaks (there muſt be no holes in them); ſtrew over theſe ſome of the ſeaſoning, and then ſqueeze on them ſome lemon juice; lay a partridge upon each ſteak, and roll it up;

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tie it round to keep it together, and pepper the outſide. Set on a ſtewpan with ſome ſlices of bacon, and an onion cut into pieces; lay the partridges carefully in, put to them ſome rich gravy, and let them ſtew gently till they are done; then take the partridges out of the beef, lay them in a diſh, and pour over them ſome rich eſſence of ham.

PARTRIDGES *broiled with ſweet Herbs.* Truſs them as for boiling; ſplit them down the back, and marinade them about an hour in a little oil, with pepper and ſalt, and all ſorts of ſweet herbs chopped; then roll them in paper with all the ſeaſoning; broil ſlowly. When done, take off the paper, mix the herbs with a little good cullis, add the ſqueeze of a lemon, and ſerve with the partridges

PARTRIDGES *with Conſommée Sauce.* Truſs your partridges as for boiling; put them in a ſtewpan, with ſlices of veal and bacon above and below, a ſlice of ham, a faggot, three cloves, ſliced onions and carrots; braze on a very ſlow fire. When done, ſift and ſkim the ſauce, and ſerve upon the partridges.

PARTRIDGES *à-la-paiſanne.* Pick, draw, and truſs your partridges, and put them upon an iron ſkewer; tie them to the ſpit, lay them down to roaſt; put a piece of fat bacon upon a toaſting-fork, and hold it over the partridges, that as it melts it may drop upon them as they roaſt. When they are well baſted with this, duſt over them ſome crumbs of bread and ſome ſalt; cut ſome ſhallots very fine, with a little gravy, ſalt, and pepper, and the juice of half a lemon. Mix all theſe together over the fire, and thicken them up.

Pour

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Pour them into a diſh, and lay the partridges upon them.

PARTRIDGES *haſhed with Rocombole Sauce.* Truſs theſe as to roaſt them; make a force-meat with the livers, &c. and roaſt them gently with a lard of bacon and paper; lodge a bit or two of rocombole upon the breaſts, and when done, cut all the fleſh from the breaſts into very thin ſlices; keep your carcaſes hot, and provide a ſauce for the haſh, with a ladle of cullis, minced rocombole, pepper, ſalt, and nutmeg; boil this a few minutes, and put in your haſh. When your dinner is ready, put it to the ſauce. Make it only boiling hot, throw in a little parſley, ſqueeze in ſome lemon or orange, and diſh up upon the bones or carcaſes. Put enough of your cullis, that ſome may flow over into the diſh.

Woodcocks make a good diſh done in this faſhion. —See alſo WOODCOCKS.

PASTES.

PASTE *for large Pies.* Put the yolks of three eggs to a peck of flour, pour in ſome boiling water, then put in half a pound of ſuet, and a pound and a half of butter. Skim off the butter and ſuet, and as much of the liquor as will make it a light good cruſt. Work it up well, and roll it out.

A PASTE *for Cuſtards.* Pour half a pound of boiling water on two pounds of flour, adding as much water as will make it into a good paſte. Work it well, and when it has cooled a little, raiſe your cuſtards, put a paper

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paper round the inside of them, and when they are half baked, fill them.

Another way. To half a pound of flour, put six ounces of butter, the yolks of two eggs, and three spoonfuls of cream. Mix them together, let them stand for a quarter of an hour, then work it up and down, and roll it very thin.

Short Crust. Rub some flour and butter together, full six ounces of butter to eight of flour; mix it up with as little water as possible, so as to have it a stiffish paste; beat it well, and roll it thin. This is the best crust for all tarts that are to be eaten cold, and for preserved fruit. Use a moderate oven. An ounce and a half of sifted sugar may be added.

PASTE *for Tarts.* Take one pound of flour, three quarters of a pound of butter; mix up together, and beat well with a rolling-pin.

Crisp PASTE *for Tarts.* To one pound of fine flour, put one ounce of loaf sugar beat and sifted. Make it into a stiff paste, with a gill of boiling cream, and three ounces of butter to it; work it well, and roll it very thin. When you have made your tarts, beat the white of an egg a little, rub it over them with a feather, sift a little double-refined sugar over them, and bake them in a moderate oven.

Another way. Having beat the white of an egg to a strong froth, put in by degrees four ounces of double-refined sugar, with about as much gum as will lie upon a sixpence, beat and sifted fine. Beat them half an hour, and then lay it thin on your tarts.

Puff PASTE. Mix the flour with cold water, and weigh the paste; to every pound of paste put half a

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pound of butter; roll out the paſte and divide the butter into three parts, laying one part on each ſheet, throwing flour on every time, and roll it three times after all the butter is laid on; if it is froſty, mix the flour with the water milk-warm.

Be ſure to roll the paſte until all the butter is well mixed, or it will run out in the baking. This paſte is for puddings, paſties, diſh-pies, florentines, or minced pies.

Another way. Take a quarter of a peck of flour, rub in a pound of butter very fine, make it up in a light paſte with cold water, juſt ſtiff enough to work it up; then roll it out about as thick as a crown piece; put a layer of butter all over; ſprinkle on a little flour, double it up, and roll it out again; double it and roll it three times, then it is fit for all pies and tarts that require a puff paſte.

PASTE *for ſtanding Cruſts.* To ſeven pounds of flour take three pounds of butter and three pints of water, boil the butter and water till it is melted, then ſkim off the butter and mix it with flour, likewiſe the remaining flour with water, work the paſte all together with your hands; when it is well mixed, cut the paſte into little pieces and lay on the table to cool; then work them all together, and raiſe it into a pie or pies.

Another way. Take ſome beef or ſheep ſuet, which cut ſmall and put into a braſs pan, ſet it on a clear fire at a good diſtance; if it ſtands over hot, it is in danger of burning the fat; and when it is melted, take it off the fire, and drain all the fat into a ſieve, letting it run into a clean broad earthen pot; when it is cold, to a pound of this fat take a pint of milk, a little ſalt, and boil

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boil and mix it with the flour as above: this makes a much better cruſt in winter, when butter is ſtrong, than butter does.

Sugar PASTES. Sift the ſugar through a lawn ſieve; then ſift ſtarch as fine, allowing a quarter of a pound of ſtarch to a pound of ſugar; make it into a ſtiff paſte, putting thereto gumdragon ſteeped in orange flower water; pound it in a mortar, and make into knots or ſhells in a mould or moſs, with rubbing it through an hair ſieve.

This paſte may be coloured of what colour you pleaſe, by tinging it with carmine for red, gamboge for yellow, ſteeped in water and gummed; with yellow gum and ſtone blue, ſteeped in water for green; with ſmalt for blue, and with chocolate for brown.

PASTY.—See VENISON.

PEASE.

Peaſe ſhould not be ſhelled till juſt before you want them. Put them into boiling water with a little ſalt, and a lump of loaf ſugar, and when they begin to dent in the middle, they are enough. Strain them into a ſieve, put a good lump of butter in your diſh, and ſtir then till the butter is melted. Boil a ſprig of mint by itſelf, chop it fine, and lay it round the edge of your diſh in lumps.

To preſerve green PEASE. In an earthen pot put one half water, and the other half vinegar, into this put green peaſe; cover the pot, and let it be well ſtopped,

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and when you take them out to eat, put them in freſh water.

Theſe may be gathered when they are thoroughly ripe, that is, when the cod begins to turn black: and when you have taken out the peaſe, pull off the ſkin that covers them.

To ragoo PEASE. Gather them while they are green, ſhell them and put them into a pan with butter or lard; to which add a little water to make them boil, ſeaſoning all with ſalt, a little parſley and chibbol cut in pieces, and when they are done enough thicken the ſauce with a little cream, and ſerve it up.

To ſtew PEASE. Put them into a pot with a little water, butter, ſalt, and pepper; or you may fry them in a pan with butter, or otherwiſe with ſalt and pepper and a little flour, moiſtened with ſome milk or ſweet cream, which is the better, or elſe with ſome eggs with a little milk put to them.

Stewed PEASE *and Lettuce.* Take a quart of green peaſe, and two large cabbage-lettuces, cut ſmall acroſs, and waſhed very clean; put them in a ſtewpan with a quart of gravy, and ſtew them till tender; put in ſome butter rolled in flour, ſeaſon with pepper and ſalt. When of a proper thickneſs, diſh them up.

Some like them thickened with the yolks of four eggs; others prefer an onion chopped very fine, and ſtewed with them, with two or three raſhers of lean ham.

PERCH.

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PERCH.

To fry PERCH. Scale and gut your perch, and waſh them clean; ſcore them at ſome diſtance on the ſides, but not very deep; dry them well, and flour them all over; fry them in oiled butter. When they are of a fine brown, lay ſome criſped parſley round the fiſh. For ſauce, take plain butter. Some make the following ſauce: Two ounces of browned butter; put to it ſome flour, a few chives chopped ſmall, ſome parſley, a few freſh muſhrooms cut ſmall, and a little boiling water. Lay the perch in this liquor after they are fried, and let them ſtew gently for four or five minutes; then lay them in a warm diſh; add two large ſpoonfuls of capers cut ſmall, thicken it up with butter and flour, and pour it over them.

To dreſs PERCH *in Water Souchy.* Having ſcaled, gutted, and waſhed them, put ſome ſalt in your water; when it boils, put in your fiſh, with an onion cut in ſlices, and ſeparated into round rings, and a handful of parſley; put as much milk as will turn the water white. The perch being enough, put them in a ſoup diſh, and pour a little of the water over them, with the parſley and the onions: ſerve it up with butter and parſley in a boat; onions may be omitted, if you think proper. Trout may be boiled the ſame way.

To prepare PERCH *with Muſhrooms.* Pick and cleanſe your muſhrooms; cut them into ſmall pieces, then ſtew them in a ſaucepan over a gentle fire without any liquor, but what comes from them, till they are tender; then pour off the liquor and put a little cream to them; in

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in the mean time prepare a brace of large perch, by ſcalding, waſhing and cutting them in thick ſlices and parboiling them; then put the fiſh to the muſhrooms and alſo the yolks of three eggs beaten, parſley boiled and chopped ſmall, ſalt, grated nutmeg, and lemon juice; keep continually ſtirring all theſe together over a gentle fire; but take care not to break the fiſh; and when enough, garniſh with ſlices of lemon and pickled barberries.

PHEASANTS.

To roaſt PHEASANTS. Make a little force-meat with the livers, bread crumbs, ſcraped lard or butter, chopped parſley, ſhallots, muſhrooms, pepper, and ſalt; ſtuff the partridges with it, and wrap them in ſlices of bacon and paper, or buttered paper only, and roaſt them.

Another way. Pick and draw your pheaſants, and finge them; lard one with bacon, but not the other; ſpit them, roaſt them fine, and paper them all over the breaſt. When they are juſt done, flour and baſte them with a little nice butter, and let them have a fine white froth; then take them up, and pour your gravy in the diſh, and bread ſauce in boats or baſons.

Or you may put water creſſes with gravy in the diſh, and lay the creſſes under the pheaſants.

Or you may make celery ſauce, ſtewed tender, ſtrained and mixed with cream, and poured into the diſh.

To boil PHEASANTS. Boil them in a great deal of water; if large, three quarters of an hour will boil them;

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them; if ſmall, half an hour. For ſauce—white celery ſtewed and thickened with cream, and a bit of butter rolled in flour. Lay the pheaſants in the diſh, and pour the ſauce over them.

Obſerve ſo to ſtew your celery, that the liquor may not be all waſted before you put in your cream. Seaſon with ſalt to your palate. Garniſh with lemon.

PHEASANTS *à-la-braze.* Having put a layer of beef all over your pan, a layer of veal, a little piece of bacon, a piece of carrot, an onion ſtuck with cloves, a blade or two of mace, a ſpoonful of pepper, black and white, and a bundle of ſweet herbs, lay in the pheaſant; then a layer of beef and a layer of veal to cover it. Set it on the fire for five or ſix minutes, and pour in two quarts of boiling gravy. Cover it cloſe, and let it ſtew very ſoftly an hour and a half; then take up your pheaſant and keep it hot: let the gravy boil till it is reduced to about a pint, then ſtrain it off and put it in again; put in a veal ſweet-bread, firſt being ſtewed with the pheaſant; ſome truffles and morels, ſome livers of fowls, artichoke bottoms, and aſparagus tops, if you have them: let theſe ſimmer in the gravy about five or ſix minutes, add two ſpoonfuls of catchup, two of red wine, and a little piece of butter rolled in flour, with a ſpoonful of browning; ſhake all together, put in your pheaſant, let them ſtew all together, with a few muſhrooms, about five or ſix minutes more; then take up your pheaſant, and pour your ragoo all over, with a few force-meat balls. Garniſh with lemon. You may lard it if you think proper.

PHEASANTS *à-la-Mongelas.* Provide a large pheaſant, cut off the pinions as to roaſt, and make a good force-meat;

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meat; put it into your pheaſant and ſpit it, with ſome lards of bacon and paper; take care you roaſt it nicely, and prepare your ſauce as follows:—Take ſome fat livers of turkies or fowls, blanch them till thoroughly done, and pound them to a paſte: add ſome gravy and cullis, mix it well together, and paſs it through a ſieve; cut off the fleſh of the pheaſant, ſlice it very thin and put to it, and preſerve the carcaſe hot; add to your ſauce, which ſhould be about the thickneſs of your cullis, a little pepper, ſalt, ſome minced parſley, and the juice of two or three oranges; and, if you approve of it, you may ſtrip a few morſels of the orange peel in, and ſerve it up with the haſh poured over the breaſt, and garniſh with ſome oranges in quarters.

To ſtew a PHEASANT. Stew your pheaſant in veal gravy; take artichoke bottoms parboiled, ſome cheſnuts roaſted and blanched. When your pheaſant is enough (but it muſt ſtew till there is juſt enough for ſauce, then ſkim it) put in the cheſnuts and artichoke bottoms, a little beaten mace, pepper, and ſalt enough to ſeaſon it, and a glaſs of white wine; if you do not think it thick enough, thicken it with a little piece of butter rolled in flour. Squeeze in a little lemon, pour the ſauce over the pheaſant, and have ſome force-meat balls fried and put into the diſh.

A good fowl will do full as well, truſſed with the head on like a pheaſant. You may fry ſauſages inſtead of force-meat balls.

PHEASANTS *à-l'Italienne.* Cut the livers ſmall. If only one pheaſant is to be dreſt, take but half a dozen oyſters, parboil them, and put them into a ſtewpan, with the liver, a piece of butter, ſome green onions,

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and ſome parſley, pepper and ſalt, ſome ſweet herbs, and a little all-ſpice; let them ſtand a very little time over the fire, and ſtuff the pheaſant with them; then put it into a ſtew-pan, with ſome oil, green onions, parſley, ſweet baſil, and lemon juice, for a few minutes; take them off, cover the pheaſant with ſlices of bacon, and put it upon a ſpit; tie ſome paper round it whilſt it is roaſting. Take ſome oyſters, ſtew them a little in their own liquor; put the yolks of four eggs into a ſtew-pan with half a lemon cut in dice, a little beaten pepper and nutmeg, chopped parſley, an anchovy cut ſmall, a glaſs of white wine, a piece of butter, and a little ham cullis: let the ſauce thicken without burning, put in the oyſters, and make the ſauce reliſhing. When the pheaſant is done, lay it in the diſh and pour the ſauce over it.

PICKLING.

The knowledge of pickling is very eſſential in a family, but it is to be lamented that the health of individuals is often endangered, merely to gratify fancy. Things known to be pernicious are frequently made uſe of, to give a brighter colour to the article meant to be pickled. It is indeed a common practice to make uſe of braſs utenſils, that the verdigreaſe extracted from it may give an additional tint to all pickles intended to be green; not conſidering that this is communicating an abſolute poiſon to that which is preparing for food. Such inconſiderate proceedings, it is hoped, will hereafter be avoided, eſpecially as there is no neceſſity for

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recourſe to ſuch pernicious means, when theſe articles will become equally green, by keeping them of a proper heat upon the hearth, without the help of braſs or verdigreaſe of any kind. It is therefore highly proper to be very particular in keeping the pickles from ſuch things, and following ſtrictly the directions given with reſpect to all kinds of pickles, which are greened only by pouring your vinegar hot upon them, and it will keep them a long time. Stone jars are moſt proper for all ſorts of pickles, for though they are expenſive in the firſt purchaſe, yet they will, in the end, be found much cheaper than earthen veſſels, through which, it has been found by experience, ſalt and vinegar will penetrate, eſpecially when put in hot. Be careful never to put your fingers in to take the pickles out, as it will ſoon ſpoil them, but always make uſe of a ſpoon upon thoſe occaſions.

Whenever pickles are wanted to look white, you muſt uſe double diſtilled vinegar.

Lemon Pickle. Take twenty-four lemons, grate off the out-rinds very thin, and cut them in four quarters, but leave the bottoms whole; ſtrew on them equally half a pound of bay-ſalt, and ſpread them on a large pewter diſh; either put them in a cool oven, or let them dry gradually by the fire, till all the juice is dried into the peels; then put them into a well glazed pitcher, with an ounce of mace, and half an ounce of cloves beat fine, an ounce of nutmeg cut into thin ſlices, four ounces of garlic peeled, half a pint of muſtard ſeed bruiſed a little, and tied in a muſlin bag; pour two quarts of boiling white wine vinegar upon them, cloſe the pitcher well up, and let it ſtand five or ſix days by the

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the fire; ſhake it well up every day, then tie it up, and let ſtand for three months to take off the bitter. When you bottle it, put the pickle and lemon in a hair ſieve, preſs them well to get out the liquor, and let it ſtand till another day, then pour off the fine and bottle it. Let the other ſtand three or four days, and it will refine itſelf: pour it off, and proceed thus till the whole is refined. It may be put into any white ſauce, and will not hurt the colour. It is very good for fiſh-ſauce and made-diſhes: a tea ſpoonful is enough for white, and two for brown ſauce for a fowl. It is a moſt uſeful pickle, and gives a pleaſant flavour. Always put it in before you thicken the ſauce, or put any cream in, leſt the ſharpneſs ſhould make it curdle.

To pickle GHERKINS. Put what quantity of ſmall cucumbers you think fit in a ſtone jar, and take as much ſpring water as will cover them; to every gallon of water put as much ſalt as will make it bear an egg, ſet it on the fire, and let it boil two or three minutes, then pour it on your cucumbers, cover them with a woollen cloth, over that a pewter diſh; tie them down cloſe, and let them ſtand twenty-four hours, then lay them in a cloth, with another over them to dry them: then put them in a jar with a little dill and fennel. To every three quarts of vinegar, one quart of ſpring water, till you have enough to cover them, put in ſome bay ſalt and white. To every gallon of pickle allow one nutmeg cut in quarters, a quarter of an ounce of cloves, a quarter of an ounce of mace, a quarter of an ounce of whole pepper, and a large race of ginger ſliced; boil the vinegar in a bell metal or copper pot, pour it boiling hot on your cucumbers, and cover them.

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You are to put the ſpice in the jar with the cucumbers, and boil the vinegar, water, and ſalt, and pour over them. The boiling of your ſpice in all pickles ſpoils them, and loſes the flavour of the ſpice—See alſo CUCUMBERS.

To pickle BEET ROOTS. Boil them tender, peel them, and if agreeable, cut them into ſhapes; pour over them a hot pickle of white wine vinegar, a little pepper, ginger, and horſe-radiſh ſliced. They are a pretty garniſh for made diſhes.

To pickle ONIONS. Peel ſome ſmall onions, and put them into ſalt and water; ſhift them once a day for three days, then ſet them over the fire in milk and water till ready to boil; dry them, pour over them the following pickle when boiled, and cold: Double-diſtilled vinegar, ſalt, mace, and one or two bay-leaves; they will not look white with any other vinegar.

Another way. Take a ſufficient number of the ſmalleſt onions you can get, and put them into ſalt and water for nine days, obſerving to change the water every day: then put them into jars, and pour freſh boiling ſalt and water over them. Let them ſtand cloſe covered till they are cold, then make ſome more ſalt and water, and pour it boiling hot upon them. When it is cold, put your onions into a hair ſieve to drain, then put them into wide-mouthed bottles, and fill them up with diſtilled vinegar. Put into every bottle a ſlice or two of ginger, a blade of mace, and a large tea ſpoonful of eating oil, which will keep the onions white. If you like the taſte of bay-leaf, you may put one or two into every bottle, and as much bay-ſalt as will lie on a ſix-pence: cork them well up.

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To pickle NASTURTIUM BUDS. After the bloſſoms are gone off, gather the little knobs, and put them into cold ſalt and water; ſhift them once a day for three ſucceſſive days, then make a cold pickle of white wine vinegar, a little white wine, ſhallot, pepper, cloves, mace, nutmeg quartered, and horſe-radiſh. Put in the buds.

To pickle WALNUTS. Waſh them and put them into a kettle, ſcald them, then rub off the outer ſkin with a piece of flannel, and let them lie till they are quite cold; then throw them into cold water and ſalt, and having lain in it twenty-four hours, ſhift them, repeating this for twelve or fourteen days; then dry them, and put them into a glazed earthen veſſel, layer upon layer: interſperſe with ſpice, whole muſtard ſeed, horſe-radiſh ſliced, ſhallots, and three or four cloves of garlick; or if you think that too ſtrong, as many cloves of ſhallot. This continue till the pot is full; then fill up the pot, or ſo much as will cover them, with boiling hot vinegar, and cover the pot cloſe; the next day pour off the vinegar from them, without diſturbing or diſplacing the walnuts and ſpices, &c. and boiling it again pour it upon them as before; ſtop them up cloſe, and ſet them by for uſe.

They may be eaten in three weeks or a month, but not ſooner; will grow better and better by being kept a few months.

Another way. Take French walnuts in July, before the ſhell is grown hard, juſt give them a ſcald that the firſt ſkin may rub off; then put them into water and ſalt for nine or ten days, ſhifting them every other day, keep-

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keeping them close covered from the air; then dry them, and prepare the pickle as follows:

For half a hundred of large nuts, take two quarts of white wine vinegar, long pepper, black pepper and ginger, of each half an ounce; cloves, mace, and nutmegs, of each a quarter of an ounce; pound the spice, and with it a spoonful of mustard seed; strew this between every layer of walnuts, and pour the liquor boiling hot upon them three or four times, or oftener, if you find occasion. Take care to keep them close stopped.

To pickle MUSHROOMS. Take the smallest mushrooms you can get, and put them into spring water, then rub them with a piece of new flannel dipped in salt, and put them into cold spring water as you rub them to keep their colour; then put them into a sauce-pan, throw a handful of salt over them, cover them close, and set them over the fire four or five minutes, or till you see they are thoroughly hot, and the liquor is drawn out of them; then lay them between two clean cloths till they are cold; put them into glass bottles, and fill them up with distilled vinegar; put a blade or two of mace, and a tea-spoonful of good oil in every bottle; cork them up close, and set them in a cool place.

If you have not any distilled vinegar, you may use white wine vinegar, or even allegar, but it must be boiled with a little mace, salt, and a few slices of ginger; and must be cold before you pour it on your mushrooms. If your vinegar or allegar is too sharp, it will make your mushrooms soft; neither will they keep so long, or appear so white.

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To pickle CAULIFLOWERS. Take the largeſt and cloſeſt you can get; pull them into ſprigs, put them in an earthen diſh, and ſprinkle ſalt over them: let them ſtand twenty-four hours to draw out all the water, then put them in a jar, and pour ſalt and water boiling over them; cover them cloſe, and let them ſtand till the next day; then take them out and lay them on a coarſe cloth to drain; put them into glaſs jars, and put in a nutmeg ſliced, and two or three blades of mace in each jar: cover them with diſtilled vinegar, and tie them down with a bladder, and over that a leather. They will be fit for uſe in a month.

Another way. Take the cloſeſt and whiteſt cauliflowers you can get, pull them in branches, and ſpread them on an earthen diſh, laying ſalt all over them; let them ſtand for three days to bring out all the water, then put them in earthen jars, and pour boiling ſalt and water upon them, and let them ſtand all night; drain them on a hair ſieve, and put them into glaſs jars; fill up your jars with diſtilled vinegar, and tie them cloſe down with leather.

To pickle FRENCH BEANS. Pour boiling-hot wine over your French beans, and cover them cloſe; the next day drain them and dry them; then pour over them a boiling-hot pickle of white wine vinegar, Jamaica pepper, black pepper, a little mace and ginger: repeat this for two or three days, or till the French beans look green.—See BEANS.

To pickle RED CABBAGE. Slice your cabbage croſsways, put it on an earthen diſh, and ſprinkle a handful of ſalt over it; cover it with another diſh, and let it ſtand twenty-four hours, then put it into a cullendar to drain,

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drain, and lay it in your jar. Take white wine vinegar enough to cover it, a little cloves, mace, and all-ſpice; put them in whole, with a little cochineal bruiſed fine: then boil it up, and pour it either hot or cold on your cabbage: cover it cloſe with a cloth till it is cold, if you pour on the pickle hot, and then tie it up cloſe, as you do other pickles.

Another way. Take a fine cloſe red cabbage and cut it thin; then take ſome cold allegar, and put to it two or three blades of mace, and a few white pepper-corns; make it pretty ſtrong with ſalt, and put your cabbage into the allegar as you cut it; tie it cloſe down with a bladder, and a paper over that. In a day or two it will be fit for uſe.—See CABBAGE.

Indian PICKLE, *or* PECCADILLO. Quarter a white cabbage and cauliflower; take alſo cucumbers, melons, apples, French beans, plums, all or any of theſe; lay them on a hair ſieve, ſtrew over a large handful of ſalt, ſet them in the ſun for three or four days, or till very dry: put them into a ſtone jar with the following pickle: Put a pound of race ginger into ſalt and water, the next day ſcrape and ſlice it, ſalt it, and dry it in the ſun; ſlice, ſalt, and dry a pound of garlic; put theſe into a gallon of vinegar, with two ounces of long pepper, half an ounce of turmeric, and four ounces of muſtard ſeed bruiſed; ſtop the pickle cloſe, then prepare the cabbage, &c. If the fruit is put in, it muſt be green.

The jar need not ever be emptied, but put in the things as they come into ſeaſon, adding freſh vinegar.

To pickle SAMPHIRE. Take the ſamphire that is green, put it into a clean pan, and throw over it two or three handfuls of ſalt; then cover it with ſpring water: let

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let it lie twenty-four hours, then put it into a clean ſaucepan, throw in a handful of ſalt, and cover it with good vinegar: cover the pan cloſe and ſet it over a ſlow fire. Let it ſtand till it is juſt green and criſp, and then take it off at that moment; for if it ſhould remain till it is ſoft, it will be ſpoiled: put it in your pickling-pot, and cover it cloſe. As ſoon as it is cold, tie it down with a bladder and leather, and keep it for uſe. Or you may keep it all the year in a very ſtrong brine of ſalt and water, and throw it into vinegar juſt before you uſe it.—See likewiſe the articles, ARTICHOKES, CAPERS, and CUCUMBERS.

PIES.

All raiſed pies ſhould have a quick oven, and be well cloſed, or they will fall in the ſides; nor ſhould any water be put into them, until immediately before you bake them; as, beſides giving it a ſodden appearance, it would likely occaſion the paſte to run. Light paſte requires a moderate oven; too ſlow a one makes it look heavy; and a quick oven burns, without giving it time to riſe.

Ingredients for ſweet PIES. The meat, fiſh, or fowls, ſpice, balls, citron, lemon and orange peel candied, Spaniſh potatoes, ſkirrits, raiſins, currants, grapes, damſons, gooſeberries, ſugar, and a caudle.

Ingredients for ſavoury PIES. The meat, fiſh, or fowls, ſpice, balls, bacon, lambs-ſtones, ſhivered palates,

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cocks-combs and ſtones, oyſters, artichoke bottoms, muſhrooms, truffles, and a lear.

An Apple PIE. Scald about a dozen apples very tender, and take off the ſkin, then take the pulp of them and put to it twelve eggs, but ſix whites, beat them very well, and take the crumb of a penny loaf grated, ſugar it to your taſte, and put a quarter of a pound of butter melted, mix them together and bake them in a diſh; butter your diſh, and mind that the oven is not too hot.—See APPLES.—You may make a pear pie in the above manner, or according to the recipe, vol. I. p. 17; but omit the quince in the latter way.

An Artichoke PIE. Boil twelve artichoke bottoms tender, boil the yolks of twelve eggs hard; three ounces of candied orange, lemon, and citron peel, half a pound of raiſins ſtoned, ſome grated nutmeg, a blade of mace, and a quarter of a pound of ſugar; put theſe into your pie with half a pound of butter, obſerving to lay the ſweetmeats uppermoſt; when it comes out of the oven, put in half a pint of cream and as much ſack.

A Beaf-ſteak PIE. Take four or five rump ſteaks, beat them very well with a paſte-pin, ſeaſon them with pepper and ſalt, lay a good puff-paſte round the diſh, and put a little water in the bottom; then lay the ſteaks in, with a lump of butter upon every ſteak, and put on the lid. Cut a little paſte in what form you pleaſe, and lay it on.

A Bride's PIE. Having boiled two calves feet, take the meat from the bones, and chop it very ſmall; take a pound of beef ſuet and a pound of apples, ſhred them ſmall, waſh and pick one pound of currants, dry them before

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before the fire, ſtone and chop a quarter of a pound of jar raiſins, a quarter of an ounce of cinnamon, the ſame quantity of mace and nutmeg, two ounces of candied citron, the ſame of lemon cut thin, a glaſs of brandy, and one of champagne; put them in a china diſh, with a rich puff-paſte over it; roll another lid, and cut it in leaves, flowers, figures, &c.

A Calf's foot PIE. Put your calves feet into a ſauce-pan, with three quarts of water, and three or four blades of mace; let them boil ſoftly till there is about a pint and a half: then take out the feet, ſtrain the liquor, and make a good cruſt. Cover your diſh, then pick off the fleſh from the bones, and lay half in the diſh: ſtrew over it half a pound of currants, clean waſhed and picked, and half a pound of raiſins ſtoned; then lay on the reſt of the meat; ſkim the liquor, ſweeten it to your taſte, and put in half a pint of white wine; pour all into the diſh, put on your lid, and bake it an hour and a half.

A Trennill PIE. Take a trennill of a good fat calf, open and waſh it in many waters very clean, let it lie all night in ſalt, and boil it till it is tender; then ſhred it as ſmall as minced pie meat, and ſeaſon it with Jamaica pepper and ſalt; take prunes, raiſins, currants, and ſugar, of each half a pound; pick the currants, ſtone the raiſins and prunes, cut and mix them all together.

A Calf's-head PIE. Take a calf's head and parboil it; when it is cold, cut it in pieces, and ſeaſon it well with pepper and ſalt: put it in a raiſed cruſt, with half a pint of ſtrong gravy; let it bake an hour and a half.

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When it comes out of the oven, cut off the lid, and chop the yolks of three hard eggs ſmall; ſtrew them over the top of the pie, lay on three or four ſlices of lemon, and pour on ſome melted butter. Send it to table without a lid.

Another. Parboil half a calf's head, then cut it into thin ſlices; ſeaſon with pepper and ſalt; lay it in a cruſt with a little good gravy, ſome force-meat balls, and the yolks of eggs boiled hard; bake it about an hour and a half, and then cut off the lid: thicken ſome good gravy with a little flour, add ſome oyſters, and ſerve it without a lid. You may indeed, if you chooſe it, ſerve it with the lid on.

A Cherry PIE. Make a good cruſt, lay a little of it round the ſides of your diſh, and throw ſugar at the bottom; then lay in your fruit, and ſome ſugar at the top. Some red currants added to the cherries are a great improvement. Then put on your lid, and bake it in a ſlack oven.

A plum pie, or a gooſeberry pie, may be made in the ſame manner.

A ſavoury Chicken PIE. Procure ſome ſmall chickens, ſeaſon them with mace, pepper, and ſalt: put a lump of butter into each of them, lay them in the diſh with the breaſts up, and put a thin ſlice of bacon over them, it will give them a pleaſant flavour; then put in a pint of ſtrong gravy, and make a good puff-paſte; lid it, and bake it in a moderate oven. French cooks uſually add morells and yolks of eggs chopped ſmall.

A rich Chicken PIE. Cover the bottom of the diſh with a puff-paſte, and upon that, round the ſide, lay a thin

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thin layer of force-meat; cut two ſmall chickens into pieces, ſeaſon them high with pepper and ſalt; put ſome of the pieces into the diſh, then a ſweetbread or two, cut into pieces and well ſeaſoned, a few truffles and morels, ſome artichoke bottoms, cut each into four pieces, then the remainder of the chickens, ſome force-meat balls, yolks of eggs boiled hard, chopped a little, and ſtrewed over the top, a little water; cover the pie: when it comes from the oven, pour in a rich gravy, thickened with a little flour and butter. To make the pie ſtill richer, freſh muſhrooms, aſparagus tops, and cocks-combs may be added.

The chickens are ſometimes larded with bacon, and ſtuffed with ſweet herbs, pepper, nutmeg, and mace: you ſhould then only ſlit them down, and lay them in the pie.

Codling PIE.—See APPLE.

A Devonſhire Squab PIE. Cover the diſh with a good cruſt, put at the bottom a layer of ſliced pippins, then a layer of mutton-ſteaks cut from the loin, well ſeaſoned with pepper and ſalt, then another layer of pippins; peel ſome onions, and ſlice them thin, lay a layer all over the apples, then a layer of mutton, then pippins and onions; pour in a pint of water, cloſe your pie, and bake it.

A Duck PIE. Take two ducks, ſcald them, and make them very clean; cut off the feet, the pinions, the neck, and head, pick them all clean, and ſcald them. Pick out the fat of the inſide, lay a good puff-paſte cruſt all over your diſh, ſeaſon the ducks both inſide and out with

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with pepper and ſalt, and lay them in your diſh, with the giblets at each end properly ſeaſoned: put in as much water as will almoſt fill the pie, and lay on the cruſt.

An Eel PIE. Having cut your eels in pieces, ſeaſon them with pepper and ſalt, and a very little dried ſage; put them into a puff-paſte, fill the pie with water, and butter it well.

Another. After ſkinning and waſhing your eels, cut them in pieces of about an inch and a half long, ſeaſon them with pepper, ſalt, and a little dried ſage rubbed ſmall; raiſe your pies about the ſize of the inſide of a plate, fill your pies with eels, lay a lid over them, and bake them in a quick oven. They require to be well baked.

A French PIE. Lay a puff-paſte half an inch thick at the bottom of a deep diſh; lay a force-meat round the ſides of the diſh; cut ſome ſweetbreads in pieces, three or four, according to the ſize the pie is intended to be made; lay them in firſt, then ſome artichoke bottoms, cut into four pieces each, then ſome cocks-combs, (or they may be omitted) a few truffles and morels, ſome aſparagus tops, and freſh muſhrooms, if to be had, yolks of eggs boiled hard, and force-meat balls; ſeaſon with pepper and ſalt. Almoſt fill the pie with water, cover it, and bake it two hours: when it comes from the oven, pour in ſome rich veal gravy, thickened with a very little cream and flour.

A plain Gooſe PIE. Quarter your gooſe, ſeaſon it well, and lay it in a raiſed cruſt; cut half a pound of butter

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butter into pieces, and put it on the top; lay on the lid, and bake it gently.

A rich Gooſe PIE. Take a gooſe and a fowl, bone them, and ſeaſon them well; put the fowl into the gooſe, and ſome force-meat into the fowl; put theſe into a raiſed cruſt, and fill the corners with a little force-meat; lay half a pound of butter on the top, cut into pieces; cover it, and let it be well baked.

Gooſe pie is eaten cold.

A good Gooſe PIE. Make the walls of a gooſe pie with about half a peck of flour, raiſe your cruſt juſt big enough to hold your gooſe; firſt have a pickled dried tongue, boiled tender enough to peel, cut off the root, bone the gooſe and a large fowl, take half a quarter of an ounce of mace beat fine, three tea-ſpoonfuls of ſalt, a tea-ſpoonful of beaten pepper, and mix all together, ſeaſon your fowl and gooſe with it, then lay your fowl in the gooſe, and the tongue in the fowl, and the gooſe in the ſame form as if whole: put half a pound of butter on the top, and lay on the lid. This pie is delicious either hot or cold, and will keep a great while. A ſlice of this pie makes a pretty ſide-diſh for ſupper.

A Giblet PIE. Let two pair of giblets be nicely cleaned, put all but the livers into a ſaucepan, with two quarts of water, twenty corns of whole pepper, three blades of mace, a bundle of ſweet herbs, and a large onion; cover them cloſe, and let them ſtew very ſoftly till they are quite tender; then have a good cruſt ready, cover your diſh, lay a fine rump ſteak at the bottom, ſeaſoned with pepper and ſalt; then lay in your giblets with the livers, and ſtrain the liquor they were ſtewed

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in. Seaſon it with ſalt, and put into your pie; put on the lid, and bake it an hour and a half.

A Ham PIE. Bone the ham, and trim it properly; in the trimming take care to cut off all the ruſty fat or lean, till you come to the wholeſome-looking fleſh: if an old ham, ſoak it twenty-four hours; if freſh, ſix or eight hours; then braze it with ſlices of beef, ſlices of bacon, ſome butter, and hog's lard, a large faggot of ſweet herbs, all ſorts of roots, and whole pepper; braze it till three parts done; then let it cool, and put it in a raiſed paſte, with the liquid, and a gill of brandy; bake it an hour, and let it cool before uſing. If it is to be ſerved hot, ſkim off the fat very clean, and ſerve with a reliſhing cullis ſauce, without ſalt.

A Hare PIE. Cut your hare in pieces, and ſeaſon it well with pepper, ſalt, nutmeg, and mace; then put it in a jug with half a pound of butter; cover it cloſe up with a paſte or cloth, ſet it in a copper of boiling water, and let it ſtew an hour and a half; then take it out to cool, and make a rich force-meat, of a quarter of a pound of ſcraped bacon, two onions, a glaſs of red wine, the crumb of a penny loaf, a little winter ſavoury, the liver cut ſmall, a little nutmeg, ſeaſon it high with pepper and ſalt; mix it well up with the yolks of three eggs, raiſe the pie, and lay the force-meat in the bottom; lay in the hare, with the gravy that came out of it; lay the lid on, and put flowers or leaves on it: bake it an hour and half. It is a very handſome ſide-diſh for a large table.

An Herb PIE *for Lent.* Take an equal quantity of ſpinach, lettuce, leeks, beets, and parſley, about a hand-

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handful of each; boil them, and chop them ſmall. Have ready boiled in a cloth, a quart of groats, with two or three onions among them; put them and the herbs into a frying-pan, with a pretty large quantity of ſalt, a pound of butter, and ſome apples cut thin; ſtew them a few minutes over the fire, fill your diſh or raiſed cruſt with it; bake it an hour, and ſerve it up.

A Lobſter PIE. Boil two lobſters, and take the meat out of the ſhells; ſeaſon them with pepper, mace, and nutmeg, beat fine; bruiſe the bodies, and mix them with ſome oyſters, if in ſeaſon; cut fine a ſmall onion, and a little parſley, and add a little grated bread; ſeaſon with a little ſalt, pepper, ſpice, and the yolks of two raw eggs; make this into balls, then make ſome good puff-paſte, butter the diſh, lay in the tails, claws, and balls; cover them with butter, pour in a little fiſh gravy, and cover the pie. Have a little fiſh gravy ready to put into it when it is taken out of the oven.

Mince PIES. Shred three pounds of ſuet very fine, and chop it as ſmall as poſſible; take two pounds of raiſins ſtoned and chopped very fine, the ſame quantity of currants, nicely picked, waſhed, rubbed, and dried at the fire. Pare half a hundred of fine pippins, core them, and chop them ſmall; take half a pound of fine ſugar, and pound it fine, a quarter of an ounce of mace, a quarter of an ounce of cloves, and two large nutmegs, all beat fine; put all together into a large pan, and mix it well together with half a pint of brandy, and half a pint of ſack; put it down cloſe in a ſtone pot, and it will keep good three or four months. When you make your pies, take a little diſh, ſomewhat larger

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than a ſoup-plate, lay a very thin cruſt all over it; lay a thin layer of meat, and then a thin layer of citron, cut very thin, then a layer of mince-meat, and a layer of orange-peel cut thin, over that a little meat, ſqueeze half the juice of a fine Seville orange or lemon, lay on your cruſt, and bake it nicely. Theſe pies eat very fine cold. If you make them in little patties, mix your meat and ſweet-meats accordingly. If you chooſe meat in your pies, parboil a neat's tongue, peel it, and chop the meat as fine as poſſible, and mix with the reſt; or two pounds of the inſide of a ſirloin of beef boiled. But when you uſe meat, the quantity of fruit muſt be doubled.

Another way. Take a neat's tongue, and boil it two hours, then ſkin it, and chop it exceedingly ſmall: chop very ſmall three pounds of beef ſuet, three pounds of good baking apples, four pounds of currants clean waſhed, picked, and well dried before the fire, a pound of jar raiſins ſtoned and chopped ſmall, and a pound of powder ſugar; mix them all together with half an ounce of mace, as much nutmeg, a quarter of an ounce of cloves, a quarter of an ounce of cinnamon, and a pint of French brandy. Make a rich puff-paſte, and as you fill up the pie, put in a little candied citron and orange, cut in little pieces. What mince-meat you have to ſpare put cloſe down in a pot, and cover it up; but never put any citron or orange to it till you uſe it.

Another ſort of minced PIES. Take a pound of calves feet ſhred very ſmall, with two pounds of beef ſuet, but all the ſkin muſt be taken from it; add two pounds of currants clean picked and waſhed, a pound of prunes ſcalded,

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ſcalded, ſtoned, and cut ſmall, half a pound of apple-pulp, a pound of almonds blanched and beat to a paſte, half a pound of lemon-peel cut ſmall, half a pound of moiſt ſugar, of red wine and ſack each half a gill; ſeaſon to your taſte with an equal quantity of cinnamon, mace, nutmeg, and cloves; mix all well together, and bake as you need the pies.

Another way to make minced PIES. Take a pound of the fatteſt beef, and two pounds of the kidney ſuet, ſhred them together till both are ſo ſmall as you cannot perceive the leaſt bit of the beef, only as it gives a carnation colour to the ſuet; then add two pounds of well-picked currants, a pound of ſtoned raiſins, and half a pound of prunes ſcalded, ſtoned, and cut ſmall with the raiſins; ſeaſon with the above-named ſeaſonings: alſo the wine, ſack, and the above quantity of ſugar, with four ounces of lemon, and three ounces of citron-peel cut ſmall, and to be all well mixed together.

Mutton and Lamb PIE. Take off the ſkin and inſide fat of a loin of mutton, cut it into ſteaks, ſeaſon them well with pepper and ſalt; almoſt fill the diſh with water; put puff-paſte top and bottom: bake it well.

A ſavoury Lamb PIE. Having ſeaſoned your lamb with ſalt, pepper, cloves, mace, and nutmeg, put it into your cruſt, with a few ſweet-breads and lamb ſtones ſeaſoned as your lamb; alſo ſome large oyſters, and ſavoury force-meat balls, hard yolks of eggs, and the tops of aſparagus two inches long, firſt boiled green, then put butter all over the pie and lid it, and ſet it in a quick oven an hour and a half; then make a lear with oyſter liquor, as much gravy, a little claret with one anchovy in it and a grated nutmeg. Let theſe have a

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boil, thicken it with the yolks of two or three eggs, and when the pie is baked enough put it in.

An Olive Pie. Take a fillet of veal, cut it in thin ſlices, rub the ſlices over with yolks of eggs; ſtrew over them a few crumbs of bread; ſhred a little lemon peel very fine, and put it on them, with a little grated nutmeg, pepper and ſalt; roll them up very tight, and lay them in a pewter diſh; pour over them half a pint of good gravy made of bones, put half a pound of butter over it, make a light paſte, and lay it round the diſh; roll the lid half an inch thick, and lay it on.

A beef olive pie may be made the ſame way.

A Partridge Pie. Singe, draw, and truſs your partridges as for boiling, flatten the breaſt bones, and make a force-meat with the livers, a piece of butter or ſcraped lard, pepper, ſalt, chopped parſley, ſhallots, winter ſavoury, thyme, and ſweet marjoram; ſtuff the partridges with this, and fry them a little in butter; then put them in a raiſed cruſt, upon ſlices of veal, well ſeaſoned; finiſh it as all others. When done, if it is to ſerve up hot, add a reliſhing ſauce; if cold, add ſome good jelly broth before it is quite cold.

A Pigeon Pie. Cover your diſh with a puff-paſte cruſt, let your pigeons be very nicely picked and cleaned, ſeaſon them with pepper and ſalt, and put a good piece of freſh butter, with pepper and ſalt, in their bellies; lay them in your pan; the necks, gizzards, livers, pinions, and hearts, lay between, with the yolk of a hard egg, and beef-ſteak in the middle; put in as much water as will almoſt fill the diſh, lay on the top cruſt, and bake it well. This is a very good way to make a pigeon pie; but ſome French cooks fill the

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the pigeons with a very high force-meat, and lay force-meat balls round the inſide, with aſparagus tops, artichoke bottoms, muſhrooms, truffles, and morels, and ſeaſon high.

A Cheſhire Pork PIE. Having ſkinned a loin of pork, cut it into ſteaks; ſeaſon it with ſalt, nutmeg, and pepper; make a good cruſt, lay a layer of pork, then a layer of pippins, pared and cored, and a little ſugar, enough to ſweeten the pie, and then a layer of pork; put in half a pint of white wine, lay ſome butter on the top, and cloſe your pie; if it be large, it will require a pint of white wine.

A Rook PIE. Take half a dozen young rooks, ſkin them and draw them, cut out the back bones, ſeaſon them well with pepper and ſalt, and lay them in a deep diſh, with a quarter of a pint of water; lay half a pound of butter over them; make a good puff-paſte, and cover the diſh; lay a paper over. It requires to be well baked.

A Rabbit PIE. Cut a couple of young rabbits into quarters; take a quarter of a pound of bacon, and bruiſe it to pieces in a marble mortar, with the livers, ſome pepper, ſalt, a little mace, and ſome parſley cut ſmall, ſome chives, and a few leaves of ſweet baſil; when theſe are all beaten fine, make the paſte, and cover the bottom of the pie with the ſeaſoning, then put in the rabbits; pound ſome more bacon in a mortar, mix with it ſome freſh butter, and cover the rabbits with it, and over that lay ſome thin ſlices of bacon; put on the lid, and ſend it to the oven. It will require two hours baking. When done, take off the lid, take out the bacon, and ſkim off the fat. If there is not gravy enough

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enough in the pie, pour in ſome rich mutton or veal gravy, boiling hot.

A Salmon PIE. Lard your ſalmon with eel and anchovies, ſoaked and ſeaſoned with ſpices and ſweet herbs chopped; put it in a raiſed cruſt or puff-paſte, as you think proper; put butter under and over, with ſome of the ſame ſeaſoning.

Pikes, eels, or any other kind of fiſh, may be dreſſed in pies after the ſame manner. Make all pies of this ſort pretty reliſhing with lemon: you may alſo make it without larding it, as above.

Another. Boil your ſalmon as if you intended it for eating; take the ſkin off, and all the bones out; pound the meat in a mortar very fine, with mace, nutmeg, pepper, and ſalt, to your taſte; raiſe the pie, and put flowers or leaves on the walls; put in the ſalmon and lid it; let it bake an hour and a half. When done, take off the lid, and put in a quarter of a pound of rich melted butter; cut a lemon in ſlices, and lay over it; ſtick in two or three leaves of fennel, and ſend it to table without a lid.

A Sole PIE. Make a good cruſt, cover your diſh, boil two pounds of eels tender, pick the fleſh from the bones, put the bones into the liquor the eels were boiled in, with a blade of mace and ſalt; let them boil till there is only a quarter of a pint of liquor, then ſtrain it; cut the fleſh of the eel very fine, with a little lemon-peel cut ſmall, a little ſalt, pepper, and nutmeg, a few crumbs of grated bread, parſley cut fine, and an anchovy. Mix a quarter of a pound of butter, and lay it in the diſh; cut the meat from a pair of large ſoles, and take

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take off the fins, lay it on the force-meat, then pour in the liquor the eels were boiled in, and close the pie.

Turbot pie may be made in the same manner.

A Sucking-pig PIE. Bone the pig thoroughly, lard the legs and shoulders with bacon, seasoned with spices, and sweet herbs chopped; put it in a raised crust of its own length; season it with spices, sweet herbs chopped, and a pound of butter or scraped bacon; cover it over with thin slices of bacon: finish the pie, and bake it about three hours. When near done, add two glasses of brandy; let it be cold before using.

A rich Veal PIE. Cut veal steaks either from a neck, a breast, a fillet, or a loin; season them with pepper, salt, nutmeg, and a very small quantity of pounded cloves; slice two sweetbreads, season them in the same manner; lay puff-paste round the dish half an inch thick; then the meat, yolks of eggs boiled hard, and oysters at the top, fill it with water, cover it. When taken from the oven, pour in at the top, through a funnel, some good boiled gravy, thickened with a little cream and flour, and boiled up.

A sweet Veal, or Lamb PIE. Cut your veal or lamb into little pieces, season it with pepper, salt, cloves, mace, and nutmeg, beat fine. Make a good puff-paste crust, lay it in your dish, then lay in your meat, and strew on it some stoned raisins and currants clean washed, and some sugar; then lay on it some force-meat balls made sweet, and in the summer some artichoke bottoms boiled; and in the winter scalded grapes. Boil Spanish potatoes cut in pieces, candied citron, candied orange, lemon-peel, and three our four blades of mace; put

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butter on the top, close up your pie, and bake it; have ready, when it comes from the oven, a caudle made as follows: Take a pint of white wine, and mix in the yolks of three eggs; stir it well together over the fire one way all the time, till it is thick; then take it off, stir in sugar enough to sweeten it, and squeeze in the juice of a lemon; put it hot into your pie, and close it up again. Send your pie hot to table.

A savoury Veal PIE. Season the steaks of a loin of veal with pepper, salt, beaten mace, and nutmeg; put the meat in a dish with sweetbreads seasoned with the meat, and the yolks of six hard eggs, a pint of oysters, and half that quantity of good gravy; lay a puff-paste, of half an inch thick, round your dish, and cover it with a lid of the same thickness; bake it an hour and a quarter in a quick oven; when done, cut off the lid, cut the lid into eight or ten pieces, and stick it round the inside of the rim; cover the meat with slices of lemon, and serve it up.

A Vermicelli PIE. Season four pigeons with a little pepper and salt, stuff them with a piece of butter, a few crumbs of bread, and a little parsley cut small; butter a deep earthen dish well, and then cover the bottom of it with two ounces of vermicelli. Make a puff-paste, roll it pretty thick, and lay it on the dish; then lay in the pigeons, the breasts downwards; put a thick lid on the pie, and bake it in a moderate oven. When it is enough, take a dish proper for it to be sent to table in, and turn the pie on it: the vermicelli is then on the top, and looks very pretty.

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To roaſt a PIG. Stick your your pig juſt above the breaſt-bone, running your knife to the heart; when it is dead, put it in cold water for a few minutes, then rub it over with a little roſin beat exceeding fine and its own blood; put your pig into a pail of ſcalding water half a minute; take it out, lay it on a clean table, pull off the hair as quick as poſſible; if it does not come clean off, put it in again: when you have got it all clean off, waſh it in warm water, then in two or three cold waters, for fear the roſin ſhould taſte: take off the fore feet at the firſt joint, make a ſlit down the belly, and take out all the entrails; put the liver, heart, and lights to the pettitoes; waſh it well out of cold water, dry it exceedingly well with a cloth, hang it up, and when you roaſt it, put in a little ſhred ſage, a tea-ſpoonful of black pepper, two of ſalt, and a cruſt of brown bread; ſpit your pig, and ſew it up; lay it down to a briſk clear fire, with a pig-plate hung in the middle of the fire. When your pig is warm, put a lump of butter in a cloth, and rub your pig often with it while it is roaſting. A large one will take an hour and a half. When your pig is a fine brown, and the ſteam draws near the fire, take a clean cloth, rub your pig quite dry, then rub it well with a little cold butter, it will help to criſp it; then take a ſharp knife, cut off the head, and take off the collar; then take off the ears and jaw-bone, ſplit the jaw in two: when you have cut the pig down the back, which muſt be done before you draw the ſpit out, then lay your pig back to back on your diſh, and

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the jaw on each ſide, the ears on each ſhoulder, and the collar at the ſhoulder, and pour in your ſauce, and ſerve it up. Garniſh with a cruſt of brown bread grated.

Another way. The pig being prepared, as above, ſpit it, and lay it to the fire, which muſt be a very good one at each end, or hang a flat iron in the middle of the grate. Before you lay it down to the fire, ſhred a little ſage very ſmall, take a piece of butter as big as a walnut, and a little ſalt and pepper, put this into the pig, and ſew it up ſtrongly; then flour it all over, and continue to do ſo till the eyes drop out, or the crackling will be hard. Take care to ſave all the gravy that comes from it, and for this purpoſe put a large baſon or pan in the dripping-pan, as ſoon as the gravy begins to run. When the pig is enough, ſtir up the fire briſkly, take a coarſe cloth, with about a quarter of a pound of butter in it, and rub the pig all over till the crackling is quite criſp, when it muſt be taken up. Lay it in the diſh, and cut off the head with a ſharp knife, and, before you draw out the ſpit, cut the pig in two: cut off the ears, and lay one at each end; divide the under jaw, and diſpoſe of them in the ſame manner: put the gravy you ſaved into ſome melted butter, and boil them; pour it into the diſh, with the brains bruiſed fine, and the ſage, mixed all together, and ſerve it up.

Another way. Chop ſome ſage and onion very fine, a few crumbs of bread, a little butter, pepper, and ſalt, rolled up together; put it into the belly, and ſew it up, before you lay down the pig; rub it all over with ſweet oil. When it is done, take a dry cloth and wipe it; then

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then take it into a diſh, cut it up, and ſend it to table with the ſame ſauce as above.

Another way. Stick the pig in the throat, as deep as the heart, that it may bleed well, and die the ſooner, as it makes it eaſier to ſcald. When the water is pretty warm put the pig in it, holding it by the hind legs; when you find the briſtles come off the tail by rubbing, take it out, and rub it with a little roſin, then hard with the hand. When it is well ſcalded, waſh it clean, and cut it open while warm; take all out except the kidneys, truſs it with three ſkewers, one in the hind leg, one in the fore, and one in the middle: put into it a faggot of parſley, ſhallots, thyme, laurel, with pepper and ſalt, and wipe it very dry before ſpitting; cut the ſkin a little near the neck, and alſo near the rump, to hinder it from breaking in roaſting. When it begins to be warm, rub it all over pretty often with oil, which will make the ſkin very criſp. Take out the faggot when you ſerve it up.

To roaſt the Hind-quarter of a PIG *Lamb-faſhion.* At the time of the year when houſe-lamb is very dear, take the hind-quarter of a large roaſting pig, take off the ſkin, and roaſt it, and it will eat like lamb, with mint ſauce, or with a ſallad or Seville orange. Half an hour will roaſt it.

To make ſauce for a PIG. Chop the brains a little, then put in a tea-cupful of white gravy with the gravy that runs out of the pig, and a little bit of anchovy; mix near half a pound of butter with as much flour as will thicken the gravy, a ſlice of lemon, a ſpoonful of white wine, a little caper liquor and ſalt; ſhake it over the fire, and pour it into your diſh. Some like cur-

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rants; boil a few, and ſend them in a tea-ſaucer, with a glaſs of currant jelly in the middle of it.

Different ſorts of Sauce for a PIG. Nothing ſhews the variety of taſtes more than the ſeveral ways of making ſauce for a pig; ſome do not love any ſage in the pig, only a cruſt of bread; but then you ſhould have a little dried ſage rubbed and mixed with the gravy and butter. Some love bread ſauce in a baſon, made thus:—Take a pint of water, put in a good piece of crumb of bread, a blade of mace, and a little whole pepper; boil it for about five or ſix minutes, and then pour the water off: take out the ſpice, and beat up the bread with a good piece of butter, and a little milk or cream: ſome love a few currants boiled in it, a glaſs of wine, and a little ſugar; but that you muſt do juſt as you like it. Others take half a pint of good beef gravy, and the gravy which comes out of the pig, with a piece of butter rolled in flour, two ſpoonfuls of catchup, and boil them all together; then take the brains of the pig and bruiſe them fine; put all theſe together, with the ſage in the pig, and pour into your diſh: it is a very good ſauce. When you have not gravy enough comes out of your pig, with the butter, for ſauce, take about half a pint of veal gravy and add to it; or ſtew the pettitoes, and take as much of that liquor as will do for ſauce, mixed with the other. Some like the ſauce ſent in a boat or baſon.

A Sham PIG. Boil and peel as many potatoes as will be the bulk of a little pig, which you muſt take while they are hot, and beat a quarter of a pound of butter in them, break ſix eggs (leaving out the whites of four) very well, and mix with the potatoes; add to them ſugar, nutmeg, and ſalt, to your taſte: let them ſtand

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to cool, and then make it up in the form of a roaſted pig; make a ſkin to cover it of paſte as for a ſtanding pie; let it have head, ears, and mouth, in the form of a roaſted pig; let it be ſet in an oven and baked brown: then take a little clarified butter, and a few clean feathers, dip their ends in the butter, and whiſk all the pig with it, juſt as it is taken out of the oven; this will make the paſte ſhine as a natural pig's ſkin. For ſauce, have melted butter, ſugar, and red wine; then ſerve it up.

To barbecue a PIG. Dreſs a pig of nine or ten weeks old as if it were to be roaſted; make a force-meat of two anchovies, ſix ſage leaves, and the liver of the pig, all chopped very ſmall; then put them into a marble mortar, with the crumb of half a penny loaf, four ounces of butter, half a tea-ſpoonful of kyan pepper, and half a pint of red wine; beat them all together to a paſte, put it in your pig's belly, and ſew it up; lay your pig down at a good diſtance before a large briſk fire, ſinge it well, put in your dripping-pan three bottles of red wine, baſte it with the wine all the time it is roaſting: when it is half roaſted, put under your pig two penny loaves; if you have not wine enough, put in more. When your pig is near enough, take the loaves and ſauce out of your dripping-pan, put to the ſauce one anchovy chopped ſmall, a bundle of ſweet herbs, and half a lemon; boil it a few minutes, then draw your pig, put a ſmall lemon or apple in the pig's mouth, and a leaf on each ſide; ſtrain your ſauce, and pour it on them boiling hot; lay barberries and ſlices of lemon round it, and ſend it up whole to table: it is a grand bottom diſh. It will take four hours roaſting.

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Some variations may be made from the above recipe, either as the judgement of the cook, or the taſte of her employer may determine. Madeira is ſometimes choſen in preference to red wine. A pig of ſix or ſeven months old may be barbecued as above, and ſtuck over with blanched almonds; but is generally baſted with Madeira.

To dreſs a PIG *au Pere Duillet.* Cut off the head, and divide it into quarters; lard them with bacon, ſeaſon them with mace, cloves, pepper, nutmeg, and ſalt: lay a layer of fat bacon at the bottom of a kettle, lay the head in the middle, and the quarters round; then put in a bay-leaf, an onion ſliced, lemon, carrots, parſnips, parſley, and chives; cover it again with bacon, put in a quart of broth, ſtew it over the fire for an hour, and then take it up. Put your pig into a ſtewpan or kettle, pour in a bottle of white wine, cover it cloſe, and let it ſtew for an hour very ſoftly. If you would ſerve it cold, let it ſtand till it is cold, then drain it well, and wipe it that it may look white, and lay it in a diſh with the head in the middle and the quarters round, then throw ſome green parſley all over: or any one of the quarters is a pretty little diſh, laid on water creſſes. If you would have it hot, whilſt your pig is ſtewing in the wine, take the firſt gravy it was ſtewed in, and ſtrain it, ſkim off all the fat, then take a ſweet-bread cut into five or ſix ſlices, ſome truffles, morels, and muſhrooms; ſtew all together till they are enough, thicken it with the yolks of two eggs, or a piece of butter rolled in flour; and when your pig is enough, take it out and lay it in your diſh; put the wine it was ſtewed

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ſtewed in into the ragoo, then pour all over the pig, and garniſh with lemon.

A PIG *Matelot.* Gut and ſcald your pig, cut off the head and pettitoes, then cut your pig in four quarters, put them, with the head and toes, into cold water; cover the bottom of a ſtewpan with ſlices of bacon, and place over them the ſaid quarters, with the pettitoes and the head cut in two: ſeaſon the whole with pepper, ſalt, thyme, bay-leaf, an onion, and a bottle of white wine; lay over more ſlices of bacon, put over it a quart of water, and let it boil. Take two large eels, ſkin and gut them, and cut them about five or ſix inches long. When your pig is half done, put in your eels, then boil a dozen of large craw-fiſh, cut off the claws, and take off the ſhells of the tails; and when the pig and eels are enough, lay firſt your pig and the pettitoes round it, but do not put in the head (it will be a pretty diſh cold), then lay your eels and craw-fiſh over them, and take the liquor they were ſtewed in, ſkim off all the fat, then add to it half a pint of ſtrong gravy, thickened with a little piece of butter rolled in flour, and a ſpoonful of browning, and pour over it; then garniſh with craw-fiſh and lemon. This will do for a firſt courſe, or remove. Fry the brains and lay round, and all over the diſh.

Collared PIG. When the pig is ſcalded, &c. cut off the head and feet, and bone it without cutting the ſkin; cut ſome of the fleſh to chop with beef ſuet, pepper and ſalt, four or five yolks of eggs, chopped parſley, muſhrooms, ham and bacon, truffles, piſtachio nuts, a few ſweet almonds, and hard yolks of eggs, bread crumbs ſoaked in cream; lay a layer of this force-meat upon

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upon the pig, then thin ſlices of ham and ſlices of pig's fleſh, and ſo on till all is uſed; roll it up in the ſkin, and tie it very tight in a cloth or roller, with or without ſlices of lard round it; boil it in broth, with a pint of white wine, a faggot of ſweet herbs, three cloves, and three bay leaves; boil it about an hour and a half on a ſlow fire: when done, let it cool in the breeze. Serve cold, whole or ſliced.

N. B. In this, as in moſt other recipes, ſome of the above articles are hard to be got at all times, and ſometimes diſliked by the eaters. To obviate which, it is left to the judgement of the cook to add or diminiſh as he or ſhe ſhall ſee neceſſary.

Another way. Kill a fine young roaſting pig, dreſs off the hair and draw it, and waſh it clean; rip it open from one end to the other, and take out all the bones; rub it all over with pepper and ſalt, a little cloves and mace beaten fine, ſix ſage leaves and ſweet herbs chopped ſmall; roll up your pig tight, and bind it with a fillet; fill the pot you intend to boil it in with ſoft water, a bunch of ſweet herbs, ſome pepper-corns, ſome cloves and mace, a handful of ſalt, and a pint of vinegar; when the liquor boils put in your pig; boil it till it is tender; take it up, and when it is almoſt cold, bind it over again, put it into an earthen pan, and pour the liquor your pig was boiled in over it, and always keep it covered. When you want it, take it out of the pan, untie the fillet as far as you want to cut it, then cut it in ſlices, and lay it in your diſh. Garniſh with parſley.

To

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To bake a PIG. When neceſſity obliges you to bake a pig, lay it in a diſh, flour it well all over, and rub it alſo over with butter. Butter the diſh in which you intend to bake it, and put it in the oven. Take it out as ſoon as it is enough, and having rubbed it over with a butter cloth, put it into the oven again till it is dry; then take it out, lay it in a diſh, and cut it up. Take off the fat from the diſh it was baked in, and ſome good gravy will remain at the bottom. Add to this a little veal gravy, with a piece of butter rolled in flour, and boil it up; put it into the diſh, with the brains and ſage in the belly.

A PIG *in Jelly.* Truſs a pig as for roaſting; much of its length, take a ſmall knuckle of veal, three or four calves' feet, according to their bigneſs, a little ham, a large faggot of parſley, ſhallots, a ſprig of thyme, two bay-leaves, two cloves of garlic, ſix cloves, a bit of nutmeg, whole pepper, and a little ſalt; cover it over or not with ſlices of bacon; put to it a bottle of white wine, and twice as much broth; let it ſtew about an hour, ſlowly or it will be apt to crack. When done, take the pig out gently, wipe it clean, and put all the reſt in another pan to ſimmer for ſome time; then clean the pan the pig was in, and garniſh the bottom with green parſley, boiled craw-fiſh or prawns, in a pretty form; lay the pig upon this, with the back uppermoſt; then ſift and ſkim the broth very well, and add the juice of four lemons, the whites of eight eggs beat up with the ſhells, and boil till it is quite clear; ſtrain it through a jelly-bag, and pour it upon the pig; it ſhould be quite covered with the jelly; let it cool.

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When ready to uſe, dip the pan in warm water, and turn it over upon a napkin.

Another way. Take a pig and cut it into quarters; put it into a ſtewpan, with a pint of Rheniſh or Liſbon wine, a quart of water, a little lemon-peel, the juice of three or four lemons, two or three cloves; ſtew it over a very ſlow fire for two hours, take it up, lay the pig in the diſh it is intended for; ſtrain the liquor, and when it is cold, ſkim off the fat; leave the ſettling at the bottom; warm the jelly again, and pour over the pig; ſerve it up cold in the jelly.

Another way. Cut it into quarters, and lay it into your ſtewpan; put in one calf's foot, and the pigs feet, a pint of Rheniſh wine, the juice of four lemons, and one quart of water, three or four blades of mace, two or three cloves, ſome ſalt, and a very little piece of lemon-peel; ſtove it, or do it over a ſlow fire two hours; then take it up, lay the pig into the diſh you intended for it, then ſtrain the liquor, and when the jelly is cold, ſkim off the fat, and leave the ſettling at the bottom. Beat up the whites of ſix eggs, and boil up with the jelly about ten minutes, and put it through a bag till it is clear; then pour the jelly over the pig, and ſerve it up cold in the jelly.

To dreſs a PIG *like a fat Lamb.* Take a fat pig, cut off its head, truſs it up like a lamb. When it is ſlit through the middle and ſkinned, parboil it a little, then throw ſome parſley over it, roaſt it and dredge it. Let your ſauce be half a pound of butter, and a pint of cream, ſtirring it all together till it is ſmooth; then pour it over, and ſend it to table.

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PIG *White Monk's faſhion.* Bone the pig thoroughly, except the head and feet; take care not to cut the ſkin; make a force-meat with fillet of veal, beef-ſuet, chopped parſley, ſhallots, muſhrooms, pepper and ſalt, crumbs of bread ſoaked in cream, and the yolks of ſix raw eggs; cut dice of ham and bacon to mix with the force-meat; ſtuff the pig with this as if it was whole, tie it well in a napkin, and cover or not the back with thin ſlices of bacon; boil it in broth and a pint of white wine, with a faggot of parſley, ſhallots, a clove of garlic, ſliced onions, carrots, and other roots, whole pepper, and ſalt. When done, if to be ſerved hot, wipe it clean, and ſerve with what ſauce you pleaſe. If for cold, let it cool in the braze, then take off the napkin, ſcrape the fat gently off, and ſerve upon a napkin. Garniſh with green parſley.

To dreſs a PIG *the French way.* Spit your pig, lay it down to the fire, let it roaſt till it is thoroughly warm, then cut it off the ſpit, and divide it into twenty pieces. Set them to ſtew in half a pint of white wine and a pint of ſtrong broth, ſeaſoned with grated nutmeg, pepper, two onions cut ſmall, and ſome ſtripped thyme. Let it ſtew an hour, then put to it half a pint of ſtrong gravy, a piece of butter rolled in flour, ſome anchovies, and a ſpoonful of vinegar, or muſhroom pickle. When it is enough, lay it in your diſh, and pour the gravy over it, then garniſh with orange and lemon.

To dreſs PIG's *Pettitoes.* Put your pettitoes into a ſaucepan with half a pint of water, a blade of mace, a little whole pepper, a bundle of ſweet herbs, and an onion. Let them boil five minutes, then take out the

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liver, lights, and heart, mince them very fine, grate a little nutmeg over them, and ſhake a little flour on them; let the feet do till they are tender, then take them out and ſtrain the liquor, put all together with a little ſalt, and a piece of butter as big as a walnut; ſhake the ſaucepan often, let it ſimmer five or ſix minutes, then cut ſome toaſted ſippets and lay round the diſh; lay the mince-meat and ſauce in the middle, and the pettitoes ſplit round it. You may add the juice of half a lemon, or a very little vinegar.

Another way. Boil the heart, liver, and lights, a few minutes, (let the feet do till tender); ſhred them, take a little of the liquor they were boiled in, ſome pepper, ſalt, and nutmeg, a little grated lemon-peel; ſtir in the mince with a bit of butter and flour, and give it a boil up. Serve it with the feet ſplit, laid on the top, and toaſted ſippets.

A Ragoo of PIGS' *Feet and Ears.* Having boiled the feet and ears, ſplit the feet down the middle, and cut the ears in narrow ſlices. Dip them in butter and fry them brown. Put a little beef-gravy in a toſſing-pan, with a tea-ſpoonful of lemon-pickle, a large one of muſhroom catchup, the ſame of browning, and a little ſalt. Thicken it with a lump of butter rolled in flour, and put in your feet and ears. Let them boil gently, and when they are enough, lay your feet in the middle of the diſh, and the ears round them; then ſtrain your gravy, pour it over them, and garniſh with curled parſley.

Another way. Take them out of the ſauce, ſplit them, dip them in egg, then in bread crumbs and chopped parſley; fry them in hogs' lard, drain them; cut

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cut the ears in long narrow ſlips, flour them, put them into ſome good gravy; add catchup, morels, and pickled muſhrooms; ſtew them, pour them into the diſh, and lay on the feet.

Or they are very good dipped in butter and fried; eat with melted butter and muſtard.

PIGEONS.

To roaſt PIGEONS. Make a force-meat with the livers, muſhrooms, parſley, ſhallots, ſcraped lard, two yolks of eggs, pepper and ſalt; ſtuff the pigeons with it, and roaſt them with a ſlice of lard wrapped in paper, or without. You may alſo braze them, and ſerve them with what ſauce you pleaſe.

Another way. Truſs two or three large tame pigeons as for roaſting; make a ſtuffing with the livers, chopped with parſley, chibol, a trifle of garlic, ſcraped lard, pepper and ſalt, and mix it well with two yolks of eggs; lard the pigeons with ſprigs of green parſley pretty thick, and, while roaſting, baſte them often with with freſh hogs' lard, to keep the parſley green and criſp.

To boil PIGEONS. Scald and draw your pigeons, and take out the craw as clean as poſſible. Waſh them in ſeveral waters, and, having cut off the pinions, turn their legs under their wings, dredge them, and put them into ſoft cold water. Having boiled them very ſlowly a quarter of an hour, diſh them up, and pour over them good melted butter. Lay round them a little broccoli, and ſerve them up with butter and parſley.

Pigeons

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Pigeons will not take more than a quarter of an hour boiling. They ſhould be boiled by themſelves, and may be eaten with bacon, greens, ſpinach, aſparagus, or parſley and butter.

Another way. Boil your pigeons by themſelves, for fifteen minutes; then boil a handſome ſquare piece of bacon, and lay in the middle; ſtew ſome ſpinach to lay round, and lay the pigeons on the ſpinach. Garniſh your diſh with parſley laid in a plate before the fire to criſp. Or you may lay one pigeon in the middle, and the reſt round, and the ſpinach between each pigeon, and a ſlice of bacon on each pigeon. Garniſh with ſlices of bacon, and melted butter in a cup.

Another way. Peel as many whole truffles as you have pigeons, and put them into a ſtewpan with a glaſs of white wine, a ſlice of ham, broth, a faggot, and two cloves, and ſimmer them ſome time. Truſs four or five ſmall pigeons, the legs inwards; take a little broth and flour, with a few ſlices of lard and lemon, pepper and ſalt; make this boil and ſtir it continually, then boil the pigeons ſlowly therein. The truffles being done, take out the faggot and ham, put the pigeons to them, and ſimmer them ſome time together. Make a little forced-meat with the livers of poultry, chopped muſhrooms, truffles, parſley, and ſhallots, mixed with a little ſcraped lard, two yolks of eggs, pepper and ſalt. Put this into the bottom of your diſh, and place it on hot aſhes, to make it catch at bottom. Drain the fat off, and ſerve the pigeon upon it, intermixed with truffles.

PIGEONS *in a hole.* Pick, draw, and waſh four young pigeons, ſtick their legs in their bellies as you do boiled pigeons,

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pigeons, ſeaſon them with pepper, ſalt, and beaten mace. Put into the belly of every pigeon a lump of butter the ſize of a walnut. Lay your pigeons in a pie diſh, pour over them a batter made of three eggs, two ſpoonfuls of flour, and half a pint of good milk. Bake it in a moderate oven, and ſerve them to table in the ſame diſh.

PIGEONS *boiled with Rice.* Stuff the bellies of ſix pigeons with parſley, pepper, and ſalt, rolled in a very little piece of butter; put them into a quart of mutton broth, with a little beaten mace, a bundle of ſweet herbs, and an onion; cover them cloſe, and let them boil a full quarter of an hour; then take out the onion and ſweet herbs, and take a good piece of butter rolled in flour, put it in, and ſhake it; ſeaſon it with ſalt, if it wants it; then have ready half a pound of rice boiled tender in milk. When it begins to be thick (but take great care it does not burn) take the yolks of two or three eggs, beat up with two or three ſpoonfuls of cream, and a little nutmeg. Stir it together till it is quite thick; then take up the pigeons and lay them in a diſh. Pour the gravy to the rice, ſtir it all together, and pour over the pigeons. Garniſh with hard eggs cut into quarters.

Another way. Pick and draw your pigeons, and turn the legs under their wings. Cut off the pinions, lay over each pinion thin ſlices of bacon, and a large beet leaf. Wrap them ſeparately in clean cloths, and boil them till enough. Have ready four ounces of rice boiled ſoft, and put into a ſieve to drain. Put the rice into a little good veal gravy thickened with flour and butter. Boil your rice a little in the gravy, and add two ſpoonfuls of good cream. Take your pigeons out of the cloths,

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cloths, and leave on the bacon and beet leaves. Pour the rice over them, and ſerve them up.

To broil PIGEONS. When you ſet about to broil pigeons, take care your fire is clear. Take ſome parſley ſhred fine; a piece of butter as big as a walnut, with a little pepper and ſalt, and put into their bellies. Tie them at both ends, and put them on the gridiron. Or you may ſplit and broil them, having firſt ſeaſoned them with pepper and ſalt. Serve them with a little parſley and butter in the diſh.

Another way. Truſs and ſtuff your pigeons in the ſame manner as for roaſting. Let the fire be very clear, and the gridiron high from the fire. Take care they do not burn. For ſauce—parſley and butter. They may be ſplit and broiled, and conſequently ſooner done, but they are in general reckoned beſt broiled whole.

Jugged PIGEONS. Pluck and draw ſix pigeons, waſh them clean, and dry them with a cloth; ſeaſon them with beaten mace, white pepper, and ſalt. Put them in a jug, and put half a pound of butter upon them. Stop up your jug cloſe with a cloth, that no ſteam can get out, ſet it in a kettle of boiling water, and let it boil one hour and a half. Then take out your pigeons, and put the gravy that is come from the pigeons into a pan, and put to it one ſpoonful of wine, one of catchup, a ſlice of lemon, half an anchovy chopped ſmall, and a bundle of ſweet herbs. Boil it a little, thicken it with a little butter rolled in flour, lay your pigeons on the diſh, and ſtrain the gravy on them. Garniſh with parſley and red cabbage, and ſerve them up. You may lay muſhrooms or force-meat balls. It is a pretty ſide or corner diſh.

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Boiled PIGEONS *and Bacon.* Take ſix young pigeons, waſh them clean, turn their legs under their wings, boil them in milk and water by themſelves twenty minutes; have ready boiled a ſquare piece of bacon, take off the ſkin and brown it, put the bacon in the middle of your diſh, and lay the pigeons round it, and lumps of ſtewed ſpinach; pour plain melted butter over them, and ſend parſley and butter in a boat.

PIGEONS *au Gratin.* When your pigeons are picked, drawn, and waſhed, ſlit them down the back, and then ſtuff them; making a ſtuffing as follows:—Cut the livers very ſmall, young onions, muſhrooms, parſley, truffles, morels, and ſweet herbs, all cut ſmall, ſome bacon ſcraped fine, with ſome pepper, ſalt, and nutmeg. When they are ſtuffed, lay in a diſh ſome ſlices of veal and ham, and the pigeons upon them, then more ſlices of ham and veal upon the pigeons, but no more ſeaſoning; cover them with another diſh, much ſmaller than that they are put in; take a wet napkin and put round the rim of the diſh, to prevent the ſteam evaporating; put it into a ſtewpan over a ſmall ſtove, and let it ſtew very ſoftly till it is done. When it is taken up, put in a little warm eſſence of ham.

PIGEONS *à-la-ſouſſel.* Bone four pigeons, and make a force-meat as for pigeons compote. Stuff them, and put them into a ſtewpan with a pint of veal gravy. Stew them half an hour very gently, and then take them out. In the mean time, make a veal force-meat, and wrap it all round them. Rub it over with the yolk of an egg, and fry them of a nice brown in good dripping. Take the gravy they were ſtewed in, ſkim off the fat, thicken with a little butter rolled in flour, the yolk of an egg,

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and a gill of cream, beat up. Seaſon it with pepper and ſalt, mix it all together, and keep it ſtirring one way till it is ſmooth. Strain it into your diſh, and put the pigeons on. Garniſh with plenty of fried parſley. You may leave out the egg and cream, and put in a ſpoonful of browning, and a little lemon pickle and catchup.

To ſtew PIGEONS. Let your pigeons be ſeaſoned with pepper and ſalt, a few cloves and mace, and ſome ſweet herbs; wrap this ſeaſoning up in a piece of butter, and put it in their bellies; then tie up the neck and vent, and half roaſt them. Put them in a ſtewpan, with a quart of good gravy, a little white wine, a few pepper corns, three or four blades of mace, a bit of lemon, a bunch of ſweet herbs, and a ſmall onion. Stew them gently till they are enough; then take the pigeons out, and ſtrain the liquor through a ſieve; ſkim it and thicken it in your ſtewpan, put in the pigeons, with ſome pickled muſhrooms and oyſters; ſtew five minutes, and put the pigeons in a diſh, and the ſauce over.

Another way. Half roaſt or fry the pigeons, ſtew them in cullis; when they are tender, ſkim the ſauce; thicken it with a little flour, add a little chopped ſhallot, force-meat balls, hard yolks of eggs, kyan, and lemon-juice.

PIGEONS *in ſavoury Jelly.* Roaſt your pigeons with the head and feet on, put a ſprig of myrtle in their bills; make a jelly for them, the ſame way as for the chickens, pour a little into a baſon. When it is ſet, lay in the pigeons with their breaſts down; fill up your bowl with your jelly, and turn it out.

To bake PIGEONS. Seaſon them with pepper and ſalt, put a bit of butter into each, pour over them the following

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lowing batter—Three eggs, two ſpoonfuls of flour, half a pint of milk, and a little ſalt.

PIGEONS *en compote.* Truſs the pigeons with their legs in their bodies, but firſt ſtuff them with good force-meat (made in the ſame manner as for pigeons à-la-daube), let them be parboiled, then lard them with bits of bacon, ſeaſoned with pepper, ſpices, minced chives, and parſley; let them ſtew as gently as poſſible. While they are ſtewing make a ragoo of cock's-combs, fowls livers, truffles, morels, and muſhrooms; melt a little bacon in a frying-pan, and put them in, ſhake the pan round two or three times; then put in ſome rich gravy, let it ſimmer a little, and put in ſome cullis of veal and ham to thicken it. Take the pigeons, drain them, and put them into this ragoo. Let them juſt ſimmer in it, then take them up, put them into a diſh, and pour the ragoo over them.

Another way. Take ſix young pigeons, and ſkewer them as for boiling; make a force-meat thus—Grate the crumb of a penny loaf, half a pound of fat bacon, ſhred ſome ſweet herbs and parſley fine, two ſhallots, or a little onion, a little lemon peel, a little grated nutmeg; ſeaſon it with pepper and ſalt, and mix it up with the yolk of two eggs; put it into the craws and bellies, lard them down the breaſt, and fry them brown with a little butter; then put them in a ſtewpan, with a pint of ſtrong brown gravy, a gill of white wine; ſtew them three quarters of an hour, thicken it with a little butter rolled in flour, ſeaſon with ſalt and kyan pepper, put the pigeons in the diſh, and ſtrain the gravy over them; lay ſome hot force-meat balls round them, and ſend them up hot.

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PIGEONS *à-la-duxelle.* Cut off the feet and pinions of four or five pigeons, and ſplit them down the breaſt, then take out the liver, and flat them with a cleaver: make a hot marinade of ſome ſcraped bacon, ſeaſoned with a muſhroom or two, green onions, pepper, ſalt, thyme, and parſley, and a little nutmeg: fry all a few minutes, and let the pigeons be heated through in it, and let them remain till you put them upon your grid-iron: take a thin ſlice of ham for each pigeon, and put them with the ham always at top. I mean, when you turn your pigeons, turn your ham upon them. For your ſauce, take a ladle of gravy, ſome ſweet baſil, a little thyme, parſley, and ſhallot, minced very fine, and a few ſlices of muſhrooms, boiled all together a few minutes; diſh up, your breaſt downwards, let your ham continue upon them, and pour your ſauce over, with the juice of a lemon or orange.

PIGEONS *à-la-daube.* Put a layer of bacon in a large ſaucepan, then a layer of veal, a layer of coarſe beef, and another little layer of veal, about a pound of beef, and a pound of veal, cut very thin; a piece of carrot, a bundle of ſweet herbs, an onion, ſome black and white pepper, a blade or two of mace, and four or five cloves: cover the ſaucepan cloſe, ſet it over a ſlow fire, draw it till it is brown, to make the gravy of a fine light brown; then put in a quart of boiling water, and let it ſtew till the gravy is quite rich and good; then ſtrain it off, and ſkim off all the fat. In the mean time, ſtuff the bellies of the pigeons with force-meat made thus:— Take a pound of veal, a pound of beef ſuet, and beat both fine in a mortar; an equal quantity of crumbs of bread, ſome pepper, ſalt, nutmeg, beaten mace, a little

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tle lemon-peel cut ſmall, ſome parſley cut ſmall, and a very little thyme ſtripped: mix all together with the yolks of two eggs, fill the pigeons, and flat the breaſt down; then flour them, and fry them in freſh butter a little brown; then pour the fat clean out of the pan, and put the gravy to the pigeons; cover them cloſe, and let them ſtew a quarter of an hour, or till you think they are quite enough; then take them up, lay them in a diſh, and pour in your ſauce; on each pigeon lay a bay leaf, and on the leaf a ſlice of bacon. You may garniſh with a lemon notched; but it will do without. You may leave out the ſtuffing, as it will be rich enough without it.

PIGEONS *in diſguiſe.* Draw and truſs your pigeons, ſeaſon them with pepper and ſalt; make a nice puff-paſte, and roll each pigeon in a piece of it; tie them in a cloth, and take care the paſte does not break; boil them in a great deal of water; they will take an hour and a half boiling. Take great care when they are untied they do not break: put them into a diſh, and pour a little good gravy to them.

PIGEONS *à-la-charmante.* Scald five or ſix ſmall pigeons, and braze them with a few ſlices of lard and peeled lemon, pepper, ſalt, a faggot of ſweet herbs, and broth: lard three or four ſweetbreads as for fricandeaus, and put theſe laſt into a ſtewpan by themſelves, with ſome broth, a few thin ſlices of veal fillet, a faggot, a few chibols, two cloves, and a little baſil: braze ſlowly, and when done, ſift and ſkim the braze, and reduce it to a glaze, to rub over the larded ſide of the ſweetbreads; add a little conſommée, to gather the remainder of the glaze which may ſtick to the bottom of the pan;

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pan; ſift it again through a ſieve, and add a little more pepper and ſalt (if neceſſary), and a good ſqueeze of lemon. Intermix the pigeons and ſweetbreads upon the table-diſh, and pour the ſauce over the former, but not over the latter, as it would ſpoil the colour of the glaze.

PIGEONS *in Fricandeau.* Pick, draw, and waſh your pigeons very clean, ſtuff the craws, and lard them down the ſides of the breaſt, fry them in butter a fine brown, and then put them into a toſſing-pan with a quart of gravy: ſtew them till they are tender, then take off the fat, and put in a tea-ſpoonful of lemon pickle, a large ſpoonful of browning, the ſame of walnut catchup, a little kyan and ſalt: thicken your gravy, and add half an ounce of morels, and four yolks of hard eggs. Lay the pigeons in your diſh, and put the morels and eggs round them, and ſtrain your ſauce over them. Garniſh with barberries and lemon-peel, and ſerve it up.

Another way. After having truſſed your pigeons with their legs in their bodies, divide them in two, and lard them with bacon; then lay them in a ſtewpan, with the larded ſide downwards, and two whole leeks cut ſmall, two ladlefuls of mutton broth or veal gravy; cover them cloſe over a very ſlow fire, and when they are enough, make your fire very briſk, to waſte away what liquor remains: when they are of a fine brown, take them up, and pour out all the fat that is left in the pan; then pour in ſome veal gravy to looſen what ſticks to the pan, and a little pepper: ſtir it about for two or three minutes, and pour it over the pigeons. This is a pretty little ſide-diſh.

PIGEONS *au Soleil.* Make a force-meat with half a pound of veal, a quarter of a pound of mutton, and two ounces

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ounces of beef; beat them in a mortar, with ſome pepper, ſalt, and mace, till they are a paſte: then take the yolks of three or four eggs, beat them up well, and put them into a plate: mix alſo a quarter of a pound of grated bread, and two ounces of flour, put it into another plate. Put on a ſtewpan with a little rich beef gravy, tie up three or four cloves in a bit of muſlin, and put into the gravy; put in the pigeons, let them ſtew till they are almoſt enough, then take them up, and ſet them before a fire to keep warm; then ſet on a frying-pan with ſome good beef dripping, enough to cover the pigeons: when it boils, take them, one at a time, roll them in the meat that was beat, then in the yolk of egg; roll them in it till they are quite wet, then ſtrew over with the bread and flour, pour them into the boiling dripping, and let them remain till they are of a fine brown.

Another way. Blanch your pigeons, and ſtew them about an hour in a braze, make them very dry and clean from fat and ſoil, and make a batter of nothing more than ale or ſmall beer, with flour, and a morſel of butter boiled and put into it, well ſtirred together. Have a large ſtewpan of lard ready, dip in your pigeons, without cutting off either heads, legs, or wings, and fry them of a fine colour, and ſend them to table with parſley.

PIGEONS *Surtout.* Having forced your pigeons, lay a ſlice of bacon on the breaſt, and a ſlice of veal beat with the back of a knife, and ſeaſoned with mace, pepper, and ſalt; tie it on with a ſmall packthread, or two ſmall fine ſkewers are better; ſpit them on a fine bird ſpit, roaſt them, and baſte them with a piece of butter, then with

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with the yolk of an egg, and then baſte them again with the crumbs of bread, a little nutmeg, and ſweet herbs. When they are enough, lay them in your diſh; have good gravy ready, with truffles, morels, and muſhrooms to pour into your diſh; and garniſh with lemon.

PIGEONS *tranſmogrified.* Pick and clean ſix ſmall pigeons, but do not cut off their heads; cut off their pinions, and boil them ten minutes in water, then cut off the ends of ſix large cucumbers, and ſcrape out the ſeeds; put in your pigeons, but let the heads be cut at the ends of the cucumbers, and ſtick a bunch of barberries in their bills; and then put them in a toſſing-pan with a pint of veal gravy, a little anchovy, a glaſs of red wine, a ſpoonful of browning, a little ſlice of lemon, kyan and ſalt to your taſte, ſtew them ſeven minutes, take them out, thicken your gravy with a little butter rolled in flour, boil it up, and ſtrain it over your pigeons, and ſerve them up.

PIGEONS *à-la-braze.* Pick, draw, and truſs ſome large pigeons, then take a ſtewpan and lay at the bottom ſome ſlices of bacon, veal, and onions; ſeaſon the pigeons with pepper, ſalt, ſome ſpice beat fine, and ſome ſweet herbs; lay them into the ſtewpan, then lay upon them ſome more ſlices of veal and bacon; let them ſtew very gently over a ſtove, the top of the ſtewpan put down very cloſe. When they are ſtewed, make a ragoo with veal ſweetbreads, truffles, morels, champignons; the ſweetbreads muſt be blanched, and put into a ſtewpan with a ladleful of gravy, a little cullis, the truffles, morels, &c. let them all ſtew together with the pigeons. When they are enough, put them into a diſh, and pour the ragoo over them.

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A pupton of PIGEONS. Take ſavoury force-meat, rolled out like a paſte, put it in a butter diſh, lay a layer of very thin bacon, ſquab pigeons, ſliced ſweetbread, aſparagus tops, muſhrooms, cocks-combs, a palate boiled tender and cut in pieces, and the yolks of hard eggs. Make another force-meat and lay over like a pie; bake it, and when enough, turn it into a diſh, and pour gravy round it.

PIGEONS *in Pimlico.* Take the livers, with ſome fat and lean of ham or bacon, muſhrooms, truffles, parſley, and ſweet herbs; ſeaſon with beaten mace, pepper and ſalt; beat all this together with two raw eggs, put it into the bellies, roll them all in a thin ſlice of veal, over them a thin ſlice of bacon; wrap them up in white paper, ſpit them on a ſmall ſpit, and roaſt them. In the mean time make for them a ragoo of truffles and muſhrooms, chopped ſmall, with parſley cut ſmall; put to it half a pint of good veal gravy, thicken with a piece of butter rolled in flour. An hour will do your pigeons. Baſte them; and when enough, lay them in your diſh, take off the paper, and pour your ſauce over them. Garniſh with patties made thus:—Take veal and cold ham, beef ſuet an equal quantity, ſome muſhrooms, ſweet herbs, and ſpice; chop them ſmall, ſet them on the fire, and moiſten with milk or cream; then make a little puff-paſte, roll it, and make little patties about an inch deep and two inches long; fill them with the above ingredients, cover them cloſe, and bake them; lay ſix of them round a diſh. This makes a fine diſh for a firſt courſe.

PIGEONS *Royal faſhion.* Singe what number you pleaſe of pigeons that are of an equal bigneſs, put a peeled truffle

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truffle in each, and give them a fry in butter, with chopped muſhrooms, parſley, chibols, a ſlice of ham, pepper, and ſalt; then put them into a ſaucepan to braze, with a few ſlices of veal firſt ſcalded, and the firſt ſeaſoning over the pigeons; cover them with thin ſlices of bacon and a laurel-leaf, and put a ſheet of white paper over the whole; ſtop the pan cloſe, and ſimmer on a ſlow fire till they are quite tender. Take out the pigeons, and wipe off the fat; ſift the braze, boil it a moment and ſkim it very clean; when ready, add a lemon ſqueeze, and ſerve it upon the pigeons.

PIKE.

To boil a PIKE. Clean a large pike, and take out the gills; make a ſtuffing with ſome crumbs of bread grated fine, ſome ſweet herbs chopped ſmall, ſome grated lemon peel, nutmeg, pepper, ſalt, ſome oyſters chopped ſmall, and a piece of butter; mix up theſe ingredients with the yolks of two eggs, put it into the fiſh, and ſew it up; turn the tail into the mouth, and boil it in pump water, with ſome vinegar and ſalt in it. When it boils, put in the fiſh; it will take more than half an hour, if it is a large one. Oyſter ſauce: pour ſome over the fiſh, the reſt in a boat.

Another way. Make a browning with butter and flour; add a pint of red wine, a faggot, four cloves, two dozen of ſmall onions half boiled, pepper and ſalt; cut the pike in pieces, ſtew it ſlowly till done, take out the faggot, and add a piece of butter. When ready to ſerve, add two chopped anchovies, and a ſpoonful of capers. Garniſh with fried bread, and ſerve the ſauce over

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over all. You may alſo add artichoke bottoms, muſh-rooms, carp roes, &c.

Another way. Take out the gills and guts, waſh it well, then make a good force-meat of oyſters, chopped fine, the crumb of half a penny loaf, a few ſweet herbs, and a little lemon-peel ſhred fine; nutmeg, pepper, and ſalt, to your taſte; a good lump of butter, and the yolks of two eggs; mix them well together, and put them in the belly of your fiſh; ſew it up, ſkewer it round, put hard water in your fiſh-pan, add to it a tea-cupful of vinegar, and a little ſalt: when it boils put in the fiſh; if it be a middle ſize, it will take half an hour's boiling. Garniſh it with walnuts and pickled barberries; ſerve it up with oyſter ſauce in a boat, and pour a little ſauce on the pike.

To roaſt a PIKE. Draw a pike, waſh it clean, make the ſeaſoning of a little parſley, an onion or ſhallot, nutmeg, cloves and mace, three or four anchovies, a pint of oyſters or ſhrimps; ſhred and grate all theſe very ſmall, and mix it up with half a pound of butter; fill the belly of the pike with this ſeaſoning, ſpit and roaſt it, and ſtrew ſome on the outſide of it; baſte it as it roaſts with claret and butter.

Make your ſauce of wine, oyſter liquor, anchovy, ſpice, butter, and vinegar, which is always to be the laſt ingredient; when you ſtir in your butter, take care not to put in more than will make it mix well. Thus alſo you may roaſt four mackerel, faſtening them on the ſpit with large flat ſkewers and a broad tape, ſtuffing them with the ſame ſtuffing.

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PILLS.

As the ingredients which enter the compoſition of pills are generally ſo contrived, that one pill of an ordinary ſize may contain about five grains of the compound, in mentioning the doſe we ſhall only ſpecify the number of pills to be taken; as one, two, three, &c.

Compoſing PILL. Take of purified opium, ten grains; Caſtile ſoap, half a dram; beat them together, and form the whole into twenty pills. When a quieting draught will not ſit upon the ſtomach, one, two, or three of theſe pills may be taken, as occaſion requires.

Fœtid PILL. Take of aſafœtida half an ounce; ſimple ſyrup, as much as is neceſſary to form it into pills. In hyſteric complaints, four or five pills, of an ordinary ſize, may be taken twice or thrice a day. They may likewiſe be of ſervice to perſons afflicted with the aſthma. When it is neceſſary to keep the body open, a proper quantity of rhubarb, aloes, or jalap, may occaſionally be added to the above maſs.

A ſtrengthening PILL. Take ſoft extract of the bark, and ſalt of ſteel, each half an ounce; make into pills. In diſorders ariſing from exceſſive debility, or relaxation of the ſolids, as the chloroſis, or green ſickneſs, two of theſe pills may be taken three times a day.

Purging PILLS. Take of ſuccotrine aloes, and Caſtile ſoap, each two drams; of ſimple ſyrup, a ſufficient quantity to make them into pills.

Four or five of theſe pills will generally prove a ſufficient purge. For keeping the body gently open, one may be taken night and morning. They are reckoned both deobſtruent and ſtomachic, and will be found to anſwer

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anſwer all the purpoſes of Dr. Anderſon's pills, the principal ingredient of which is aloes.

Where aloetic purges are improper, the following pills may be uſed: Take extract of jalap, and vitriolated tartar, of each two drams; ſyrup of ginger, as much as will make them of a proper conſiſtence of pills. Theſe pills may be taken in the ſame quantity as the above.

PILL *for the Jaundice.* Take of Caſtile ſoap, ſuccotrine aloes, and rhubarb, of each one dram: mix them into pills, with a ſufficient quantity of ſyrup or mucilage. Theſe pills, as their title expreſſes, are chiefly intended for the jaundice; which, with the aſſiſtance of proper diet, they will often cure. Five or ſix of them may be taken twice a day, more or leſs, as is neceſſary to keep the body open. It will be proper, however, during their uſe, to interpoſe now and then a vomit of ipecacuanha or tartar emetic.

Stomachic PILL. Take extract of gentian, two drams; powdered rhubarb and vitriolated tartar, of each one dram; oil of mint, thirty drops; ſimple ſyrup, a ſufficient quantity. Three or four of theſe pills may be taken twice a day, for invigorating the ſtomach, and keeping the body gently open.

Squill PILLS. Take powder of dried ſquills, a dram and a half; gum ammoniac, and cardamon ſeeds in powder, of each three drams; ſimple ſyrup, a ſufficient quantity. For dropſical and aſthmatic complaints, two or three of theſe pills may be taken twice a day, or oftener, if the ſtomach will bear them.

PLAICE.

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PLAICE.

Theſe, as well as flounders, &c. are dreſſed in the ſame way as SOLES, which ſee.

To fricaſee PLAICE, *or* FLOUNDERS. Clean the fiſh, and take off the black ſkin, but not the white; cut the fleſh from the bones into long ſlices, and dip them into yolk of egg; ſtrew over them ſome bread raſpings, and fry them in clarified butter. When they are enough, lay them upon a plate, and keep them hot. For ſauce —Take the bones of the fiſh, boil them in ſome water; then put in an anchovy, ſome thyme, parſley, a little pepper, ſalt, cloves, and mace: let theſe ſimmer till the anchovy is diſſolved, then take the butter the fiſh was fried in, put it into a pan over the fire; ſhake ſome flour into it, and keep ſtirring it while the flour is ſhaking in; then ſtrain the liquor into it, and let it boil till it is thick; ſqueeze ſome lemon-juice into it; put the fiſh into a diſh, and pour the ſauce over them.

Another way. Put on a ſtewpan, with water ſufficient to cover the quantity of flounders, &c. which are to be dreſſed; put in ſome vinegar and horſe-radiſh. When the water boils, put in the fiſh, but let them be well cleaned, and their fins cut off; do not let them boil too faſt, leſt they break. When they are enough, lay them on a fiſh-plate, the tails in the middle. Sauce—Parſley and butter. Dabs are boiled in the ſame manner.

PLAISTERS.

Theſe preparations are compoſed of oily and unctuous ſubſtances, united with powders into a conſiſtence, that will

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will remain firm in the cold without ſticking to the fingers.—Such as are intended for the breaſt or ſtomach, ought to be ſoft and yielding; thoſe deſigned for the limbs, more firm and adheſive.

The common PLAISTER, *or White Diachylon*, which is indeed the foundation of moſt others, may be purchaſed at the chymiſts, both cheaper and better prepared than can be done in private practice:—it is generally applied in ſlight wounds and excoriations of the ſkin, to keep the part ſoft and warm, and defend it from the air, which is all that is neceſſary in ſuch caſes.

Adheſive or ſticking PLAISTER. Melt together half a pound of common plaiſter with a quarter of a pound of Burgundy pitch. This is principally uſed for keeping on other dreſſings.

Diachylon with the Gums. Take three quarters of a pound of white diachylon, two ounces of ſtrained galbanum; turpentine, and frankincenſe, of each three quarters of an ounce; melt them together over a ſlow fire.

This is uſed to ripen and cleanſe ſores, as alſo for diſpelling indolent tumors.

Anodyne PLAISTER. Melt half an ounce of adheſive plaiſter, and when it is cooling, mix it with a dram of powdered opium, and the ſame quantity of camphor, rubbed up with a little oil. This generally gives eaſe in acute pains, eſpecially of the nervous kind.

An excellent ſtrengthening PLAISTER. Take white diachylon, half a pound; frankincenſe, two ounces; dragon's blood, three quarters of an ounce; melt the diachylon over a ſlow fire, then add the other ingredients finely

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finely powdered, and mix them all well together, by ſtirring them continually till the plaiſter is quite cold.

This, if conſtantly worn with a proper bandage, will frequently do ſervice in weakneſſes, and particularly in thoſe to which children are ſubject.

Bliſtering PLAISTER. Take hogs' lard, yellow wax, white roſin, and powdered Spaniſh flies, each equal weights; melt the lard, wax, and roſin, and add the powder before the mixture cools.

Bliſtering plaiſter ought to be kept in oiled bladder; if rubbed with a little vinegar before laying on, it will ſtick better.

Spaniſh flies powdered, and ſpread upon common plaiſter, ſeems to anſwer all the purpoſes of other preparations.

Stomach PLAISTER. Take gum plaiſter, half a pound; camphorated oil, an ounce and a half; black pepper, finely powdered, one ounce; melt the plaiſter, and mix it with the oil; then ſprinkle in the pepper.

An ounce of this plaiſter ſpread upon ſoft leather, and applied to the ſtomach, (or rather to the five lower ribs of the left ſide, toward the back) will be of ſervice in weakneſs and many other complaints.

A little of the eſſential oil of mint may be rubbed upon it before it is applied.

PLOVERS.

Theſe are dreſſed in the general way of other birds.

PLOVERS *Perigord faſhion.* Truſs them as chickens or pigeons for ſtewing; braze them in a good braze. When done,

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done, ſkim and ſift the braze: when ready to ſerve, add the ſqueeze of a lemon. You may alſo ſtuff and roaſt them as partridges, &c. Thruſhes and lapwings may be dreſſed in the ſame manner, ſerved with a cullis ſauce.

PLUM.—See PRESERVING, PUDDING, &c.

POISONS, *of various Kinds.*

Poiſons are generally taken unawares, and their effects are often ſo ſudden and violent, as not to admit of delay, or allow time to procure the aſſiſtance of phyſicians. Happily, indeed, the remedies for moſt poiſons being generally at hand, or eaſily obtained, nothing but common prudence is needful in the application of them.

In treating of this article, we include all the noxious ingredients which luxury has brought into the kitchen; as truffles, morels, muſhrooms, laurel water, and a long tribe of others; beſides what ariſes from the uſe of ruſty copper-pans, &c.

Poiſon is ſeldom long in the ſtomach before it occaſions ſickneſs, with an inclination to vomit; which ſhould be immediately procured: and were this duly regarded, the danger ariſing from poiſons might generally be avoided.

Poiſons either belong to the mineral, the vegetable, or the animal kingdom.

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Mineral poiſons are commonly of an acrid or corroſive quality; as arſenic, cobalt, the corroſive ſublimate of mercury, &c.

Thoſe of the vegetable kind are generally of a narcotic, or ſtupefactive quality; as poppy, hemlock, henbane, berries of the deadly nightſhade, &c.

Poiſonous animals communicate their infection only when received into the body by a wound.

Arſenic is the moſt common mineral poiſon; and, as the whole of them are pretty ſimilar both in their effects and method of cure, what is ſaid with reſpect of it, will be applicable to every other ſpecies of corroſive poiſon.

When a perſon has taken arſenic, he ſoon perceives a burning heat, and a violent prickling pain in his ſtomach and bowels, with an intolerable thirſt, and an inclination to vomit. The tongue and throat feel rough and dry; and, if proper means be not ſoon adminiſtered, the patient is ſeized with great anxiety, hiccuping, faintings, and coldneſs of the extremities. To theſe ſucceed black vomits, fœtid ſtools, with a mortification of the ſtomach and inteſtines, which are the immediate forerunners of death.

The patient ſhould drink large quantities of new milk and ſallad oil till he vomits; or he may drink warm water mixed with oil. Fat broths are likewiſe proper, provided they can be got ready in time. Where no oil is to be had, freſh butter may be melted and mixed with the milk or water. Theſe things are to be drank as long as the inclination to vomit continues. Some have drank eight or ten quarts before the vomiting ceaſed; and it is never ſafe to leave off drinking while one particle of the poiſon remains in the ſtomach.

If

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If theſe ſhould not make the perſon vomit, half a dram or two ſcruples of the powder of ipecacuanha muſt be given, or a few ſpoonfuls of the oxymel or vinegar of ſquills may be mixed with the water which he drinks. Vomiting may likewiſe be excited by tickling the inſide of the throat with a feather. Should theſe methods however fail, half a dram of white vitriol, or five or ſix grains of emetic tartar muſt be adminiſtered.

If tormenting pains are felt in the lower belly, and there is reaſon to fear that the poiſon has got down to the inteſtines, clyſters of milk and oil muſt be very frequently thrown up, and the patient muſt drink emollient decoctions of barley, oatmeal, marſhmallows, and ſuch like. He muſt likewiſe take an infuſion of ſenna and manna, a ſolution of Glauber's ſalts, or ſome other purgative.

After the poiſon has been evacuated, the patient ought, for ſome time, to live upon ſuch things as are of a healing and cooling quality: to abſtain from fleſh and all ſtrong liquors.

Vegetable POISONS, beſides heat and pain of the ſtomach, commonly occaſion ſome degree of giddineſs, and often a kind of ſtupidity or folly. Perſons who have taken theſe poiſons muſt be treated in the ſame manner as for the mineral or corroſive, and the danger is generally over as ſoon as they are diſcharged.

Opium, being frequently taken by miſtake, merits particular attention.

An over-doſe of opium generally occaſions great drowſineſs, with ſtupor and other apoplectic ſymptoms. Sometimes the perſon has ſo great an inclination to ſleep, that it is almoſt impoſſible to keep him awake.

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Every method muſt, however, be tried for this purpoſe. He ſhould be toſſed, ſhaked, and moved about. Sharp bliſtering-plaiſters ſhould be applied to his legs and arms, and ſtimulating medicines, as ſalts of hartſhorn, &c, held under his noſe. It will be proper to let blood. At the ſame time every method muſt be taken to make him diſcharge the poiſon. This may be done in the manner directed above, viz. by the uſe of ſtrong vomits, drinking plenty of warm water with oil, &c.

If the body ſhould remain weak and languid after the poiſon has been diſcharged, nouriſhing diet and cordials will be proper; but when there is reaſon to fear that the ſtomach or bowels are inflamed, the greateſt circumſpection is neceſſary both with regard to food and medicines.

Of the bites of poiſonous animals, we ſhall conſider only the bite of a mad-dog, as it is both the moſt common and dangerous animal poiſon in this country. And amidſt all the methods of managing this unhappy complaint, we have not been able to ſelect any mode of treatment ſuperior to the following directions, which originally appeared in the *Cheſter* newſpapers, and numerous copies of them were diſperſed in that, and the neighbouring towns. They were reprinted into the *Mancheſter Chronicle*, on the recommendation of a Phyſician of great eminence in that place, who is generally and juſtly celebrated for his medical publications. And, at the requeſt of a very intelligent Surgeon of *Oſweſtry*, in *Shropſhire*, 500 copies were printed by the Chief Magiſtrate of the town, and diſperſed through the whole neighbourhood by the people aſſembled at an annual fair.

BITE

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BITE of a MAD DOG.

"Near *Wrexham*, in *North Wales*, three men died of canine madneſs in October and November, 1788.

"Theſe melancholy caſes ſpread a general alarm. But it ought to give great comfort and ſatisfaction to any one who may be bit, to know that there is a ſafe, eaſy, and effectual method of preventing infection; which can ſeldom give pain, or require ſkill, and is in the power of every perſon to employ. It is univerſally allowed by phyſicians, that the ſpittle of a mad animal, infuſed into a wound, is the *only* cauſe, hitherto known, that can communicate canine madneſs to the human body. This poiſon does no immediate miſchief, but is ſlowly abſorbed into the blood, and ſufficient opportunity is given to remove it, before any danger can ariſe.

"Whenever a perſon is bit, the plain and obvious means of preventing future injury is, firſt, to wipe off the ſpittle with a dry cloth, and then to waſh the wound with warm water; not ſlightly and ſuperficially, but abundantly, and with the moſt perſevering attention, in bad caſes, for ſeveral hours. A continued ſtream of it, poured from the ſpout of a tea-pot or tea-kettle, held up at a conſiderable diſtance, is peculiarly well adapted to the purpoſe. If the canine poiſon infuſed into a wound were of a peculiar colour, as black, like ink, we ſhould all be aware that plenty of water and patient diligence would effectually waſh out the dark dye; but this could not be expected by a ſlight and ſuperficial ablution.

"As

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"As a proof that ſlight waſhing of the wound is not ſufficient to cleanſe it effectually from the poiſon, we may mention, that, in ſome caſes, after inoculation for the ſmall pox, the poiſonous matter has been attempted to be waſhed out of the wound, by perſons who wiſhed to prevent its effects; yet the inoculated ſmall pox appeared at its proper period. Theſe unſucceſsful attempts were performed ſecretly, haſtily, and timidly, by a female hand. They teach us the importance of patient perſeverance in waſhing away the poiſon; but they need not abate our confidence that ſuch perſeverance will certainly be ſucceſsful.

"The ablution ſhould be accompliſhed with great diligence and without delay, and may be performed by the patient or any aſſiſtant. However, as the apprehenſion of this dreadful diſorder always excites the greateſt anxiety, a ſurgeon's advice and aſſiſtance ought to be obtained, as ſoon as poſſible, in all caſes where the ſkin is injured. He will execute theſe directions moſt dexterouſly and completely. In a bad wound, the poiſon may be conveyed deep into the fleſh, by long teeth or by lacerations: in ſuch circumſtances, he will open and waſh every ſuſpicious place. And, whenever any uncertainty can remain, that may occaſion future ſolicitude, he ſhould cup the wound. By this method of purification, it cannot be doubted that every particle of poiſon, and, conſequently, that every cauſe of danger may be effectually removed.

"If this method of treatment ſhall have been neglected, till an inflammation of the bitten part has commenced, it will be neceſſary to ſhave off the inflamed ſur-

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ſurface, apply a cupping glaſs repeatedly, and alternately with a plentiful effuſion of warm water."

It may be neceſſary to obſerve, that the ſymptoms of madneſs in a dog are as follow: At firſt he looks dull, ſhews an averſion to food and company: he does not bark as uſual, but ſeems to murmur; is peeviſh, and apt to bite ſtrangers: his ears and tail droop more than uſual, and he appears drowſy: afterwards, he begins to loll out his tongue, and froth at the mouth, his eyes ſeeming heavy and watery. He now, if not confined, takes off, runs panting along with a kind of dejected air, and endeavours to bite every one he meets. Other dogs are ſaid to fly from him. Some think this is a certain ſign of madneſs, ſuppoſing that they know him by the ſmell, but it is not to be depended on. If he eſcapes being killed, he ſeldom runs above two or three days, till he dies exhauſted with heat, hunger, and fatigue.

This diſeaſe is moſt frequent after long, dry, hot ſeaſons; and ſuch dogs as live upon putrid ſtinking carrion, without having enough of freſh water, are moſt liable to it.

With regard to poiſonous inſects, as the bee, the waſp, the hornet, &c. their ſtings are ſeldom attended with danger, unleſs when a perſon happens to be ſtung by a great number at a time, in which caſe, ſomething ſhould be done to abate the inflammation and ſwelling. Some, for this purpoſe, apply honey; others lay pounded parſley to the part. A mixture of vinegar and Venice-treacle is likewiſe recommended; but rubbing the part with warm ſallad-oil ſucceeds very well. Indeed, when the ſtings are ſo numerous as to endanger

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ger the patient's life, which is ſometimes the caſe, he muſt not only have oily poultices applied to the part, but muſt likewiſe be bled, and take ſome cooling medicines, as nitre, or cream of tartar, and ſhould drink plentifully of diluting liquors.

PORK.

To pickle PORK. Having cut your pork in pieces of a convenient ſize to lie in the powdering tub, rub them all over with ſalt petre; then make a mixture of two-thirds of common ſalt, and one-third bay ſalt, and rub every piece with it: lay the pieces in your tub as cloſe as poſſible, and throw a little ſalt over them.

To roaſt PORK. Pork muſt be well done, or it is apt to ſurfeit. When you roaſt a loin, take a ſharp penknife and cut the ſkin acroſs, to make the crackling eat the better. The chine muſt be cut, and ſo muſt all pork that has the rind on. Roaſt a leg of pork thus:—Take a knife, as above, and ſcore it; ſtuff the knuckle part with ſage and onion chopped fine, with pepper and ſalt; or cut a hole under the twiſt, and put the ſage, &c. there, and ſkewer it up with a ſkewer: roaſt it criſp, becauſe moſt people like the rind criſp, which they call crackling. Make ſome good apple ſauce, and ſend it up in a boat; then have a little drawn gravy to put in the diſh. This they call a mock-gooſe. The ſpring, or hand of pork, if very young, roaſted like a pig, eats very well; or take the ſpring, and cut off the ſhank or knuckle, and ſprinkle ſage and onion over it, and roll it round, and tie it with a ſtring, and roaſt it

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two hours, otherwiſe it is better boiled. The ſpare-rib ſhould be baſted with a little bit of butter, a very little duſt of flour, and ſome ſage ſhred ſmall; but we never make any ſauce to it but apple ſauce. The beſt way to dreſs pork griſkins is to roaſt them, baſte them with a little butter and ſage, and a little pepper and ſalt. Few eat any thing with theſe but muſtard.

Pork *Steaks.* They require more broiling than mutton ſteaks. When they are enough put in a little good gravy. A little ſage, rubbed very fine, ſtrewed over them, gives them a fine taſte.

Or,—Cut a neck of pork which has been kept ſome time, and pare the ſteaks properly: you may dreſs them in the ſame manner, in every reſpect, as veal cutlets, and in as many different ways, ſerving them with any ſort of ſtewed greens or ſauces.

Pork *Cutlets.* Skin a loin of pork, and divide it into cutlets; ſtrew ſome parſley and thyme cut ſmall, with ſome pepper, ſalt, and grated bread over them; broil them of a fine brown; have ready ſome good gravy, a ſpoonful of ready-made muſtard, two ſhallots ſhred ſmall; boil theſe together over the fire, thickened with a piece of butter rolled in flour, and a little vinegar, if agreeable. Put the cutlets into a hot diſh, and pour the ſauce over them.

To force Hogs' Ears. Take two or three pair of ears, parboil them, or take them ſouſed; then take an anchovy, ſome ſage, ſome parſley, half a pound of ſuet chopped ſmall, ſome crumbs of bread, and a little pepper; mix all of them together with the yolk of an egg, ſtuff them, and fry them in freſh butter till they are of a light brown; then pour away all the fat, and put to

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them half a pint of very rich gravy, a glaſs of Madeira, three tea-ſpoonfuls of muſtard, a little bit of butter rolled in flour, a ſmall onion whole, and a little pepper; cover them cloſe, ſtew them very gently for half an hour, and ſhake the pan often; when they are enough, take them out, and pour the ſauce over them, but firſt take out the onion. To improve the diſh, the meat may be ſliced from the feet, and added. Put in ſalt enough to give it a proper flavour.

Hogs' Ears à la St. Menhoult. One feet and ears for this is quite enough; blanch them in water, ſplit the feet, and with a couple of ſlices of bacon, and a flat ſtick like a bit of lath, tie them together again to keep of a neat ſhape; ſtew them in a braze ſeparate from any thing elſe, till they are very tender; ſtrip the ears as fine as poſſible; and for your ſauce, take a large onion cut very thin in ſlices, and fry brown in a bit of butter; ſtrain them off, and put them into a clean ſtewpan to the ears, with a ladle of cullis, and a daſh of white wine, pepper, and ſalt; let it ſtew a quarter of an hour, with a morſel of ſhallot, a ſpoonful of good muſtard; ſqueeze in a lemon or orange, and a little minced parſley, and diſh up with your feet fried in the ſame manner as ſheeps' rumps, to lay round.

Hogs' Feet brazed and broiled. Clean the feet very well, and cut them in two; put thin ſlices of lard between each two halves; tie them two and two together; then ſimmer them about ſix hours, with two glaſſes of white wine, one of brandy, a little hog's-lard, ſpices, a faggot of parſley and ſweet herbs, three ſhallots, and one clove of garlick. When done, let them cool in the braze; untie them, baſte with their own fat, and

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ſtrew them over with bread-crumbs; broil of a fine colour; ſerve with or without ſauce. They may alſo be fried, baked, ragoo'd, &c.

Chine of PORK, *poivrade ſauce.* Salt it about three days; then roaſt it, and ſerve with ſauce-poivrade. You may alſo ſend Robert ſauce in the ſame boat.

Hogs' Tails of different faſhions. Stew the tails very tender in broth, with a clove of garlic, whole pepper, ſalt, a little thyme, and two laurel leaves. When done, ſerve with what ſauce you pleaſe; or broiled with crumbs of bread, with muſtard ſauce in a ſauce-boat, alſo with ſtewed cabbages, &c.

To Barbecue a Leg of PORK. Chuſe a fine large leg, lay it down to a good fire, and baſte it well with red wine all the time it is roaſting. When it is enough, take up what is left in the pan, put to it two anchovies, the yolks of three eggs boiled hard and pounded fine, with a quarter of a pound of butter and half a lemon, a bunch of ſweet herbs, a tea-ſpoonful of lemon-pickle, a ſpoonful of catchup, and one of tarragon vinegar, or a little tarragon ſhred ſmall; boil them a few minutes, then draw your pork, and cut the ſkin down from the bottom of the ſhank in rows an inch broad, raiſe every other row, and roll it to the ſhank; ſtrain your ſauce, and pour it in boiling hot, lay oyſter patties all round the pork, and ſprigs of green parſley.

To ſtuff a Chine of PORK. Take a chine of pork that has hung four or five days; make four holes in the lean, and ſtuff it with a little of the fat leaf, chopped very ſmall, ſome parſley, thyme, a little ſage and ſhallot cut very fine, ſeaſoned with pepper, ſalt, and nutmeg. It

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muſt be ſtuffed pretty thick. Have ſome good gravy in the diſh. For ſauce, apple-ſauce, and potatoes.

Another way. Make a ſtuffing of the fat leaf of pork, parſley, thyme, ſage, eggs, crumbs of bread; ſeaſon it with pepper, ſalt, ſhallot, and nutmeg, and ſtuff it thick; then roaſt it gently, and when it is about a quarter roaſted, cut the ſkin in ſlips; and make your ſauce with apples, lemon-peel, two or three cloves, and a blade of mace; ſweeten it with ſugar, put ſome butter in, and have muſtard in a cup.

Another way. Take a chine that has been hung about a month, boil it half an hour, then take it up and make holes in it all over the lean part, one inch from another, ſtuff them betwixt the joints with ſhred parſley, rub it all over with the yolk of eggs, ſtrew over it bread-crumbs, baſte it, and ſet it in a Dutch oven. When it is enough, lay round it boiled broccoli, or ſtewed ſpinach. Garniſh with parſley.

Hog's Head au Sanglier, or Wild-boar faſhion. Cut the head cloſe to the ſhoulder, bone the neck part, part the fleſh from the noſe as far as the eyes, cut off the bone, lard the inſide with bacon, ſeaſoned with pepper, ſalt, and ſpices; rub it all over with ſalt, and half an ounce of pounded ſalt-petre; put it in a pickle pan with half a handful of juniper berries, ſweet herbs, ſix laurel leaves, baſil, eight cloves, whole pepper, and half a handful of coriander ſeed, let it lie for about eight days, rubbing it every day; then take it out and wipe it dry; tie it well, boil it with three pints of red wine, and as much water as will properly boil it, with onions, carrots, a large faggot of ſweet herbs, two cloves of garlic, four cloves, and two pounds of hogs'-lard; when near done, taſte the

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the braze, and add ſalt, if neceſſary; when it gives under the finger, it is done; let it cool in the braze; ſerve cold upon a napkin. You may garniſh with bay leaves or parſley, according to fancy. You may dreſs it without the hogs'-lard, as directed.

A Hog's Head like Brawn. Waſh it well, boil it till the bones will come out; when cold, put the inſide of the cheeks together, with ſalt between; put the ears round the ſides, put the cheeks into a cloth, preſs them into a ſieve, or any thing round, put on a weight for two days; have ready a pickle of ſalt and water, with about a pint of malt boiled together; when cold, put in the head.

POSSETS.

An Orange Posset. Put the crumb of a penny loaf, grated very fine, into a pint of water, or rather more; and half the peel of a Seville orange grated, or ſugar rubbed upon it to take out the eſſence; boil all together till it looks thick and clear, then beat it very well. Then take a pint of mountain wine, the juice of half a Seville orange, three ounces of Jordan almonds, and one ounce of bitter, beat fine, with a little French brandy and ſugar to your taſte; mix it well, and put it in your poſſet, and ſerve it up.

A lemon poſſet is made in the ſame manner.

Wine Posset. Boil the crumb of a penny loaf in a quart of milk till it is ſoft, then take it off the fire, and grate in half a nutmeg; put in ſugar to your taſte; then put it in a china bowl, and put in by degrees a pint of Liſbon

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Liſbon wine. Serve it up with toaſt and butter upon a plate.

Ale POSSET. Put a little white bread into a pint of milk, and ſet it over the fire; then put ſome nutmeg and ſugar into a pint of ale, warm it, and when your milk boils, pour it upon the ale. Let it ſtand a few minutes to clear, and the curd will riſe to the top.

A White-pot. Take two quarts of milk, eight eggs, and half the whites, beat up with a little roſe-water, a nutmeg, and a quarter of a pound of ſugar; cut a penny loaf in very thin ſlices, and pour milk and eggs over. Put a little piece of butter on the top. Bake it half an hour in a ſlow oven.

A Rice White-pot. Boil a pound of rice in two quarts of milk till it is tender and thick; beat it in a mortar with a quarter of a pound of ſweet almonds blanched; then boil two quarts of cream, with a few crumbs of white bread, and two or three blades of mace; mix it well with eight eggs, and a little roſe-water, and ſweeten to your taſte. Cut ſome candied orange or citron peels thin, and lay it in. It muſt be put into a ſlow oven.

Sack POSSET. Grate three Naples biſcuits to one quart of cream, or new milk; let it boil a little, ſweeten it, grate ſome nutmeg. When a little cool, pour it high from a tea-pot to a pint of ſack a little warmed, and put it into a baſon or deep diſh.

Another way. Beat the yolks and whites of fifteen eggs very well, and ſtrain them; then put three quarters of a pound of white ſugar into a pint of canary, and mix it with your eggs in a baſon; ſet it over a chafing-diſh of coals, and keep continually ſtirring it till it is ſcald-

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ſcalding hot. In the mean time, grate ſome nutmeg in a quart of milk, and boil it, then pour it into your eggs and wine, they being ſcalding hot. Hold your hand very high as you pour it, and let ſomebody ſtir it all the time you are pouring in the milk; then take it off the chafing-diſh, ſet it before the fire half an hour, and ſerve it up.

Another way. Take four Naples biſcuits, and crumble them into a quart of new milk, when it boils. Juſt give it a boil, take it off, grate in ſome nutmeg, and ſweeten to your palate; then pour in half a pint of ſack, ſtirring it all the time, and ſerve it up. You may, if you pleaſe, crumble white bread inſtead of biſcuit.

POTTING.

All potted articles ſhould be well covered with butter before they are ſent to the oven; it is alſo neceſſary to tie them over with ſtrong paper, and to bake them well. When your meat is taken from the oven, pick out all the ſkins quite clean, and drain the meat from the gravy, otherwiſe the ſkins will appear as blemiſhes, and the gravy will ſoon turn it ſour. Let your ſeaſoning be well beat before you put in your meat, and put it in by degrees as you are beating. Preſs your meat well when you put it in your pots, and let it be quite cold before the clarified butter is poured over it.

To POT *Beef like Veniſon.* Cut the lean of a buttock of beef into pound pieces; for eight pounds of beef take four ounces of ſalt-petre, a pint of white ſalt, and an ounce of ſal prunella; beat the ſalts all very fine, mix

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mix them well together, rub the ſalts into the beef, then let it lie four days, turning it twice a day; then put it into a pan, cover it with pump water, and a little of its own brine; then bake it in an oven with houſhold bread, till it is as tender as a chicken; take it from the gravy, bruiſe it abroad, and take out all the ſkin and ſinews; then pound it in a marble mortar, and lay it in a broad diſh; mix in it an ounce of cloves and mace, three quarters of an ounce of pepper, and one nutmeg, all beat very fine. Mix it all very well with the meat, then clarify a little freſh butter, and mix with the meat, to make it a little moiſt; mix it very well together, preſs it down into pots very hard, ſet it at the oven's mouth juſt to ſettle, and cover it two inches thick with clarified butter. When cold, cover it with white paper.

To POT *Veniſon.* If your veniſon happen to be ſtale, rub it with vinegar, and let it lie one hour; then dry it clean with a cloth, and rub it all over with red wine; ſeaſon it with beaten mace, pepper, and ſalt; put it on an earthen diſh, and pour over it half a pint of red wine, and a pound of butter, and ſet it in the oven; (if it be a ſhoulder, put a coarſe paſte over it) and bake it all night. When it comes out, pick it clean from the bones, and beat it in a marble mortar, with the fat from your gravy. If you find it not ſeaſoned enough, add more ſeaſoning and clarified butter, and keep beating it till it is a fine paſte: then preſs it hard down into your pots, and pour clarified butter over it; keep it in a dry place.

To POT *a Hare.* Let the hare hang for ſome days, then cut it into pieces, bake it, with a little beer at the bot-

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bottom of the pan, and ſome butter on the top; pick it from the bones and ſinews, and beat it with the butter from the top of the gravy, adding enough to make it very mellow; add ſalt, pepper, and pounded cloves; put it into pots, and ſet it a few minutes in a ſlack oven, pour over clarified butter.

Another way. Hang up your hare four or five days with the ſkin on, then caſe it, and cut it in quarters; put it in a pot, ſeaſon it with pepper, ſalt, and mace; put a pound of butter over it, and bake it four hours. When it comes out, pick it from the bones, and pound it in a mortar with the butter that comes off your gravy, and a little beaten cloves and mace, till it is fine and ſmooth, then put it cloſe down in potting-pots, and put clarified butter over it; tie it over with white paper.

To POT *Eels.* Skin and cleanſe a large eel, waſh it very clean, dry it in a cloth, and cut it into pieces as long as your finger. Seaſon them with a little beaten mace and nutmeg, pepper, ſalt, and a little ſal prunella beat fine; lay them in a pan, then pour as much good butter over them as will cover them, clarified as above. When they are baked, lay them on a coarſe cloth to drain. When quite cold, ſeaſon them again with the ſame ſeaſoning, and lay them in the pot cloſe; then take off the butter they were baked in clear from the gravy of the fiſh, and ſet it in a diſh before the fire: when it is melted pour the clear butter over the eels, and let them be well covered with it.

To POT *Tongues.* Rub a neat's tongue with an ounce of ſalt-petre, and a quarter of a pound of brown ſugar; let it lie two days, and then boil it till it is quite tender; take off the ſkin and ſide-bits, cut the tongue into

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very thin ſlices; and beat it in a marble mortar, with a pound of clarified butter, pepper, ſalt, and mace to your taſte. Beat the whole very fine, then put it cloſe down into ſmall potting-pots, and pour clarified butter over them.

To POT *Lampreys.* Skin them, cleanſe them with ſalt, and then wipe them dry; beat ſome black pepper, mace, and cloves; mix them with ſalt, and ſeaſon them. Lay them in a pan, and cover them with clarified butter: bake them an hour. In other reſpects, manage them as above directed for eels, and one will be enough for a pot. You muſt ſeaſon them well; let your butter be good, and they will keep a long time.

To POT *Pigeons.* Seaſon your pigeons very high with pepper and ſalt, put them into a pot with butter in lumps; bake them, and pour off the fat and gravy; when it is cold, take the butter from the top, put more to it; clarify it, pour it over the pigeons, put ſingly into a pot, with a little more ſeaſoning added to them.

Woodcocks and ſnipes are done in the ſame way.

Another way Pick and draw your pigeon, cut off the pinions, waſh them clean, put them into a ſieve to drain, then dry them with a cloth, and ſeaſon them with pepper and ſalt; roll a lump of butter in chopped parſley, and put it into the pigeons: ſew up the vent, then put them into a pot with butter over them; tie them down, and ſet them in a moderately-heated oven. When they are taken out, put them into potting-pots, and cover them well with clarified butter.

To POT *Veal.* Take part of a knuckle or fillet of veal that has been ſtewed, or bake it on purpoſe for potting; beat it to a paſte with butter, ſalt, white pepper,

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per, and mace pounded; preſs it down in pots, and pour over it clarified butter.

Another way. Take a fillet of veal, cut it into three or four pieces, ſeaſon it with pepper, ſalt, and a little mace; put it into pots with half a pound of butter; tie a paper over it, ſet it in a hot oven, and bake it three hours. When you take it out, cut off all the outſides, then put the veal into a marble mortar, and beat it with the fat from your gravy; then oil a pound of freſh butter, and put it in, a little at a time, and keep beating it till you ſee it is like a fine paſte; then put it cloſe down into your potting-pots, put a paper upon it, and ſet on a weight to preſs it hard. When your veal is cold and ſtiff, pour over it clarified butter, the thickneſs of a crown piece, and tie it down.

To POT *Salmon.* Scale, waſh, and dry a ſalmon that is quite quite freſh; ſlit it up the back, and take out the bone; mix ſome grated nutmeg, mace, pepper, and ſalt, and ſtrew over the fiſh; let it lie for two or three hours, then lay it in a large pot, and put to it half a pound of butter; put it in an oven, and let it bake an hour: when it is done, lay it on ſomething flat, that the oil may run from it; then cut it to the ſize of the pots it is to be put in, lay the pieces in layers till the pots are filled, with the ſkin uppermoſt; put a board over it, and lay on a weight to preſs it till cold; then take the board and weight off, and pour over it clarified butter. It may be ſent to table in pieces, or cut in ſlices.

To POT *Moor Game.* Pick and draw them, wipe them clean, and let them be well ſeaſoned with pepper, ſalt, and mace; put one leg through the other, roaſt them till they are enough, and when cold, put them into pot-

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ting-pots, pour clarified butter over them, and keep them in a dry place.

POTATOES.

To dreſs POTATOES. Boil them in as little water as you can without burning the ſaucepan; cover the ſaucepan cloſe, and when the ſkin begins to crack, they are enough: drain all the water out, and let them ſtand covered for a minute.

To fry POTATOES. Cut your potatoes into thin ſlices, as large as a crown piece, fry them brown, lay them in the plate or diſh, pour melted butter and ſack and ſugar over them. Theſe make a pretty corner plate.

To maſh POTATOES. Boil them, peel them, and put them into a ſaucepan; maſh them well, and put a pint of milk to two pounds of potatoes; add a little ſalt, ſtir them well together, and take care that they do not ſtick to the bottom; then take a quarter of a pound of butter, ſtir it in, and ſerve it up.

To ſcollop POTATOES. Having firſt boiled your potatoes, beat them fine in a bowl with good cream, and a lump of butter and ſalt; put them into ſcollop ſhells, make them ſmooth on the top, ſcore them with a knife, lay thin ſlices of butter on the top of them, put them in a Dutch oven to brown before the fire. Three ſhells is ſufficient for a diſh.

Another way. The meally ſort are beſt. Boil them, beat them very fine, put to them cream, the yolk of an egg, pepper, ſalt, a piece of butter: do not make them too moiſt. Fill ſome ſcollop-ſhells, ſmooth the tops with the back of a ſpoon, rub them over with a little yolk of egg, ſet them in a Dutch oven to brown: they will

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will riſe before the fire, and, if nicely done, are a pretty ſupper diſh.——See PUDDINGS.

POWDERS.

The heavier claſs of powders is moſt conveniently taken in ſyrups, jelly, or honey;—the lighter ſorts may be taken in tea, water gruel, or any thin liquid.

Strengthening POWDER. Take of alum and Japan earth, each two drams; pound them together, and divide them into ten or twelve doſes:—in certain diſcharges, when too exceſſive, one doſe may be taken every hour or half hour.

Steel POWDER. This is for the ſame purpoſe as the above:—Take filings of ſteel and loaf-ſugar, each two ounces; ginger, two drams; mix them well together: where the uſe of *ſteel* is proper, (ſee *Diſorders of Women*) a tea-ſpoonful of this powder may be taken twice a day, with a little wine after it.

Carminative POWDER. Coriander ſeeds, half an ounce; ginger, one dram; nutmegs, half a dram; fine ſugar, a dram and a half. Make them into a powder for twelve doſes.

In expelling wind ariſing from indigeſtion, and in moſt hyſteric and hypochondriacal caſes, this powder may be ſafely employed; and may alſo be given in ſmall quantities to children who are troubled with the gripes.

Aromatic opening POWDER. Beſt Turkey rhubarb, cinnamon, and fine ſugar, each two drams; pound the ingredients, and mix them well afterwards.

In wind accompanied with coſtiveneſs, a tea-ſpoonful of this powder may be taken once or twice a day, as circumſtances render neceſſary.

Sweat-

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Sweating POWDER. Take purified nitre and vitriolated tartar, each half an ounce; opium and ipecacuanha, each one dram: mix the ingredients, and reduce them to a fine powder.

In obſtinate rheumatiſms, and other caſes where it is neceſſary to excite a copious ſweat, this powder may be given in the doſe of a ſcruple, or half a dram; and muſt be accompanied with a plentiful uſe of warm diluting liquors.

Cephalic, or Sneezing POWDER. Take of aſarum, marjoram, marum ſyriacum leaves, dried; lavender flowers, dried; each equal weights: rub or beat them together into a fine powder.—This powder is equally agreeable and efficacious, and very ſuperior to thoſe compoſitions ſold under the name of *herb ſnuff*.

Worm POWDER. Take of tin reduced into a fine powder, an ounce; Æthiops mineral, two drams; mix them well together, and divide the whole into ſix doſes.

One of theſe powders may be taken in a little ſyrup, honey, or treacle, twice a day: and after they have been all uſed, give a few doſes of rhubarb or jalap.—See WORMS.

Reſtorative POWDER. Take extract of Peruvian bark, twelve grains; ſalt of ſteel, two grains; oil of cinnamon, one drop; fine ſugar, half a dram. Having mixed the oil with the ſugar, add the other ingredients, and grind the whole well together for two doſes.——In lax habits, debilities of the nervous ſyſtem, and weakneſſes of either ſex, this compoſition has ſingular good effects.

Chalk POWDER. Take white chalk prepared, four ounces; nutmeg, half a dram; cinnamon, half a dram: mix them into a powder.—For weakneſs or acidity of the ſtomach, heart-burn, and ſimilar indiſpoſitions, this will

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will be found very beneficial, and equal to more coſtly medicines.

PREGNANCY.—See DISORDERS *of* WOMEN.

PRESERVING.

To preſerve WALNUTS *white.* Pare your walnuts till only the white appears, and be careful in doing them that they do not turn black, and as faſt as you do them throw them into ſalt and water, and let them lie till your ſugar is ready. Take three pounds of good loaf-ſugar, put it into your preſerving-pan, ſet it over a charcoal fire, and put as much water as will juſt wet the ſugar. Let it boil, then have ready ten or twelve whites of eggs ſtrained and beat up to froth; cover your ſugar with a froth as it boils, and ſkim it; then boil it, and ſkim it till it is as clear as chryſtal, then throw in your walnuts, juſt give them a boil till they are tender, then take them out, and lay them in a diſh to cool; when cool, put them in your preſerving-pan, and when the ſugar is as warm as milk, pour it over them. When quite cold, paper them down.

Thus clear your ſugar for all preſerves, apricots, peaches, gooſeberries, currants, &c.

To preſerve WALNUTS *black.* Take walnuts of the ſmaller kind, put them in ſalt and water, and change the water every day for nine days; then put them in a ſieve, and let them ſtand in the air till they begin to turn black. Put them into a jug, pour boiling water over them, and let them ſtand till the next day: then put them into a ſieve to drain, ſtick a clove in each end of your walnut, put them into a pan of boiling water, and

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and let them boil five minutes. Make a thin ſyrup, and ſcald them in it three or four times a day, till your walnuts are black and bright. Make a thick ſyrup with a few cloves, and a little ginger cut in ſlices: ſkim it well, put in your walnuts, boil them five or ſix minutes, and then put them into your jars. Lay brandy-paper over them, and tie them down cloſe with a bladder. They will eat better the ſecond year after their keeping than in the firſt, as their bitterneſs goes off with time.

To preſerve WALNUTS *green.* Gather your walnuts when they are not much larger than a good nutmeg, wipe them very clean, and lay them in ſtrong ſalt and water twenty-four hours; then take them out, and wipe them very clean; have ready a ſtewpan of boiling water, throw them in, let them boil a minute, and take them out; lay them on a coarſe cloth, and boil your ſugar as directed for the white walnuts; then juſt give your walnuts a ſcald in the ſugar, take them up, and lay them to cool. Put them in your preſerving-pot, and pour on your ſyrup.

To preſerve BARBERRIES *for Tarts.* Take female barberries, and add to them their weight in ſugar, put them into a jar, and ſet them in a kettle of boiling water till the ſugar is melted, and the barberries are become quite ſoft; the next day put them into a preſerving-pan, and boil them a quarter of an hour; then put them in jars, and keep them in a place that is dry and cool.

To preſerve ORANGES *whole.* Get the beſt Bermudas or Seville oranges, pare them very thin with a penknife, and lay your oranges in water three our four days, ſhifting them every day; then put them in a kettle with fair water, and put a board on them to keep them down in the

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the water, and have a ſkillet on the fire with water, that may be ready to ſupply the kettle with boiling water; as it waſtes, it muſt be filled up three or four times while the oranges are doing, for they will take up ſeven or eight hours boiling; they muſt be boiled till a white ſtraw will run through them, then take them up and ſcoop the ſeeds out of them very carefully, by making a little hole in the top; then weigh them, and to every pound of oranges, put a pound and three quarters of double-refined ſugar, beat well, and ſifted through a clean lawn ſieve; fill your oranges with ſugar, and ſtrew ſome on them. Let them lie a little while, and make your jelly thus:—Take two dozen pippins of john-apples, and ſlice them into water, and when they are boiled tender, ſtrain the liquor from the pulp, and to every pound of oranges you muſt have a pint and a half of this liquor, and put to it three quarters of the ſugar you left in filling the oranges; ſet it on the fire, and let it boil; ſkim it well, and put it in a clean earthen pan till it is cold, then put it in your ſkillet; put in your oranges; with a ſmall bodkin job your oranges as they are boiling, to let the ſyrup into them; ſtrew on the reſt of your ſugar while they are boiling, and when they look clear, take them up, and put them in your glaſſes; put each one in a glaſs juſt fit for it, and boil the ſyrup till almoſt a jelly, then fill up your glaſſes: when they are cold, paper them up, and keep them in a dry place.

To preſerve ORANGES *carved.* Get ſome fine Seville oranges, cut the rinds with a penknife in what form you pleaſe, draw out the part of your peel as you cut them, and put them into ſalt and hard water; let them ſtand for three days to take out the bitter, then boil them an

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hour in a large ſaucepan of freſh water, with ſalt in it, but do not cover them, as it will ſpoil the colour; then take them out of the ſalt and water, and boil them ten minutes in a thin ſyrup for four or five days together; then put them into a deep jar, let them ſtand two months; afterwards make a thick ſyrup, and juſt give them a boil in it; let them ſtand till the next day, then put them in your jar, with brandy-papers over; tie them down with a bladder, and keep them for uſe.

You may preſerve whole oranges, without carving, the ſame way, only do not let them boil ſo long, and keep them in a very thin ſyrup at firſt, or it will make them ſhrink and wither. Always obſerve to put ſalt in the water for either oranges preſerved, or any kind of orange chips.

To preſerve MOREL CHERRIES. Gather your cherries when they are ripe, take off the ſtalks, and prick them with a pin. To every pound of cherries, put a pound and a half of loaf-ſugar. Beat part of your ſugar, ſtrew it over them, and let them ſtand all night. Diſſolve the reſt of your ſugar in half a pint of the juice of currants, ſet it over a ſlow fire, and put in the cherries with the ſugar, and give them a gentle ſcald; then take them carefully out, boil your ſyrup till it is thick, and pour it upon your cherries.

Another way. Stone your cherries, and to one pound of them, allow one pound of ſugar, and half a pint of water, with which make a ſyrup, well boiled and ſkimmed; put in the cherries, give them a ſcald; the next day boil them on a ſlow fire till they look clear: when cold, lay a paper on them, let them ſtand all night, then boil and ſkim half a pint of currant-juice (half red, half white)

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white) and a pound of ſugar; warm the cherries, put them into this, with more than a quarter of a pint of the firſt ſyrup, in proportion to each pound of cherries; juſt boil them in this, ſtir them gently till cool; cover them with brandy-paper.

To preſerve Green-gage PLUMS. Gather ſome of your fineſt plums juſt before they are ripe, and put them into a pan with a layer of vine leaves under them, then put a layer of vine leaves over them, and a layer of plums on them, and proceed in the ſame manner till your pan is almoſt full, then fill it with water, and ſet them on a ſlow fire: when they are hot, and the ſkins begin to riſe, take them off, take the ſkins carefully off, and put them on a ſieve as you do them; then lay them in the ſame water, with a layer of leaves as before; cover them cloſe, that no ſteam may get out, and hang them a conſiderable diſtance from the fire till they appear green, which will be five or ſix hours, or longer; then take them carefully up, lay them on a hair ſieve to drain, make a good ſyrup, boil them gently in it twice a day for two days, then take them out, and put them into a fine clean ſyrup; cover them with brandy-paper, and keep them for uſe.

To preſerve white CITRONS. Having cut ſome white citrons into pieces, put them into ſalt and water, and let them remain there four or five hours, then take them out, and waſh them in clean water; boil them till they are tender, drain them, and cover them with clarified ſugar; after letting them ſtand twenty-fours, drain the ſyrup and boil it ſmooth: when cold, put in the citrons, and let them ſtand till the next day; then boil the ſyrup quite ſmooth, and pour it over the citrons; boil all to-

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gether the next day, and put them into a pot to be candied, or into jellies.

To preſerve LEMONS. Pare your lemons very thin, then make a round hole on the top, of the ſize of a ſhilling, and take out all the pulps and ſkins. Rub them with ſalt, and put them in ſpring water as you do them, which will prevent their turning black; let them lie in it five or ſix days, and then boil them in freſh ſalt and water fifteen minutes: have ready made a thin ſyrup, of a quart of water and a pound of loaf-ſugar; boil them in it for five minutes once a day, for four or five days, and then put them in a large jar: let them ſtand for ſix or eight weeks, and it will make them look clear and plump; then take them out of that ſyrup, or they will mould. Make a ſyrup of fine ſugar, put as much water to it as will diſſolve it, boil and ſkim it; then put in your lemons, and boil them gently till they are clear; put them into a jar, with brandy-paper over them, and tie them down cloſe.

To preſerve ERINGO *Roots.* Parboil ſome eringo roots till they are tender, peel them, waſh them, and dry them with a cloth, and cover them with clarified ſugar; boil them gently till they look clear, and the ſyrup ſeems to be thickiſh; put them up when half cold.

CURRANTS *preſerved in Jelly.* Clip your currants from the ſtalks, cut off the black top, and ſtone them. To every pound of fruit, add two pounds of ſugar, and boil it till it blows very ſtrong: put in the currants, and let them boil. Take them from the fire, let them ſtand to ſettle, then let them boil again: put in a pint of currant jelly, let it all ſimmer a little, then take it from the fire. Let it ſettle a little, ſkim it: when cold, put

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it into glaſſes. Take care to diſperſe the currants equally.

To preſerve CURRANTS *for Tarts.* Put a pound of ſugar into a preſerving-pan, for every pound and a quarter of currants, with a ſufficient quantity of juice of currants to diſſolve the ſuga; when it boils, ſkim it, and put in your currants, and boil them till they are very clear. Put them into a jar, cover them with brandy-paper, and keep them in a dry place.

To preſerve RASPBERRIES. If you intend to preſerve the red ſort of raſpberries, gather them on a dry day, when they are juſt turning red, with the ſtalks on about an inch long; lay them ſingly on a diſh, beat and ſift their weight of double-refined ſugar, and ſtrew it over them. To every quart of raſpberries, take a quart of red currant jelly, and put to it its weight of double-refined ſugar: boil and ſkim it well, then put in your raſpberries, and give them a ſcald. Take them off, and let them ſtand for two hours; then ſet them on again, and make them a little hotter; proceed in this manner two or three times till they look clear; but take care to prevent their boiling, as that will occaſion the ſtalks to come off. When they are tolerably cool, put them into jelly-glaſſes, with the ſtalks downwards. White raſpberries may be preſerved in the ſame manner, only uſing white currant jelly inſtead of red.

To preſerve GRAPES.—See MOREL CHERRIES.

To preſerve GOLDEN PIPPINS. Pare and ſlice your pippins, and boil them in ſome water to a maſh, run the liquor through a jelly-bag; put two pounds of loaf-ſugar into a pan, with almoſt one pint of water; boil and ſkim it; put in twelve pippins, pared and cored with

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with a ſcoop, and the peel of an orange cut thin; let them boil faſt till the ſyrup is thick, taking them off when they appear to part, putting them on the fire again when they have ſtood a little time; then put in a pint of the pippin-juice, boil them faſt till they are clear, then take them out; boil the ſyrup as much more as is neceſſary, with the juice of a lemon. The orange-peel muſt be firſt put into water for a day, then boiled, to take out the bitterneſs.

To preſerve Green PEAS *till Chriſtmas.* Take fine young peas, ſhell them, throw them into a cullender to drain, then lay a cloth four or five times double on a table, and ſpread them on, dry them very well and have your bottles ready, fill them, and cover them with mutton ſuet; when it is a little cool, fill the necks almoſt to the top, cork them, tie a bladder and a lath over them and ſet them in a cool dry place.

To preſerve French BEANS *all the Year.* Take young beans gathered on a dry day, have a large ſtone jar ready, put a layer of ſalt at the bottom, and then a layer of beans, and ſo on till the jar is full; cover them with ſalt and tie a coarſe cloth over them, and a board on the top, and then a weight to keep it cloſe from the air; ſet them in a dry cellar, and when you uſe them, take ſome out, and cover them up again; waſh them you take out very clean, and let them lie in ſoft water twenty-four hours, ſhifting the water often; when you boil them do not put any ſalt in the water.

To keep white Bullace, Pears, Plums, or Damſens, &c. for Tarts or Pies. Gather them when full grown, and juſt as they begin to turn. Pick all the largeſt out, ſave about two thirds of the fruit, to the other third put

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as much water as you think will cover them, boil and ſkim them; when the fruit is boiled ſoft, ſtrain it through a coarſe hair ſieve, and to every quart of this liquor put a pound and a half of ſugar, boil it and ſkim it, then throw in your fruit, juſt give them a ſcald, take them off the fire, and when cold put them into bottles with wide mouths, pour your ſyrup over them, lay a piece of white paper over them and cover them with oil.

To preſerve GOOSEBERRIES *whole without ſtoning.* Take the largeſt preſerving gooſeberries, and pick off the black eye, but not the ſtalk; then ſet them over the fire in a pot of water to ſcald, cover them very cloſe, but not to boil or break, and when they are tender, take them up into cold water; then take a pound and a half of double-refined ſugar to a pound of gooſeberries, and clarify the ſugar with water, a pint to a pound of ſugar, and when your ſyrup is cold, put the gooſeberries ſingle in your preſerving-pan, put the ſyrup to them, and ſet them on a gentle fire; let them boil, but not too faſt, leſt they break; and when they have boiled, and you perceive that the ſugar has entered them, take them off, cover them with white paper, and ſet them by till the next day. Then take them out of the ſyrup, and boil the ſugar till it begins to be ropy; ſkim it, and put it to them again, then ſet them on a gentle fire, and let them ſimmer ſoftly till you perceive the ſyrup will rope; then take them off, ſet them by till they are cold, cover them with paper; then boil ſome gooſeberries in fair water, and when the liquor is ſtrong enough, ſtrain it out: let it ſtand to ſettle, and to every pint take a pound of double-refined ſugar, then make a jelly of it; put the

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the gooſeberries in glaſſes when they are cold; cover them with the jelly the next day, paper them wet, and then half dry the paper that goes in the inſide, it cloſes down better, and then white paper over the glaſs. Set in your ſtove, or a dry place.

To preſerve DAMASCENES. Pick the damaſcenes off the ſtalks, and prick them with a pin, then put them into a deep pot, and with them half their weight of pounded loaf-ſugar; ſet them in a moderate oven till they are ſoft, then take them off and give the ſyrup a boil, and pour it upon them. Having done ſo two or three times, take them carefully out, and put them into the jars you intend to keep them in; then pour over them rendered mutton ſuet, tie a bladder over them, and keep them for uſe in a very cool place.

PUDDINGS.

In boiled puddings, particular care is required that the cloth be clean, and remember to dip it in boiling water, let it be well floured, and give your cloth a ſhake. If it is a bread pudding, tie it looſe; if a batter-pudding, tie it cloſe; and never put your pudding in till the water boils. If you boil in a baſon, butter it, and boil it in plenty of water, without covering the pan, and turn it often. When it is enough, take it up in the baſon, let it ſtand a few minutes to cool, then untie the ſtring, wrap the cloth round the baſon, lay your diſh over it, and turn the pudding out; then take off the baſon and cloth with great care, otherwiſe a light pudding is liable to be broken in turning out. When you make

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make a batter-pudding, firſt mix the flour well with a little milk, then gradually put in the ingredients, by which means it will be perfectly ſmooth and without lumps. But, for a plain batter-pudding, the beſt method is to ſtrain it through a coarſe hair ſieve, that it may neither have lumps nor the treadles of the eggs; and for all other puddings, ſtrain the eggs when you beat them. With reſpect to baking, all bread and cuſtard puddings require time, and a moderate oven, that will raiſe and not burn them. Batter and rice puddings, a quick oven. Be particularly careful to butter the pan or diſh before you put in your pudding.

To make a Bread PUDDING. Put a quarter of a pound of butter into a pint of cream, ſet it on the fire and keep it ſtirring; the butter being melted, put in as much grated manchet as will make it light, a nutmeg or ſome other ſpice, and as much ſugar as you pleaſe, three or four eggs and ſome ſalt, mix them together, butter a diſh, then put it in and bake it half an hour.

A boiled Bread PUDDING. Take a pound of the crumbs of French rolls, boil a pint of new milk and pour upon it; take the yolks of ſeven eggs, and the whites of three, beat very well, and mix with the milk and bread; grate in a little nutmeg, butter your cloth, pour in your pudding, tie it up tight, and boil it an hour: for ſauce plain butter.

A Bread and Butter PUDDING. Take a penny French roll two days old, cut off all the cruſt, and cut the crumb into thin ſlices, ſpreading it as you cut it very thin with butter on each ſlice; then take a quarter of a pound of raiſins ſtoned, half a pound of currants well waſhed and picked; then lay a layer of bread and but-

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ter, and upon that fruit in a pudding-diſh, ſo cover the fruit with the buttered bread, and when it is diſpoſed of into your diſh, beat up five eggs with a quart of new milk, ſweeten it to your taſte, and put to it a glaſs of roſe-water, pour it into the diſh upon the bread and fruit, and bake it an hour.

To make a light PUDDING. To a pint of cream put ſome cinnamon, mace, and nutmeg, boil it with the ſpice, when it is boiled take out the ſpice, then take out the yolks of eight eggs and four of the whites; beat them well with ſome ſack, then mix them with your cream, ſome ſalt and ſugar, take a halfpenny white loaf and a ſpoonful of flour, then put in ſome roſe-water, beat all theſe well together, and wet a thick cloth and flour it, then put your pudding into it and tie it up, and when the pot boils, it muſt boil an hour. Melt ſome butter, ſack, and ſugar, and pour over it.

Apple PUDDING. Take four or five codlings, ſcald them and bruiſe them through a ſieve, put a quarter of a pound of biſcuits, ſome nutmeg, a pint of cream, and ſweeten to your taſte, ten eggs and half the whites, to bake.

A baked Apple PUDDING. Boil half a pound of apples, and pound them well; take half a pound of butter beaten to a cream, mix it with the apples before they are cold; add ſix eggs, with the whites, well beaten and ſtrained, half a pound of ſugar pounded and ſifted, the rinds of two lemons well boiled and beaten; ſift the peel into clean water twice in the boiling; put a thin cruſt in the bottom and rims of your diſh. It will take half an hour to bake it.—See APPLES.

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An Apricot PUDDING. Pare ten or twelve apricots; ſcald, ſtone, and bruiſe them; put a pint of boiling cream to the crumb of a penny-loaf grated; when cold, add the yolks of four eggs, ſugar to the taſte, and a little brandy or a glaſs of Madeira. Bake it half an hour, with puff-paſte.

Green Codling PUDDING. Green about a quart of codlings as for a pie, rub them through a hair ſieve, with as much of the juice of beets as will green your pudding; put in the crumb of half a penny-loaf, half a pound of butter, and three eggs well beaten; beat them all together with half a pound of ſugar, and two ſpoonfuls of cyder. Lay a good paſte round the rim of the diſh, and pour it in.

Gooſeberry PUDDING. Scald a pint of green gooſeberries, and rub them through a ſieve; put to them half a pound of ſugar, and an equal quantity of butter, two or three Naples' biſcuits, and four eggs well beaten; mix it well, bake it half an hour.

A Grateful PUDDING. Take a pound of fine flour, and a pound of white bread grated; take eight eggs, with half the whites, beat them up, and mix with them a pint of milk; then ſtir in the bread and flour, a pound of raiſins ſtoned, a pound of currants, half a pound of ſugar, a little beaten ginger; mix all well together, and either bake or boil it. It will take three quarters of an hour baking. Put in cream, if you have it, inſtead of milk; the pudding will be much improved by it.

A Haſty PUDDING. Take a pint of cream, and a pint of milk, a little ſalt, and ſweeten it with loaf-ſugar, make it boil; then put in ſome fine flour, and keep it continually ſtirring while the flour is putting in, till it is

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thick enough; when boiled enough, pour it out, and ſtick the tops full of little bits of butter. It may be eaten with ſugar or ſalt.

Another. Put four bay-leaves into a quart of milk, and ſet it on the fire to boil; then beat up the yolks of two eggs, and ſtir in a little ſalt. Take two or three ſpoonfuls of milk and beat up with your eggs, and ſtir in your milk; then with a wooden ſpoon in one hand, and the flour in the other, ſtir it in till it is of a good thickneſs, but not too thick. Let it boil, and keep it ſtirring; then pour it into a diſh, and ſtick pieces of butter here and there. You may omit the eggs; but they are a great addition to the pudding. A little piece of butter ſtirred in the milk makes it eat ſhort, and much improves it. Take out the bay-leaves before you put in the flour.

Herb PUDDING. Of ſpinach, beet, parſley, and leeks, take each a handful; waſh them and ſcald them, then ſhred them very fine; have ready a quart of groats ſteeped in warm water half an hour, and a pound of hogs'-lard cut in little bits, three onions chopped ſmall, and three ſage-leaves hacked fine; put in a little ſalt, mix all well together, and tie it cloſe up. It will require to be taken up in boiling to looſen the ſtring a little.

A Hunting PUDDING. Mix a pound of flour with a pint of cream, and eight eggs that have been well beaten, a pound of beef ſuet, the ſame of currants, have a pound of raiſins ſtoned and chopped, two ounces of candied citron, two ounces of candied orange cut ſmall, a nutmeg, and a glaſs of brandy.

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An Italian PUDDING. Take a pint of cream, and ſlice in ſome French rolls, as much as you think will make it thick enough; beat ten eggs fine, grate a nutmeg, butter the bottom of the diſh, ſlice twelve pippins into it, throw ſome orange-peel and ſugar over, and half a pint of red wine; then pour your cream, bread, and eggs over it; firſt lay a puff-paſte at the bottom of the diſh, and round the edges, and bake it half an hour.

A Lemon PUDDING. Take three lemons and grate the rinds off, beat up twelve yolks and ſix whites of eggs, put in half a pint of cream, half a pound of fine ſugar, a little orange flower water, a quarter of a pound of butter melted. Mix all well together, ſqueeze in the juice of two lemons; put it over the ſtove, and keep ſtirring it till it is thick; put a puff-paſte round the rim of the diſh, put in pudding-ſtuff, with ſome candied ſweetmeats cut ſmall over it, and bake it three quarters of an hour.

Another. To a pound of flour, well dried and ſifted, put a pound of fine ſugar beat and ſifted, the rind of a lemon grated, twelve eggs, the yolks beat a little by themſelves, and the whites beat till they are all froth; then gently mix all together, put it in a pan, and bake it half an hour.

A Marrow PUDDING. Grate a penny-loaf into crumbs, and pour on them a pint of boiling-hot cream. Cut very thin a pound of beef-marrow, beat four eggs well, and then add a glaſs of brandy, with ſugar and nutmeg to your taſte. Mix them all well together, and either boil or bake it. Three quarters of an hour will do

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do it. Cut two ounces of citron very thin; and when you diſh it up, ſtick them all over it.

Another. Take a quarter of a pound of rice, half boil it, half a pound of marrow ſhred very fine, a quarter of a pound of raiſins, ſtoned and chopped ſmall, with two ounces of currants; beat four eggs a quarter of an hour, mix it all together, with a pint of good cream, a ſpoonful of brandy, and ſugar and nutmeg to your taſte. You may either bake it, or put it into ſkins for hog's-puddings.

A Millet PUDDING. Spread a quarter of a pound of butter at the bottom of a diſh; lay into it ſix ounces of millet, and a quarter of a pound of ſugar. When going to the oven, pour over it three pints of milk.

Another. Take half a pound of millet-ſeed, waſh it, and pick it clean, put to it half a pound of ſugar, a whole nutmeg grated, and three quarts of milk. When you have mixed all well together, break in half a pound of freſh butter, and butter your diſh; pour it in, and bake it.

An Oat PUDDING. Take two pounds of oats ſkinned, and new milk enough to drown it; eight ounces of raiſins of the ſun ſtoned, the ſame quantity of currants neatly picked; a pound of ſweet ſuet finely ſhred, ſix new-laid eggs well beat; ſeaſon with nutmeg, beaten ginger, and ſalt; mix it all well together, it will make an excellent pudding.

An Oatmeal PUDDING. Boil a pint of fine oatmeal in three pints of new milk, ſtirring it till it is as thick as haſty-pudding; take it off, and ſtir in half a pound of freſh butter, a little beaten mace and nutmeg, and a gill of ſack; then beat up eight eggs, half the whites, ſtir

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ſtir all well together, lay puff-paſte all over the diſh, pour in the pudding, and bake it half an hour. Or you may boil it with a few currants.

An Orange PUDDING. Take the rind of a Seville orange, boil it very ſoft, beat it in a marble mortar, with the juice; put to it two Naples' biſcuits grated very fine, half a pound of butter, a quarter of a pound of ſugar, and the yolks of ſix eggs; mix them well together; lay a good puff-paſte round the edge of your China diſh, bake it in a gentle oven half an hour. You may make a lemon pudding the ſame way, by putting in a lemon inſtead of the orange.

A Calf's Foot PUDDING. Boil four feet tender; pick the niceſt of the meat from the bones, and chop it very fine; add the crumb of a penny-loaf grated, a pound of beef-ſuet ſhred ſmall, half a pint of cream, ſeven eggs, a pound of currants, four ounces of citron cut ſmall, two ounces of candied orange-peel cut like ſtraws, a nutmeg, and a large glaſs of brandy. Butter the cloth and flour it, tie it cloſe, let it boil three hours.

When you take the pudding up, it is beſt to put it in a bowl that will juſt hold it, and let it ſtand a quarter of an hour before you turn it out; lay your diſh upon the top of the baſon, and turn it upſide down.

Another. Take the outſide rind of three Seville oranges, boil them in ſeveral waters till they are tender, then pound them in a mortar, with three quarters of a pound of ſugar; then blanch half a pound of ſweet almonds, beat them very fine, with roſe-water to keep them from oiling; then beat ſixteen eggs, with only ſix whites, a pound of freſh butter, and beat all theſe together till it is light and hollow; then lay a thin puff-paſte all

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all over a diſh, and put in the ingredients. Bake it with your tarts.

A Suet PUDDING. Take a pound of ſhred ſuet, a quart of milk, four eggs, two tea-ſpoonfuls of grated ginger, a little ſalt, and flour enough to make it a thick batter; boil it two hours. It may be made into dumplings, when half an hour will boil them.

A Tanſey PUDDING. Take a quarter of a pound of almonds, blanch them, and beat them very fine with roſe-water; ſlice a French roll very thin, put in a pint of cream boiling-hot; beat four eggs very well, and mix with the eggs when beaten, a little ſugar and grated nutmeg, a glaſs of brandy, a little juice of tanſey, and the juice of ſpinach to make it green. Put all the ingredients into a ſtewpan, with a quarter of a pound of butter, and give it a gentle boil. You may either boil it or bake it in a diſh, either with a cruſt or writing paper.

Another way. Put as much boiling cream to four Naples' biſcuits grated as will wet them, beat the yolks of four eggs: have ready a few chopped tanſey-leaves, with as much ſpinach as will make it a pretty green. Be careful not to put too much tanſey in, becauſe it will make it bitter. Mix all together when the cream is cold, with a little ſugar, and ſet it over a ſlow fire till it grows thick; then take it off, and, when cold, put it in a cloth, well buttered and floured; tie it up cloſe, and let it boil three quarters of an hour; take it up in a baſon, and it let ſtand one quarter, then turn it carefully out, and put white wine ſauce round it.

A Tranſparent PUDDING. Beat eight eggs well, put them in a pan with half a pound of freſh butter, half a pound

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pound of fine powdered ſugar, and half a nutmeg grated; ſet it on the fire, and keep ſtirring it till it is of the thickneſs of buttered eggs; then put it away to cool; put a thin puff-paſte round the edge of your diſh; pour in the ingredients, bake it half an hour in a moderate oven, and ſend it up hot. It is a pretty pudding for a corner for dinner, and a middle for ſupper.

Vermicelli PUDDING. Boil a quarter of a pound of vermicelli in a pint of milk, till it is ſoft, with a ſtick of cinnamon; then take out the cinnamon, and put in half a pint of cream, a quarter of a pound of butter melted, and a quarter of a pound of ſugar, with the yolks of four eggs well beaten.—Bake it in an earthen diſh without a paſte.

A Yorkſhire PUDDING. Take a quart of milk and five eggs, beat them up well together, and mix them with flour till it is of a good pancake batter, and very ſmooth; put in a little ſalt, ſome grated nutmeg and ginger; butter a dripping or frying-pan, and put it under a piece of beef, mutton, or a loin of veal, that is roaſting, and then put in your batter; and when the top-ſide is brown, cut it in ſquare pieces, and turn it, and then let the under ſide be brown. Put it in a hot diſh, as clean from fat as you can, and ſend it to table hot.

Another way. Take a quart of milk, three eggs, a little ſalt, ſome grated ginger, and flour enough to make it as a batter pudding; put it into a ſmall tin dripping-pan, of the ſize for the purpoſe; put it under beef, mutton, or veal, while roaſting. When it is brown, cut it into four or five lengths, and turn it, that the other ſide may become brown.

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White PUDDINGS *in ſkins.* Boil half a pound of rice in milk till it is ſoft, having firſt waſhed the rice well in warm water. Put it into a ſieve to drain, and beat half a pound of Jordan almonds very fine with ſome roſe-water. Waſh and dry a pound of currants, cut a pound of hog's-lard in ſmall bits, beat up ſix eggs well, half a pound of ſugar, a large nutmeg grated, a ſtick of cinnamon, a little mace, and a little ſalt. Mix them well together, fill your ſkins, and boil them.

To make Black PUDDINGS. Before you kill a hog, get a peck of groats, boil them half an hour in water, then drain them, and put them into a clean tub, or large pan; then kill your hog, and ſave two quarts of the blood, and keep ſtirring it till it becomes quite cold; then mix it with your groats, and ſtir them well together. Seaſon with a large ſpoonful of ſalt, a quarter of an ounce of cloves, mace, and nutmeg together, an equal quantity of each; dry it, beat it well, and mix in. Take a little winter ſavoury, ſweet marjoram, and thyme, penny-royal ſtripped of the ſtalks and chopped very fine; juſt enough to ſeaſon them, and to give them a flavour, but no more. The next day take the leaf of the hog, and cut into dice, ſcrape, and waſh the guts very clean, then tie one end, and begin to fill them. Mix in the fat as you fill them, be ſure to put in a good deal of fat, fill the ſkins three parts full, tie the other end, and make your puddings what length you pleaſe; prick them with a pin, and put them in a kettle of boiling water. Boil them very ſoftly an hour, then take them out, and lay them on clean ſtraw.

Peas PUDDING. Boil it till it is quite tender, then take it up, untie it, ſtir in a good piece of butter, a little

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little ſalt, and a good deal of beaten pepper; then tie it up tight again, boil it an hour longer, and it will eat fine.

A Plain PUDDING. Put into a pint of milk three laurel leaves, a little grated lemon-peel, and a bit of mace; boil it, then ſtrain it off, and with a little flour make it into a pretty thick haſty pudding; then ſtir into it a quarter of a pound of butter, two ounces of ſugar, half a ſmall nutmeg grated, five yolks and three whites of eggs; beat them well up all together, pour it into a diſh, and bake it.

Another. Take the yolks and whites of three eggs, beat them together, with two large ſpoonfuls of flour, a little ſalt, and half a pint of milk or cream; make it the thickneſs of a pancake batter, and beat all very well together. It will take half an hour to boil it.

Plum PUDDING. Cut a pound of ſuet into little pieces, but not too fine; take a pound of currants waſhed clean, a pound of raiſins ſtoned, eight yolks of eggs, and four whites, half a nutmeg grated, a tea-ſpoonful of beaten ginger, a pound of flour, and a pint of milk: beat the eggs firſt, then put to them half the milk, and beat them together; and, by degrees, ſtir in the flour, then the ſuet, ſpice, and fruit, and as much milk as will mix it well together very thick. It will take five hours boiling.

An excellent Plum PUDDING. Take one pound of ſuet, one pound of currants, and one pound of raiſins ſtoned; the yolks of eight eggs, and the whites of four; the crumb of a penny-loaf grated, one pound of flour, half a nutmeg, a tea-ſpoonful of grated ginger, a little ſalt, and a ſmall glaſs of brandy; beat the eggs firſt,

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mix them with ſome milk. By degrees add the flour and other ingredients, and what more milk may be neceſſary; it muſt be very thick and well ſtirred. It will require five hours boiling.

A Potatoe PUDDING. Boil a quarter of a pound of potatoes till they are ſoft, peel them, and maſh them with the back of a ſpoon, and rub them through a ſieve to have them fine and ſmooth; then take half a pound of freſh butter melted, half a pound of fine ſugar, and beat them well together till they are ſmooth: beat ſix eggs, both yolks and whites, ſtir them in with a glaſs of ſack or brandy: you may, if you pleaſe, add half a pint of currants. Boil it half an hour. Melt ſome butter, and put into it a glaſs of white wine, ſweeten it with ſugar, and pour it over it.

Another. Take two pounds of potatoes, boil them ſoft, and beat them in a mortar fine; beat in half a pint of melted butter, boil it half an hour, pour melted butter over, with a glaſs of white wine, or the juice of a Seville orange, and throw ſugar all over the pudding and diſh.

A Quaking PUDDING. Take a quart of cream, boil it, and let it ſtand till almoſt cold, then beat four eggs a full quarter of an hour, with a ſpoonful and a half of flour; then mix them with your cream, add ſugar and nutmeg to your palate, tie it cloſe up in a cloth well buttered; let it boil an hour, and turn it carefully.

A Rabbit PUDDING. Take the meat of a large roaſted rabbit, chop it very fine with the liver, ſoak the bones in a pint of cream about an hour; boil ſix onions in broth, with a faggot of parſley, ſhallots, two cloves, pepper, and ſalt; boil it till the liquid is of a thick con-

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conſiſtence, chop the onions very fine; mix them with the meat and bread-crumbs ſoaked in cream, and the cream wherein you ſoaked the bones; add eight yolks of eggs, three quarters of a pound of lard cut in ſmall pieces, ſalt, and ſpices to taſte.

Puddings may thus be made of all ſorts of poultry or game. They may be boiled in a cloth, as a common bread pudding, and ſerved with a reliſhing ſauce.

A Rice PUDDING. Put a quarter of a pound of rice into a ſaucepan, with a quart of new milk, and a ſtick of cinnamon; ſtir it often to keep it from ſticking to the ſaucepan. When it has boiled thick, pour it into a pan, ſtir in a quarter of a pound of freſh butter, and ſugar to your palate; grate in half a nutmeg, add three or four ſpoonfuls of roſe-water, and ſtir it all well together. When it is cold, beat up eight eggs, with half the whites, beat it all well together, butter a diſh, pour it in, and bake it. You may firſt lay a puff-paſte all over the diſh. For a change, you may put in a few currants and ſweetmeats.

A Ground Rice PUDDING. Boil a quarter of a pound of ground rice in water till it is ſoft, then beat the yolks of four eggs, and put to them a pint of cream, a quarter of a pound of ſugar, and a quarter of a pound of butter; mix them well together. You may either boil or bake it.

A cheap plain Rice PUDDING. Take a quarter of a pound of rice, and half a pound of raiſins ſtoned, and tie them in a cloth. Give the rice a great deal of room to ſwell. Boil it two hours. When it is enough, turn it into your diſh, and pour melted butter and ſugar over it, with a little nutmeg.

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Another Rice PUDDING. Take a quarter of a pound of rice, boil it in water till it is ſoft, and drain it through a hair ſieve; beat it in a marble mortar, with the yolks of four eggs, four ounces of butter, and the ſame quantity of ſugar; grate the rind of half a lemon, and half a nutmeg, work them well together for half an hour; then put in half a pound of currants well waſhed and cleaned, mix them well together, butter your cloth, and tie it up. Boil it an hour, and ſerve it up with white wine ſauce.

A Sago PUDDING. Take two ounces of ſago, boil it with ſome cinnamon and a bit of lemon peel till it is ſoft and thick. Grate the crumb of a halfpenny roll, put to it a glaſs of red wine, four ounces of chopped marrow, the yolks of four eggs well beaten, and ſugar to your taſte. When the ſago is cold, put theſe ingredients to it. Mix it all well together. Bake it with a puff-paſte. When it comes from the oven, ſtick over it citron cut into pieces, and almonds blanched and cut into ſlips.

A Spoonful PUDDING. Take a ſpoonful of flour, a ſpoonful of cream or milk, an egg, a little nutmeg, ginger, and ſalt; mix all together, and boil it in a little wooden diſh half an hour. You may add a few currants.

A Spinach PUDDING. Take a quarter of a peck of ſpinach, picked and waſhed clean, put it into a ſaucepan with a little ſalt; cover it cloſe, and when it is boiled juſt tender, throw it into a ſieve to drain; then chop it with a knife, beat up ſix eggs, mix well with it half a pint of cream, and a ſtale roll grated fine, a little nutmeg, and a quarter of a pound of melted butter; ſtir all well together, put it into the ſaucepan the ſpinach was ſtewed in, keeping it ſtirring till it begins to be thick, then

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then wet the pudding-cloth and flour it well; tie it up, and boil it an hour; turn it into a dish, and pour over it melted butter, with a little Seville orange squeezed in it, and sugar. You may bake it, but then you should put in a quarter of a pound of sugar.

PUFFS.

German PUFFS. Mix two spoonfuls of fine flour with two eggs well beat, half a pint of cream or milk, and two ounces of melted butter; stir it all well together, and add a little salt and nutmeg: put them in tea-cups, or little deep tin moulds, half full, and bake them a quarter of an hour in a quick oven; but let it be hot enough to colour them at top and bottom. Turn them into a dish, and strew powder-sugar over them.

Lemon PUFFS. Beat and sift a pound of double-refined sugar, put it into a bowl with the juice of two lemons, and beat them well together; then, having beat the white of an egg to a very high froth, put it also in your bowl, and beat it half an hour; add three eggs, and two rinds of lemons grated; mix it well up, dust some sugar on your papers, drop on the puffs in small drops, and bake them in an oven moderately hot.

Almond PUFFS. Take two ounces of sweet almonds, blanch them, and beat them very fine, with orange-flower water; beat the whites of three eggs to a very high froth, and then strew in a little sifted sugar. Mix your almonds with your sugar and eggs, and then add more sugar till it is as thick as paste. Lay it in cakes, and bake it in a cool oven, on paper.

Sugar

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Sugar PUFFS. Beat the whites of ten eggs till they riſe to a high froth, put them into a ſtone mortar, or a wooden bowl, add as much double-refined ſugar as will make them thick; put in a little ambergris to give them a flavour, rub them round the mortar for half an hour; put in a few carraway-ſeeds. Take a ſheet of wafers, lay them on as broad as a ſixpence, and as high as they can be laid; put them in a moderate oven half a quarter of an hour, and they will look as white as ſnow.

BOTTLED PUNCH.

Take a gallon of good brandy, and put to it the parings of ſix lemons, and as many oranges; let them infuſe for four days.

In the mean time, take ſix quarts of ſoft water, and a pound and a half of fine ſugar, with the whites of ſix eggs, beaten up to a froth in a little of the cold water; mix them together, and ſet the liquor over the fire, and when it boils ſcum it, as long as any ſcum riſes; then ſet it by till it is cold, and then put it up into a proper veſſel, and add to it the brandy with the peels, and as much of the pieces of lemon as you think fit; ſtop up the veſſel cloſe and let it ſtand for ſix weeks; then rack it off for uſe.

This is a ſtrong punch to be uſed only as a cordial dram of a grateful taſte and flavour, and is ſold in ſome taverns under a foreign name.

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QUAILS.

They are generally done as chickens; but may be dreſſed in all the different ways of other ſmall birds.

Or roaſt them like woodcocks, without drawing, and the trail to run upon a toaſt; with good gravy for ſauce.

Spit them ſide-ways, with a vine-leaf between; baſte them with butter, and have fried crumbs of bread round the diſh.

Or you may make a force-meat with the yolks of two hard eggs bruiſed, ſome marrow cut fine, artichoke-bottoms cut ſmall, and ſweet herbs, ſeaſoned with pepper, ſalt, and nutmeg. Stuff the birds, then put them into a ſaucepan with ſome good gravy (juſt enough to cover them), a glaſs of white wine, and a blade of mace. Cover them cloſe, and let them ſtew very ſoftly till they are tender; then take up the quails, lay them in a diſh, keep them hot, put a piece of butter rolled in flour to thicken the ſauce; let them boil till ſmooth, ſqueeze in a little lemon, ſkim clean, and pour it over them.

QUAILS, *or Small Birds in ſavoury Jelly.* Put a good piece of butter into the bellies of eight ſmall birds, with their heads and feet on, and ſew up their vents. Put them in a jug, cover it cloſe with a cloth, and ſet them in a kettle of boiling water till they are enough. When the jelly is ſet, lay in three birds with their breaſts down, and cover them with it; when ſet again, put in the other five, with their heads in the middle, and proceed in the ſame manner as before directed for chickens.

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QUINSEY, *or* INFLAMMATION *of the* THROAT.

This diſeaſe prevails much in the winter and ſpring, and is moſt fatal to young people of a ſanguine temperament.

It proceeds in general from an obſtructed perſpiration, or whatever heats or inflames the blood: or may be often occaſioned by omitting ſome part of the covering uſually worn about the neck, by drinking cold liquor when the body is warm, by riding or walking againſt a cold northerly wind, or any thing that greatly cools the throat, and parts adjacent. It may likewiſe proceed from the neglect of bleeding, purging, or any cuſtomary evacuation.

Singing, ſpeaking loud, and long, or whatever ſtrains the throat, may likewiſe cauſe an inflammation of that organ. The quinſey proves fatal to thoſe who, after ſitting long in a warm room, go abroad in the cold night air. Sitting with wet feet, or keeping on wet cloaths, are very apt to occaſion this malady. It is likewiſe frequently occaſioned by continuing long in a moiſt place, ſleeping in a damp bed, ſitting in a room that has lately been new plaſtered, &c.

The inflammation of the throat is evident from inſpection, the parts appearing red and ſwelled; beſides, the patient complains of pains in ſwallowing. His pulſe is quick and hard, with other ſymptoms of a fever. If blood be let, it is generally covered with a tough coat of a whitiſh colour, and the patient ſpits a tough phlegm. As the ſwelling and inflammation increaſe, the breathing and ſwallowing become more difficult; the

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the pain affects the ears; the eyes generally appear red, and the face ſwells. The patient is often obliged to keep himſelf in an erect poſture, being in danger of ſuffocation; there is a conſtant nauſea, or inclination to vomit, and the drink, inſtead of paſſing into the ſtomach, is often returned by the noſe. The patient is frequently ſtarved at laſt, merely from an inability to ſwallow any kind of food.

When the breathing is laborious, with ſtraitneſs of the breaſt and anxiety, the danger is great. Though the pain in ſwallowing be very great, yet while the patient breathes eaſy, there is not ſo much danger. An external ſwelling is no unfavourable ſymptom; but if it ſuddenly falls, and the diſeaſe affects the breaſt, the danger is very great. When a quinſey is the conſequence of ſome other diſeaſe, which has already weakened the patient, his ſituation is dangerous. A frothing at the mouth, with a ſwelled tongue, a pale, ghaſtly countenance, and coldneſs of the extremities, bode fatal conſequences.

The food muſt be light, and in ſmall quantity, and the drink plentiful, weak, and diluting, mixed with acids.

It is peculiarly neceſſary that the neck be kept warm, for which purpoſe ſeveral folds of flannel may be wrapped round it; that alone will often remove a ſlight complaint of the throat, eſpecially if applied in due time. We cannot here omit obſerving the propriety of a cuſtom which prevails amongſt the peaſants of this country. When they feel any uneaſineſs of the throat, they wrap a ſtocking about it all night. So effectual is this remedy, that in many places it paſſes for a charm,

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and the ſtocking is applied with particular ceremonies: the cuſtom, however, is undoubtedly a good one, and ſhould never be neglected. When the throat has thus been wrapped up all night, it muſt not be expoſed to the cold air through the day, but a handkerchief or a piece of flannel kept about it till the inflammation be removed.

The jelly of black currants is a medicine very much in eſteem for complaints of the throat; it ſhould almoſt be conſtantly kept in the mouth, and ſwallowed down leiſurely. It may likewiſe be mixed in the patient's drink, or taken any other way. When it cannot be obtained, the jelly of red currants, or of mulberries may be uſed in its ſtead.

Gargles for the throat are very beneficial. They may be made of ſage tea, with a little vinegar and honey, or by adding to half a pint of the pectoral decoction two or three ſpoonfuls of honey, and the ſame quantity of currant jelly. This may be uſed three or four times a day; and if the patient be troubled with tough viſcid phlegm, the gargle may be rendered more ſharp and cleanſing, by adding to it a tea-ſpoonful of the ſpirit of *ſal-ammoniac*.

There is no diſeaſe wherein the benefit of bathing the feet and legs in lukewarm water is more apparent: that practice ought therefore *never to be neglected*. If people were careful to keep warm, to wrap up their throats with flannel, to bathe their legs and feet in warm water, and to uſe a ſpare diet, with diluting liquors, at the beginning of this diſeaſe, it would ſeldom proceed to a great height, or be attended with any danger:—but when theſe precautions are neglected, and the diſeaſe becomes

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becomes violent, more powerful medicines are neceſſary.

An inflammation of the throat being a moſt acute and dangerous diſtemper, which ſometimes takes off the patient very ſuddenly, it will be proper, as ſoon as the ſymptoms appear, to bleed in the arm, and to repeat the operation if circumſtances require.

The body ſhould likewiſe be kept gently open. This may either be done by giving the patient for his ordinary drink a decoction of figs and tamarinds, or ſmall doſes of rhubarb and nitre; theſe may be increaſed according to the age of the patient, and repeated till they have deſired effect.

Good effects are often experienced from a bit of *ſal prunel*, or purified nitre, held in the mouth, and ſwallowed down as it melts. This promotes the diſcharge of ſaliva, by which means it anſwers the end of a gargle, and at the ſame time abates the fever, by promoting the diſcharge of urine, &c.

The throat ought likewiſe to be rubbed twice or thrice a day with a little of the volatile liniment; this ſeldom fails to produce ſome good effects. At the ſame time the neck ought to be carefully covered with wool or flannel to prevent the cold from penetrating the ſkin, as this application renders it very tender. Many other external applications are recommended, though none of them are preferable to a common poultice of bread and milk.

Some recommend the gum guaiacum as a ſpecific in this diſeaſe. Half a dram of the gum in powder may be made into an electuary with the rob of elder berries, or the

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the jelly of currants for a doſe, and repeated occaſionally.

Bliſtering upon the neck or behind the ears in violent inflammations of the throat, is very beneficial; and in bad caſes it will be neceſſary to lay a bliſtering plaiſter quite acroſs the throat, ſo as to reach from ear to ear. After the plaiſters are taken off, the parts ought to be kept running by the application of iſſue ointment, till the inflammation is gone; otherwiſe, upon their drying up, the patient will be in danger of a relapſe.

When the patient has been treated as above, a ſuppuration ſeldom happens: this however is ſometimes the caſe, in ſpite of all endeavours to prevent it. When the inflammation and ſwelling continue, and it is evident that a ſuppuration will enſue, it ought to be promoted, by drawing the ſteam of warm water into the throat through a tunnel, or the like. Soft poultices ought likewiſe to be applied outwardly, and the patient may keep a roaſted fig conſtantly in his mouth.

It ſometimes happens, before the tumour breaks, that the ſwelling is ſo great, as entirely to prevent any thing from getting down into the ſtomach. In this caſe, the patient muſt inevitably periſh, unleſs he can be ſupported in ſome other way: this can only be done by nouriſhing clyſters of broth, or gruel, with milk, &c. Patients have often been ſupported by theſe for ſeveral days, till the tumour has broke; and afterwards they have recovered.

When a difficulty of ſwallowing is not attended with an acute pain or inflammation, it is generally owing to an obſtruction of the glands about the throat, and only requires

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requires that the part be kept warm, and the throat frequently gargled with ſomething that may gently ſtimulate the glands, as a decoction of figs with vinegar and honey; to which may be added a little muſtard, or a ſmall quantity of ſpirits. But this gargle is never to be uſed where there are ſigns of an inflammation.

Thoſe who are ſubject to inflammations of the throat, in order to avoid that diſeaſe, ought to live temperate. Such as do not chuſe to obſerve this rule, muſt have frequent recourſe to purging, and other evacuations, to diſcharge the ſuperfluous humours. They ought likewiſe to beware of catching cold, and ſhould abſtain from aliment and medicines of an aſtringent or ſtimulating nature.

Much good is often done by only wearing a ribband dipped in ſpirit of hartſhorn, or a bit of flannel, conſtantly about their necks, or by wearing thicker ſhoes, a flannel waiſtcoat, or the like. Theſe may ſeem trifling, but they have great effects: there is danger indeed in leaving them off after perſons have been accuſtomed to them; but ſurely the inconveniency of uſing ſuch things for life, is not to be compared with the danger which may attend the neglect of them.

Sometimes, after an inflammation, the glands of the throat continue ſwelled, and become hard and callous. This complaint is not eaſily removed, and is often rendered dangerous by the too frequent application of ſtrong ſtimulating and ſtyptic medicines. The beſt method is to keep it warm, and to gargle it twice a day with a decoction of figs ſharpened a little with the elixir or ſpirit of vitriol.

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RABBITS,

When freſh, are white and firm, which you will perceive in the belly; and the claws and wool will be ſmooth. The contrary denotes age.

To boil a RABBIT *with onions.* Boil it in a good deal of water; be ſure to ſkim your water, for there will always riſe a ſcum, which if it boils down, will diſcolour them, &c. They will take about half an hour boiling. For ſauce—your onions muſt be peeled, and throw them into water as you peel them; then cut them into thin ſlices, boil them in milk and water, and ſkim the liquor. Half an hour will boil them. Throw them into a clean ſieve to drain; chop them, and rub them through a cullender; put them into a ſaucepan, ſhake in a little flour; put to them two or three ſpoonfuls of cream, and a good piece of butter; ſtew them all together over the fire till they are thick and fine; lay the rabbit in the diſh, and pour the ſauce all over. But you muſt pluck out the jaw-bones, and ſtick one in each eye, the ſmall end inwards.

To roaſt RABBITS. Caſe your rabbits, ſkewer their heads with their mouths upon their backs, ſtick their fore legs into their ribs, and ſkewer their hind legs double. Break half a penny loaf into crumbs, a little parſley, thyme, ſweet marjoram, and lemon peel: ſhred all theſe fine, and ſeaſon them with pepper, ſalt, and nutmeg. Mix them up into a light ſtuffing, with two eggs, a little cream, and a quarter of a pound of butter.

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Put it into their bellies, ſew them up, and dredge and baſte them well with butter. Take them up when they have roaſted an hour; chop the livers, and lay them in lumps round the edge of your diſh. Serve them up with parſley and butter for ſauce. Or you may ſtuff them with chopped ſuet, the liver part boiled and bruiſed, bread-crumbs, grated bread, and a little lemon peel; chopped parſley and ſweet herbs, yolk of egg mixed, pepper, ſalt, and nutmeg; gravy in the diſh.

Another way. Baſte them with good butter, and dredge them with a little flour. Half an hour will do them at a very quick clear fire; and, if they are ſmall, twenty minutes will do them. Take the liver, with a little bunch of parſley, and boil them, and then chop them very fine together. Melt ſome good butter, and put half the liver and parſley into the butter; pour it into the diſh, and garniſh the diſh with the other half. Let your rabbits be done of a fine light brown, and put the ſauce in a boat.

To roaſt a RABBIT *Hare faſhion.* Lard a rabbit with bacon, roaſt it as you do a hare, with a ſtuffing in the belly, and it eats very well: but then you muſt make gravy ſauce. But if you do not lard it, white ſauce made thus: Take a little veal broth, boil it up with a little flour and butter, to thicken it; then add a gill of cream; keep it ſtirring one way till it is ſmooth, then put it in a boat, or in the diſh.

To florendine RABBITS. Skin three young rabbits, but leave on the ears; waſh and dry them with a cloth, take out the bones carefully, leaving the head whole, then lay them flat; make a force-meat of a quarter of a pound of bacon ſcraped, it anſwers better than ſuet, it

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makes the rabbits eat tenderer, and look whiter; add to the bacon the crumb of a penny loaf, a little lemon-thyme, or lemon-peel ſhred fine, parſley chopped ſmall, nutmeg, kyan, and ſalt to your palate; mix them up together with an egg, and ſpread it over the rabbits, roll them up to the head, ſkewer them ſtraight, and cloſe the ends, to prevent the force-meat from coming out; ſkewer the ears back, and tie them in ſeparate cloths, and boil them half an hour. When you diſh them up, take out the jaw-bones and ſtick them in the eyes for horns; put round them force-meat balls and muſhrooms. Have ready a white ſauce made of veal gravy, a little anchovy, the juice of half a lemon, or a tea-ſpoonful of lemon-pickle; ſtrain it, take a quarter of a pound of butter rolled in flour, ſo as to make the ſauce pretty thick; keep ſtirring it whilſt the flour is diſſolving, beat the yolk of an egg; put to it ſome thick cream, nutmeg, and ſalt; mix it with the gravy, and let it ſimmer a little over the fire, but not boil, for it will curdle the cream; pour it over the rabbits, and ſerve it up.

RABBITS *Surprize.* Take two half-grown rabbits, roaſt them, cut off the heads cloſe to the ſhoulders and the firſt joints; then take off all the lean meat from the back-bones, cut it ſmall, and toſs it up with ſix or ſeven ſpoonfuls of cream and milk, and a piece of butter as big as a walnut rolled in flour, a little nutmeg, and a little ſalt; ſhake all well together till it is as thick as good cream, and ſet it to cool; then make a force-meat with a pound of veal, a pound of ſuet, as much crumbs of bread, two anchovies, a little piece of lemon-peel cut fine, a little ſprig of thyme, and a little nutmeg grated; let the veal and ſuet be chopped very fine, and beat

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beat in a mortar, then mix it all together with the yolks of two raw eggs; place it all round the rabbits, leaving a long trough in the back-bone open, that you think will hold the meat you cut out with the ſauce; pour it in, and cover it with the force-meat, ſmooth it all over with your hand as well as you can with a raw egg; then throw on a little grated bread, and butter a magazine or pan, and take them from the dreſſer where you formed them, and place them on it very carefully. Bake them three quarters of an hour, till they are of a fine brown colour. Let your ſauce be gravy thickened with butter, and the juice of a lemon; lay them in the diſh, and pour in the ſauce. Garniſh with orange cut into quarters, and ſerve it up for a firſt courſe.

Another way. Take young rabbits, ſkewer them, and put the ſame pudding into them as directed for roaſted rabbits. When they are roaſted, draw out the jaw-bones, and ſtick them in the eyes to appear like horns; then take off all the meat from the back clean from the bones, but leave them whole; chop the meat exceedingly fine with a little ſhred parſley, lemon-peel, one ounce of beef-marrow, a ſpoonful of good cream, and a little ſalt; beat the yolks of two hard eggs, and a piece of butter the ſize of a walnut in a marble mortar very fine, then mix all together, and put it in a toſſing-pan. When it has ſtewed five minutes, lay it on the rabbit when you take the meat off, and put it cloſe down with your hand, to appear like a whole rabbit; then heat a ſalamander, and brown it all over; pour a good brown gravy made as thick as cream in the diſh, ſtick

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a bunch of myrtle in their mouths, and ſerve them up with their livers broiled and frothed.

RABBITS *in Caſſerole.* Take a couple of rabbits, divide them into quarters, flour them if they are not larded, and fry them in butter; then put them into a ſtewpan, with ſome good gravy and a glaſs of white wine; ſeaſon them with pepper and ſalt and a bunch of ſweet herbs; cover them down cloſe, and let them ſtew till tender; then take up the rabbits, ſtrain off the ſauce, thicken it with butter and flour, and pour it over them.

Another way. Having divided your rabbits into quarters, you may lard them or not juſt as you pleaſe. Shake ſome flour over them, and fry them in lard and butter; then put them into an earthen pipkin, with a quart of good broth, a glaſs of white wine, a little pepper and ſalt, a bunch of ſweet herbs, and a ſmall piece of butter rolled in flour. Cover them cloſe, and let them ſtew half an hour; then diſh them up, and pour the ſauce over them. Garniſh with Seville oranges, cut into thin ſlices, and notched.

Portugueſe RABBITS. Get ſome rabbits, truſs them chicken faſhion, the head muſt be cut off, and the rabbit turned with the back upwards, and two of the legs ſtripped to the claw-end, and ſo truſſed with two ſkewers: lard them, and roaſt them with what ſauce you pleaſe. If you want chickens, and they are to appear as ſuch, they muſt be dreſſed in this manner:—Send them up hot with gravy in the diſh, and garniſh with lemon and beet-root.

RABBITS *Collared, with a Sauce à l' Ivernoiſe.* Two couple of young rabbits are not too many for this diſh. Take the bones out quite up to the wings or ſhoulders, but

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but leave them on with the head; prepare a nice hot force-meat of ſome bits of the rabbits that may be ſpared, a bit of veal or lamb fat, a little ſcraped bacon, a morſel of green onion, a muſhroom, pepper, ſalt, and a little parſley; fry all together for a few minutes; put it into a mortar with ſome crumbs of a French roll ſoaked in cream or milk, with a little nutmeg; pound all well together with the yolks of two or three eggs; ſpread your rabbits in a diſh, and lay your force-meat on, roll them up to the wings, and bind with a bit of pack-thread; ſtew them in a braze about an hour and a half, and prepare your ſauce thus:—Take all ſorts of ſtrong herbs, ſuch as tarragon, pimpernel, thyme, marjoram, and ſavoury, a green onion or two, muſhrooms, and a bit of ſhallot, all mixed very fine and ſeparate. To a ladle or two of gravy and cullis mixed put in juſt as much of each as will make palatable in boiling a quarter of an hour with pepper, ſalt, and nutmeg, and a ſpoonful or two of good oil; throw in a handful of capers, clean your rabbits well from greaſe; add the juice of a couple of lemons or oranges, and diſh up with your ſauce over.

RABBITS *Pulled.* Half boil your rabbits, with an onion, a little whole pepper, a bunch of ſweet herbs, and a piece of lemon-peel; pull the fleſh into flakes, put to it a little of the liquor, a piece of butter mixed with flour, pepper, ſalt, nutmeg, chopped parſley, and the liver boiled and bruiſed; boil this up, ſhaking it round.

A Scotch RABBIT. Having toaſted a piece of bread very nicely on both ſides, butter it, and toaſt a ſlice of cheeſe

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cheeſe about as big as the bread on both ſides, and lay it on the bread.

A Welch RABBIT. Toaſt a piece of bread on both ſides, then toaſt the cheeſe on one ſide; lay it on the toaſt, and with a hot iron brown the other ſide. You may rub it over with muſtard.

An Engliſh RABBIT. Toaſt the bread brown on both ſides, and lay it in a plate before the fire, then pour a glaſs of red wine over it, and let it ſoak the wine up; then cut ſome cheeſe very thin, and lay it pretty thick over the bread, and put it in a tin oven before the fire, and it will be preſently toaſted and browned. Serve it away hot.

RAGOO.—See the various articles dreſſed in that manner.

RAMEQUINS.—See CHEESECAKES.

RASPBERRIES.—See JAM, JELLY, &c.

RHEUMATISM.

This diſeaſe has often a reſemblance to the gout. It generally attacks the joints with exquiſite pain, and is ſometimes attended with inflammation and ſwelling. It is moſt common in the ſpring, and towards the end of autumn; and is uſually diſtinguiſhed into acute and chronic; or the rheumatiſm with and without a fever.

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The cauſes of a rheumatiſm are frequently the ſame as thoſe of an inflammatory fever; viz. an obſtructed perſpiration, the immoderate uſe of ſtrong liquors, and the like. Sudden changes of the weather, and all quick tranſitions from heat to cold are very apt to occaſion the rheumatiſm. Very obſtinate rheumatiſms have likewiſe been brought on by perſons not accuſtomed to it, allowing their feet to continue long wet. The ſame effects are often produced by wet cloaths, damp beds, or lying on the damp ground, travelling in the night, &c. The rheumatiſm may likewiſe be occaſioned by exceſſive evacuations, or the ſtoppage of cuſtomary diſcharges. The rheumatiſm prevails in cold, damp, marſhy countries. It is moſt common amongſt the poorer ſorts of peaſants, who are ill cloathed, live in low damp houſes, and eat coarſe unwholeſome food, which contains but little nouriſhment, and is not eaſily digeſted.

The *acute* rheumatiſm commonly begins with wearineſs, ſhivering, a quick pulſe, reſtleſſneſs, thirſt, and other ſymptoms of fever. Afterwards the patient complains of flying pains, which are increaſed by the leaſt motion. Theſe at length fix in the joints, which are often affected with ſwelling and inflammation. If blood be let in this diſeaſe, it has generally the ſame appearance as in the pleuriſy.

In this kind of rheumatiſm the treatment of the patient is nearly the ſame as in an acute or inflammatory fever. If he be young and ſtrong, bleeding is neceſſary, which may be repeated according to the exigencies of the caſe. The body ought likewiſe to be kept open by emollient clyſters, or cool opening liquors; as decoction

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coction of tamarinds, cream tartar whey, ſenna tea, and the like. The diet ſhould be light, and in ſmall quantity, conſiſting chiefly of roaſted apples, groat gruel, or weak chicken broth. After the feveriſh ſymptoms have abated, if the pain ſtill continues, the patient muſt keep his bed, and take ſuch things as promote perſpiration; as wine whey, with *ſpiritus Mindereri*, &c. He may likewiſe take for a few nights, at bed-time, in a cup of wine whey, a dram of the cream of tartar, and half a dram of gum guaiacum in powder.

Warm-bathing, after proper evacuations, has often an exceeding good effect. The patient may either be put into a bath of warm water, or have cloths wrung out of it applied to the parts affected. Great care muſt be taken that he do not catch cold after bathing.

The *chronic* rheumatiſm is ſeldom attended with any conſiderable degree of fever, and is generally confined to ſome particular part of the body, as the ſhoulders, the back, or the loins. There is ſeldom any inflammation or ſwelling in the caſe. Perſons in the decline of life are moſt ſubject to the chronic rheumatiſm. In ſuch patients it often proves extremely obſtinate, and ſometimes incurable.

In this kind of rheumatiſm the regimen ſhould be nearly the ſame as in the acute. Cool and diluting diet, conſiſting chiefly of vegetable ſubſtances, as ſtewed prunes, coddled apples, currants or gooſeberries boiled in milk, is moſt proper. *Arbuthnot* ſays, "If there be a ſpecific in aliment for the rheumatiſm, it is certainly whey;" and adds, "That he knew a perſon ſubject to this diſeaſe, who could never be cured by any other method but a diet of whey and bread." He likewiſe ſays,

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ſays, "That cream of tartar in water-gruel, taken for ſeveral days, will eaſe rheumatic pains conſiderably." This is more efficacious when joined with gum guaiacum twice a day, and likewiſe a tea-ſpoonful of the volatile tincture of gum guaiacum, at bed-time, in wine whey.

This courſe may be continued for a week, or longer, if the caſe proves obſtinate, and the patient's ſtrength will permit; it ought then to be omitted for a few days, and repeated again. At the ſame time leeches or a bliſtering-plaiſter may be applied to the part affected. What anſwers better than either of theſe, in obſtinate fixed rheumatic pains, is the *warm plaiſter*. A plaiſter of Burgundy pitch, worn for ſome time on the part affected, gives great relief in rheumatic pains. Very obſtinate rheumatic pains have been cured by rubbing the part affected with tincture of cantharides. When the common tincture does not ſucceed, uſe that of a double or treble ſtrength. Cupping upon the part affected is likewiſe often very beneficial, and is greatly preferable to the application of leeches.

Though this diſeaſe may not ſeem to yield to medicines for ſome time, yet they ought ſtill to be perſiſted in. Perſons who are ſubject to frequent returns of the rheumatiſm, will often find their account in uſing medicines, whether they be immediately affected with the diſeaſe or not. The chronic rheumatiſm is ſimilar to the gout in this reſpect, that the moſt proper time for uſing medicines to extirpate it, is when the patient is moſt free from the diſorder.

There are ſeveral of our own domeſtic plants which may be uſed with advantage in the rheumatiſm. One of the beſt is the white *muſtard*: a table-ſpoonful of

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the ſeed of this plant may be taken twice or thrice a day, in a glaſs of water or ſmall wine. The water-trefoil is likewiſe of great uſe in this complaint: it may be infuſed in wine or ale, or drank in form of tea. The ground-ivy, camomile, and ſeveral other bitters, are alſo very beneficial, and may be uſed in the ſame manner. No benefit, however, is to be expected from theſe, unleſs they be taken for a conſiderable time. Excellent medicines are often deſpiſed in this diſeaſe, becauſe they do not perform an immediate cure; whereas nothing would be more certain than their effect, were they duly perſiſted in. Want of perſeverance in the uſe of medicines is one reaſon why chronic diſeaſes are ſo ſeldom cured.

Cold bathing, eſpecially in ſalt water, often cures the rheumatiſm. We would alſo recommend riding on horſeback, and wearing flannel next to the ſkin. Iſſues are likewiſe very proper, eſpecially in chronic caſes. If the pain affects the ſhoulders, an iſſue may be made in the arm; but if it affects the loins, it ſhould be put in the leg or thigh.

Perſons afflicted with the ſcurvy are very ſubject to rheumatic complaints. The beſt medicines in this caſe are bitters and mild purgatives. Theſe may either be taken ſeparately or together, as the patient inclines. An ounce of Peruvian bark, and half an ounce of rhubarb in powder, may be infuſed in a bottle of wine; and one, two, or three wine glaſſes of it taken daily, as ſhall be found neceſſary for keeping the body gently open. In caſes where the bark itſelf proves ſufficiently purgative, the rhubarb may be omitted.

Such

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Such as are ſubject to frequent attacks of the rheumatiſm ought to make choice of a dry, warm ſituation, to avoid the night air, wet cloaths, and wet feet, as much as poſſible. Their cloathing ſhould be warm, and they ſhould wear flannel next their ſkin, and make frequent uſe of the fleſh-bruſh.

RICKETS.

As this diſeaſe is often attended with evident ſigns of weakneſs and relaxation, our chief aim in the cure muſt be to brace and ſtrengthen the ſolids, and to promote digeſtion, and the due preparation of the fluids. Theſe important ends will be beſt anſwered by wholeſome nouriſhing diet, ſuited to the age and ſtrength of the patient, open dry air, and ſufficient exerciſe. If the child has a bad nurſe, who either neglects her duty, or does not underſtand it, ſhe ſhould be changed. If the ſeaſon be cold, the child ought to be kept warm; and when the weather is hot, it ought to be kept cool; as ſweating is apt to weaken it, and too great a degree of cold has the ſame effect. The limbs ſhould be rubbed frequently with a warm hand, and the child kept as cheerful as poſſible.

The diet ought to be dry and nouriſhing, as good bread, roaſted fleſh, &c. Biſcuit is generally reckoned the beſt bread, and pigeons, pullets, veal, rabbits, or mutton, roaſted or minced, are the moſt proper fleſh. If the child be too young for fleſh meats, he may have rice, millet, or pearl barley, boiled with raiſins, to which may be added a little wine and ſpice. His drink

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may be good claret, mixed with an equal quantity of water. Thoſe who cannot afford claret, may give the child now and then a wine-glaſs of mild ale, or good porter.

Sometimes iſſues have been found beneficial in this diſeaſe. They are peculiarly neceſſary for children who abound with groſs humours. An infuſion of the Peruvian bark, in wine or ale, would be of ſervice, were it poſſible to bring children to take it. I might here mention many other medicines which have been recommended for the rickets; but as there is far more danger in truſting to theſe, than in neglecting them altogether, I chuſe rather to paſs them over, and to recommend a proper regimen as the thing chiefly to be depended upon.

ROASTING.

When you roaſt any kind of meat, it is a very good way to put a little ſalt and water in your dripping-pan; baſte your meat a little with it; let it dry, then duſt it well with flour; baſte it with freſh butter, it will make your meat a better colour. Obſerve always to have a briſk clear fire; it will prevent your meat from dazing, and the froth from falling; keep it a good diſtance from the fire; if the meat is ſcorched, the outſide is hard, and prevents the heat from penetrating into the meat, which will appear enough before it is little more than half done. Time, diſtance, baſting often, and a clear fire, is the beſt method we can preſcribe for roaſting meat to perfection; when the ſteam draws near the fire, it is a ſign of

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of its being enough; but you will be the beſt judge of that from the time you put it down. Be careful, when you roaſt any kind of wild-fowl, to keep a clear briſk fire; roaſt them a light brown, but not too much. It is a great fault to roaſt them till the gravy runs out of them, it takes off the fine flavour. Tame fowls require more roaſting; they are a long time before they are hot through, and muſt be often baſted to keep up a ſtrong froth; it makes them riſe better, and with a finer colour. Pigs and geeſe ſhould be roaſted before a good fire, and turned quick. Hares and rabbits require time and care, to ſee the ends are roaſted enough; when they are half roaſted, cut the neck-ſkin, and let out the blood, or when they are cut up, they often appear bloody at the neck.

We muſt deſire the cook to order her fire according to what ſhe is to dreſs; if any thing very little or thin, then a pretty little briſk fire, that it may be done quick and nice; if a very large joint, then be ſure a good fire be laid to cake: let it be clear at the bottom; and when your meat is half done, move the dripping-pan and ſpit a little from the fire, and ſtir up a good briſk fire; for, according to the goodneſs of your fire, your meat will be done ſooner or later.

As ſoon as the meat is put to the fire, pour over it ſome warm water, which throw away; this is very neceſſary to thoſe who are nice in the dreſſing their meat, it being a good deal handled in the ſpitting; ſhake ſome flour over it, baſte it with butter, and do not put it too near the fire; this, with frequently baſting it, a briſk fire, and allowing time enough, are the only means of roaſting in perfection; when the ſteam draws to the fire, the

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the meat is done; flour and baſte it juſt before it is ſent to the table, that it may have a nice froth; always allow a longer time for the meat to roaſt in froſty weather; take particular care to have the ſpit clean, as nothing is more diſagreeable than a ſpit-mark; and remember, when the meat is half done, to remove the dripping-pan and ſpit a little from the fire, and ſtir it; if it is a good fire before the meat is laid down, once ſtirring it will in general roaſt a joint of meat. Never ſalt the meat before it is put to the fire, it draws out the gravy too much; if it is to be kept ſome time before it is dreſſed, as indeed mutton and beef are not good freſh killed, be ſure to dry it well with a cloth, and hang it where it will have a thorough air; look at it every day, and wipe off all the damp; it will keep a long time. Some pepper it a little.

RUFFS AND REEFS.

Theſe birds are principally found in Lincolnſhire. They may be fatted, like chickens, with bread, milk, and ſugar. They feed very faſt, and will die with fat if not killed in time. Draw and truſs them croſs-legged like ſnipes; roaſt them. For ſauce—good gravy thickened with butter, and a toaſt under them.

S.

SAGO.

To three quarters of a pint of water put a large ſpoonful of ſago, ſtir it, and boil it ſoftly till it is as thick as you

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you would have it; then put in wine and ſugar, with a little nutmeg to your palate.—See PUDDING.

SALMON.

To boil SALMON. It requires to be well boiled. A piece not very thick will take half an hour. Boil horſe-radiſh in the water. Fried ſmelts may be laid round it. Garniſh with horſe-radiſh and ſliced lemon. Anchovy ſauce, and plain butter.

Another way. Scale your ſalmon, take out the blood, waſh it well, and lay it on a fiſh-plate; put your water in a fiſh-pan with a little ſalt: when it boils, put in your fiſh for half a minute, then take it out for a minute or two: when you have done it four times, boil it till it is enough. When you take it out of the fiſh-pan, ſet it over the water to drain; cover it well with a clean cloth dipped in hot water; fry ſome ſmall fiſhes, or a few ſlices of ſalmon, and lay round it. Garniſh with ſcraped horſe-radiſh and fennel.

To boil SALMON *criſp.* When the ſalmon is ſcaled and gutted, cut off the head and tail, cut the body through into ſlices an inch and a half thick, throw them into a large pan of pump-water. When they are all put in, ſprinkle a handful of bay ſalt upon the water, ſtir it about, and then take out the fiſh; ſet on a large deep ſtewpan, boil the head and tail, but do not ſplit the head; put in ſome ſalt, but no vinegar. When they have boiled ten minutes, ſkim the water very clean, and put in the ſlices; when they are boiled enough, take them out, lay the head and the tail in the diſh, and the

ſlices

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ſlices round. This muſt be for a large company. The head or tail may be dreſſed alone, or with one or two ſlices; or the ſlices alone.

It is done in great perfection in the ſalmon countries; but, if the ſalmon is very freſh, it will be very good in London.

Another way to boil SALMON. Take a bit of ſalmon, of any bigneſs, without being ſcaled; tie it up in a cloth, or with packthread; put it in a veſſel much of its bigneſs, with a good bit of butter or broth, and half red wine, ſalt, whole pepper, a faggot of parſley, thyme, laurel, two or three cloves, bits of carrots, and ſliced onions. When done, drain it, and ſerve it upon a napkin, and the ſauces in boats.

Another way. Take a piece of ſalmon, of what bigneſs you pleaſe, ſoak it according to your judgement, and boil it a little; then drain it, and pull it in flakes. Make a ſauce with a piece of butter and flour, a little pepper, chopped parſley, one clove of garlick bruiſed, and ſome good cream; make the ſauce pretty thick, and put the ſalmon to it; give it a few turns on the fire, then put it on the diſh you intend for table; ſtrew it over with bread-crumbs, and baſte it with butter. Give it a colour in the oven, with a ſalamander, or before the fire.

SALMON *à-la-braiſe.* Make a force-meat thus:—Take a large eel, ſlit it open, take out the bone, and take the meat quite clean from it; chop it fine, with two anchovies, ſome lemon-peel cut fine, a little pepper, and grated nutmeg, with ſome parſley and thyme cut fine, a yolk of an egg boiled hard: mix them all together, and roll them up in a piece of butter; then take a large

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a large piece of fine ſalmon, or a ſalmon-trout, put the force-meat in the belly of the fiſh, ſew it up, and lay it in an oval ſtewpan that will juſt hold it; then take half a pound of freſh butter, put it into a ſtewpan; when it is melted, ſhake in a little flour; ſtir it till it is a little brown, then put to it a pint of fiſh broth, with a pint of Madeira. Seaſon it with ſalt, mace, cloves, and whole pepper, tied in a muſlin rag; put in an onion and a bunch of ſweet herbs; ſtir it all together, and put it to the fiſh: cover it down very cloſe, and let it ſtew. When the fiſh is almoſt done, put in ſome freſh or pickled muſhrooms, truffles, or morels, cut in pieces; let them ſtew all together till the fiſh is quite done. Take the ſalmon up carefully, lay it in a diſh, and pour the ſauce over it.

To roll SALMON. Take a ſide of ſalmon; when ſplit and the bone taken out and ſcalded, ſtrew over the inſide, pepper, ſalt, nutmeg, and mace, a few chopped oyſters, parſley, and crumbs of bread, roll it up tight, put it into a deep pot, and bake it in a quick oven; make the common fiſh ſauce and pour over it. Garniſh with fennel, lemon, and horſe-radiſh.

To broil SALMON. Cut your freſh ſalmon into thick pieces, and flour them and broil them; lay them in your diſh, and ſerve them up with plain melted butter in a boat.

Another way. Cut ſome ſlices from a freſh ſalmon, wipe them clean and dry: melt ſome butter ſmooth and fine, with a little flour and baſket ſalt; put the pieces of ſalmon into it, and roll them about, that the butter may cover them all over: then lay them on a nice clean gridiron, and broil them over a clear but very ſlow fire.

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While the ſalmon is broiling, make ſauce with a couple of anchovies, waſhed, boned, and cut into ſmall pieces, and a leek cut into three or four long pieces. Set on a ſaucepan with ſome butter and a little flour, put in the ingredients, with ſome capers cut ſmall, ſome pepper and ſalt, and a little nutmeg; add to them ſome warm water, and two ſpoonfuls of vinegar; ſhake the ſaucepan till it boils, and the ſauce is done. When the ſalmon is enough on one ſide, turn it on the other till it is quite enough; take the leek out of the ſauce, pour it into a diſh, and lay the broiled ſalmon upon it.

SALMON *in Caſes.* Cut your ſalmon into ſmall pieces, ſuch as will lay rolled in half ſheets of paper: ſeaſon it with pepper, ſalt, and nutmeg; butter the inſide of the paper well, fold the paper ſo as nothing can come out, then lay them in a tin plate to be baked; pour a little melted butter over the papers, and then crumbs of bread over them. Do not let your oven be too hot, for fear of burning the paper. A tin oven before the fire does beſt. When you think they are enough, ſerve them up juſt as they are. There will be ſauce enough in the papers; or put the ſalmon in buttered papers only, and broil them.

SALMON *with Shrimp ſauce.* Of a ſalmon, the jowl is preferred to any other part; notch it to the bone on both ſides about an inch apart, lay it in a marinade, put it into a long ſtewpan juſt its bigneſs, if you can, with a fiſh-plate under it, that you may take it out without breaking; put to it a pint of white wine, a daſh of vinegar, ſome ſweet baſil and thyme, whole pepper, ſalt, and mace, two or three ſhallots, a bunch of parſley and green onions; pour in as much water as will

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will juſt cover it, let your lid be ſhut cloſe upon it, and, about an hour before your dinner, put it over a ſlow ſtove to ſimmer, and prepare your ſauce as follows:— Provide as many ſmall prawns or ſhrimps (the tails only) as you think neceſſary for your piece of ſalmon; put into your ſtewpan to them a proportionate quantity of cullis; add to it a little baſil, pimpernel, thyme, and parſley, all minced very fine, with a daſh of white wine. Boil all about a quarter of an hour, ſqueeze in the juice of a lemon or two. Take care that the ſalmon is well drained, put it into your diſh; pour your ſauce over, and ſerve it up. Garniſh with lemons cut in quarters.

Trouts may be done in the ſame manner.

Haſlets of SALMON. Cut the ſalmon in middling pieces; ſeaſon them with ſweet herbs, pepper, and ſalt, mixed with butter, and the yolk of a raw egg or two; ſkewer them like haſlets, with all the ſeaſoning; ſtrew them with bread-crumbs, and either roaſt or boil them, baſting with oil or butter. When they are done of a good colour, ſerve dry, with what ſauce you think proper in a boat.

SALMON *with ſweet herbs.* Take a piece of butter, and mix it with chopped parſley, ſhallots, ſweet herbs, muſhrooms, pepper, and ſalt; put ſome of this in the bottom of the diſh you intend for table, then ſome thin ſlices of ſalmon upon it, and the remainder of the butter and herbs upon the ſalmon; ſtrew it over with bread-crumbs, and baſte it with butter; bake it in the oven. When it is done, drain the fat from it, and ſerve with a clear reliſhing ſauce.

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To dreſs dried SALMON. Lay your dried ſalmon in ſoak for two or three hours, then lay it on the gridiron, and ſhake a little pepper over it.

To dreſs a Jowl of pickled SALMON. Lay your ſalmon in freſh water all night, then lay it in a fiſh-plate, put it into a large ſtewpan, ſeaſon it with a little whole pepper, a blade or two of mace tied in a coarſe muſlin rag, a whole onion, a nutmeg bruiſed, a bundle of ſweet herbs and parſley, a little lemon-peel; put to it three large ſpoonfuls of vinegar, a pint of white wine, and a quarter of a pound of freſh butter rolled in flour: cover it cloſe, and let it ſimmer over a ſlow fire for a quarter of an hour, then carefully take up your ſalmon, and lay it in your diſh; ſet it over hot water and cover it. In the mean time, let your ſauce boil till it is thick and good. Take out the ſpice, onion, and ſweet herbs, and pour it over the fiſh. Garniſh with lemon.

SAUCES.

Apple SAUCE. Pare, core, and ſlice your apples, then put a little water in the ſaucepan to keep them from burning, and a bit of lemon-peel. When they are enough, take out the peel, bruiſe the apples, add a lump of butter, and a little ſugar.

Onion SAUCE. Boil eight or ten large onions, change the water two or three times while they are boiling. When enough, chop them on a board, to keep them from growing of a bad colour; put them in a ſaucepan with a quarter of a pound of butter, and two ſpoonfuls of thick cream; boil it a little, and pour it over your diſh.

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Another way. Having peeled your onions, boil them in milk and water, put a turnip with them into the pot (it draws out the ſtrength); change the water twice; pulp them through a cullender, or chop them; then put them in a ſaucepan with ſome cream, a piece of butter, a little flour, ſome pepper and ſalt. They muſt be very ſmooth.

Gooſeberry SAUCE. Put ſome coddled gooſeberries, a little juice of ſorrel, and a little ginger, into ſome melted butter.

Fennel SAUCE. Having boiled a bunch of fennel and parſley, chop it ſmall, and ſtir into ſome melted butter.

Bread SAUCE. Put a pretty large piece of crumb of bread, that is not new, into half a pint of water, with an onion, a blade of mace, and a few pepper-corns in a bit of cloth; boil theſe a few minutes; take out the onion and ſpice, maſh the bread very ſmooth, add a piece of butter and a little ſalt.

Bread-ſauce for a pig is made the ſame, with the addition of a few currants picked, waſhed, and boiled in it.

Mint SAUCE. Waſh your mint perfectly clean from grit and dirt, chop it very fine, and put to it vinegar and ſugar.

SAUCE *Robert.* Cut ſome large onions into ſquare pieces, cut ſome fat bacon in the ſame manner, put them together into a ſaucepan over the fire, ſhake them round to prevent their burning. When they are brown, put in ſome good veal gravy, with a little pepper and ſalt; let them ſtew gently till the onions are tender, then put in a little ſalt, ſome muſtard and vinegar, and ſerve it hot.

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Another way. Slice ſeveral onions, fry them in butter, turning often till they take colour; then add a little cullis and good broth, pepper and ſalt; let them boil half an hour, and reduce to a ſauce; when ready, add muſtard. You may ſift it for thoſe who only like the flavour of onions.

Anchovy SAUCE. Put an anchovy into a pint of gravy, then take a quarter of a pound of butter rolled in flour, and ſtir all together till it boils. You may add a little juice of a lemon, catchup, red wine, and walnut liquor, juſt as you think proper.

Plain butter melted thick, with a ſpoonful of walnut pickle, or catchup, is a good ſauce, or anchovy: in ſhort, you may put as many things as you pleaſe into ſauce.

Shrimp SAUCE. Waſh half a pint of ſhrimps very clean, and put them into a ſtewpan, with a ſpoonful of anchovy liquor, and a pound of butter melted thick; boil it up for five minutes, and ſqueeze in half a lemon. Toſs it up, and put it into your ſauce-boat.

Another way. Mix a good handſome piece of butter with ſome flour, boil it up in ſome rich gravy; put in the ſhrimps; give them a boil.

To criſp Parſley. Having picked and waſhed your parſley, put it into a Dutch oven, or on a ſheet of paper; do not ſet it too near the fire; turn it till it is quite criſp: lay little bits of butter on it, but not to be greaſy. It is a better method than that of frying.

Plain Sour SAUCE. Take ſome freſh ſorrel-leaves, pick off the ſtalks, bruiſe the leaves, and put them in a plate with their juice; ſtrew on ſome pepper and ſalt, ſtir it all together, and ſerve it cold.

White

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White SAUCE *for Fiſh.* Having waſhed two anchovies, put them into a ſaucepan, with one glaſs of white wine, and two of water, half a nutmeg, and a little lemon-peel. When it has boiled five or ſix minutes, ſtrain it through a ſieve: add to it a ſpoonful of white wine vinegar, thicken it a little, then put in near a pound of butter rolled in flour; boil it well, and pour it hot upon your fiſh.

To make SAUCE *for Fowls.* Boil any bones or bits of veal, with a ſmall bunch of ſweet herbs, an onion, a ſlice of lemon, a few white pepper-corns, and a little celery; ſtrain it; there ſhould be near half a pint; put to it ſome good cream, with a little flour mixed ſmooth in it, a good piece of butter, a little pounded mace, and ſome ſalt; keep it ſtirring; add muſhrooms, or a little lemon juice.

White SAUCE *for Fowls or Chickens.* Take a little ſtrong veal gravy, with a little white pepper, mace, and ſalt, boiled in it; have it clear from any ſkin or fat; as much cream, with a little flour mixed in the cream, a little mountain wine to your liking: boil it up gently for five minutes, then ſtrain it over your chickens or fowls, or in boats.

A white SAUCE *for Veal.* To a pint of good veal gravy put a ſpoonful of lemon-pickle, half an anchovy, a tea-ſpoonful of muſhroom powder, or a few pickled muſhrooms; give it a gentle boil; then put in half a pint of cream, the yolks of two eggs beat fine; ſhake it over the fire after the eggs and cream are in, but do not let it boil, as that would curdle the cream.

SAUCE

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SAUCE *Ravigotte à-la-Bourgeoiſe.* Provide ſome ſage, parſley, a little mint, thyme, and baſil, tie them in a bunch, and put them into a ſaucepan of boiling water; let them boil a minute, then take them out, and ſqueeze the water from them; chop them very fine, and add to them a clove of garlick, and two large onions minced fine: put them into a ſtewpan with half a pint of broth, ſome pepper, and a little ſalt; boil them up, and put in a ſpoonful of vinegar.

SAUCE *à-la-Nivernois.* Put in a ſmall ſtewpan two ſlices of ham, a clove of garlick, a laurel-leaf, ſliced onions and roots; let it catch, then add a little broth, two ſpoonfuls of cullis, a ſpoonful of tarragon vinegar; ſtew it an hour on a ſlow fire, then ſift it through a ſieve, and ſerve it for a reliſhing ſauce.

SAUCE *for Pheaſants or Partridges.* Theſe birds are uſually ſerved up with gravy-ſauce in the diſh, and bread-ſauce in a boat.

SAUCE *for Wild Duck, Teal, &c.* Take a proper quantity of veal gravy, with ſome pepper and ſalt; ſqueeze in the juice of two Seville oranges; add a little red wine, and let the red wine boil ſome time in the gravy.

A ſtanding SAUCE *for a Kitchen.* Take a quart of claret or white wine, put it in a glazed jar, the juice of two lemons, five large anchovies, ſome Jamaica pepper whole, ſome ſliced ginger, ſome mace, a few cloves, a little lemon peel, horſe-radiſh ſliced, ſome ſweet herbs, ſix ſhallots, two ſpoonfuls of capers, and their liquor; put all theſe in a linen bag, and put it into the wine, ſtop it cloſe, and ſet the veſſel in a kettle of hot water

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water for an hour, and keep it in a warm place. A ſpoonful or two of this liquor is good in any ſauce.

SAUCE *or Lear for a ſweet Pie.* Take ſome white wine, lemon juice, or verjuice, and ſome ſugar; boil it, then beat two eggs, and mix them well together, then open your pie and pour it in. This may be uſed for veal or lamb pies.

Very good SAUCE *for roaſted Meat.* Take an anchovy, waſh it very clean, and put to it a glaſs of red wine, a little ſtrong broth or gravy, ſome nutmeg, one ſhallot ſliced, and the juice of a Seville orange; ſtew theſe together a little, and pour it to the gravy that runs from the meat.

A Travelling Powder for SAUCE. Take pickled mango, and let it dry three or four days in the room; then reduce it to powder by grating of it. To ſix ounces of this powder add three ounces of muſhrooms dried in an oven and powdered, by pounding it in a mortar; add to theſe a dram of mace powdered, half a dram of cloves in powder, or inſtead of the two laſt a nutmeg grated, and a dram of black pepper in powder; having mixt all theſe together, very well, ſift them through an hair-ſieve; put this up carefully in a paper, and take it with you when you go a journey.

Half a tea-ſpoonful of this powder will reliſh any ſauce you have a mind to make to the quantity of a quart, when it is warm.

You may, if you pleaſe, add nine or ten grains of ſweet baſil, or of ſummer ſweet marjoram, dried and powdered.

If you uſe this ſauce for fiſh, adding a little anchovy and white wine, it will be very good.

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SAUCE *Poivrade.* Take a little butter, ſliced onions, bits of carrot, parſley-root, two cloves of garlick, two cloves, a laurel-leaf; ſoak all together till it takes colour; then add ſome cullis, a little vinegar and broth, ſalt and pepper; boil it to the conſiſtence of ſauces; ſkim and ſift it for uſe.

Another way. Take half a pint of veal gravy, a quarter of a pint of vinegar, with ten young onions whole, a large one ſliced, and half an anchovy; let them boil ſome time, and then ſtrain it off, preſſing it very hard; add to the liquor a little ſalt, and as much pepper as will make it agreeable to the taſte.

Parſley and Butter. Tie up ſome parſley in a bunch, waſh it, and put it into ſome boiling water with a little ſalt; after it has boiled up very quick two or three times, take it out and chop it very fine; then mix it with ſome melted butter.

Poor Man's SAUCE. Cut ſome young onions into water, with ſome chopped parſley. It is very good with roaſted mutton.

Or, ſlice half a lemon, boil it in a little broth with two or three chopped ſhallots, pepper and ſalt, and a ſpoonful of oil; and ſerve in a ſauce-boat.

Lemon SAUCE *for boiled Fowls.* Take a lemon and pare off the rind, cut it into ſlices, and take the kernels out, cut it into ſquare bits; blanch the liver of the fowl and chop it fine; mix the lemon and liver together in a boat, and pour ſome hot melted butter on it, and ſtir it up. Boiling it will make it go to oil.

Muſhroom SAUCE *for white Fowls of all ſorts.* Take about a quart of freſh muſhrooms, well cleaned and waſhed, cut them in two, put them in a ſtewpan, with a lit-

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a little butter, a blade of mace, and a little ſalt; ſtew it gently for half an hour, then add a pint of cream, and the yolks of two eggs beat very well, and keep ſtirring it till it boils up; then ſqueeze half a lemon, put it over your fowls or turkies, or in baſons, or in a diſh, with a piece of French bread, firſt buttered, then toaſted brown, and juſt dip it in boiling water; put it in the diſh, and the muſhrooms over it.

Another way. Take a piece of butter, mix it with flour; boil it up in ſome cream, not forgetting to ſhake the ſaucepan; throw in ſome muſhrooms, ſalt, and nutmeg, and boil it up. Or you may put the muſhrooms into butter melted, with a little veal gravy, ſalt, and grated nutmeg.

Celery SAUCE. Waſh and clean ten heads of celery, cut off the green tops, and take out the outſide ſtalks, cut them into thin bits, and boil it in gravy till it is tender; thicken it with flour and butter, and pour it over your meat. A ſhoulder of mutton, or a ſhoulder of veal roaſted, is very good with this ſauce.

Caper SAUCE. Take ſome capers, chop half of them, put the reſt in whole; chop alſo a little parſley very fine, with a little bread grated very fine, and ſome ſalt; put theſe into butter melted very ſmooth. Some only chop the capers a little, and put them into the butter.

Shallot SAUCE. Take five or ſix ſhallots chopped fine, put them into a ſaucepan with a gill of gravy, a ſpoonful of vinegar, and ſome pepper and ſalt; ſtew them for a minute, then pour them into your diſh, or put it in ſauce-boats.

Egg SAUCE. Take two eggs and boil them hard: firſt chop the whites, then the yolks, but neither of them

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very fine, and put them together; then put them into a quarter of a pound of good melted butter, and ſtir them well together.

Oyſter SAUCE. Take a pint of large oyſters, ſcald them, and then ſtrain them through a ſieve, waſh the oyſters very clean in cold water, and take the beards off; put them in a ſtewpan, pour the liquor over them, but be careful to pour the liquor gently out of the veſſel you have ſtrained it into, and it will leave all the ſediment at the bottom, which you muſt avoid putting into your ſtewpan; then add a large ſpoonful of anchovy liquor, two blades of mace, half a lemon, enough butter rolled in flour to thicken it; then put in half a pound of butter, boil it up till the butter is melted, then take out the mace and lemon, ſqueeze the lemon-juice into the ſauce, give it a boil up, ſtir it all the time, and then put it into your boats or baſons.

You may put in a ſpoonful of catchup, or the ſame quantity of mountain wine.

SAUCE *for a boiled Salmon.* Having boiled a bunch of fennel and parſley, chop them ſmall, and put it into ſome good melted butter, and ſend it to table in a ſauce-boat; another with gravy-ſauce.

To make the gravy-ſauce, put a little brown gravy into a ſaucepan with one anchovy, a tea-ſpoonful of lemon-pickle, a meat-ſpoonful of liquor from your walnut-pickle, one or two ſpoonfuls of the water that the fiſh was boiled in, it gives a pleaſant flavour; a ſtick of horſe-radiſh, a little browning and ſalt; boil them three or four minutes, thicken it with flour and a good lump of butter, and ſtrain it through a hair ſieve.

This is a good ſauce for moſt kinds of fiſh.

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An excellent SAUCE *for moſt kinds of Fiſh.* Take ſome mutton or veal gravy, put to it a little of the water that drains from your fiſh; when boiled enough, put it into a ſaucepan, and put in a whole onion, one anchovy, a ſpoonful of catchup, and a glaſs of white wine; thicken it with a lump of butter rolled in flour, and a ſpoonful of cream; if you have oyſters, cockles, or ſhrimps, put them in after you take it off the fire, but it is extremely good without. You may uſe red wine inſtead of white, by leaving out the cream.

Pontiff SAUCE. Soak ſome ſlices of veal, ham, ſliced onions, carrots, parſley, a head of celery; let it catch; then add a little white wine, and ſome good broth, a clove of garlick, four ſhallots, two cloves, a little coriander, two ſlices of peeled lemon; boil on a ſlow fire till the meat is done; ſkim it, and ſift it in a ſieve; add a little cullis, and ſome fine chopped parſley, a little before you uſe it.

SAUCE *for Cod's Head.* Chuſe a good lobſter; if it be alive, ſtick a ſkewer in the vent of the tail to keep out the water; throw a handful of ſalt into the water, and, when it boils, put in the lobſter, which muſt boil half an hour. If it has ſpawn, pick them off, and pound them exceedingly fine in a marble mortar: put them into half a pound of melted butter, then take the meat out of your lobſter, pull it in bits, and put it in your butter, with a large ſpoonful of lemon-pickle, the ſame quantity of walnut-catchup, a ſlice of an end of a lemon, one or two ſlices of horſe-radiſh, as much beaten mace as will lie on a ſixpence, and ſeaſon to your taſte with ſalt and kyan pepper; boil them one minute, and then take out the horſe-radiſh and lemon, and ſerve it in

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in your ſauce-boat. If lobſters cannot be had, you may make uſe of oyſters or ſhrimps the ſame way: and if you can get no kind of ſhell-fiſh, you may then add two anchovies cut ſmall, a ſpoonful of walnut-liquor, and a large onion ſtuck with cloves.

Aſpic SAUCE. Infuſe chervill, tarragon, burnet, garden-creſs, and a little mint, in a little cullis, for about half an hour; then ſift it, and add to it a ſpoonful of garlick-vinegar, pepper, and ſalt; ſerve up in a ſauce-boat.

Lobſter SAUCE. Bruiſe the body of a lobſter into thick melted butter, and cut the fleſh into it in ſmall pieces; ſtew all together, and give it a boil; ſeaſon with a little pepper, ſalt, and a very ſmall quantity of mace.

Another way. Procure a lobſter that has a good deal of ſpawn, pull the meat to pieces with a fork, do not chop it; bruiſe the body and the ſpawn with the back of a ſpoon; break the ſhell, boil it in a little water to give it a colour; ſtrain it off, melt ſome butter in it very ſmooth, with a little horſe-radiſh and a very little kyan; take out the horſe-radiſh, mix the body of the lobſter well with the butter, then add the meat, and give it a boil, with a ſpoonful of catchup or gravy, if agreeable. Some people chooſe only plain butter.

SAUSAGES.

Common SAUSAGES. Take three pounds of nice pork, fat and lean together, free from ſkin or griſtles, chop it very fine, ſeaſon it with two tea-ſpoonfuls of ſalt, and one

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one of beaten pepper, ſome ſage ſhred fine, about three tea-ſpoonfuls; mix it well together, have the guts very nicely cleaned and fill them, or put them down in a pot; ſo roll them of what ſize you pleaſe, and fry them.

Mutton SAUSAGES may be made in the ſame manner, omitting the ſage, and adding a little water; thyme, marjoram, and nutmeg to the ſeaſoning.

Oxford SAUSAGES. Take a pound of young pork, fat and lean without ſkin or griſtle, a pound of lean veal, and a pound of beef ſuet, chopped all fine together; put in half a pound of grated bread, half the peel of a lemon ſhred fine, a nutmeg grated, ſix ſage leaves waſhed and chopped very fine, a tea-ſpoonful of pepper, and two of ſalt, ſome thyme, ſavoury, and marjoram, ſhred fine; mix it all well together, and put it cloſe down in a pan when you uſe it; roll it out the ſize of a common ſauſage, and fry them in freſh butter of a fine brown, or broil them over a clear fire, and ſend them to table as hot as poſſible.

Fine SAUSAGES. Take part of a leg of pork or veal, pick it clean from ſkin or fat; to every pound add two pounds of beef ſuet; ſhred both ſeverally very fine; mix them well with ſage leaves chopped fine, pepper, ſalt, nutmeg, and pounded cloves, and a little grated lemon-peel; put this cloſe down in a pot. When it is uſed, mix it with the yolk of an egg, and a few bread-crumbs. Roll it into lengths.

Another way. To a couple of pounds of lean pork put three pounds of chine fat, free from ſkin, ſome pounded cloves, pepper and ſalt, and ſome ſage-leaves chopped; beat it fine, and either preſs it into pots, and

roll

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roll it when it is uſed, or put it into ſkins. Beef and ſuet make very good ſauſages.

Another ſort. Take ſix pounds of good pork, free from ſkin, griſtles, and fat; cut it very ſmall, and beat it in a mortar till it is very fine; then ſhred ſix pounds of beef ſuet very fine, and free from all ſkin; ſhred it as fine as poſſible; then take a good deal of ſage, waſh it very clean, pick off the leaves, and ſhred it very fine: ſpread your meat on a clean dreſſer or table, then ſhake the ſage all over, about three large ſpoonfuls; ſhred the thin rind of a middling lemon very fine and throw over, with as many ſweet herbs, when ſhred fine, as will fill a large ſpoon; grate two nutmegs over, throw over two tea-ſpoonfuls of pepper, and a large ſpoonful of ſalt; then throw over the ſuet, and mix it all well together: put it down cloſe in a pot. When you uſe them, roll them up with as much egg as will make them roll ſmooth. Make them the ſize of a ſauſage, and fry them in butter or good dripping. Be ſure it be hot before you put them in, and keep them rolling about: when they are thoroughly hot, and of a fine light brown, they are enough. You may chop this meat very fine, if you do not like it beat. Veal eats well done thus; or veal and pork together. You may clean ſome guts and fill them.

SCATE.

To fricaſſee SCATE. Cut the meat from the bones, fins, &c. and make it very clean; then cut it into thin pieces, about an inch broad, and two inches long, and lay

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lay them in your ſtewpan: to one pound of the fleſh put a quarter of a pint of water, a little beaten mace, ſome grated nutmeg, a ſmall bundle of ſweet herbs, and a little ſalt; cover it, and let it boil fifteen miutes: take out the ſweet herbs, put in a quarter of a pint of good cream, a piece of butter the ſize of a walnut, rolled in flour, and a glaſs of white wine. Keep ſhaking the pan all the time one way, till it is thick and ſmooth; then diſh it up, and garniſh with lemon.

SCROPHULA.

This diſeaſe chiefly affects the glands, eſpecially thoſe of the neck. It is one of thoſe diſeaſes which may be removed by proper regimen, but ſeldom yields to medicine. The inhabitants of cold, damp, marſhy countries are moſt liable to the ſcrophula.

Children who have the misfortune to be born of ſickly parents, whoſe conſtitutions have been greatly injured by chronic diſeaſes, are apt to be affected with the ſcrophula. It may likewiſe proceed from ſuch diſeaſes as weaken the habit or vitiate the humours, as the ſmall pox, meaſles, &c. and, in ſhort, whatever tends to vitiate the humours or relax the ſolids, paves the way to this diſeaſe; as the want of proper exerciſe, too much heat or cold, confined air, unwholeſome food, bad water, the long uſe of poor, weak, watery aliments, the neglect of cleanlineſs, &c. Nothing tends more to induce this diſeaſe in children, than allowing them to continue long wet.

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At firſt ſmall knots appear under the chin or behind the ears, which gradually increaſe in number and ſize, till they form one large hard tumour: this often continues for a long time without breaking, and when it does break, it only diſcharges a thin watery humour. Other parts of the body are likewiſe liable to its attack; nor are the internal parts exempt from it. It often affects the lungs, liver, or ſpleen; and phyſicians have frequently ſeen the glands of the meſentery greatly enlarged by it.

Thoſe obſtinate ulcers which break out upon the feet and hands with ſwelling, and little or no redneſs, are of the ſcrophulous kind. They ſeldom diſcharge good matter, and are exceedingly difficult to cure. The *white ſwellings* of the joints ſeem likewiſe to be of this kind: they are with difficulty brought to a ſuppuration, and when opened they only diſcharge a thin ichor. There is not a more general ſymptom of the ſcrophula than a ſwelling of the upper lip and noſe.

As this diſeaſe proceeds, in a great meaſure, from relaxation, the diet ought to be generous and nouriſhing, but at the ſame time light and of eaſy digeſtion; as well fermented bread, made of ſound grain, the fleſh and broth of young animals, with now and then a glaſs of generous wine, or good ale. The air ought to be open, dry, and not too cold, and the patient ſhould take as much exerciſe as he can bear. This is of the utmoſt importance. Children who have enough of exerciſe are ſeldom troubled with the ſcrophula.

There is nothing more pernicious than the cuſtom of plying children in the ſcrophula with ſtrong purgative medicines. People imagine it proceeds from humours, which

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which muſt be purged off, without conſidering, that theſe purgatives increaſe the debility, and aggravate the diſeaſe. It has indeed been found, that keeping the body gently open for ſome time, eſpecially with ſea-water, has a good effect; but this ſhould only be given in groſs habits, and in ſuch quantity as to procure one, or at moſt two ſtools every day.

Bathing in the ſalt water has likewiſe a very good effect, eſpecially in the warm ſeaſon. A courſe of bathing in ſalt water, and drinking it in ſuch quantities as to keep the body gently open, have cured a ſcrophula, after many other medicines had been tried in vain. When ſalt water cannot be obtained, the patient may be bathed in freſh water, and his body kept open by ſmall quantities of ſome mild purgative.

Next to cold-bathing, and drinking the ſalt water, we would recommend the Peruvian bark. The cold bath may be uſed in ſummer, and the bark in winter. To an adult, half a dram of the bark in powder may be given, in a glaſs of red wine, four or five times a day. Children, and ſuch as cannot take it in ſubſtance, may uſe the decoction made in the following manner:

Boil an ounce of Peruvian bark, and a dram of Winter's bark, both groſsly powdered, in a quart of water to a pint; towards the end, half an ounce of ſliced liquorice-root, and a handful of raiſins may be added, which will both render the decoction leſs diſagreeable, and make it take up more of the bark. The liquor muſt be ſtrained, and two, three, or four table-ſpoonfuls, according to the age of the patient, given three times a day.

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External applications are of little uſe. Before the tumour breaks nothing ought to be applied to it, unleſs a piece of flannel, or ſomething to keep it warm. After it breaks, the ſore may be dreſſed with ſome digeſtive ointment.

The yellow baſilicon anſwers beſt, mixed with about a ſixth or eighth part of its weight of red precipitate of mercury. The ſore may be dreſſed with this twice a day; and if it be very fungous, and does not digeſt well, a larger proportion of the precipitate may be added.

Medicines which mitigate this diſeaſe, though they do not cure it, are not to be deſpiſed. If the patient can be kept alive, by any means, till he arrives at the age of puberty, he has a great chance to get well, but if he does not recover at this time, in all probability he never will.

There is no malady which parents are ſo apt to communicate to their offſprings as the ſcrophula, for which reaſon people ought to beware of marrying into families affected with this diſeaſe.

SCURVY.

The ſcurvy is occaſioned by cold moiſt air; by the long uſe of ſalted or ſmoke-dried proviſions, or any kind of food that is hard of digeſtion, and affords little nouriſhment. It may alſo proceed from the ſuppreſſion of cuſtomary evacuations.

It is ſometimes owing to an hereditary taint, in which caſe, a very ſmall cauſe will excite the latent diſorder. Grief,

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Grief, fear, and other depreſſing paſſions, have a great tendency both to excite and aggravate the diſeaſe. The ſame obſervation holds with regard to neglect of cleanlineſs; bad cloathing; the want of proper exerciſe; confined air; unwholeſome food, or any diſeaſe which greatly weakens the body, or vitiates the humours.

This diſeaſe may be known by unuſual wearineſs, heavineſs, and difficulty of breathing, eſpecially after motion; rottenneſs of the gums, which are apt to bleed on the ſlighteſt touch; a ſtinking breath; frequent bleeding at the noſe; crackling of the joints; difficulty of walking; ſometimes a ſwelling, and ſometimes a falling away of the legs, on which there are livid, yellow, or violet-coloured ſpots; the face is generally of a pale or leaden colour. As the diſeaſe advances, other ſymptoms come on; as rottenneſs of the teeth, hæmorrhages, or diſcharges of blood from different parts of the body, foul obſtinate ulcers, pains in various parts, eſpecially about the breaſt, dry ſcaly eruptions all over the body, &c. At laſt, a waſting hectic fever comes one, and the miſerable patient is often carried off by a dyſentery, a diarrhœa, a dropſy, the palſy, fainting fits, or a mortification of ſome of the bowels.

There is no way of curing this diſeaſe but by purſuing a plan directly oppoſite to that which brings it on. It proceeds from a vitiated ſtate of the humours, occaſioned by errors in diet, air, or exerciſe; and this cannot be removed but by a proper attention to theſe important articles.

If the patient has been obliged to breathe a cold, damp, or confined air, he ſhould be removed, as ſoon as poſſible, to a dry, open, and moderately warm one.

If

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If there is reaſon to believe that the diſeaſe proceeds from a ſedentary life, or depreſſing paſſions, as grief, fear, &c. the patient muſt take daily as much exerciſe in the open air as he can bear, and his mind ſhould be diverted by cheerful company and good humour. But this, alas! is ſeldom the lot of perſons afflicted with the ſcurvy; they are generally ſurly, peeviſh, and moroſe.

When the ſcurvy has been brought on by a long uſe of ſalted proviſions, the proper medicine is a diet conſiſting chiefly of freſh vegetables; as oranges, apples, lemons, limes, tamarinds, water-creſſes, ſcurvy-graſs, brook-lime, &c. The uſe of theſe, with milk, pot-herbs, new bread, and freſh beer or cyder, will ſeldom fail to remove a ſcurvy of this kind, if taken before it be too far advanced; but to have this effect, they muſt be perſiſted in for a conſiderable time. When freſh vegetables cannot be obtained, pickled or preſerved ones may be uſed, and where theſe are wanting, recourſe muſt be had to the chymical acids. All the patient's food and drink ſhould, in this caſe, be ſharpened with cream of tartar, elixir of vitriol, vinegar, or the ſpirit of ſea ſalt.

Very extraordinary effects in the land ſcurvy have been produced from a milk diet. When theſe cannot be had, ſound cyder, perry, or ſpruce beer, may be uſed. Wort has likewiſe been found to be a proper drink in the ſcurvy. A decoction of the tops of the ſpruce fir is likewiſe proper. It may be drank in the quantity of a pint twice a day. Tar-water may be uſed for the ſame purpoſe, or decoctions of any of the mild mucilaginous vegetables; as ſarſaparilla, marſh-

mallow

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mallow roots, &c. Infuſions of the bitter plants, as ground-ivy, the leſſer centaury, marſh trefoil, &c. are likewiſe very beneficial.

A ſlight degree of ſcurvy may be carried off by frequently ſucking a little of the juice of a bitter orange, or a lemon. When the diſeaſe affects the gums only, this practice, if continued for ſome time, will generally carry it off. We would, however, recommend the bitter orange as greatly preferable to lemon, it proves as good a medicine, and is not near ſo hurtful to the ſtomach. Perhaps our own ſorrel would be little inferior to either of them.

All kind of ſallads are good in the ſcurvy, and ought to be eat very plentifuly, as ſpinach, lettuce, parſley, celery, endive, radiſh, dandelion, &c. It is amazing to ſee how ſoon freſh vegetables in the ſpring cure the brute animals of any ſcab or foulneſs which is upon their ſkins. It is reaſonable to ſuppoſe that their effects would be as great upon the human ſpecies, were they uſed in proper quantity for a ſufficient length of time.

We have known good effects in ſcorbutic complaints of very long ſtanding, from the uſe of a decoction of the roots of water-dock. It is uſually made by boiling a pound of the freſh root in ſix pints of water, till about one-third of it be conſumed. The doſe is from half a pint to a whole pint of the decoction every day. The ſafeſt way, however, is, for the patient to begin with ſmall doſes, and increaſe them both in ſtrength and quantity, as he finds his ſtomach will bear it. It muſt be uſed for a conſiderable time.

The *Leproſy*, which was ſo common in this country long ago, ſeems to have been near a-kin to the ſcurvy.

Perhaps

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Perhaps its appearing ſo ſeldom now, may be owing to the inhabitants of Britain eating more vegetable food than formerly, living more upon tea and other diluting diet, uſing leſs ſalted meat, being more cleanly, better lodged and cloathed, &c.

For the cure of this diſeaſe we would recommend the ſame courſe of diet and medicine as in the ſcurvy.

SEPTEMBER.

ARTICLES FOR THE SEASON.

Meat.
Beef
Buck veniſon
Lamb
Mutton
Veal

Poultry.
Chickens
Ducks
Fowls
Geeſe
Hares
Larks
Partridges
Pheaſants
Pigeons
Pullets
Rabbits
Teal
Turkies

Fiſh.
Carp
Cod
Flounders
Haddocks
Lobſters
Oyſters
Pike
Plaice
Salmon
Scate
Smelts
Soles
Tench
Thornback

Vegetables.
Artichokes
All ſorts of herbs
Beans
Cabbages
Cardoons
Carrots
Cauliflowers
Celery
Cucumbers
Endive
Eſchalots
Finochia
Garlic
Leeks
Lettuce and all ſorts of ſallad
Muſhrooms
Onions
Parſley
Parſnips
Peaſe
Potatoes
Radiſhes
Salſafy
Scorzonera
Sprouts
Turnips

Fruit.
Apples
Cherries
Currants
Figs
Filberts
Grapes
Hazle nuts
Medlars
Melons
Peaches
Pears
Plums
Quinces
Walnuts

DIN-

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DINNERS OF TWO COURSES.

First Course.

Soup Creſſé removed
with crimp cod.
The fiſh removed with roaſt gooſe.

Fried tripe. — Chickens boiled.

Fiſh ſauce.

Melted butter. — Rabbit pie. — Parſley ſauce.

Papiets de Veau. — Ox palates.

Cauliflower.

Ham boiled. — Calf's-head roaſted. — Shoulder of mutton in epigram.

Kidney beans.

Sheeps' tongues, Spaniſh way. — Petty patties of oyſters. — Ragoo of pigeons.

Currant jelly. — Veniſon ſauce. — Apple ſauce.

Soup le Rein removed
with ſtewed tench.

Turkey and oyſter ſauce. — Fiſh removed with haunch of veniſon. — Pork ſteaks.

Second Course.

Salmigundy. — Pheaſants roaſted. — Tartlets.

Pine apple.

Artichokes, Italian way. — Raſp cream. — Ragoo mille.

Peaches. — Cray fiſh. — Pears.

Potted char. — Deſert frame. — Collared eel.

Crabs dreſſed in their ſhell.

Plums. — Grapes.

Eggs Ducheſs faſhion. — A trifle. — Muſhrooms fricaſſee.

Cheeſecakes. — Melon. — Green codling tart.

Partridges roaſted.

DINNERS OF THREE COURSES.

First Course.

Diſh of fiſh.

Chickens. — Chine of Lamb. — Veal collops.

Pigeon Pie. — Gravy Soup. — Almond tart.

Harico of mutton. — Roaſt Beef. — Ham.

Diſh of fiſh.

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Second Courſe.

	Wild Fowls.	
Peas.	Damaſcene Tarts.	Ragooed lobſters.
Sweetbreads.	Crocant.	Fried piths.
Craw fiſh.	Maids of Honour.	Fried artichokes.
	Partridges.	

Third Courſe.

	Ragooed palates.	
Compot of biſcuits.	Tartlets.	Fruit in jelly.
Green truffles.	Epergne.	Cardoons.
Blancmange.	Cheeſecakes.	Ratafia drops.
	Calves ears à-la-braiſe.	

SKIRRETS.

To fricaſſee SKIRRETS. Having waſhed the roots very well, and boiled them till they are tender, take the ſkin off the roots, and cut them into ſlices: have ready a little cream, a piece of butter rolled in flour, the yolk of an egg beat, a little nutmeg grated, two or three ſpoonfuls of white wine, a very little ſalt, and ſtir all together. Your roots being in the diſh, pour the ſauce over them. It is a pretty ſide diſh.

Another way. Boil the roots till they are tender, blanch them, cut them in pieces; put ſome cream, a little butter rolled in flour, a little kyan, ſalt, and nutmeg, into a ſtewpan; boil it up, put in the ſkirrets, and let it juſt heat through.

SMALL

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SMALL POX.

The ſmall pox is diſtinguiſhed by two different names; the *diſtinct*, and the *confluent*: each denomination deſcriptive of the kind it denotes.

The approach of both ſorts is preceded by ſimilar ſymptoms: the firſt of which is generally unuſual wearineſs and diſinclination to motion; then follow ſhiverings ſucceeded by violent heats, thirſt, pains in the head, back, and all the limbs; and, more particularly in grown perſons, a diſpoſition to ſweat, pains at the pit of the ſtomach, ſickneſs, inclination to vomit, offenſive breath, a diſagreeable taſte in the mouth, heavineſs, and inclination to ſleep, which is generally accompanied with reſtleſſneſs and uneaſineſs, and diſturbed with ſtartings and dreams of horror; and immediately before the appearance of the eruption, children and perſons of very delicate conſtitutions are frequently ſubject to convulſions.

This diſeaſe has been divided into four, but more commonly into three periods, each attended with a fever of a different kind: the firſt is the nervous, and accompanies the efforts of nature to ſeparate the infected matter from the blood, and throw it out on the ſurface of the ſkin; the ſecond is of the ardent or burning kind, which appears during the maturation or ripening of the eruption, and which is commonly called the ſecondary fever; and the third, which is occaſioned by a return of the diſeaſed matter into the blood, and is therefore more or leſs putrid.

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The appearance and progreſs of the ſmall pox, (which is undoubtedly a diſeaſe of its own kind, and perfectly diſtinct from all others) is, for the moſt part, as follows: In the mild and favourable ſort, the puſtules will begin to appear on the fourth or fifth day from the firſt illneſs, when the preceding ſymptoms will abate, and the diſeaſe will ſhew itſelf in ſmall ſpots of a pale red, ſprinkled here and there over the face, neck, and breaſt, which are the parts in general firſt affected; and at this period a ſweating, which the ſtricteſt attention to keeping the patient cool will hardly prevent, commences till the puſtules begin to ripen, when it diſappears naturally. On the ſecond day, theſe ſpots begin to be viſible in a more diſtinct form in different parts of the body; and from this time they riſe and fill with a thick digeſted matter of a white colour, which changes to yellow about the ninth, tenth, or eleventh day; after which they will form into cruſts, or ſcabs, and gradually fall off, the intermediate ſpaces of ſkin between the puſtules appearing, during the progreſs, of a lively red, which continues even after the eruptions have diſappeared.

As the puſtules increaſe in quantity and ſize, the throat is frequently affected with ſoreneſs, and the eyelids are ſometimes ſo charged with eruptions and diſtended with the ſwelling, that the patient becomes blind; and this ſwelling extends not only over the whole head, but even to the hands, fingers, and feet, and is proportioned to the quantity of eruption; but this is by no means an unfavourable ſymptom, and it abates as ſoon as the puſtules are arrived at the full ſize and ripeneſs, and goes off, as it firſt appeared, by degrees.

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The regular declenſion or going off of this diſeaſe is marked by the falling of the face, and change of colour in the puſtules there, in the firſt place, whilſt thoſe in other parts continue full and large. An alteration is next diſcovered in the hands and fingers, and the change follows over the other parts of the body; on the fingers and hands there is ſeldom or ever any ſcurf, or ſcaly matter, but the burſting of the pock finiſhes the proceſs.

The confluent or malignant ſmall pox has alſo the ſame ſymptoms as the diſtinct and favourable ſort; but the eruption appears generally a day or two earlier, after the beginning of illneſs; and inſtead of the ſweating, it is frequently accompanied by a looſeneſs: the ſooner the puſtules break through the ſkin, the greater apprehenſion there is that they will run together. This ſort ſeldom comes out later than the third day, except in caſes attended by very extraordinary ſymptoms; ſuch as acute pains in the loins or ſide, violent rheumatic aches in the limbs, and uncommon pains in the ſtomach, occaſioning ſickneſs and vomiting; and when the eruption is delayed by ſuch complaints, much danger may be apprehended.

Nor do the ſymptoms, as in the diſtinct ſort, vaniſh on the appearance of the eruption; on the contrary, they continue with great ſeverity, and frequently for many days after this event. In the firſt ſtage, the ſpots are hardly to be diſtinguiſhed, but by the time of coming out, and the preceding ſymptoms, from the meaſles; after a time, they join or run together, and reſemble a red bladder, which covers the whole face, occaſioning an earlier ſwelling than the diſtinct ſort; and as the diſtemper

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temper advances, the whole ſurface of the face appears as if a thin white ſkin was ſtretched tightly over it: from the eighth day, or thereabout, this ſkin becomes more rough to the touch, and changes to a dark brown, inſtead of a yellow colour, as in the milder ſort: and this roughneſs and alteration of colour increaſes, until the ſuperficial ſkin cracks and falls off, which does not ſometimes happen, where the diſeaſe has been of the worſt kind, till towards the twentieth day; when the ſkin beneath appears at firſt ſmooth, but is ſoon covered with ſcales, of ſo corroſive a quality, as not only to occaſion pits, ſcars, and even ſeams, but in ſome very bad caſes to ſtrip off the ſkin of the back and ſhoulders, leaving the fleſh bare, and producing actual ſores.

Upon the whole, when the puſtules appear diſtinctly, ſlowly, and gradually; when they increaſe in height and ſize, and as well as the intermediate ſkin, preſerve a proper colour; when the ſwelling commences and goes off gradually; and when the ſeveral fevers are moderate, and the change or ripening is effected without the intervention of any extraordinary ſymptom; this diſeaſe is of the moſt mild and favourable kind, and is ſeldom attended with any conſiderable degree of danger.

But when the whole ſurface of the face is covered with puſtules; or when they are intermixed with dark, black, or purple ſpots or blotches; when a continual retention of urine, violent unintermitting pains in the head and eyes, and throbbings in the neck, indicate an increaſing fever; when the ſwellings of the head and face fall before the eruption has arrived to ripeneſs; when a black ſlough or cruſt covers the tongue; when the patient, at the maturity of the puſtules, is ſeized with

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ſhiverings, faintneſs, or violent palpitations; when there is a diſcharge of blood, either in the urine, or from the lungs, by expectoration or ſpitting: in either of theſe caſes the patient is in imminent danger, and the moſt fatal conſequences may be dreaded.

The introduction and very general uſe of *inoculation* has been productive of the moſt happy and advantageous changes, both in the management and medical treatment of the natural ſmall pox.

That thouſands of lives are annually ſaved in theſe kingdoms by inoculation, is beyond the poſſibility of queſtion; that many thouſands more might be in like manner preſerved by rendering it univerſally extenſive, is a propoſition too evident to be contended: and we ſubmit to thoſe patriotic members of the legiſlature, who have exerted great powers of ability in providing for the health and comfort of their fellow-citizens, in a variety of inſtances, whether the eſtabliſhment of ſome general and national plan, for the purpoſe of enabling all ranks and conditions of people to avail themſelves of this life-preſerving diſcovery, might not be attended with the moſt advantageous conſequences, and executed at a very moderate, if not a trifling expence.

Under the improved methods of *inoculation*, little objection is made to the age or conſtitution of the patient, or to the ſeaſon of the year in which the operation is performed.

As to the former, it ſeems to be the general opinion, that although many children under two years old have been inoculated with ſucceſs, yet the ſafer way is to let them paſs their teething; previous to, and during which,

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which, they are peculiarly ſubject to a variety of diſorders; ſuch as fevers, convulſions, and fluxes; which requiring management in ſome meaſure differing from the treatment of the ſmall pox, may occaſion inconveniences: nor is it altogether reaſonable to multiply diſorders in frames ſo tender, as to run great hazard in getting through thoſe which commonly attack them in the ſtate of infancy; more eſpecially as young ſubjects have uſually a larger burden of puſtules than thoſe of a more advanced age, though they are leſs able to bear them.

To this may be added, the extreme difficulty of prevailing on children to ſwallow medicine of any kind, in the greateſt emergency; and as an eruption heavier than uſual, or other circumſtances may occur, in which there may be an abſolute neceſſity for adminiſtering phyſic, we may in ſuch caſes have the melancholy proſpect of infants dying before us for want of that help, which, though at hand, we are utterly unable to afford them from this untoward circumſtance: and the forcing medicine down their little throats is attended with ſo much uncertainty, that no dependance can be placed on the quantity actually taken down, and is productive of ſuch dread and agitation in the patient, as frequently to occaſion convulſions, and other deplorable conſequences.

For theſe reaſons, it ſeems more prudent to defer the operation till after the cutting the firſt teeth is completed, as the delay is ſo ſhort, and the riſque of infants being expoſed to natural infection not very imminent; but if, from ſituation, the neceſſity of removing them, or other circumſtances, there is great probability of their being infected, recourſe ſhould be had to inoculation,

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lation, as at every period of life attended with much leſs danger.

In the inoculation of children, attention is recommended to an obſervation, that thoſe who, from the uncommon ſize of their heads, may be ſuſpected of being afflicted with any degree of the hydrocephalus, or dropſy in the brain, have from experience been found improper ſubjects of inoculation; children labouring under this complaint, being always liable to a ſtupor or heavineſs, which this operation hath, in ſome inſtances, been known to promote, though the diſeaſe of the ſmall pox hath proceeded with very favourable ſymptoms.

The ſucceſsful practice of admitting freſh air to patients in the ſmall pox, as an indiſpenſable regulation, renders the ſeaſon of the year when the diſeaſe is to be taken of very little conſequence; it being at all times neceſſary to guard againſt too much warmth, even in the winter, and the heats of ſummer being never ſo intenſe in this country as not to be eaſily avoided, by chuſing an apartment with a northern aſpect, which ſhould always be attended to when this operation is performed in the midſt of ſummer.

Not but that ſome regard ſhould be paid to circumſtances of particular kinds: at whatever ſeaſon of the year any epidemic diſtemper, ſuch as the fever or ſore throat, prevails, it will be proper to ſuſpend our intentions to inoculate, whilſt the poſſible occurrence of ſuch a diſtemper may render the buſineſs we have in hand leſs manageable.

Preparation for inoculation hath, till very lately, been held to be indiſpenſable; and though modern experience

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hath tended to leſſen the cautions uſual on that head, yet we do not conceive they are to be altogether rejected in regulating a regimen: perhaps little attention is neceſſary to ſuch as are moderate in fleſh, and enjoy perfect health; but where a very full habit indicates groſs humours, or where the conſtitution, reduced too low, requires corroboration or ſtrengthening, or where the ſtomach or bowels appear to abound with crude matter, ſome regulation may unqueſtionably be attended with advantage.

In the former caſe, a total or pretty general abſtinence from animal food, or the juices, in broth; from cheeſe, and any conſiderable quantity of butter; from fermented liquors, except a moderate uſe of well-concocted ſmall-beer; and from every kind of ſpice, or whatever elſe is of a heating nature, is certainly adviſeable. The diet to conſiſt of fruit-pies, pudding, rice-milk, and other milk meats; ſago, and roots, greens, and vegetables of all kinds, not excepting ſallads; together with eggs and butter in the puddings and pie-cruſt, but not otherwiſe; tea, coffee, or milk-chocolate, for breakfaſt: and all to be taken in ſuch moderate quantities, as not to offend or load the ſtomach.

The uſual time of preparation is nine or ten days before the operation; and under the circumſtances which render this preparation neceſſary, it will be proper for the patient to take, at equal diſtances, three doſes of the following powder, which may be either ſwallowed in the form of pills, or made into a bolus with jelly or ſweet-meats:

Calomel, ſixteen grains; powder of crabs-claws, ten grains; golden ſulphur of antimony, two-thirds of a grain;

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grain; emetic tartar, one quarter of a grain.—Theſe muſt be carefully rubbed and mixed in a mortar; and the doſe is from three to four grains for children, and from five to ſix grains for grown perſons, to be taken the laſt thing at night, and to be purged off the following morning with Glauber's ſalts diſſolved in warm water or gruel, and the quantity proportioned to the age and ſtrength of the patient: on the days of purging it will be proper to refrain from eating vegetables.

But all that has been ſaid of regimen and medicine ſhould be applied only to habits of particular fullneſs or groſſneſs; where there is no ſuch appearance, and where there is no ſuſpicion of bad humours or vitiated juices, no ſuch preparation is at all neceſſary, nor any reſtrictions as to diet, till after the infection is actually applied.

In the evening of the day in which the inoculation hath been performed, a doſe of the above powder may be given in quantity as before ſpecified; and from this time the regulations concerning food ſhould be carefully attended to, nor any deviation permitted, unleſs in caſes and under circumſtances which will hereafter be particularly noticed.

The communication of the ſmall pox by inoculation hath been performed in a variety of ways; on the firſt introduction of the practice, large quantities of infected matter were applied on pledgets of lint or cotton, to numerous inciſions of certain lengths, depths, and even forms; but this method being productive of diſagreeable ulcers and ſores on the parts, which continued to be troubleſome, and were ſometimes found to be obſtinate, long after the total diſappearance of the diſeaſe, a thread moiſtened with the matter, by drawing it through

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a ripe puſtule, was ſubſtituted, and being laid between the lips of the inciſion, was ſecured with a plaiſter; but this method producing the ſame inconveniences, though in a leſs degree, the following is now recommended, as liable to none of the objections of the former practices:

It having been long determined by experiments which leave no room for doubt, that if the patient receives infection naturally and artificially at the ſame time, or if the natural infection ſhould even have preceded inoculation, but has yet occaſioned no ſymptoms of approaching illneſs, that which is received by the wound, mingling with the blood at once, operates firſt, and deſtroys the diſpoſition of the body to be affected by the natural taint; it will be adviſeable to perform the operation in the ſame houſe, or, if convenient, in the ſame room, with the perſon from whom the matter is intended to be taken.

The point of a lancet or needle being dipped in the freſh infected matter, either from a puſtule, if in the natural way, or from the place of inſertion, if the perſon from whom it is taken is under inoculation, make a ſlight puncture or inciſion on the middle of each arm above the elbow, which may be juſt deep enough to paſs the external ſkin, but need not draw blood (which is, however, no way material) and the inſtrument being introduced, let it be gently turned, and a ſlight preſſure made with the finger towards the point of it, by which means ſome of the matter will be certainly wiped off, and left within the puncture or ſcratch.

The infection thus introduced, no application of any kind ſhould be made to the places where it is communicated,

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nicated, for either bandage or plaiſter are ſo far from being neceſſary, that they ſerve to prevent the certain diſcovery of the infection having taken place, which will ſhew itſelf by a degree of inflammation about the part; nor are theſe ſlight perforations of the outer ſkin attended with the dangers of ulcers, ſores, and mortifications, which were frequently occaſioned by inciſions and dreſſings.

It does not appear to be in the ſmalleſt degree material, whether the infection be taken from a ſubject of inoculation, or from one diſeaſed in the natural way, either may be indifferently uſed, and either will produce the ſame effects.

But as doubts have ariſen with reſpect to the particular ſtage of the diſeaſe, at which the matter for infecting ſhould be obtained, it may be neceſſary to remark, that the time generally pointed out for this purpoſe is during the continuance of the fever which accompanies the eruption.

The infection thus communicated, on the evening of the ſame day give a doſe of the powder before deſcribed; and from this time let the regimen be particularly attended to. To grown perſons it will be proper to give a ſmall doſe of Glauber's ſalts, or manna, and the infuſion of ſenna, on the mornings following after the powders are taken; but unleſs the powders ſhould fail to produce a ſtool or two, this will not be neceſſary for children.

The progreſs of the infection will appear in a ſmall degree of inflammation about the punctured part, ſo ſlight at firſt as only to be diſcoverable by the help of a magnifying glaſs, and this frequently ſo early as the

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ſecond day: on the fourth or fifth day the part will be ſomewhat hard to the touch, the inflammation will be more viſible, attended with itching, and the immediate ſcratch or puncture will appear to be covered with a kind of thin ſkin, beneath which a ſmall quantity of fluid will be diſcernible; the whole aſſuming the appearance of a burn.

About the ſixth day a pain and ſtiffneſs is generally felt in the arm-pit; and this is conſidered as an agreeable ſymptom, foretelling the near approach of the eruption, and denoting a favourable progreſs of the diſeaſe: and at this time another doſe of the powder may be adminiſtered, under the foregoing directions.

Sometimes on the ſeventh day, but more frequently on the eighth, the ſymptoms of the eruptive fever will begin to appear, ſuch as ſlight remitting pains of the head and back; increaſed ſtiffneſs in the arm-pits; ſhiverings of ſhort duration; and alternate heats, which continue, more or leſs, till the whole eruption is complete. A very diſagreeable taſte in the mouth, and an offenſive breath, are alſo uſual ſymptoms about this time; and the body begins to emit a ſmell peculiar to this diſorder, at the particular period of eruption: and to theſe ſymptoms may be added the appearance of the infected parts, where the inflammation now ſpreads faſt, and the punctures generally appear, upon inſpecting them through a glaſs, to be almoſt ſurrounded with ſmall puſtules, ſo cloſe together, as to be in a manner confluent; and theſe puſtules increaſe in ſize, and extend as the diſeaſe advances.

On the tenth or eleventh day, a partial eruption, of a lively colour, ſurrounds the place of inſertion, and frequently

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quently extends half way round the arm, but more commonly is about the ſize of a ſhilling; and being under the cuticle, or external ſkin, is neither perceptible by the touch, or painful. When this appearance accompanies the eruption of the ſmall pox, it is of a very pleaſing nature, as it almoſt infallibly predicts a moderate quantity of puſtules, the fever and every other diſagreeable ſymptom ſoon ſubſide, and all danger and difficulty are at an end.

At this ſtage of the diſeaſe it may be neceſſary to repeat the powder, in which caſe it ſhould be given as uſual at night; and on the following morning this laxative draught:

Infuſion of ſenna, two ounces; manna, half an ounce; tincture of jalap, two drams.—But neither the former medicine, nor this, will be neceſſary, unleſs the appearance of the eruptive ſymptoms is accompanied with any particular degree of violence; and in that caſe theſe preſcriptions are calculated for grown perſons of robuſt habits and conſtitutions.

And here it may be neceſſary to repeat the remark, that although preparation by regimen and purging medicine may be neceſſary, in the habits laſt deſcribed, yet infants, children, and young people in perfect health, not remarkably groſs or full of blood, will need few or none of theſe precautions; the ſingle doſe of the powder, adminiſtered the day on which the infection is communicated, will generally be very ſufficient for ſuch ſubjects, and in ſome caſes even that may be diſpenſed with.

The progreſs of the eruption is unqueſtionably the moſt intereſting period of this diſtemper; and the management

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nagement of the patient, according to the modern method, at this particular ſtage of it, differing ſo very widely from former practice, it will be requiſite that the directions on this head ſhould be plain and intelligible: that no neceſſary ſteps may be omitted for want of the reſolution which follows perfect information, nor any hazardous experiments tried which may produce the dangers of the diſeaſe in attempting to avoid them.

When the ſymptoms of the eruptive fever begin to make their appearance, the patient is by no means to be confined to his bed, or even to his room; on the contrary, as ſoon as the purging medicine has operated (if it has been neceſſary to adminiſter it) let him keep abroad in the open air, nor ſhrink from it, however diſagreeable; being equally cautious not to ſtand ſtill, and to avoid the contrary extreme of violent exerciſe; and if he is troubled with thirſt, let him quench it in draughts of cold water.

By the regimen above preſcribed, and the alterative purging medicines and cool air at the period of eruption, terrifying ſymptoms, and large quantities of puſtules, are in moſt caſes avoided: and certain it is, that thoſe who are moſt inclined to keep abroad, conforming, in all other reſpects, to the regulations laid down, generally paſs through the diſeaſe more eaſily than thoſe who confine themſelves within doors; and are in general ſo ſenſible of the benefit they derive from the air, as to ſolicit others in the ſame ſituation, rather to ſubmit to it at firſt as a hardſhip, than to forfeit the advantages with which the uſe of it will be certainly attended.

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As ſoon as the maturation or ripening is completed, and no farther apprehenſion remains of danger from the diſeaſe, the courſe of diet may be altered to one ſomewhat more generous: boiled meats, ſuch as chicken, mutton, or veal, may be allowed in ſmall portions; but particular caution ſhould be uſed in the return to the ordinary quantities of animal food; and ſome reſtraint will be neceſſary for a certain time, both with reſpect to this kind of diet and the uſe of fermented liquors.

If the parts where the infection was received ſhould not completely heal up at the time the ſcabs of the pock fall off, but ſhould continue to diſcharge matter after that event; this appearance is occaſioned by ſome peculiarity in the habit, which ſhould be removed by gentle purgatives and alteratives, the wounds being in the mean time covered from the air, and the inconveniency which may ariſe from the adherence of the linen prevented by a plaiſter of white cerate, or any other inoffenſive ointment.

In the inoculated ſmall pox it ſometimes happens, that a conſiderable fever remains after the eruption, the ſkin ſeems ſtretched and painful, and the throat becomes ſo ſore as to occaſion difficulty in ſwallowing; in ſuch caſes a bliſter plaiſter has been recommended to be applied on the inciſions, which are generally the principal ſeats of complaint, being ſurrounded by a cluſter of puſtules, frequently confluent, and occaſioning ſome ſwelling or ſtraitneſs of the ſkin, and inflammation; a diſcharge, therefore, of the acrid matter from this ſource of the whole diſeaſe ſeems the obvious method of procuring relief. The bliſter may be about the ſize of a

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crown piece, or leſs, according to the extent of the inflammation, and may be compoſed of—Powdered cantharides, or Spaniſh flies; and common yellow baſilicon. The plaiſter ſhould be laid on ſoft linen cloth, and the edges of it prepared to adhere, by being ſpread with the common ſticking plaiſter, ſo that the bliſter may be prevented from ſlipping, or being rubbed off from the part, in the patient's ſleep; but the immediate inciſion or puncture ſhould be covered with a doſſil of lint or cotton before the bliſter plaiſter is laid on, which ſhould remain about twelve hours, and then be removed and dreſſed with yellow baſilicon ſpread on a pledget of lint, and the whole covered with a plaiſter of the following cerate; the preſcription for which is given, as not only making the beſt plaiſter for dreſſing bliſters, but in other caſes an innocent healing ſalve or ointment, and very proper to be applied as the exterior dreſſing of many other wounds and ulcers:

Take of olive oil, half a pound; yellow wax and prepared calamy, of each a quarter of a pound. Melt the wax with the oil, and as ſoon as the mixture begins to congeal, ſprinkle in the calamy, and ſtir well till the whole is quite cold. This is the common Turner's cerate, and called in the London Diſpenſary, cerate epulotic.

Though this method of applying bliſters in the inoculated ſmall pox hath not been uſually practiſed, yet it hath been ſo frequently tried of late, and hath ſo conſtantly been attended with ſpeedy and effectual relief, that it ought to be recommended to general uſe on ſuch occaſions, bliſters on the other parts of the body being much more troubleſome and leſs efficacious; beſides, that

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that the little additional pain which follows bliſtering the part already ſore and inflamed, is no conſiderable object, with children more eſpecially; nor does the bliſtering protract the healing of the inciſions; on the contrary, it hath been remarked, that thoſe which have been bliſtered are generally whole before others to which no application hath been made.

To what has been ſaid of variations, ſymptoms, and effects, in the inoculated ſmall pox, may be added, that in ſome caſes, but particularly thoſe of children, though the eruption hath been moderate, and the puſtules of a good kind, yet very early in the diſeaſe the inoculated parts have been highly inflamed, and have occaſioned reſtleſſneſs, and even a degree of fever; whenever this happens, a common poultice of bread and milk will remove the complaint with certainty.

The *confluent* ſmall pox, the melancholy effects of which are but too viſible in many unfortunate individuals who have been the victims of its malignity, claims our attention; and if the ſubſtitution of a mode of treatment, different in all reſpects from that under which thoſe melancholy conſequences enſued, will produce ſymptoms ſo different as to leſſen our fears of death and deformity, and increaſe our hopes of not only preſerving our lives, but the comforts of them, it is an object to be purſued with zeal, earneſtneſs, and aſſiduity.

It is of great importance to be acquainted with the means of diſtinguiſhing the approach of this diſeaſe from that of certain fevers, to the preceding ſymptoms of which thoſe of the ſmall pox bear a very ſtrong reſemblance; but knowledge of this ſort muſt be acquired by great attention, which will in moſt caſes, where oppor-

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tunity offers of making the obſervations in time, enable us to prognoſticate with tolerable certainty what particular diſeaſe will follow.

If the fever runs remarkably high; if the hot and cold fits, but in particular the latter, be long and ſevere; if loathing and vomiting ſucceed, and are accompanied with pains in the head, back, and loins; if the patient appears oppreſſed with wearineſs, and diſturbed with a great degree of reſtleſſneſs; if his breath is uncommonly offenſive, and he complains of a very diſagreeable taſte in his mouth; and if theſe ſymptoms ſhould have the additional ſupport of any probable danger of recent infection, little doubt can be entertained of their indicating the approach of the ſmall pox: but ſhould that not happen to be the caſe, there is no reaſon to apprehend that the regimen which ſuch a belief points out, will prove in the ſmalleſt degree injurious, ſhould the complaints terminate in any other kind of fever.

Suppoſing, therefore, that we are apprized, by all or ſeveral of theſe ſymptoms, of the approach of the ſmall pox, the ſame medicines, adminiſtered at the ſame times, in the ſame proportions, and ſubject to the ſame exceptions; the ſame regimen as to diet, and the ſame treatment as to air, which hath been already directed for inoculated patients, may be recommended on the beſt authority, that of experience, as the ſureſt means to obviate the difficulties, and ſurmount the dangers, to which the ſufferer under this diſeaſe is much more certainly liable under the old and very contrary practice.

In all caſes where the preventive methods could not be tried, and when the eruption is already out or beginning to appear, the mercurial powder may be immediately

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ately adminiſtered, and the purging draught ſhould follow it on the ſucceeding morning, as directed in the ſmall pox by inoculation; the patient ſhould alſo be moved about in the open air; and if the progreſs of the eruption does not occaſion an abatement of the ſymptoms, but they ſhould continue or increaſe in violence, the medicines ſhould alſo continue to be repeated at intervals during the courſe of the eruptive fever; and from this treatment great hopes may be entertained that the eruption may be checked, and the conflux and conſequent danger in a great meaſure prevented.

But we are not to expect that the effects of regimen or management will be ſo immediately and ſenſibly felt in the natural diſeaſe, where the ſymptoms are generally violent, as in inoculation, where they are for the moſt part much more moderate.

Though the pain in the head derives certain relief from the cool air, yet it doth not ſo certainly, at leaſt not ſo immediately, follow in the complaints of the back and loins; ſo that the neceſſary motion is productive of much trouble and fatigue: notwithſtanding which, the patients themſelves are in general ſo ſenſible of the benefit they receive from this toilſome undertaking.

If the patient has complained of conſiderable ſickneſs at his ſtomach, the medicines will in all probability promote it to vomiting; and this diſpoſition ſhould be encouraged by drinking freely of ſome warm diluting liquid, avoiding the cool air during this operation of the medicines, and for ſome time after, till the fatigue and perſpiration occaſioned by it are entirely gone off.

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This effect of the medicines, being followed by ſtools, will in a great degree leſſen the fever heat, thirſt, ſickneſs, and univerſal pains; and though the patient will ſometimes appear low after theſe evacuations, yet the ſymptoms being abated, and the ſtomach capable of taking nouriſhment, a little thin broth of chicken or mutton, tea, gruel, and milk, will in moſt caſes procure conſiderable refreſhment; and a diſpoſition to ſleep ſucceeds, which ſhould be indulged, but *upon* the bed only, in the day-time, nor ſhould the patient go into it till he lays down for the night.

By this conduct the fever preceding the eruption, and the many painful and diſagreeble ſymptoms which attend it, will in moſt caſes be alleviated, and the appearance of the puſtules be delayed; and however dangerous ſuch a conſequence may have appeared in the old method of treatment, yet experience has convinced us, that the later the eruptions appear, the more mild in general is the diſeaſe.

If any degree of coſtiveneſs ſhould attend the riſing of the ſmall pox, it ſhould be removed by gentle emollient clyſters; at any rate ſtools ſhould be procured, nor ſhould the patient be ſuffered to remain much more than twenty-four hours without this evacuation: a ſtool or two every day will greatly tend to cool and relieve. And the following drink hath been recommended as extremely refreſhing, and very uſeful to abate the heat, and allay the thirſt, which generally attends the ſmall pox, and in particular the ſevere or malignant ſort, about the time of maturation.

Mix one part of the weak ſpirit of vitriol with two parts of the ſweet ſpirit of vitriol, to the quantity together

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ther of half an ounce; add to this three pints of barley water, or other diluting pectoral drink, and take it at pleaſure.

A foul mouth, or dry and chopped tongue, ſhould be frequently waſhed, and the throat gargled with jelly of black currants diſſolved in warm water; or with honey and water, and a ſufficient quantity of the currant jelly, or of vinegar, to ſharpen it.

A ſuppreſſion of the urine, or difficulty of making water, is a complaint very common in this diſeaſe; a tea ſpoonful of ſweet ſpirit of nitre may in ſuch a caſe be added to the patient's drink; but moving him either out of the bed, or if that cannot be accompliſhed, ſetting him upon his knees, will uſually procure relief, and a free and large diſcharge of urine is attended with very good effects in the ſmall pox.

When this diſeaſe is in ſo malignant a ſtate as to be accompanied with black, purple, or livid ſpots, it will be neceſſary to have immediate recourſe to the Peruvian bark, which may be given in ſubſtance, and repeated as often as the patient's ſtomach will bear it; and it ſhould be adminiſtered in the following form:

One dram of the bark powdered; one ounce and a half of common water; half an ounce of ſimple cinnamon water; and one ounce of lemon or orange ſyrup. This may be ſharpened by the addition of a ſmall quantity of the ſpirit of vitriol.

To a child, a table ſpoonful ſhould be given every hour, and to grown perſons three or four; and as the effect depends on a ſufficient quantity being taken, it ſhould not be omitted, as often as it will remain on the ſtomach without exciting vomitings or retchings.

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When theſe deplorable ſymptoms appear, the patient's food and drink ſhould be particularly regulated: the former ſhould be preſerved fruits, of an acid quality, and apples boiled or roaſted; and the latter ſhould conſiſt of generous wines, moderately diluted, and ſpirit of vitriol, lemon juice, orange juice, currant jelly or vinegar, ſhould be added to every draught.

Nor is the bark only preſcribed in the putrid or ſpotted ſmall pox; it may be adminiſtered with ſucceſs in thoſe kinds where the puſtules do not maturate in the uſual form, but where they fill with a thin, clear, and acrid matter, of a paler colour than that of the mild and favorable ſort of this diſeaſe; and is often of great efficacy in promoting a due preparation of the matter, and filling the pock with that of a proper colour and conſiſtence; and inſtances have frequently occurred where the uſe of the bark and acids hath affected this change, when the eruption hath been quite flat, the matter tranſparent, and the whole appearance very unpromiſing.

Bleeding, alſo, has in ſome inſtances been found very ſerviceable, when the puſtules have flattened or ſubſided. Cataplaſms to the hands and feet may ſerve to promote the ſwelling, and very ingenious phyſicians have in ſuch caſes recommended bathing the extremities in warm milk and water, and even the whole body to the breaſt.

Such a number of boils on the body are attended with ſo much ſoreneſs and uneaſineſs, that the moderate uſe of gentle opiates is generally neceſſary about this time, to aſſuage the pain occaſioned by the violent inflammation of the puſtules and ſkin: for though the ſoreneſs and anxiety complained of are generally good ſymptoms, and the want of thoſe ſenſations would indicate

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eate danger, yet it is neceſſary to contribute as much as poſſible to the patient's eaſe, which in this caſe can only be procured by opiates; of which the ſyrup of poppies may anſwer the purpoſe with children, but grown perſons will require a ſmall quantity of laudanum.

The ſecondary fever comes on with the firſt appearance of an alteration or change of colour in the puſtules; and this is conſidered as the moſt dangerous period of the diſeaſe, which generally proves more mortal in this than in any other ſtage.

At this turn of the diſtemper, nature frequently makes her effort to relieve the patient by the evacuation of purging; and this diſpoſition ought to be encouraged, a change being made in the patient's regimen as to diet and drink, which ſhould at this time be more nouriſhing and generous, in order to ſupport thoſe critical and ſalutary diſcharges.

Opening the puſtules, when they arrive at maturity, hath been alſo adviſed; nor do we ſee any reaſon why the taking off a load of acrid matter, and leſſening the tenſion or ſtretching of the ſkin, both which no doubt contribute to keep the ſecondary fever high, ſhould be attended with any ill conſequence; it has certainly been practiſed with ſafety, and may probably prevent the marks which the matter corroding under the ſcab generally occaſions.

But this operation ſhould not be performed till the puſtules turn of a yellow colour, and may either be effected with ſciſſars or the point of a needle, and the matter taken off as it flows with dry lint; but as the puſtules fill again, and ſometimes even a third time, it will be neceſſary to open them repeatedly, and at leaſt

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as long as they ſhew any conſiderable quantity of matter. The eruption in the face generally changing firſt, the operation will begin there, and may be extended to the other parts of the body.

Nor is this operation attended with any degree of pain or inconvenience; with children it may be performed whilſt they ſleep, without the ſmalleſt danger of awakening them; nor does it occaſion the leaſt ſmarting or ſoreneſs, but generally alleviates the inflammation which accompanies this ſtage of the diſeaſe.

At this period of the diſtemper it is of no ſmall advantage to ſhift the linen of the ſick, which muſt by this time be grown extremely foul, ſtiff, and offenſive, and exceedingly troubleſome and uneaſy to them; beſides that it pollutes the air of the chamber, and renders it ſo unfit for reſpiration, as not only to affect the patient, but to be almoſt intolerable to thoſe in health, who are engaged in attendance, and other neceſſary offices about the diſeaſed: nor is the inconvenience confined to the immediate loathſome effects of this ſpecies of impurity; the contagious particles of this poiſonous exhalation paſſing into the blood again through the lungs, tend to its farther corruption. Nor ſhould freſh air be excluded, under proper precautions, and with due regard not to make too ſudden a change, or too violent an impreſſion; but the removal of the offenſive linen, and opening windows and doors with prudence, will frequently produce very extraordinary effects in the recovery of thoſe who have ſuffered under the ſeverity of this diſeaſe; nor is it at all neceſſary, or even proper, that the linen intended to change the patient ſhould be previouſly worn by another perſon, whoſe perſpiration will certainly render it unfit for

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for the intended purpoſe of refreſhing and comforting the ſick; whatever apprehenſions may have been formerly entertained, no manner of danger attends the putting on clean linen, provided it be made perfectly dry, and reaſonably warm.

Though it has been generally thought right to purge after the ſmall pox, yet it will be found to be more or leſs neceſſary, according as the patient hath been coſtive, or the contrary, during the courſe of the diſeaſe; but at any rate it will not be proper to neglect it wholly, leſt biles, ſwelled glands, and ulcers ſhould follow, which is not unfrequently the caſe.

Stewed prunes, in which have been infuſed the leaves of ſenna, is a proper purge for young children, to which may be occaſionally added a little rhubarb in powder. Youths and grown perſons may take from eight to twelve grains of rhubarb at night, and the like quantity of jalap the following morning; and theſe purging doſes may be repeated three, four, or five times, as circumſtances require.

When the diſeaſe has been ſevere, ulcers and impoſthumes will ſometimes follow: no attempts ſhould be made to repel or diſperſe theſe humours, but they ſhould be ripened by common poultices of bread, milk, and oil, as ſpeedily as poſſible; and after they have burſt, or been opened, as neceſſity may direct, the patient ſhould be purged, and for ſome time confined to a milk diet, and adviſed to the uſe of the Peruvian bark, which may be adminiſtered in ſubſtance in Port wine and water, or wine alone, according to the age and ſituation of the patient, which will alſo direct the proportion of quantity, from one dram to five or ſix, which

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ſhould be repeated daily as long as theſe complaints continue.

SMELTS.

They are dreſſed like other ſmall fiſh.

SNIPES.—See Woodcocks, &c.

SNOW.—See Cream and Ornamental Dishes.

SOLES.

To boil Soles. Take two or three pair of middling ſoles; when they are ſkinned and gutted, waſh them in ſpring water, then put them on a diſh, and pour half a pint of white wine over them; turn them two or three times in it, and pour it away; then cut off the heads and tails of the ſoles, and ſet on a ſtewpan, with a little rich fiſh broth; put in an onion cut to pieces, a bunch of ſweet herbs, pepper, ſalt, and a blade of mace; when this boils put in the ſoles, and with them half a lemon, cut in ſlices with the peel on; let them ſimmer ſlowly, then take out the ſweet herbs, and put in a pint of ſtrong white wine, and a piece of butter rolled in flour; let them all ſimmer together till the ſoles are enough.

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While the fiſh are doing, put in half a pint of veal gravy, and a quarter of a pint of eſſence of ham; let it boil a little, take up the ſoles, and pour this over it.

Another way. Clean a pair of ſoles, lay them in vinegar, ſalt, and water, two hours; dry them in a cloth, put them into a ſtewpan, put to them a pint of white wine, a bundle of ſweet herbs, an onion ſtuck with ſix cloves, ſome whole pepper, and a little ſalt; cover them, and let them boil. When they are enough, take them up, lay them in your diſh, ſtrain the liquor, and thicken it up with butter and flour. Pour the ſauce over, and garniſh with ſcraped horſe-radiſh and lemon. In this manner dreſs a little turbot. It is a genteel diſh for ſupper. You may add prawns, or ſhrimps, or muſſels, to your ſauce.

To ſtew SOLES. Having taken the fleſh from the bones of your ſoles, cut each of them into eight pieces. Put into a ſtewpan a quart of boiled gravy, a quarter of a pint of Madeira, or white wine, ſome white pepper pounded, grated nutmeg, a piece of lemon-peel; ſtew theſe together for near an hour; add ſome cream, a piece of butter mixed with flour: keep the ſauce ſtirring till it boils, put in the fiſh, ſtew it for a quarter of an hour; take out the lemon-peel, ſqueeze in ſome lemon-juice. The fiſh may be ſtewed whole in the ſame ſauce, and, if more convenient, cut the fiſh as before directed, and make a little gravy with the bones and head.

To ſtew SOLES, PLAICE, *or* FLOUNDERS. Half fry them in a proper quantity of butter of a fine brown, then take up your fiſh, put to your butter a quart of water, and boil it ſlowly a quarter of an hour, with two anchovies and an onion ſliced; then put in your fiſh again,

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again, with an herring, and ſtew them gently twenty minutes; then take out your fiſh, and thicken the ſauce with butter and flour, and give it a boil; then ſtrain it through a hair ſieve over the fiſh, and ſend them up hot.

If you chuſe cockle or oyſter liquor, put it in juſt before you thicken the ſauce, or you may ſend oyſters, cockles, or ſhrimps, in a ſauce-boat to table.

To fry SOLES. Having ſkinned them, rub them over with yolk of egg, ſtrew on them very fine bread-crumbs, or flour them; fry them with a briſk fire.—Anchovy ſauce.

Another way. Scale and trim the ſoles properly, and ſkin the black ſide; mix ſome bread-crumbs with a very little flour; baſte the ſoles with beat eggs, and ſtrew them over with the bread-crumbs; fry them in hogs'-lard of a good colour. Garniſh with fried parſley, and ſerve with anchovy ſauce, &c. in a ſauce-boat.

Flounders, Plaice, and flat fiſh in general are dreſſed in the manner of Soles: in regard of *frying*, obſerve,

Flounders are only to be gutted and their ſkin waſhed with water and ſalt; well dried with a cloth, floured and put into the pan, and managed as the ſoles.

And *Plaice* after the ſame manner as flounders.

Whitings are alſo done as the former.

Smelts are only to be rubbed with a coarſe cloth, floured and fried.

Gudgeons muſt be ſcaled, gutted and waſhed, then floured and put into hot lard.—But in all theſe your fire muſt be quick.

If

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If you would fry them very criſp, uſe ſallad oil inſtead of lard; or you may uſe good beef or mutton dripping; but it muſt be made as hot as poſſible in the pan before you put in the fiſh.

The ſauce for theſe is melted butter and anchovy liquor, with ſhrimps or oyſters, if they are ſingle.

To marinade SOLES. Boil them in ſalt and water, bone and drain them, and lay them on a diſh with their bellies upwards: boil ſome ſpinach, and pound it in a mortar; then boil four eggs hard, chop the yolks and white ſeparate, and lay green, white, and yellow among the ſoles, and ſerve them up with melted butter in a boat.

To bake SOLES. Gut, waſh, and ſkin them, cut off their heads and tails, ſlit them along the back, and ſeaſon them with ſalt, pepper, ſweet herbs, parſley, and whole chives: rub a diſh with butter, and lay in the ſoles; pour a little melted butter over them, and ſtrew over that ſome bread grated fine. Bake them of a fine brown; and, when enough, take off all the fat: pour ſome anchovy ſauce into a diſh, and lay the ſoles upon it.

SOLES *with force-meat.* Provide a pair of large ſoles, or three or four of a leſſer ſize, take the ſkin off from both ſides, and ſoak them in a marinade for an hour; dry them upon a cloth, cut them down the middle, and and with the point of your knife raiſe up the fillets: make a little force-meat of the fleſh of a couple of plaice or flounders, a morſel of ſuet, ſeaſon with a muſhroom or two, a green onion and parſley minced, pepper and ſolt, and nutmeg: ſcrape a bit of bacon, and fry it very gently; let it cool, and pound it well with a bit of

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of bread well ſoaked, and a couple of eggs, taking away one white; lift up the fleſh of the ſoles, and cram in as much as you can: bruſh ſome egg over them, and ſtrew crumbs of bread, a little oil, or oiled butter, poured upon it. Bake them about half an hour of a fine colour, and ſend them up, garniſhed with ſome little pats of your force-meat fried, and ſome parſley. For your ſauce, take a little ſweet baſil, pimpernel, thyme, and parſley, a ſhallot or two minced fine, with a ladle of your clear gravy, and a daſh of white wine, pepper, and ſalt; boil all together for a few minutes, ſqueeze in a lemon or two, and ſend it up in a fiſh ſauce-boat.

Small grills are good done in this manner, or any other firm-fleſhed fiſh.

SOLES *à-la-Françoiſe.* Put a quart of water and half a pint of vinegar into an earthen diſh; ſkin and clean a pair of ſoles, put them into the vinegar and water, let them lie two hours, then take them out and dry them with a cloth; then put them into a ſtewpan with a pint of white wine, a quarter of a pint of water, a very little thyme, a little ſweet marjoram, winter ſavoury, and an onion ſtuck with four cloves: put in the ſoles, ſprinkle a very little bay-ſalt, and cover them cloſe; let them ſimmer very gently till they are enough: take them out, lay them in a warm diſh before the fire; put into the liquor, after it is ſtrained, a piece of butter rolled in flour, let it boil till of a proper thickneſs. Lay the ſoles in a diſh, and pour the ſauce over them.

A ſmall turbot, or any flat fiſh, may be dreſſed in the ſame manner.

Fillets

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Fillets of SOLES *Beſh-a-mell.* Take two cold boiled ſoles, cut them in fillets two inches long and one inch broad, lay them into a ſtewpan, and make a ſauce for them as follows: Take a pint of cream, put it in a ſtewpan, with a ſlice of ham, one onion, a bit of parſley, and half a ſmall carrot; let it boil till it comes to half a pint, ſtirring it all the time; then thicken it up with a little butter and flour, ſtrain it upon your ſoles, ſet it upon the fire to boil, add a little pepper and ſalt, and ſome juice of lemon, let it juſt ſimmer, but not boil, and ſerve it up hot. This is a pretty firſt or ſecond courſe diſh.

Fillets of Turbot are done the ſame way.

SOUPS.

OBSERVATIONS.—Great care is neceſſary to be taken that the pots, or ſaucepans, and covers, be very clean, and free from all greaſe and ſand, and that they are well tinned, for fear of giving the broth or ſoups any braſſy taſte, or of injuring the health of thoſe who partake of the ſeveral diſhes. When you make any kind of ſoups, particularly portable, vermicelli, or brown gravy ſoup, or any other that has roots or herbs in it, always obſerve to lay the meat in the bottom of your pan, with a good lump of butter; cut the herbs and roots ſmall, lay them over your meat, cover it cloſe, ſet it over a very ſlow fire; it will draw all the virtue out of the roots or herbs, and turn it to a good gravy, and give the ſoup a very different flavour from putting water in at the firſt. When your gravy is almoſt dried up, fill your pan with

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water; when it begins to boil, take off the fat, and follow the directions of your recipe for what ſort of ſoup you are making. When you make old peas ſoup, take ſoft water; for green peas, hard is preferable, it keeps the peas of a better colour. When you make any white ſoup, do not put in cream till you take it off the fire. Always diſh up your ſoups the laſt thing. If it be a gravy ſoup, it will ſkim over if you let it ſtand: if it be a peas ſoup, it often ſettles, and the top looks thin. You muſt obſerve in all broths and ſoups, that one thing does not taſte more than another, but that the taſte be equal, and that it has a fine agreeable reliſh, according to what you deſign it for; and you muſt be ſure that all the greens and herbs you put in are cleaned, waſhed, and picked.

Rich Vermicelli Soup. Put four ounces of butter into a large toſſing pan; cut a knuckle of veal and a ſcrag of mutton into ſmall pieces about the ſize of walnuts; ſlice in the meat of a ſhank of ham, with three or four blades of mace, two or three carrots, two parſnips, two large onions, with a clove ſtuck in at each end: cut in four or five heads of celery waſhed clean, a bunch of ſweet herbs, eight or ten morels, and an anchovy. Cover the pan cloſe, and ſet it over a ſlow fire, without any water, till the gravy is drawn out of the meat; pour the gravy out into a pot or baſon; let the meat brown in the ſame pan, and take care it does not burn; then pour in four quarts of water, let it boil gently till it is waſted to three pints: ſtrain it, and put the gravy to it, ſet it on the fire, add to it two ounces of vermicelli, cut the niceſt part of a head of celery, add kyan pepper, ſalt to your taſte, and let it boil for four minutes. If

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not a good colour, put in a little browning, lay a ſmall French roll in the ſoup-diſh, pour in the ſoup upon it, and lay ſome of the vermicelli over it.

Another way. Take three quarts of the broth, and ſome of the gravy mixed together, a quarter of a pound of vermicelli blanched in two quarts of water; put it into the ſoup, boil it up for ten minutes, and ſeaſon with ſalt, if it wants any. Put it in your tureen, with a cruſt of a French roll baked.

Vermicelli SOUP, *with Meat or Fiſh.* For a middling diſh, take about a quarter of a pound of vermicelli, which you ſcald a moment in boiling water; then drain it, and boil in good broth or gravy, and a bit of bacon. When boiled tender, take out the bacon, ſeaſon it with ſalt, and ſkim off the fat very clean; it muſt be ſerved of a middling conſiſtence. If you would make it of a craw-fiſh cullis, or any other, you will only mix it a moment before you ſerve. If it is for meagre, ſcald your vermicelli as above, and boil it with fiſh broth and butter; adding a liaſon of yolks of eggs, made with the ſame broth and gravy.

Macaroni SOUP. Mix three quarts of ſtrong broth, and one of gravy. Take half a pound of ſmall pipe-macaroni, and boil it in three quarts of water, with a little butter in it, till it is tender; then ſtrain it through a ſieve: cut it in pieces of about two inches in length, put it into your ſoup, and boil it up for ten minutes. Send it to table in a tureen, with the cruſt of a French roll toaſted.

SOUPE *au Bourgeois.* Cut ten or a dozen heads of endive, and four or five bunches of celery into ſmall bits; waſh them, let them be well drained from the

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water, and put into a large pan; pour upon them four quarts of boiling water; ſet on three quarts of beef gravy made for ſoup, in a large ſaucepan, ſtrain the herbs from the water very dry: when the gravy boils, put them in. Cut off the cruſts of two French rolls, break them, and put into the reſt. When the herbs are tender, the ſoup is enough. A boiled fowl may be put into the middle, but it is very good without.

If a white ſoup is liked better, it ſhould be veal gravy.

Another way. Boil about three pounds of beef in three pints of water, and ſkim it well; then add three or four carrots, two parſnips, a few onions, according to their bigneſs, ſtuck with two cloves, a few leeks, a lettuce, celery, ſorrel, and a ſmall knuckle of veal, firſt ſcalded: boil all together about two hours. Serve your broth and the knuckle of veal in it.

Onion SOUP. Boil eight or ten large Spaniſh onions in milk and water, change it three times; when they are quite ſoft, rub them through a hair ſieve. Cut an old cock in pieces, and boil it for gravy, with one blade of mace: ſtrain it, and pour it upon the pulp of the onions; boil it gently with the crumb of an old penny loaf, grated into half a pint of cream; add kyan pepper and ſalt to your taſte: a few heads of aſparagus, or boiled ſpinach, both make it eat well and look very pretty. Grate a cruſt of brown bread round the edge of the diſh.

Ox-cheek SOUP. Break the bones of an ox-cheek, and waſh them till they are perfectly clean; lay them in warm water, and throw in a little ſalt, which will fetch out the ſlime: then take a large ſtewpan, and put

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two ounces of butter at the bottom of it, and lay the fleſhy ſide of the cheek-bone in it; add to it half a pound of ſhank of ham cut in ſlices, and four heads of celery, with the leaves pulled off, and the heads waſhed clean; cut them into the ſoup with three large onions, two carrots, a parſnip ſliced, a few beets cut ſmall, and three blades of mace; ſet it over a moderate fire for a quarter of an hour, which will draw the virtue from the roots, and give to the gravy an agreeable ſtrength. A very good gravy may be made by this method, with roots and butter, adding only a little browning to give it a good colour. When the head has ſimmered a quarter of an hour, put to it ſix quarts of water, and let it ſtew till it is reduced to two quarts. If you would have it eat like ſoup, ſtrain and take out the meat and the other ingredients, and put in the white part of a head of celery cut in ſmall pieces, with a little browning to make it of a fine colour. Take two ounces of vermicelli, give it a ſcald in the ſoup, and put it into the tureen, with the top of a French roll in the middle of it. If you would have it eat like a ſtew, take up the face as whole as poſſible, and have ready a boiled turnip and carrot cut in ſquare pieces, and a ſlice of bread toaſted and cut in ſmall dice; put in a little kyan pepper, and ſtrain the ſoup through a hair ſieve upon the meat, bread, turnip, and carrot.

Soup *Lorraine.* Take a pound of ſweet almonds, blanch and beat them in a mortar, with a very little water to keep them from oiling; put to them all the white part of a large roaſt fowl, and the yolks of four poached eggs; pound all together as fine as poſſible. Take three quarts of ſtrong veal broth; let it be very white,

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and ſkim off all the fat; put it into a ſtewpan with all the other ingredients, and mix them well together, boil them ſoftly over a ſtove, or on a clear fire: cut the white part of another roaſt fowl very fine; ſeaſon with pepper, ſalt, nutmeg, and a little beaten mace; put in a piece of butter as big as an egg, and a ſpoonful or two of the ſoup ſtrained, and ſet it over the ſtove to be quite hot. Cut two French rolls in thin ſlices, and ſet them before the fire to criſp: take one of the hollow rolls, which are made for oyſter loaves, and fill it with the mince; lay on the top as cloſe as poſſible, and keep it hot: ſtrain the ſoup through a piece of dimity into a clean ſaucepan, and let it ſtew till it is the thickneſs of cream. Put the criſped bread in the diſh or tureen, pour the ſauce over it, and place the roll with the minced meat in the middle.

Dauphin SOUP. Put a few ſlices of lard in the bottom of your ſaucepan, ſliced ham and veal, three onions ſliced, a carrot and parſnip: ſoak over the fire till it catches, then add weak broth or boiling water; boil it on a ſlow fire till the meat is done. Pound the breaſt of a roaſted fowl, ſix yolks of hard eggs, as many ſweet almonds; ſift your broth, and add ſome of it to your compound. Soak your bread, till tender, in broth; warm your cullis without boiling, and mix it with as much broth as gives it a pretty thick conſiſtence. You may garniſh this ſoup with a fowl, or knuckle of veal, as in all white ſoups.

Calf's Head SOUP. After waſhing a calf's head clean, ſtew it with a bunch of ſweet herbs, an onion ſtuck with cloves, mace, pearl barley, and Jamaica pepper: when

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it is very tender, put to it ſome ſtewed celery; ſeaſon it with pepper, and ſerve it with the head in the middle.

Gravy SOUP *thickened with yellow Peas.* Put in ſix quarts of water, a ſhin of beef, a pint of peas, and ſix onions; ſet them over the fire, and let them boil gently till all the juice is out of the meat; then ſtrain it through a ſieve; add to the ſtrained liquor one quart of ſtrong gravy to make it brown; put in pepper and ſalt to your taſte; then put in a little celery and beet-leaves, and boil all till they are tender.

Giblet SOUP. Provide about two pounds of ſcrag of mutton, the ſame quantity of ſcrag of veal, and four pounds of gravy-beef: put this meat in two gallons of water, and let it ſtew very ſoftly till it is a ſtrong broth. Let it ſtand till it be cold, and ſkim off the fat. Take two pair of giblets, ſcalded and cleaned, put them into the broth, and let them ſimmer till they are very tender: take out the giblets and ſtrain the ſoup through a cloth: put a piece of butter rolled in flour into a ſtewpan, make it of a light brown. Have ready, chopped ſmall, ſome parſley, chives, a little penny-royal, and a little ſweet marjoram; put the ſoup over a very ſlow fire: put in the giblets, fried butter, herbs, a little Madeira wine, ſome ſalt, and ſome kyan pepper; let them ſimmer till the herbs are tender, then ſend the ſoup to table with the giblets in it.

Hare SOUP. This being a rich ſoup, is proper for a large entertainment, and may be placed at the bottom of the table, where two ſoups are required, and almond or onion ſoup be at the top. Hare ſoup is thus made: Cut a large old hare into ſmall pieces, and put it in a mug,

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mug, with three blades of mace, a little ſalt, two large onions, a red herring, ſix morels, half a pint of red wine, and three quarts of water: bake it three hours in a quick oven, and then ſtrain it into a toſſing-pan. Have ready boiled three ounces of French barley, or ſago, in water; then put the liver of the hare two minutes in ſcalding water, and rub it through a hair ſieve with the back of a wooden ſpoon; put it into the ſoup with the barley, or ſago, and a quarter of a pound of butter: ſet it over the fire, and keep it ſtirring, but do not let it boil. If you diſapprove of the liver, you may put in criſped bread, ſteeped in red wine.

Soup *à-la-Reine.* Take a knuckle of veal, and three or four pounds of lean beef, put to it ſix quarts of water with a little ſalt: when it boils, ſkim it well, then put in ſix large onions, two carrots, a head or two of celery, a parſnip, one leek, and a little thyme; boil them all together till the meat is boiled quite down, then ſtrain it through a hair ſieve, and let it ſtand about half an hour; then ſkim it well, and clear it off gently from the ſettlings into a clean pan. Boil half a pint of cream, and pour it on the crumb of a halfpenny loaf, and let it ſoak well: take half a pound of almonds, blanch and beat them as fine as poſſible, putting in now and then a little cream to prevent them from oiling; then take the yolks of ſix hard eggs, and the roll that is ſoaked in the cream, and beat them all together quite fine; then make your broth hot, and pour it to your almonds: ſtrain it through a fine hair ſieve, rubbing it with a ſpoon till all the goodneſs is gone through into a ſtew-pan, and add more cream to make it white; ſet it over the fire, keep ſtirring it till it boils, ſkim off the froth as

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it riſes, ſoak the tops of two French rolls in melted butter, in a ſtewpan, till they are criſp, but not brown; then take them out of the butter, and lay them on a plate before the fire; and a quarter of an hour before you ſend it to the table, take a little of the ſoup hot, and put it to the roll in the bottom of the tureen; put your ſoup on the fire, keep ſtirring it till ready to boil, then put it into your tureen, and ſerve it up hot. Be ſure you take all the fat off the broth before you put it to the almonds, or it will ſpoil it; and take care it does not curdle.

Another way. Cut two pounds of lean veal into ſlices, and put into a ſtewpan, with two or three ſlices of ham, or lean bacon, a carrot, a large onion ſliced, four pepper corns, a dozen coriander ſeeds; let theſe draw very gently; add four quarts of beef broth, and let it boil gently for one hour; ſtrain it, pound the white of a roaſt fowl, blanch and beat half a pound of ſweet almonds, half a dozen of bitter; bruiſe four yolks of eggs boiled hard; mix theſe with the ſoup, rub it through a napkin, heat it, and add a little cream; keep it ſtirring, but do not let it boil; put into the tureen the crumb of French roll whole.

Soup *Creſſy.* Take a pound of lean ham, and cut it into ſmall bits, and put at the bottom of a ſtewpan, then cut a French roll and put over the ham: take half a dozen heads of celery cut ſmall, ſix onions, two turnips, one carrot, cut and waſhed very clean, ſix cloves, four blades of mace, two handfuls of water-creſſes; put them all into the ſtewpan, with a pint of good broth; cover them cloſe, and ſweat it gently for twenty minutes; then fill it up with veal broth, and ſtew it for

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four hours: rub it through a fine ſieve or cloth, put it in your pan again; ſeaſon it with ſalt and a little kyan pepper; give it a ſimmer up, and ſend it to table hot, with ſome French roll toaſted hard in it: boil a handful of creſſes, till tender, in water, and put it over the bread.

Almond Soup. Chop a neck of veal, and the ſcrag end of a neck of mutton into ſmall pieces, put them in a large toſſing-pan; cut in a turnip, with a blade or two of mace, and five quarts of water; ſet it over the fire, and let it boil gently till it is reduced to two quarts; ſtrain it through a hair ſieve into a clear pot, then put in ſix ounces of almonds blanched and beat fine, half a pint of thick cream, and kyan pepper to your taſte; have ready three ſmall French rolls, made for that purpoſe, the ſize of a ſmall tea-cup; if they are larger, they will not look well, and drink up too much of the ſoup; blanch a few Jordan almonds, and cut them lengthways, ſtick them round the edge of the rolls flank-ways, then ſtick them all over the top of the rolls, and put them in the tureen. When diſhed up, pour the ſoup upon the rolls: theſe rolls look like a hedge-hog. Some French cooks give this ſoup the name of Hedge-hog Soup.

Soup *Santé, or Gravy Soup.* Put ſix good raſhers of lean ham in the bottom of a ſtewpan; then put over it three pounds of lean beef, and over the beef three pounds of lean veal, ſix onions cut in ſlices, two carrots, and two turnips ſliced, two heads of celery, and a bundle of ſweet herbs, ſix cloves, and two blades of mace; put a little water at the bottom, draw it very gently till it ſticks, then put in a gallon of boiling water; let it ſtew

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for two hours, ſeaſon with ſalt, and ſtrain it off; then have ready a carrot, cut in ſmall pieces of two inches long, and about as thick as a gooſe-quill, a turnip, two heads of leeks, two heads of celery, two heads of endive cut acroſs, two cabbage-lettuces cut acroſs, a very little ſorrel, and chervil; put them in a ſtewpan, and ſweat them for fifteen minutes gently; then put them in your ſoup, boil it up gently for ten minutes; put it in your tureen, with a cruſt of French roll.

You may boil the herbs in two quarts of water for ten minutes, if you like them beſt ſo; your ſoup will be the clearer.

Soup *Santé, with Herbs.* Of herbs or vegetables, you muſt make ſhift with celery and endives in the winter, but add a lettuce, if you can get it; provide a duckling, or a chicken neatly blanched, and boil it in your ſoup, which is nothing more than broth or gravy, with the celery, &c. cut in bits about an inch long; let it boil gently for an hour or ſo; and, when it is almoſt your time of dining, add a little ſpinach, ſorrel, and chervil, chopped, but not ſmall, and boil it about five minutes; prepare your cruſts in a ſtewpan, and lay at the bottom of your diſh; put your duckling in the middle, and pour your ſoup over it; and ſerve it up with ſome thin bits of celery for garniſh, or without, as you like beſt.

For the ſummer ſeaſon, you may add a handful of peas, heads of aſparagus, nice little firm bits of cauliflower, bottoms of artichokes, &c. and you may vary it with many other things that the ſeaſon affords.

Soup *Santé, the Engliſh way.* Provide about ten or twelve pounds of gravy-beef, a knuckle of veal, and

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the knuckle part of a leg of mutton, a couple of fowls (or two old cocks will do as well) and a gallon of water; let theſe ſtew very ſoftly, till reduced to one half (ſet them on to ſtew the night before); add to them ſome cruſts of bread; put in a bunch of ſweet herbs, ſome celery, ſorrel, chervil, and purſlain, if agreeable; or any of them may be left out: when it is ſtrong and good, ſtrain it; ſend it to table, with either a roaſt or boiled fowl, or a piece of roaſted or boiled neck of veal, in the middle, and ſome fried bread in a plate.

Craw-fiſh Soup. Take a gallon of water, and ſet it a boiling; put in it a bunch of ſweet herbs, three or four blades of mace, an onion ſtuck with cloves, pepper, and ſalt; then have about two hundred craw-fiſh, ſave about twenty, and pick the reſt from the ſhells, ſaving the tails whole; beat the body and ſhells in a mortar, with a pint of peas, green or dry, firſt boiled tender in fair water; put your boiling water to it, and ſtrain it boiling hot through a cloth, till you have all the goodneſs out of it; ſet it over a ſlow fire or ſtew-hole; have ready a French roll, cut very thin, and let it be very dry; put it to your ſoup, let it ſtew till half is waſted, then put a piece of butter as big as an egg into a ſaucepan, let it ſimmer till it has done making a noiſe, ſhake in two tea-ſpoonfuls of flower, ſtirring it about, and an onion; put in the tails of the fiſh, give them a ſhake round, put to them a pint of good gravy; let it boil four or five minutes ſoftly; take out the onion, and put to it a pint of the ſoup; ſtir it well together; bruiſe the live ſpawn of a hen lobſter, and put it all together, and let it ſimmer very ſoftly a quarter of an hour; fry a French roll very nice and brown, and the twenty craw-

fiſh;

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fiſh; pour your ſoup into the diſh, and lay the roll in the middle, and the craw-fiſh round the diſh.

Craw-fiſh SOUP, *another way.* Boil about fifty freſh craw-fiſh; pick out all the meat, which you muſt ſave; pick out all the meat of a freſh lobſter, which you muſt likewiſe ſave; pound the ſhells of the craw-fiſh (but pick out all the bags and the woolly part) and lobſter fine in a marble mortar, and boil them in four quarts of water, with four pounds of mutton, a pint of green ſplit peas, nicely picked and waſhed, a large turnip, carrot, onion, mace, cloves, anchovy, a little thyme, pepper, and ſalt; ſtew them on a ſlow fire, till all the goodneſs is out of the mutton and ſhells, then ſtrain it through a ſieve, and put in the tails of your craw-fiſh, and the lobſter-meat, but in very ſmall pieces, with the red coral of the lobſter, if it has any; boil it half an hour, and juſt before you ſerve it up, add a little butter melted thick and ſmooth; ſtir it round ſeveral times, when you put it in; ſend it very hot; but do not put too much ſpice in it.

Prawns make an excellent ſoup, done juſt in the ſame manner.

Plum POTTAGE *for Chriſtmas.* Put a leg and ſhin of beef into eight gallons of water, and boil them till they are very tender: when the broth is ſtrong, ſtrain it out; then wipe the pots, and put in the broth again: ſlice ſix penny loaves thin, cut off the tops and bottoms, put ſome of the liquor to them, and cover them up, and let them ſtand for a quarter of an hour; then boil and ſtrain it, and put it into your pot; let them boil a little, and then put in five pounds of ſtewed raiſins of the ſun, and two pounds of prunes; let it boil a quarter of an hour, then

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then put in five pounds of currants clean washed and picked. Let these boil till they swell, and then put in three quarters of an ounce of mace, half an ounce of cloves, and two nutmegs, all beat fine. Before you put these into the pot, mix them with a little cold liquor, and do not put them in but a little while before you take off the pot; when you take off the pot, put in three pounds of sugar, a little salt, a quart of sack, a quart of claret, and the juice of two or three lemons. You may thicken with sago instead of bread, if you please. Pour your pottage into earthen pans, and keep it for use.

Soup *and* Bouillie. For the bouillie, roll five pounds of brisket of beef tight with a tape; put it into a stewpan, with four pounds of the leg of mutton piece of beef, and about seven or eight quarts of water. Boil these up as quick as possible, skim it very clean; add one large onion, six or seven cloves, some whole pepper, two or three carrots, a turnip or two, a leek, and two heads of celery. Stew this very gently, close covered, for six or seven hours. About an hour before dinner, strain the soup through a piece of dimity that has been dipped in cold water. Put the rough side upwards. Have ready boiled carrots cut like little wheels, turnips cut in balls, spinach, a little chervil and sorrel, two heads of endive, one or two of celery cut in pieces. Put these into a tureen, with a Dutch loaf, or a French roll dried, after the crumb is taken out. Pour the soup to these boiling hot; add a little salt and kyan. Take the tape from the bouillie; serve it in a separate dish; mashed turnips, and sliced carrots, in two little dishes. The turnips and carrots should be cut with an instrument that may be bought for that purpose.

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A Tranſparent Soup. Cut the meat from a leg of veal, in ſmall pieces, and when you have taken all the meat from the bone, break the bone in ſmall pieces. Put the meat in a large jug, and the bones at top, with a bunch of ſweet herbs, a quarter of an ounce of mace, half a pound of Jordan almonds, blanched and beat fine. Pour on it four quarts of boiling water; let it ſtand all night by the fire, covered cloſe. The next day put it into a well lined ſaucepan, and let it boil ſlowly till it is reduced to two quarts. Be ſure you take the ſcum and fat off as it riſes, all the time it is boiling. Strain it into a punch bowl, let it ſettle for two hours, pour it into a clean ſaucepan, clear from the ſediments, if any, at the bottom. Have ready three ounces of rice, boiled in water. If you like vermicelli better, boil two ounces. When enough, put it in, and ſerve it up.

Green Peas Soup. Cut a knuckle of veal, and one pound of lean ham into thin ſlices; lay the ham at the bottom of a ſoup pot, the veal upon the ham; then cut ſix onions in ſlices, and put on two or three turnips, two carrots, three heads of celery cut ſmall, a little thyme, four cloves, and four blades of mace. Put a little water at the bottom, cover the pot cloſe, and draw it gently, but do not let it ſtick; then put in ſix quarts of boiling water, let it ſtew gently for four hours, and ſkim it well. Take two quarts of green peas and ſtew them in ſome of the broth till tender; then ſtrain them off, and put them in a marble mortar, and beat them fine. Put the liquor in and mix them up, (if you have no mortar, you muſt bruiſe them in the beſt manner you can). Take a tammy, or fine cloth, and rub them through till you have rubbed all the pulp out, and then put your ſoup into

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into a clean pot, with half a pint of ſpinach juice, and boil it up for fifteen minutes. Seaſon with ſalt, and a little pepper. If your ſoup is not thick enough, take the crumb of a French roll, and boil it in a little of the ſoup, beat in the mortar, and rub it through your tammy or cloth; then put in your ſoup and boil it up. Then put it in your tureen, with dice of bread toaſted very hard.

Another way. Take four or five pounds of the knuckle or ſcrag of veal, boil it to rags in four or five quarts of water, with ſalt, pepper, a little mace, and an onion. Strain this; put to the liquor one quart of old peas; boil them till tender, pulp them through a ſieve; add about a pint or more of young peas, half boiled, ſpinach, lettuce, and cabbage, firſt boiled, then fried. Boil altogether till the peas are enough; add a little kyan, ſkim off the fat that riſes from the greens. Add a little chopped mint; boil the meat the night before. Neck of lamb will ſupply the place of veal.

Another way. Provide a peck of peas, ſhell them, and boil them in ſpring water till they are ſoft; then work them through a hair ſieve; take the water that your peas were boiled in, and put in a knuckle of veal, three ſlices of ham, and cut two carrots, a turnip, and a few beet leaves, ſhred ſmall; add a little more water to the meat, ſet it over the fire, and let it boil one hour and a half; then ſtrain the gravy into a bowl, and mix it with the pulp, and put in a little juice of ſpinach, which muſt be beat and ſqueezed through a cloth; put in as much as will make it look a pretty colour, then give it a gentle boil, which will take off the taſte of the ſpinach; ſlice in the whiteſt part of a head of celery,

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put in a lump of ſugar the ſize of a walnut, take a ſlice of bread, and cut it in little ſquare pieces; cut a little bacon the ſame way, fry them a light brown, in freſh butter; cut a large cabbage lettuce in ſlices, fry it after the other, put it in the tureen with the fried bread and bacon: have ready boiled, as for eating, a pint of young peas, and put them in the ſoup, with a little chopped mint, if you like it, and pour it into your tureen.

Green Peas Soup, *for Faſt-days.* In ſhelling your peas, ſeparate the old ones from the young, and boil the old ones ſoft enough to ſtrain through a cullender; then put the liquor, and what you ſtrained through, to the young peas, which muſt be whole, and ſome whole pepper, mint, and a little onion ſhred ſmall; put them in a large ſaucepan, with near a pound of butter; as they boil up, ſhake in ſome flour; then put in a French roll fried in butter to the ſoup; you muſt ſeaſon it to your taſte with ſalt and herbs. When you have done ſo, add the young peas to it, which muſt be half boiled firſt. You may leave out the flour, if you think proper, and inſtead of it, put in a little ſpinach and cabbage lettuce, cut ſmall, which muſt be fried in butter, and well mixed with the broth.

Soup *à-la-Muſquetaire.* Take a pint of green peas, and a handful of ſorrel; boil in your broth and gravy on a ſlow fire, a neck of mutton; which, when done, glaze it as a fricandeau, and ſerve it altogether.

A common Peas Soup. Take a quart of ſplit peas, put to them a gallon of ſoft water, a little lean bacon, or roaſt beef bones; waſh one head of celery, cut it, and put it in with a turnip, boil it till reduced to two quarts, then work it through a cullender, with a wooden

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ſpoon; mix a little flour and water, and boil it well in the ſoup, and ſlice in another head of celery, kyan pepper, and ſalt to your taſte; cut a ſlice of bread in ſmall dice, fry them a light brown, and put them in your diſh; then pour the ſoup over it.

Another way. Take about four pounds of lean beef, cut it in ſmall pieces, about a pound of lean bacon, or pickled pork, ſet it on the fire with two gallons of water, let it boil, and ſkim it well; then put in ſix onions, two turnips, one carrot, and four heads of celery cut ſmall, and put in a quart of ſplit peas; boil it gently for three hours, then ſtrain them through a ſieve, and rub the peas well through; then put your ſoup in a clean pot, and put in ſome dried mint rubbed very fine to powder, cut the white of four heads of celery and two turnips, in dice, and boil them in a quart of water fifteen minutes; then ſtrain them off, and put them in your ſoup; take about a dozen of ſmall raſhers of bacon fried, and put them into your ſoup; ſeaſon with pepper and ſalt to your liking, boil it up for fifteen minutes; then put it in your tureen with dice of bread fried criſp.

Another way. When you boil a piece of beef, or a leg of pork, ſave the liquor; when it is cold take off the fat. The next day boil a leg of mutton, ſave the liquor, and when it is cold, take off the fat, and ſet it on the fire with two quarts of peas. Let them boil till they are tender, then put in the pork or beef liquor, with the ingredients as above, and let it boil till it is as thick as you would have it, allowing for the boiling again; then ſtrain it off, and add the ingredients as above. You may make your ſoup of veal or mutton gravy if you pleaſe, according to your fancy.

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Peas Soup *without Meat.* A Britiſh herring, with a pint of peas, celery, &c. make good peas ſoup.

White Peas Soup. Put four or five pounds of lean beef into ſix quarts of water, with a little ſalt, and as ſoon as it boils, take off the ſcum. Put in three quarts of old green peas, two heads of celery, a little thyme, three onions, and two carrots. Boil them till the meat is quite tender, then ſtrain it through a hair ſieve, and rub the pulp of the peas through the ſieve. Split the blanched part of three goſs lettuces into four quarters, and cut them about an inch long, with a little mint cut ſmall; then put half a pound of butter in a ſtewpan large enough to hold your ſoup, and put the lettuce and mint into the butter, with a leek ſliced very thin, and a pint of green peas. Stew them a quarter of an hour, and ſhake them frequently; then put in a little of the ſoup, and ſtew them a quarter of an hour longer. Then put in your ſoup as much thick cream as will make it white, and keep ſtirring it till it boils. Fry a French roll a little criſp in butter, put it at the bottom of your tureen, and pour it over your ſoup.

Partridge Soup. Skin two old partridges, and cut them into ſmall pieces, with three ſlices of ham, two or three onions ſliced and ſome celery; fry them in butter till they are as brown as they can be made without burning; then put them into three quarts of water with a few pepper corns. Boil it ſlowly till a little more than a pint is conſumed, then ſtrain it, put in ſome ſtewed celery and fried bread.

Soup *à-la-Chartre.* Take three or four ſweetbreads well cleaned in warm water, and ſcalded in boiling; put them in your pot with ſcalded cock's-combs, a faggot

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of parſley, green ſhallots, three cloves, and a few muſhrooms: ſtew all with good broth on a ſlow fire; have cruſts of rolls well ſoaked in broth in the ſoup diſh, then put upon this the ſweetbreads, muſhrooms, and cock's-combs.

Portable Soup *for Travellers.* Cut into ſmall pieces three large legs of veal, one of beef, and the lean part of half a ham. Put a quarter of a pound of butter at the bottom of a large cauldron, then lay in the meat and bones, with four ounces of anchovies, and two ounces of mace. Cut off the green leaves of five or ſix heads of celery, waſh the heads quite clean, cut them ſmall, put them in with three large carrots cut thin, cover the cauldron cloſe, and ſet it over a moderate fire. When you find the gravy begins to draw, keep taking it up till you have got it all out, then put water in to cover the meat; ſet it on the fire again, and let it boil ſlowly for four hours, then ſtrain it through a hair ſieve into a clean pan, and let it boil three parts away; then ſtrain the gravy that you drew from the meat, into the pan, let it boil gently (obſerving to ſkim the fat off as it riſes) till it looks thick like glue. You muſt take great care, when it is near enough, that it does not burn; put in kyan pepper to your taſte, then pour it on flat earthen diſhes a quarter of an inch thick, and let it ſtand till the next day, and cut it out with round tins a little larger than a crown piece; lay the cakes on diſhes, and ſet them in the ſun to dry. This ſoup will anſwer beſt to be made in froſty weather. When the cakes are dry, put them in a tin box, with writing paper between every cake, and keep them in a dry place. This is a very uſeful ſoup to be kept in gentlemen's families, for by pouring

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pouring a pint of boiling water on one cake, and a little ſalt, it will make a good baſon of broth. A little boiling water poured on it will make gravy for a turkey or fowls. The longer it is kept the better.

It will be neceſſary to keep turning the cakes as they dry.

Soup *Maigre*. Put half a pound of butter into a deep ſtewpan, ſhake it about, and let it ſtand till it has done making a noiſe; then have ready ſix middling onions peeled and cut ſmall, throw them in, and ſhake them about. Take a bunch of celery, clean waſhed and picked, cut it in pieces half as long as your finger, a large handful of ſpinach clean waſhed and picked, a good lettuce clean waſhed (if you have it) and cut ſmall, a little bundle of parſley chopped fine; ſhake all this well together in the pan for a quarter of an hour, then ſhake in a little flour; ſtir all together, and pour into the ſtewpan two quarts of boiling water. Take a handful of dry hard cruſt, throw in a tea-ſpoonful of beaten pepper, three blades of mace beat fine; ſtir all together, and let it boil ſoftly for half an hour; then take it off the fire, and beat up the yolks of two eggs, and ſtir in, and one ſpoonful of vinegar; pour it into the ſoup diſh, and ſend it to table. If you have any green peas, boil half a pint in the ſoup for change.

Another way. Take a quart of green Moratta peas, three quarts of ſoft water, four onions ſliced, floured, and fried in freſh butter, the coarſe ſtalks of celery, a carrot, a turnip, and a parſnip; and ſeaſon the whole with pepper and mace to your taſte. Stew all theſe very gently together till the pulp will force through a ſieve. Have ready a handful of beet-leaf and root, ſome celery

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celery and ſpinach, which muſt be blanched and ſtewed tender in the ſtrained liquor. Have ready the third part of ſpinach juice, which muſt be ſtirred in with caution, when the ſoup is ready to be ſerved up, and not ſuffered to boil after it is put in, as that will curdle it. You may add a cruſt of bread, ſome tops of aſparagus, and artichoke bottoms.

Queen's Rice SOUP *Maigre.* Take half a pound of rice, well waſhed in warm water, boil it tender in broth and butter; make a gravy without colouring, with carp, onions, carrots, and parſnips. When it is ready to catch, add broth, and boil it ſome time, then ſift it; pound a dozen ſweet almonds, with ſix hard yolks of eggs, a few bits of boiled fiſh, crumbs of bread ſoaked in milk or cream; mix all together with the gravy and ſift it. Warm it without boiling, and ſerve this cullis upon the rice.

Rice SOUP. Put a pound of rice and a little cinnamon to two quarts of water; and cover it cloſe, and let it ſimmer very ſoftly till the rice is quite tender. Take out the cinnamon, then ſweeten it to your palate; grate half a nutmeg, and let it ſtand till it is cold; then beat up the yolks of three eggs with half a pint of white wine. Mix them very well, and ſtir them into the rice, ſet them on a ſlow fire, and keep ſtirring all the time for fear of curdling. When it is of a good thickneſs, and boils, take it up. Keep ſtirring it till you put it into your diſh.

Oyſter SOUP. Take a proper quantity of fiſh ſtock; then take two quarts of oyſters without the beards; beat the hard part in a mortar, with the yolks of ten hard eggs; put them to the fiſh ſtock, ſet it over the fire;

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fire; ſeaſon it with pepper, ſalt, and grated nutmeg. When it boils, put in the eggs; let it boil till it is of a good thickneſs, and like a fine cream.

Another way. Make your ſtock of any ſort of fiſh the place affords; let there be about two quarts; take a pint of oyſters, beard them, put them into a ſaucepan, ſtrain the liquor, let them ſtew two or three minutes in their own liquor; then take the hard parts of the oyſters, and beat them in a mortar with the yolks of four hard eggs; mix them with ſome of the ſoup; put them with the other part of the oyſters and liquor into a ſaucepan, a little nutmeg, pepper, and ſalt; ſtir them well together, and let it boil a quarter of an hour. Diſh it up, and ſend it to table.

Onion Soup. Brown half a pound of butter with a little flour; take care it does not burn. When it has done hiſſing, ſlice a dozen of large white onions, fry them very gently till they are tender; then pour to them, by degrees, two quarts of boiling water, ſhaking the pan well round as it is poured in; add alſo a cruſt of bread. Let it boil gently for half an hour; ſeaſon it with pepper and ſalt. Take the top of a French roll and dry it at the fire; put it into a ſaucepan, with ſome of the ſoup to ſoak it; then put it into the tureen. Let the ſoup boil ſome time after the onions are tender, as it gives the ſoup a great richneſs; ſtrain it off, and pour it upon the French roll.

Eel Soup. Take a pound of eels, which will make a pint of good ſoup, or any greater quantity of eels, in proportion to the quantity of ſoup you intend to make. To every pound of eels, put a quart of water, a cruſt of bread, two or three blades of mace, a little whole

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pepper, an onion, and a bundle of ſweet herbs. Cover them cloſe, and let them boil till half the liquor is waſted; then ſtrain it, and toaſt ſome bread; cut it ſmall, lay the bread into your diſh, and pour in the ſoup. If you have a ſtew-hole, ſet the diſh over it for a minute, and ſend it to table. If you find your ſoup not rich enough, you may let it boil till it is as thick as you would have it. You may add a piece of carrot to brown it.

Peas Soup. Put a quart of ſplit peas into a gallon of water to boil. When they are quite ſoft, put in half a red herring, or two anchovies, a good deal of whole pepper, black and white, two or three blades of mace, four or five cloves, a bundle of ſweet herbs, a large onion, the green tops of a bunch of celery, and a good bundle of dried mint; cover them cloſe, and let them boil ſoftly till there is about two quarts: then ſtrain it off, and have ready the white part of the celery waſhed clean, and cut ſmall, and ſtewed tender in a quart of water, ſome ſpinach picked and waſhed clean, put to the celery; let them ſtew till the water is quite waſted, and put it to your ſoup.

Take out the crumb of a French roll, fry the cruſt brown in a little freſh butter; take ſome ſpinach, ſtew it in a little butter after it is boiled, and fill the roll; take the crumb, cut it in pieces, beat it in a mortar with a raw egg, a little ſpinach, and a little ſorrel, a little beaten mace, a little nutmeg, and an anchovy; then mix it up with your hand, and roll them into balls with a little flour, and cut ſome bread into dice, and fry them criſp; pour your ſoup into your diſh, put in the balls and bread, and the roll in the middle. Gar-

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niſh your diſh with ſpinach. If it wants ſalt, you muſt ſeaſon it to your palate; rub in ſome dried mint.

Barley SOUP. To a gallon of water, put half a pound of barley, a blade or two of mace, a large cruſt of bread, and a little lemon-peel. Let it boil till it comes to two quarts; then add half a pint of white wine, and ſweeten to your palate.

Scate SOUP. Having ſkinned and waſhed two pounds of ſcate, boil it in ſix quarts of water. When it is boiled, take the meat from the bones; take two pounds of flounders, waſh them clean, put them into the water the ſcate was boiled in, with ſome lemon-peel, a bunch of ſweet herbs, a few blades of mace, ſome horſe-radiſh, the cruſt of a penny loaf, a little parſley, and the bones of the ſcate; cover it very cloſe, and let it ſimmer till it is reduced to two quarts; then ſtrain it off, and put to it an ounce of vermicelli; ſet it on the fire, and let it boil very ſoftly. Take one of the hollow rolls which are made for oyſters, and fry it in butter. Take the meat of the ſcate, pull it into little ſlices, put it into a ſaucepan with two or three ſpoonfuls of the ſoup; ſhake into it a little flour and a piece of butter, ſome pepper and ſalt; ſhake them together in a ſaucepan till it is thick, then fill the roll with it; pour the ſoup into the tureen, put the roll into it, and ſend it to table.

Egg SOUP. Beat the yolks of two eggs in a diſh, with a piece of butter as big as a hen's egg; take a tea kettle of boiling water in one hand, and a ſpoon in the other; pour in about a quart by degrees, then keep ſtirring it well all the time, till the eggs are well mixed, and the butter melted; then pour it into a ſaucepan, and keep ſtirring it all the time till it begins to ſimmer.

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Take it off the fire, and pour it between two veſſels, out of one into another till it is quite ſmooth, and has a great froth; ſet it on the fire again, keep ſtirring it till it is quite hot, then pour it into your ſoup-diſh, and ſend it hot to the table.

Milk Soup. Put into two quarts of milk two ſticks of cinnamon, two bay leaves, a very little baſket ſalt, and a very little ſugar; then blanch half a pound of ſweet almonds while the milk is heating; beat them up to a paſte in a marble mortar, mix with them, by degrees, ſome milk. While they are beating, grate the peel of a lemon with the almonds and a little of the juice; then ſtrain it through a coarſe ſieve, and mix it with the milk that is heating in the ſtewpan, and let it boil up.

Cut ſome ſlices of French bread, and dry them before the fire; ſoak them a little in the milk, lay them at the bottom of the tureen, and then pour in the ſoup.

Milk Soup, *the Dutch way.* Boil a quart of milk with cinnamon and moiſt ſugar; put ſippets into the diſh, pour the milk over it, and ſet it over a charcoal fire to ſimmer till the bread is ſoft. Take the yolks of two eggs, beat them up, and mix it with a little of the milk, and throw it in. Mix it all together, and ſend it up to table.

Turnip Soup, *Italian faſhion.* Cut turnips in what ſhape you pleaſe, colour them with butter in a ſtewpan, and two ſpoonfuls of oil; add ſlices of roots, &c. and boil them in good fiſh gravy; give it a conſiſtence with any ſort of pottage.

SPRATS.

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SPRATS.

To bake SPRATS. Rub them with ſalt and pepper, and to every pint of vinegar put half the quantity of red wine, diſſolving therein a little cochineal; lay the ſprats in a deep earthen diſh, pour in as much vinegar, &c. as will cover them; tie a paper over them, and ſet them in an oven all night. They will eat well, and keep for ſome time.

To pickle SPRATS *for Anchovies.* Take an anchovy barrel or a deep glazed pot, put a few bay leaves at the bottom, ſome bay ſalt, ſaltpetre mixed together, then a layer of ſprats crouded cloſe, then bay leaves and the ſame ſalt and ſprats, and ſo till your pot or barrel be full, then put in the head of your barrel cloſe, once a week turn the other end upwards. In three months they will be fit to eat raw as anchovies.

STEAKS.—See BEEF, MUTTON, &c.

STEW.

See the various articles dreſſed in this manner.

STOMACH.

Pains of the STOMACH may proceed from various cauſes; as indigeſtion; wind; the acrimony of the bile;

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from worms; the ſtopping of cuſtomary evacuations; a tranſlation of gouty matter to the ſtomach, the bowels, &c.

Women in the decline of life are very liable to pains of the ſtomach and bowels, eſpecially ſuch as are afflicted with hyſteric complaint. It is likewiſe very common to hypochondriac men of a ſedentary and luxurious life; in ſuch perſons it often proves ſo extreme as to baffle all the powers of medicine.

When the pain of the ſtomach is moſt violent after eating, there is reaſon to ſuſpect that it proceeds from ſome fault either in the digeſtion or the food; in this caſe the patient ought to change his diet, till he finds what kind of food agrees beſt with his ſtomach, and ſhould continue chiefly to uſe it. If a change of diet does not remove the complaint, the patient may take a gentle vomit, and afterwards a doſe or two of rhubarb. He ought likewiſe to take an infuſion of camomile flowers, or ſome other ſtomachic bitter, either in wine or water.

When a pain of the ſtomach proceeds from flatulency, the patient is conſtantly belching up wind, and feels an uneaſy diſtenſion of the ſtomach after meals. In general, the patient ought to avoid all windy diet, and every thing that ſours on the ſtomach, as greens, roots, &c. This rule, however, admits of ſome exceptions. There are many inſtances of perſons very much troubled with wind, who received great benefit from eating parched peaſe, though that grain is generally ſuppoſed to be of a windy nature. Theſe are prepared by ſteeping or ſoaking peaſe in water, and afterwards drying them

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them in a pot or kiln till they become quite hard. They may be uſed at pleaſure.

When pain of the ſtomach proceeds from a tranſlation of gouty matter, warm cordials are neceſſary, as generous wines, French brandy, &c. It is impoſſible to aſcertain the quantities neceſſary upon theſe occaſions. This muſt be left to the feelings and direction of the patient; the ſafer way however is, not to go too far. When there is an inclination to vomit, it may be promoted by drinking an infuſion of camomile flowers, or *carduus benedictus.*

If a pain of the ſtomach proceeds from the ſtoppage of cuſtomary evacuations, bleeding will be neceſſary, eſpecially in ſanguine and very full habits. It will likewiſe be of uſe to keep the body gently open by mild purgatives; as rhubarb or ſenna, &c. When this diſeaſe affects women in the decline of life, after the ſtopping of the *menſes,* making an iſſue in the leg or arm will be of peculiar ſervice.

When the diſeaſe is occaſioned by worms, they muſt be deſtroyed or expelled by ſuch means as are recommended under that head.

When the ſtomach is greatly relaxed, and the digeſtion bad, which often occaſions flatulencies, the acid elixir of vitriol will be of ſingular ſervice. Fifteen or twenty drops of it may be taken in a glaſs of wine or water twice or thrice a day.

STUR-

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STURGEON.

To boil STURGEON. Clean your ſturgeon, and prepare as much liquor as will juſt boil it. To two quarts of water put a pint of vinegar, a ſtick of horſe-radiſh, two or three bits of lemon-peel, ſome whole pepper, a bay leaf, and a ſmall handful of ſalt. Boil your fiſh in this, and ſerve it in the following ſauce:—Melt a pound of butter, diſſolve an anchovy in it, put in a blade or two of mace, bruiſe the body of a crab in the butter, a few ſhrimps or craw-fiſh, a little catchup, a little lemon juice; give it a boil, drain your fiſh well, and lay it in your diſh. Garniſh with fried oyſters, ſliced lemon, and ſcraped horſe-radiſh; pour your ſauce into boats or baſons. So you may fry it, ragoo it, or bake it.

Another way. Stew the ſturgeon in as much liquid as will ſtew it, being half fiſh-broth or water, and half white wine, with a little vinegar, ſliced roots, onions, ſweet herbs, whole pepper, and ſalt; when done, ſerve upon a napkin. Garniſh with green parſley, and ſerve with what ſauces you pleaſe in ſauce boats, ſuch as capers, anchovies, &c.

To dreſs STURGEON *in Collops.* Lard and flour them a little, and bring them to a colour with lard; then boil them in a ſaucepan with good gravy, fine herbs, ſlices of lemon, truffles, muſhrooms, veal ſweetbreads, and a well-ſeaſoned cullis; drain the fat very well from them and ſprinkle them with a little lemon-juice, and ſerve it up to table.

STURGEON *Mayence faſhion, or à-la-Mayence.* Take a piece of ſturgeon, of what ſize you think proper, and

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and lard it with Weſtphalia ham, fat and lean cut together. Wrap it in paper and roaſt it, baſting it with butter. Make a ſauce as follows:—Put in a ſtewpan a few ſlices of ham and veal, ſliced carrots, onions, parſley roots, ſhallots, and three cloves. Soak it on the fire till it begins to catch at bottom, then add a little cullis, half a pint of white wine, ſome whole pepper, and a little ſalt. Reduce it to a proper conſiſtence, then ſkim and ſtrain it; when done, add the juice of half a lemon, and ſerve it upon the ſturgeon.

SUGAR.—See CANDYING, &c.

SUPPERS.

Light SUPPERS *of four Diſhes.*

Houſe lamb ſteaks, à-la-fricaſſee, white.
Collared eel. Pickles.
Chicken roaſted.

Whitings broiled.
Tongue ſliced. Biſcuits.
Calf's heart.

Roaſted chicken.
Potted beef. Cheeſecakes.
Sauſages, with eggs poached.

Minced veal.
Pat of butter in a glaſs. Radiſhes.
Poached eggs on a toaſt.

Maintenons.
Sliced ham. Tart.
Rabbit roaſted.

Haſhed

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Haſhed mutton.

Anchovy and butter. Pickles.

Scollopped or roaſted potatoes.

Veal cutlet.

Tart. Radiſhes and butter in the middle.

Aſparagus.

Boiled chicken.

Cold beef or mutton ſliced. Pickles.

Scollopped oyſters.

Boiled tripe.

Bolognia ſauſage ſliced. Pat of butter in a glaſs.

Haſhed hare.

Gudgeons fried.

Biſcuits. Raſped beef, and a pat of butter in the middle.

Duck roaſted.

Light SUPPERS *of five Diſhes.*

Scotch collops.

Potted pigeon. Sallad. Lobſter.

Peaſe.

Eels broiled or boiled.

Butter ſpun. Tart. Radiſhes.

Sweetbread roaſted.

Cold veal haſhed.

Anchovies and butter. Plain fritters. Pickles.

Teal roaſted.

Pigeons roaſted.

Prawns. Tart. Cold mutton ſliced.

Aſparagus.

Poached eggs and ſpinach ſtewed.

Slices of beef. Mince pies. Baked ſprats.

Chicken roaſted.

Boiled chickens.

Gooſeberry Parſley and butter

Peaſe. Cream. and melted butter.

Fricaſſee of ox palates.

Duck

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Duck roaſted.
Sliced tongue. Tart. Cray fiſh.
Peaſe.

Boiled chicken, lemon ſauce.
Ham ſliced. Butter in a glaſs. Radiſhes.
Lamb's fry.

Spitchcock eel.
Collared beef. Raſpberry fritters. Pickles.
Veat cutlet.

Giblets ſtewed.
Collared veal ſliced. Tart. Crab.
Roaſted pigeons.

Buttered lobſter.
Potted beef. Raſpberry cream. Collared pig's head.
Calf's heart.

SWEET-BREADS.—See VEAL.

SYLLABUBS.

A whipt SYLLABUB. Rub a lump of ſugar on the outſide of a lemon, put it into a pint of thin cream, and ſweeten it to your taſte, then put in the juice of a lemon, and a glaſs of Madeira wine or French brandy; mill it to a froth with a chocolate mill, and take it off as it riſes, and lay it into a hair ſieve. Then fill one half of your poſſet-glaſſes a little more than half full with white wine, and the other half of your glaſſes a little more half full with red wine; then lay on your

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froth as high as you can, but take care that it be well drained on your ſieve, otherwiſe it will mix with your wine, and your ſyllabub will be ſpoiled.

Another way. Take a quart of thick cream, and half a pint of ſack, the juice of two Seville oranges or lemons; grate in the peel of two lemons, half a pound of double-refined ſugar, pour it into a broad earthen pan, and whiſk it well. But firſt ſweeten ſome red wine or ſack, and fill your glaſſes as full as you chuſe; then, as the froth riſes, take it off with a ſpoon, and lay it on a ſieve to drain; then lay it carefully into your glaſſes, till they are as full as they will hold. Do not make theſe long before you uſe them. Many uſe cyder ſweetened, or any wine they pleaſe, or lemon or orange whey made thus: Squeeze the juice of a lemon or orange into a quarter of a pint of milk; when the curd is hard, pour the whey clear off, and ſweeten it to your palate. You may colour ſome with the juice of ſpinach, ſome with ſaffron, and ſome with cochineel, juſt as you fancy.

Another way. Take a pint of cream, the whites of two eggs, a pint of white wine, and the juice and rind of a lemon; grate the rind into the wine, and then put in the cream; ſweeten them, and whiſk them up with a clean whiſk.

A Lemon SYLLABUB. Take a pint of cream, a pint of white wine, the rinds of two lemons grated, and the juice; ſugar it to the taſte; let it ſtand ſome time; mill or whip it; lay the froth on a ſieve; put the remainder into glaſſes; lay on the froth; make them the day before they are wanted.

If

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If they are to taſte very ſtrong of the lemon, put the juice of ſix lemons, and near a pound of ſugar; they will keep four or five days.

Solid SYLLABUB. To a quart of rich cream, put a pint of white wine, the juice of two lemons, and the rind of one grated; ſweeten it to your taſte. Whip it up well, and take off the froth as it riſes; put it upon a hair ſieve, and let it ſtand in a cool place till the next day. More than half fill your glaſſes with the thin, and then heap up the froth as high as you can; the bottom will look clear, and keep four or five days.

SYLLABUB *under the Cow.* Put into a punch bowl a pint of cyder, and a bottle of ſtrong beer; grate in a ſmall nutmeg, and ſweeten it to your taſte; then milk from the cow as much milk as will make a ſtrong froth. Then let it ſtand an hour; ſtrew over it a few currants well waſhed, picked, and plumped before the fire, and it will be fit for ſervice.

Everlaſting SYLLABUB. Take five half pints of thick cream, half a pint of rheniſh, half a pint of ſack, and the juice of two large Seville oranges; grate in juſt the yellow rind of three lemons, and a pound of double-refined ſugar well beat and ſifted; mix all together with a ſpoonful of orange flower water; beat it well with a whiſk half an hour, then with a ſpoon take it off, and lay it on a ſieve to drain; and fill your glaſſes. Theſe will keep above a week, and are better made the day before.

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T.

TARTS.

If tarts are meant to be eaten cold, make the *ſhort* cruſt. [*See the article* PASTES.] An apple tart is made the ſame as the pie, but if to be eaten cold, make the ſhort cruſt.

If you uſe tin patties to bake in, butter them, and put a little cruſt all over them, or you will not be able to take them out; but if you bake them in glaſs or china, only an upper cruſt will be neceſſary, as you will not want to take them out when you ſend them to table. Lay fine ſugar at the bottom, then your cherries, plums, or whatever you may want to put in them, and put ſugar at the top. Currants, raſpberries, and cherries require but little baking; gooſeberries, to look red, muſt ſtand a good while in the oven. Apricots, if green, require more baking than when ripe; quarter or halve ripe apricots, and put in ſome of the kernels.

Preſerved fruit, as damaſcenes and bullace, require but little baking; fruit that is preſerved high ſhould not be baked at all; but the cruſt ſhould firſt be baked upon a tin the ſize the tart ſhould be; cut it to a proper ſize, and when cold, take it off, and lay it on the fruit. Apples and pears intended to be put into tarts muſt be pared, cut into quarters, and cored. Cut the quarters acroſs again, ſet them on in a ſaucepan with as much water as will barely cover them, and let them ſimmer on a ſlow fire juſt till the fruit is tender. Put a good piece of lemon-peel into the water with the fruit, and

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then have your patties ready. Pour over each tart a tea-ſpoonful of lemon-juice, and three tea-ſpoonfuls of the liquor they were boiled in; then put on your lid, and bake them in a ſlack oven. In apricot tarts you muſt not uſe any lemon-juice.

A buttered TART. Take eight or ten large codlings, and ſcald them, when cold, ſkin them, take the pulp and beat it as fine as you can with a ſilver ſpoon, then mix in the yolks of ſix eggs and the whites of four beat all well together, a Seville orange, ſqueeze in the juice, and ſhred the rind as fine as poſſible, with ſome grated nutmeg and ſugar to your taſte; melt ſome fine freſh butter, and beat up with it according as it wants, till it is all like a fine thick cream, and then make a fine puff-paſte; have a large tin patty that will juſt hold it, cover the patty with the paſte, and throw in the ingredients; do not put any cover on, bake it in a quarter of an hour, then ſlip it out of the patty on a diſh, and throw fine ſugar well beat all over it. It is a very pretty ſide diſh for a ſecond courſe. You may make this of any large apples you pleaſe.

A raſpberry TART *with Cream.* Roll out ſome thin puff paſte, and lay it in a patty pan; lay in ſome raſpberries, and ſtrew over them ſome very fine ſugar; put on the lid and bake it; cut it open, and put in half a pint of cream, the yolks of two or three eggs well beat, and a little ſugar. Let it ſtand to be cold before it is ſent to table.

To make Rhubarb TARTS. Cut the thick ſtem of the rhubarb leaf into pieces the ſize of a gooſeberry, and make it as a gooſeberry tart.

A Spi-

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A Spinach TART. Scald the ſpinach in boiling water, and drain it very well to chop, then ſtew it in butter and cream, with a little ſalt, ſugar, a few ſmall pieces of dried comfit citron, and a few drops of orange flower water.

TART *de Moi.* Make ſome good puff paſte, and lay round your diſh, put ſome biſcuits at the bottom, add ſome marrow and a little butter; then cover it with different kinds of ſweetmeats, as many as you have, and ſo on till your diſh is full; then boil a quart of cream, and thicken it with four eggs and a ſpoonful of orange flower water. Sweeten it with ſugar to your palate, and pour over the reſt. Half an hour will bake it.

TEA.

We have ſo frequently had occaſion to remark on the effects of TEA during the courſe of this work, that we muſt here be very conciſe on the ſubject; obſerving again, that the injuries attributed to it are chiefly owing to its imprudent uſe.

Tea was firſt imported from Holland by the Earls of Arlington and Oſſory in 1666; their ladies taught the uſe of it to women of quality, for ſuch only were then able to afford it, the price being very great, not leſs than three pounds ſterling per lb. It continued at this price even to the year 1707. In 1715, we began to uſe green tea; and as great quantities were imported, and the prices conſequently leſſened, the practice of drinking it deſcended to the lower claſs of people. In 1720, the French began to ſend it hither by a clandeſtine commerce.

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merce. From 1717 to 1726, we imported annually ſeven hundred thouſand pounds. From 1732 to 1742, a million and two hundred thouſand pounds were annually brought to London; in ſome years afterwards three millions, and in 1755 near four millions of pounds.

Such has been the progreſs of tea drinking, and thus general it has become in a ſpace of time not more than eighty years; for before 1707, it was an article of expenſive luxury, entirely confined to perſons of rank and fortune.

Treatiſes have been written to prove the pernicious effects of tea drinking, which, it is plain, have been very little attended to. People of the loweſt ranks make their breakfaſts of it; and, according to the preſent ſtate of men's conſtitutions, it would be difficult to find a cheaper breakfaſt. Thoſe phyſicians who have repreſented it as occaſioning nervous diſorders, ſeem not ſufficiently to have conſidered, that where tea diſagrees, the habit has been relaxed by other means; and if nervous diſorders and inſanity are more common now than formerly, the cauſe will be found, where it is more natural to ſeek it, in the uſe of *ſpirituous liquors*, and particularly thoſe which are the produce of our own diſtilleries.

Too much ſtreſs has been laid upon experiments made with the plant; theſe are fallacious, becauſe the quantity drank at a time, of the ſlight infuſion commonly uſed, rarely exceeds three cups. The miſchief of tea drinking ariſes principally from its being drank *hot*, which is a practice too general among the fair ſex; but the ſame effects would be felt from the ſame quantity of water made palatable by ſugar. Let thoſe who think

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think that tea injures them try the experiment, and they will find that water drank hot will have the ſame effects.

In truth, tea is to be conſidered as a palatable and cheap beverage, and that only. In the morning, it removes the nauſea from the ſtomach contracted by ſleep, and reſtores the organs of taſte to their proper diſcrimination In the afternoon it brings people, and particularly the ladies, together for a little converſation.

TEAL.

To roaſt TEAL. When your teals are ready dreſſed, put in them a ſmall onion, pepper, ſalt, and a ſpoonful of red wine; if the fire be good, they will roaſt in twenty minutes; make gravy of necks and gizzards, a ſpoonful of red wine, half an anchovy, a blade or two of mace, a ſlice of an end of a lemon, one onion, and a little kyan pepper; boil it till it is waſted to half a pint, ſtrain it through a hair ſieve, put in a ſpoonful of browning, pour it on your teals; ſerve them up with onion ſauce in a boat. Garniſh your diſh with raſpings of bread.

TEETH.

To preſerve the teeth in order, and in any degree of beauty, requires leſs trouble than perſeverance. Five minutes labour every morning is amply ſufficient: indeed, to produce a ſet of fine, regular teeth, they ſhould

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ſhould be taken under management, from their very firſt appearance, and every aſſiſtance given to make them cut eaſy, and puſh out regularly, otherwiſe they have leſs chance to be well ſhaped, well ranged, and make a beautiful appearance.—The firſt teeth prepare ſockets for thoſe which are to ſucceed them; and upon the right diſpoſition of theſe ſockets will the regularity and beauty of the ſecond ſet of teeth depend.

The breeding and cutting of the teeth often prove prove fatal to infants, at all times is attended with violent pains, and frequently with convulſions and fevers. Looſeneſs, if not ſevere, is rather a favourable ſymptom. Diluting liquors, as milk and water, balm tea, &c. ſhould be plentifully adminiſtered, but by no means too warm. The appearance of the teeth are uſually foretold by a ſmall white circle ſurrounding that part of the gum, and deſcribing the ſize of the future tooth; at this time it will be neceſſary to rub the gums with a little fine honey mixed with liquorice powder, which frequently prevents convulſions; the white ſhank of a boiled aſparagus, or the rib of a large lettuce leaf, is often ſucceſsfully employed to rub the gums with.

The difficulties and dangers which attend teething, may frequently be obviated, and conſiderably leſſened, by attending to a few plain general rules: To keep the body open by cooling and corrective medicines;—to guard againſt any violent looſeneſſes by a proper change of phyſic;—to ſupply the want of immediate operation by gentle clyſters or vomits; and taking care that the food be very light, (if the child is weaned) as chicken broth, beef tea, or palatable ſlops, which are preferable to fleſh meals.

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For this purpoſe, rhubarb, with magneſia, in caſe of coſtiveneſs; or with prepared crabs claws, in caſe of too great a degree of looſeneſs; clyſters made with mutton or chicken broth; common ſalt, coarſe ſugar, and ſweet oil, adapting the quantity to the age of the child.

From the earlieſt infancy, children ſhould be taught to waſh their teeth and gums every morning and evening with cold water, and continue this practice through life.

About ſix or ſeven years of age they begin to ſhed theſe firſt teeth, and new ones ſucceed, the preſervation and management of which demand our vigilant attention.

Even, regular teeth contribute ſo much to the beauty of the human countenance, that without their aid the viſage would appear deformed, and the harmony of the fineſt features be incomplete. Irregularity might be often prevented by a timely removal of the firſt ſet of teeth, whenever they appear crooked, projecting forward, inclining inwards, or otherwiſe tending to deformity, as they give the ſhape to the bony ſocket for thoſe which are to follow; and hence diſtort the mouth, and affect the ſhape of the whole face.

There is another deformity, which ſeems cauſed by inattention to the teeth in early life, namely, when the teeth of the under jaw project forward beyond thoſe of the upper, and incloſe them; the contrary to which being the natural ſituation: this being under-jawed, not only renders the front teeth uſeleſs in both jaws in eating, but makes the under one grow conſiderably longer than it otherwiſe would.

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The teeth ſhould be often examined from ten or twelve years of age, to obſerve their decay, and make the neceſſary proviſion againſt it; to prevent rottenneſs from reaching the nerve; and alſo to remove all tartareous accumulations which may have adhered to them.

Thoſe concretions about the teeth and gums which are called the tartar of the teeth, proceed from a hurtful nutriment; partly from the ſaliva, impregnated with the excrementitious juice of the gums, which by continually moiſtening the teeth gradually adds theſe tartareous particles to them.

This tartar, in conſequence of its acrimony, imperceptibly conſumes the ſubſtance of the teeth, produces blackneſs, and frequently a caries or rottenneſs. Acid ſpirits, ſuch as the ſpirit of ſalt, ſpirit of vitriol, &c. diſſolve the tartareous ſubſtance on the teeth, yet too frequent, too long, or any injudicious application thereof, will deſtroy the tooth itſelf. Acids of every denomination are unfriendly to the teeth, whether ſpirit of ſalt, vitriolic ſpirit, tartar of vitriol in its acid ſtate, cream of tartar, or alum, burnt or unburnt. Nor are theſe the only preparations from which danger is to be apprehended; powder of coral, cuttle fiſh bone, pumice ſtone, and ſimilar ſubſtances, when frequently uſed, deſtroy the enamel not leſs, though in a different manner, than the foregoing acids: the one diſſolves, the other by its aſperities acts like a file, and rubs it off. This ſeems to exclude all the generally received preparations for the teeth, and with great juſtice; but we hope to offer others in their place, which will equally anſwer every good intention, without cauſing the leaſt diſagreeable conſequence.

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Moſt people may obſerve, that however clean their teeth are on going to bed at night, yet on paſſing a finger over them next morning, they will be found covered with a thin, ſlimy ſubſtance, which ſeems the reſiduum of the ſaliva, united with an excrementitious juice from the gums, gathers about the teeth, and acquires a degree of hardneſs little inferior to themſelves. A compoſition, therefore, which will abſorb this mucous ſubſtance, prevent it from adhering to the teeth, and preſerve their natural colour, is the beſt tooth powder that can be made uſe of: that artificial whiteneſs which is cauſed by uſing alum and ſimilar ſubſtances, is a certain indication of their approaching decay, which is ſoon after more ſenſibly announced by chillneſs and pain.

When the teeth are once perfectly freed from tartar, (which often lurks under the gums, unknown to one's ſelf) the frequent uſe of the following powder will preſerve them for years:

Reſtorative Powder for the TEETH *and* GUMS.

Take French bole, one ounce; dragon's blood and myrrh, each half an ounce; maſtic, a dram and a half; cinnamon and cloves, each half a dram: reduce them into a very fine powder, and with your finger dipped therein, rub the teeth and gums well two or three times a week, rinſing the mouth afterwards with cold water. This comforts and ſtrengthens the gums, abſorbs all that acrimonious ſlime and foulneſs which would accumulate to the deſtruction of the teeth, and has this peliar property, that it can never do them an injury.

To ſuch as are deſirous of preparations that will more

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ſpeedily whiten the teeth, we ſhall communicate a few receipts for that purpoſe:

Take myrrh, roch alum, dragon's blood, and cream of tartar, each one ounce; muſk, two grains: make them into a fine powder.

The author of this recipe is ſo honeſt as to add, 'that, though ſimple, it is an efficacious dentifrice; yet 'nothing of the kind ſhould be applied too frequently 'to the teeth, for fear of hurting the enamel.'

If the teeth and gums are rubbed with a piece of clean rag dipped in vinegar of ſquills, it will not only whiten, but faſten the roots of the teeth, and correct an offenſive breath.

When the enamel of the teeth is waſted, either by a ſcorbutic humour, or any external cauſe, the tooth cannot long remain ſound, and muſt therefore be cleaned with great caution; for which purpoſe a piece of wood, like a butcher's ſkewer, made ſoft at the end, and either uſed alone, or dipped in the reſtorative powder recommended above.

The large double teeth (two on each ſide next the *dentes ſapientiæ*) are often diſcovered, even at their firſt appearance, to have ſeveral ſmall holes; and as theſe teeth are not ſucceeded by any others, care ſhould be taken, as early as poſſible, to ſtop the holes up, otherwiſe they daily enlarge, break into one, and become attended with much pain.

When the hollows of decayed teeth are filled up, whether with gold or other materials, the perſon ſhould avoid cracking nuts, or ſqueezing any hard ſubſtance between them, as that will not only cauſe the ſtopping to come out, but frequently break even ſound teeth.

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The TOOTH-ACH

Proceeds from a variety of cauſes, but, perhaps, from no one more frequently than neglect of cleanlineſs; rottenneſs of the teeth is only a ſecondary cauſe, or a conſequence of the former; and it is certain that no inſtances are to be met with of diſorders originating in the internal part of a ſound tooth, which, however, is commonly the ſeat of complaint; always, indeed, in decayed teeth, probably occaſioned by the air entering the decayed part, and affecting the blood-veſſels, or nervous membranes.

Remedies for this complaint are without number. When the diſorder is ſlight, it may frequently be alleviated by applying a bit of cotton dipped in oil of cloves, or Turlington's balſam, to the hollow part, and if frequently repeated, will oft-times effect a cure; tincture of laudanum or opium may alſo be uſed for the ſame purpoſe.

When the extirpation of tartar from under the gums has long been neglected, it frequently corrodes that part of the tooth where the enamel ends, and brings on a diſagreeable ſenſation, which is generally heightened by eating acids, fruit, ſweetmeats, &c. The ſame complaint is frequently brought on by uſing hard, cutting ſubſtances, under the name of tooth powders; it may be prevented from going farther by the uſe of the reſtorative powder before recommended. Indeed, the very cloſe adheſion of the tartareous matter will produce a pain not eaſily diſtinguiſhable from the common tooth-ach, but which always ſubſides on removing the cauſe.

Severe

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Severe colds, violent exercise, sitting up late, or exceſſive drinking, will bring on a tooth-ach of different kind from the foregoing, being attended with violent head-ach, ſwelling of the cheeks, and an inflammation of the gums that frequently ſuppurates: it moſtly begins with a gnawing pain about the roots, eſpecially of the double teeth, the pulſe quickens, and a fever enſues, with increaſed pain for three or four days, till the inflammation riſes to its height, the diſcharge whereof commonly gives relief.

Slight electrical ſhocks, or rather ſparks drawn from the tooth; bleeding, eſpecially by leeches applied near the ſeat of the complaint, and evacuations by ſtool, will be found of great ſervice. Sometimes a flannel cloth ſoaked in a ſtrong decoction of camomile, applied warm as it can be borne, and repeated quickly, will very much alleviate the complaint.

A bliſter behind the ear, when the pain is extremely violent, may be applied with advantage; and ſmoaking either common or herb tobacco (the latter is leaſt weakening to the ſtomach) will afford a temporary relief; though ſuch means cannot totally remove the diſorder, which is too deeply rooted to be eradicated by theſe ſuperficial remedies.

When bleeding and other applications fail, let the patient take an ounce of nitre divided into ſixteen doſes; abſtaining from fleſh-meat, wine, and hot liquors.

Generally, as the inflammation increaſes, the ſeverity of the pain declines; and in ſome, though few caſes, the inflammation will be very conſiderable without any pain whatever. Should the diſorder be ſo violent as to endanger

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endanger the palate of the mouth, by the ſecret lodgement of any acrimonious matter, the caſe becomes highly alarming, and requires the choiceſt medical aſſiſtance.

Opiates may be advantageouſly adminiſtered, and often afford conſiderable relief, when applied as a plaiſter ſo as to cover the affected part.

The inflammatory tooth-ach is the common, and perhaps the only origin of gum-boils, a morbid affection of the gums, ſo called; and one of the very few cauſes which can render it neceſſary to extract a tooth.

It ſhould be obſerved, that during the inflammation, it will be very improper to attempt extracting the painful tooth; the roots being at that time ſo tightly wedged in their ſockets, as to render it liable to be broken in the operation; without ſaying any thing of the very excruciating pain it cauſes at this time.

There is a third tooth-ach, which ſeems to be a particular ſort of rheumatiſm; for we may often obſerve pains of the joints and ſhoulders tranſlated to one ſide of the head, the teeth of which they attack in the moſt violent manner. On the contrary, pains in the head and teeth are obſerved frequently to change their ſeats, and fall upon the ſhoulders and arms. As a rheumatiſm is brought on by an intemperate, or ſudden change of air, ſo a tooth-ach of this claſs is generally excited by a ſudden removal from a warm to a cold air; or by the ſudden changes of heat and cold in the ſpring and autumn. Rheumatiſms are more incident to women than men, ſo alſo are tooth-achs, though they generally prove far more ſevere in the latter than in the former. Beſides, it is confirmed by experience, that ſuch as are ſubject to rheumatic

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rheumatic and gouty complaints, are much leſs afflicted with this tooth-ach: hence it ſhould follow, that the regimen and method of cure ſhould be ſimilar with thoſe diſorders.

As in rheumatiſms and gouts, ſo in this tooth-ach, thoſe who have been once afflicted are eaſily, and by every ſlight cauſe, ſubjected to freſh attacks of the diſorder, on account of the weakneſs left behind. Theſe pains, too, are ſometimes periodical; often continue a week or ten days, almoſt without intermiſſion, and then ſubſide entirely for a fortnight, or longer, when they return as before.

This diſorder is uſually treated as nervous or rheumatic; and when the pain has been ſo intenſely violent as to reſiſt the force, and elude the efficacy of all other medicines, Hoffman tells us, that he has obſerved a moſt ſingular and unexpected relief afforded by the following pills invented by himſelf:

Take of aloetic pills, one dram; of the ſtorax pills, half a dram; and of the *extract of ſaffron* ſix grains; mix them into a maſs, of which form ſixty pills; ſix or eight of them are to be given for a doſe.

Extraction of the tooth is the laſt remedy that can be propoſed, when the particular one can be diſcovered. But it muſt be obſerved, that there are rheumatic and nervous pains in the head, entirely unconnected with, and independent of the teeth; and from which, were all the teeth in the head drawn out, the patient would not find the ſmalleſt relief. And, indeed, thoſe who ſuffer their teeth to be pulled out when firm and ſound, pay very little regard to their own welfare; for tooth drawing is not only a painful operation, but is often attended

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with bad accidents, and even ſometimes endangers the patient's life.

Tooth-drawing, however wrong, injudiciouſly, or wantonly performed in ſome caſes, is certainly right and neceſſary in others. It is ſometimes neceſſary to draw a tooth for the curing a fiſtula, or ulceration of the gums near the roots of the teeth.

One argument that might diſſuade people from flying to this operation on every trifling cauſe, is the very great injury the face ſuſtains in its beauty. A diminution takes place, both in length and breadth; the cheeks in particular fall in and look lanky; and the whole viſage appears no larger than that of a child.

We ſhall conclude this article with enumerating a few particulars, a want of attention to which is often a prejudice not only to people's teeth, but frequently even to health itſelf.

1. Expoſing themſelves to catch cold, by walking late abroad, ſleeping with the head too thinly covered, or ſtanding too long oppoſite to a gate, or window, half open—which occaſion a flux of humours to fall on the teeth, creating the tooth-ach, ſwelling of the cheeks, &c.

2. Neglecting to keep the arms and legs ſufficiently warm, is often attended with as great prejudice to the teeth, as ſuffering cold in the head from the ſame neglect.

3. Not taking proper care of the head, by combing it frequently; which negligence prevents this part from perſpiring ſo freely as it ought, whence the ſuperfluous humour falls down upon the teeth and gives birth to ſeveral complaints.

4. Eating

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4. Eating or drinking things that are too hot, as coffee, tea, &c. or holding hot ſpirituous liquors, cauſtic oils, and ſpices in the mouth for the tooth-ach, which give a temporary eaſe, but lay the foundation for future pains.

5. Nothing is more apt to looſen the teeth, and rub off the enamel, than picking them with a quill tooth-pick; for that part of the quill which the tooth-pick is made of, is a very hard elaſtic ſubſtance, and very ſharp; by being paſſed backwards and forwards between the teeth, it acts almoſt as a file, wears the enamel, and at laſt totally deſtroys it; and we may very readily obſerve, that the teeth generally grow carious firſt at the ſides, where the tooth-pick is moſt employed. Gold and ſilver are not ſo elaſtic as the point of a quill, nor do the leaſt injury by friction againſt the teeth. Ivory finely poliſhed, and wrought into tooth-picks, is not injurious; but maſtic wood or biſtort root are much ſuperior, as by their aſtringent quality they ſtrengthen and preſerve the gums.

6. Eating ſweetmeats, which by their viſcidity ſtick cloſe to the teeth, and corrode them; chewing things that are too hard, or cracking the ſtones of fruit or nuts, &c. eating green fruit, pickles, &c. which fret the gums; chewing food that is tough and fibrous, as ſalted meat or fiſh, neglecting to waſh the mouth after eating, eſpecially any of the foods juſt mentioned; with the frequent uſe of high-ſeaſoned diſhes.

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TENCH.

To boil TENCH. Take tench freſh from the ponds, gut them, ſcale them clean, then put them into a ſtew-pan with as much water as will juſt cover them, a little ſalt, whole pepper, and lemon peel, a few cloves, a bunch of ſweet herbs, and a ſtick of horſe-radiſh; let them boil till they are tender, and when they are enough, take out ſome of the liquor, with which mix a glaſs of white wine and a little lemon-juice or verjuice, and an anchovy ſhred.

Boil it a few minutes and thicken it with butter rubbed in flour, and with the ſauce toſs up a pint of ſhrimps; pour this over the fiſh.

Garniſh with fried bread cut in the length of a finger, ſlices of lemon and horſe-radiſh ſcraped, and pickled muſhrooms if you pleaſe, or you may toſs up ſome of them in the ſauce.

To fry TENCH. Gut, waſh, and dry them well in a cloth; ſlit them down the back, ſprinkle a little ſalt over them, and dredge them with flour; fry them of a fine brown in boiling lard. Sauce—anchovy, with muſhrooms, truffles, and capers, all chopped ſmall, and ſtewed in gravy, with the juice of a lemon, and a little fiſh cullis.

To bake TENCH. Let the tench be freſh from the pond, gut and ſcale them clean; then kill them by giving them a hard ſtroke on the back part of the head, or elſe they will live for ſeveral hours, and even jump out of the pan in the oven; when they are half enough, lay them in a pan with ſome ſtrong gravy, muſhroom ketchup, half a pint of white wine and as much of pickled muſh-

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muſhrooms, ſome ſalt, pepper, cloves and nutmeg, a bunch of ſweet herbs and lemon peel, two or three ſlices of fat bacon, an anchovy or two, and three or four large ſhallots; lay ſome bits of butter upon the fiſh, cover all as cloſe as you can, and let them have an hour's baking.

When they are baked, lay them in a hot diſh, and pour off the liquor and ſtrain it, only preſerving the muſhrooms; then add a ſpoonful of lemon juice and thicken the ſauce with the yolks of four eggs, beaten with cream and mixt by degrees with the ſauce.

Pour this over the fiſh; garniſh with beet roots ſliced, lemon ſliced and horſe-radiſh ſcraped, and ſerve it up hot.

TERRINE.

TERRINE is a *French* diſh, ſo called from *Terrine*, which ſignifies an earthen pan; it is made of half a dozen quails, four young pigeons, a couple of chickens, and a breaſt of mutton cut to pieces; bake or ſtew them in an earthen pan between two gentle fires, with lards of bacon at the bottom to keep them from burning, or young ſtreaked bacon cut into pieces; then draining off the fat put ſome veal gravy into its place, and add ſome boiled lettuce, a little green peas or aſparagus tops.

Stew all again together for ſome time, and clear it well from the fat before it is ſerved up.

TOOTH-ACH.—See TEETH.

TONGUES,

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TONGUES.

To ſalt TONGUES. Scrape and dry them with a clean cloth; ſalt them well with common ſalt, add half an ounce of ſalt-petre to every tongue, lay them in a deep pot, turning them every day for a week or ten days; ſalt them again, and let them lie a week longer; then dry them with a cloth, flour them, and hang them up.

To boil a TONGUE. If it is ſalt, ſoak it in ſoft water all night; boil it three hours; if freſh out of the pickle, two hours and a half, and put it in when the water boils; take it out and pull it, trim it; garniſh with greens and carrots.

Another way. If your tongue be a dry one, ſteep it in water all night; then boil it three hours. If you would have it eat hot, ſtick it with cloves, rub it over with the yolk of an egg, ſtrew over it bread crumbs, baſte it with butter, ſet it before the fire till it is a light brown. When you diſh it up pour a little brown gravy, or red wine ſauce, mixed the ſame way as for veniſon; lay ſlices of currant jelly round it.—N. B. If it be a pickled one, only waſh it out of water.

Another way. Lard a tongue with pretty large pieces, and boil it in the broth pot, or in water, with a few onions and roots; when it is done, peel it, and ſerve it with broth, ſprinkling a little pepper and ſalt over it.

It is alſo uſed without larding, and being boiled freſh in this manner, is preferable to any thing elſe for mince-pie meat.

Another

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Another way. Scald a tongue, and parboil it; then peel it, and lard it through with coarſe pieces; finiſh it by itſelf in a ſmall pot, with broth, pepper, ſalt, carrots, parſnips, two onions, ſlices of lard, a faggot, ſhallots, two cloves, a laurel leaf, thyme, baſil, a few tarragon leaves, and a glaſs of white wine; boil on a ſlow fire, and put to it what ſauce you pleaſe.

Calves, ſheep, or porker's tongues are dreſſed the ſame way.

To ſtew NEAT'S TONGUES. Put two tongues in water juſt ſufficient to cover them, and let them ſtew two hours; then peel them, and put them in again with a pint of ſtrong gravy, half a pint of white wine, a bundle of ſweet herbs, a little pepper and ſalt, ſome mace, cloves, and whole pepper, tied in a muſlin rag; a ſpoonful of capers chopped, turnips and carrots ſliced, and a piece of butter rolled in flour. Let all ſtew together very ſoftly over a ſlow fire for two hours, and then take out the ſpice and ſweet herbs, and ſend the diſh to table. You may, juſt as you like, leave out the turnips and carrots, or boil them by themſelves, and lay them in a diſh.

NEAT'S TONGUE *à le Remoulade*—NEAT'S TONGUE *with a reliſhing Sauce.* Scald a freſh tongue and peel it, lard it with large pieces of bacon, boil it into the ſtock pot, or in broth, with a little ſalt, and a noſegay; ſplit it, but not quite in two; make a ſauce with parſley, ſhallots, capers, anchovies, all very finely chopped, a little vinegar, a few crumbs of bread or raſpings, a little cullis and broth, ſome ſalt and pepper; boil all together a little, then put the tongue in it to ſimmer for a quarter of an hour. When you ſerve, add a little muſtard.

To

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To force a NEAT'S TONGUE. Boil it till it is tender; let it ſtand till it is cold, then cut a hole at the root end of it, take out ſome of the meat, chop it with as much beef ſuet, a few pippins, ſome pepper and ſalt, a little mace beat, ſome nutmeg, a few ſweet herbs, and the yolks of two eggs; beat all together well in a marble mortar; ſtuff it, cover the end with a veal caul, or buttered paper; roaſt it, baſte it with butter, and diſh it up. Have for ſauce good gravy, a little melted butter, the juice of an orange or lemon, and ſome grated nutmeg; boil it up, and pour it into the diſh.

To marinade NEAT'S TONGUES. Boil them till tender, and peel them; when cold, put them into a veſſel that will hold them at full length; make a pickle of white-wine vinegar (as much as will fill the veſſel) ſome nutmegs, ginger ſliced, mace, whole cloves, a bunch of ſweet herbs, conſiſting of parſley, ſweet marjoram, ſage, winter ſavory, thyme, and bay-leaves; boil them well. When cold, put them to the tongues, with ſome ſalt and ſliced lemon; cloſe them up. Serve them in ſlices in ſome of the liquor. They may be larded if agreeable.

A NEAT'S TONGUE *en Crepine*—*A* NEAT'S TONGUE *in Veal caul.* Boil a tongue ſufficiently to peel; then lard and ſplit it without ſeparating it in two; ſlice ſome onions, fry them in hog's lard; put to it three or four ſpoonfuls of hog's blood, about a quarter of a pound of freſh lard chopped, a few ſpices, and ſalt; ſimmer it, ſtirring it continually till the blood is well mixed; then lay a caul in the bottom of your diſh, and ſpread upon it part of your preparation, then the tongue, then the ſame as before on the tongue; roll it up in the

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caul, and garniſh it with bread crumbs; put it in the oven to bake, and take a good colour; clean the diſh free from fat, and ſerve it under a ſauce made with cullis, jelly broth, and lemon.

To force a NEAT'S TONGUE *and Udder.* Firſt parboil the tongue and udder, blanch the tongue, and ſtick it with cloves. As for the udder, you muſt carefully raiſe it, and fill it with force-meat made of veal; firſt waſhing the inſide with the yolk of an egg, then put in the force-meat, tie the ends cloſe and ſpit them; roaſt them, and baſte them with butter; when enough, have good gravy in the diſh, and ſweet ſauce in a cup.

N. B. For variety, you may lard the udder.

To pot NEAT'S TONGUE. Take a neat's tongue, and rub it with an ounce of ſaltpetre, and four ounces of brown ſugar, and let it lie two days; then boil it till it is quite tender, taking off the ſkin and ſide bits; then cut the tongue in very thin ſlices, and beat it in a marble mortar, with one pound of clarified butter, mace, pepper and ſalt to your taſte; beat it exceeding fine, then put it cloſe down into ſmall potting pots, and pour clarified butter over them.

TRIPE.

To fricaſſee TRIPE. Cut a piece of double tripe in pieces of about two inches; put them in a ſaucepan of water, with an onion, and a bundle of ſweet herbs; boil it till it is quite tender, then have ready a biſhamel made thus: take ſome lean ham, cut it in thin pieces, and put it in a ſtewpan, with ſome veal, having firſt cut off the fat,

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put it over the ham; cut an onion in ſlices, ſome carrot and turnip, a little thyme, cloves, and mace, and ſome freſh muſhrooms chopped; put a little milk at the bottom, and draw it gently over the fire; be careful it does not ſcorch, then put in a quart of milk, and half a pint of cream; ſtew it gently for an hour, thicken it with a little flour and milk, ſeaſon it with ſalt, and a very little kyan pepper bruiſed fine; then ſtrain it off through a tammy; put your tripe into it, toſs it up, and add ſome force-meat balls, muſhrooms, and oyſters blanched; then put it into your diſh, and garniſh with fried oyſters, or ſweetbreads, or lemons.

Another way. Take ſome lean tripe, cut and ſcrape from it all the looſe ſtuff, and cut it into pieces two inches ſquare; cut them acroſs from corner to corner, or in what ſhape you pleaſe; put them into a ſtewpan, with half as much white wine as will cover them, ſliced ginger, white pepper, a blade of mace, a bundle of ſweet herbs, and an onion. When it begins to ſtew, a quarter of an hour will do it; then take out the herbs and onion, and put in a little ſhred parſley, the juice of a lemon, half an anchovy cut ſmall, a few ſpoonfuls of cream, and the yolk of an egg, or a piece of butter. Seaſon it to your taſte, and when you diſh it up, garniſh it with lemon.

Another way. Cut ſome nice white tripe into ſlips, put it into ſome boiled gravy with a little cream, and a bit of butter mixed with flour; ſtir it till the butter is melted; add a little white wine, lemon-peel grated, chopped parſley, pepper, and ſalt, pickled muſhrooms, or lemon juice; ſhake all together; ſtew it a little.

TROT-

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TROTTERS.

A Fricaſſee of SHEEP'S TROTTERS. Firſt cleanſe them very well from the hair, and waſh them in vinegar and water; then take out the bones and boil them in ſalt and water, with a little lemon-peel, and when they are hot give them either of the following ſauces:

For a white ſauce take white wine, with a little ſalt, a few ſweet herbs, ſome whole pepper, a little lemon-peel, a bit of horſe-radiſh, and a ſhalot.

When it is ſtrong enough reliſhed, ſtrain it off and take a little of it, and mix it with butter to thicken it; or about half a pint of cream, which is better; pour this over the trotters with a few capers, and ſerve it up with ſlices of lemon.

A brown Fricaſſee of TROTTERS. Dreſs them as before, and when they are fit for ſauce, make ſome hog's lard very hot in a pan, and then put in the trotters, being well covered with flour; and when they are enough pour over them a ſauce made of gravy, claret, and muſhrooms; thicken with burnt butter.

Serve it up garniſhed with ſlices of lemon, pickled barberries, ſome raſpings of bread ſifted and toaſted before the fire.

TROUTS.

To ſtew a TROUT. Stuff a ſmall trout with grated bread, a piece of butter, parſley chopped, lemon-peel grated, pepper, ſalt, nutmeg, ſavory herbs, and yolk of egg, mixed; put it into a ſtewpan with a quart of good

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boiled gravy, ſome Madeira, an onion, a little whole pepper, a few cloves, and a piece of lemon-peel; ſtew it in this gently till enough; add a little flour mixed in ſome cream, a little catchup; boil it up; ſqueeze in ſome lemon juice.

To broil TROUTS. Prepare a ragoo with muſhrooms, truffles, fiſh roes and pike's livers fried brown; alſo an anchovy and ſome ſweet herbs, and a few capers. Lay the trouts a ſoaking for ſome time, and afterwards ſerve them up with lemon juice.

Or you may bread them, having cut them in pieces, firſt ſteeped in a good marinade for an hour, that they may take the whole reliſh; then broil them over a gentle fire, ſprinkle them with lemon juice.

Another way. Gut two or three trouts at the gills, ſcrape them, wipe them and lay them on a dreſſer, and paſs a red hot fire-ſhovel gently over them; but ſo as not to touch them, and repeat this from time to time; when they have by this means been well hardened, lard them with ſmall ſlips of bacon in rows, then lay thin ſlices of bacon in the bottom of an oval ſtewpan; lay the larded trouts in order upon them, and kindle a little fire underneath, and put ſome light coals on the top of a cover, to give the fiſh a fine colour; you muſt alſo ſtir them ſeveral times leſt they ſhould ſtick to the bottom.

When they are well coloured, take away all the bacon, ſoak the trouts in good gravy, with a little wine and an onion ſtuck with cloves; ſtew all gently together, and ſeaſon in the ſame pan; when they are almoſt enough, and a little ſauce is left, put muſhrooms, truffles, and all ſorts of garniture into a little gammon eſſence, in order to make a well-ſeaſoned and ſomewhat thick

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thick ragoo; then dreſs the trouts in a large diſh, either of an oval or round figure; drain off all the fat, and pour the ragoo round about. You may garniſh the diſh with artichoke bottoms, andouillets or ſmall trout collops, larded and ordered like thoſe of ſoles.

To pot TROUTS. Scale and clean your fiſh very well, waſh them in vinegar and ſlit them down the back, putting ſalt and pepper into the ſlit and on the outſides; then lay them in a diſh for three hours, and after that in an earthen glazed pan with pieces of butter upon them; then ſet them in an oven for two hours, if the trouts be of fourteen inches long, tying a paper over the pan.

When they come out of the oven take them out of the liquor and put them in a pot, and as ſoon as they are quite cold pour clarified butter over them.

You may, if you pleaſe, bone them, when you ſplit their backs.

TROUT may be dreſſed in all the different ways of PERCH,—which ſee.

TURBOT.

To boil a TURBOT. Lay it in a good deal of ſalt and water an hour or two, and if is not quite ſweet, ſhift your water five or ſix times; but firſt put a good deal of ſalt in the mouth and belly.

In mean time ſet on your fiſh kettle, with clean ſpring water and ſalt, a little vinegar, and a piece of horſe-radiſh. When the water boils, lay the turbot on a fiſh-plate, put it into a kettle, let it be well boiled, but take great care it

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it is not too much done; when enough, take off the fiſh-kettle, ſet it before the fire, then carefully lift up the fiſh-plate, and ſet it acroſs the kettle to drain. In the mean time melt a good deal of freſh butter, and bruiſe in either the ſpawn of one or two lobſters, and the meat cut ſmall, with a ſpoonful of anchovy liquor; then give it a boil, and pour it into baſons. This is the beſt ſauce; but you may make what you pleaſe. Lay the fiſh in the diſh. Garniſh with ſcraped horſe-radiſh and lemon.

Another way. Make a brine with a handful of ſalt or two, and a gallon or more of water; let the turbot lie in it two hours before it is to be boiled; then ſet on a fiſh-kettle, with water enough to cover it, and about half a pint of vinegar (or leſs if the turbot is ſmall); put in a piece of horſe-radiſh. When the water boils, put in the turbot, the white ſide uppermoſt, on a fiſh-plate. Let it be done enough, but not too much, which will be eaſily known by the look. A ſmall one will take twenty minutes; a large one, half an hour. Then take it up, and ſet it on a fiſh-plate to drain before it is laid in the diſh. Sauce—lobſter ſauce and white-ſauce.

Another way. Make a brine after this manner: Boil two quarts of water for about an hour (more or leſs according to the ſize of the fiſh) with bits of carrots, parſnips, parſley roots, two onions ſliced, two ſhallots, thyme, laurel, a little baſil, and a good deal of ſalt; then ſift the brine, and boil the turbot therein, with as much milk and a little butter; ſimmer it a ſufficient time on a ſlow fire, with a fiſh-plate under, that it may drain; and ſerve it with what ſauce you think proper.

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TURBOT *au Court Bouillon, with Capers.* Waſh and dry a ſmall turbot, then take ſome thyme, parſley, ſweet herbs, and an onion ſliced; put them into a ſtewpan, then lay in the turbot (the ſtewpan ſhould be juſt large enough to hold the fiſh) ſtrew over the fiſh the ſame herbs that are under it, with ſome chives and ſweet baſil; then pour in an equal quantity of white wine, and white wine vinegar till the fiſh is covered; then ſtrew in a little bay-ſalt, with ſome whole pepper; ſet the ſtewpan over a gentle ſtove, increaſing the heat by degrees till it is enough; then take it off the fire, but do not take the turbot out; ſet a ſaucepan on the fire with a pound of butter, two anchovies ſplit, boned and waſhed, two large ſpoonfuls of capers cut ſmall, ſome chives whole, and a little pepper, ſalt, ſome nutmeg grated, a little flour, a ſpoonful of vinegar, and a little water; ſet the ſaucepan over the ſtove, and keep ſhaking it round for ſome time, and ſet the turbot on to make it hot; put it in a diſh, and pour ſome of the ſauce over it; lay ſome horſe-radiſh round it, and put what remains of the ſauce in a boat.

Soles, flounders, large plaice, or dabs, are very good done this way.

TURBOT *à-la-St. Menehoult.* Half boil your turbot in water and a little white wine, with a piece of butter, ſliced carrots, a faggot of parſley, four cloves, a little whole pepper, and half a handful of ſalt; then drain it, ſkim the butter off the liquor, and mix it with the yolks of three or four eggs, and a little cullis; thicken it over the fire, and baſte the turbot with it; then put it on the diſh you intend for table, ſtrew it over with bread-crumbs, baſte it with butter, bake it in the oven

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oven till of a good colour, and ſerve with a reliſhing ſauce.

To fry a TURBOT. Take a ſmall turbot, and cut it acroſs as if it were ribbed. When it is quite dry, flour it, and put it in a large frying-pan, with boiling lard enough to cover it; fry it until it is brown, then drain it; clean the pan, put into it claret or white wine, almoſt enough to cover it, anchovy, ſalt, nutmeg, and a little ginger; put in the fiſh, and let it ſtew till half the liquor is waſted; then take it out, and put in a piece of butter rolled in flour, and a minced lemon; let them ſimmer till of a proper thickneſs, rub a hot diſh with a piece of ſhallot, lay the turbot in the diſh, and pour the ſauce over it.

To bake a TURBOT. Take a diſh about the ſize of the turbot, rub butter thick all over it, mix a little ſalt, beaten pepper, and half a large nutmeg, ſome parſley minced fine, and throw all over; pour in a pint of white wine; cut off the head and tail, lay the turbot in the diſh, pour another pint of white wine all over, grate the other half of the nutmeg over it, and a little pepper, ſome ſalt, and chopped parſley. Lay a piece of butter here and there all over, alſo throw a little flour all over, and then a good many crumbs of bread. Bake it, and be ſure that it is of a fine brown; then lay it in your diſh, ſtir the ſauce in your diſh all together, pour it into a ſaucepan, ſhake in a little flour, let it boil, ſtir in a piece of butter and two ſpoonfuls of catchup; let it boil again, and pour it into baſons. Garniſh your diſh with lemons; and you may add what you fancy to the ſauce, as ſhrimps, anchovies, muſhrooms, &c. If a ſmall turbot, half the wine will do. It eats finely thus. Lay it in a diſh, ſkim off all the

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fat, and pour the reſt over it. Let it ſtand till cold, and it is good with vinegar, and a fine diſh to ſet out a cold table.

TURKEY.

To roaſt a TURKEY. A middle ſized one will be roaſted in an hour. Make a ſtuffing with four ounces of butter or chopped ſuet, grated bread, a little lemon-peel, parſley, and ſweet herbs, chopped, pepper, ſalt, and nutmeg, a little cream and yolk of eggs; fill the craw with this, or with force-meat; paper the breaſt till near done, then flour and baſte it. For ſauce—gravy alone, or brown celery ſauce, or muſhroom ſauce. For a turkey-poult, gravy and bread ſauce.

Another way. The beſt way to roaſt a turkey, is to looſen the ſkin on the breaſt of the turkey, and fill it with force-meat made thus: Take a quarter of a pound of beef ſuet, as many crumbs of bread, a little lemon-peel, an anchovy, ſome nutmeg, pepper, parſley, and a little thyme. Chop and beat them all well together, mix them with the yolk of an egg, and ſtuff up the breaſt; when you have no ſuet, butter will do; or you may make your force-meat thus: Spread bread and butter thin; and grate ſome nutmeg over it; when you have enough, roll it up, and ſtuff the breaſt of the turkey; then roaſt it of a fine brown, but be ſure to pin ſome white paper on the breaſt till it is near enough. You muſt have good gravy in the diſh, and bread-ſauce made thus: Take a good piece of crumb, put it into a pint of water, with a blade or two of mace, two or

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three cloves, and ſome whole pepper. Boil it up five or ſix times; then with a ſpoon take out the ſpice you had before put in; and then you muſt pour off the water (you may boil an onion in it if you pleaſe); then beat up the bread with a good piece of butter and a little ſalt.

Hen turkeys are moſtly preferable to cocks, for whiteneſs and tenderneſs; the ſmall fleſhy ones are the moſt eſteemed, and they ought to be kept as long as the weather will admit.

Another way. Having dreſſed your turkey, truſs its head down to the legs, and make your force-meat, which muſt be thus prepared: Break a penny-loaf into crumbs, ſhred a quarter of a pound of beef ſuet very fine, a little ſauſage meat, or veal minced and pounded, and ſeaſon to your taſte with pepper, ſalt, and nutmeg. Mix up all together lightly with three eggs, and ſtuff it into the craw. Spit it, and lay it down to a good fire, which muſt be clear and briſk. Singe, duſt it with flour, and baſte it ſeveral times with cold butter, which will froth it much better than the hot contents of the dripping-pan, and make the turkey more plump. When it is properly done, renew the frothing in the ſame manner as before, and diſh it up. A middle ſize turkey may be down at the fire an hour and a quarter. Pour into your diſh your ſauce. Serve it up; garniſh with lemon and pickles.

Sauce for a TURKEY. Cuſt the cruſts off a penny loaf, cut the reſt in thin ſlices, put it in cold water, with a few pepper corns, a little ſalt and onion; boil it till the bread is quite ſoft, then beat it well; put in a

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quarter of a pound of butter, two ſpoonfuls of thick cream, and ſerve it in a baſon.

Another ſauce. Take half a pint of oyſters, ſtrain the liquor, and put the oyſters with the liquor into a ſaucepan with a blade or two of mace; let them juſt lump, then pour in a glaſs of white wine; let it boil once, and thicken it with a piece of butter rolled in flour. Serve this up in a baſon by itſelf, with good gravy in the diſh, for every body does not love oyſter-ſauce. If you chafe it in the diſh, add half a pint of gravy to it, and boil it up together. This ſauce is good either with boiled or roaſted turkies, or fowls; but you may leave the gravy out, adding as much butter as will do for ſauce, and garniſhing with lemon.

To boil a TURKEY. Let the turkey be truſſed for boiling; ſet on the pot with ſome water and ſome ſalt, a large handful of chopped parſley, and four or five pepper corns; when it boils, put in the turkey, and let it boil very gently till it is enough, but be very careful it is not done too much; when it is near done, ſet on a ſaucepan, with a piece of butter rolled in flour, and a little water; cut ſome parſley very ſmall, and put into it a thin ſlice of garlic, two anchovies, a tea-ſpoonful of lemon-peel, cut like dice, a little juice of lemon, and ſome ſalt. Let theſe ſtew together, and then thicken it. Take up the turkey, and pour the ſauce over it.

Another way. Let your turkey have no food the day before you kill it; when you are going to kill it, give it a ſpoonful of allegar; it will make it white, and eat tender. When you have killed it, hang it up by the legs for four or five days at leaſt; when you have

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plucked it, draw it at the rump; if you can take the breaſt-bone out nicely, it will look much better. Cut off the legs, put the end of the thighs into the body of the turkey, ſkewer them down, and tie them with a ſtring; cut off the head and neck, then grate a penny-loaf, chop a ſcore or more of oyſters fine, ſhred a little lemon-peel, nutmeg, pepper and ſalt to your palate. Mix it up into a light force-meat, with a quarter of a pound of butter, a ſpoonful or two of cream, and three eggs; ſtuff the craw with it, and make the reſt into balls, and boil them. Sew up the turkey, dredge it well with flour, put it into a kettle of cold water, cover it, and ſet it over the fire. When the ſcum begins to riſe, take it off, put on your cover, and let it boil very ſlowly for half an hour; then take off your kettle, and keep it cloſe covered. It it be of a middle ſize, let it ſtand half an hour in the hot water, the ſteam being kept in will ſtew it enough, make it riſe, keep the ſkin whole, tender, and very white. When you diſh it up, pour over it a little of your oyſter-ſauce, lay your balls round it, and ſerve it up with the reſt of your ſauce in a boat. Garniſh with lemon and barberries.——N. B. Obſerve to ſet on your turkey in time, that it may ſtew as above: it is the beſt way to boil one to perfection. When you are going to diſh it up, ſet it over the fire to make it quite hot.

Celery Sauce for a boiled TURKEY. Take the white part of the celery, cut it about one inch long; boil it in ſome water till it is tender, then take half a pint of veal broth, a blade of mace, and thicken it with a little flour and butter; put in half a pint of cream, boil them

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them up gently together; put in your celery and boil it up, then pour it into your boats.

TURKEY *à-la-daube, to be ſent up hot.* Cut the turkey down the back, juſt enough to bone it, without ſpoiling the look of it, then ſtuff it with a nice force-meat, made of oyſters chopped fine, crumbs of bread, pepper, ſalt, ſhallots, a very little thyme, parſley, and butter; fill it as full as you like, and ſew it up with a thread, tie it up in a clean cloth, and boil it very white, but not too much. You may ſerve it up with oyſter-ſauce made good; or take the bones, with a piece of veal, mutton, and bacon, and make a rich gravy, ſeaſoned with pepper, ſalt, ſhallots, and a little bit of mace, ſtrain it off through a ſieve, and ſtew your turkey in it (after it is half-boiled) juſt half an hour, diſh it up in the gravy after it is well ſkimmed, ſtrained, and thickened, with a few muſhrooms, ſtewed white, or ſtewed palates, force-meat balls, fried oyſters or ſweetbreads, and pieces of lemon. Diſh them up with the breaſt upwards. If you ſend it up garniſhed with palates, take care to have them ſtewed tender firſt. Before you add them to the turkey, you may put a few morels and truffles in your ſauce, if you like it, but take great care to waſh them clean.

TURKEY *à-la-daube, to be ſent up cold.* Bone the turkey, and ſeaſon it with pepper and ſalt, then ſpread over it ſome ſlices of ham, upon that ſome force-meat, upon that a fowl, boned and ſeaſoned as above; then more ham and force-meat, and ſew it up with thread; cover the bottom of the ſtewpan with veal and ham, then lay in the turkey, the breaſt down; chop all the bones

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bones to pieces, and put them on the turkey; cover the pan, and ſet it on the fire five minutes; then put in as much clear broth as will cover it, let it boil two hours; when it is more than half done, put in one ounce of iſingaſs and a bundle of herbs. When it is done enough, take out the turkey, and ſtrain the jelly through a hair ſieve, ſkim off all the fat, and when it is cold, lay the turkey upon it, the breaſt down, and cover it with the reſt of the jelly. Let it ſtand in ſome cold place. When you ſerve it up, turn it on the diſh it is to be ſerved in. If you chuſe, you may ſpread butter over the turkey's breaſt, and put ſome green parſley or flowers, or what you pleaſe, and in what form you like.

To ſtew a TURKEY *brown.* Bone a ſmall turkey; fill it with force-meat made as follows: Take half a pound of veal, and the meat of two pigeons, a tongue out of the pickle, boiled and peeled; chop all theſe ingredients together, and beat them in a mortar, with ſame marrow from a beef bone, or a pound of ſuet from a loin of veal; ſeaſon them with two or three cloves, two or three blades of mace, and half a nutmeg dried at the fire and pounded, with ſome ſalt. Mix all theſe well together, fill the turkey, and fry it of a fine brown; put it into a pot that will juſt hold it, lay ſome ſkewers at the bottom of the pot, to keep the turkey from ſticking; put in a quart of good beef gravy, cover it cloſe, and let it ſtew for half an hour very gently; then put in a glaſs of red wine, one ſpoonful of catchup, a large ſpoonful of pickled muſhrooms, ſome truffles, morels, and a piece of butter rolled in flour; cover it cloſe

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cloſe, and let it ſtew half an hour longer. Fry ſome hollow French loaves; then take ſome oyſters, ſtew them in a ſaucepan with a bit of mace, their liquor, a little white wine, and a piece of butter rolled in flour; let them ſtew till they are pretty thick, fill the loaves with them; lay the turkey in the diſh, pour the ſauce over it, and lay the loaves on each ſide.

To ſtew a TURKEY *with Celery.* Stuff the turkey as when ſtewed brown (leaving out the oyſters) or with force-meat; boil it till near enough, with an onion, a little whole pepper, a piece of lemon-peel, and a bunch of ſweet herbs in the water; have ſome celery cut into lengths and boiled till near enough; put them into ſome of the liquor the turkey was boiled in, lay in the turkey breaſt downwards, ſtew it a quarter of an hour, or till it is done; but do not overdo it. Take it up, thicken the ſauce with a piece of butter rolled in flour, and ſome good cream; add ſalt and kyan.

Another way. Take a large turkey, and make a good white force-meat of veal, and ſtuff the craw of the turkey; ſkewer it for boiling, then boil it in ſoft water till it is almoſt enough, and having taken up your turkey, and put it into a pot with ſome of the water it was boiled in, to keep it hot, put ſeven or eight heads of celery, that are waſhed and cleaned very well, into the water that the turkey was boiled in, till they are tender; then take them up, and put in your turkey with the breaſt down, ſtewing it a quarter of an hour; then take it up, and thicken your ſauce with half a pint of butter and flour to make it pretty thick, and a quarter of a pint of rich cream, adding your celery,

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celery; pour the ſauce and celery hot upon the turkey's breaſt, and ſerve it up. It is a proper diſh for dinner or ſupper.

To roaſt a TURKEY *the genteel way.* Cut your turkey down the back, and bone it with a ſharp penknife; then make your force-meat thus: Take a large fowl, or a pound of veal, as much grated bread, half a pound of ſuet, cut and beat very fine, a little beaten mace, two cloves, half a nutmeg grated, about a large teaſpoonful of lemon-peel, and the yolks of two eggs; mix all together with a little pepper and ſalt, fill up the places where the bones came out, and fill the body, that it may look juſt as it did before; ſew up the back, and roaſt it. You may have oyſter-ſauce, celery-ſauce, or juſt as you pleaſe. Put good gravy in the diſh, and garniſh with lemon. Be ſure to leave the pinions on.

TURKEY *in a Braize with Cheſnuts.* Lard you turkey with a few large ſquare pieces of bacon, ſeaſoned with a little beaten ſpices, pepper and ſalt, and a little parſley; take a pot about its bigneſs, and line with thin ſlices of bacon, and cover it with the ſame; ſeaſon pretty high with onions, carrots, a turnip or two, ſuch herbs as you like, a little ſpice and pepper, parſley, and a head or two of celery; fill up with a little broth and water mixed, cover it down cloſe, and let it go gently on till every part of your turkey is very tender.

N. B. This braize will ſerve for any thing elſe the ſame day, or for four or five days following. We ſhould firſt have ſpoke of preparing the cheſnuts, by blanching, peeling, and putting into the body of the turkey, with a little force-meat in the crop, and ſkewered up; let your turkey lay in the braize till towards dinner time;

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time; and now prepare your ragoo; take a thin ſlice or two of boiled ham, a veal ſweetbread, the yolk or two of hard eggs, or a knot is better, a pickled cucumber or two, or two or three muſhrooms, cut all into ſmall dice, and put in as much cullis as is ſuitable for your diſh; daſh in a glaſs of white wine. Boil all a little while, throw in a little minced parſley, try if it be ſeaſoned to your mind, ſqueeze in the juice of a lemon, pour the whole over your turkey well drained, and ſerve it up.

A couple of large fowls done in the ſame manner ſerves very well for a large *entrée*, with the ſame ſauce, only leave out the cheſnuts.

A TURKEY *in Jelly.* Boil a turkey or a fowl as white as you can, let it ſtand till cold, and have ready a jelly made thus: Take a fowl, ſkin it, take off all the fat, do not cut it to pieces, nor break the bones; take four pounds of a leg of veal, without any fat or ſkin, put it into a well-tinned ſaucepan, put to it full three quarts of water, ſet it on a very clear fire till it begins to ſimmer; be ſure to ſkim it well, but take great care it does not boil. When it is well ſkimmed, ſet it ſo as it will but juſt ſeem to ſimmer; put to it two large blades of mace, half a nutmeg, and twenty corns of white pepper, a little bit of lemon-peel as big as a ſixpence. This will take ſix or ſeven hours doing. When you think it is a ſtiff jelly, which you will know by taking a little out to cool, be ſure to ſkim off all the fat, if any, and be ſure not to ſtir the meat in the ſaucepan. A quarter of an hour before it is done, throw in a large tea-ſpoonful of ſalt, ſqueeze in the juice of half a Seville orange or lemon. When you think it is

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enough, ſtrain it off through a clean ſieve, but do not pour it off quite to the bottom, for fear of ſettlings. Lay your turkey or fowl in the diſh you intend to ſend it to the table in, beat up the whites of ſix eggs to a froth, and put the liquor to it, then boil it five or ſix minutes, and run it through a jelly-bag till it is quite clear, pouring the liquor over it; let it ſtand till quite cold; colour ſome of the jelly in different colours, and when it is near cold, with a ſpoon ſprinkle it over in what form or fancy you pleaſe, and ſend it to table. A few naſtertium flowers ſtuck here and there look pretty, if you can get them; but lemon, and all thoſe things, are entirely fancy.

This is a very pretty diſh for a cold collation, or a ſupper. All ſorts of birds or fowls may be done this way.

A TURKEY *the Italian way.* Mince the liver of a young turkey very fine, with ſome chopped parſley, and two or three handfuls of freſh muſhrooms, ſome pepper, ſalt, and more than an ounce of butter; mix theſe well together, and put them into the body of the turkey; put on a ſtewpan with a piece of butter, ſome ſhallots, ſome pepper and ſalt; when it is hot, put in the turkey, turn it often that it may be of a fine brown, and lay it to cool; then wrap ſome ſlices of bacon over it, and cover it all over with paper; put it upon a ſpit, and lay it down to roaſt. For ſauce---cut ſome large muſhrooms very fine, with twice the quantity of parſley, a few green onions cut ſmall. Put on a ſaucepan with half a pint of white wine; when it is hot, put in theſe ingredients; add ſome pepper and ſalt, the juice of a lemon, two cloves of garlic whole; let them boil, and

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and then put in a quarter of a pint of rich gravy, and a ſmall tea-cupful of oil; let all boil up once or twice, then take out the garlic, and put in a piece of butter rolled in flour.

Lay the turkey in the diſh, and pour the ſauce over it.

TURKEY *in a hurry.* Truſs a turkey with the legs inward, and flatten it as much as you can; put it in a ſtewpan, with melted lard, chopped parſley, ſhallots, muſhrooms, and a little garlic; give it a few turns on the fire, and add the juice of half a lemon to keep it white: then put it in another ſtewpan, with ſlices of veal, one ſlice of ham, the melted lard, and every thing as uſed before, adding whole pepper and ſalt; cover it over with ſlices of lard, and ſoak it about half an hour on a ſlow fire; then add a glaſs of white wine and a little broth, and finiſh the braizing; ſkim and ſift the ſauce, add a little cullis to make it a liaſon; reduce it to a good conſiſtence, and ſerve upon the turkey.

TURKIES *after the Dutch way.* Boil them, ſeaſon them with ſalt, pepper, and cloves; then to every quart of broth put a quarter of a pound of rice or vermicelli. It is eat with ſugar and cinnamon. The two laſt may be left out.

TURKEY *ſtuffed after the Hamburgh way.* Take one pound of beef, three quarters of a pound of ſuet, mince it very ſmall, ſeaſon it with ſalt, pepper, cloves, mace, and ſweet majoram; then mix two or three eggs with it, looſen the ſkin all round the turkey, and ſtuff it. It muſt be roaſted.

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To dreſs a TURKEY *or Fowl to perfection.* Bone them, and make a force-meat thus: Take the fleſh of a fowl, cut it ſmall, then take a pound of veal, beat it in a mortar, with half a pound of beef ſuet, as much crumbs of bread, ſome muſhrooms, truffles, and morels, cut ſmall, a few ſweet herbs and parſley, with ſome nutmeg, pepper, and ſalt, a little mace beaten, ſome lemon-peel cut fine; mix all theſe together with the yolks of two eggs, then fill your turkey, and roaſt it. This will do for a large turkey, and ſo in proportion for a fowl. Let your ſauce be good gravy, with muſhrooms, truffles, and morels in it; then garniſh with lemon, and, for variety ſake, you may lard your fowl or turkey.

TURKEY *coloured.* Cut a turkey in two, and bone it thoroughly; make a good force-meat with breaſt of roaſted fowl, and every thing as already repeatedly directed; lay ſome of it upon each half pretty thick, then lay on minced ham, gerkins, truffles or muſhrooms, or both, bacon cut into dice, hard yolks of eggs, white of fowl, a few ſweet almonds, and piſtachio-nuts; cover theſe again with ſome of the force-meat, roll up each half, wrap them in ſlices of bacon, and faſten them; put them in a brazing-pan much of their own bigneſs, with good broth, half a pint of white wine, ſlices of veal and beef, ſweet herbs, two or three ſhallots or cloves of garlic, three of ſpices, thyme, and laurel, braze them on a ſlow fire about three hours; let them cool in the broth, to ſerve cold upon a napkin, or in ſlices.---It may alſo be done whole, and equally well.

A glazed

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A glazed TURKEY. The turkey muſt be young, but not ſmall. When it is picked, drawn, and ſinged, lay it a little while over a clear charcoal fire, but turn it often; have ready a ragoo of ſweetbreads, take off the turkey, ſplit it down the back, fill it with this ragoo, ſew it up, and lard it with bacon; then lay at the bottom of a deep ſtewpan, firſt ſome ſlices of ham, then ſome ſlices of veal, and then ſome ſlices of beef; lay the turkey upon theſe, ſtrew over ſome ſweet herbs, and cover them cloſe; let theſe ſtew over a ſlow fire. When they are enough, take off the ſtewpan, take out the turkey, and then pour into the turkey a little good broth, ſtir it about, and ſtrain off the liquor; ſkim off the fat, ſet it over the fire again, and boil it to a jelly; then put in the turkey, and ſet the pan over a gentle fire or a ſtove; it will ſoon be well glazed; then pour into a diſh ſome eſſence of ham, and then put in the turkey.

To roaſt a TURKEY *with Cray-fiſh.* Take a young turkey, in October or November, let it be truſſed as for roaſting; make ſome force-meat with ſome fat bacon, ſuet, and the white of a chicken, all cut as fine as poſſible, and ſome freſh muſhrooms minced very fine; mix theſe ingredients well together, with ſome ſalt, pepper, the leaves of ſweet herbs picked clean from the ſtalks, and a little grated nutmeg; chop them all together after they are mixed, then boil ſome crumbs of bread in rich cream, put it to the force-meat; then take the yolks of two new-laid eggs, beat them well, and mix the force-meat with them; ſtuff the crop of the turkey, raiſe the ſkin a little upon the breaſt, and put as much of the force-meat as will go in without tearing it; if

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any is left, put it into the body, and with it a ragoo of cray-fiſh made as follows: Waſh ſome cray-fiſh, and boil them in water, then pick out the tails and bodies; cut ſome muſhrooms, but not ſmall, ſome truffles in thin ſlices, ſome artichoke bottoms and aſparagus tops, boiled and cut in pieces; mix all theſe together with the cray-fiſh, put them into a ſaucepan, with a piece of butter, ſome nutmeg cut in ſlices, pepper, ſalt, three or four ſlices of lemon, a little onion cut ſmall; let theſe all ſimmer over a ſlow fire, and when enough, put in ſome cullis of cray-fiſh to thicken it. Put ſome of this ragoo into the body of the turkey, tie up both ends; ſkewer and ſpit it for roaſting; ſtrew ſome ſtuffing over it, then ſome ſlices of bacon, and over all ſome buttered paper; let it have a good fire, and be thoroughly done. When it is enough, take off the paper and bacon, and pour over it the reſt of the ragoo.

To haſh a TURKEY. Mix ſome flour with a piece of butter, ſtir it into ſome cream and a little veal gravy till it boils up; cut the turkey in pieces, and not too ſmall, but take off all the ſkin, put it into the ſauce, with grated lemon-peel, white pepper, and mace pounded, a little muſhroom powder or catchup; ſimmer it up. Oyſters may be added.

Another way. Cut the remains of a roaſted turkey properly; put them into a ſtewpan, with a glaſs of white wine, chopped parſley, ſhallots, muſhrooms, truffles (if any) ſalt and pepper, two ſpoonfuls of cullis, and a little broth; boil half an hour, and reduce to a ſhort ſauce. When ready, add a pounded anchovy, and a ſqueeze of lemon; ſkim the ſauce free from fat, and ſerve all together.

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TURTLE AND MOCK TURTLE.

To dreſs TURTLE *the Weſt India way.* Take the turtle out of the water the night before you dreſs it, and lay it on its back. In the morning cut its head off, and hang it up by its hind fins for it to bleed till the blood is all out; then cut the callipee, which is the belly, round, and raiſe it up; cut as much meat to it as you can; throw it into ſpring water with a little ſalt, cut the fins off, and ſcald them with the head; take off all the ſcales, cut all the white meat out, and throw it into ſpring water and ſalt; the guts and lungs muſt be cut out. Waſh the lungs very clean from the blood, then take the guts and maw and ſlit them open, waſh them very clean, and put them on to boil in a large pot of water, and boil them till they are tender. Then take off the inſide ſkin, and cut them in pieces of two or three inches long. Have ready a good veal broth made as follows: Take one large, or two ſmall knuckles of veal, and put them on in three gallons of water; let it boil, ſkim it well, ſeaſon with turnips, onions, rots, and celery, and a good large bundle of ſweet herbs; boil it till it is half waſted, then ſtrain it off. Take the fins, and put them in a ſtewpan, cover them with veal broth, ſeaſon with an onion chopped fine, all ſorts of ſweet herbs chopped very fine, half an ounce of cloves and mace, half a nutmeg beat very fine; ſtew it very gently till tender; then take the fins out, and put in a pint of Madeira wine, and ſtew it for fifteen minutes. Beat up the whites of ſix eggs with the juice of

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of two lemons, put the liquor in and boil it up, run it through a flannel bag, make it very hot, wash the fins very clean, and put them in. Take a piece of butter and put at the bottom of a ſtewpan, put your white meat in, and ſweat it gently till it is almoſt tender. Take the lungs and heart, and cover them with veal broth, with an onion, herbs, and ſpice; as for the fins, ſtew them till tender; take out the lungs, ſtrain the liquor off, thicken it, and put in a bottle of Madeira wine, ſeaſon with kyan pepper and ſalt pretty high; put in the lungs and white meat, ſtew them up gently for fifteen minutes; have ſome force-meat-balls made out of the white part inſtead of veal, as for Scotch collops. If any eggs, ſcald them; if not, take twelve hard yolks of eggs, made into egg balls. Have your callipaſh, or deep ſhell, done round the edges with paſte, ſeaſon it in the inſide with kyan pepper and ſalt, and a little Madeira; bake it half an hour, then put in the lungs and white meat, force-meat, and eggs over, and bake it half an hour. Take the bones, and three quarts of veal broth, ſeaſoned with an onion, a bundle of ſweet herbs, two blades of mace; ſtew it an hour, ſtrain it through a ſieve, thicken it with butter and flour, put in half a pint of Madeira wine, ſtew it half an hour; ſeaſon with kyan pepper and ſalt to your liking. This is the ſoup. Take the callipee, run your knife between the meat and ſhell, and fill it full of of force-meat; ſeaſon it all over with ſweet herbs chopped fine, a ſhallot chopped, kyan pepper and ſalt, and a little Madeira wine; put a paſte round the edge, and bake it an hour and a half. Take the guts and maw, put them in a ſtewpan, with a little broth, a bundle of

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ſweet herbs, two blades of mace beat fine; thicken with a little butter rolled in flour; ſtew them gently for half an hour, ſeaſon with kyan pepper and ſalt, beat up the yolks of two eggs in half a pint of cream, put it in, and keep ſtirring it up one way till it boils up, then diſh them up as follows:

Callipee.

Fricaſſee. Soup. Fins.

Callipaſh.

The fins eat fine when cold, put by in the liquor.

To dreſs a TURTLE *of about thirty pounds weight.* When you kill the turtle, which muſt be done the night before, cut off the head, and let it bleed two or three hours; then cut off the fins, and the callipee from the callipaſh; take care you do not burſt the gall; throw all the inwards into cold water, the guts and tripe keep by themſelves, and ſlip them open with a penknife, waſh them very clean in ſcalding water, and ſcrape off all the inward ſkin; as you do them, throw them into cold water, waſh them out of that and put them into freſh water, and let them lie all night, ſcalding the fins and edges of the callipaſh and callipee; cut the meat off the ſhoulders, and hack the bones, and ſet them over the fire with the fins in about a quart of water: put in a little mace, nutmeg, kyan, and ſalt; let it ſtew about three hours, then ſtrain it, and put the fins by for uſe. The next morning take ſome of the meat you cut off the ſhoulders, and chop it ſmall, as for ſauſages, with about a pound of beef or veal ſuet; ſeaſon with mace, nutmeg, ſweet marjoram, parſley, kyan, and ſalt to your taſte, and three or four glaſſes of Madeira wine, ſo ſtuff it under the two fleſhy parts of the meat; and

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if you have any left, lay it over to prevent the meat from burning; then cut the remainder of the meat and fins in pieces the ſize of an egg; ſeaſon it pretty high with kyan, ſalt, and a little nutmeg, and put it into the callipaſh; take care that it be ſewed or ſecured up at the end, to keep in the gravy; then boil up the gravy, and add more wine, if required, and thicken it a little with butter and flour; put ſome of it to the turtle, and ſet it in the oven with a well-buttered paper over it to keep it from burning, and when it is about half baked, ſqueeze in the juice of one or two lemons, and ſtir it up. Callipaſh, or back, will take half an hour more baking than the callipee, which two hours will do. The guts muſt be cut in pieces two or three inches long, tripes in leſs, and put into a mug of clear water, and ſet in the oven with the callipaſh, and when it is enough drained from the water, it is to be mixed with the other parts, and ſent up very hot.

Another way. When the turtle is killed, cut the back from the belly, and waſh it clean from the blood in three or four waters, with ſome ſalt. Cut the fins from the back, ſcald and ſcrape them clean from the ſcales; put the meat in a ſaucepan, with a little ſalt, and rather more water than will cover it; let it ſtew, but ſkim it very clean all the time. If the turtle is large, put into it a bottle of white wine; if ſmall, a pint will do. The wine muſt not be put in till it has ſtewed an hour and a half, and the ſcum has done riſing. If the wine is put in before, it will make the turtle hard. Put into it, whilſt it is ſtewing, an onion or two ſhred fine, with a little thyme, parſley, black pepper, and ſalt; when it is ſtewed very tender, take

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take it out of the ſaucepan, and cut it into ſmall pieces; waſh the back ſhell very clean from the blood, then rub it with pepper, ſalt, thyme, parſley, and onions ſhred fine, and mixed together; put the meat into the ſhell, with a layer of ſeaſoning between every layer of meat till the ſhell is full; cover it with ſeaſoning. If it is a large turtle, two pounds of butter muſt be cut into bits, and laid between the ſeaſoning and the meat. The ſoup muſt be thickened with butter rolled in flour. A large turtle will take an hour and an half.

Another way. Mr. Verral ſays, he gives the following receipt from his own experience: Let its head be chopped off cloſe to the ſhell, ſet it on that part that all the blood may run away; have plenty of water in ſeveral pails or tubs; lay your fiſh upon the back or callipaſh, cut off the under ſhell, or callipee, in the firſt line or partition, from the edge of the callipaſh; take off that, and immediately put it into water. Next cut off the four fins in the ſhoulder and aich-bone joints, and put into water too, and with a cleaver chop out the bones from the ſhoulders and hinder parts, and put to the reſt. Take out your guts and tripe clean, and the other entrails, and lay your callipaſh in water while you prepare your callipee, which ſhould be done as follows: Cut off all ſuperfluous bits for your ſoup, and trim it neatly. Cut little holes in the thick fleſh, with the point of your knife; lay it in a diſh, and ſoak it well in Madeira wine, and ſeaſon with kyan pepper (but not too much) a little ſalt, plenty of ſhallot and parſley minced and ſtrewed upon it. Next take the callipaſh, and order in the ſame manner; firſt cutting

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off the ſhell to the creaſe on the other ſide of the edge, and put a neat rim of paſte quite round, and adorn it well; pour a little cullis round, and ſqueeze the juice of ſome lemons or oranges; and they are ready for your oven. The common way is to put ſome of the fleſh into the callipaſh; but, in my opinon, it is beſt to put none. The next to be made ready is your fins and head; blanch them till you can take off the outer ſkin; trim them, and put them into a ſtewpan with the head; pour in ſome Madeira, a ladle of broth, a pinch of kyan, a ſmall bundle of onions, herbs, and ſhallots, and ſtew them tender with a little ſalt, and it is ready; the two biggeſt fins for one diſh, and the head and two ſmalleſt for another. Now cut the ſide ſhells in pieces, and blanch them ſo that you may take out the griſtles or jelly part whole. While this is doing, prepare the tripe or guts with a ſharp knife; ſlit them from end to end, and care muſt be taken that all is waſhed and ſcraped clean; cut them into pieces about two inches in length, and blanch them. When your broth is made of the fleſh, to the tripe in a ſtewpan put as much as will cover it; put in a branch of herbs, with an onion or two, a couple of whole ſhallots, ſome mace, and a little ſalt; ſtew all till pretty tender; take out the herbs, &c. and put butter and flour to thicken it; provide a liaſon as for a fricaſſee of chickens, and at your dinner-time toſs it up with the juice of lemon or orange, and it is ready. Next take the jellies of your ſide ſhells, and prepare for a diſh done in the ſame manner as the fins and heads; ſqueeze in ſome juice of orange or lemon, and it is ready.—— And now for the ſoup. Moſt of which that I have

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ſeen or taſted has been poor inſipid ſtuff; to ſay why it was, is ſaying leſs than nothing. The whole matter is, to ſhew how it may be made good; thus then cut all the fleſh from the bones into ſmall pieces, and to about a pound of meat put a quart of water, and to five or ſix quarts, a pint of Madeira. Take care that it is well ſkimmed. Tie up in a bit of linen three or four onions, ſome bits of carrot, a leek, ſome herbs and parſley, with two or three pinches of kyan, and let it boil with the meat, and ſalt according to your taſte. Let it ſimmer an hour, or a little more, and ſend it up in a tureen or ſoup-diſh, only the meat and the broth.

Theſe ſeven diſhes make a pretty firſt courſe; the callipaſh and callipee at top and bottom, ſoup in the middle, and the other four the corners.

To dreſs a MOCK TURTLE. Take the largeſt calf's head you can get, with the ſkin on, put it in ſcalding water till you find the hair will come off, clean it well, and waſh it in warm water, and boil it three quarters of an hour. Then take it out of the water, and ſlit it down the face, cut off all the meat along with the ſkin as clean from the bone as you can, and be careful you do not break the ears off. Lay it on a flat diſh, and ſtuff the ears with force-meat, and tie them round with cloths. Take the eyes out, and pick all the reſt of the meat clean from the bone, put it in a toſſing-pan, with the niceſt and fatteſt part of another calf's head, without the ſkin on, boiled as long as the above, and three quarts of veal gravy. Lay the ſkin in the pan on the meat, with the fleſh-ſide up, cover the pan cloſe, and let it ſtew over a moderate fire one hour; then put in three ſweetbreads, fried a little brown, one ounce of

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morels, the ſame of truffles, five artichoke bottoms boiled, one anchovy boned and chopped ſmall, a tea-ſpoonful of kyan pepper, a little ſalt, half a lemon, three pints of Madeira wine, two meat ſpoonfuls of muſhroom catchup, one of lemon pickle, and half a pint of muſhrooms. Let them ſtew ſlowly half an hour longer, and thicken it with flour and butter. Have ready the yolks of four eggs boiled hard, and the brains of both heads boiled; cut the brains the ſize of nutmegs, and make a rich force-meat, and ſpread it on the caul of a leg of veal, roll it up, and boil it in a cloth one hour. When boiled, cut it in three parts, the middle largeſt; then take up the meat into the diſh, and lay the head over it with the ſkin ſide up, and put the largeſt piece of force-meat between the ears, and make the top of the ears to meet round it (this is called the crown of the turtle), lay the other ſlices of the force-meat oppoſite to each other at the narrow end, and lay a few of the truffles, morels, brains, muſh-rooms, eggs, and artichoke bottoms upon the face, and round it; ſtrain the gravy boiling hot upon it. Be as quick in diſhing it up as poſſible, for it ſoon grows cold.

Another way. Take a calf's head, and ſcald off the hair, as from a pig; then clean it, cut off the horny part in thin ſlices, with as little of the lean as poſſible; chop the brains; have ready between a quart and three pints of ſtrong mutton or veal gravy, with a quart of Madeira wine, a large tea ſpoonful of kyan, a large onion cut very ſmall, half the peel of a large lemon ſhred as fine as poſſible, a little ſalt, the juice of four lemons, and ſome ſweet herbs cut ſmall. Stew all theſe to-

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together till the head is very tender. Let them ſtew about an hour and a half; then have ready the back ſhell of a turtle, lined with a paſte made of flour and water, which muſt firſt be ſet in the oven to harden, then put in the ingredients, and ſet it in the oven to brown; when that is done, lay the yolks of eggs boiled hard, and force-meat balls round the top.

Some parboil the head the day before, take out the bones, and then cut it into ſlices.

Mock Turtle *from Calves Feet.* Provide two calves feet and one chicken; cut them into pieces of a proper ſize for a fricaſſee; make the ſeaſoning with three large onions, a large handful of parſley, and a few ſweet herbs; chop them all together, then ſeaſon the meat. Let the calves feet ſtew two hours and a half in three quarts of water; then put in the chicken; let it ſtew half an hour. Then take the juice of two lemons, a tea-cupful of Madeira wine, ſome kyan pepper; put that in laſt. Let it ſtew all together half an hour, and ſerve it up in a ſoup-diſh.

Force-meat balls of veal may be laid at top, and hard eggs.

V.

VEAL.

To marinade a Breaſt of Veal. Cut the breaſt of veal in pieces; ſtew it in broth till about three quarters done; then marinade about an hour with two ſpoonfuls of vinegar, a little of its own broth, whole pepper and ſalt, four cloves, two cloves of garlic, ſliced onions, and

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and thyme; then drain it, and fry of a good colour. Garniſh with fried parſley. You may alſo do it with a batter, or baſte it with bread-crumbs and yolks of eggs, and fry it as above.

A Ragoo of a Breaſt of VEAL. Half roaſt the beſt end of it, flour it and ſtew it gently with three pints of good gravy, an onion, a few cloves, whole pepper, and a bit of lemon-peel; turn it while ſtewing; when very tender, ſtrain the ſauce; if not thick enough, mix a little more flour ſmooth; add catchup, kyan, truffles, morels, and pickled muſhrooms; boil it up, put in hard yolks of eggs.

Another way. Half roaſt a breaſt of veal, then bone it, and put it into a toſſing-pan, with a quart of veal gravy, one ounce of morels, the ſame of truffles; ſtew it till tender, and juſt before you thicken the gravy, put in a few oyſters, pickled muſhrooms and pickled cucumbers, cut in ſmall ſquare pieces, the yolks of four eggs boiled hard; cut your ſweetbread in ſlices, and fry it a light brown; diſh up your veal, and pour the gravy hot over it; lay your ſweetbread round, morels, truffles, and eggs upon it. Garniſh with pickled barberries. This is proper for either top or ſide for dinner, or bottom for ſupper.

Put your veal into a large ſtewpan, with a bundle of ſweet herbs, an onion, ſome black and white pepper, a blade or two of mace, two or three cloves, a very little piece of lemon-peel, and juſt cover it with water. When it is tender, take it up, bone it, put in the bones, boil it up till the gravy is very good, then ſtrain it off, and if you have a little rich beef gravy, add a quarter of a pint; put in half an ounce of truffles and morels,

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morels, a ſpoonful or two of catchup, two or three ſpoonfuls of white wine, and let them all boil together: in the mean time flour the veal, and fry it in butter till it is of a fine brown, then drain out all the butter, and pour the gravy you are boiling to the veal with a few muſhrooms. Boil all together till the ſauce is rich and thick, and cut the ſweetbread into four. A few force-meat balls are proper in it. Lay the veal in a diſh, and pour the ſauce all over it. Garniſh with lemons.

Or thus: Half roaſt a breaſt of veal, then cut it in ſquare pieces; put it into a ſtewpan, with half a pint of gravy, a pint of water, a bundle of ſweet herbs, an onion ſtuck with cloves, a little mace, and ſtew it till it is tender; then take it out, and pull out all the bones, ſtrain the gravy through a ſieve, then put it into the ſtewpan again, with a ſpoonful of muſtard, ſome truffles and morels, a ſweetbread cut in pieces, an artichoke bottom, about twenty force-meat balls, ſome butter rolled in flour, enough to thicken it. Boi it up till it is of a proper thickneſs; ſeaſon it with pepper and ſalt, then put in your veal, ſtew it for five minutes; add the juice of half a lemon, then pour your meat into the diſh, the ragoo all over it. Garniſh with lemon and beet-root.

To ſtew a Breaſt of VEAL *in its own ſauce.* Put a breaſt of veal into a ſtewpan of its own length, with a little broth, a glaſs of white wine, a faggot of ſweet herbs, a few muſhrooms, a little coriander tied in a bag, ſliced roots, onions, pepper, and ſalt; ſtew it ſlowly till very tender. When ready to ſerve, ſtrain and ſkim the ſauce, and ſerve it upon the meat.

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Breaſt of VEAL *ſtewed white.* Cut a piece off each end; make a force-meat as follows: Boil the ſweet-bread, and cut it very ſmall, ſome grated bread, a little beef ſuet, two eggs, a little cream, ſome nutmeg, ſalt and pepper; mix it well together, and ſtuff the thin part of the breaſt with ſome of it, the reſt make up into little balls; ſkewer the ſkin cloſe down, flour and boil it in a cloth in milk and water; make ſome gravy of the ends that were cut off, with half a pint of oyſters, the juice of a lemon, and a piece of butter rolled in flour; when the veal is enough, put it in the diſh. Garniſh with the balls ſtewed, and pour the ſauce over it.

Breaſt of VEAL *ſtewed with Peas or Aſparagus.* Cut it into pieces about three inches in ſize, fry it nicely; mix a little flour with ſome beef broth, an onion, two or three cloves; ſtew this ſome time, ſtrain it, add three pints or two quarts of peas, or ſome heads of aſparagus cut like peas; put in the meat, let it ſtew gently; add pepper and ſalt.

Breaſt of VEAL, *Italian faſhion.* Scald it, then ſtew it over a ſlow fire, with broth and a little white wine, a ſpoonful of oil, two ſlices of peeled lemon, whole pepper and ſalt, a faggot of ſweet herbs, two onions ſtuck with four cloves, one clove of garlic, and a little baſil. When done, wipe the fat clean off, take the ſkin off the griſtle, or leave it on, juſt as you pleaſe. Serve it with an Italian ſauce.

Breaſt of VEAL *in Hodge-podge.* Cut the briſket into little pieces, and every bone aſunder, then flour it, and put half a pound of good butter into a ſtewpan; when it is hot, throw in the veal, fry it all over of a fine light brown,

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brown, and then have ready a tea-kettle of water boiling; pour it in the ſtewpan, fill it up, and ſtir it round; throw in a pint of green peas, a fine lettuce whole, clean waſhed, two or three blades of mace, a little whole pepper tied in a muſlin rag, a little bundle of ſweet herbs, a ſmall onion ſtuck with a few cloves, and a little ſalt. Cover it cloſe, and let it ſtew one hour, or till it is boiled to your palate, if you would have ſoup made of it;—if you would only have ſauce to eat with the veal, you muſt ſtew it till there is juſt as much as you would have for ſauce, and ſeaſon it with ſalt to your palate; take out the onion, ſweet herbs, and ſpice, and pour it all together into your diſh. It is a fine diſh. If you have no peas, pare three or four cucumbers, ſcoop out the pulp, and cut it into little pieces, and take four or five heads of celery, clean waſhed, and cut the white part ſmall; when you have no lettuces, take the little hearts of ſavoys, or the little young ſprouts that grow on the old cabbage ſtalks, about as big as the top of your thumb.

N. B. If you would make a very fine diſh of it, fill the inſide of your lettuce with force-meat, and tie the top cloſe with a thread; ſtew it till there is but juſt enough for ſauce; ſet the lettuce in the middle, and the veal round, and pour the ſauce over it. Garniſh your diſh with raſped bread, made into figures with your fingers. This is the cheapeſt way of dreſſing a breaſt of veal to be good, and ſerve a number of people.

To collar a Breaſt of VEAL. Take a fine breaſt of veal, bone it, and rub it over with the yolks of two eggs, and ſtrew over it ſome crumbs of bread, a little

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grated lemon, a little pepper and ſalt, a handful of chopped parſley, roll it up tight, and bind it hard with twine; wrap it in a cloth, and boil it one hour and a half; then take it up to cool: when a little cold, take off the cloth, and clip off the twine carefully, leſt you open the veal; cut it in five ſlices, lay them on a diſh with the ſweetbread boiled and cut in thin ſlices, and laid round them, with ten or twelve force-meat balls; pour over your white ſauce, and garniſh with barberries or green pickles.

The white ſauce muſt be made thus: Take a pint of good veal gravy, put to it a ſpoonful of lemon pickle, half an anchovy, a tea-ſpoonful of muſhroom powder, or a few pickled muſhrooms; give it a gentle boil, then put in half a pint of cream, the yolks of two eggs beat fine; ſhake it over the fire after the eggs and cream are in, but do not let it boil, it will curdle the cream. It is proper for a top diſh at night, or a ſide diſh for dinner.

The Griſtles of a Breaſt of VEAL *with a white Sauce.* About the half of a breaſt of veal will do for this ſmall diſh; take off all the upper part, and cut the griſtles in ſmall bits, blanch them, and put into a ſtew-pan to a ladle of broth; ſtew it very tender, and put a bit of butter mixed with flour, a bunch of onions and parſley, a blade of mace, pepper and ſalt. For your ſauce, you may prepare either peas, or aſparagus; make a liaſon; and juſt before you ſerve, pour it in; add the juice of a lemon, and diſh it up.

Breaſts of lamb are done in the ſame manner, and make an elegant diſh.

To

To ragoo a Neck of VEAL. Cut a neck of veal into ſteaks, flatten them with a rolling-pin, ſeaſon them with ſalt, pepper, cloves, and mace; lard them with bacon, lemon-peel, and thyme; dip them in the yolks of eggs, make a ſheet of ſtrong cap-paper up at the four corners, in the form of a dripping-pan; pin up the corners, butter the paper and alſo the gridiron, and ſet it over a fire of charcoal; put in your meat; let it do leiſurely, keep it baſting and turning to keep in the gravy; and when it is enough, have ready half a pint of ſtrong gravy; ſeaſon it high, put in muſhrooms and pickles, force-meat balls dipped in the yolks of eggs, oyſters ſtewed and fried to lay round and at the top of your diſh, and then ſerve it up. If for a brown ragoo, put in red wine; if for a white one, put in white wine, with the yolks of eggs beat up with two or three ſpoonfuls of cream.

Neck of VEAL *and ſharp Sauce.* Make a marinade with butter and a little flour, ſliced onions, roots, and a little coriander-ſeed, one clove of garlic, three ſpice cloves, thyme, laurel, baſil, pepper, and ſalt; warm it, and put in it a larded neck of veal; let it lie in the marinade about two hours, then wrap it in buttered paper, and roaſt it, and ſerve with a poivrade or ſharp ſauce.

Neck of VEAL *ſtewed with Celery.* Take the beſt end of a neck, put it into a ſtewpan with ſome beef broth, or boiling water, ſome ſalt, whole pepper, and cloves, tied in a bit of muſlin, an onion, a piece of lemon-peel; ſtew this till tender; take out the ſpice and peel; put in a little cream and flour mixed, ſome celery ready boiled and cut into lengths; boil it up.

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Neck of VEAL *à-la-braiſe.* Lard the beſt end with bacon rolled in parſley chopped, pepper, ſalt, and nutmeg; put it into a ſtewpan, and cover it with water; put in the ſcrag-end, with a little lean bacon or a bit of ham, an onion, two carrots, ſome ſhallots, a head or two of celery, and a little Madeira; let theſe ſtew gently for two hours, or till tender; ſtrain the liquor, mix a little butter with ſome flour, ſtir it in a ſtewpan till it is brown; lay in the veal, the upward ſide to the bottom of the pan, let it do a few minutes till it is coloured; lay it in the diſh, ſtir in ſome more liquor, boil it up, and ſqueeze in orange or lemon juice.

Bombarded VEAL. Cut out of a fillet of veal five lean pieces, as thick as your hand, round them up a little, then lard them very thick on the round ſide with little narrow thin pieces of bacon, and lard five ſheeps' tongues (being firſt boiled and blanched) very neatly, here and there with very little bits of lemon-peel, and make a well-ſeaſoned force-meat of veal, bacon, ham, beef ſuet, and an anchovy beat well; make another tender force-meat of veal, beef ſuet, muſhrooms, ſpinach, parſley, thyme, ſweet marjoram, winter ſavory, and green onions. Seaſon with pepper, ſalt, and mace, beat it well, make a round ball of the other force-meat, and ſtuff in the middle of this, roll it up in a veal caul, and bake it; what is left, tie up like a Bologna ſauſage, and boil it, but firſt rub the caul with the yolk of an egg; put the larded veal into a ſtewpan with ſome good gravy, and ſtew it gently till it is enough; ſkim off the fat, put in ſome truffles and morels, and ſome muſhrooms. Your force-meat being baked enough,

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enough, lay it in the middle, the veal round it, and the tongues fried, and laid between; the boiled, cut into ſlices, and fried, and throw all over. Put on them the ſauce. You may add artichoke bottoms, ſweetbreads, and cock's-combs, if you pleaſe. Garniſh with lemon.

VEAL *Olives.* Make a good force-meat, cut large thin ſlices of fillet of veal, baſte them with eggs, roll force-meat in them to what bigneſs you pleaſe, and bind them with yolks of eggs. If for ſtewing, tie each with packthread; ſtew ſlowly with white wine and cullis, a faggot of ſweet herbs, a few cloves and ſhallots; when done, ſkim and ſift the ſauce to ſerve upon them. If you muſt roaſt or bake them, cut ſlices of bacon of the ſame ſize with the veal; upon each ſlice of bacon put a ſlice of veal, with force-meat, and baſte with eggs and bread-crumbs; when ready, ſerve with what ſauce you think proper. Olives may be made of what ſorts of meat you pleaſe, after the ſame manner, ſerving with different ſauces.

Another way. Take a fillet of veal, and having cut off large collops, hack them well with the back of a knife; ſpread very thinly force-meat over each of them, and roll them up and roaſt them, or bake them in an oven. Make a ragoo of oyſters and ſweetbreads cut in ſquare bits, a few muſhrooms and morels, and lay them in the diſh with the rolls of veal. If you have oyſters enough, chop and mix ſome of them with the force-meats, as it will add much to its goodneſs. Put nice brown gravy into the diſh, and ſend them up hot, with force-meat balls round them.

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VEAL *Olives à-la-mode.* Take two pounds of veal, ſome marrow, two anchovies, the yolks of two hard eggs, a few muſhrooms, and ſome oyſters, a little thyme, marjoram, parſley, ſpinach, lemon-peel, ſalt, pepper, nutmeg, and mace finely beaten; take your veal caul, lay a layer of bacon and a layer of the ingredients, roll it in the veal caul, and either roaſt it or bake it. An hour will do either. When enough cut it into ſlices, lay it into your diſh, and pour good gravy over it. Garniſh with lemon.

Fillet of VEAL *ſtewed.* Stuff it, half bake it with a little water in the diſh, then ſtew it with the liquor and ſome good gravy, and a little Madeira: when enough, thicken it with flour; add catchup, kyan, a little ſalt, juice of orange or lemon; boil it up.

To ragoo a Fillet of VEAL. Lard your fillet and half roaſt it, then put it in a toſſing-pan, with two quarts of good gravy; cover it cloſe, and let it ſtew till tender, then add one ſpoonful of white wine, one of browning, one of catchup, a tea-ſpoonful of lemon-pickle, a little caper liquor, half an ounce of morels; thicken with flour and butter, and lay round it a few yolks of eggs.

Leg of VEAL *with white Sauce.* Lard a leg of veal with large pieces of bacon, let it ſoak twelve hours in marinade made after this manner: A piece of butter and flour, a quart of milk, two lemons peeled and ſliced, ſix ſhallots, two cloves of garlic, ſix onions ſliced, eight cloves, three laurel-leaves, thyme and parſley, whole pepper and ſalt. Warm the marinade, and put it into a pot much about the bigneſs of the veal; wipe it dry before ſpitting, and cover it with ſlices of lard and two ſheets of paper, or with buttered paper alone; and ſerve with poivrade, or a cream ſauce made of

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of a piece of butter and flour, a chopped anchovy, chopped parſley and ſhallots, grated nutmeg, pepper, and ſalt, and as much cream as neceſſary. When ready to ſerve, add the juice of a lemon. It may alſo be done without larding.

Leg of VEAL *daubed à-la-mode.* It is larded and brazed with all ſorts of roots and ſpices; reduce the ſauce to a jelly, and ſerve it, with it, either hot or cold.

A Leg of VEAL *in Diſguiſe.* Lard the top ſide of a leg of veal in rows with bacon, and ſtuff it well with force-meat made of oyſters; then put it into a large ſaucepan, with as much water as will cover it, put on a cloſe lid to keep in the ſteam; ſtew it gently till quite tender, then take it up and boil down the gravy in the pan to a quart; ſkim off the fat, and add half a lemon, a ſpoonful of muſhroom catchup, a little lemon-pickle, the crumbs of half a penny-loaf grated exceeding fine, boil it in your gravy till it looks thick, then add half a pint of oyſters; if not thick enough, roll a lump of butter in flour, and put it in, with half a pint of good cream, and the yolks of three eggs; ſhake your ſauce over the fire, but do not let it boil after the eggs are in, leſt it curdle; put your veal in a deep diſh, and pour the ſace over it. Garniſh with criſped parſley and fried oyſters. It is an excellent diſh for the the top of a large table.

To ſtew a Knuckle of VEAL. Be ſure you let the pot or ſaucepan be very clean, lay at the bottom four clean wooden ſkewers, waſh and clean the knuckle very well, then lay it in the pot with two or three blades of mace, a little white pepper, a little piece of thyme,

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ſmall onion, a cruſt of bread, and two quarts of water. Cover it down cloſe, make it boil, then only let it ſimmer for two hours, and when it is enough, take it up, lay it in a diſh, and ſtrain the broth over it.

Shoulder of VEAL *à-la-Piedmontoiſe.* Cut the ſkin off a ſhoulder of veal, ſo that it may hang at one end; then lard the meat with bacon and ham, and ſeaſon it with pepper, ſalt, mace, ſweet herbs, parſley, and lemon-peel. Cover it again with the ſkin, ſtew it with gravy, and when it is juſt tender enough, take it up; then take ſome ſorrel, ſome lettuce chopped ſmall, and ſtew them in ſome butter, with parſley, onions, and muſhrooms. The herbs being tender, put to them ſome of the liquor, ſome ſweetbreads, and ſome bits of ham. Let all ſtew together a little while, then lift up the ſkin, lay the ſtewed herbs over and under, cover it again with the ſkin, wet it with melted butter, ſtrew it over with crumbs of bread, and ſend it to the oven to brown. Serve it up hot, with ſome good gravy in the diſh. The French, before it goes to the oven, ſtrew it over with Parmeſan cheeſe.

A ſhoulder of veal may be dreſſed in every reſpect and faſhion as the leg.

A Harrico of VEAL. Take a neck or breaſt of veal (if the neck, cut the bones ſhort) and half roaſt it; then put it into a ſtewpan juſt covered with brown gravy, and when it is near done, have ready a pint of boiled peas, ſix cucumbers pared, and two cabbage-lettuces cut in quarters, ſtewed in brown gravy, with a few force-meat balls ready fried; put them to the veal, and let them juſt ſimmer. When the veal is in the diſh, pour

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pour the ſauce and the peas over it, and lay the lettuce and balls round it.

Loin of VEAL *in Epigram.* Having roaſted a fine loin of veal, take it up, and carefully take the ſkin off the back part of it without breaking; cut out all the lean meat, but mind and leave the end whole, to hold the following mince-meats: mince all the meat very fine with the kidney part, put it into a little veal gravy, enough to moiſten it, with the gravy that comes from the loin; put in a little pepper and ſalt, ſome lemon-peel ſhred fine, the yolks of three eggs, a ſpoonful of catchup, and thicken it with a little butter rolled in flour; give it a ſhake or two over the fire, and put it into the loin, and then pull the ſkin over. If the ſkin ſhould not quite cover it, give it a brown with a hot iron, or put it into an oven for a quarter of an hour. Send it up hot, and garniſh with barberries and lemon.

VEAL *Sweetbreads.* Sweetbreads are very uſeful in many diſhes, as in pies, ragoos, fricaſſees, &c. and to uſe alone, either fried, roaſted, broiled, or otherwiſe. They muſt be ſoaked in warm water an hour or two, then ſcalded about an hour or two in warm water, which is commonly called *ſetting* or *blanching*, which will make them keep longer, and are ready for any uſe you pleaſe to put them to.

To roaſt Sweetbreads with Aſparagus. Two good ſweetbreads are enough for this ſmall diſh; blanch them, and lay them in a marinade, ſpit them tight upon a lark-ſpit, and tie them to another, with a ſlice of bacon upon each, and covered with pepper; when almoſt done, take that off, and pour a drop of butter

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upon them, with a few crumbs of bread, and roaſt them of a nice colour; take two bunches of aſparagus, and boil, not ſo much as to boil to eat them with butter; diſh up your ſweetbreads and your graſs between them; take a little cullis and gravy, with a bit of ſhallot and minced parſley; boil it a few minutes, ſqueeze in the juice of a lemon or orange, and ſerve it up.

Forced Sweetbreads. Put three ſweetbreads in boiling water five minutes, beat the yolk of an egg a little, and rub it over them with a feather; ſtrew on bread-crumbs, lemon-peel, and parſley ſhred very fine, nutmeg, ſalt, and pepper to your palate; ſet them before the fire to brown, and add to them a *little veal gravy*; put a litttle muſhroom powder, caper liquor, or juice of lemon, and browning; thicken it with flour and butter, boil it a little, and pour it into your diſh; lay it in your ſweetbreads, and lay over them lemon-peel in rings, cut like ſtraws. Garniſh with pickles.

Sweetbreads as Hedge-hogs. Scald the ſweetbreads, and lard them with ham and truffles, cut in ſmall pieces; fry a ſhort time in butter; let the pieces ſtick out a little to make the appearance of briſtles; ſimmer them in the ſame butter, with broth and a little white wine, very little ſalt and pepper; when done, ſkim and ſtrain the ſauce; add a little cullis, and ſerve upon them. You may alſo uſe any other ſauce, as ſweetbreads are of an inſipid taſte of themſelves, obſerve, as a general rule, to ſerve a ſharp reliſhing ſauce with them, either cullis-ſauce, fricaſſee, or ſweet herbs.

To ragoo Sweetbreads. Rub them over with the yolk of an egg, ſtrew over them bread-crumbs and parſley, thyme, and ſweet marjoram, ſhred ſmall, and pepper and ſalt: make a roll of force-meat like a ſweetbread,

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and put it in a veal caul, and roaſt them in a Dutch oven; take ſome brown gravy, and put to it a little lemon-pickle, muſhroom catchup, and the end of a lemon; boil the gravy, and when the ſweetbreads are enough, lay them in a diſh, with a force-meat in the middle; take the end of the lemon out, and pour the gravy into the diſh, and ſerve them up.

Another way. Parboil them, rub them with the yolk of an egg, ſtrew on bread-crumbs, lemon-peel, nutmeg, pepper, and ſalt; roaſt them in a Dutch oven; thicken ſome good gravy with a little flour; add catchup, kyan, and a little juice of lemon: boil this up, pour it to the ſweetbreads. Artichoke bottoms may be added, cut in quarters. Cut lemon or orange-peel like ſtraws, for garniſh.

Sweetbreads à-la-Dauphine. Take the largeſt ſweetbreads you can get, and lard them; open them in ſuch a manner that you can ſtuff in force-meat; three will make a fine diſh. Make your force-meat with a large fowl, or young cock; ſkin it, and pluck off all the fleſh; take half a pound of fat and lean bacon, cut theſe very fine, and beat them in a mortar; ſeaſon it with an anchovy, ſome nutmeg, a little lemon-peel, a very little thyme, and ſome parſley; mix theſe up with the yolks of two eggs, fill your ſweetbreads, and faſten them with fine wooden ſkewers; take the ſtewpan, lay layers of bacon at the bottom of the pan, ſeaſon them with pepper, ſalt, mace, cloves, ſweet herbs, and a large onion ſliced; upon that lay thin ſlices of veal, and then lay on your ſweetbreads; cover it cloſe, let it ſtand eight or ten minutes over a ſlow fire, and then pour in a quart of boiling water or broth; cover it cloſe, and

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let it ſtew two hours very ſoftly; then take out the ſweetbreads, keep them hot, ſtrain the gravy, ſkim all the fat off, boil it up till there is about half a pint, put in the ſweetbreads, and give them two or three minutes ſtew in the gravy; then lay them in the diſh, and pour the gravy over them. Garniſh with lemon.

Sweetbreads larded. Parboil two or three ſweetbreads; when cold, lard them down the middle with little bits of bacon, on each ſide with bits of lemon-peel, on each ſide of that with a little pickled cucumber cut very ſmall; ſtew them gently in cullis, or rich gravy, thickened with a little flour; add muſhroom powder, kyan, and ſalt, if neceſſary, and a little lemon-juice. Lamb ſtones may be added, parboiled and fried.

Sweetbreads à-la-daube. Take three of the largeſt and fineſt ſweetbreads you can get, put them in a ſaucepan of boiling water for five minutes, then take them out, and when they are cold, lard them with a row down the middle, with very little pieces of bacon, then a row on each ſide with lemon-peel, cut the ſize of wheat ſtraw; then a row on each ſide of pickled cucumbers, cut very fine; put them in a toſſing-pan, with good veal gravy, a little juice of lemon, a ſpoonful of browning; ſtew them gently a quarter of an hour; a little before they are ready, thicken them with flour and butter, diſh them up, and pour the gravy over, lay round them bunches of boiled celery, or oyſter patties. Garniſh with ſtewed ſpinach, green-coloured parſley, ſtick a bunch of barberries in the middle of each ſweetbread. It is a pretty corner diſh for either dinner or ſupper.

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To fry Sweetbreads. Cut them in long ſlices, beat up the yolk of an egg, and rub it over them with a feather; make a ſeaſoning of pepper, ſalt, and grated bread; dip them into it, and fry them in butter. For ſauce——catchup and butter, with gravy, or lemon-ſauce. Garniſh with ſmall ſlices of toaſted bacon and criſped parſley.

Sweetbreads en Gordineere. Parboil three ſweetbreads; take a ſtewpan and lay layers of bacon, or ham and veal; over that lay the ſweetbreads, with the upper ſide downwards. Put a layer of veal and bacon over them, a pint of veal broth, and three or four blades of mace. Stew them gently three quarters of an hour, then take out the ſweetbreads, ſtrain the gravy through a ſieve, and ſkim off the fat. Make an amulet of yolks of eggs, in the following manner: Beat up four yolks of eggs, put two on a plate, and put them over a ſtewpan of water boiling over the fire; put another plate over it, and it will ſoon be done. Put a little ſpinach-juice into the other half, and ſerve it the ſame. Cut it out in ſprigs of what form you pleaſe, and put it over the ſweetbreads in the diſh, and keep them as hot as you can. Put ſome butter rolled in flour to thicken the gravy, and two yolks of eggs beat up in a gill of cream; put it over the fire, and keep ſtirring it one way till it is thick and ſmooth. Put it under the ſweetbreads, and ſend it up. Garniſh with beet-root and lemon.

VEAL *à-la-Bourgeoiſe.* Lard ſome pretty thick ſlices with bacon, and ſeaſon them with pepper, ſalt, beaten mace, cloves, nutmeg, and chopped parſley; then cover the ſtewpan with ſlices of fat bacon, lay the veal upon

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upon them, cover it, and ſet it over a very ſlow fire for eight or ten minutes, ſo as to be juſt hot, and no more; then briſk up your fire, and brown your veal on both ſides; then ſhake ſome flour over it and brown it. Pour in a quart of good broth or gravy, cover it cloſe, and let it ſtew gently till it is enough; then take out the ſlices of bacon, and ſkim all the fat off clean, and beat up the yolks of three eggs with ſome of the gravy. Mix all together, and keep it ſtirring one way till it is ſmooth and thick; then take it up, lay your meat in the diſh, pour the ſauce over it, and garniſh with lemon.

VEAL *Griſtles and Green Peas.* Cut the griſtles of a breaſt of veal in pieces: ſcald them, if you would have them white; ſtew them in broth with a few ſlices of lard, half a lemon, peeled and ſliced, whole pepper and ſalt, and a faggot of ſweet herbs; when done, wipe them clean, and ſerve the ſtewed peas upon them. You may alſo, when the meat is about a quarter done, take it out of the braze, and put it in a ſtewpan with the peas, a little butter, parſley, a little winter-ſavory, a ſlice of ham, and a few cabbage lettuces cut ſmall; add a little cullis and flour; reduce the ſauce pretty thick; ſalt only a little before you ſerve.

VEAL *Griſtles another way.* About the half of a breaſt of veal will do for this ſmall diſh; take off all the upper part, and cut the griſtles in ſmall bits; blanch them, put them into a ſtewpan to a ladle of broth; ſtew very tender, and put a bit of butter mixed with flour, a bunch of onions and parſley, a blade of mace, pepper and ſalt. For your ſauce, you may prepare either peas or aſparagus; make a liaſon, and juſt before you ſerve

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ſerve, pour it in; add the juice of a lemon, and diſh it up.

Breaſts of lamb are done in the ſame manner, and make a favourite diſh.

To dreſs Scotch Collops white. Cut them off the thick part of a leg of veal, the ſize and thickneſs of a crown piece, put a lump of butter into a toſſing-pan, and ſet it over a ſlow fire, or it will diſcolour your collops; before the pan is hot, lay the collops in, and keep turning them over till you ſee the butter is turned to a thick white gravy; put your collops and gravy in a pot, and ſet them upon the hearth to keep warm; put cold butter again into your pan every time you fill it, and fry them as above, and ſo continue till you have finiſhed. When you have fried them, pour your gravy from them into your pan, with a tea-ſpoonful of lemon-pickle, muſhroom-catchup, caper liquor, beaten mace, kyan peper, and ſalt; thicken with flour and butter. When it has well boiled, put in the yolks of two eggs well beat and mixed, with a tea-ſpoonful of rich cream; keep ſhaking your pan over the fire till your gravy looks of a fine thickneſs, then put in your collops, and ſhake them; when they are quite hot, put them on your diſh with force-meat balls, ſtrew over them pickled muſhrooms. Garniſh with barberries and kidney beans.

Another way. Cut the veal the ſame as above directed; throw the collops into a ſtewpan, put ſome boiling water over them, and ſtir them about, then ſtrain them off, take a pint of good veal broth, and thicken it; add a bundle of ſweet herbs with ſome mace; put ſweetbread, force-meat balls, and freſh

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muſhrooms; if no freſh to be had, uſe pickled ones waſhed in warm water; ſtew them about fifteen minutes; add the yolk of two eggs and a pint of cream, beat them well together with ſome nutmeg grated, and keep ſtirring it till it boils up; add the juice of a quarter of a lemon, then put it in your diſh. Garniſh with lemon.

To dreſs Scotch Collops brown. Cut your collops the ſame way as the white ones, but brown your butter before you lay in your collops; fry them over a quick fire, ſhake and turn them, and keep them in a fine froth; when they are a light brown, put them into a pot, and fry them as the white ones; when you have fried them all brown, pour all the gravy from them into a clean toſſing-pan with half a pint of gravy made of the bones and bits you cut the collops off, two teaſpoonfuls of lemon-pickle, a large one of catchup, the ſame of browning, half an ounce of morels, half a lemon, a little anchovy, kyan, and ſalt to your taſte; thicken it with flour and butter, let it boil five or ſix minutes, then put in your collops, and ſhake them over the fire; if they boil it will make them hard. When they have ſimmered a little, take them out with an egg ſpoon, and lay them on your diſh; ſtrain your gravy and pour it hot on them, lay over them force-meat balls, and little ſlices of bacon curled round a ſkewer and boiled; throw a few muſhrooms over. Garniſh with lemon and barberries, and ſerve them up.

Another way. Cut them from the leg, fry them a good brown, but not too much; take ſome good gravy, thicken it with a little flour, boil it a few minutes; add kyan, catchup, truffles, morels, ſalt, muſh-

rooms

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rooms pickled, grated lemon-peel, ſimmer this up; juſt heat the collops through, and what gravy came from them, but do not let them boil, or they will be hard, which is a great fault; add force-meat balls, hard yolks of eggs; lay round little ſlices of bacon notched and toaſted, and ſliced lemon.

To dreſs Scotch Collops the French way. Take a leg of veal, and cut your chops pretty thick, five or ſix inches long, and three inches broad; rub them over with the yolk of an egg, put pepper and ſalt, and grate a little nutmeg on them, and a little ſhred parſley; lay them on an earthen diſh, and ſet them before the fire; baſte them with butter, and let them be a fine brown, then turn them on the other ſide, and rub them as above; baſte and brown them the ſame way. When they are thoroughly enough, make a good brown gravy with truffles and morels; diſh up your collops, lay truffles and morels, and the yolks of hard boiled eggs over them. Garniſh with criſp parſley and lemon.

To haſh VEAL. Cut your veal into round thin ſlices, of the ſize of half a crown, and put them into a ſauce-pan with a little gravy; put to it ſome lemon-peel cut exceeding fine, and a tea-ſpoonful of lemon-pickle; put it on the fire, and thicken it with butter and flour; put in your veal as ſoon as it boils, and juſt before you diſh it up, put in a ſpoonful of cream, and lay ſippets round the diſh.

To toſs up cold VEAL *white.* Cut the veal into little thin bits, put milk enough to it for ſauce, grate in a little nutmeg, a very little ſalt, a little piece of butter rolled in flour; to half a pint of milk, the yolk of two eggs well beat, a ſpoonful of muſhroom pickle, ſtir all

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together till it is thick, then pour it into your diſh, and garniſh with lemon.

Cold fowl, ſkinned and done this way, eats well; or the beſt end of a cold breaſt of veal; firſt fry it, drain it from the fat, then pour this ſauce to it.

To fry cold VEAL. Cut your veal into pieces of the thickneſs of a half-crown, and as long as you pleaſe; dip them in the yolk of an egg, and then in crumbs of bread, with a few ſweet herbs and ſhred lemon-peel in it; grate a little nutmeg over them, and fry them in freſh butter; the butter muſt be hot, juſt enough to fry them in. In the mean time, make a little gravy of the bone of the veal, and when the meat is fried, take it out with a fork, and lay it in a diſh before the fire; then ſhake a little gravy into the pan, and ſtir it round; then put in a little gravy, ſqueeze in a little lemon, and pour it over the veal. Garniſh with lemon.

To mince VEAL. Cut your veal in ſlices, then cut it in little ſquare bits, but do not chop it; put it into a ſaucepan, with two or three ſpoonfuls of gravy, a ſlice of lemon, a little pepper and ſalt, a good lump of butter rolled in flour, a tea-ſpoonful of lemon-pickle, and a large ſpoonful of cream; keep ſhaking it over the fire till it boils, but do not let it boil above a minute; if you do, it will make your meat eat hard: put ſippets round your diſh.

VEAL *Steaks Venetian faſhion.* Cut thick ſlices of veal pretty large; marinade an hour in a little oil, with chopped parſley, ſhallots, muſhrooms, ſweet herbs, pepper and ſalt; make as much of the marinade ſtick to them as poſſible; roll them in bread-crumbs and

boil

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boil ſlowly, baſting with the remainder of the marinade. Serve with the ſqueeze of a lemon or Seville orange.

Slices of VEAL *Venetian faſhion.* Cut thin ſlices of veal, and between every two put a ſlice of ham of the ſame ſize, firſt dipped in eggs, chopped parſley, ſhallots, muſhrooms, truffles, and a little pepper; roll them in ſlices of lard, and ſtew ſlowly with a little broth and white wine; when done, take off the bacon, ſkim and ſtrain the ſauce, add a little butter and flour, and ſerve with a reliſhing ſauce. Inſtead of bacon, you may baſte them with eggs and bread-crumbs, and fry or bake them. Serve with a ſauce as above, and garniſh with fried parſley.

VEAL *Cutlets.* Cut part of the neck into cutlets; ſhorten them, fry them nicely brown, ſtew them in ſome good gravy till tender, with a little flour mixed ſmooth in it; then add catchup, kyan, ſalt, a few truffles, morels, and pickled muſhrooms. Force-meat balls may likewiſe be added.

VEAL *Cutlets in Ragoo.* Take ſome large cutlets from the fillet, beat them flat, and lard them; ſtrew over them ſome pepper, ſalt, crumbs of bread, and ſhred parſley; then make a ragoo of veal ſweetbreads and muſhrooms; fry the cutlets in melted butter of a fine brown; then lay them in a hot diſh, and pour the ragoo boiling hot over them.

A ſavoury Diſh of VEAL. Having roaſted a fine loin of veal, take it up, and carefully take the ſkin off the back part without breaking it; cut out all the lean meat, but leave the ends whole, to hold the following mince-meat: mix all the meat very fine with the kidney part, put it into a little veal gravy, enough to moiſten

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it with the gravy that comes from the loin. Put in a little pepper and ſalt, ſome lemon-peel ſhred fine, the yolks of three eggs, and a ſpoonful of catchup; thicken it with a little butter rolled in flour; give it a ſhake or two over the fire, and put into it the loin, and then pull the ſkin over: if the ſkin ſhould not quite cover it, give it a brown with a hot iron, or put it in an oven for fifteen minutes. Send it up hot, and garniſh with barberries and lemon.

Another way. Cut large collops out of a leg of veal, ſpread them abroad on a dreſſer, hack them with the back of a knife, and dip them in the yolks of eggs; ſeaſon them with cloves, mace, nutmeg, and pepper, beat fine; make force-meat with ſome of your veal, beef ſuet, oyſters chopped, ſweet herbs ſhred fine, and the aforeſaid ſpice; ſtrew all theſe over your collops, roll and tie them up, put them on ſkewers, tie them to a ſpit, and roaſt them; to the reſt of your force-meat add a raw egg or two, roll them in balls and fry them; put them in your diſh with your meat when roaſted, and make the ſauce with ſtrong broth, an anchovy, a ſhallot, a little white wine, and ſome ſpice. Let it ſtew, and thicken it with a piece of butter rolled in flour; pour the ſauce into a diſh, lay the meat in, and garniſh with lemon.

VEAL *Rolls.* Take ten or twelve little thin ſlices of veal, lay on them ſome force-meat according to your fancy, roll them up, and tie them juſt acroſs the middle with a coarſe thread: put them on a bird ſpit, rub them over with yolks of eggs, flour them, and baſte them with butter. Half an hour will do them. Lay them into a diſh, and have ready ſome good gravy, with

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with a few truffles and morels, and ſome muſhrooms. Garniſh with lemon.

VEGETABLES.—See the ways of dreſſing under their reſpective heads.

VENISON.

To roaſt VENISON. In order to roaſt a haunch or veniſon properly, as ſoon as you have ſpitted it, you muſt lay over it a large ſheet of paper, and then a thin common paſte, with another paper over that; tie it faſt, in order to keep the paſte from dropping off; and if the haunch be a large one, it will take four hours roaſting. As ſoon as it is done enough, take off both paper and paſte, dredge it well with flour, and baſte it with butter; as ſoon as it becomes of a light brown, diſh it up with brown gravy or currant jelly ſauce, and ſend up ſome in a boat.

Another way to roaſt VENISON. Take a haunch of veniſon and ſpit it; rub ſome butter all over your haunch; take four ſheets of paper well buttered, put two on the haunch; then make a paſte with ſome flour, a little butter and water; roll it out half as big as your haunch, and put it over the fat part; then put the other two ſheets of paper on, and tie them with the ſame packthread; lay it to a briſk fire, and baſte it well all the time of roaſting; if a large haunch of twenty-four pounds, it will take three hours and a half,

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except it is a very large fire, then three hours will do it; ſmaller in proportion.

A VENISON *Paſty.* Take a neck and breaſt of veniſon, bone them, and ſeaſon them well with pepper and ſalt, put them into a deep pan, with the beſt part of a neck of mutton ſliced and laid over them; pour *in* a glaſs of red wine, put a coarſe paſte over it, and bake it two hours in an oven; then lay the veniſon in a diſh, and pour the gravy over it, and put one pound of butter over it; make a good puff-paſte, and lay it near half an inch thick round the edge of the diſh; roll out the lid, which muſt be a little thicker than the paſte on the edge of the diſh, and lay it on; then roll out another lid pretty thin, and cut in flowers, leaves, or whatever form you pleaſe, and lay it on the lid. If you do not want it, it will keep in the pot that it was baked in eight or ten days; but let the cruſt be kept on that the air may not get to it. A breaſt and a ſhoulder of veniſon is moſt proper for a paſty.

Sweet Sauce for VENISON. Melt ſome currant jelly in a little water and red wine, or ſend in currant jelly only; or ſimmer red wine and ſugar for about twenty minutes.

For different SAUCES,—ſee that article;—and alſo the article MUTTON.

VERMICELLI.—See PUDDING and PIE.

VINEGAR.

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VINEGAR.

Wine vinegar is conſiderably purer than that produced from malt-liquors; and better adapted to pickling, &c. eſpecially where the colour of the article to be pickled is any object. As a medicine, it is excellent in all inflammatory and putrid diſorders, either external or internal.

The common way of making VINEGAR. Brew a middling ſort of beer, hopping it well, and when it has worked well, and grown fine, put in ſome rape or huſk of grapes; maſh them together in a tub, and when the rape has ſettled, draw off the liquid part; put it into a caſk and ſet it in the ſun as hot as may be, the bung being only covered with a tile or ſlate ſtone, and in about a month or five weeks it will be excellent vinegar.

Another very good way. To a gallon of ſpring water put three pounds of Malaga raiſins in a jar, and place them ſo that they may have the hotteſt ſun from May to Michaelmas: then preſs out the liquor, and put it up in a very ſtrong iron hooped caſk, that it may not burſt; and though it will appear very thick and muddy when newly preſſed, it will refine in the veſſel, and be as clear as wine.

Let it ſtand after it has been drawn off three months.

Another. The country people make vinegar of home brewed ale, by ſetting it in the ſun till it ſours, and then they call it alegar, but this is not ſo good as that which is made of wine.

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To make VINEGAR *of Cyder.* Vinegar may be made of the meaneſt cyder; for which purpoſe the cyder muſt be drawn off as fine as may be into another veſſel, and a ſmall quantity of the muſt or pouz of apples muſt be added thereto, and let it be ſet in the ſun for a week or nine days, at the end of which you may draw it off: now if you do this, your caſk of muſt or pouz muſt be kept in a dry place, till there is occaſion to uſe it, and you muſt not uſe any of it that is muſty or mouldy.

W.

WAFERS.

This is a kind of paſtry:——Mix your flour (what quantity you judge proper) with cream in the evening; next day knead it well, clearing it from lumps, and add, finely powdered ſugar, equal in quantity with the flour; mix them well, add more cream, and a little orange flower water, till the whole is ſomewhat thicker than rich milk.

Having heated your wafer iron, rub it a few times with a bit of freſh butter in the corner of a napkin; then put in about a ſpoonful and a half of batter for each wafer, preſs the iron a little cloſe, and bake it on each ſide by turning the iron.

WALLNUTS.—See PICKLES.

WARTS.

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WARTS.

To deſtroy WARTS. Steep the inner rind of a lemon twenty-four hours in diſtilled vinegar, and apply it to the warts; it muſt not be left on the part above three hours at a time, and is to be applied freſh every day.

Or, Divide a red onion, and rub the warts well with it.

Or, Anoint the warts with the milky juice of the herb Mercury ſeveral times, and they will gradually waſte away.

WATERS.

It was our intention to have entered very largely into the article of *diſtilled waters*, eſpecially thoſe *cordial* ones adapted to the cloſet;—but upon accurate inquiry we found that they can never be made to perfection in *ſmall* quantities; and in large ones it would require an apparatus, with a degree of expence and trouble improper for private families, ſetting aſide the inconveniences that litigious people might occaſion. Such articles will therefore be obtained beſt from chymiſts and diſtillers of repute.

WHEY.

White-wine WHEY. Put a pint of ſkimmed milk, and half a pint of white wine into a baſon. Let it ſtand a few minutes, then pour over it a pint of boiling water; let it ſtand a little, and the curd will gather in a lump, and ſettle to the bottom; then pour your whey into a china bowl, and put in a lump of ſugar, a ſprig of balm, or a ſlice of lemon.

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WHITINGS---to dreſs, ſee HADDOCKS, &c.

Of WIND, or FLATULENCE.

All nervous patients, without exception, are afflicted with wind or flatulencies in the ſtomach and bowels, which ariſe chiefly from the want of tone or vigour in theſe organs. Vegetable food may increaſe this complaint; but ſtrong and healthy people are ſeldom troubled with wind, unleſs they either overload their ſtomachs, or drink liquors that are in a fermenting ſtate.

To relieve this complaint, ſuch medicines ought to be uſed as have a tendency to expel wind, and, by ſtrengthening the alimentary canal, to prevent its being produced there.

The liſt of medicines for expelling wind is very numerous; they often however diſappoint the expectations of both the phyſician and his patient. The moſt celebrated among the claſs of carminatives are juniper-berries; the roots of ginger and zedoary; the ſeeds of aniſe, carraway, and coriander, gum, aſafœtida, and opium; the warm waters, tinctures, and ſpirits.

No medicines are more efficacious, in expelling wind, than æther and laudanum. The laudanum to be taken in a mixture with pepper-mint water and tincture of caſtor, or ſweet ſpirits of nitre. Sometimes, in place of this, opium pills with aſafœtida. The good effects of opiates are equally conſpicuous, whether the flatulence be contained in the ſtomach or inteſtines; and theſe warm medicines, commonly called *carminatives*

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minatives, do not often give immediate relief, except when the wind is in the ſtomach.

The doſe of æther is a tea-ſpoonful mixed with two table ſpoonfuls of water. Though the patient may begin with this quantity, it will be neceſſary to increaſe the doſe gradually as the ſtomach can bear it. Æther is now given in conſiderably greater doſes.

When the caſe of flatulent patients is ſuch as makes it improper to give them warm medicines inwardly, external applications, are ſometimes of advantage. Equal parts of anti-hyſteric and ſtomach-plaſter may be ſpread upon a piece of ſoft leather, of ſuch ſize as to cover the greateſt part of the belly; this ſhould be kept on for a conſiderable time, provided the patient be able to bear it; if it ſhould give great uneaſineſs, it may be taken off, and the following ointment be uſed in its ſtead:

Take of Bate's anodyne balſam an ounce; of the expreſſed oil of mace, half an ounce; oil of mint, two drams. Let theſe ingredients be mixed together, and about a table-ſpoonful well rubbed on the parts at bed-time.

For ſtrengthening the ſtomach and bowels, and conſequently for leſſening the production of flatulence, the Peruvian bark, bitters, chalybeates, and exerciſe are neceſſary. In flatulent caſes, ſome nutmeg or ginger ſhould be added to the tincture of the bark and bitters, and the aromatic powder ſhould be joined with the filings of iron.

When windy complaints are attended with coſtiveneſs, which is often the caſe, few things will be found to

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to anſwer better than four or five of the following pills taken every night at bed-time:

Take of aſafœtida two drams; ſuccotrine aloes, ſalt of iron, and powdered ginger, of each one dram; as much of the *elixir proprietatis* as will be ſufficient to form them into pills.

On the other hand, when the body is too open, twelve or fifteen grains of rhubarb, with half a dram, or two ſcruples of the Japonic confection, given every other evening will have very good effects.

In thoſe flatulent complaints which come on about the time the *menſes* ceaſe, repeated ſmall bleedings often give more relief than any other remedy.

With regard to diet, tea, and likewiſe all flatulent aliments, are to be avoided; and for drink, water with a little brandy or rum is not only preferable to malt liquor, but, in moſt caſes, alſo to wine.

Exerciſe is, however, ſuperior to all medicine, both for preventing the production, and likewiſe for expelling of flatulencies. Theſe effects, however, are not to be expected from ſauntering about, or lolling in a carriage, but from labouring, or ſuch active amuſements as give exerciſe to every part of the body.

Perſons afflicted with flatulency are generally unhappy unleſs they be taking ſome purgative medicines; theſe, though they may give immediate eaſe, tend to weaken and relax the ſtomach and bowels, and conſequently increaſe the diſorder. Their beſt method is to mix purgatives and ſtomachics together. Equal parts of Peruvian bark and rhubarb may be infuſed in brandy or wine, and taken in ſuch quantity as to keep the body gently open.

WINES.

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WINES.

Raiſin WINE. Put two hundred weight of raiſins, ſtalks and all, into a large hogſhead; fill it with water, let them ſteep a fortnight, ſtirring them every day; then pour off the liquor, and preſs the raiſins. Put both liquors together in a nice clean veſſel that will juſt hold it, for it muſt be full; let it ſtand till it has done hiſſing, or making the leaſt noiſe, then ſtop it cloſe, and let it ſtand ſix months. Peg it, and if you find it quite clear, rack it off in another veſſel; ſtop it cloſe, and let it ſtand three months longer; then bottle it, and when you uſe it, rack it off into a decanter.

Another way. Take three hundred and a half of Malaga raiſins, ſixty-ſix gallons of water, in a large tub with a falſe bottom; let them ſtand for twenty-two or twenty-three days, ſtirring them once or twice a day; then draw them off into a clean hogſhead, and let them work as long as they will, filling the hogſhead full every day for five or ſix months; then rack the liquor into another caſk, and put to it two gallons of brandy.

Another way. Boil ten gallons of ſpring water an hour, but as ſoon as it is milk warm, add ſix pounds of Malaga raiſins, clean picked and half chopped, to every gallon; ſtir it up together twice a day for nine or ten days, then run it through a hair ſieve, and ſqueeze the raiſins well with your hands, and put the liquor in your barrel; bung it cloſe up, let it ſtand three months, and then bottle it off.

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Elder WINE. Pick your elder-berries when they are full ripe, put them in a ſtone jar, and ſet them in the oven, or in a kettle of boiling water till the jar is hot through; then take them out, and ſtrain them through a coarſe ſieve, wringing the berries, and put the juice into a clean kettle. To every quart of juice, put a pound of fine Liſbon ſugar, let it boil, and ſkim it well; when it is clean and fine, pour it into a jar; when cold, cover it cloſe, and keep it till you make raiſin wine; then, when you tun your wine, to every gallon of wine put half a pint of elder ſyrup.

Another way. Chop ſixteen pounds of Malaga raiſins very ſmall; take ſix pounds of powder ſugar, and five gallons of water; boil them all together a quarter of an hour, then pour the liquor boiling hot upon the raiſins; ſtir them well together, and let them ſtand ten days, ſtirring it well every day; then ſtrain the liquor, and preſs out the raiſins; add to each gallon a pint of the pure juice of elder-berries; put to it a very little ale-yeaſt ſpread on a bit of toaſt, juſt enough to make it move, not to work up; let it ſtand two or three days to ferment, then tun it up into a veſſel, but let it not be full, that there may be room for it to work; ſtop it cloſe, let it ſtand to be thoroughly fine, and then bottle it.

Elder-flower WINE. Take the flowers of elder, but carefully reject the ſtalks. To every quart of flowers put a gallon of water, and three pounds of loaf ſugar; boil the water and ſugar a quarter of an hour, then pour it on the flowers, and let it work three days; then ſtrain the wine through a hair ſieve, and put it into a caſk. To every ten gallons of wine, add an ounce

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ounce of iſinglaſs diſſolved in cyder, and ſix whole eggs. Cloſe it up, let it ſtand ſix months, and then bottle it.

To make Elder-flower WINE, *very like Frontiniac.* Take ſix gallons of ſpring-water, twelve pounds of white ſugar, ſix pounds of raiſins of the ſun chopped; boil theſe together one hour, then take the flowers of elder, when they are falling, and rub them off to the quantity of half a peck. When the liquor is cold, put them in, the next day put in the juice of three lemons, and four ſpoonfuls of good ale-yeaſt: let it ſtand covered up two days, then ſtrain it off, and put it in a veſſel fit for it. To every gallon of wine put a quart of Rheniſh, and put your bung lightly on a fortnight, then ſtop it down cloſe. Let it ſtand ſix months; and if it be fine, bottle it off.

Smyrna Raiſin WINE. Put twenty-four gallons of water to an hundred pounds of raiſins; after letting it ſtand about fourteen days, put it into your caſk; when it has remained there ſix months, put a gallon of brandy to it: when it is fine, bottle it.

Grape WINE. Put a gallon of grapes to a gallon of water; bruiſe the grapes, and let them ſtand a week without ſtirring, then draw it off fine. Put to a gallon of wine, three pounds of ſugar, and then put it in a veſſel, but do not ſtop it till it is done hiſſing.

Raſpberry WINE. Bruiſe ſome raſpberries with the back of a ſpoon, and ſtrain them through a flannel bag into a ſtone jar. Put a pound of double-refined ſugar to every quart of juice, ſtir it well together, and cover it cloſe; after letting it ſtand three days, pour it clear off. Put two quarts of white wine to one quart

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of juice, then bottle it off, and it will be fit to drink in about a week. Raſpberry-brandy made thus is a very excellent dram.

Orange WINE. Take twelve pounds of the beſt powder ſugar, with the whites of eight or ten eggs well beaten, into ſix gallons of ſpring water, and boil three quarters of an hour; when it is cold, put into it ſix ſpoonfuls of yeaſt, and alſo the juice of twelve lemons, which being pared muſt ſtand with two pounds of white ſugar in a tankard, and in the morning ſkim off the top, and then put it into the water; then add the juice and rinds of fifty oranges, but not the white parts of the rinds, and ſo let it work all together two days and two nights; then add two quarts of Rheniſh or white wine, and put it into your veſſel.

Orange WINE *with Raiſins.* Take thirty pounds of Malaga raiſins picked clean, chop them ſmall; you muſt have twenty large Seville oranges, ten of them you muſt pare as thin as for preſerving; boil about eight gallons of ſoft water till a third part be conſumed, let it cool a little, then put five gallons of it hot upon your raiſins and orange-peel; ſtir it well together, cover it up, and when it is cold, let it ſtand five days, ſtirring it once or twice a day, then paſs it through a hair-ſieve, and with a ſpoon preſs it as dry as you can, put it in a rundlet fit for it, and put to it the rind of the other ten oranges, cut as thin as the firſt; then make a ſyrup of the juice of twenty oranges, with a pound of white ſugar. It muſt be made the day before you tun it up; ſtir it well together, and ſtop it cloſe; let it ſtand two months to clear, then bottle it up. It will keep three years, and is better for keeping.

To

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To make Gooſeberry WINE. Gather your gooſeberries in dry weather, when they are half ripe, pick them, and bruiſe a peck in a tub, with a wooden mallet; then take a horſe-hair cloth, and preſs them as much as poſſible, without breaking the ſeeds. When you have preſſed out all the juice, to every gallon of gooſeberries put three pounds of fine dry powder ſugar; ſtir it all together till the ſugar is all diſſolved, then put it in a veſſel or caſk, which muſt be quite full. If ten or twelve gallons, let it ſtand a fortnight; if a twenty gallon caſk, let it ſtand five weeks. Set it in a cool place, then draw it off from the lees, clear the veſſel of the lees and pour in the clear liquor again. If it be a ten gallon caſk, let it ſtand three months; if a twenty gallon, four or five months, then bottle it off.

Another way. Put three pounds of lump ſugar to a gallon of water, boil it a quarter of an hour, and ſkim it very well, then let it ſtand till it is almoſt cold, and take four quarts of full-ripe gooſeberries, bruiſe them in a marble mortar, and put them in your veſſel; then pour in the liquor, and let it ſtand two days, and ſtir it every four hours; ſteep half an ounce of iſinglaſs two days in a pint of brandy, ſtrain the wine through a flannel-bag into the caſk, then beat the iſinglaſs in a marble mortar with five whites of eggs; then whiſk them together half an hour, and put it in the wine, and beat them all together; cloſe up your caſk, and put clay over it; let it ſtand ſix months, then bottle it off for uſe; put in each bottle a lump of ſugar, and two raiſins of the ſun. This is a very rich wine, and when it has been kept in bottles two or three years, will drink like champaigne.

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Turnip WINE. Pare and ſlice a quantity of turnips, and put them in a cyder-preſs, and preſs out all the juice. To every gallon of juice, allow three pounds of lump ſugar. Have a veſſel ready, large enough to hold the juice, put your ſugar into the veſſel, and half a pint of brandy to every gallon of juice. Pour in the juice, and lay ſomething over the bung for a week, to ſee if it works; if it does, you muſt not bung it down till it has done working; then ſtop it cloſe for three months, and draw it off in another veſſel: when it is fine, bottle it off.

Cowſlip WINE. Take two pounds and a half of powder ſugar, and two gallons of water; boil them half an hour, taking care to ſkim it as the ſcum riſes; then pour it into a tub to cool, adding to it the rind of two lemons; when cold, put four quarts of the flowers of cowſlips to the liquor, and the juice of two lemons. Let it ſtand in the tub two days, obſerving to ſtir it every two or three hours; then put it in the barrel, and after it has ſtood about three weeks, or a month, bottle it, not forgetting to put a lump of ſugar into each bottle.

WOODCOCKS.

To roaſt WOODCOCKS *or* SNIPES. Having put your birds on a little ſpit, take a round of a three-penny loaf and toaſt it brown; lay it in a diſh under the birds, and when you lay them down to the fire, baſte them with a little butter, and let the trail drop on the toaſt. When they are roaſted enough, put the toaſt

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toaſt in the diſh, and lay the birds on it. Pour about a quarter of a pint of gravy into the diſh, and ſet it over a lamp or chafing-diſh for three or four minutes, when the whole will be in a proper condition to be ſent to the table. Obſerve never to take any thing out of a woodcock or ſnipe.

WOMEN—DISORDERS *of.*

When a female has arrived at that period of life when the MENSES uſually begin to flow, and they do not appear, but, on the contrary, her health and ſpirits begin to decline, we would adviſe, inſtead of ſhutting the poor girl up in the houſe, and doſing her with ſteel, aſafœtida, and other nauſeous drugs, to place her in a ſituation where ſhe can enjoy the benefit of free air and agreeable company; there let her eat wholeſome food, take ſufficient exerciſe, and amuſe herſelf in the moſt agreeable manner; and we have little reaſon to fear, but nature, thus aſſiſted, will do her proper work. Indeed ſhe ſeldom fails, unleſs where the fault is on our ſide.

This diſcharge, in the beginning, is ſeldom ſo inſtantaneous as to ſurpriſe females unawares; it is generally preceded by ſymptoms which foretel its approach; as a ſenſe of heat, weight, and dull pain in the loins; diſtention and hardneſs of the breaſts; head-ach; loſs of appetite; laſſitude; paleneſs of the countenance; and ſometimes a ſlight degree of fever. When theſe ſymptoms appear about the age at which the menſtrual flux uſually begins, every thing ſhould be carefully avoided which may

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may obſtruct that neceſſary and ſalutary evacuation, and all means uſed to promote it; as ſitting frequently over the ſteam of warm water, drinking warm diluting liquors, &c.

After the *menſes* have once begun to flow, the greateſt care ſhould be taken to avoid every thing that may tend to obſtruct them. Females ought to be exceeding cautious of what they eat or drink at the time they are out of order. Every thing that is cold, or apt to ſour on the ſtomach, ought to be avoided; as fruit, butter-milk, and ſuch like. Fiſh, and all kinds of food that are hard of digeſtion, are alſo to be avoided. As it is impoſſible to mention every thing that may diſagree with individuals at this time, we would recommend it to every female to be very attentive to what diſagrees with herſelf, and carefully to avoid it.

From whatever cauſe this flux is obſtructed, except in the ſtate of pregnancy, proper means ſhould be uſed to reſtore it. For this purpoſe, we would recommend ſufficient exerciſe in a dry, open, and rather cool air; wholeſome diet, and if the body be weak and languid, generous liquors; alſo cheerful company, and all manner of amuſements. If theſe fail, recourſe muſt be had to medicine.

When obſtructions proceed from a weak relaxed ſtate of the ſolids, ſuch medicines as tend to promote digeſtion, to brace the ſolids, and aſſiſt the body in preparing good blood, ought to be uſed. The principal of theſe are iron, and the Peruvian bark, with all other bitter and aſtringent medicines. Filings of iron may be infuſed in wine or ale, two or three ounces to an Engliſh quart, and after it has ſtood for two or three weeks,

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weeks, it may be filtered; about half a wine glaſs of it taken twice a-day: or prepared ſteel may be taken in the doſe of half a dram, mixed with a little honey, or treacle, three or four times a-day. The bark, and other bitters, may either be taken in ſubſtance, or infuſion, as is moſt agreeable to the patient.

But the menſtrual flux may be too great, as well as too ſmall: when this happens, the patient becomes weak, the colour pale, the appetite and digeſtion are bad, and œdematous ſwellings of the feet, dropſies, and conſumptions enſue. This frequently happens to women about the age of forty-five or fifty, and is very difficult to cure. It may proceed from a ſedentary life, a full diet, conſiſting chiefly of ſalted, high-ſeaſoned, or acrid food; the uſe of ſpirituous liquors; exceſſive fatigue; relaxation; a diſſolved ſtate of the blood; violent paſſions of the mind, &c.

The treatment of this diſeaſe muſt be varied according to its cauſe. When it is occaſioned by any error in the patient's regimen, an oppoſite courſe to that which induced the diſorder muſt be purſued, and ſuch medicines taken as have a tendency to reſtrain the flux, and counteract the morbid affections of the ſyſtem from whence it proceeds.

WORMS.

In general, the moſt proper medicines for the expulſion of worms are ſtrong purgatives; and to prevent their breeding, ſtomachic bitters, with now and then a glaſs of good wine.

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The beſt purge for an adult is jalap and calomel. Five-and-twenty or thirty grains of the former, with ſix or ſeven of the latter, mixed in ſyrup, may be taken early in the morning, for a doſe. It may be proper that the patient keep the houſe all day, and drink nothing cold. The doſe may be repeated once or twice a-week, for a fortnight or three weeks. On the intermediate days, the patient may take a dram of the powder of tin, twice or thrice a-day, mixed with ſyrup, honey, or treacle.

Thoſe who do not chuſe to take calomel, may make uſe of the bitter purgatives; as aloes, hiera picra, tincture of ſenna, and rhubarb, &c.

FINIS.

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